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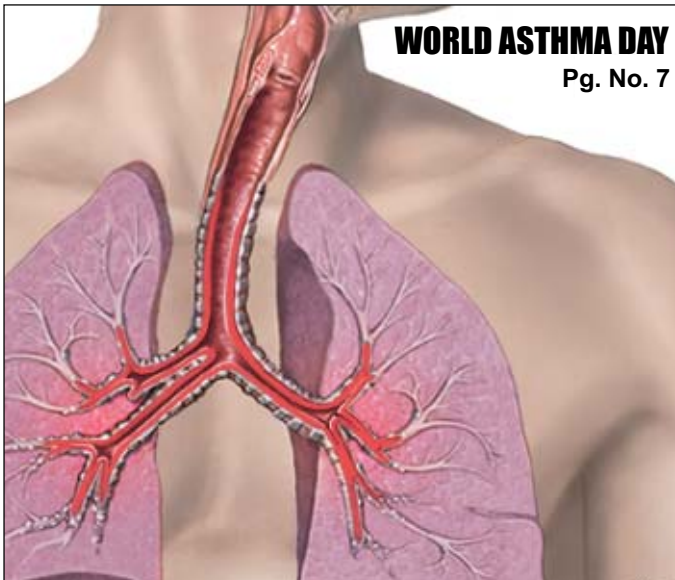
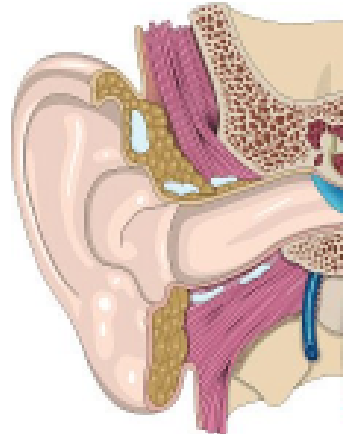
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Medical Image : Published by **Satish Sinnarkar**, co-ordinator **Sachin Soman** of **Campaign Masters** on behalf of the **Indian Medical Association - Mumbai West** and printed by him at **Unity Art Offset**, 302, Wadala Udyog Bhavan, Wadala, Mumbai-31.

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Please get your IMA Mumbai West **IDENTITY CARD**. Identity Card shall be mandatory for future events.

Dear friends,
We want to reach you better please update your contact details like

Name

Residence Address

.....Telephone

Clinic Address

.....Telephone

Mobile Blood Group

Email ID/s.

Send sms to 9821220519 or email to : drjayeshlele@yahoo.com

Your stamp size Photograph

Dr. Jayesh Lele
Hon. Secretary



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

I.M.A. Bldg., Behind Chandan Cinema, J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

Phone : 2620 6517 / 2625 4368 / 6523 5579 * PCO : 2670 5590

E-mail: imamumbaiwest@yahoo.com / imamumbaiwest@yahoogroups.com

MANAGING COMMITTEE 2008 - 2009

		Clinic	TELEPHONE NOS.	
			Residence	Mobile
President	Dr. Suchak Anil	28891484	28801555	9820080151
Imm. Past President	Dr. Contractor Akil	2612 7481	2649 9870	98920 84360
Vice President	Dr. Balsekar Ashok	2682 4409	2683 9164	98205 35802
Hon. Secretary	Dr. Lele Jayesh M.	2882 3408	2807 0340	98212 20519
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Hon. Jt. Secretary	Dr. Joshi S.K	2670 1418	2671 2254	93246 07663

MEMBERS

	Clinic	Residence	Mobile		Clinic	Residence	Mobile
Dr. Bachani Manohar	2647 3020	2604 4396	98202 02856	Dr. Kharade Mohan	2834 5619	2636 4699	98691 47459
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Dr. Baldwa Mahesh	2865 9737	2805 0268	9322990138	Dr. Mehta (Mrs.) Alka B.	2683 2766	2863 2359	93232 32378
Dr. Dr .Bhagtani Kishore	2671 5684	2682 2361	98210 90633	Dr. Mehta Ketan	2882 7500	2805 4406	98200 51849
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Dr. Desai Ashok D.	2637 1399	26371399	98193 04432	Dr. Patel Heena M.	2682 3179	2620 2392	93222 38372
Dr. Ghongane Arvind	2876 3873	2888 4338	98201 82451	Dr. Rege Narendra	2636 5500	2637 5500	98212 11155
Dr. Hariani Ajay	2889 1484	2886 3982	98202 88508	Dr. Sanghvi Parthiv	2671 1873	2671 4722	98203 04284
Dr. Inamdar B.M	2539 9927	2873 1040	98330 54054	Dr. Shah Nilesh	2614 7457	2614 8606	98206 71776
Dr. Kalambi Suresh S.	2679 6556	2683 5719	98191 62278	Dr. Shah Rashmikant	2807 3534	2801 3343	98212 16033
Dr. Kamdar Bipin	2612 6699	5691 9933	98200 26093	Dr. Upadhyaya Jagdip R.	2828 4271	2848 2425	93210 31220
Dr. Kate Suhas	2683 3939	2834 8401	98201 47041	Dr. Vaidya Niranjan R.	-	2646 2122	-
Dr. Khanna Umesh	2801 6266	2801 5035	9821112487	Dr. Vora Agam	2892 4811	2893 0010	98200 70054

MUMBAI - WEST SUB FACULTY OF IMA - CGP

Asst. Director of Studies	Dr. Kedia Subodh	26443276	26511297	98204 04753
Asst. Secretary	Dr. Bhargava Priti	-	2633 0653	98338 87603

MUMBAI - WEST CHAPTER OF IMA - AMS

Chairman	Dr. Doshi Kusum	26411334	26145316	98213 77654
Asst. Secretary	Dr. Thoravade Pratibha	-	-	98218 65203

BOARD OF TRUSTEES

Managing Trustee	Dr. Mehta B. S.	2683 2766	2683 2359	-
Members of Board of Trustees	Dr. Aithal K. S.	2872 1469	2871 3022	93244 21469
	Dr. Doctor Jayesh	2628 4103	2610 5344	
	Dr. Jimulia R. G.	2620 6850	2671 4471	98202 51107
	Dr. Umarjee Saeed	2889 1523	2636 6284	



From the Hon. President's desk.....

*Reflecting too much about the past,
speculating too much about the future*

*Is deceptive processes that deprive you of the
present.*

*NOW is what you have. Learn to live in the
NOW.*

- Swami Chidananda

Dear Friends,

My Journey has begun. I have completed one month of my tenure as a President, on 22nd April 2008. I am thankful to all the members, who attended the installation ceremony in large numbers on 23rd March 2008 and gave us lots of encouragement, and support to me and my team.

I am very happy to work with all the stars in the team of office bearers and managing committee, who are sincere, hardworking and committed to the growth and excellent performance of this association. I congratulate all the chairperson of various subcommittees of our branch. I have great assurance from the senior members and past presidents to support us in the activities of the association. I thank them for showing their willingness to participate whole heartedly.

I am happy to inform you that we are launching our website soon and you will have all the information and activities seen on internet. Dr Deepak Jumani is helping us in designing the same.

The CMEs of Tuesday and Thursday have started as promised, preceded by working lunch. We will be arranging excellent speakers talking on different subjects. I will request members to attend and participate in large numbers and take new updates in the field of medicine.

We have celebrated WHO day and this year's slogan is "Protecting Health from Climate Change". We had invited Dr Ramesh Chaturvedi and Dr Agam Vora, who gave excellent presentation to the delegates. We invited Dr Abhay Bhave, Hematologist, to address the members on "Bleeding Disorders" to mark and celebrate the World Hemophilia day. His lecture was very much liked by the members.

At other CMEs, the speakers were Dr Bimal Shah- ENT Surgeon, Dr Venkat Goyal- Cardiologist, Dr Mangesh Tiwaskar- Consultant Physician, Dr Samir Dalwai- Pediatrician, Dr Kannan Shah- Dermatologist, & Dr Vinod



*I am happy to
inform you that we
are launching our
website soon and
you will have all the
information and
activities seen on
internet. Dr Deepak Jumani is helping us
in designing the same.*

Agarwal- Orthopedic Surgeon. I thank all the speakers for their great performance. The lecture series on Update on Gynecological Cancers was well attended by members in large numbers. I thank and appreciate the efforts of Dr Bal Inamdar for the success of this program.

