



Mr. I. A. Modi

Chairman of Leading Ahmedabad based Indian Pharmaceutical Entrepreneurship - Cadila Pharmaceuticals Ltd.

Dr. K. S. Goleria

Internationally Renowned Plastic, Reconstructive & Cranio - Facial Surgeon Associated with Jaslok & Shushrusha Hospitals. Ex Prof & HOD - Dept of Plastic Surgery - KEM Hospital & Sheth G. S. Medical College.



Dr. Luzito De Souza

Renowned Onco-Surgeon of our country. Ex Head Department of Surgery, Tata Memorial Hospital. Managing Trustee & Hon. Medical Director of Shanto Avedna Ashram. 1st Hospice In India for the Care of advanced & terminally ill cancer patients.

Dr. K. S. Aithal

Senior Family Physician
Ex-President, Ex-Managing Trustee & Present Trustee of our Branch.
Ex-President- IMA Maharashtra State.
Ex- National Senior Vice President IMA Headquarters,
Ex-President Goregaon Medical Association.



Dr. Bakulesh S. Mehta

Senior Family Physician
Ex-President, Ex-Managing Trustee & Present Trustee of our branch & Vice President IMA Maharashtra State
Ex-President G.P.A. Greater Bombay.
Ex-President & Trustee of Andheri Medical Association.

DOCTOR'S DAY

Every year our branch celebrates **Doctor's Day** in memory of renowned **Dr. B. C. Roy** by felicitating great achievers from different walks of society. This year we will be felicitating our following celebrities :-

- **MR. I. A. MODI**, Chairman Cadila Pharmaceuticals Ltd.
- **DR. KULDIP SINGH GOLERIA**, Renowned Plastic Surgeon
- **DR. LUZITO DE SOUZA**, Renowned Onco-Surgeon
- **DR. K. S. AITHAL**, Senior Family Physician
- **DR. BAKULESH S. MEHTA**, Senior Family Physician

DAY & DATE : SUNDAY, 05TH JULY 2009

**VENUE : IMA HALL, IMA BUILDING, J.R. MHATRE MARG,
JVPD SCHEME, JUHU, MUMBAI - 400 049.**

**GRAND CULTURAL EVENING OF
"DANCE IMA DANCE"**

On the occasion of

DOCTOR'S DAY CELEBRATION

From sharp 07.00 pm onwards

Prior Registration is Must.

**Registration fees : Per Members / Spouse : Rs.50/-
Non members / Guest : Rs.100/-**

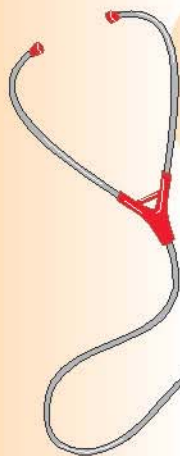
KINDLY NOTE :-

1. Both Medicine Update 2009 & Doctor's Day Programme will start on time.
2. Limited seats on First Come First Served Basis.
3. Registration - Till 03rd July 2009.
4. No spot registration.
5. FREE for delegates who register for Medicine Update 2009.

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. ROHINI BADWE
Chairperson,
Cultural Sub Committee



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<p style="text-align: center; margin: 0;">EDITORIAL BOARD</p> <div style="border: 1px solid black; padding: 2px; text-align: center; margin: 2px 0;">Editor</div> <p style="margin: 2px 0;">Dr. B. M. INAMDAR</p> <div style="border: 1px solid black; padding: 2px; text-align: center; margin: 2px 0;">Co-editor</div> <p style="margin: 2px 0;">Dr. S. K. Joshi</p> <div style="border: 1px solid black; padding: 2px; text-align: center; margin: 2px 0;">Board</div> <p style="margin: 2px 0;">Dr. Akil Contractor Dr. Arun Chaudhari Dr. Yash Lokhandwala Dr. Nitin Rao</p> <p style="font-size: small; margin: 0;">FOR PRIVATE CIRCULATION ONLY</p>	<p style="text-align: center; margin: 0;"><i>Published by : IMA MUMBAI WEST</i></p> <p style="margin: 0;"><i>Contact for write-ups, articles, interviews and advertisements : Editor : Dr. B.M. Inamdar, IMA Bldg, Behind Chandan Cinema, J.R.Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.</i></p> <p style="margin: 0;">Office : 2625 4368 / 6523 5579 Fax : 2620 651</p> <p style="margin: 0;">E-mail : imamumbaiwest@yahoo.com</p> <p style="margin: 0;">Web : imamumbaiwest.com</p>
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INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

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**FROM
THE PRESIDENT'S DESK.....**



Dear Friends,

Happy Doctors Day

This year we shall have our main event on Sunday 5th July. We conducted BLOOD DONATION CAMP on 28th June, Sunday at our premises. It was joint event with many other medical associations in Mumbai. It is being done for about last 5 years in and around Mumbai. This has been very successful every year.

This year we are felicitating **Mr Modi, Chairman of Cadila Pharmaceuticals Ltd., leading cancer surgeon- Dr. Luzito De Souza founder of Shanti Avdedna Ashram, Plastic Surgeon- Dr. K. S. Goleria attached to Jaslok Hospital and our own senior trust board members Dr K, S. Aithal and Dr Bakulesh S. Mehta.** All have been very special to us and society. Please do come and join us to honor them.

Our Cultural Chairperson Dr Rohini Badwe and Dr Meena Prabhu have planned excellent programme for members after the felicitation. You will be very happy to know that the entire event is very very professional. They have been working for about 1 month. Please do come and witness the talent amongst our own members. The details of the programme are given in the magazine.

The **MASTACON 2009** is getting shaped up in very excellent way. We shall have variety of scientific programmes as well as cultural event shall be attraction to all the delegates. 1st information brochure has been sent to all the branches as well as IMA Maharashtra state leaders.

The registration is in full swing. Please join us to celebrate the occasion.

During last 2 months we could increase our membership by about 52 members so in the managing committee meeting, we requested and proposed to extend this drive for another 3 months. Members were quite happy to extend till **31ST AUGUST 2009**, So we request all our members to inform eligible doctors to join our branch.

This year we shall be holding **DENTACON** for the first time at our branch. Dr Kusum Doshi and Dr Akil Contractor have planned various speakers. It will be held on 2nd August. Our sports Chairperson Dr Nilesh Shah has planned **Contract Bridge and Scrabble** tournament during the monsoon season. Please check the details with him.

Our entire sub committee chairpersons have planned excellent events for us. But without your presence the event is not successful. So make your presence felt come and encourage them,

We are following up with MCGB and Charity Commissioner's office to complete the documentation formalities. We hope to get the things as early as possible.

