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Mr Kaizzad Capadia: "The Science Protector" Like Dr Burwell from Harvard and Dr Sackett from Oxford University

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Abstract

On the 13th of October 2021, Indian Fitness Industry has suffered significant damage due to the loss of—K11 School of Fitness Sciences' Principal—Mr Kaizzad Capadia. This article—based on current evidence—will discuss that the contribution of Mr Kaizzad Capadia is not just restricted to the Fitness Industry; however, it extends substantially to the Indian Public Health, Medicine, and International Research Community. This article will discuss this by analysing how Mr Kaizzad Capadia's thought process was analogous to that of the legendry figures in the history of Medicine and Public Health such as Dr Charles Burwell from Harvard Medical School and Dr David Sackett from the University of Oxford. This article concludes that restricting Mr Kaizzad Capadia's name just to the Fitness Industry would be an understatement, as the implications of his work extend substantially to Indian and Global Public Health.

Keywords: harvard medical school; university of oxford; k11 school of fitness sciences; mr kaizzad capadia; dr charles burwell; dr david sackett; public health; healthy scepticism; science protector

Introduction

Mister Kaizzad Capadia is a Co-founder and Director of K11 Education Private Limited. He informed numerous subjects relating to the fitness sciences through his school, i.e., K11 School of Fitness Sciences (K11). Moreover, most of the topics he guided through K11 are linked to human performance nutrition to varying degrees. Moreover, his stance in performance nutrition seemed to be developed on the grounds of in-depth and comprehensive scientific research. One of the clear visions he carried—via K11—is to provide society with Nutritionists who stay true to their scientific roots.

A Healthy Scepticism: Similarity Between Mr Kaizzad Capadia And Dr Charles Burwell

Most importantly, one of the leading elements that may set K11 distinct from other educational institutions is that, for informing healthy decisions, K11 tests and corrects the conventional wisdom wherever and whenever needed. This, therefore, may depict that "Healthy Scepticism"—which also is a linchpin of conducting science—is one of the core values of K11. This approach of K11—provoked by Mr Kaizzad Capadia—likely accords with several of the great minds in the history of medicine. For example, one of the past deans of Harvard Medical School—Dr Burwell (tenure: 1935-1949; speciality: Cardiologist)—in an address to the medical students, said, *"Half of what we are going to teach you is wrong, and half of it is right. Our problem is that we don't know which half is which"* (The President and Fellows of Harvard College, 2021). Today, Harvard University (Harvard Medical School) is recognised as the world's best (rank-one) institute to study medicine (Quacquarelli Symonds, 2021).

Healthy Scepticism: The Similarity Between Mr Kaizzad Capadia And Dr David Sackett

More interestingly, very similar views were reiterated by the father of Evidence-Based Medicine—Dr David Sackett. In 1967 (at the age of 32), Dr Sackett founded the world's first Department of Clinical Epidemiology at Canada's McMaster University; and also founded the Centre for Evidence-Based Medicine at the University of Oxford in 1994 (Thoma & Eaves, 2015). Dr Sackett famously said, "*Half of what you'll learn in medical school will be shown to be either dead wrong or out of date within 5 years of your graduation; the trouble is that nobody can tell you which half – so the most important thing to learn is how to learn on your own"* (Cheng, 2020). The collective interpretation of these brilliant minds' clear advice strongly suggests that "Healthy Scepticism" regarding the conventional wisdom, which today is deeply imbibed in K11 due to Mr Kaizzad Capadia, has always been considered as a "core element" of science throughout history. This again implies that Mr Kaizzad Capadia's thought-process and K11's approach likely align with the very nature of good science, i.e., challenging and correcting conventional wisdom whenever and wherever is needed by implementing evidence-based, in-depth, and exhaustive scientific research. The implications of this thought-process and approach are undoubtedly enormous on Indian and Global Public Health; this is because, while serving an unbiased science, the consistent demolition of "Healthy Scepticism" in the formal education system, mainstream scientists, and health professionals is a significant problem of this century.

Protecting Science: The Declining Core Values, And The Saviour-K11

America's National Academy of Sciences (NAS) publishes a booklet entitled *"On Being a Scientist"*, a highly recommended read to every prospective and working scientist, instructor, mentor, and teacher (NAS, 1995a). More than 200000 copies of this booklet's first edition—which was published in 1988—were distributed to a range of graduate and undergraduate science students (NAS, 1995a). So far, a total of three editions of this booklet have been published. Interestingly, in the second edition of *On Being a Scientist, "*scepticism" is explained as a second-most important core value of science, with Honesty being at the top (NAS, 1995b, p.21). Moreover, in this edition, the stress on the importance of "scepticism" in science is evident in some places. However, the 2009-published third edition of *On Being a Scientist*—attached in the reference list (NAS, 2009)—have paid almost zero attention to highlighting the importance of "scepticism" in scientific research. Although there are mere notes on pages 19 and 21, "scepticism" has not been placed at the core of the scientific values. This is quite unexpected, as this recent edition—which is considered an advanced version of the previous one—keeps scientists away from the very essence of the science. This implies that, over the period, "scepticism" has lost its place as a core value in the mainstream scientific community. Scepticism is not considered as important as it used to be in the history of scientific research.