We have planned CMEs for the month of May, details of which are printed in IMAGE. We plan to arrange a program on WORLD ASTHMA DAY, where we will have an excellent interactive panel discussion. Dr Agam Vora will coordinate this event and great faculties from Chest medicine will be on dais. On 11th May, a symposium on "Lymphoma" has been arranged. It will cover important topics for our practicing doctors.

On 18th May, "World Vitiligo Day", a checkup camp under Dr Vinay Saraf (Dermatologist and Past President) has been organized at Pandurangwadi School, Goregaon east. Many patients will surely be benefitted from this camp.

The Geriatric Cell, under Dr Bakulesh Mehta, will give out number of programs this year and will help senior citizens of our area. We will address the problems faced by Senior Citizens.

PLASTICON in June and "back to School" specially devised program in Paediatrics in July have been finalized.

On 15th June, an excellent cultural program of "Antakshari" is scheduled. Dr Hitesh Parikh, Dr Ajay Hariani and Dr Ketan Mehta will work out the details and I am sure, members and their families will have a great musical evening.

I will be happy, if you could come with your friends in large numbers for all the programs of our branch and enjoy the scientific sessions and cultural events.

Dr Anil N Suchak



WEEKLY SCIENTIFIC PROGRAMME

**Lectures on Every Thursday
at 2.30 p.m. sharp**

Venue : **Lupin CME Auditorium**, IMA Building,
J. R. Mhatre Marg, Behind Chandan Cinema, J.V.P.D.
Scheme, Juhu, Mumbai - 400 049.

DATE	TOPIC	SPEAKER
01.05.2008	Tips And Tricks In Cardiology	Dr. M. K. Shah
08.05.2008	Knee Replacement And Revision Knee Surgery	Dr. Ashit Shah
15.05.2008	Meningitis	Dr. Ashutosh Shetty
03.06.2008	Newer strategies for cessation of smoking	Dr. Sanjeev Mehta
10.06.2008	Common Ear Problems	Dr. Sameer Bhargava

Each Lecture Carries Credit of 1 Hour for FCGP Examination

G. P. FORUM - ADDITIONAL C.M.E. PROGRAMME FOR GENERAL PRACTITIONERS

**Every Tuesday
at 2.30 p.m. sharp**

Venue : **Lupin CME Auditorium**, IMA Building,
J. R. Mhatre Marg, Behind Chandan Cinema, J.V.P.D.
Scheme, Juhu, Mumbai - 400 049.

DATE	TOPIC	SPEAKER
06.05.2008	WORLD ASTHMA DAY	DR. AGAM VORA, DR. PRALHAD PRABHUDESAI DR. SALIL BENDRE
13.05.2008	HYPERTENSION	DR. HARISH MEHTA

Each Lecture Carries A Credit of 1 Hour Each For FCGP Examination.

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

Dr. Subodh Kedia
Asst. Director of Studies

Dr. Priti Bhargava
Asst. Secretary

IMA - Mumbai West C.G.P. Sub Faculty

“World Vitiligo Day”

Check – up camp on **Sunday, 18th May 2008**,
From 9 am to 1 pm at
Pandurang wadi Marathi School, Pandurang wadi, Goregaon – East.

Dr. Anil Suchak
President

Dr. Jayesh Lele
Hon. Secretary

DR. AKIL CONTRACTOR
CHAIRMAN

DR. VINAY SARAF
CO – ORDINATOR

Public Welfare & Health Sub – Committee



From the Hon. Secretary's desk.....

Dear friends

It is a time to plan and start work for the year. This year we have some new members in the managing committee. Managing committee at its first meeting appointed various sub committee Chairpersons. New members bring in new ideas and so new thoughts are discussed.

Dr Ajay Hariani versatile plastic surgeon has planned 'ZUVENTUS ANTAKSHARI' on 15th June 2008, which is going to be a unique event. He has also planned 'PLASTICON' on 22nd June 2008. So it is going to be real treat to members. He is an asset to the committee.

This year we plan to give more attention to the programmes for families and children. We need to have more events dedicated to the community also. Last year we had arranged 'MATHEMAGIC' show by Minoo Jokhi, and all children were very happy. This year also we are arranging special program for children as they can enjoy it during vacation.

During May and June all members, who are Social Security Scheme members have to pay the yearly fraternity contribution for IMA MS as well IMA National schemes. Many members from our branch are not members for these very attractive schemes, so please get in touch with our office and join Social Security Schemes as early as possible. The contribution increases as the age advances, so it is better to be a member early.

Our CME lectures continue to be popular as always, and this year we will have Cardiology Series from Asian Heart Institute, Bandra from 5th June (Thursday) onwards. We shall be having DOCTORS' day on 6th July, which will, be preceded by 'UPDATE 2008'. This programme will be lectures by celebrity speakers.

Recently Bio medical Waste management issue has been a problem for the doctors. But it is now very clear after meeting and



This year we plan to give more attention to the programmes for families and children. We need to have more events dedicated to the community also. Last year we had arranged 'MATHEMAGIC' show by Minoo Jokhi, and all children were very happy. This year also we are arranging special program for children as they can enjoy it during vacation.

talking with all the concerned authorities, that this we can not avoid, as it has been a law and we will have to abide by the rules laid down by govt. All the hospitals have been following this for quite sometime and now all the general practitioners will have to follow the proper disposal with the authorities. Judiciary and MCGM are going to be very vigilant so please contact the proper person to collect the Bio medical waste.

Many members at the Annual general body as well as at Managing committee have expressed the need to amend Constitution, so if you have any suggestions please tell us, so that the Constitution sub committee shall consider them during their meeting.

It is a time to have vacation for CME lectures from 15th May to 31st May 2008 as per our normal yearly practice, so we look forward to have good series from 1st June onwards.

Friends, we will be very happy to have your valuable views .

Dr Jayesh Lele

Cell: **98212 20519**

e-mail: drjayeshlele@yahoo.com



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH

IMA-CGP MUMBAI WEST SUB FACULTY

Presents

“UPDATES IN LYMPHOMA and LEUKEMIAS”

Day & Date: Sunday, 11th May 2008. • Time : 09.00 a.m. to 12.30 p.m.

Venue : **Lupin CME Auditorium**, I.M.A. Building, Behind Chandan Cinema,
J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

PROGRAMME

Time	Topic	Speaker
09.00 am. - 10.15 am.	Registration & breakfast	
10.15 am. - 10.55 am.	Welcome	Dr Anil Suchak
10.55 am. - 11.40 am.	Chronic Myeloid Lymphoma	Dr Hari Menon
11.40 am. - 12.30 pm.	Lymphomas	Dr Sudeep Gupta
12.30 pm to 01.15 pm.	Acute Myloid Lymphoma	Dr Kumar Prabhash
01.15 pm.	Vote of Thanks / Lunch / Lucky Draw	Dr. Jayesh Lele

- ADVANCE REGISTRATION IS COMPULSORY.
FREE FOR MEMBERS WHO HAVE PAID CME ANNUAL FEES.
100/- OTHER IMA MEMBERS, 150/- ELIGIBLE DOCTORS, NON-MEMBERS.
- PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.
- PROGRAMME WILL START AND END IN TIME.
- LUCKY DRAWS.

DR. ANIL SUCHAK President	DR. JAYESH LELE Hon. Secretary
DR. B.M. Inamdar Co-Ordinator	DR. SUBODH KEDIA Asst. Director IMA CGP
	DR. PRITI BHARGAVA Asst. Secretary IMA CGP

“ZUVENTUS ANTAKSHARI”

- Grand Zuventus Antakshari shall be held on 15th June 2008, 6 p.m. onwards.
- The details will be given in next issue of IMAGE.
- Registration Charges: Participant: Rs. 100/-
Members, Spouse, Children : Rs. 50/-
Non – members: Rs. 150/-

Dr. Anil Suchak - President
Dr. Hitesh Parikh - Chairman Cultural Sub – Committee

Dr. Jayesh Lele - Hon. Secretary
Dr. Ajay Hariani - Co - coordinator
Dr. Ketan Mehta - Co - coordinator



**INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH
IMA-CGP MUMBAI WEST SUB FACULTY**

*Presents panel discussion
On the occasion*

"WORLD ASTHMA DAY"

Day & Date: Tuesday, 06th May 2008. • Time : 01.30 p.m. to 4.15 p.m.

