



March 2024

VOLUME NO 47

ISSUE 12

# MEDICAL e IMAGE

OF IMA MUMBAI WEST

**President : DR. SHOBHA AHUJA**

**Hon. Secretary : DR. RASHMI MEHTA**

## ANNUAL REPORT

## 2023- 2024



**NEPHROLOGY UPDATE**  
SUNDAY, 03<sup>RD</sup> MARCH 2024



**RELATIONSHIPSCON 2024**  
SUNDAY, 10<sup>TH</sup> MARCH 2024



**"HOLI &  
ANNUAL DAY CELEBRATIONS"**  
SUNDAY, 24<sup>TH</sup> MARCH 2024



## CONTENTS

PRESIDENT'S DESK .....	3
ACHIEVEMENTS .....	4
HON. SECRETARY'S DESK.....	5
WEEKLY SCIENTIFIC PROGRAMME .....	6
NOTICE.....	7
IMPORTANT ANNOUNCEMENT.....	9
WELCOME NEW MEMBERS .....	10
REPORT - INTERNATIONAL WOMEN'S DAY .....	11
REPORT - SPORTS MEDICINE CONFERENCE.....	14
HOLI & ANNUAL DAY CELEBRATIONS .....	17
NEPHROLOGY UPDATE.....	18
RELATIONSHIPSCON 2024.....	19
NATIONAL HEALTH SCHEME - APPLICATION FORM .....	20
ANNUAL REPORT.....	26

### DISCLAIMER :

Unless otherwise stated, the opinions expressed by any writers are their personal opinions. The appearance of advertisements in "Medical Image" is not guarantee or endorsement of the product or the claims made by the manufacturer / advertiser.

### Editor

**DR. RASHMI MEHTA**

### Co-Editor

Dr. Arvind Ghongane

Dr. Rashmikant Sanghvi

FOR PRIVATE CIRCULATION ONLY

**Published by : IMA MUMBAI WEST**

Contact for write-ups, articles, interviews and advertisements :

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

**Mobile :** 70454 52656

**E-mail :** imamumbaiwest@yahoo.com  
imamumbaiwest@gmail.com

**Website :** www.imamumbaiwest.com

**Advertisement Cheques must be drawn in favour of IMA MUMBAI WEST**

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

## IMPORTANT ANNOUNCEMENT

Discounted Membership Rates  
of

**INDIAN MEDICAL ASSOCIATION -**

Scheme Extended upto

**15<sup>th</sup> March 2024**







## 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.

Office : 2620 6517 (M) 7045452656 • Website : [www.imamumbaiwest.com](http://www.imamumbaiwest.com)

E-mail: [imamumbaiwest@yahoo.com](mailto:imamumbaiwest@yahoo.com) / [imamumbaiwest@gmail.com](mailto:imamumbaiwest@gmail.com)

### MANAGING COMMITTEE 2023 - 2024

#### TELEPHONE NOS.

		Clinic	Mobile	Email
President	: <b>Dr. Ahuja Shobha</b>	2649 8917	9821025863	<a href="mailto:shobha@ahujaclinic.com">shobha@ahujaclinic.com</a>
Imm Past President	: <b>Dr. Mehta Ketan K.</b>	2882 7500	9820051849	<a href="mailto:drketankmehta@yahoo.com">drketankmehta@yahoo.com</a>
Vice President	: <b>Dr. Sanjanwala Saurabh</b>	2683 6352	9323287140	<a href="mailto:saurabh_sanjanwala@yahoo.com">saurabh_sanjanwala@yahoo.com</a>
Hon. Secretary	: <b>Dr. Mehta Rashmi</b>	2618 3847	9820008796	<a href="mailto:rashmimehta04@yahoo.co.in">rashmimehta04@yahoo.co.in</a>
Hon. Treasurer	: <b>Dr. Shah Bimal</b>	2683 5205	9821083857	<a href="mailto:drbimal13@gmail.com">drbimal13@gmail.com</a>
Hon. Jt. Secretary	: <b>Dr. Gajria Subash</b>	2628 6194	9869005889	<a href="mailto:drsubash8888@gmail.com">drsubash8888@gmail.com</a>

### MEMBERS

	Clinic	Mobile	Email		Clinic	Mobile	Email
<b>Dr. Agrawal Nitin</b>	26301184	9820297836	<a href="mailto:drnitinagrawal@gmail.com">drnitinagrawal@gmail.com</a>	<b>Dr. Hariani Ajay</b>	28662626	9820288508	<a href="mailto:ajayhariani@gmail.com">ajayhariani@gmail.com</a>
<b>Dr. Bachani Manohar</b>	26473020	9820202856	<a href="mailto:drmanoharbachani@gmail.com">drmanoharbachani@gmail.com</a>	<b>Dr. Joshi Vijay Kumar</b>	-	9821171414	<a href="mailto:drvijayj@gmail.com">drvijayj@gmail.com</a>
<b>Dr. Badwe Rohini</b>	49765528	7045356470	<a href="mailto:dr.rohinibadwe@gmail.com">dr.rohinibadwe@gmail.com</a>	<b>Dr. Jumani Deepak</b>	28881063	9821044556	<a href="mailto:deepak.jumani@gmail.com">deepak.jumani@gmail.com</a>
<b>Dr. Bajaj Harish</b>	-	8888000026	<a href="mailto:hbbajaj88@gmail.com">hbbajaj88@gmail.com</a>	<b>Dr. Kulkarni Prafulla</b>		9820089996	<a href="mailto:prafullvijay@yahoo.co.in">prafullvijay@yahoo.co.in</a>
<b>Dr. Bhadange Yogesh</b>		7045126001	<a href="mailto:yogeshb123@gmail.com">yogeshb123@gmail.com</a>	<b>Dr. Lele Jayesh</b>	9137460471	9819812996	<a href="mailto:drjayeshlele@gmail.com">drjayeshlele@gmail.com</a>
<b>Dr. Bhatte Pranita</b>	28935185	9869739916	<a href="mailto:vidula.worlikar@gmail.com">vidula.worlikar@gmail.com</a>	<b>Dr. Mehta B. S.</b>	26832766	9820131926	<a href="mailto:dr.bsmehta@yahoo.in">dr.bsmehta@yahoo.in</a>
<b>Dr. Bheda Hansa</b>		9819090035	<a href="mailto:bhedahansa@gmail.com">bhedahansa@gmail.com</a>	<b>Dr. Modi Kinjal</b>	28885001	9323851007	<a href="mailto:drkinjalmodi@gmail.com">drkinjalmodi@gmail.com</a>
<b>Dr. Budhwani Renu</b>		9820219621	<a href="mailto:drrenu03@gmail.com">drrenu03@gmail.com</a>	<b>Dr. Parmar Girish</b>		9820718088	<a href="mailto:drgirish21@yahoo.co.in">drgirish21@yahoo.co.in</a>
<b>Dr. Chauhan Bharat</b>		9833196195	<a href="mailto:drbharat1981@gmail.com">drbharat1981@gmail.com</a>	<b>Dr. Patel Bhavna</b>	26146027	9773161617	<a href="mailto:drbhavna50@gmail.com">drbhavna50@gmail.com</a>
<b>Dr. Chavan Mangala</b>		9821163010	<a href="mailto:mangala_chavan@yahoo.com">mangala_chavan@yahoo.com</a>	<b>Dr. Rajani Ramesh</b>	26041593	9820068330	<a href="mailto:rameshrajani651@gmail.com">rameshrajani651@gmail.com</a>
<b>Dr. Chinchalkar Madhubala</b>	28825763	9820323365	<a href="mailto:madhubalachinchalkar@gmail.com">madhubalachinchalkar@gmail.com</a>	<b>Dr. Shah Mahesh</b>	-	9820033827	<a href="mailto:mkheart@hotmail.com">mkheart@hotmail.com</a>
<b>Dr. Chopra Rashmi</b>		9820197376	<a href="mailto:drashmichopra@gmail.com">drashmichopra@gmail.com</a>	<b>Dr. Shah Purvi</b>		9820139130	<a href="mailto:drpurvishah@gmail.com">drpurvishah@gmail.com</a>
<b>Dr. Dandekar Naresh</b>		9869283993	<a href="mailto:naresh.dandekar@gmail.com">naresh.dandekar@gmail.com</a>	<b>Dr. Shah Subhash</b>		8879962204	<a href="mailto:drsubhash4all@gmail.com">drsubhash4all@gmail.com</a>
<b>Dr. Gidwani Anita</b>	26432208	9820125585	<a href="mailto:gidwanianita@hotmail.com">gidwanianita@hotmail.com</a>	<b>Dr. Soni Shalin</b>	28672232	9820471214	<a href="mailto:drshalinsoni@gmail.com">drshalinsoni@gmail.com</a>
<b>Dr. Gupta Sanjay</b>	26277448	9820232606	<a href="mailto:sanjayguptapath@gmail.com">sanjayguptapath@gmail.com</a>	<b>Dr. Tiwaskar Shilpa</b>	28483922	9820067137	<a href="mailto:tiwaskar@gmail.com">tiwaskar@gmail.com</a>