HAPPY DOCTORS DAY

DR JAYESH M. LELE

Cell : 981 981 2996

E mail : drjayeshlele@yahoo.com

WEEKLY SCIENTIFIC PROGRAMME

Lectures on Every Thursday at 02.30 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
CLINICAL SERIES ON "PEDIATRICS"		
02.07.2009	Normal Child	Dr. Jagruti Sanghvi
09.07.2009	Taare Zameen Par – Approach to Dyslexia	Dr. Samir Dalwai
16.07.2009	My Child is not Eating	Dr. Y. K. Amdekar
23.07.2009	Diarrhea	Dr. Ravindra Chittal
30.07.2009	100 is Good, but not on Thermometer	Dr. Indu Khosla

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
CLINICAL SERIES ON "ENDOCRINOLOGY"		
07.07.2009	Thyroid Disorders - I	Dr. Vaishali Naik
14.07.2009	Thyroid Disorders – II	Dr. Vaishali Naik
21.07.2009	Anabolic Steroids	Dr. Agam Vora
28.07.2009	Male Sex Hormones	Dr. Sanjeev Shah

- **We highly appreciate and thank the following pharmaceutical companies for sponsoring our weekly CMEs Programmes:**
 - 1) M/s. Emcure Pharmaceuticals Ltd. for Dr. Ramesh Dargad's lecture on 28.04.2009.
 - 2) M/s. Emcure Pharmaceuticals Ltd. for Dr. Anil Sharma's lecture on 26.05 2009.
- Each Lecture Carries A Credit of 1 Hour Each For FCGP Examination.**

- **WORKING LUNCH WILL BE SERVED FROM 01.30 PM TO 02.30 PM BEFORE EACH CME.**
- **CGP & IMA Members who have paid Annual Fees : (CGP : Rs.750/- & IMA : Rs.1000/-) Free.**
- **CGP & IMA Members : Rs. 50/- (Not Paid Annual Fees) (Weekly Lectures).**

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. SUBODH KEDIA
Asst. Director of Studies

DR. PRITI BHARGAVA
Asst. Secretary

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



FROM THE
HON. SECRETARY'S DESK.....



Dear Members,

Comes the month of June & we hear very happy news of results of various decisive exams like SSC, 12th or CET wherein our sons / daughters have performed excellently with very top ranks. I express heartiest congratulations to all our children who have achieved academic excellences by scoring highest marks & ranks. I congratulate their parents too for their all the time guidance & inspiration. We will surely try to highlight these achievements in Medical Image. So friends if your son / daughter has passed exams with top marks or some kind of academic achievement, please inform us we will surely publish it in subsequent Medical Image.

Should our children opt for "Medicine"! This is the most perplex question which all of us doctor parents have to face when our children are appearing for 12th exam. I definitely find distinct trend of our teenage generation to opt courses other than medicine. I know few children of my middle class family patients who though eligible did not choose medicine. It is undoubtedly true that career opportunities in academic courses like MBA, Info-Tech, computer engineering, CA etc are tremendous & even fresher passing these courses draw much more salary than fresh MBBS & MD. Many of us believe that present day returns in medicine are getting less & less. Cut-throat competition in metros, hefty fees running in lacs for medical education, initial investments of premises for Family Physicians & investment of both premises & instruments for surgeons & other post graduates to initiate practice, very time constrained life style of doctors providing very little time for family & newer & newer rules coming daily like Shop & Establishment Act, Bio medical Waste Disposal Act, Pharmacy Act etc are some reasons for not selecting medicine by present day teenagers. If our children secure good but not enough good marks for admission on merit seats in Mumbai than many of our members prefer their children to send out of Mumbai or out of Maharashtra Medical Colleges by paying huge capitation fee. Even cost of medical education in this college also runs in double digits lacs per year. I distinctly visualise

the future doctors coming out of these colleges will keep the costs of their education incurred in mind. These future doctors when they practice medicine it is humanly may not be possible to adopt & to pursue may noble qualities of our profession like reasonable charging, free treatment to poor patients & charity for social & community service purpose. There is likelihood that these doctors may become totally professional or rather money minded. I hope & pray let good values prevail in our profession.

One of the premium event of our branch i.e the Doctor's Day Celebrations Programme will be observed on Sunday 5th July 2009. Details are in this issue Please attend in large numbers with your families & encourage us. We are trying our best to offer you memorable & innovative programme. The other future programmes are Dentacon (Sunday 2/8/09), Hypertention Seminar (Sunday 9/8/09) Flag Hoisting Programme (Saturday 15/8/09), Gynaecon (Sunday 16/8/09) and Additional AGM & IMA Maharashtra State Elections (Sunday 09/08/09). Veteran & Senior member, Ex Present Trustee Dr. Bakulesh Mehta is our branch's Officially Nominated Candidate for IMA Maharashtra State President's Post. I strongly feel Dr. Bakulesh Mehta deserves thoroughly this honour since long time & is actually overdue Please elect him with great majority & oblige us. I also plead all of you to spread your word of recommendation in favour of Dr. Bakulesh Mehta to your other colleagues in Mumbai and across whole of Maharashtra.

Lastly the beginning of rain is delayed this year. I pray almighty god to bestow upon us good, timely & sufficient rains to sustain life & agriculture. I also pray not to bless us with too much of rains causing floods, water - loggings & other disasters.

I will welcome your valuable suggestions.

With best regards,

DR. S. K. JOSHI
Hon. Secretary

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

IMA - CGP MUMBAI WEST SUB FACULTY

Presents

“MEDICINE UPDATE 2009”

Day & Date : SUNDAY, 5TH JULY 2009
Time : 01.30 p.m. to 06.15 p.m.
Venue : IMA Hall, IMA Building, J. R. Mhatre Marg, JVPD Scheme,
Behind Chandan Cinema, Juhu, Mumbai - 400049.

PROGRAMME

Time	Topic	Speaker	Chairperson
01.30 pm - 02.30 pm	Registration & Lunch		
02.30 pm - 02.45 pm	Welcome Address Inaugural Address	Hon. Secretary - Dr. S. K. Joshi President - Dr. Jayesh Lele	
02.45 pm - 03.30 pm	Newer Avenues in Allergy	Dr. Uday Khopkar	Dr. Akil Contractor
03.30 pm - 04.00 pm	Extend the Life of your Natural knee	Dr. Shreerang Joshi	Dr. Umesh Shetty
04.00pm - 04.30 pm	Renal & Bladder Tumors	Dr. Rishikesh Pandya	Dr. Priti Bhargava
04.30 pm - 05.15 pm	Panel Discussion : “ANTIBIOTICS”	Dr. Salil Bendre, Dr. Samir Parikh Dr. Sharad Sheth	Dr. Manoj Patel
05.15 pm - 05.45 pm	Allergy : Testing & Treatment	Dr Sanjeev Mehta	Dr. Sanjeev Khosla
05.45 pm - 06.15 pm	Computer Assisted Knee Replacement Surgery	Dr. Sanjeev Jain	Dr. Subodh Kedia
06.15 pm - 07.00 pm	High Tea		

MODERATOR : DR. SUBODH KEDIA

- ❖ THIS PROGRAMME WILL BE FOLLOWED BY DOCTOR'S DAY PROGRAMME.
- ❖ ADDITIONAL ATTRACTION “DANCE IMA DANCE”
- ❖ ATTRACTIVE GIFT TO DELEGATES WHO REGISTER BY 02.15 PM ON 05TH JULY 2009.

Registration Charges :

- ❖ CGP and IMA Members who have paid ANNUAL Fees = **Free.**
(Only if Registered in Advance)
- ❖ CGP & IMA Members : **Rs.100/-**
- ❖ Eligible Non Members : **Rs.150/-**
- ❖ Only Doctor's Day Celebratin / Cultural event Member / Spouse **Rs. 50/-**

FOR REGISTRATION CONTACT : MS. APARNA / MS. SEEMA / MS. SUNITA
IMA OFFICE, TEL. NOS.: 2620 6517 / 2625 4368

DR. JAYESH LELE **DR. S. K. JOSHI** **DR. SUBODH KEDIA** **DR. PRITI BHARGAVA**
President Hon. Secretary Asst. Director of Studies Asst. Secretary
IMA - Mumbai West C.G.P. Sub Faculty



FROM THE EDITORIAL DESK.....