Venue : **Lupin CME Auditorium**, I.M.A. Building, Behind Chandan Cinema,
J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

PROGRAMME

Time	Topic	Panelist
01.30 - 02.30	LUNCH	
02.30 pm	Welcome Inaugural Address	Dr. Jayesh Lele Dr. Anil Suchak
2.45 pm to 4.00 pm	Asthma in General Practice How to treat difficult cases	Dr. Agam Vora Dr. Pralhad Prabhudesai Dr. Salil Bendre
	Vote of Thanks & Lucky Draws	Dr. Jayesh Lele

Moderator: Dr. Akil Contractor and Dr. N S Chatwani

- ADVANCE REGISTRATION IS COMPULSORY FOR MEMBERS WHO HAVE PAID ANNUAL CME (FREE). Other IMA Members : Rs. 100/- • Eligible Non members : Rs. 150/-
- PLEASE REGISTER EARLY TO AVOID DISAPPOINTMENT.
- PROGRAMME WILL START AND END IN TIME.

SPONSORED BY "LUPIN"

DR. ANIL SUCHAK President	DR. JAYESH LELE Hon. Secretary	
DR. AKIL CONTRACTOR Chairman Public Health subcommittee	DR. SUBODH KEDIA Asstt. Director IMA CGP	DR. PRITI BHARGAVA Asst. Secretary IMA CGP



AIDS cell

VCTC which has been started in IMA has many facilities. It is with the collaboration with MDACS. Here HIV screening is done free and even the T.B suspected patients are send to the nearest Devised Microscopic Centre (DMC) for free sputum testing, & if the patient comes Sputum Positive then the patient is given the treatment of T.B i.e (DOTs) free. It has been seen in India that 60% of HIV positive patients have been affected by T.B. and 10% of HIV negative people can be affected by T.B infection. The HIV & AIDS counseling is done for free. Here even the consultation is done free of cost by Dr. Rashmikant Shah on every Thursdays of the month at 2 p.m. & Dr. Vinay Saraf on every Mondays at 4.00 p.m.

- The HIV Positive patients are also given the further testing for concessional rates & the test reports are appreciated by the doctors. The HIV test rates are as follows:

HIV Test Name	IMA rates(after concession)
HIV Screening test (By three methods)	Free
CD4 / CD8	1000.00
Viral Load (VL)	3000.00
HIV Monitor (CD4 / CD8 & VL)	3500.00

- Other test which the doctors' can advice are as follows:

Test Name	IMA rates(after concession)
CBC	160.00
ESR	64.00
SGPT	120.00
SGOT	120.00
SERUM CREATININE	112.00
STOOL	64.00
URINE ROUTINE	64.00
HEPATITES B	80.00
M.T.	96.00
VDRL	80.00
LFT	460.00
LIPID PROFILE	312.00

Dr. Rashmikant Shah
Chairman AIDS CELL

Ms. Neha Bhatt
HIV/ AIDS Counselor

Ms. Smita Jadhav
Lab. Technician



INDIAN MEDICAL ASSOCIATION MUMBAI WEST BRANCH

Presents

PLASTICON

Day & Date : Sunday, 22nd June 2008 • Time : 08.30 a.m. to 12.50 p.m.
Venue : I.M.A. Building, Behind Chandan Cinema, J. R. Mhatre Marg, J.V.P.D. Scheme,
Juhu, Mumbai - 400 049.

PROGRAMME

Time	Topic	Speaker
08.30 a.m. - 09.15 a.m.	REGISTRATION & BREAKFAST	
09.15 a.m. - 09.30 a.m.	WELCOME - Hon. Secretary - DR. JAYESH LELE INAUGURAL ADDRESS – President – DR. ANIL SUCHAK	
09.30 a.m. - 09.50 a.m.	BASICS IN PLASTIC SURGERY	DR. AJAY HARIANI
09.50 a.m. - 10.10 a.m.	BURNS MANAGEMENT	DR. SUNIL KESWANI
10.10 a.m. - 10.40 a.m.	RECONSTRUCTIVE PLASTIC SURGERY	DR. SATISH AROLKAR
10.40 a.m. - 11.10 a.m.	HAND & MICROSURGERY	DR. ADITYA KAUSHIK
11.10 a.m. - 11.40 p.m.	COSMETIC LASER SURGERY	DR. LAKSHYAJIT DHAMI
11.40 p.m. - 12.00 p.m.	BOTOX & FILLERS	DR. NEETA PATEL
12.00 p.m. - 12.20 p.m.	HAIR RESTORATION	DR. RAJESH RAJPUT
12.20 p.m. - 12.50 p.m.	AESTHETIC SURGERY	DR. LAKSHYAJIT DHAMI
12.50 p.m.	VOTE OF THANKS & LUCKY DRAWS	

MODERATOR : DR. AJAY HARIANI

REGISTRATION FEES :

- CGP & IMA Members who have paid ANNUAL Fees = FREE
- CGP & IMA Members : Rs. 100/-
- Eligible Non – Members : Rs. 200/-
- LUCKY DRAWS FOR MEMBERS WHO REPORT TILL 09.15 A.M

PROGRAMME WILL START AND END IN TIME.

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary



IMPORTANT ANNOUNCEMENT

IMA - NATIONAL SOCIAL SECURITY SCHEME

Dear Members,

You must have received notice of payment of D.F.C. No. 13 dated 25.03.2008 by now. We would like to continue the service of collection of D.F.C. payment to our members. Please send your contribution as mentioned in your notice to our office latest by 10.05.2008. Please note that no payment will be accepted at our office after 5.00 p.m. on Saturday, 10.05.2008 as the last date of payment at Ahmedabad is 15.05.2008.

You are requested to enclose.

a) **A crossed a/c payee cheque in the name of "IMA - B.W.S.B." of the exact amount** as mentioned in your notice with your full name, address, telephone number and N.S.S.S. number mentioned in legible handwriting at the back of your cheque.

b) **Blank document of "NOTICE-CUM-MONEY RECEIPT" received by you.**

A temporary receipt will be issued by our branch. A composite demand draft will be prepared by our branch and dispatched along with a list of contributing members to the Headquarters of I.M.A.- National Social Security Scheme at Ahmedabad. You will receive your official receipts directly from the scheme.

We are sure you will avail of this facility like last few years.

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary

SOCIAL SECURITY SCHEME OF IMA - MAHARASHTRA STATE BRANCH

We are happy to inform that our branch will be offering Fraternity fund contribution collection facility for social security scheme of IMA – Maharashtra state branch.

Please send a crossed a/c payee cheque drawn in favour of "**I.M.A. - MS. Social Security Scheme**" to our office latest by 30th may 2008. Please write your full NAME, ADDRESS AND SOCIAL SECURITY SCHEME on the reverse of your cheque for reference.

Individual receipts will be subsequently dispatched to you from social security scheme office.

ELECTION FOR MAHARASHTRA STATE BRANCH

Nominations are invited for the post of one President (one post) & Vice Presidents (three post) of IMA – Maharashtra State Branch for the year 2008- 2009.

All interested members are requested to apply urgently on their letterhead to the office latest by 12th May 2008 by 5.00 p.m.

