

Report in English

Dr Anurag Bhargava, Professor in Department of General Medicine, Yenepoya Medical College and Head, Center for Nutrition Studies, Yenepoya (Deemed to be University) was awarded the prestigious Dr PRJ Gangadharam endowment award 2021 by the Mahatma Gandhi Institute of Medical Sciences in a function on April 22nd at Wardha in Maharashtra. This award in the memory of Dr. Gangadharam a pioneering microbiologist in the field of TB, is given to recognize the to recognize the work of a prominent Indian Scientist for their contribution towards tuberculosis control in India. Previous recipients of this award include Dr. Soumya Swaminathan, currently Chief Scientist WHO.

Dr Bhargava is a clinician, researcher, public health specialist with an experience of working at all levels of care in India for more than 30 years. He established an award-winning TB treatment service for poor rural and tribal patients in Chhattisgarh while working in Jan Swasthya Sahyog, a non-profit organization. This experience led him to explore the interactions between under nutrition and Tuberculosis and its outcomes. A large study led by him established severe under nutrition as a common coexisting condition in patients with TB in India which is a major risk factor for TB deaths. Later he and colleagues showed that under nutrition in adults is the leading risk factor driving the TB epidemic in India, accounting for nearly half of new TB cases in India. Currently he is leading a large trial in Jharkhand supported by ICMR, which aims to reduce the occurrence of new cases and reduce TB deaths by addressing under nutrition.

Dr. Bhargava has numerous contributions at the national and international level. He was responsible for coordinating drafting of a Policy Document for nutritional care and support for the National Tuberculosis Elimination Programme (NTEP), which later led to the launch of Nikshay Poshan Yojana. He has contributed to the National Strategic Plan for TB Elimination as well as to the Joint Monitoring Missions of the NTEP. At an international level he is a member of the Strategic Technical Advisory Group on TB (STAG-TB) for the WHO South East Asia Region, is a resource person for the Global TB Programme at WHO Geneva, and is a member of the scientific advisory committee of the Report India Consortium, a joint Indo-US governmental initiative.



Dr. PRJ Gangadharam Endowment Oration Award 2021

Presented to
Dr. Anurag Bhargava
April 22, 2022



Dr PRJ Gangadharam endowment oration award, introduced in the year 2000 by Mrs Sakunthala Gangadharam in the fond memory of her late husband, is awarded every year to an Indian Scientist who has contributed significantly towards the cause of tuberculosis control. The Kasturba Health Society and the members of the Mahatma Gandhi Institute of Medical Sciences, Sevagram feel honoured and privileged in conferring this award to Dr Anurag Bhargava, Professor, Department of Medicine, Yenepoya Medical College, Mangalore.

Dr Anurag Bhargava completed his graduation from Government Medical College, Nagpur in 1987; his MD in Internal Medicine from All India Institute of Medical Sciences, New Delhi in 1990 and from 2010 to 2012 he was a merit fellow for M.Sc in Epidemiology, Biostatistics and Occupational Health at the McGill university, Montreal, Canada, where till date he is the Adjunct Professor in Medicine and Associate member of McGill TB Centre which is WHO/Pan American Health Organisation collaborating centre for TB research.

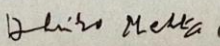
Dr Anurag has had a very illustrious academic career first as assistant Professor at Karamsad, then Associate Professor at the Himalayan Institute of Medical Sciences Uttarakhand and he is presently Professor in Medicine at Yenepoya Medical College, Mangalore. In between for ten years 1999-2009 he was consultant physician at Jan Swasthya Sahyog, an NGO catering to rural and tribal population at Ganyari, in Bilaspur district of Chhatisgarh, where he had the most enriching experience. The observations made over there while running a TB treatment service for the poor paved the road towards all his future work and research in Tuberculosis, leading finally to policy recommendations at national level.

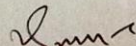
Dr Bhargava has many publications in the field of acute febrile illnesses and noncommunicable diseases but his major thrust area has been the role of nutrition in Tuberculosis where he has been substantiating the fact that in our country undernutrition is a serious comorbidity in TB patients and malnutrition is the leading risk factor for TB incidence. Both need to be addressed if we want TB to decline. Not only this, undernutrition is also a major risk factor for TB mortality. His research has highlighted that even in the absence of drugs and vaccines, TB incidence can be reduced substantially by a mix of enhanced biomedical and social interventions like adequate nutrition. He has also developed a mobile app for the NTEP to simplify nutritional assessment, counseling and support for adult patients with TB. All his consistent findings have led to the formulation of a technical policy document on nutritional care and support for patients with tuberculosis in India. As a result of these guidelines calculation of the Body Mass Index is now part of the program and the Government of India has launched the exceptionally beneficial Nikshay Poshan Yojana for all tuberculosis patients. Not resting on his laurels, Dr Bhargava is today pioneering the largest random cluster trial on Reducing Activation Of Tuberculosis by Improvement of Nutritional Status.

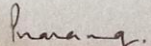
At the National level Dr Anurag Bhargava has been a member of various key expert committees. He is providing his valuable inputs to the National Tuberculosis Elimination Program and the National Strategic Plan for TB elimination in the form of technical and operational guidelines especially on nutritional care and support. Dr Bhargava was the country team lead in the Joint Monitoring Mission of 2015 and 2019 for the theme of patient support.

Internationally, he has participated in WHO technical consultants meet. He is member of the INDO-US Scientific Advisory Committee: Report India consortium. He is also a member of the Strategic Technical Advisory Group on TB (STAG-TB) for WHO South East Asia Region. In 2014 he also received the British Medical Journal (India) award for the best research paper.

Dr Anurag Bhargava's concern, compassion and advocacy for support for TB patients, his determination and consistent efforts to improve their health status has made him an inspirational role model for all who are committed to eliminate TB from our country.


Shri Dhiru S Mehta
President, KHS


Dr. Nitin Gangane
Dean, MGIMS


Dr. (Mrs) P. Narang
Chair, Award Committee