Doctor's Day Determination

Friends, Doctor's Day is round the corner. Doctor's Day came into being in 1991 when the Government of India recognised July 1, the birth anniversary as well as the date of demise of famous physician, Dr Bidhan Chandra Roy, who was also honoured with Bharat Ratna. Incidentally, the government also confers Dr. B. C. Roy National Awards on eminent people in medical field. As you aware, IMA observes this day very religiously all through the country. Dr. B. C. Roy was a visionary, a man of action and a man who kept the interests of medical fraternity at his heart. Let me tell you a very interesting story

In 1883, a creative engineer named John Roebling was inspired by an idea to build a spectacular bridge connecting New York with the Long Island. However bridge building experts throughout the world thought that this was an impossible feat and told Roebling to forget the idea. It just could not be done. It was not practical. It had never been done before.

Roebling could not ignore the vision he had in his mind of this bridge. He thought about it all the time and he knew deep in his heart that it could be done. He just had to share the dream with someone else. After much discussion and persuasion he managed to convince his son Washington, an up and coming engineer, that the bridge in fact could be built.

Working together for the first time, the father and son developed concepts of how it could be accomplished and how the obstacles could be overcome. With great excitement and inspiration, and the headiness of a wild challenge before them, they hired their crew and began to build

their dream bridge.

The project started well, but when it was only a few months underway a tragic accident on the site took the life of John Roebling. Washington was injured and left with a certain amount of brain damage, which resulted in him not being able to walk or talk or even move.

"We told them so."

"Crazy men and their crazy dreams."

"It's foolish to chase wild visions."

Everyone had a negative comment to make and felt that the project should be scrapped since the Roeblings were the only ones who knew how the bridge could be built. In spite of his handicap Washington was never discouraged and still had a burning desire to complete the bridge and his mind was still as sharp as ever.

He tried to inspire and pass on his enthusiasm to some of his friends, but they were too daunted by the task. As he lay on his bed in his hospital room, with the sunlight streaming through the windows, a gentle breeze blew the flimsy white curtains apart and he was able to see the sky and the tops of the trees outside for just a moment.

It seemed that there was a message for him not to give up. Suddenly an idea hit him. All he could do was move one finger and he decided to make the best use of it. By moving this, he slowly developed a code of communication with his wife.

He touched his wife's arm with that finger, indicating to her that he wanted her to call the engineers again. Then he used the same method of tapping her arm to tell the engineers what to do. It seemed foolish

but the project was under way again.

For 13 years Washington tapped out his instructions with his finger on his wife's arm, until the bridge was finally completed. Today the spectacular Brooklyn Bridge stands in all its glory as a tribute to the triumph of one man's indomitable spirit and his determination not to be defeated by circumstances. It is also a tribute to the engineers and their team work, and to their faith in a man who was considered mad by half the world. It stands too as a tangible monument to the love and devotion of his wife who for 13 long years patiently decoded the messages of her husband and told the engineers what to do.

Perhaps this is one of the best examples of a never-say-die attitude that overcomes a terrible physical handicap and achieves an impossible goal.

Even the most distant dream can be realized with determination and persistence.

Friends, Doctor's Day is such a day which personifies one man's dream and

persistence and determination to see that the medical fraternity gets due recognition. It is celebrated as an opportunity to raise public awareness about doctor's role in the daily lives of the community. It is also a day when people across the country can acknowledge the commitment and dedication of medical and health care fraternity to the society

Hence, on this day, let us take a pledge to observe Doctor's Day by participating in various programmes being organised by our branch. Let us show our determination to make medicine and doctors more respectable and more recognised by our actions. Let us be transparent, let us be committed to the well beings of our patients, let us keep interests of our patients paramount in our thoughts and let us be selfless in the service that we render to our patients.

That is a sure way to commemorate the vision and direction that Dr. B. C. Roy gave to all of us.

DR. B. M. INAMDAR, *Editor*

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98200 79317**

10-06-2009

UNDER CERTIFICATE OF POSTING

ADDITIONAL GENERAL BODY MEETING

NOTICE

An Additional General Body Meeting of the Members of Indian Medical Association - Mumbai West Branch shall be held on Sunday, 09th August 2009, at 8.00 a.m. at IMA Building, Behind Chandan Cinema, J. R. Mhatre Marg, JVPD Scheme, Juhu, Mumbai 400 049 to transact the following business.

AGENDA

- 1) To appoint Chief Election Officer and Election Committee.
- 2) To conduct the election for one post of President for the Maharashtra State Branch of I.M.A. for the next Association year i.e., 2009 - 2010.
- 3) To adopt the audited statement of accounts and the balance sheet of the branch for the previous year ending 31st March.
- 4) To appoint statutory auditors for the current year starting from 1st April 2009 to 31st March 2010 and to fix the remuneration of the auditor.

DR. S. K. JOSHI
Hon. Secretary

N.B. :

1. The meeting, if adjourned for the lack of quorum, will be held at the same place after half an hour in which case, members present will form the quorum.
2. Documents pertaining to ACCOUNTS will be available for inspection from 6th August 2009 & 7th August 2009 between 3.00 p.m. and 5.00 p.m. and any queries regarding the same can be sent in writing to the office upto 5.00 p.m. on or before 7th August, 2009.
3. **The Ballot Box will be kept open from 09.00 a.m. to 04.00 p.m.**

ANNOUNCEMENT

Proposed – Forth Coming Sports Events

- 1) **‘Scrabble competition’** for members & children. **Dr. Varisht Hingorani & Dr. Nilesh Shah** will be co-ordinators for this event.
- 2) **‘Swimming competition’** for members & children in October 2009.

REPORT OF “WORLD NO TOBACCO DAY” PROGRAMME

Public Health & Welfare Sub committee of our branch & IMA-Maharashtra state Branch jointly organised an excellent and informative programme on **SUNDAY, 31ST MAY 2009** at our branch premises on the occasion of “**WORLD NO TOBACCO DAY**”.

Hon. Secretary Dr. S. K. Joshi welcomed the delegates & dignitaries. Hon. IMA National President – Dr. Ashok Adhrao inaugurated the programme & addressed the audience. Hon. President IMA Maharashtra State Dr. Arun Pawade and President of our branch Dr. Jayesh Lele also addressed the audience on this occasion.

Leading Chest Physician **DR. SANJEEV MEHTA** presented an excellent account on respiratory & other non respiratory complications arising out of smoking. He also discussed at length strategy of “De-Addiction from smoking “ & floated a novel idea of “De-Addiction Clinics”.

The programme was well attended by more than 70 delegates, Office bearers & Members of Senior Citizen’s groups. Organizations like SBI pensioners club also participated in the programme. The programme was highly educative, interesting & was well appreciated by everybody.

Chairman - Public Health & Welfare Sub Committee Dr. Manoj Chawla thanked Speaker Dr. Mehta, National President - Dr. Ashok Adhao & State President - Dr. Arun Pawade.

On this occasion we also organised a small rally of 60 college students in the morning. The rally commenced from Mithibai college & ended at our branch.

We highly appreciate & thank M/s. Pfizer Pharmaceuticals & Sai Service for sponsoring the event.

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. MANOJ CHAWLA
Chairman
Public Health & Welfare Sub Comm.

FOR SALE

MEDICAL EQUIPMENT (DEVILBISS, USA)

- 1) 5 – LITRE , OXYGEN CONCENTRATOR, 6 MONTHS OLD.
- 2) BILEVEL CPAP MACHINE, (MASK FREE).

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**: CONTACT :
98202 30653**

INDIAN MEDICAL ASSOCIATION MUMBAI WEST

**LIFE MEMBERSHIP
FEES
ARE INCREASING
FROM 31 AUGUST-09**

**JOIN
IMA NSSS
AND IMA SSS**

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

Presents

“Dentistry Update”

(WHAT IS HAPPENING IN DENTISTRY TODAY?)

Day & Date : SUNDAY, 02ND AUGUST 2009.