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary



IMA MUMBAI WEST

invites you to a galaxy of star teachers in Pediatrics
in an innovative learning - friendly environment

BACK TO SCHOOL: Pediatrics - Basics and More

20th July 2008 ; 9.00 am to 1.00 pm

- A unique pediatric conference,
- Panel discussion based interactive format (AWESOME style, a Dr Amdekar invention)
- Specific Issues (Basics, Diagnostics... and the "Googly")
- Key TAKE-HOME messages
- Limited Participants

Time	Topic	Speakers	Moderators
9.00 to 9.30	Breakfast & Registration, Welcome Dr Jayesh Lele, Inaugural	Address Dr Anil Suchak	
9.30 to 10.15	THE FEBRILE CHILD: "How to stay "cool", while the Mercury rises"	1. Dr Y K Amdekar 2. Dr Raju Khubchandani 3. Dr Deepak Ugra	Dr Anand Shandilya, Dr S.K.Joshi
10.15 to 11.00	VOMITING & DIARRHOEA: "While the situation is 'fluid'.."	1. Dr Rashid Merchant 2. Dr Anand Shandilya 3. Dr Ajit Gajendragadkar	Dr Shailesh Gupta, Dr Akil Contractor
11.00 to 11.15	Nutritional Replenishment	i. tea ii. coffee iii. biscuits	Un moderated
11.15 to 12.00	DEVELOPMENTAL, BEHAVIORAL AND SCHOLASTIC PROBLEMS: "Kahani Ghar Ghar Ki"	1. Dr Rashid Merchant 2. Dr Anaita Udawadia-Hegde 3. Dr Samir Dalwai	Dr Sailesh Gupta, Dr Ashok Balsekar
12.00 to 12.45	COUGH AND RESPIRATORY DISTRESS : "Clinical circumstances that make you say.. 'You take my breath away!'"	1. Dr YK Amdekar 2. Dr Raju Khubchandani 3. Dr Indu Khosla	Dr Ajit Gajendra Dr Subhash Gajria
12.45 to 1.00	Lucky Draws And Vote Of Thanks	Dr Jayesh Lele	
1.00 pm	Lunch		

CO-ORDINATORS : DR. DALWAI

- REGISTRATION FEES : • CGP & IMA Members who have paid ANNUAL Fees = FREE
• CGP & IMA Members : Rs. 100/- • Eligible Non – Members : Rs. 200/-
• EARLYBIRD & LUCKY DRAWS

DR. ANIL SUCHAK
President
DR. SUBODH KEDIA
Asstt. Director - IMA CGP

DR. JAYESH LELE
Hon. Secretary
DR. PRITI BHARGAVA
Asst. Secretary - IMA CGP



HEARTIEST CONGRATULATIONS!!!

Our heartiest congratulations to following managing committee members for their appointment as chairperson on various sub committee of our branch.

Action Sub - Committee	Dr Shrikant Badwe
Aids Cell Sub - Committee	Dr Rashmikant Shah
Anti Quackery Sub - Committee	Dr. Mahesh Baldwa
Building Sub - Committee	Dr. Ashok Balsekar
Constitution Sub Committee	Dr. B. M. Inamdar
Cultural Sub - Committee	Dr. Hitesh Parikh
Editor - Medical Image Sub - Committee	Dr. Jayesh Lele
Fund Raising Sub Committee	Dr. Manohar Bachani
Identity Card Sub - Committee	Dr. Nitin Pandit
Library Sub - Committee	Dr. Mehul Bhatt
Media Relations Sub - Committee	Dr. Satish Naik
Medico Legal Sub - Committee	Dr. Sanjay Maniar
Members Welfare Sub - Committee	Dr. (Mrs.) Alka B. Mehta
Membership Drive Sub - Committee	Dr. Ajay Hariani
Public Health & Welfare Sub - Committee	Dr. Akil Contractor
Social Security Scheme Sub - Committee	Dr. Agam Vora
State & Centre Co-coordinator Sub - Committee	Dr. Niranjana R. Vaidya
Sport Sub Committee	Dr. Nilesh Shah
Women's Wing Sub - Committee	Dr. (Mrs.) Heena Patel
Website Sub - Committee	Dr. Arvind Ghongane

We have very high expectations of glittering performance from all of them in this crucial year of our branch and we are sure they will not disappoint us.

• We would like to announce inclusion of following members in our managing committee by way of co-option.

1. Dr. B. M. Inamdar
2. Dr. Manohar Bachani
3. Dr. (Mrs.) Alka Mehta
4. Dr. Sanjeev Maniar
5. Dr. Umesh Khanna

We will also take special help from Dr. Tarun Dorhi, Dr. Subhash Shah, Dr. Milind Sakhardande, Dr. Vimal Garg, Dr. Ashok Kumar Soomaney, Dr. Narendra Kumar during the year at all events.

DR. ANIL SUCHAK
President

DR. JAYESH LELE
Hon. Secretary



IMPORTANT ANNOUNCEMENT

IMA - HQs has increased the HFC share with effect from 1st April 2007. We wish to give chance to all the eligible doctors in our area to become member at lesser rate. Members at AGM held on 9th March 2008 have continued the concession.

Please inform all your friends who are not IMA members about this & encourage them to be our member.

	Old Rates				Concessional Rates			
	State	HQs	Branch	Total	State	HQs	Branch	Total
Single Life Membership	640	1630	2230	4500	1050	2700	2250	6000
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INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH Women's Wing Sub Committee & Member's Welfare Sub- Committee

Presents

"METHODS TO ENHANCE MEMORY POWER & CALCULATION SKILLS"

Day & Date: Sunday, 1ST JUNE 2008. • Time : 10.30 A.M TO 1.00 P.M.

**Venue : Lupin CME Auditorium, I.M.A. Building, Behind Chandan Cinema,
J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.**

PROGRAMME

Time	Topic	Speaker
10.30a.m. - 11.00a.m	Registration & Tea	
11.00a.m - 11.15a.m	Welcome	Dr. Jayesh Lele
	Inaugural address	Dr Anil Suchak
11.15a.m.- 12.15p.m.	Methods to enhance memory power & calculation skills	A well Known famous personality Mr. Minoo Jokhi
12.15p.m - 12.45p.m	Audience participation	
12.45p.m - 12.50p.m	Vote of Thanks	Dr. Heena Patel
12.50 pm onwards	Lunch	

• **Registration Charges Rs. 50/- per head** • PROGRAMME WILL START AND END IN TIME.

All are cordially invited to join us with family, friends & Children.

R.S.V.P. is must, Please register in advance to make arrangements.

DR. ANIL SUCHAK
President

DR.AKIL CONTRACTOR
Co-coordinator

Dr JAYESH LELE
Hon. Secretary

DR. ALKA MEHTA
Chairperson
Members welfare sub committee

DR. HEENA PATEL
Chairperson
Woman's Wing sub committee



CONGRATULATIONS

Hearty congratulations to **Dr. Ketan Mehta**, as he is the only physician from the South-Asian countries (India / Pakistan / Nepal / Bangladesh / Srilanka / Bhutan) nominated for HOPE scholarship program for the year 2008, offered through McMaster's University, Hamilton, Canada.

Dr. Ketan Mehta has also been appointed as the Joint Secretary of "Indian Society Of Electrocardiology" for the year 2008 - 2010.

Congratulation !!!

Dr. Parag Mehta who has been selected for the prestigious "Fellowship For International Scholars of the American Academy of Sleep Medicine 2008 at Centre for Sleep & Respiratory Neurobiology at Pennsylvania State University Hospital, Philadelphia.

MATRIMONIAL

Mumbai based, Gujarati Doctors Parents invite Alliance for their '82 born / Ht: 5'4" / Doctor Daughter (M.B.B.S / USMLE Step I & II cleared) from U.S.A based Gujarati NRI Medico Boy. Contact: 98691 23603 / 2805 8016 (9 to 11pm).

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WELCOME NEW MEMBERS

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Dr. Mohana Sundaram Sethilnathan S.
Dr. Sankhe Rajshree M.
Dr. Shah Arki Hireen
- Goregaon : Dr. Shetty Shoma Praveer
- Andheri : Dr. Chokani Rajesh R.
Dr. Chokani Sangeeta R.
Dr. Kati Mrs. Atisha Sumit
Dr. Maistry Shilpa H.
Dr. Mody Kruti Harshad
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Dr. Chheda Bela Ameet
Dr. Shah Ashit Hasmukhbhai
Dr. Shah Anjana Ashit
- Santacruz : Dr. Khetade Dilip Laxman

IMA – CME FEES FOR THE YEAR 2008 – 2009

• Annual Fees •

(Includes Sunday's CME Programme, all mini conferences, Annual Conference & Weekly CME's on Tuesday / Thursday will be free).

- a. IMA – CGP Members : Rs. 750/-
- b. IMA Mumbai West Members : Rs. 1000/-
- c. Other Eligible Non-Members : Rs. 1500/-



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**MUMBAI, BOM BAIA,
BOMBAY, BOMB BAY,
MUMBAI**
• **A BRIEF HISTORY** •
re-written by Dr. Leo Rebello for time
capsule if Mumbai is destroyed.