### MUMBAI - WEST SUB FACULTY OF IMA - CGP

Asst. Director of Studies :	<b>Dr. Hotchandani Bhavika</b>	8291622260	9821680153	<a href="mailto:sunim6@yahoo.com">sunim6@yahoo.com</a>
Asst. Secretary :	<b>Dr. Mehta Anushree</b>	2447 4403	9820147636	<a href="mailto:mehta.aanu@gmail.com">mehta.aanu@gmail.com</a>

### MUMBAI - WEST CHAPTER OF IMA - AMS

Chairman :	<b>Dr. Sanghvi Rashmikant</b>	2809 1510	9820048036	<a href="mailto:dr.rashmikantsanghvi@gmail.com">dr.rashmikantsanghvi@gmail.com</a>
Asst. Secretary :	<b>Dr. Purohit Ashish</b>	2889 5229	9821095610	<a href="mailto:ashishpurohit97@gmail.com">ashishpurohit97@gmail.com</a>

### BOARD OF TRUSTEES

Managing Trustee :	<b>Dr. Pingle Suhas</b>	2612 7096	9322250830	<a href="mailto:drsuhaspingle1951@gmail.com">drsuhaspingle1951@gmail.com</a>
Members of Board of Trustees :	<b>Dr. Contractor Akil</b>	2612 7481	9892084360	<a href="mailto:raziakil@hotmail.com">raziakil@hotmail.com</a>
	<b>Dr. Dudhat Sanjay</b>	2636 3737	9821046063	<a href="mailto:sanjaydudhat@hotmail.com">sanjaydudhat@hotmail.com</a>
	<b>Dr. Inamdar B M</b>	2877 2823	9833054054	<a href="mailto:bminamdar@gmail.com">bminamdar@gmail.com</a>
	<b>Dr. Patel Manoj</b>	2614 6027	9821027131	<a href="mailto:drmanoj50@gmail.com">drmanoj50@gmail.com</a>





### From the President's Pen...

Dear Friends,

**F**ebruary month brings about change of season but this year we experienced a different climate showing that the season like life, is so unpredictable and we should be well equipped for any changes, adversities or be ready to receive blessings.

February with lots of cricket in air we had organised CME on Sport's Medicine Conference and had invited cricket fast pacer Mr. Raju Kulkarni, Past Olympic Champion Mrs Lalita Babar-Bhosale and Sports journalist, Mr. Subhash Harchekar as Special Guests. With practical inputs from famous Dr Ali Irani and excerpts from these elite guests we got an opportunity to hear lots of locker room Stories of cricketers & selectors on the positive side.

We take this opportunity to declare one more feather in the cap of our branch and congratulate our stalwart past president of our branch, past trustee, present building chairman Dr. Jayesh Lele Sir who

is appointed by IMA HQ as the Chairman of IMA National Health Scheme. The new scheme adopted by IM HQ prevails the members to secure financial assistance during their lifetime. The entire scheme is sent to you in IMAGE.

IMA national health scheme, a health scheme that allows you to join scheme up to the age of 80 years. A member and his /her spouse, parents and children also can participate in this scheme provided their individual age is below 80 years. This is in the event of hospitalisation for diagnosis, treatment and management of the disease. The rules and regulations are sent in IMAGE. Please go through, join and avail this opportunity.

Maharashtra state IMA election counting for the post of President election 23–24 has successfully completed and the elected President Elect is Dr. Santosh Kadam. I am sure that Maharashtra State President Dr. Dinesh Thakre Sir, President Elect Dr Santosh Kadam and State Secretary Dr Saurabh Sanjanwala together will reach higher frontiers, on the horizon dealing with medical issues, with positive outcome. Our branch will render big support to the state.

First time a celebrity was invited at International Women's Day that was celebrated early in February, bringing the Medical World and Arts together on the same platform. Our celebration of International Women's Day was a great success. IWD theme being "Inspire inclusion", the topics were well chosen, female oriented by female faculties viz. cosmetic surgeries, diabetes and women, Cosmetic dentistry, handling psychological problems but on a





different platform of Medicine with our members' active participation. In addition, we also had invited Film Star Ms Prajakta Mali, an actress & excellent Bharat Natyam Dancer and host of "HASSYA JATRA" program on Zee Marathi. She was felicitated with Citation after excellent CV presentation by Dr Sanjay Dudhat Sir. In her answers to rapid fire questions and her response, she expressed her willingness to participate in IMA MW branch activities when necessary.

