

EDUCATION • PUBLIC HEALTH • HUMAN DIGNITY

A NEW CHAPTER IN SELF-HEALTHCARE EDUCATION

The Odisha State Open University launch of the Certificate in Self-Healthcare & Wellness on 5 September 2026 brings the case for health literacy into formal academic conversation.



GSHER's Rourkela facility, an archive photograph used to illustrate the organisation's health-education work; not an OSOU launch photograph.

THE HEADLINE

OSOU introduces Self-Healthcare & Wellness

Contemporary news coverage confirms that Sambalpur MP Dharmendra Pradhan launched OSOU's new Self-Healthcare & Wellness course on Teachers' Day, 5 September, alongside a course on AI tools for collaborative learning.

The programme aims to combine health literacy, practical capabilities and community participation. GSHER's supporting curriculum materials describe a six-month, 20-credit learning pathway.

Source: The New Indian Express, 6 September 2026; GSHER/OSOU draft prospectus.

FROM THE CHAIRMAN'S DESK

Medicine must create health—not only rescue it

For years, illness has been the point at which most people encounter the healthcare system. Yet food, movement, sleep, recovery and access to trustworthy information influence health long before a crisis.

GSHER's mission is to help people become informed participants in their own care, while preserving the essential role of qualified healthcare professionals. This first newspaper issue is an invitation to doctors, teachers, institutions, students and families to join that effort.



“The future of medicine needs doctors beyond prescriptions—and people beyond passive dependence.”

EDITORIAL ADAPTATION OF GSHER'S PUBLIC MISSION

THE MONTH AT A GLANCE

- 02 SEP** Doctor wellbeing: LinkedIn essay questions seven-day clinical availability.
- 05 SEP** Self-Healthcare & Wellness programme launched at OSOU, Sambalpur.
- 10 SEP** World Suicide Prevention Day reflection calls attention to the human story behind distress.
- 21 SEP** GSHER argues for bringing health-creation thinking into medical education.
- 29 SEP** CelluReva article explores the metaphor of the body as a biological supercomputer.

INSIDE THIS EDITION

OSOU faculty • Project RESPECT • Free workshops • Dr Biswajit Speaks • Health guidance • Stories • Wisdom & humour

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SEPTEMBER REVIEW

Eight dated LinkedIn articles reflect a consistent theme: restoring health, dignity and professional purpose.

PUBLIC CONVERSATIONS

What GSHER put on the agenda

- 02 SEP** **A Hospital May Be Open Seven Days. A Doctor Cannot.** A case for rest, realistic rosters and clinician wellbeing.
- 04 SEP** **What Do We Mean by Academics?** A challenge to move beyond titles and publication counts toward meaningful teaching.
- 07 SEP** **The Baton Is Still in Our Hands.** An appeal to senior doctors to pass on humane medicine and preventive knowledge.
- 10 SEP** **Before We See a Suicide...** A World Suicide Prevention Day reflection on recognising suffering and acting early.
- 13 SEP** **The Five-Step Practice Cycle.** Responsible self-observation, evidence, professional advice and review.
- 18 SEP** **The Smile I Saw in Rourkela.** A personal reflection about dignity and public-health leadership.
- 21 SEP** **Our NMC Dream.** What if medicine devoted more of its talent to creating health?
- 29 SEP** **Your Body Is a Supercomputer.** A metaphor for the cumulative signals of habits, environments and physiology.

Editorial summaries of article headlines and descriptions shown on Dr Biswajit's public LinkedIn profile; these are not reports of events held on those dates.



Archived GSHER visual prepared for the September discussion of medical education; not an independently downloaded LinkedIn photograph.

THE SEPTEMBER IDEA

What would change if hospitals, universities and public bodies measured how effectively people learned to remain well—not only how efficiently illness was treated?

GSHER's answer: put health literacy upstream, in training and community life.

SOCIAL MEDIA ANALYSIS

Strength, opportunity, next step

Strength: The LinkedIn essays connect clinician burnout, public health, education and CelluReva through a recognisable voice.

Opportunity: Convert long-form arguments into short field stories, bilingual explainers and invitations with one clear next action.

Editorial recommendation: Every issue should distinguish confirmed achievements, proposed programmes and invitations.

One Cell • One Earth • One Health • One Vision

A monthly record of ideas, initiatives and opportunities to work together—with evidence, transparency and respect.

EDUCATION SPECIAL

A new certificate course. A larger mission: build the next generation of responsible health educators.

OSOU × GSHER

From knowing disease to understanding health

The September launch marked an important milestone. The 2026–27 GSHER/OSOU prospectus describes a **six-month, 20-credit programme**, designed for eligible learners who want to strengthen personal and community self-healthcare knowledge.

