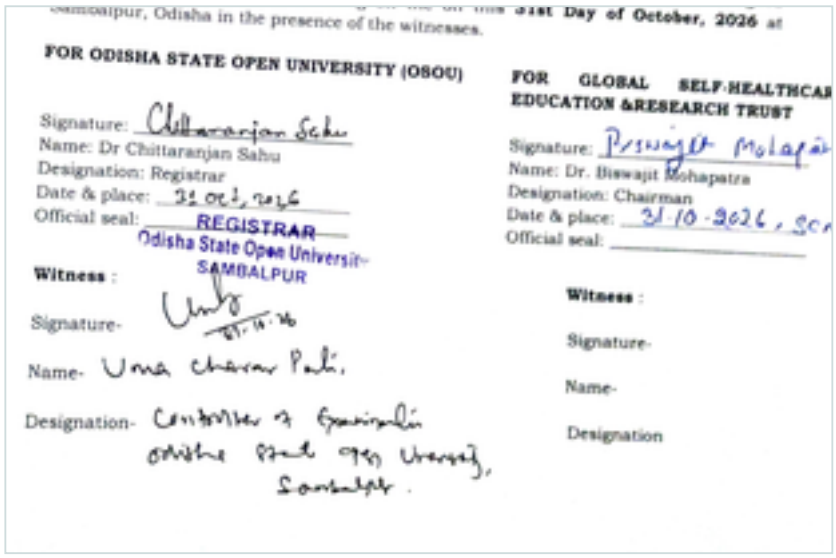
GSHER
Global Self-Healthcare Education & Research

THE OFFICIAL MONTHLY NEWSPAPER
VOL 01 | ISSUE 02 | OCTOBER 2026

A PARTNERSHIP SIGNED. A PUBLIC MISSION WIDENED.

EDUCATE • PREVENT • EMPOWER



Sambalpur, Odisha in the presence of the witnesses.

FOR ODISHA STATE OPEN UNIVERSITY (OSOU)

Signature: Chittaranjan Sahu
Name: Dr Chittaranjan Sahu
Designation: Registrar
Date & place: 31 Oct, 2026
Official seal: REGISTRAR Odisha State Open University SAMBALPUR

Witness :
Signature-
Name- Uma Charan Pati.
Designation- Controller of Examinations Odisha State Open University, Sambalpur

1st Day of October, 2026 at

FOR GLOBAL SELF-HEALTHCARE EDUCATION &RESEARCH TRUST

Signature: Biswajit Mohapatra
Name: Dr. Biswajit Mohapatra
Designation: Chairman
Date & place: 31-10-2026, Sc
Official seal:

Witness :
Signature-
Name-
Designation

DOCUMENT IMAGE | Signature section of the signed OSOU–GSHER MoU, 31 October 2026. Not a ceremony photograph.

DOCUMENTED • 31 OCT

OSOU and GSHER formalise academic partnership

At Sambalpur on **31 October 2026**, Odisha State Open University (OSOU) and Global Self-Healthcare Education & Research (GSHER) signed a seven-page Memorandum of Understanding for the Certificate Programme in Self-Healthcare and Wellness.

OSOU is the awarding university. GSHER is the academic-content and experiential-learning partner. The agreement is valid for three years from its effective date. **Implementation still requires specific approvals.** [S1]

Inside this issue

02 The MoU: what is signed and what comes next
03 October digital learning and public posts
04 Project RESPECT and future concepts
05 Faculty, workshops and volunteer invitations
06 Dr Biswajit Speaks, Pathasala and health tips
07 Fiction, humour and the wisdom of attention
08 Sources, credits and editorial transparency

From the editor's desk

October marked a shift from an educational vision to a documented university partnership. The signature matters; so does the work after it: accessible lessons, trained educators, ethical oversight, practical supervision and measurable learner benefit.

Our principle: self-healthcare means informed participation with qualified care, not self-diagnosis or abandoning treatment.