All through the year the stalwarts of IMA M W, Trust Board, Office Bearers, AMS, CGP Teams, Managing committee members and of course all the members are responsible for such a successful year.

I would also express my thanks to Faculties and the pharma companies, Staff for their support. This is a team effort.

पूरी दुनिया जीत सकते हैं संस्कार से,  
और जीता हुआ भी हार सकते हैं अहंकार से

Let us march ahead to the last month of IMA MW towards excellent CMEs on Sundays and Thursdays and annual day celebration on 24<sup>th</sup> of March along with the celebration of Holi.

Long live IMA.

Jai IMA M W

**DR. SHOBHA AHUJA**

President, IMA MW

## ACHIEVEMENTS



Past President & Trustee of our branch and present Building Chairman

**DR. JAYESH LELE** on becoming  
"Chairman of IMA National Health Scheme".

Chairperson, Mission Pink Health,

**DR. MADHUBALA CHINCHALKAR**

for the supreme honour.

Her film "....And Skua Returned Early!" has been selected as the official entry for Filmfare India International Festival 2023.



**Congratulations ! We are proud of you ! keep it up !**

**DR. SHOBHA AHUJA**

President

**DR. RASHMI MEHTA**

Hon. Secretary



### From Hon. Secretary's Desk...

Dear Friends,

**G**ratITUDE makes sense of one's past, brings peace for today and creates a vision for tomorrow. As I write for the last time for the year 2023-2024, I am indeed grateful and thankful for the opportunity given to me this past year to serve as Hon. Secretary of this august institution.

The month gone by has seen 2 exclusive Sunday programs arranged by Dr. Sanjay Dudhat, Sports medicine CME and International Women's day celebrations. We were treated to excellent and informative talks on both occasions. We also had the privilege of interacting with Sportspersons who have done the country proud as well as journalists and celebrities.

Our weekly CMES are going on in full swing. We have dedicated members like Dr. Akil Contractor, Dr. Subash Gajria and our entire scientific team who work tirelessly to make it happen. We look forward to Uro Nephrocon curated by Dr. Umesh Khanna and Relationshipcon by Dr. Deepak Jumaní next month.

The 1st State Executive meeting of IMA MS was held at Pune. Dr. Saurabh Sanjanwala as Hon Secretary IMA Maharashtra State played

a stellar role. We also saw a very gracefully conducted counting of votes for IMA MS President Elect elections. Dr. Suhas Pingle and Dr. Jayesh Lele were instrumental in seeing the process through without hitches.

We are nearing the completion of this term, and as we wind up, we take stock of what's new, what's done and what's pending. You will find the Annual report enclosed in this issue. Some significant works done this year include completion of second floor repair and renovation, ground floor renovation. Some work on the first floor and exterior painting etc. remains.

I have been blessed to be guided by my seniors who have guided and steered me in my duties as Hon. Secretary. I was fortunate to have Dr. Shobha Ahuja mam as my President. She has been extremely benevolent and accommodating. Being with her has been a learning experience that I will cherish forever. My humble thanks to Dr. Jayesh Lele and Dr. Akil Contractor who have been my guiding stars. I have learnt and received help from managing Trustee Dr. Suhas Pingle, Dr. Balkrishna Inamdar, Dr. Sanjay Dudhat, Dr. Ketan Mehta, Dr. Bimal Shah, Dr. Saurabh Sanjanwala, Dr. Subash Gajria, Dr. Rohini Badwe and will forever be in their debt. Dr. Rashmikant Sanghvi and the scientific team have been very innovative and resourceful in their endeavours to keep our educational programs running.

Gaining an understanding of my duties as Hon. Secretary and executing them would not have been possible without our super efficient and obliging office staff

In the words of Shakespeare "Parting is such sweet sorrow". I take your leave with the hope that I have not hurt anyone and have done my duties as mandated.

**DR. RASHMI MEHTA**

Hon. Secretary, IMA MW





## WEEKLY SCIENTIFIC PROGRAMME

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

**TUESDAY & Every THURSDAY at 2.30 p.m. Sharp.**

DATE	Topic	Speaker
07.03.2024	<b>THE NEXT-GEN SEMINAR - PART II</b>	
	Beyond What Meets the Eye	Dr. Prerna Tahiliani Dr. Sushil Tahiliani
	Juvenile Obesity: The Unseen Pandemic	Dr. Jayati Jhala Dr. Darshan Jhala
	Age Related Macular Degeneration - Recent Advances and Newer Therapies	Dr. Eesha Gokhale Dr. Yojana Gokhale
	Approach to Female Patient with Pelvic Pain	Dr. Resham Khanna Dr. Sanjeev Khanna
26.03.2024	<b>GI UPDATE</b>	
	Constipation and Anorectal Disorders	Dr. Rashmi Mehta
	Evaluation and Management of GERD	Dr. Vinay Dhir
	Current concepts in IBS	Dr. Vivek Singh
28.03.2024	<b>MEDICO SURGICAL UPDATE</b>	
	Robotic Liver Transplant & Small Bowl Transplant	Dr. Gaurav Chaubal
	Deep Brain Stimulation improving quality of life in Parkinson's, dystonia and Tremor	Dr. Pankaj Agarwal
	Advancements in Cancer Treatment	Dr. Shruti Behal

### • WORKING LUNCH WILL BE SERVED FROM 01.00 TO 02.00 PM BEFORE EACH CME

- ▶ IMA Members : **Rs. 240/-** (Not Paid Annual Fees) (Weekly Lectures).
- ▶ Eligible Non Members : **Rs. 500/-** per lecture.
- ▶ CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMES) **Rs. 60/-**.
- ▶ 18% GST Charges are included on the above rates.

**DR. SHOBHA AHUJA**  
President

**DR. RASHMI MEHTA**  
Hon. Secretary

**DR. RASHMIKANT SANGHVI** **DR. ASHISH PUROHIT** **DR. BHAVIKA HOTCHANDANI** **DR. ANUSHREE MEHTA**  
Chairman Hon. Secretary Asst. Director of Studies Asst. Secretary  
IMA- Mumbai West AMS Branch Chapter IMA-Mumbai West C.G.P. Sub Faculty





## NOTICE

Notice is hereby given that Annual Election Meeting of the Indian Medical Association - Mumbai West will be held on Sunday, 10.03.2024 at 08.30 a.m. in I.M.A. building, behind Chandan Cinema, J. R. Mhatre Marg, Juhu, Mumbai 400 049. To transact the following business :-