Time : 09.00 a.m. onwards

Venue : IMA HALL, I.M.A. Building, J. R. Mhatre Marg,
Behind Chandan Cinema, J.V.P.D. Scheme, Juhu, Mumbai - 49.

PROGRAMME

Time	Topic	Speaker
09.00 am – 09.30 am	Registration & Breakfast	
	Welcome Address	Hon. Secretary - Dr. S. K. Joshi
09.30 am - 09.45 am	President's Address	President - Dr. Jayesh Lele
	Inauguration	Dr. Kusum Doshi
09.45 am - 10.30 am	Periodontics	Dr. Kumarswamy
10.30 am - 11.00 am	Orthodontics	Dr. Anil S. Malik
11.00 am - 11.30 am	Oral & Maxillofacial Surgery	Dr. Neelam A. Malik
11.30 am - 12.00 noon	Prosthodontics	Dr. Milind Karmarkar
12.00 noon - 12.35 pm	Panel Discussion on Oral Hygiene	Dr. Anil Malik and others
12.40 pm - 01.10 pm	Vote of Thanks & Lucky Draw	Dr. Akil Contractor
01.15 pm onwards	Lunch	

MODERATOR : DR. NIRUPA KULKARNI

Registration FREE: But a must.

❖ **EARLY BIRD LUCKY DRAW FOR MEMBERS WHO REGISTER BY 09.30 AM**

❖ **PROGRAMME WILL START AND END ON TIME.**

FOR REGISTRATION CONTACT : MS. APARNA / MS. SEEMA / MS. SUNITA
IMA OFFICE, TEL. NO.: 2620 6517 / 2625 4368

**THIS PROGRAMME SUPPORTED BY AN UNRESTRICTED EDUCATIONAL
GRANT BY “ORAL HEALTH CARE” DIVISION OF
M/S. JOHNSON & JOHNSON INDIA LTD.**

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. AKIL CONTRACTOR
Programme Co-ordinator

ANNOUNCEMENT OF CULTURAL SUB COMMITTEE

Chairperson : **DR. ROHINI BADWE**
Members : **DR. MEENA PRABHU**
DR. RUPA PANDIT
DR. PRATIBHA THORAVADE
DR. ASHOK BALSEKAR
DR. VIJAY BHAVE

- 1) 1st programme on Sunday, 05th July 2009 – “**DANCE IMA DANCE**” on the occasion of **Doctor’s Day** Programme. Doctor’s Day felicitation will be followed by Dazzling Dances by our own members.
- 2) Wednesday, 19th August 2009–“**Mahant Sant Mirabai**”, spiritual programme by **Ms. Madhavi Kavishwar**.
- 3) Sunday, 18th October 2009 – “**Dipawali Swarprabhat**” on the occasion of “Diwali”. Come One Come All for Grand Diwali Celebration.
- 4) Sunday, 17th January 2010– “**Kite Flying Competition & Til-Gul Samarambh**” on the occasion of “Makarsankrant”.
- 5) “**Hasya Kavi Sammelan**” on the occasion of “**HOLI**” on Sunday, 28th February 2010.

Achievements !

- ❖ **MISS. KAUSHA TARUN DOSHI**, daughter of our life member **DR. TARUN K. DOSHI** scored 67.5% marks & stood 3rd in F.C.P.S. (Gynec) exam held in March 2009.
- 1) Our life member & sports Sub Committee Chairperson - **DR. NILESH SHAH** led successfully **Prabhodhankar Thackeray Krida Sankul Team ‘C’ as captain & his team was “Runner UP”** in Table Tennis Tournament conducted by **Mumbai Table Tennis Federation in division IV**.
- 2) Our Life Member & Gynaecologist from Goregaon - **DR. (MISS) HIMANGI SUDHAKAR WARKE** has passed the meritorious Part II final degree examination in Obstetrics & Gynaecology from the Royal Colleague of Obstetricians & Gynecologists of London (M.R.C.O.G.) held in May 2009.

Congratulations ! We are proud of you ! Keep it up !

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

**“Presentation by Indian Medical Association-Mumbai West Branch
Women’s Wing Sub - Committee,
Member’s Welfare Sub – Committee &
Medical Club of Vile Parle (Women’s Wing Sub - Committee)**

Present

“HEALTHITUDE FOR VIBRANT LIVES”

After loosing in inches and shaping our body, let us maintain it by doing “YOGA” – the ancient Indian school of exercises, which can establish Harmony between our Mind, Body & Soul.

For a change let the Hall be converted into a “Yoga Class Room”!! Did you like the idea ??

Then Get, Set & Go

- Get your own mats;
- Come in comfortable clothes;
- Try to have your lunch 3 hrs before our meeting. Now be a good student and follow the instruction given by,

YOGA EXPERT, MRS. SHIVANI KILLAWALA

on **FRIDAY, 10TH JULY 2009** from 02.30 pm to 04.30 pm

10 min. - Om Chanting

20 min. - Yoga and Life

10 min. - Games

45 min. - Asnas, Pranayam and Yogickriya.

**Venue : IMA Hall, IMA Building, J. R. Mhatre Marg,
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.**

- ☛ RSVP : Must by 07th July 2009;
- ☛ Damages: Rs.30/- per head;
- ☛ After meeting light refreshment will be served. We welcome all the members.
- ☛ No Guests.

FOR REGISTRATION CONTACT :

MS. APARNA / MS. SEEMA / MS. SUNITA

IMA OFFICE, TEL. NOS : 2620 6517 / 2625 4368

DR. JAYESH LELE

President

DR. S. K. JOSHI

Hon. Secretary

DR. BIPIN KAMDAR

Chairperson

DR. BHAVNA PATEL

Chairperson

Member’s Welfare Sub Committee

Women Wings Sub Committee

(98200 26093)

(97731 61617)

Next Tentative Programmes in months of

- 1) August : **“Diet & Nutrition”**
- 2) September : **“Enjoy Festive Season – Learn Making of Bengali Sweets”.**

Report of Seminar on MANAGEMENT OF BREAST CANCER

CGP Sub Faculty of our branch had organised an excellent seminar on **Management Breast Cancer** on **SUNDAY, 14TH JUNE 2009** at our branch premises.

Hon. Secretary **Dr.S.K.Joshi** welcomed the delegates. President Dr. Jayesh Lele inaugurated the seminar. Leading Sonologist – Dr. Yojana Nalawavde gave an excellent presentation on Mammography. Leading Oncology Surgeon – Dr. Sanjay Sharma presented an interesting account of **Benign Breast Disorders & Newer Trends in Surgical Management of Breast Cancer**. Leading Radiation Oncologist – Dr. Nagraj Huilgol

gave an interesting & enlightening account of **Newer Technologies & Treatment Modalities in the field of Radiotherapy of Breast Cancer**. Leading medical Oncologist – Dr. Nilesh Lokeshwar gave an informative & interesting presentation on **Medical Management of Breast Cancer**.

Leading General & Laproscopic Surgeon – Dr. Parthiv Sanghvi **Moderated** the programme in excellent manner. About 80 delegates of our branch attended programme. The programme was very interesting & was well appreciated by all.

Duplicate Bridge Tournament

Dear friends,

We are very happy to invite you for the **“Duplicate Bridge Tournament” on Sunday, 2nd August 2009**. This is being organised for the 1st time.

It will comprise of Individual / Pairs and Team events.

We expect a huge response from members and medicos to make it a memorable event. All the members and medicos from any Medical Association of Gr. Mumbai, Mumbai Suburban, and Thane District can participate through their association.

Interested members are requested to register their names, partners names and Team names on or before **6.00 p.m. Saturday, 18th July 2009**. with foll. :

Dr. Jayesh Lele (Mob. # 9819812996)

Dr. Nilesh Shah (Mob. # 9321034968)

Dr. Dhruv Rawal (Mob. # 9892074744)

I.M.A.(B.W.S.B.) Office.