Prepared 1 November 2026 • Editorial review edition • www.globalselfhealthcare.org

OCTOBER AT A GLANCE

13 OCT • Dear Gen Z essay

25 OCT • Odia diabetes lessons

31 OCT • MoU signed

THE OCTOBER LEAD STORY

A signature is a beginning, not the finish line

THE OSOU–GSHER ACADEMIC PARTNERSHIP | SAMBALPUR | 31 OCTOBER 2026

VERIFIED IN SIGNED DOCUMENT

What the MoU establishes

Parties: Odisha State Open University, represented by Registrar **Dr Chittaranjan Sahu**, and GSHER, represented by Chairman **Dr Biswajit Mohapatra**.

Purpose: collaboration on curriculum, health literacy, safe self-care, learner support, supervised experience, multilingual resources and outreach.

Academic authority: OSOU retains control over admissions, curriculum approval, examinations, assessment, student records and certificate awards.

GSHER role: contribute content, cases, audio-visual resources, educational activities, mentors and practical learning support subject to university approval.

Duration: three years from the last signature, unless terminated or renewed in accordance with the agreement. [S1]

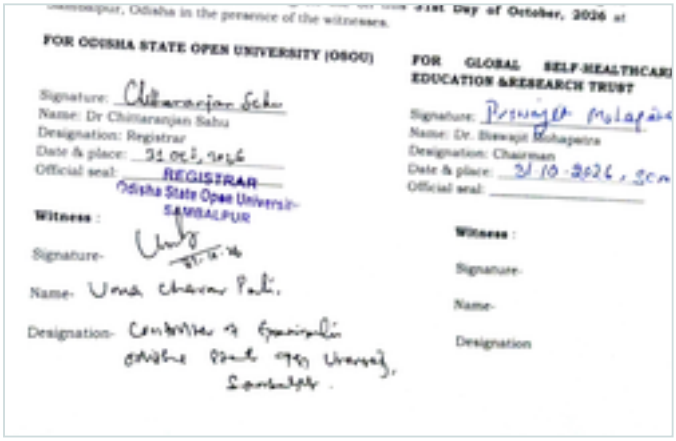
The proposed 600-hour structure

300 hours — theory, guided study and assignments

120 hours — onsite / experiential learning

180 hours — supervised practical or field engagement

Important: these allocations are described as a proposed implementation framework. They do not independently alter an OSOU-approved academic scheme. [S1]


FOR ODISHA STATE OPEN UNIVERSITY (OSOU)

Signature:
Name: Dr Chittaranjan Sahu
Designation: Registrar
Date & place: 31 OCT, 2026
Official seal: REGISTRAR Odisha State Open University SAMBALPUR

Witness :
Signature:
Name: Uma Charan Pati.
Designation: Controller of Examinations Odisha State Open University, Sambalpur

FOR GLOBAL SELF-HEALTHCARE EDUCATION &RESEARCH TRUST

Signature:
Name: Dr. Biswajit Mohapatra
Designation: Chairman
Date & place: 31-10-2026, Sambalpur
Official seal:

Witness :
Signature:
Name:
Designation

The executed MoU's signature section. Source: GSHER-supplied signed PDF, p. 7.

What still needs approval

A university programme coordinator, faculty deployment plan, cohort schedule, teaching and assessment blueprint, designated practical centres, safety protocols and operational/financial arrangements must be agreed through the prescribed process.

The MoU **does not** automatically appoint faculty, open new centres, admit students independently through GSHER, or confer clinical qualifications. [S1]

Editorial perspective

The partnership offers a credible route to make health literacy teachable and assessable. The real test will be learner comprehension, supervised practice, scientific accuracy, language accessibility and transparent institutional reporting.

Next milestone to watch: OSOU-approved faculty, course delivery and field-practical arrangements. No approval or enrolment number is claimed in this edition.