In fact, these above-interpreted implications are confirmed in the study presented by Pennock (2016). Pennock (2016) has drafted a question that "which of the three—out of ten—core values of the science are most important", and asked it to four hundred scientists who were the members of United States's elite scientific societies. Figure one explains the result of this study, which clearly depicts that only thirteen percent of scientists acknowledged "scepticism" as a top core value in science. "scepticism"—which was once considered as a backbone of scientific evolution—has been ranked seventh on the scale of ten. This may suggest that the present condition of science is significantly poor because "scepticism" does not just encourage "challenging conventionalism" but also encourages the scientific community "to double or triple check their own research to recognise the possible flaws and errors". This ultimately has destroyed the self-correcting nature of science from even the elite scientific-societies.

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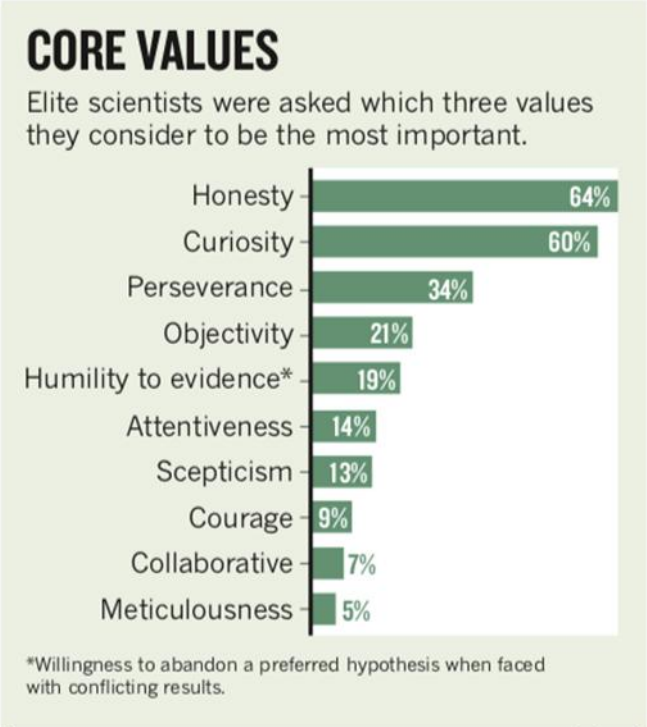

Figure one. Source: Pennock (2016)

On the other hand, K11 holds a long-standing commitment to reignite "Healthy Scepticism"—which is likely scarce in the formal nutritional education—in their students and lecturers. This suggests that Mr Kaizzad Capadia's thought-process is reinstating a "Healthy Scepticism" in the health sector; this is ultimately supporting what the legendry voices in International Public Health and Medicine—such as Dr Burwell from the Harvard Medical School and Dr Sackett from the University of Oxford—have once encouraged in their era. This, therefore, sets the K11 distinct from most of the other schools across the world. This likely implicates that the K11 School is one of the rarest societies in the world, which still conserves the core value of science in their students and lecturers. Ultimately, I should quote: *"K11—and Mr Kaizzad Capadia's contribution—is not just about informing Fitness Industry, but it is one of the rarest hopes in the world that can protect and produce good science"*.

Concluding Words

The loss of Mr Kaizzad Capadia is undoubtedly one of the most significant losses of the Indian Fitness Industry. Moreover, his name should not be just restricted to the Fitness Industry, as the broader relationships of his work are enormous on Indian & Global Public Health, Medicine, and International Scientific Community. This article has concluded this by critically analysing a relevant body of existing literature and evidence.

About Author

Abhinav is an Indian Researcher in Public Health. He received a MS degree in Applied Public Health from the University of Central Lancashire, England, in 2020 with merit classification. He is interested in researching the effects of macronutrients on Chronic Diseases. Abhinav aims to help reverse the obesity epidemic, and he has a distinct idea for doing this, which is discussed extensively in his Master of Science's dissertation entitled 'Critical Exploration of the Nutritional Factors Related to Obesity in Socioeconomically Disadvantaged Children and Adolescents of the United Kingdom: A Modified Systematic Review'. His work implies that the macronutrient-composition of the United Kingdom's existing National Dietary Guidelines needs an urgent rethinking. Furthermore, Abhinav's research interest expands to: Investigating the appropriateness of the Diet-Heart-Hypothesis; Healthy Setting Approach; Health Inequalities & Disparities; and Evidence-Based Medicine.

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