The city of Bombay originally consisted of seven islands - Colaba, Mazagaon, Old Woman's Island, Wadala, Mahim, Parel, and Matunga-Sion. This group of islands formed a part of the kingdom of Emperor Ashoka. These have since been joined together by a series of reclamations. After Ashoka's death, these islands passed into the hands of various Hindu rulers until 1343. In that year, the 'Mohammedans' of Gujarat took possession and the Kings of that province of India ruled for the next two centuries. The only vestige of their dominion over these islands that remains today is a mosque at Mahim. Who tore everything down? The Portuguese or the British perhaps or post partition mobs?

In 1534 the Portuguese, who already possessed many important trading centres on the western coast, such as Panjim (Goa), Daman, and Diu (now union territory), took Bombay by force of arms from the 'Mohammedans'. This led to the establishment of numerous churches, which were constructed in areas where the majority of people were Roman Catholics. There used to be two areas in Bombay called 'Portuguese Church'. However, only one church with Portuguese-style facade still remains; it is the St. Andrew's church at Bandra.

The Portuguese also fortified their possession by building forts at Sion, Mahim, Bandra, and Bassien (or Vasai), which, although in disrepair, can still be seen. They named their new possession 'Bom Baia' in Portuguese 'Good Bay'. The British later changed this name to 'Bombay' and in mid 1990's Shiv Sena renamed it Mumbai as that was the original name they

**The first
Parsi to
arrive in
Bombay
was Dorabji
Nanabhoy
Patel in
1640.**

said. In any case it was called Mumbai in local lingo by Kolis (the original inhabitants of Mumbai) and one Gujarati paper called Mumbai Samachar proudly proclaimed it represented Mumbai's original flavour.

About 130 years later the islands were given as dowry to the English King Charles II on his marriage to Portuguese Princess Catherine of Braganza in 1662. In 1668 the British East India Company on lease from the crown acquired the islands for 10 pounds in gold/per annum. Obviously the British did not value these islands at that time. The Company, which was operating from Surat, was in search for another deeper water port so that larger vessels could dock, and found the islands of Bombay suitable for development. Shifting of the East India Company's headquarters to Bombay in 1687 led to the eclipse of Surat as a principal trading centre. The British corrupted the Portuguese name 'Bom Baia' to 'Bombay'.

The first Parsi to arrive in Bombay was Dorabji Nanabhoy Patel in 1640. The Parsis, originally from Iran, migrated to India about 900 years ago. This they did so to save their religion, Zoroastrianism, from invading Arabs who proselytized Islam. However, in 1689-90, when a severe plague had struck down most of the Europeans, the Siddi Chief of Janjira made several attempts to repossess the islands by force, but the son of the former, a trader named Rustomji Dorabji Patel (1667-1763), successfully warded off the attacks on behalf of the British with the help of the 'Kolis', the original fisher-folk inhabitants of these islands. The remnants of the Koli settlements can still be seen at Backbay reclamation, Mahim, Bandra, Khar, Madh, Manori and Vasai. Bombay then had a succession of British governors, who





attracted Gujarati traders, Parsi ship builders, Hindu and Muslim businessmen; and made the city more populous. A city court was started to uphold the law. A fort was also built, none of which remains, except a small portion of the wall. Governors like Grant (of Grant Road fame) helped Bombay grow and set up hospitals, roads etc.

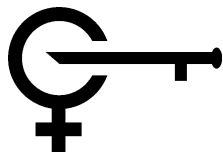
Seth Modi Hirji Vachha built the Zoroastrian Towers of Silence on Malabar hill in 1672. Seth Vachha built the first fire-temple in the same year opposite his residence at Modikhana within the British fort. Both these structures can still be seen

today.

The inroads of the sea at Worli, Mahim, and Mahalaxmi turned the ground between the islands into swamps making Bombay an extremely unhealthy place at that time. Reclamation work to stop the breeches at Mahalaxmi and Worli were undertaken. In 1803 Bombay was connected with Salsette by a causeway at Sion. The island of Colaba was joined to Bombay in 1838 by a causeway now called Colaba Causeway and the Causeway connecting Mahim and Bandra was completed in 1845, which was done by Lady Avabai Jamsetjee Jeejeebhoy.

In the mid 1800's the cattle that people owned used to graze at the lush Camp Maidan (Azad Maidan). The British, always ready to levy taxes, started a grazing tax, which most people could not afford. Sir Jamshedji Jeejeebhoy spent Rs. 20,000 to buy some grass lands near the sea front at Thakurdwar and saw

Seth Modi Hirji Vachha built the Zoroastrian Towers of Silence on Malabar hill in 1672.



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that the starving cattle grazed without a fee in that area. The area came to be known as 'Charni' meaning grazing. When a railway station on the BB&CI railway was constructed there it was called Charni Road.

On Saturday 16th of April, 1853 a 21-mile long railway line, the first in India, between Bombay's Victoria Terminus and Thana was opened. In 1860, the railroads connected Baroda and Central India. With the Suez canal opening in Africa, Bombay saw a great economic boom; cotton being the main export. Many families made their fortunes during that time. Even the Americans imported cotton during the Civil War that started in 1861. The population of the city went from about 13,000 in 1770 to about 644,000 in 1870.

In 1858, after the first war for independence, where Rani of Jhansi played a big part, the crown retook Bombay and the East India Company was in dire straits. Governor Frere had a fountain made in his honor at that time, which was later called Flora Fountain. This was re-christened as Hutatma Chowk later in memory of those who died in the bifurcation of Bombay State into Maharashtra and

Gujarat.

Then in 1863, the Governor got piped water from the lakes Tulsi, Vihar & Tansa. After which they banned all open water storage systems like water tanks and wells, which they said were breeding grounds for mosquitoes.

This was met with a lot of opposition. Bombay had the only sweet water river called Mithi River, which today has become the Sewage water river. The latter half of the 19th century was also to see a feverish construction of buildings in Bombay, many of which such as, the Victoria Terminus, the General Post Office, Municipal Corporation, the Prince of Wales Museum, Rajabai Tower and Bombay University, St. Xavier's College, Elphinstone College and the Cawasji Jehangir Hall, the Crawford Market, the Old Secretariat (Old Customs House) and the Public Works Department (PWD) Building, still stand as major landmarks. The Gateway of India was built to commemorate the visit of King George V and Queen Mary for the Darbar at Delhi in 1911. Jana Gana Mana written to honour King George V is unfortunately sung as National Anthem because

Dr. Hetal A. Chiniwala

M.S.D.N.B., D. Orth, A.F.S.A.(France), F.E.S.S.K.A. (Germany)

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• PROFILE •

1. **Master of Surgery in Orthopedics:** First in the Mumbai University.
2. **Diplomat of National Board,** New Delhi.
3. **Attestation de Formation Specialise Appfondie.** Strasbourg, France. **Speciality training in shoulder surgeries.**
4. **Scholar of European Society of Sports traumatology, Knee surgery and Arthroscopy,** Berlin, Germany. **Speciality training in Knee Surgeries.**
5. **Fellowship** at Gyeonsang National University Hospital, Chinju, South Korea.

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Nehru, educated in England liked its marching tune.

The Princess Dock was built in the year 1885 and the Victoria Dock and the Mereweather Dry Docks in 1891. Alexandra Dock was completed in 1914. Soon Bombay saw the rise of the Parsi Liquor Mafia in the 'Play House' area, which locals called Pillahouse and became a red light district. At this time a terrible episode of Bubonic Plague wiped out a large population of Bombay. The Bombay Gymkhana was formed in 1875 exclusively for Europeans, who played the game of cricket there. Other communities followed this example, and various Parsi, Muslim, and Hindu gymkhanas were started nearby with fierce sports competitions among them being organized on a communal basis.

This was opposed by several secular minded persons, such as the late A.F.S. Talyarkhan, and sports teams based on community, especially cricket teams, came to an end gradually after independence from British rule in 1947.

Lord Sandhurst was the Governor from 1895-1900 and he was commemorated by naming a

road and railway station after him. Around 1914, a train line was started from Ballard Pier to Wadala, around the same time Tata Power Company set up overhead transmission lines. In 1927, electrical locomotives were imported from England and serviced the route between Pune and Igatpuri. These helped carry troops from Bombay to the rest of the country later, during WW-II.