## AGENDA

- 1) To appoint Chief Election Officer.
- 2) To conduct elections for the following posts:
  - (a) One Member Trust Board,
  - (b) President,
  - (c) One Vice President,
  - (d) One Hon. Secretary,
  - (e) One Hon. Treasurer,
  - (f) One Hon. Joint Secretary,
  - (g) One Asst. Director of Studies IMA - CGP Branch Sub Faculty,
  - (h) One asst. Secretary of IMA - CGP Branch Sub Faculty,
  - (i) One Chairman of IMA - AMS Branch Chapter,
  - (j) One Hon. Secretary of IMA - AMS Branch Chapter,
  - (k) Twenty Five Members of Managing Committee,
  - (l) 44 Branch Representatives on Maharashtra State Executive Committee, (one post is reserved for the Hon. Secretary of our branch.)
  - (M) 45 Branch Representatives on Central Council. (One post is reserved for the President of our branch)

**Note:** • No quorum shall be required for this meeting.

**DR. RASHMI MEHTA**

Hon. Secretary

### ELECTIONS - 2024

• LAST DATE FOR RECEIVING THE NOMINATION FORMS	WEDNESDAY, 28.02.2024	(UPTO 2.30 P.M.)
• SCRUTINY OF NOMINATIONS	WEDNESDAY, 28.02.2024	(AT 3.00 P.M.)
• LAST DATE FOR WITHDRAWAL OF NOMINATIONS	SATURDAY, 02.03.2024	(UPTO 3.00 P.M.)
• DATE OF ELECTION	SUNDAY, 10.03.2024	(9.00 A.M. TO 1.00 P.M.)
• Elections, if any will be by E-voting (computerized/Physical)		

**THE BALLOT BOXES WILL REMAIN OPEN UPTO 1.00 P.M.**  
**IMA I-Card or Govt. Recognized Photo Identity Card Mandatory.**



22.12.2023

## NOTICE

Notice is hereby given that Annual General Body Meeting (Business Meeting) of the Indian Medical Association - Mumbai West will be held on Sunday, 10.03.2023 at 2.00 p.m. in I.M.A. building, behind Chandan Cinema, J. R. Mhatre Marg, Juhu, Mumbai - 400 049 to transact the following business:-

## AGENDA

- 1) Condolence.
- 2) To read and confirm the minutes of
  - a) Annual General Body Meeting held on Sunday, 05.03.2023.
  - b) Additional General Body Meeting held on Monday, 15.08.2023.
- 3) To consider business arising out of the minutes.
- 4) To declare the results of the election.
- 5) To adopt the Annual Report of the Managing Committee covering all the activities of the branch. (The original reports of the other committees shall be appended to the above report) and to adopt various committee reports including the reports of CGP & AMS.
- 6) To consider the resolutions sent by the Members / Managing Committee and to discuss various amendments proposed by Managing Committee / Members.
- 7) Any other business with the permission of the chair.

**DR. RASHMI MEHTA**

Hon. Secretary

### Note:

- 50 members shall form the quorum for the Annual General Meeting (Business Meeting).
- If there is no quorum of the appointed time for AGM, it shall stand adjourned for half - an - hour and will be held at the end of half - an - hour period at the same place.







### IMPORTANT ANNOUNCEMENT

**Regarding - Redevelopment of IMA HQs. Building,  
IMA House, Indraprastha Marg, New Delhi**

To,

**The Presidents and Hony. Secretaries  
All State & Local Branches of IMA**

Dear Sir/Madam,

#### **Greetings from IMA HQs!**

This is to inform you that this historical iconic building of IMA HQs. at New Delhi was constructed in 1958 and the inauguration of the new establishment was graced by the esteemed presence of **His Excellency, the then President of India, Dr. Rajendra Prasad**. Thereafter looking into the requirements of expansion of additional space in HQs. further additions of two floors were done subsequently and again the inauguration of the additional floors was honoured by the esteemed presence of **His Excellency, the then President of India, Dr. Sarvepalli Radhakrishnan** on September 6<sup>th</sup>, 1964.

Due to the ageing of the building a visionary resolution was made during the 76<sup>th</sup> Meeting of the Central Council, held at Delhi on 27<sup>th</sup> and 28<sup>th</sup> December 2015 to set in motion the process of Re-development of IMA HQs. Building. Various structural engineers have indicated that the IMA HQs. existing building is over 65 years old and it is nearing the end of its structural life.

As Indian Medical Association is constantly growing in its membership as well as working as an umbrella Organisation for all the healthcare providers of the country, this Re-development will be a beacon of excellence to serve the medical community and the nation at large.

IMA has strategically partnered with the National Buildings Construction Corporation (NBCC) India Limited for the redevelopment initiative. The estimated cost for the redevelopment project stands at Rs. 70 crores, as quoted by NBCC. This encompasses various aspects, including structural enhancements, technological upgrades, and compliance with safety standards for timely construction of the building. The financial commitment aligns with the long-term vision of IMA to provide a state-of-the-art facility for its members.

In the recently concluded meeting of CWC/CC held on 26<sup>th</sup> to 28<sup>th</sup> December 2023 at Kovalam (Kerala), this issue of redevelopment of IMA HQs. Building was discussed in details. It was decided that the Presidents and Secretaries of all State and Local Branches are expected to collect a donation for this mammoth task and the amount collected





## MEDICAL e IMAGE

should be transferred to the IMA HQs. via UPI/QR Code (UPI/QR Code attached) or Bank Transfer.

Let's join hands to build a legacy of healing. Donate generously to IMA's new Headquarters Building and receive income tax exemption under 80G.

### Bank details are as follows :

Name of Account : **IMA NEW BUILDING**  
Bank : Canara Bank  
Account No. : 110162316706  
IFCS Code : CNRB0019067  
Branch : C R Building, Delhi

With kind regards,

Yours sincerely,

**DR. ANILKUMAR J. NAYAK**

Hony. Secretary General, IMA

Copy to: National President, IMA

## WELCOME NEW MEMBERS

<b>Andheri</b>	:	Dr. Serai Dilip Jethalal Dr. Pooja Dr. Jain Krati Mahipal
<b>Malad</b>	:	Dr. Bhanji Rushabh Charul Dr. Jhala Jayati Malav Dr. Powar Omkar Rajaram Dr. Saldana Neil Dominic
<b>Borivli</b>	:	Dr. Pawar Nikita Bhausing Dr. Shingada Aakash Kirit
<b>Kandivli</b>	:	Dr. Mody Ankit Jitendra Dr. Shah Roshani
<b>Vile Parle</b>	:	Dr. Relwani Prakash Ram Dr. Relwani Hema Prakash
<b>XX Sub</b>	:	Dr. Damji Aksha Nandu Dr. Nagaonkar Shashikant Narayan

**Dr. Shobha Ahuja**  
President

**Dr. Rashmi Mehta**  
Hon. Secretary





## REPORT : INTERNATIONAL WOMEN'S DAY

IMA Mumbai West, CME on **International Women's Day** was organised on **SUNDAY, 25<sup>TH</sup> of FEBRUARY 2024** from 09.00 am to 01.00 pm. It was a fantastic program, organised by Dr. Sanjay Dudhat, Senior Oncosurgeon and Trustee of our branch. All speakers were excellent and delivered wonderful lectures. Consultant Plastic, Aesthetic & Reconstructive Surgery **DR. DEVAYANI BARVE-VENKAT**, spoke on **"THE ALLURE OF AESTHETIC SURGERY"**, Consultant Diabetologist and Director of Clinical Research **DR. PURVI CHAWLA** delivered lecture on **"THREE OF US-DIABETES, WOMEN & DRUGS"**, Former Professor of Psychology and Dean, Humanities, SNDT University, **DR. ANURADHA SOVANI** gave key note address on **"LOOKING DOWN FROM THE TIGHTROPE (WOMEN'S DAY SPECIAL: PRESENT PSYCHOLOGICAL STATUS AND STRESS MANAGEMENT)"**.