All the rules of International Bridge Forum will be applicable and the decision of

the Tournament–Director (T.D.) will be final & binding.

Talking, Grunting, Banging of fist, Card thumping, Eye popping, Blinking, Frowning, Making faces, or any other body movements suspicious of giving signals to the partner will not be permitted during the course of conducting the game.

Also, if the card of dummy is touched then it is imperative to play it out, it cannot be withdrawn under any circumstances.

Similarly if the declared has played a card, he cannot take it back.

Objections raised to these unfair means will be brought to the notice of T.D. and the player/pair or the team will be disqualified or expelled upon the discretion of T.D.

The System of Bidding, Alertable bids, Cardings and Conventions must be explained to the opponents if queried.

Refreshments and Lunch will be served on the day of Tournament.

DR. JAYESH LELE

DR. S. K. JOSHI

DR. NILESH SHAH

DR. DHRUV RAWAL

PLEASE REGISTER EARLY

CHARGES FOR MASTACON 2009
(IMA – MAHARASHTRA STATE ANNUAL CONFERENCE 2009)
TO BE HELD ON 13TH - 15TH NOVEMBER 2009
AT OUR BRANCH PREMISES.

- ▶ IMA Delegates : Rs. 750/- up to 30th September 2009
- ▶ IMA Delegates : Rs.1000/- from 01st October 2009
- ▶ Spouse/Children : Rs. 200/- (only Banquet on 14-11-2009 at 8.00 pm onwards.)

Dr. Anil Suchak	Dr. Akil Contractor	Dr. Jayesh Lele	Dr. S. K. Joshi
Organising Chairman	Organising Secretary	Organising Co-Chairman	Organising Co-Secretary

IMA – CGP CME FEES FOR THE YEAR 2009 - 2010

ANNUAL FEES :

This includes Sunday's CME Programme, all mini conferences,
Weekly CMEs on Tuesdays & Thursdays.

(These does not include MASTACON)

- a. IMA - CGP Members of our branch : Rs. 750/-
- b. IMA - Members of our branch : Rs. 1000/-
- c. IMA Members of other branches : Rs. 1500/-
- d. Eligible Non - Members : Rs. 3000/-
- e. Annual CGP Fees + Mastacon Fees : Rs. 1500/-

SURPRISE GIFT FOR THOSE WHO PAY
ANNUAL CGP + MASTACON 2009 FEES BEFORE 31-7-2009

CHARGES OF IMA - CGP LIFE MEMBERSHIP

We wish to draw attention of newly admitted life members of our branch that revised charges for IMA–CGP Life Membership are as follows with effect from 1st January 2009.

- 1) IMA – CGP Life Membership **Rs. 1,000/-**
- 2) IMA – CGP Quarterly Journal life time subscription **Rs. 1,000/-**

IMA – CGP ANNOUNCEMENT

F.C.G.P. Examinations to be held in October 2009 & April 2010.
Interested candidates for details contact IMA office or CGP office bearers,
Dr. Subodh G. Kedia & Dr. Priti Bhargava.

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

IMPORTANT ANNOUNCEMENT JOIN

IMA – MAHARASHTRA STATE PROFESSIONAL PROTECTION SCHEME

Admission Fees

(One time payment while joining or rejoining the scheme, not refundable)

&

IMA - MS - SOCIAL SECURITY SCHEME

&

IMA - NATIONAL SOCIAL SECURITY SCHEME

The details of the scheme are available on the websites
imamumbaiwest.com and imamaharashtrastate.org
so please visit the website.

DR. JAYESH LELE
President

98198 12996

DR. S. K. JOSHI
Hon. Secretary

9324607663

DR. KAUSHIK JOSHI
Chairman,
Social Security Scheme Sub Comm
9892280527

HURRY UP

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. This will be applicable till 31.08.2009

Please inform all your friends who are not IMA members about the increase fees.

	Concrete Till 31.05.2009	New Rate from 01.09.2009
Single Life Membership	Rs. 6,000/-	Rs. 7,500/-
Couple Life Membership	Rs. 9,750/-	Rs. 11,000/-

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

BRIEF BIO-DATA
DR. BAKULESH S. MEHTA

1) IMA - Mumbai West Branch :

- President (1997 - 1998);
- Vice President (1994 -1995, 1995 - 1996);
- Hon. Treasurer (1987 - 1988, 1988 - 1989);
- Ex. Managing Trustee (2008 – 2009)
- Members of Board of Trustee (2003-04, 2004-05, 2005-06, 2006-07 & 2009-10).

- Hon. Joint Secretary (1993-1994, 1994-1995)
- Vice President (1996-1997);
- Attended more than 22 IMA - State Conferences.
- Attended about 70 State Executive & 20 State Council Meetings.

3) IMA - Headquarters:

- C.W.C Member last 10 years & attended more than 20 CWC meetings.
- Central Council Member last 20 years.
- Attended about 18 Central Council Meeting.

4) GPA GB Mumbai :

- President (2000 - 2001)

5) Andheri Medical Association :

- Past President & Trustee last five years & now Managing Trustee

6) Other Organisations / Activities :

- Hon. Physician of Cheshire Home (Home for Paraplegic) - since 1985 attached with this Charitable Organisation since 30 years.
- Hon. Secretary / Trustee of Andheri Girl's Education Society.
- Served for 3 months at Medical Relief Cell of Refugees of Kuwait - Iraq war at Sahar Airport - 1991.

7) Prestigious Awards :

- IMA - National President Appreciation Award as Best President amongst all IMA Branches of India in 1997 - 98.
- "President Appreciation Award for Selfless Services" by IMA - M S Award Committee for the year 2006 - 2007.
- "IMA National President Appreciation Award for Life Long Services to IMA" for the year 2007 - 2008.

AN APPEAL

PLEASE SUPPORT OFFICIAL CANDIDATE OF OUR BRANCH



DR. BAKULESH S. MEHTA

FOR THE POST OF
PRESIDENT

OF

I.M.A. - MAHARASHTRA STATE BRANCH
(2009-2010)

DR. JAYESH LELE

President

DR. ANIL SUCHAK

Imm. Past President

DR. B. M. INAMDAR

Vice President

DR. S. K. JOSHI

Hon. Secretary

DR. JAYESH DOCTOR

Managing Trustee

DR. AJAY HARIANI

Hon. Treasurer

DR. (MRS.) ALKA B. MEHTA

Hon. Joint Secretary

Trust Board Members

DR. K. S. AITHAL

DR. R. G. JIMULIA

DR. SAEED UMERJEE

And

IMA - MUMBAI WEST BRANCH MEMBERS

DR. RAMESH SHAH

*President
IMA - Mumbai Branch*

DR. ANIL PACHNEKAR

*Past President,
IMA - Mumbai Branch
& Vice President, IMA - MS*

DR. VIJAY PANJABI

*President,
GPA - Greater Mumbai
& Past President, IMA - MS*

DR. RAJENDRA TRIVEDI

*Hon. Secretary
IMA - Mumbai Branch*

DR. SHIV UTTURE

*Hon. Treasurer
IMA - Mumbai Branch*

DR. HOUZI KAPADIA

*Past President,
IMA Mumbai Branch
& Imm. Past President,
GPA Greater Mumbai*

ANNOUNCEMENT GERIATRIC COUNSELLING CENTRE

We are pleased to announce that our “FREE GERIATRIC COUNSELLING CENTRE” has started functioning from WEDNESDAY, 25TH JUNE 2009 as announced in the last issue of Medical Image (JUNE 2009), Members, their relatives, Friends, Patients and near & dear ones are welcome to take advantage of this facility. Our counselors will help them resolve any issue in their life, be it physical, Medical, Mental, Social or familial. Working hrs are Every Wednesday between 02.30 pm to 04.00 pm.