In April 1944, a fire started in the holds of the ship 'Fort Stikine' (7420 tons), which was carrying Dried fish, Cotton bales, Gunpowder, Timber, Ammunition and Gold bars from London. There was about 2 million pounds sterling in gold, to stabilize the Indian Rupee. The explosion was so big and loud that it could be felt till Dadar, more than 8 miles away. The docks and the surrounding areas were completely destroyed. Over 120 brave men from the Bombay Fire Brigade and hundreds of dockworkers lost their lives in the blast. The locals thought that the Japanese had attacked (like Pearl Harbour), which was not true, since they were currently fighting a losing battle. All the gold bars (which had landed all over the place) were subsequently returned over the next 30 years to

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- * GOREGAON -WEST :
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- * ANDHERI-EAST :
Gr Fir, Sahakar Nivas, Opp Imperial Palace Hotel, Telli Park Rd, Andheri (E), Mumbai-69, Ph-26821968
- * BYCULLA-EAST :
132/134, Meharalli Mansion, Opp Rani Baug, Dr Ambedkar Rd, Byculla (E), Mumbai - 27, Ph- 23739518



the British government. All citizens who reported any damage to property or self, were promptly paid compensation.

The historic session of the All India Congress Committee began on the 7th of August 1942. Its venue was the Gowalia Tank Maidan (maidan = grounds), where the congress was born in 1885. It was at this session that the 'Quit India' call was given by Mahatma Gandhi and other leaders. The British arrested the Indian leaders soon afterwards but the momentum of the Quit India movement could not be stopped and led to the final withdrawal of the British on 15 August 1947. The last British troops on Indian soil left for England through Gateway of India on that day. They bade farewell from where they had entered 282 years before. The people of Bombay, in a gesture of generosity wished them bon voyage, forgetting the bitter memories of the fight for independence. Today the maidan from where the call to 'Quit India' was given is called the 'August Kranti Maidan'.

After independence the Congress party led by Jawaharlal Nehru at the Center was swept to power in most of the Indian States, which were constituted on the basis of language spoken by the majority of its people. The Bombay State included the city as its seat of government. In 1960 the state of Bombay was split into Maharashtra and Gujarat states again on linguistic basis, the former retaining Bombay city as its capital. The Congress party continued to administer Maharashtra until 1994 when it was replaced by the Shiv Sena-Bharatiya Janata Party (BJP) coalition.

The Stock Exchange at Bombay was established in 1875 as 'The Native Share and Stockbrokers Association', which has evolved over the decades into its present status as the premier

Stock Exchange in India. It is one of the oldest in Asia having preceded even the Tokyo Stock Exchange that was founded in 1878. In the early days business was conducted under the shade of a banyan tree in front of the town hall. The tree is still there in the Horniman Circle Park. With the success of the back-bay reclamation

scheme in the late 1960s and early 1970s Nariman Point became the hub of the business activity. Several offices shifted from the Ballard Estate to Nariman Point, which ultimately became one of the most expensive real estate in the world as high demand pushed prices to astronomical limits. Nariman Point is named after KF Nariman (President of the Bombay Provincial Congress Committee and a former mayor of Bombay).

'Bollywood' is a term used to describe the Indian film industry. It has been a long story of a century, starting in 1901, with the early shaky screen images turning into a multi winged empire of its own, that has churned out some 30,000 feature films and thousands of documentaries. Cinema has raised India's flag high in the world as the consistently largest film producer. The glamorous image of Bombay and job or business opportunities brings everyone to Bombay. This has led to overcrowding and slums. Because of this unplanned growth, coupled with corruption and land mafia, the city became slumbay from Mumbai. It has the dubious record of the second biggest slum in the world (Dharavi). Smuggling, prostitution, extortion, shootouts, encounter killings, the slums and with Maruti car and opening up of economy, roads have been clogged with unnecessary vehicles and due to unplanned development there are everywhere flyovers destroying the Bombay skyline, which is made worse by the too many hoardings and the followers of puny political leaders putting banners and buntings congratulating their leaders. A huge evil nexus of the underworld developed with the politicians and Bombay's police force. Slumlords and smugglers like Dawood Ibrahim, Abu Salem and Iqbal Mirchi rose to fame thanks to this unholy nexus.

Yet, Bombay is still the financial and business capital of India and my home. I was born here in 1950 and continue to live and work. I know Bombay or Mumbai better than Bal Thackeray (who is not original Mumbaikar) or Vilasrao Deshmukh who is from Latur and wants to make Mumbai into Shanghai in a hurry because Shan and Ghai in marathi mean 'prestige' and 'hurry'. But he and others like him have forgotten that Bombay or Mumbai will be destroyed by 2012 and there is no disaster plan in place to save Bombay's teeming millions. Till Bombay is destroyed, and

'Bollywood' is a term used to describe the Indian film industry. It has been a long story.



we do part, I remain yours sincerely, Dr. Leo Rebelló // www.healthwisdom.org

-- well, i dun know (and hope not) bout the unfortunate 2012 prophecy..

but the history brought a tear, steeped in nostalgia, to the eye..

we speak bout foreign invaders having looted and changed the structure, story and history of india.. but who did the same to our own Bombay-Mumbai...?????????

therein lies a tragedy :-)

cant express it any better than in Majrooh Sultanpuri's words, in that immortal tune by OP Nayyar from CID (Guru Dutt), 1956

Aye dil hai mushkil jeena yahan

Zara hat ke zara bach ke, yeh hai Bombay meri jaan

Aye dil hai..

Kahin building, kahin traame, kahin motor, kahin mill

Milta hai yahan sab kuchh ik milta nahin dil

Insaan ka nahin kahin naam-o-nishaan

Zara hat ke zara bach ke, yeh hai Bombay meri jaan

Aye dil hai..

Kahin satta, kahin patta, kahin chori, kahin res

Kahin daaka, kahin phaaka, kahin thokar, kahin thes

Bekaaro ke hain kai kaam yahan

Zara hat ke zara bach ke, yeh hai Bombay meri jaan

Aye dil hai..

Beghar ko aawara yahan kehte has has

Khud kaate gale sabke kahe isko business

Ik cheez ke hain kai naam yahan

Zara hat ke zara bach ke, yeh hai Bombay meri jaan

Aye dil hai..

Bura duniya woh hai kehta aisa bhola tu na ban

Jo hai karta woh hai bharta hai yahan ka yeh chalan

Tadbeer nahin chalne ki yahan

Yeh hai Bombay, yeh hai Bombay, yeh hai Bombay meri jaan

Aye dil hai mushkil jeena yahan

Zara hat ke zara bach ke, yeh hai Bombay meri jaan

Aye dil hai aasaa jeena yahan

Suno mister, suno bandhu, yeh hai Bombay meri jaan

Aye dil hai mushkil jeena yahan

Zara hat ke zara bach ke, yeh hai Bombay meri jaan

(incidentally, all of these gentlemen came to bombay as "outsiders".)

bombay meri jaan,

Samir Dalwai

ceramco



CASES OF LEARNING DISABILITY

Dr Samir Dalwai,
MD,DCH,DNB,FCPS,LLB,
Pediatrician and Director,
New Horizons Child Development Centre.

Case 1: S, a 10 years old boy in Grade V, was referred to the clinic with complaints of academic problems.

S's teacher had called the parents and told them that S was doing very badly in school. S's answer papers were full of spelling mistakes, half the questions were not even attempted and answers were completely irrelevant. All this in spite of the fact that S studied a lot and had answered all the questions at home when the mother was taking up his studies. Then, she was puzzled as to why did he perform so badly in school. They blamed the teacher, the teacher blamed the tuition teacher and she in turn, blamed everyone else! And poor S continued to suffer, though otherwise he was very smart, had a powerful memory and was very sweet by nature.

Case 2: R, a 11 year old girl, in Grade VI was referred to the clinic with behavioural problems.

R had become very short tempered over the last year or so, getting annoyed and irritated over trivial reasons. She would become very irritable and would fight with her mother over no reason. Screaming loudly, she would even hit the elders in the family and get physically violent and unmanageable. She was getting frustrated in school and detested going to school. Television became the centre of her attraction.

In fact, R used to perform very well in class till second or third grade. Thereafter, her performance began to dip and she started losing interest in studies and would score around 50 % initially, and now just about 35-40%.

Approach to these cases:

The common point running through both these cases is the **Poor Academic Performance**. (Performance as ensured by personally seeing the

Report Card. Parents opinion regarding the same may be faulty, as they may regard 80% performance as below their expectations!)