PUBLIC EDUCATION AND DIGITAL ACTIVITY

October's public learning trail

Dated web articles and connected Facebook Page activity — separated from undated platform listings.

PUBLIC • 13 OCT

Dear Gen Z: Build a life you do not need to escape from

A GSHER essay published on **13 October** asks young people to pursue ambition without sacrificing sleep, relationships and emotional balance. It frames success as more than examination scores and career milestones. [S2]

PUBLIC • 20 OCT

Self-care begins at home

An Odia article dated **20 October** links household routines — food, sleep, movement and supportive conversation — with responsible health education. It stresses that self-care includes knowing when to seek professional help. [S3]

PUBLIC • 25 OCT

Diabetes explained in Odia

Two dated lessons cover why diabetes is not merely a "sugar-eating disease" and how to interpret glucose reports. Both caution readers against changing medication independently. [S4–S5]

Connected Facebook Page snapshot

25 October: New Perception Point Page shared a link to the Odia diabetes article.
26 October: the same Page shared a YouTube video link. The available record does not identify its video title or establish a live event. [S6]



GSHER hypertension course artwork (illustration; not a photograph of an October event).

Learning Academy: four public pathways

The GSHER website currently lists four ₹499 courses: diabetes, hypertension, cancer recovery and post-hospital recovery. Several course pages advertise free introductory lessons and English/Hindi/Odia learning options. [S7]

Publication-date caution: the site confirms current listings, but does not establish that all four courses first went live in October.

Beyond content: October planning

GSHER's **90-day Odisha outreach microplan** was prepared during October to coordinate CelluReva and Project RESPECT visibility. It is an internal planning deliverable, not evidence that district-level campaigns have already been conducted.

A Hindi reflective article and podcast-studio prototype were also prepared in October; publication or deployment is not independently confirmed.

INSTITUTIONS AND FUTURE-FACING PROJECTS

Protecting people while institutions evolve

PROJECT RESPECT | PROJECT MANAV | FROM FARM TO CELL

Project RESPECT
Wellbeing • Safety • Accountability
A GSHER institutional initiative for IITs, NITs, IIMs, medical colleges and teaching hospitals.

The seven responsibilities

R Recognise overload and hazards

E Engage students, residents and leadership

S Support recovery and professional care

P Protect rest, dignity and confidentiality

E Empower meaningful institutional voice

C Correct unsafe systems

T Track outcomes and corrective action

The published GSHER framework explicitly calls this a **proposed institutional partnership programme**. Outreach materials and a 21-day student reset concept exist; campus implementation is not established by the sources reviewed. [S8]

An invitation to campuses

Invite GSHER to discuss a pilot that pairs trained listening, safe referral and evidence-informed recovery practices with institutional responsibility for workload, bullying, grievance systems and student protection.



GSHER centre exterior; archival photograph. Not presented as an October event.

CONCEPT • 31 OCT

Project MANAV 2035

AI tutor: knowledge and practice.
Human mentor: character and purpose.
GSHER: health and self-care.

Developed as a futuristic education concept, MANAV explores AI-supported instruction alongside teachers' indispensable roles in ethics, judgement, safeguarding and mentorship. It is **not** an approved OSOU or Odisha AI University programme.

CONCEPT • 30 OCT

From Farm to Cell

An exploratory agriculture–health education proposal connects nutrition literacy, safe food practices, community wellbeing and rural educator development. Proposed partners and pilot figures remain **planning assumptions**, not commitments or completed fieldwork.

The common thread

Technology, institutions and daily habits should strengthen human agency — never replace clinical judgement, professional mental-health care or responsible governance.

OPPORTUNITIES TO PARTICIPATE

Four ways to join the work

Invitations below are open expressions of interest or programme enquiries — not confirmed appointments, admissions or event bookings.

INVITATION • FACULTY

Help teach Self-Healthcare & Wellness

GSHER welcomes expressions of interest from suitably qualified doctors, public-health professionals, nurses, psychologists, nutritionists, physiotherapists, educators and field mentors to support approved OSOU course delivery.