Consultant Cosmetologist, Hair Transplant Surgeon & Dermatologist, **DR. RAINA NAHAR** gave very nice lecture on **"FLAWLESS SKIN AND HAIR ! LET'S UNVEIL THE SECRETS"** & Chief Dental Consultant & Endodontist **DR. SHWETA DUDHAT** gave excellent lecture on the topic of **"DILEMMAS IN CLINICAL DENTISTRY"**.

Chief Guest **MS. PRAJAKTA MALI** (Renowned Actress, Anchor & Dancer) was felicitated by President, Trustees & office bearers. She was given Sanmanpatra and Poem for the same. She spoke very well and gave thanks to IMA Mumbai West inviting her. Dr. Sanjay Dudhat took her interview which was enjoyed by all the delegates. Overall programme was well attended appreciated by all.

**DR. SHOBHA AHUJA**

President

**DR. RASHMI MEHTA**

Hon.Secretary

**DR. SANJAY DUDHAT**

Trustee &  
Program Convenor







## REPORT : INTERNATIONAL WOMEN'S DAY







## REPORT : INTERNATIONAL WOMEN'S DAY





### REPORT : SPORTS MEDICINE CONFERENCE

For the 03<sup>rd</sup> time in IMA Mumbai West, CME on SPORTS MEDICINE was organised on Sunday, 04<sup>th</sup> of February 2024 from 09.00 am to 01.00 pm. It was a fantastic program, convened by Dr Sanjay Dudhat, Senior Oncosurgeon and Trustee of our branch. Dr. Ali Irani, Head of Physio Dept. Nanavati Hospital was the star speaker. He talked on a unique subject: "Brain Mapping in Sports".

The other esteemed speakers were all accomplished practitioners in the field of Sports medicine. We had excellent talks on "Shoulder 360" and "The Athlete's knee". Dr Nikhil Arbatti spoke on "Spine injuries and it's Management". Dr Dhruvin Sangoi spoke on "Sports Injuries in Foot and Ankle".

The vast experience of the speakers in the field of Sports medicine made these talks very interesting and informative. We also invited famous Sportspersons, Mr. Rajiv Kulkarni, fast bowler and selector of Mumbai Cricket team, and Ms Lalita Babar Bhosale, long distance runner and Olympian. They both shared their life struggles and unique experiences in their journey towards bringing glory to India in the world of sports.

For the first time, we also honoured a Sports journalist, Mr. Subhash Harchekar. He also described some interesting titbits about sports journalism, especially print journalism.

The audience was left enthralled with and captivated by our invited guests. The response of our members was really amazing and overwhelming. 100 doctors attended the CME and were very happy with the outstanding lectures. There were many lucky draws and sumptuous and mouth watering breakfast and lunch.