Course	Subject
SHW-101	Foundations of Human Biology and Self-Healthcare
SHW-102	Integrated Yogic Science for Self-Healthcare & Holistic Wellness
SHW-103	Wellness through Physical Activity, Exercise and Nutrition
SHW-104	Mind Dynamics
SHW-105	Health Communication and Professional Skills

PROGRAMME SNAPSHOT

6 months
20 credits
600 notional hours

The draft delivery model proposes 300 hours guided learning, 180 hours supervised practical work and 120 hours onsite experiential learning. Distribution and implementation arrangements remain subject to OSOU authorisation. Prospectus lists a ₹5,000 programme fee; verify current admission terms with OSOU.

INVITATION TO SERVE

Join the GSHER faculty & mentorship pool

GSHER invites expressions of interest from qualified doctors, physiologists, yoga educators, nutrition professionals, psychologists, communication experts, educators and community-health practitioners.

Contribute to curriculum review, supervised demonstrations, field mentoring, assignments and health-literacy education.

Important: This is an invitation to express interest, not an OSOU employment offer. Selection and teaching roles require appropriate qualification checks and institutional approval.

Visit GSHER to enquire →

Who should consider enrolling?

Eligible school-leavers, healthcare workers, educators, community volunteers and citizens who wish to learn the science and communication of everyday self-care.

Course participation does **not** authorise independent diagnosis, prescribing or treatment.

THE FACULTY CHALLENGE

Can you explain stress, sleep, exercise or nutrition in clear Odia, Hindi or English without exaggeration or unsupported cures? This is the educator GSHER wants to cultivate.

For interested students

Review eligibility, fees and the latest notices on OSOU's official channels. The draft prospectus specifies 10+2 or equivalent and an open/distance mode with practical components.

For academic partners

Propose an approved learning site, practical-demonstration facility, faculty mentorship or community outreach programme, with safeguarding, referral and supervision in place.

PROJECT RESPECT

Rethinking what universities owe their students and what training hospitals owe their resident doctors.

INSTITUTIONAL WELLBEING | PARTNERSHIP INVITATION

A student is more than a rank. A doctor is more than a duty roster.

People deserve more than pressure. Personal resilience cannot compensate for an unsafe institutional environment.

From awareness to institutional action

Project RESPECT is GSHER's **proposed** student-and-resident wellbeing partnership for IITs, NITs, IIMs, medical colleges and teaching hospitals. It connects stress literacy and responsible self-care with counselling access, safer institutional conditions and accountable governance.

Its campus pathway emphasises belonging, mentoring, early recognition of distress, referral to qualified care and measurable follow-through. The RESPECT-MED pathway adds duty-hour awareness, recovery, safe reporting and resident representation.

SEVEN PILLARS

R — Recognise
E — Engage
S — Support
P — Protect
E — Empower
C — Correct
T — Track

A CAMPUS CONVERSATION

“I was the topper. Now I feel invisible.”

Fictional educational vignette. Not a real student's testimony.

A student arrives at a prestigious campus carrying everyone's congratulations. In the first month he discovers that every classmate once stood first somewhere. Calls home become shorter. Meals become irregular. Sleep becomes a negotiation.

One evening, a faculty mentor asks—not about marks, but about belonging. For the first time, the student says: “I don't think I am coping.” The response is not a lecture on toughness. It is listening, a plan for practical support and help accessing the campus's qualified mental-health service.

The lesson: Recognition matters. A caring conversation can open a door, but complex distress needs appropriate professional support and institutional responsibility.

INVITE PROJECT RESPECT

Institutions may enquire about a scoping meeting, orientation or pilot. No campus partnership or intervention is confirmed merely by submitting an expression of interest.

globalselfhealthcare.org/project-respect →

What should success look like?

01

Students know whom to approach safely when struggling.

02

Leaders correct workload, bullying and referral failures—not only symptoms.

03

Progress is reviewed with evidence and accountable owners.

Safety note: Project RESPECT is a proposed educational/institutional framework, not a substitute for qualified mental-health assessment, crisis services or emergency care.

JOIN THE MOVEMENT

Public invitations and ongoing education programmes. Check official channels for dates and availability.

OPEN CALL | WORKPLACES & INSTITUTIONS

Care for Your Health: a free GSHER workshop

Is stress becoming the background noise of your organisation? GSHER invites eligible organisations to apply for a **no-professional-facilitation-fee** "Care for Your Health" session, powered by the CelluReva™ framework.