DR. JAYESH LELE **DR. S. K. JOSHI** **DR. SURESH KALAMBI** **DR. ASHOK BALSEKAR**
(President) (Hon. Secretary) (Chairman, Geriatric Cell) (Counsellor)

Report of “GERIATRIC CELL SUB COMMITTEE”

1st Programme of Geriatric Cell Sub committee on “**STROKE AWARENESS**” on **TUESDAY, 23RD JUNE 2009** at our branch premises.

Hon. Secretary Dr. S. K. Joshi welcomed the Speaker & delegates, President Dr. Jayesh Lele inaugurated the Geriatric Counselling Centre. Chairman of Geriatric Cell Sub Committee - Dr. Suresh Kalambi introduced the Guest Speaker Dr. Shirish Hastak. Dr. Hastak gave an overview on “Stroke” in a very simple way.

The programme was well attended by over eighty people THIS INCLUDED OUR MEMBERS AND FEW NON Medical guests. Everybody appreciated the talk of Dr. Shirish Hastak and there was public demand for such programmes in future.

Dr. Suresh Kalambi

Chairman, Geriatric Sub Committee Cell

REPORT OF PROSTACON

It is a pleasure to report that 1st Programme of IMA – AMS for the year 2009-10 was held on the Evening of 21st June 2009 and was followed by Display of Finals of World 20-20 on Big Screen.

Dr. S.K.Joshi our Hon. Secretary welcomed the Chief Guest Dr. Shrikant Badwe, speaker Dr. Anup Ramani and the audience. Our President Dr. Jayesh Lele introduced the chief guest and guided the lamp lighting. He also introduced the speaker and invited him to enlighten the audience.

Dr. Anup Ramani held the audience spell bound with his interactive, informative and interesting eye openers on “**TRICKS TO**

EVALUATE SYMPTOMS OF BPH AND Ca PROSTATE”.

Everybody attending the Prostacon wanted Dr. Anup Ramani to continue his speech but considering the time constraints, Dr. Ramani opted to conclude his speech and join the audience to watch the world cup 20-20 finals.

IMA – AMS Chairman Dr. Rashmikant Sanghvi thank all and also thanked the sponsor M/s. Minivasive.

The evening was concluded with cocktail & dinner.

DR. RASHMIKANT SANGHVI

Chairman,
IMA – AMS Branch Chapter

FOR YOUR HEART STRINGS

DR. RAJIV ANAND

You are the CEO of a big empire...

Dear Friends!

Have you ever considered that you are the CEO of a big set up with round the clock activity? Much of it of course, is without your conscious knowledge, intervention or control. When, so much happens within you with little active involvement, imagine, how much can happen within you and 'without', if properly controlled. All this happens through our great mind that most of us find mystical and difficult to understand. However, everything remains mysterious till we understand it closely. So is the case with the mind.

This mind is part of a greater universal intelligence, even though we pride in labelling it "my mind". This intelligence monitors, governs and controls all the activities going on in any corner of the universe, outside us or inside us. It is the same intelligence that organizes & regulates all the functions of the body. This power, without a thought, keeps our hearts beating sans interruption at 100,000 times a day.

So then, let's talk statistics. This same intelligence is responsible for more than 40 million heartbeats per year, within your body, thus nearly three billion pulsations over a lifetime of 70 to 80 years. As a result, OUR HEART IS PUMPING two gallons of blood per minute, well over 100 gallons per hour, through a system of vascular channels about 60,000 miles in length.

Every 20 to 60 seconds, each blood cell makes a complete circuit through the body. Each red blood cell makes anywhere between 75,000 & 250,000 round trips in its lifetime. What makes them run around and do such gigantic work? You?? Surprisingly, in the second it takes you to inhale, you lose three million red blood cells, & in the next second, the same number is replaced.

Some 100,000 chemical reactions take place in every single one of your cell. Multiply 100,000 chemical reactions by the 70 to 100

trillion cells that make up your body. The answer has more zeros than most calculators can display, yet every second, that mind-boggling number of chemical reactions takes place inside you. It may seem inconceivable that in a second, 10 million of your cells die only to be replaced by almost 10 million new cells in the next instant. Our pancreas alone regenerates almost all its cells in one day. Consider, if we could unravel the DNA from all the cells of our body & stretch it out end to end, it would reach the sun & back 150 times!

Another great miracle is that of life itself. It all starts with two cells, a sperm & an egg, that jointly create almost 100 trillion specialized cells. Having given us life, they then continually regenerate that life while regulating an incredible number of processes. Whatever food we dump into our body, astonishingly, the body's intelligence converts this food into specific cells like brain cells, heart cells, nerve cells, pancreatic or liver cells depending on the requirement. Similarly, your mind thinks almost 60,000 thoughts in a day and processes them with remarkable excellence, leaving you with far less burden to work with.

Aren't we lucky that we are the owner of this vast empire and enjoying this great marvel called life? So, stop cribbing about the little things and focus on the bigger picture. Live life king-size, in keeping with the vast kingdom we un-admittedly own. When you have such a huge intelligence working within you and for you, why worry about the small things in life? Why worry about the future; why carry the burden of the past? Join this intelligence, trust its power and celebrate every breath, every minute, every day and every area of your life. These moments will never come back.

HAPPY LIVING!

PS: Your feedback are welcome at drrajivanand@gmail.com or 9819266862

Bridge is falling...

Re hi!

Dear friends, as I had promised here I come back with more on Contract Bridge and will continue to do so until my inadvertent followers really start to hate me!

Once again I remind you all that the contract games in order of maximum scoring imps/mps/vps are:

7 NT (13 tricks to make in No-Trumps),

7 Spades / 7 Hearts (13 tricks with Spades / Hearts as Trumps),

7 Diamonds / 7 Clubs (13 tricks with Diamonds / Clubs as trumps),

6 NT (12 tricks in No-Trumps),

6 Spades / 6 Hearts (12 tricks with Spades / Hearts as trumps),

6 Diamonds / 6 Clubs (12 tricks with Diamonds / Clubs as trumps),

4 Spades / 4 Hearts (10 tricks with Spades / Hearts as trumps),

3 NT (9 tricks in No-Trumps),

5 Diamonds / 5 Clubs contracts (11 tricks with Diamonds / Clubs as trumps).

Rest all bided contracts are called part games.

Here, you will notice that in minor suit one has to make 11 tricks and still it is last achieving in imps/mps. So, players prefer a contract of 3NT most of the times where only 9 tricks can get you a good score and chances of setting it down by a few tricks is lesser compared to making 11 tricks in minors. 3NT games depend on good stoppers too in major suits or try only a part game in minors.

A Good Game Of Bridge requires near to perfect communication of bidding between the partners, trust on the partner's calls and knowledge of certain Carding Signals and certain Conventions too. But if the bidding is perfect usually one lands up in the right contract.

Hence proper knowledge of bidding must be tried to attained, and with skillful conducting of the game one will get an immense pleasure and satisfaction none less than of a great achievement if one bids the game contract and makes it too.

Another point of interest for beginners is the order of bidding will keep going up by 1 level every time a lower ranking suit is bid. Note here please that from top to below NT, Spades, Hearts, Diamonds and last is Clubs is the way it goes always.

So, if South is the dealer and he opens his bid by 1h, then West can overcall with 1s or 1nt but to bid clubs or diamonds he has to overcall at 2 level i.e. 2c / 2d.

Similarly if South opens 1c, then West can overcall 1d / 1s /1d /1NT.