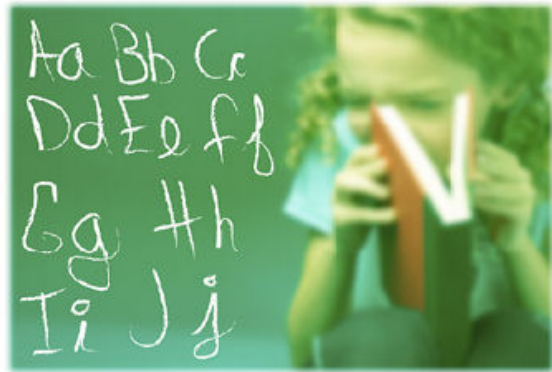
About 25-35 % of all children perform poorly in school.

Poor Academic Performance may be caused due to three major reasons:

- 1) Physical /Medical Illness
- 2) Socio-economic-cultural circumstances
- 3) Learning Disabilities

Physical /Medical Illnesses:

- a) malnutrition, anemia, chronic affectations (tuberculosis, malignancy, etc.)
- b) epilepsy,
- c) subnormal mental functioning,
- d) visual or hearing handicap,
- e) allergies



By a combination of impaired functioning and loss of school days/learning time/loss of continuity at school, these problems contribute to a child doing badly at school.

Socio-economic-cultural circumstances:

- a) adverse economic situation,
- b) adverse environmental conditions at home like non-inclination of family members towards academic pursuits, crowded homes with no suitable atmosphere for studying, **parental/familial discord with frequent fights, alcoholism**, chronic illnesses, noisy households where there are too many **distractions**, 24 hours media like Television,

- c) loss of parent or a dear one due to **death**,
- d) physical, sexual, emotional **abuse** or neglect
- e) gender discrimination.

Such adverse environmental situation may distract/prevent the child from studying.



Hence, the initial assessment is directed at ruling out the above issues. Most of the above are obvious when looked for in some detail and can be remedied. The most important are:

- i. Visual and Hearing handicap
- ii. Sexual Abuse
- iii. Mild Mental Sub Normality

Visual and Hearing handicap are notorious for being missed due to cursory examination or a casual attitude. Often, Parents will remark that the child can hear well and they will positively oppose an objective evaluation. It is here that the physician must insist on a **documented audiogram**.

Mild Mental Sub Normality can be assessed by enquiring about the child's functioning in activities beside academics. If the child is generally found to be equally challenged at all tasks and in all situations, one would suspect this. It would be easily ascertained by having a **qualified Psychologist** administer a standardized IQ test like WISC (Weschler's Intelligence Scale for Children). A score below 70 would be considered sub normal.

However, 8 – 10 % of children continue to do badly in school in absence of the above problems. These children are very bright and **may** do quite well in the early years of their school, often at the top of their class. They have a good memory for everything and will also remember oral instruction and teaching well and will recite all learned material promptly. However, ask them to read and write and there comes the problem.

Hence, the next step is to determine the **area of academics** that the child is having trouble with.

These areas could be assessed as **Reading,**



Writing, Arithmetic/ Mathematics. (These terms are easily misunderstood in context of vernacular language. for instance, *padhana* in Hindi, does not specify the act of Studying or Reading. So if a parent says "*Padhane main takleef hai..*", it doesn't tell you if the child has a problem with "studies" overall as above) or with the specific act of READING)

Writing can be evaluated in three ways:

a) the handwriting, which refers to the visualized matter on the paper

b) the spelling, which refers to the use of appropriate alphabets to spell a word

c) the language, which includes **a) grammar**; the tense, punctuations, use of capital Alphabet to start a new sentence, etc and **b) the vocabulary** used and the representation of ideas, continuity, etc

This is often the easiest to pick for these children will show typical characteristics. Their handwriting is very untidy and irregular. They will make the simplest spelling mistakes repeatedly. Rarely will they write in a neat and legible form. They will often make simple mistakes like "*p for q, 6 for 9, b for d, tap for pat, bill for bill, no for know*". Their drawing and coloring will be bad and give them to color and name a Map and they will be all lost. Often the answers they write will be irrelevant to the question and may actually be the answer of another question that they have merely learnt "by heart".

Reading presents its characteristic pattern. These children will hesitate and stutter and their reading will generally be awful without spacing between words, sentences, etc. They will use their finger to stay with a particular line, else they will lose the continuity and go from the first line to the third. Generally, they will make every attempt to read or write.

Arithmetic is a bigger problem. Simple steps of addition, subtraction, multiplication and division will be obstacles. And 'word sums' are a nemesis!

These problems:

1. Occur on a regular basis, for a period of more than 6 months

2. Occur in spite of the child studying for long duration everyday.

3. **Oral Performance** will be much better than



written performance. Ask these children something orally, and they will reply correctly! The mother will often remark, that “My child does everything well at school/tuitions, but not in school.” But at home/tuitions, it is always oral work that they do well. **“Take away written exams, have only orals, and my child will rank first in the class!”**

4. Over a period of time, these children slowly lose interest in school and studies. This Leads to **secondary BEHAVIORAL PROBLEMS**. They either become shy and withdrawn (**Internalisation**), or aggressive and defiant (**Externalisation**). This may go to the extent of overshadowing the Primary academic problem, and in fact, most cases present as Behavioral rather than Academic Problems.

Diagnosis:

Learning Disability (LD: Dyslexia, dysgraphia, dyscalculia)

Discussion:

1. Learning Disability is seen in children with normal and above normal intelligence, good vision and hearing and a favorable socio economic background who consistently

perform badly in school.

2. Decline in performance worsens as the child goes to higher grades.
3. This is a neurological problem, though the exact cause is not known.
4. In spite of best efforts, the child is unable to comprehend the symbols of alphabets and the sounds of words, appropriately. Thus, *b* may be confused with *d* and *p* with *q*. The exact sequence of alphabets may be wrongly interpreted, thus, “*tap*” may be interpreted as “*pat*”. Word sums may be difficult to interpret. So also, mathematical calculations like addition and subtraction are prone to mistakes.
5. When these children are unfairly criticized, it completely damages their self respect and leads to Behavioral Problems. Thus, they learn to avoid the matter rather than fail at it and suffer further ridicule. These children grow up in an environment of criticism and comparison with their siblings or classmates. This damages for ever their self esteem and makes them perform badly even at things they may be good at, like drawing, art, music, sports, computers, etc.

Intervention:

1. Suspect that this child may be suffering from LD.
2. Refer to a Developmental Pediatrician, Psychiatrist or a Psychologist who is trained to deal with this matter. Appropriate testing like a normal IQ test along with specific psycho -educational tests will establish the diagnosis.
3. Remedial Education, in addition to their regular school, will enable these children to cope with their problem and they will learn how to read and spell correctly.
4. Occupational Therapy **will also help**.
5. Above all, parental counseling and behavior modification will go a long way in improving the home environment and improving everyone’s self esteem.
6. The Government of Maharashtra offers special concessions and benefits at examinations. These concessions are mandatory on each and every school and enforceable in a court of law, if need be. ■

**Women’s Wing
Sub – Committee :**

We are planning trip to the following places like Pandharpur, Ghangapur, Tuljapur, Akkalkot, Audumbar, Narsobawadi, Kolhapur on 22nd May for 5 days (i.e. from 22nd May to 26th May) & charges Rs. 3150/- per head. Group booking discount charges shall be given. Package includes traveling, stay, all meals. The departure will be from 3 places i.e. Borivali, Dadar, & Thane. Members interested in joining this trip should register with payment at our office latest by 15th May’08.

DR. ANIL SUCHAK President	DR. JAYESH LELE Hon. Secretary
DR. HEENA PATEL Chairperson	DR. PRATIBHA THORAVADE Co-Ordinator

Women’s Wing Sub Committee



BREAST ONCOSURGEON

Dr. (Mrs.) Rekha P. Shah (M.S.)

Fellowship in Breast Onco - Guy's Hospital London
Vast Experience in Breast Oncosurgery for last 28 years abroad and India.