**DR. SHOBHA AHUJA**  
President

**DR. RASHMI MEHTA**  
Hon. Secretary

**DR. SANJAY DUDHAT**  
Trustee & Program Covenor







## REPORT : SPORTS MEDICINE CONFERENCE







## REPORT : SPORTS MEDICINE CONFERENCE





**CULTURAL SUB COMMITTEE OF  
INDIAN MEDICAL ASSOCIATION - MUMBAI WEST**

Cordially invites you with family & friends

A programme of

**“HOLI &  
ANNUAL DAY CELEBRATIONS”**

on **SUNDAY, 24<sup>TH</sup> MARCH 2024**

from 04.30 P.M. onwards

**PROGRAMME**

**04.30 - 05.30 : Registration & Hi-Tea**

**05.30 - 06.30 : Cultural Musical Holi program**

**06.30 - 08.30 : Felicitation of outgoing committee  
& Installation of New Committee**

**08.30 - 08.45 : Holi Ka Dahaan**

**08.45 onwards : Dinner**

**at IMA HALL, IMA BUILDING,  
J. R. MHATRE MARG, BEHIND CHANDAN CINEMA,  
J.V.P.D. SCHEME, JUHU, MUMBAI - 400 049.**

**REGISTRATION CHARGES**

**MEMBERS : FREE, but mandatory before 22<sup>nd</sup> March 2024**

**GUEST : Rs. 100/- (Per Head)**

**FOR REGISTRATIONS CONTACT :  
MOBILE NO. FOR SMS : 7045452656**

**DR. SHOBHA AHUJA**  
President

**DR. RASHMI MEHTA**  
Hon. Secretary

**DR. ROHINI BADWE**  
Chairperson,  
Cultural Sub Comm.



# MEDICAL e IMAGE

## INDIAN MEDICAL ASSOCIATION - MUMBAI WEST in association with MUMBAI KIDNEY FOUNDATION & KIDNEY ASSOCIATES PVT. LTD.

Presents **"NEPHROLOGY UPDATE"**

**on the occasion of World Kidney Day**

**THEME 2024 : KIDNEY HEALTH FOR ALL -**

**ADVANCING EQUITABLE ACCESS TO CARE AND OPTIMAL MEDICATION PRACTICE**

**Day & Date : SUNDAY, 03<sup>RD</sup> MARCH 2024**

**Time : 08:00 am onwards**

**Venue : IMA Building, IMA Hall, J. R. Mhatre Marg, JVPD Scheme, Juhu, Mumbai - 49.**

### PROGRAMME

Time	Topic	Speaker
08.00 - 09.00 am	<b>Registration &amp; Breakfast</b>	
09.00 - 09.20 am	<b>Inauguration and Welcome</b>	President <b>Dr. Shobha Ahuja</b> Hon. Sec. <b>Dr. Rashmi Mehta</b>
09.20 - 09.30 am	World Kidney Day and Kidney Associates	<b>Dr. Umesh Khanna</b>
09.30 - 10.00 am	Are All the UTIs to be treated similarly? "UTI - Dawa ya Dua?" <b>Moderator : Dr Aakash Shingada</b>	Dr Nikita Pawar /Dr Keyur Dave Dr. Chintan Gandhi / Dr. Neil Saldhana
10.00 - 10.30 am	Bones, Moans and Groans in Kidney Diseases - "Aah se Aaha tak!!" <b>Moderator : Dr Keyur Dave</b>	Dr Nikita Pawar /Dr Neil Saldhana / Dr Virendra Chauhan / Dr. Chintan Gandhi
10.30 - 11.00 am	How do you Treat Irritating LUTS - "Piss Ka Kissa" <b>Moderator : Dr Umesh Khanna</b>	Dr Ankit Mody /Dr Aakash Shingada Dr. Nikita Pawar / Dr. Virendra Chauhan
11.00 - 11.30 am	New Drugs in Nephrology - "Naya Sher Aaaya" <b>Moderator : Dr Ankit Mody</b>	Dr Nikita Pawar /Dr Neil Saldhana / Dr Chintan Gandhi / Dr Virendra Chauhan
11.30-12.00 noon	Anemia Management in CKD - "New Wine in New Bottle" <b>Moderator : Dr Ankit Mody</b>	Dr Keyur Dave/ Dr Aakash Shingada / Dr Nikita Pawar / Dr Neil Saldhana
12.00 - 12.30 pm	CKD Management in 2024- Commoner, Simpler & more effective <b>Moderator : Dr Neil Saldhana</b>	Dr Ankit Mody / Dr Nikita Pawar / Dr Chintan Gandhi / Dr Virendra Chauhan
12.30 - 01.00 pm	Diabetes and Obesity - Are they now Treatable Kidney Diseases? <b>Moderators : DrUmesh Khanna/DrKeyur Dave</b>	Dr Nikita Pawar /Dr Aakash Shingada / Dr Neil Saldhana / Dr. Chintan Gandhi
01.00 - 01.30 pm	Kidney Transplant, The Best Treatment for Kidney Failure	Dr. Aakash Shingada / Dr. Keyur Dave
01.30 - 02.00 pm	I don't want to Start Dialysis or Stop my Dialysis! How to manage?	Dr Umesh Khanna / Dr Smriti Khanna
2.00 pm onwards	<b>Vote of Thanks / Lucky Draw / Lunch</b>	

- MMC Accreditation has been applied.
- CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMEs) Rs. 60/-  
APPLICABLE TO ALL IMA MEMBERS DESIROUS OF CREDIT HOURS.
- 18% GST Charges are included in the above rates.
- FOR REGISTRATION CONTACT : MOBILE NO. FOR SMS : 7045452656 (TIME FROM 11.00 AM - 05.00 PM)

#### ➤ REGISTRATION FEES :

- All IMA Members : **FREE**, but a must.
- Eligible non members: **Rs. 500/-**

**DR. SHOBHA AHUJA**  
President

**DR. RASHMI MEHTA**  
Hon. Secretary

**Dr. UMESH KHANNA**  
Program Convenor





## INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

Presents

### A Medical Conference with a difference to help all doctors & their patients "RELATIONSHIPSCON 2024"

Relationships do matter, in every walk of life. We are living in a very stressful challenging and uncertain times. Our health span is at stake because of volatile environment be it climate or relationship as everything has become digital.

There is frugal warmth and connect amongst human beings.

To build a strong bond and have a closeness and understanding of longing and loneliness. A conference is arranged to educate all with the importance of being emphatic, highest understanding and increase positivity amongst all for a healthy life, healthy society and healthy nation.

**Day & Date : SUNDAY, 10<sup>TH</sup> MARCH 2024**

Time : 08.30 a.m. onwards

Venue : IMA HALL, I.M.A. Building, J R Mhatre Marg, Behind Chandan Cinema, JVPD Scheme, Juhu, Mumbai - 400 049.

#### PROGRAMME

Time	Topic	Speaker
08.30- 09.00 am	<b>Registration / Lucky Draw / Breakfast</b>	
09.00- 09.30 am	<b>Welcome and Inauguration</b>	<b>President Dr. Shobha Ahuja</b> <b>Hon. Sec. Dr. Rashmi Mehta</b>
	Chief Guest : <b>DR. RAJEEV NIVATKAR</b> , IAS Commissioner, Medical Education Guest of Honour : <b>MRS. MADHURI KANITKAR</b> , Vice Chancellor, MUHS Guest of Honour : <b>DR. JAYESH LELE</b> , Past Senior Vice President, IMA HQ	
09.30- 10.00 am	Relationships Matter	Dr. Mickey Mehta
10.00- 10.30 am	Intimacy issues in Men	Dr. Rupin Shah
10.30- 11.00 am	Intimacy issues in Women	Dr. Ritu Santwani
11.00- 11.30 am	Its all in the mind (Ego & Misunderstanding)	Dr. Anjali Chhabria
11.30- 12 noon	Beyond medications for intimacy issues	Dr. Deepak Jumani
12.00- 12.30 pm	Is Divorce a Curse or a Boon?	Adv. Mrs. Mrinalini Deshmukh
12.30- 01.00 pm	Should Doctors Retire?	Dr. Satish Khadilkar
01.00- 01.30 pm	Dopamine, Serotonin Oxytocin and Testosterone	Padmshree Prof. Dr. Shashank Joshi
1.30 pm onwards	<b>Votes of Thanks / Lucky Draw / Lunch</b>	

- **REGISTRATION FEES :** - All IMA Members : **FREE, but a must.**  
- Eligible non members : **Rs. 500/-**
- MMC Accreditation has been applied.
- CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMEs) **Rs. 60/-**  
APPLICABLE TO ALL IMA MEMBERS DESIROUS OF CREDIT HOURS.
- 18% GST Charges are included in the above rates.

#### FOR REGISTRATION CONTACT :

MOBILE NO. FOR SMS : 7045452656 (TIME FROM 11.00 AM - 05.00 PM)

**DR. SHOBHA AHUJA**  
President

**DR. RASHMI MEHTA**  
Hon. Secretary

**DR. DEEPAK JUMANI**  
Program Convenor





# MEDICAL e IMAGE

R No	
R Date	
En.Date	



## INDIAN MEDICAL ASSOCIATION

### NATIONAL HEALTH SCHEME



PHOTO

### APPLICATION FORM

EN. NO		F A I R F A I D Y A M E M B E R		O F F I C E U S E		O F F I C E U S E		O F F I C E U S E		O F F I C E U S E				
M E M B E R	Name													
	Age		DOB		D	D	M	M	Y	Y	Y	Y	Proof of Age Document	
	Address												Address Communication	
	Permanent												Pin	
	Mob												Tel with STD Code	
	E Mail ID													
	Med Council Reg. No												Name of Council	
	Qualifications													
	IMA Life membership No													
	Spouse -Name													
S P O U S E	Age		DOB		D	D	M	M	Y	Y	Y	Y	Proof of Age Document	
	Address												Address Communication	
	Permanent												Pin	
	Mob												Tel with STD Code	
	E Mail ID													
	Med Council Reg. No												Name of Council	
	Qualifications													
	IMA Life Membership No (if IMA member)													
	Father - Name													
	Age		DOB		D	D	M	M	Y	Y	Y	Y	Proof of Age Document	
P A R E N T S  I F  W A N T  T O  J O I N	Address												Address Communication	
	Permanent												Pin	
	Mob												Tel with STD Code	
	E Mail ID													
	Mother-Name													
	Age		DOB		D	D	M	M	Y	Y	Y	Y	Proof of Age Document	
	Address												Address Communication	
	Permanent												Pin	
	Mob												Tel with STD Code	
	E Mail ID													
C H I L D R E N	Son/ Daughter Name													
	Age		DOB		D	D	M	M	Y	Y	Y	Y	Proof of Age Document	
	Address												Address Communication	
	Permanent												Pin	
	Mob												Tel with STD Code	
E Mail ID														