Suppose South opens 1NT, then West will have to overcall any suit only at 2 level.

The person whether East or South or North or West, who ever had 1st called a Suit and or NT and if that Suit or NT is passed by 3 players consecutively, that East/South/North or West, then that person's whose 1st call was that particular suit or NT will be the Declarer of the game. That person need not be the dealer either as the dealer has 1st opportunity to open the biddings. Dealer's 1st call can be a pass if he has no adequate hcp's.

The declarer also has the privilege to conduct the game and his partner becomes the Dummy. Dummy's cards fall open on the table only after the L.H.O. of the Declarer leads his 1st card of that particular contract.

I feel this takes care of few basic needs to start the learning process of good bridge games. Now lets see the bidding system and try to catch up with what all the players round the world are doing by S.A.Y.C.

SAYC stands for **Standard American Yellow Cardings**. Every beginning of tourneys players are expected to fill up their cardings and conventions and that was called as yellow cards initially, but later on a whole system of bidding got developed and is know as SAYC the world over.

Here's a dekko at the fascinating world of SAYC bridge bids.....

GENERAL APPROACH

1. Normally open five-card **majors** in all seats.
2. Open the higher of long suits of equal length: 5-5 or 6-6.
3. Normally open 1[~] with 4-4 in the **minors**.
4. Normally open 1 with 3-3 in the **minors**.
5. No trump openings show a balanced hand but can be made with a five-card **major** or **minor** suit.
6. 1NT = 15-17HCP
7. 2NT = 20-21HCP
8. 3NT = 25-27HCP {See also Part 2 **Gambling 3NT**}
9. Strong artificial 2 \S Opener = (22+ HCP)
10. Weak Two-bids in **diamonds**, **hearts** and **spades**. (5-11 Points, 6 card suit)

RESPONSES AND LATER BIDDING AFTER 1NT OPENING

Stayman

A response of 2 \S after a 1NT opening by partner is **Stayman**. It shows 8+ HCP and at least one 4-card **major** or an unbalanced, game-forcing hand with 5+ in a **minor**, with or without a side **major**. **Stayman** is normally avoided with 4333 or 3433 shape, just raise to 2NT or 3NT. Opener must rebid 2[~] (denying a 4-card **major**), 2 \C , or 2^a. If responder then rebids three of either **minor**, it shows game/slam interest and at least 5 cards in the bid suit.

If responder has 5/4 or 4/5 in the **majors** he can rebid the longer **major** when the response is the shorter **major** (or denial of a 4-card **major**) to show 5: eg., 1N-2 \S -2^a-3 \C (showing 5x**hearts** and 4x**spades**) or 1NT-2 \S -2[~]-2 \C (showing 5x**hearts** and 4x**spades**)

Note 1: If opener has 4-4 in **majors**, opener bids 2 \C first: if responder's suit is **spades**, he will rebid 2NT and opener can then bid his 4-card **spade** suit if he feels a suit contract is best. For example:

Opener	Responder	Shows
1NT	2 \clubsuit	Opener has 4/4 majors , minimum/maximum NT opener (NF)
2	2NT	
3 \heartsuit /4 \heartsuit	Pass	

Note 2: **Stayman** can also be used in cases where responder has fewer than 8 HCP and intends to pass any response, i.e. if responder has 4-4-4-1 shape (the **club** being a singleton), any response can be passed and hopefully improve the final contract. {see also Part 2 **Minor Suit Stayman**}

JACOBY TRANSFERS TO MAJORS (!)

Jacoby transfers (Jxfrs) show a five+ card **major** suit:

2[~] is a transfer to 2 \C

2 \C is a transfer to 2^a

Opener **MUST** accept the transfer although he can jump to the three level with 17 points and four-card support for responder's **major**. **Jacoby Transfers** also apply when partner has made a strong natural NT overcall at any level e.g., 1 \S -1NT-P-2[~]-P-2.

Opener	Responder	Shows
1NT2♥	2♦! Pass	Responder has 0-7HCP with 5+hearts
1NT3♥	2♦! Pass/3NT/4♥	Opener has 17HCP and 4 hearts (invitational)
1NT2♥	2♦! 2NT/3♥	Responder has 9+HCP (invitational to 3N or 4♥)
1NT2♥	2♦! 3♣-♦	Responder has 11+HCP, good side suit, but may not be long (GF, poss slam interest)
1NT2♥	2♦! 3NT	Responder has 10+HCP asks pref 3NT or 4
1NT2♥	2♦! 2♠	11+HCP, 5-5 in the majors , invitational (NF). The sequence 1NT-2♥!-2♠-3♥ is 5-5 spades/hearts , (GF), while 5-4 and 4-5 hands should use Stayman rather than a Jxfr

Note 1: Jacoby Transfers are also used over openers of 2/3NT openers

Note 2: Jacoby Transfers are “off” if the 1NT opening is overcalled.

Note 3: I have put alerts into the **Jxfrs** although the ACBL has taken them off the alertables – if playing with beginners err on the cautious side and explain **Jxfrs** to opps

Responses And Later Bidding After 1NT Opening Cont'd.→

RESPONSES AND LATER BIDDING AFTER 1NT OPENING (CONT'D.)

Jacoby Transfer to Minors (J4xf) (!) *

Used if responder has a long **minor**, less than 8HCP, limited entry making a NT contract undesirable. After a 1NT opener, a 2♠! response is a transfer to 3♣, which can be passed with **clubs** or responder can rebid 3♦ if his suit is **diamonds**. **J4xfer** also on over opening 2N. Over opening of 3N, 4♠ is to play unless **J4xfer** is on by partnership agreement.

Note: Jacoby Transfer to minors is “off” altogether if the NT opening is overcalled or doubled

OTHER RESPONSES TO 1NT

Opener	Responder	Shows
1NT	2NT	8-9HCP usually denies 4-card major but can be used on v balanced hand
	3♣/3♦	6-8Points, 6+ minor suit - limited entries (NF)
	3♥/3♠	6+card suit and slam interest (GF+)
	4♠/4♥/5♦/5♣	6+card suit no slam interest and limited entries for NT (NF)
	4♣	Gerber asking for Aces
	4NT	Quantative not Blackwood : opener bids 6NT if max, Pass if min

INTERFERENCE AFTER 1NT OPENING BIDS

IF OPPONENTS DOUBLE STAYMAN AND JACOBY XFERS ARE “ON”

Example

Opener	Opp	Responder	Response Shows
1NT	X	2♣	Stayman
		2♦/2♥	Xfer to 2♥/2♠

If Opponents Bid over 1NT Opener Stayman and Jacoby Xfers are “off”. Bids are natural except for a cuebid (ie. a bid of opp’s suit), which can be used with game force strength as a substitute for Stayman

Example

North	East	South	Response Shows
1NT	2♣/2♦	3♣/3♦	South has 4/4 majors , opener bids 4 of a 4-card major or 3NT if no 4-card major or a pref for NT
	2♥/2♠	3♥/3♠	South has 4 of the unbid major , opener rebids 4 of the unbid major with 4 or 3NT without 4 of the required major or a pref for NT

RESPONSES AND LATER BIDDING AFTER 1NT OPENING CONT'D INTERFERENCE AFTER 1NT OPENING BIDS (CONT'D.)