Possible contributions include teaching, lesson review, practical supervision, bilingual material development and learner assessment support. **Selection, honoraria, appointment and deployment require OSOU's applicable procedures and approvals.** [S1]

INVITATION • CAMPUSES

Bring Project RESPECT to your institution

Deans, directors, resident welfare committees and student-support teams can request a scoping discussion. The proposal combines institutional risk review, listening and referral pathways, stress literacy and a practical follow-up plan.

Safeguarding first: peer volunteers do not diagnose or provide crisis treatment. [S8]

FREE CARE FOR YOUR HEALTH WORKSHOP
Four-hour organisational learning session on stress biology, daily habits, recovery and workplace wellbeing. **Professional facilitation fees are waived for selected eligible organisations.**

What hosts should know

Organisations apply through GSHER's website and nominate a coordinator. The host provides venue and logistics; travel/accommodation may need to be arranged outside the local area. Application does not guarantee selection or a date. The programme is educational, not clinical care. [S9]

INVITATION • VOLUNTEERS

Join the wider GSHER mission

GSHER seeks contributors in science review, regional-language learning, design, field outreach, digital production and institutional mentoring. The Board invitation on the website is an invitation to participate in governance discussions, not a declaration of appointment.

Contact and enquiries

Official website: www.globalselfhealthcare.org

Email: bmdoc1@gmail.com

Workshop applications: website "Workshops" section

Academy: learn.globalselfhealthcare.org

LEARNING IN PUBLIC — PRACTICE AT HOME

Conversations, classrooms and daily care



"Dr Biswajit Speaks" series artwork, GSHER archive; illustrative, not a dated broadcast photograph.

Dr Biswajit Speaks

The series invites honest conversation about the doctor as a human being, trust in healthcare, burnout, ethical practice and the shift from disease care to health education. GSHER's earlier programme description lists **Sundays at 11:30 AM**; viewers should check the current channel schedule before assuming an episode is live. [S10]

Suggested next discussion: "Healthcare: service, science or sales?" — restoring trust without turning patient concerns or clinician pressures into slogans.

CelluReva Odisha Pathasala

Odia-language health learning is available through the GSHER website and linked YouTube channel. Episode 11 on the cell as a unit of health was scripted during October; a production export was recorded on 29 October, but public release was not independently confirmed. [S11]



GSHER Odia Pathasala programme banner (archive graphic).

Health tips you can use this week

Move more: adults should work toward 150–300 minutes of moderate activity each week and muscle-strengthening twice weekly, adapted to health status. Any safe movement is better than none. [H1]

Measure BP correctly: use a validated upper-arm monitor, sit quietly five minutes, support the arm at heart level and record two readings one minute apart. Do not stop medicines on your own. [H2]

Sleep is a health habit: most adults need at least seven hours, with age-related variation. Persistent sleep problems merit professional advice. [H3]

Watch hidden salt: WHO recommends less than 5 g of salt per adult per day from all sources. Reduce packaged and added salt where feasible. [H4]

SAFETY LINE: These tips complement, but never replace, individual clinical assessment, prescribed treatment, emergency care or condition-specific advice.

THE HUMAN PAGE

A little story. A little smile. A moment of stillness.

FICTION • NOT A REAL CASE

The two chairs outside Ward 7

Every evening, Ananya sat outside a hospital ward waiting for news of her father. Next to her, an older visitor named Meera carried a small notebook. One day Ananya asked, “What do you write while we wait?”

“Questions,” Meera replied. “Not the ones that frighten me at midnight. The ones I want to ask the nurse and doctor clearly: Which medicine is for what? What warning sign means I should call? What can we safely do at home?”

Ananya had been collecting internet searches. Meera was collecting understanding. They compared notes and discovered something important: neither needed to become a doctor. They needed to become better partners in care.