Designed for workplaces, hospitals, colleges, NGOs and public bodies, it examines stress biology, recovery, health literacy and practical routines. Host logistics, availability and selection conditions apply. Not a clinical service.

THE FOUR-STAGE PRACTICE

- RESET** patterns of sustained overload
- REVIVE** sleep, movement and nourishment
- REPROGRAM** feasible daily responses
- RESTORE** a healthier working culture

[Apply on the GSHER website →](#)



GSHER archive creative: Dr Biswajit Speaks.



GSHER archive creative: CelluReva Odisha Swasthya Pathasala.

Dr Biswajit Speaks

Join the ongoing series of frank conversations about patient dignity, doctor wellbeing, ethics, medical education and the relationship between service, science and sales.

Follow the announcements: [Programme page](#). Facebook Live sessions have been promoted on Sundays at 11:30 AM; confirm the upcoming session directly before joining.

CelluReva Odisha Swasthya Pathasala

Simple Odia-language lessons that bring human cells, sleep, food, weight, medicines and prevention into everyday conversation. Watch, discuss and share responsibly with friends and family.

[Visit the Odia Pathasala →](#) | [YouTube channel →](#)

GSHER is looking for collaborators, not spectators.

Volunteer as a qualified educator, host a community conversation, propose a campus partnership, or connect an eligible organisation to a practical self-healthcare workshop.

LIFE & LEARNING

Evidence-based habits, a contemplative sutra, a gentle laugh and sources for further reading.

THE MONTHLY HEALTH DESK

Five small actions. A stronger foundation.

- 01 Move most days.** For healthy adults, WHO recommends at least 150 minutes of moderate activity weekly, with muscle-strengthening activity on two or more days.
- 02 Defend your sleep.** Most adults should routinely obtain at least seven hours of sleep. Persistent sleep difficulties deserve medical evaluation.
- 03 Observe, don't self-diagnose.** Track symptoms, readings and medication questions; take them to a qualified clinician rather than changing treatment independently.
- 04 Make room for a real meal.** Choose varied, minimally processed foods, adequate vegetables, fruit and fibre where accessible; individual needs vary.
- 05 Check on one person.** Social connection, practical help and attention to distress matter; offer support without pretending to be their therapist.

A GSHER PRINCIPLE

Self-healthcare is not self-prescription. It is the ability to notice, learn, act safely and know when professional care is needed.

A SMILE FOR THE CLINIC

The doctor's two prescriptions

Patient: "Doctor, will you prescribe a medicine for my stress?"

Doctor: "First, let's discuss your sleep and workload."

Patient: "Can you put 'less workload' on a prescription pad? My boss only respects medical advice!"

Original light humour; fictional dialogue.

WISDOM CORNER

Vijñāna Bhairava Tantra Verse 24: The turning of breath

*Ūrdhve prāṇo hy adho jīvo
visargātmā paroccaret;
utpatti-dvitaya-sthāne
bharaṇād bharitā sthitiḥ.*

One traditional reading invites awareness of the natural turning points of breathing. For a contemporary reader, this can be a gentle reminder to stop rushing and notice the present moment.

Try this safely: Sit comfortably, breathe normally, and simply notice one full natural breath. There is no need to retain or force the breath.

Spiritual/contemplative teaching, not a clinical treatment or proof of a physiological claim. Source: Vijñāna Bhairava Tantra, verse 24; translations vary.

SHORT STORY | EDITORIAL FICTION

The chair outside the OPD

An elderly man waited outside the clinic, holding a folder full of prescriptions. His son asked, "Which one is the best?"

The doctor looked through the folder, then asked about meals, walking, sleep and the people who helped him at home.

"These tablets matter," the doctor said. "Keep taking them as directed. But I want you to have a plan for the hours between the tablets, too."

For the first time that morning, the old man smiled. Someone had asked him not only what was wrong, but how he lived.

SOURCES, PHOTO CREDITS & PUBLICATION NOTE

September activity: Dr Biswajit's public LinkedIn profile (dated articles); OSOU launch: The New Indian Express, 6 Sept 2026. Programme and invitations: GSHER website and Project RESPECT page. Health desk: WHO physical activity, WHO self-care (2026), AASM/SRS sleep statement. Sanskrit source: Vijñāna Bhairava 24.

Photographs and artwork: images from the user's GSHER archive (Rourkela premises, Dr Biswajit portrait, Dr Biswajit Speaks and CelluReva Odia graphics, NMC Dream/Linkedin-related artwork). Facebook posts and direct social media photo feeds could not be independently retrieved. September article summaries reflect available public profile data. Prepared 22 October 2026 as a review-ready issue; website publication is not asserted.