If Jacoby Xfer is Doubled

Opener’s possible Calls	Resonder’s possible Calls
Pass	<ol style="list-style-type: none"> 1. Make natural bid 2. XX 3. Pass (to play) 4. Bid 2 of a major (sign off)
XX (strong holding in dbled suit)	
Complete Xfer to show 3+ trumps	
Jump to 3 of suit	
	Pass or bid on

If Jacoby Xfer is Overcalled

Opener’s possible Calls	Resonder’s possible Calls
Pass	<ol style="list-style-type: none"> 1. Make natural bid 2. X to show strength 3. Pass
X for penalty	
Bid 3 of major with good supporting hand	
	Pass or bid on

If Stayman is Doubled

Opener’s possible Calls	Resonder’s possible Calls
Pass with 4x clubs	<ol style="list-style-type: none"> 1. Make any natural rebid 2. X for penalty
XX with 5x clubs or 4xgood clubs	
Make any natural rebid	

If Stayman is Overcalled

Opener’s possible Calls	Resonder’s possible Calls
Pass	<ol style="list-style-type: none"> 1. Make a natural rebid 2. X for penalty
X for penalty	
Bid 4-card major at 2 level	

RESPONSES TO 2NT AND 3NT OPENERS

Stayman and **Jacoby Xfers** are “on”. **J4xfers** are on over 2N openers not 3N openers unless by partnership agreement.

North	South	Shows
2NT	3♣	Stayman
	3♦/3♥!	JXfer to 3♥/3♠
	3♠!	J4xfer to 4♣ and correct if ♦
	4♣	Gerber
	4NT	Quantitative , invites 6NT if max
3NT	4♣	Stayman
	4♦/4♥!	JXfer to 4♥/4♠
	4NT	Blackwood (not Quantitative since 4♣ would be used for Stayman)

RESPONSES/REBIDS TO 1 OF A SUIT OPENER

Responses to 1 of a major

Example Responses to 1♥ Opener

North	South	Shows
1♥	1♠	min 6 Points, at least 4x♠. unlimited bid does not necessarily deny 3x♥
	1NT	6-10HCP balanced hand. denies 4x♠ and (usually) 3x♥ (NF)
	2♥	(a) 6-10 Points + at least 3x♥ limit bid, can be passed (b) Over opener of 1♠ would show 5x♥, 11+Points. unlimited bid
	2♣/2♦	11+Points and 4+card minor suit.
	2NT!	J2NT , 13+points, asks partner to show short suit while agreeing trump fit(GF+) Note: If not playing J2N , responses of 2NT and 3NT are defined in SAYC as standard, 13-15 and 16-17; however, many OKb players prefer 2NT=11-12 and 3NT=13+, so you should agree 'forcing' or 'limit' 2NT response or else you'll have to guess. If in doubt try to find a new suit bid and then bid 2N/3N
	2♠/3♣/3♦	(Jump Shift) 17+Points (forcing+)
	3♥	10-12Points + 3+ trumps. limit raise (invitational but non-forcing)
	3NT	15-17HCP, balanced hand, at least 2x hearts (NF)
	4♥	usually 5+ hearts , a singleton or void, and fewer than 10 HCP (NF)

Note: In an uncontested auction any new suit bid (where it is not preemptive) at the 3 level is 100% forcing. This applies to both opener's and responder's calls. SAYC, in common with all versions of Standard American, adheres to the new-suit forcing principle, ie., a new suit by responder is forcing for 1 round, unless responder has previously passed or either player has bid notrump. Having said this, very few 1st/2nd round bids in uncontested auctions are 100% forcing in SAYC – J2N, a jump shift, and a new suit bid at the 3 level are forcing. If responder makes a 2 level first round bid then he usually promises a rebid. See also **Splinters** in Part 2

Responses/Rebids to 1 of a Suit Opener Cont'd. '!

RESPONSES/REBIDS TO 1 OF A SUIT OPENER (CONT'D.)

RESPONSES TO 1 OF A MINOR OPENER

A 1♦ opener suggests at least a 4-card **diamond** suit, since 1♣ is preferred on hands where a 3-card **minor** suit must be opened. The exception is a hand with 4-4-3-2 shape, which should be opened 1♦.

Responses and later bidding generally follow the same principles as “Responses to 1 of a Major”. Bidding at the one level is “up-the-line” in principle ie., bid next-ranking 4-card suit if no 5+-card suit to bid. Bidding “up-the-line” does not constitute a “reverse bid”

Example Responses to 1♣ Opener

North	East	South	West	Shows
1♣	Pass	1♦		6+ Points, 4+ diamonds , does not deny the majors or a club fit (unlimited hand)
		1♥		6+ Points, does not deny 4 diamonds/spades or a club fit (unlimited hand)
		1♠		6+ Points, does not deny 4 hearts/diamonds or a club fit (It is normal to respond 1♠ with 5/4 or 5/5 majors) (unlimited hand)
		1NT		6-10 Points, denies 4 diamonds , 4 hearts , 4 spades and 5 clubs (limited hand, NF)

Note 1: Over a 1♣/1♦ opener, without a higher-ranking 4-card suit to show, responder needs 5 trumps to raise 1♣, or 4 trumps to raise 1♦, (one less trump will do in a competitive sequence)

Note 2: Responses of 2NT/3NT are standard: (ie., responses of 2NT and 3NT are defined in SAYC as standard, 13-15 and 16-17; however, many OKb players prefer 2NT=11-12 and 3NT=13+, so you should agree ‘forcing’ or ‘limit’ 2NT response or else you’ll have to guess. If in doubt try to find a new suit bid and then bid 2N/3N)

Note 3: There is no forcing **minor**-suit raise. {See also Part 2 **Splinters, Inverted Minors** and **Bergen Raises**}

	Opener’s (non-artificial) Rebids
Minimum Opener or 13-16HCP	1. NT at cheapest possible level (NF)
	2. rebid own suit at cheapest available level (NF)
	3. raise partner’s suit at cheapest available level (promises min 3+ trumps) (NF)
	4. bid “1 over 1” (eg., 1-P-1♥-P-1♠) (has a wider range of 13-18 points) (NF)
	5. non-reverse bid in a new suit (has a wider range of 13-18 points) (forcing if 3 level)
17-18 Points	1. jump in own suit (invitational but not forcing)
	2. Bid higher-ranking 4-card suit (this “up the line bid” has a wider range of 13-18 points)(NF)-If bid at the 2 level over a 1 level response, it is a reverse, 17-18 points, 1st suit longer than 2nd (NF): if bid at the 2 level over a 2 level response, 17+ (GF)
	3. Bid a lower-ranking 4-card suit at the two level (also 13-18 points), NF over 1 level response, forcing after 2 level response since responder promised a rebid
	4. Jump in Partner’s suit, invitational with 3+ trumps. (NF)
	5. Bid in a new suit at the 3 level without jumping(15+points)(GF)
19-22 Points	1. jump in NT (forcing)
	2. double jump in partner’s suit (strongly invitational if not game bid)
	3. double jump in own suit (strongly invitational if not game bid)
	4. jump in new suit (forcing)

Note: After a rebid of 1NT by opener, a reverse or jump shift by responder is forcing possible slam interest (eg. 1♣-1♥-1NT-2♠/3♦).

General Comment: The above rebid structure is peculiar to the OKb version of SAYC and should not be assumed when playing elsewhere. In particular, OKb suggests opener rebid the cheapest of his two suits with any weak hand lacking 3 card support for responder’s first suit; so after 1♦-1♠-2♣-2♥!, opener’s 3♣ could be a minimum with 2254 shape, while 3♦ would promise extra shape and strength. When playing SAYC outside of OKb, opener should just rebid naturally, jumping to show extra values.

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ERRATA

1. **Vitiligo** article in June 2009 issue was written by **Dr. Harish Timbadia**, Dermatologist
2. The Prostacon programme announcement printed in last issue of MEDICAL IMAGE had typographical error. **DR. ANUP RAMANI** is only attached to various hospitals. It was due to misinterpretation in his brochure.

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