When her father was discharged, Ananya left with a written medication list, follow-up date and emergency contact. She also made one small promise to herself: a ten-minute evening walk whenever circumstances allowed.

The hospital had treated her father. The waiting area had taught Ananya a different lesson — knowledge becomes useful when it leads to safe questions and practical action.

Original fictional vignette for the Chronicle. Names, ward and events are invented; not a patient testimonial.

A smile for the clinic

Patient: “Doctor, my smartwatch says I am stressed.”
Doctor: “What does your calendar say?”
Patient: “It says I need another watch!”

Teacher: “What is the most important chapter in health education?”
Student: “The one I actually practise.”

WISDOM • CONTEMPLATIVE

A sutra of attention

Vijñāna Bhairava Tantra, verse 24 describes awareness of the turning points of the natural breath — the transition from inhaling to exhaling, and from exhaling to inhaling. [T1]

Contemporary reflection: Between reaction and response, there can be a moment of awareness. In that moment, we may choose to listen more carefully, speak more gently or notice fatigue before pushing onward.

One-minute practice
Sit comfortably. Let your breath move naturally. Notice its gentle change of direction without forcing, counting or holding it. Stop if uncomfortable. This is a contemplative exercise, not a treatment for illness.

This is an interpretive paraphrase, not a quotation or a claim of proven cellular healing. Traditional spiritual teachings and clinical evidence are different kinds of sources.

One useful question tonight

“What is one safe, small action I can repeat tomorrow — and who can support me in doing it?”

Health education succeeds not when every reader agrees, but when readers can ask better questions and make informed decisions.

SOURCES, IMAGE CREDITS AND EDITORIAL STANDARDS

The Chronicle's source ledger

Verified public activity • signed documentary evidence • internal proposals labelled as such • no invented events.

October evidence

[S1] Signed OSOU–GSHER MoU, 31 October 2026, seven pages; original supplied by GSHER.

[S2] GSHER website: "Dear Gen Z", 13 October 2026.

[S3] GSHER Odia self-care article, 20 October 2026.

[S4] GSHER Odia diabetes, Part 1, 25 October 2026.

[S5] GSHER Odia diabetes reports, Part 2, 25 October 2026.

[S6] Metricool-connected New Perception Point Facebook Page: dated links on 25 and 26 October 2026.

[S7] GSHER website Learning Academy listings, checked 1 November 2026.

[S8] GSHER public Project RESPECT page; programme described as proposed.

[S9] GSHER public workshop application and eligibility terms.

[S10] GSHER Dr Biswajit Speaks programme page and project materials.

[S11] October GSHER project records and production notification; public video release unverified.

Health and contemplative references

[H1] WHO physical-activity guidance.

[H2] American Heart Association home BP monitoring.

[H3] CDC adult sleep guidance.

[H4] WHO/PAHO salt reduction guidance.

[T1] Vijñāna Bhairava, verse 24; contemporary interpretive rendering.

Photographs and artwork

Documentary: signed MoU excerpt, reproduced from the GSHER-provided executed PDF (31 October 2026).
Archive: Dr Biswajit portrait, GSHER centre photograph, GSHER logo, "Dr Biswajit Speaks" banner and Odia Pathasala banner.
Illustration: GSHER hypertension course cover. Archival images are not represented as October event photographs.

Social-media transparency

Public Facebook personal-profile access was restricted. The connected New Perception Point Page returned two October post links; original post images could not be reliably extracted for this issue. Public LinkedIn profile access was partial, so undated or relative-time posts were not assigned October dates.

Editorial distinctions

Documented: signed MoU and dated public articles.
Public listing: programme/course page exists; launch date not necessarily established.
Invitation: participation sought, no booking/appointment implied.
Concept: proposal, not institutional approval or completed fieldwork.

GSHER | From Self-Care to Cell-Care
www.globalselfhealthcare.org
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bmdoc1@gmail.com
Educational information only. Seek professional care when needed.