# MEDICAL e IMAGE

I F W A N T T O J O I N	Son/ Daughter Name																																														
	Age	DOB	D	D	M	M	Y	Y	Y	Y	Proof of Age Document																																				
	Address Permanent																Address Communication																														
																Pin																Pin															
	Mob																Tel with STD Code																														
	E Mail ID																																														
	Son/ Daughter Name																																														
	Age	DOB	D	D	M	M	Y	Y	Y	Y	Proof of Age Document																																				
	Address Permanent																Address Communication																														
															Pin																Pin																
Mob																Tel with STD Code																															
E Mail ID																																															
Nominaton		Name															Relation															Signature															
1																																															
2																																															
3																																															
DETAILS OF PAYMENT																																															
Cheque      DD																																															
Amount: <input type="text"/> <input type="text"/> ..... NO ..... DATE .....																																															
Name of Bank: ..... Branch: .....																																															
AFFIDAVIT																																															
I ..... hereby state that the details furnished by me are true to the best of my knowledge and I am in sound state of mind and body. I further state I shall abide by the rules and regulations of the scheme which may be amended from time to time (if need arises).																																															
Date ..... Signature of the Applicant .....																																															
CERTIFICATE FROM BRANCH PRESIDENT / SECRETARY																																															
I, DR ..... PRESIDENT/ SECRETARY OF IMA .....																																															
BRANCH DO HERE BY CERTIFY THAT DR..... IS A LIFE / ANNUAL MEMBER OF THIS BRANCH.																																															
DATE ..... SEAL ..... SIGNATURE .....																																															
Submit Application form [Page 1 and 2] duly filled and signed along with																																															
1. Any Age proof Document (Copy)      2. Life membership certificate (Copy)																																															
3. Cheque / DD payable at Trivandrum.[RS.100 for out station cheques] drawn in Favour of <b>IMA NATIONAL HEALTH SCHEME</b> to Dr.P. Gopikumar Hon. Secretary, IMA National Health Scheme "Smruthi", Olarikara, P.O. Pullazhi, Thrissur - 680012, Kerala State. Tel: 0487 2422590; 94 00 07 11 33 imanhs2016@gmail.com      www.imanhs.com																																															
If you have any query/doubt regarding the claim procedure, feel free to contact Dr P Gopikumar Phone-09400071133      Email- pgopikumar@gmail.com																																															

FOR OFFICE USE ONLY																									
DATE OF APPLICATION D D M M Y Y Y Y													VERIFICATION DETAILS FROM STATE HQ												
APPLICATION RECEIVED D D M M Y Y Y Y													LIFE      ANNUAL      NON MEMBER												
RECIPT NO													DD/CHEQ ENCASHED      YES      NO      REPAYD												
EN. NUMBERS													DATE OF ENROLMENT D D M M Y Y Y Y												
													HEALTH CARD SENT ON D D M M Y Y Y Y												
SIGNATURE, SECRETARY IMA NHS																									



APPLICANT CAN RETAIN PAGE 3 FOR  
REFERENCE

Leave the columns as such if parents or children are not joining the scheme. If Parents, Spouse or children wanted to join the scheme on a later date same form can be used. The enrolment no (EN.NO) should be written on the first column above the name of the member. Other details are not necessary.

AGE	AF	AMS	AFAC	GST (18%)	TOTAL
Less than 25	1000	500	2500	720	4720
25 up to 35	1000	500	3000	810	5310
35 up to 45	1250	500	3000	855	5605
45 up to 55	1750	500	3000	945	6195
AMS and AFAC have to be paid every year					

FEES  
SCHEDULE  
←→

AGE	AF	AMS	AFAC	GST (18%)	TOTAL
55 up to 60	5000	500	5000	1890	12390
60 up to 65	7000	500	7000	2610	17110
65 up to 70	8000	500	8000	2970	19470
70 up to 80	10000	500	10000	3690	24190
AMS and AFAC have to be paid every year					

AF=Admission Fee, AMS=Annual Membership Subscription , AFAC= Annual Financial Assistance Contribution  
CAREFULLY FILL PAGE 1, 2 AND SEND TO THE OFFICE. THE THIRD PAGE CAN BE RETAINED BY THE MEMBER FOR FUTURE  
REFERENCE. RULES AND REGULATIONS GIVEN IN THE THIRD PAGE IS SUBJECT TO AMENDMENT, IF NEED ARISES. IN  
CASE OF DEATH OF A MEMBER THE CLAIM SHALL BE GIVEN TO THE NOMINEE.

## SALIENT FEATURES OF THE SCHEME (See by laws for details)

Only members up to the age of 80 years will be admitted. Age is considered as on receipt of duly filled application along with cheque/ DD (subject to encashment) at the scheme office. Only bills above Rs. 5000/- shall be considered for reimbursement. Maximum amount that can be reimbursed is Rs. 3,00,000/- per membership year as per conditions laid on. Benefits of the scheme shall be given only to the members or beneficiary members (spouses, children and parents who have joined in the scheme provided their membership is active.

**Benefits of the scheme:** This scheme is entitled to be helpful to the members /beneficiary members to meet the heavy expenses for the management of coronary heart disease and surgical management of valvular heart diseases, management of renal failure, management of cancer, brain tumours involving surgical treatment and joint replacement surgery for hip and knee joints, spinal surgery, Trauma, and diseases requiring admission causing expenditure above Rs. 5000.00 1, coronary heart disease; - Bypass surgery and angioplasty required for the treatment of coronary heart disease and valvular heart disease surgery will be covered under this scheme. Upper limit will be Rs. 3 Lakhs/year. 2, Renal Failure: - Regular haemodialysis or renal transplantation required in the management of chronic irreversible failure of both the kidneys will be covered under the scheme. Upper limit is Rs. 3 lakhs/year.