Breast Clinic

for

Daughter - Mother - Grandmother

- | | |
|--|--|
| 1) FNAC | 9) BCT Breast Conservation Surgery |
| 2) Sono, Mammo guided Biopsy | 10) Mastectomy with axillary clearance |
| 3) Wire Localization of
Microcalcifications and Small Lumps | 11) Microdochectomy |
| 4) Frozen Section Biopsy | 12) Breast Cosmetic Surgery |
| 5) Mammography | a) Reduction Mammoplasty |
| 6) Breast MRI | b) Augmentation Mammoplasty |
| 7) Chemotherapy | 13) L.D. and abdominal Flap for Breast
Cancer Surgery |
| 8) Pain Management for last stage
Breast Cancer | 14) Rehabilitation |

• CONTACT •

Cell : 98201 44132 / 93232 26138

Consulting Time : 9 A.M. to 9 P.M. (Monday to Saturday)

By Appointment on Sunday

'Ashirwad' Breast Clinic, Bhakti B-Wing, Opp. Jain Temple,
Jambali Galli, Off. S. V. Road, Borivli (West), Mumbai - 92.

Phone : 2898 1497, 2899 7325 • Fax : 2899 0771

E-mail : dr.rekhashah@yahoo.com

"We all should work together to detect, diagnose
and treat Breast Cancer early to help women in keeping their
Breasts intact with maximum safety".



FOR YOUR HEART STRINGS



Dr. Rajiv Anand

Dear Friends ! Have you ever seriously thought about your concept of success as most of the time, most of us run our life based on what others think as success and that is a big house, big car, big name, big money, and then more flats and many more things we could call as mine. Indeed success is many things. It is both a concept and experience. It is the merging of your aspirations with reality. Even though success is externally evaluated but it has to be intrinsically experienced; it is both objective and subjective. The true essence of success, beneath visible markers and goals, lies in your own personal sense of satisfaction and fulfillment.

Since each person is an individual, comprised of his or her own visions and standards, each person defines success in his or her own way. The popular cultural definition of success is based primarily on three elements: power, money, and fame. It is assumed that if you are in possession of great abundance, have status or power, or are recognized as a celebrity, then you are, by society's definition, "successful". However, this definition of success is severely limited. It excludes a multitude of people who are successful in their own right and who define success by an entirely different set of standards. These are the people whose bank balances may not be especially noteworthy, who do not brandish significant authority, and who are



not necessarily recognized when they walk down the street. Rather, these are the people who have realized goals and dreams that have been set from within rather than those dictated by society norms.

You, and only you, can assess your success, for it is you alone who determines what success really means for you. Establishing your personal definition of success is important because it will prevent you from spending precious time and energy pursuing goals that hold no true luster for you. With the achievement of goal set by others, most likely you feel a sense of emptiness rather than a sense of satisfaction, since miscellaneous goals carry you farther from your ultimate fulfillment.

A dream realized that is not your own dream is like being served a delicious ice cream sundae made with flavors you don't really like. It looks enticing, but the taste does not satisfy your true preferences.

Success can be assessed externally by observers evaluating whether you have met a standard established by society; **however, at the end of the day, there is either a peaceful feeling within you or there is emptiness.** It is a bit uncomfortable writing down big dreams because they may sound highly ambitious or self-

aggrandized, but unless you allow yourself to imagine your ideal life, you can never begin to make it happen. Each person has his or her own vision of what it seems to succeed and what it means to be successful, which is every bit as personal and unique as a thumbprint. The secret to achieving your own success is to search your heart for what matters to you and set the standard of what you aspire to. Remember to play the *strings of your heart* and listen your music, that is wonderful and discard other's music. ■

ASIAN HEART CARDIOLOGY SERIES
SHALL START FROM EVERY THURSDAY, 5TH JUNE 2008



Tolerating excesses of unscrupulous people is more damaging to society than raising voice against them. More damage is done by knowledgeable mute spectator not acting against unethical/unlawful element of society.

From
**DR. MAHESH
BALDWA**
Chairman of
Anti Quackery
Sub-Committee

A quack is a person who pretends to have knowledge which he does not possess; who promises to do what he is either not sure he can perform or what he is certain he cannot perform; who represents his practice to be more successful than that of other men; who pretends to cure diseases known and admitted to be incurable; whose manner is confident and imposing; whose tone and language are unhesitating and boastful; who employs remedies, the nature and composition of which he keeps unknown and who deals in specifics and universal remedies. He is addicted to handbills, newspapers and similar modes of making known his pretensions and proceedings. This is the quack and the conduct of this man is quackery.

In short "quack" as a "fraudulent or ignorant pretender to medical skill" or "a person who pretends, professionally or publicly, to have skill, knowledge, or qualifications he or she does not possess; a charlatan quackery can exist without fraud

There are following types of quackery seen in India

1. Qualified medical practitioners indulging in work beyond their skills & knowledge
2. Qualified medical practitioners indulging in Cross-pathy practice
3. Qualified medical practitioners indulging in violating laws related to drugs & medicine.
4. medical practice by unqualified person
5. obesity clinics, hair clinics, breast augmentation clinics etc
6. lay people indulging in curing diseases like yoga institutes, rejuvenation centers etc
7. persons / companies come out with products/ drugs/ therapies/ surgeries for schedule of diseases in The Drugs and Magic Remedies (Objectionable Advertisement) Act, 1954 which are

forbidden by law

India's Drugs and Magic Remedies Act, gives drug regulatory departments or the police the right to take action against misleading advertisements related to treatments, including arrests and seizure of the products.

Industry estimates show that misleading advertisements related to treatments especially those related to the health care segment, has annual sales of at least Rs10,000 crore in India.

A division bench, of acting Chief Justice Y.K. Sabharwal and Justice K.S. Gupta, restrained the Naturo-Electro homeopathy Medicos of India (NEHMI) from awarding degrees, diplomas and certificates for any course in the next six months. The bench said "false and misleading" claims were being made in the media by "fictitious" institutes.

Vaccination is very much a part of the curriculum for the degree in the Allopathic school of medicine. Under the situation it will amount to cross-pathy practice which amounts to negligence per se and practiced.

You just have to look up a copy of CIMS/MIMS, and begin prescribing allopathic medicines. You will get bolder with every prescription you write, and soon enough, you prescribe steroids and hormones, inject painkillers and vitamins with more confidence than a real doctor.

It is time we acted out of concern for the health of our people. A professional body or voluntary organization must take the lead in formulating an action plan after networking with other medical, para-medical, professional and consumer organizations. The aim is not to make these quacks jobless, but to prevent gullible people from falling prey to unqualified treatment.

Yours faithfully,

DR. MAHESH BALDWA ,
CHAIRMAN of ANTI QUACKERY SUB –
COMMITTEE.





ADVT. TARIFF OF "MEDICAL IMAGE" FOR IMA Mumbai West MEMBERS	Page	Colour	B/W
	Back Cover Page on Art Paper	10,000/-	-
	2 nd Cover Page on Art Paper	8,000/-	-
	3 rd Cover Page on Art Paper	7,500/-	-
	Ordinary Full Page	6,000/-	3,500/-
	Ordinary Half Page	3,000/-	2,000/-
	Ordinary Quarter Page	2,000/-	1,200/-
	Gate Fold	18,000/-	-
	Centre Double Spread	16,000/-	12,000/-

CLASSIFIED ADVERTISEMENTS

Tariff for classified advertisements

Members are welcome to send personal announcements in the above column.

Charges for the same will be as under:

For Members: Minimum charges Rs.300/- up to 25 words. Every additional word at Rs.8/- per word. Maximum 45 words only.

1. Life members are entitled to 20% concession for BLOCK advertisements in ordinary pages.
2. The tariff for 6 monthly and annual insertions will be applicable provided the matter is not changed and full payment is made in advance.
3. The material for printing should be sent to our office on or before 15th of the previous month.
4. The cheque should be drawn in favour of "I.M.A. - Mumbai West Branch".

FACILITIES AVAILABLE IN OUR PREMISES		
	1) Ground floor hall	Sitting Capacity 300
	2) Lupin Auditorium	Sitting Capacity 150
	3) Lawn	Sitting Capacity 200
	4) 2 nd Floor Hall	Sitting Capacity 200
	5) 4 Self Contained Air Conditioned Double Bed Rooms	
	6) Terrace	Sitting Capacity 200



For details contact our office.

Dr. Anil Suchak, President

Dr. Jayesh Lele, Hon. Secretary

FORTH COMING EVENTS

1. 'Update 2008' on occasion of "Doctor's Day" on 6th July 2008, 2 pm to 6 pm., followed by felicitation of prominent Celebrities
2. 'Good Parenting' on 13th July 2008, 9 am to 1 pm for Parents.