3, Cancer: -, Surgery, Radiotherapy and chemotherapy required for the treatment of all cancers will be covered under the scheme. Upper limit will be 3 Lakhs/year. 4, Management of Brain Tumor: - Radiotherapy and chemotherapy required for the treatment of brain tumours will be covered under the scheme. Upper limit will be Rs. 3 Lakhs/year. 5, Major Surgeries: - Surgery for knee and hip joints, spinal stenosis and disc surgery, or other major surgeries will be covered by the scheme with an upper limit of Rs. 1 to 2 lakhs/year.

6, Other diseases: -Any serious diseases requiring hospitalization will be covered with an upper limit of Rs. 1 lakh/per year.

### Procedure for Claim

- It is mandatory that member has to submit original papers as well as attested photo copies of treatment certificate, discharge summary, breakup of bills, professional charges, cost of medicine and investigations etc and any other documents upon which a claim is based within 60 days of discharge from hospital. The member shall also give additional information as demanded by the scheme which may be required in dealing with any claim.





- If a claim in any manner is found fraudulent or supported by any false evidence, the scheme shall not be liable to make any payment and may lead to termination of membership. Original bills and papers will be given back to the member after verification.
- Eligible amount will be paid within 90 days from the submission of the original bills, papers and other documents upon which the claim is based. After verifying all the facts as prescribed by the managing committee, all payment shall be made by A/c. payee cheque. Managing committee will have the discretion to pass / reject payment of bill in cases where they are not satisfied about the genuineness of the claim.
- Members will be given reimbursement of 75% of total amount of the bill not exceeding the sum limited to each diseases.
- A member will get a maximum of benefit of Rs. 3 Lakhs in one year.
- Diagnosis and treatment costing less than Rs. 5000/- will not be covered under this scheme
- Private hospitals have to apply for being included in the list of a recognized institution.
- The managing committee is empowered to add or alter or delete the name of the list of institutions for treatment.
- However, Cost of treatment of members / beneficiary members shall be reimbursed regardless of whether they are recognized or not. Provided the managing committee has not debarred them under any circumstance for any fraudulent action made in record given to members.
- No advance payment will be made to the members
- Managing committee of the scheme shall decide about the claim. Central working of National IMA shall be the appellate body. No disputes can be challenged in any court of law.
- Members of the scheme, who joins before the age of 55 years will get benefit after completion of one year of joining the scheme.
- Members who join after completion of 55 years of age and below 70 years will get benefit only after completion of 2 years of joining the scheme. Those in the 70 - 80 age group can claim Med reimbursement only after 3 years of joining the scheme.
- Charges of engaging a special nurse or attendant will not be reimbursed.
- Expense incurred on travel or ambulance will not be allowed
- Food ,laundry and telephone bills will not be reimbursed
- Treatment in other systems other than Modern Medicine will not be allowed.
- Claim on cosmetic treatment, dental procedures, external appliances like spectacle, hearing aids etc will not be reimbursed
- Room rent up to Rs.1500/- will only be considered for reimbursement.

**LOCK IN PERIOD FOR THOSE WHO JOIN THE SCHEME BELOW 55 YEARS IS 1 YEAR AND  
ABOVE 55 yrs TO BELOW 70 YRS WILL BE 2 YEARS.**

**CLAIM REACHING THE OFFICE 60 DAYS AFTER THE DATE OF DISCHARGE SHALL NOT BE CONSIDERED**

**THOSE IN THE AGE GROUP OF 70-80 YEARS CAN CLAIM  
MEDICAL REIMBURSEMENT ONLY AFTER  
3 YEARS OF JOINING THE SCHEME**



## IMA NATIONAL HEALTH SCHEME



Website: [www.imanhs.com](http://www.imanhs.com), Email: [imanhs2016@gmail.com](mailto:imanhs2016@gmail.com)

IMA National Health Scheme is the only scheme that allows you to join up to 80 yrs of age. IMA member, their spouse, parents and children can join the scheme provided they are below 80 years. IMA National Health Scheme is the Youngest Scheme of IMA launched in 2015. Our Aim is to provide financial assistance to its member, his/her spouse, children and parents in the event of hospitalization for diagnosis, treatment and management of the diseases. Advance Financial Assistance Contribution (AFAC) and Annual Subscription fees (AS) are to be paid every year.

### BENEFITS OF THE SCHEME

Treatment cost above Rs. 5000/- and up to 3Lakhs will be covered per membership year. Members and his/her dependents with pre-existing diseases like Cancer, Cardiac, Life style diseases or any other diseases are allowed to join. There will be no health screening for admission to the scheme. This provision makes IMA Health Scheme unique from other schemes.

### FEE STRUCTURE AT THE TIME OF JOINING

Age	AF	AMS	AFAC	GST 18%	Total Rs.
Less than 25 yrs	1000	500	2500	720	4720
Above 25 yrs below 35 yrs	1000	500	3000	810	5310
35 yrs to below 45 yrs	1250	500	3000	855	5605
45 yrs to 55 yrs	1750	500	3000	945	6195
55 to below 60yrs	5000	500	5000	1890	12390
60 to below 65yrs	7000	500	7000	2610	17110
65 to below 70yrs	8000	500	8000	2970	19470
70 to below 80yrs	10000	500	10000	3690	24190

(AF-Admission Fee, AMS-Annual Membership Subscription,  
AFAC-Advance Financial Assistance Contribution)

Admission Fee is onetime Payment.  
AMS & AFAC to be paid every Year for renewal





## PAYMENT CHART FOR RENEWAL FROM 2<sup>nd</sup> YEAR ONWARDS

Age	AF	AMS	AFAC	GST 18%	Total	Age	AF	AMS	AFAC	GST 18%	Total
Less than 25 yrs	Nil	500	2500	540	3540	55 yrs to below 60 yrs	Nil	500	5000	990	6490
Above 25 yrs below 35 yrs	Nil	500	3000	630	4130	60 yrs to below 65 yrs	Nil	500	7000	1350	8850
35 yrs to below 45 yrs	Nil	500	3000	630	4130	65 yrs to below 70 yrs	Nil	500	8000	1530	10030
45 yrs to below 55 yrs	Nil	500	3000	630	4130	70 yrs to below 80 yrs	Nil	500	10000	1890	12390

## SALIENT FEATURES OF IMA NATIONAL HEALTH SCHEME

- In IMA NHS there is no gross escalation of annual premium amount. For example, a person joining the scheme at the age of 25 years will be paying the same amount of Rs.3500/- till he/she reaches 55yrs as renewal fee per annum for an upper limit of Rs.3 lakhs reimbursement benefit.
- Higher Premium is due only after 55 years of age: - Rs. 5500(55-60yrs), 7500(60-65yrs), 8500(65yr to 70 yrs) and for 10500 (70 yrs above).
- Member is allowed to join other Insurance Schemes and State Health Schemes. • All pre-existing diseases are covered including Cancer.
- No medical screening test required for joining IMA National Health Scheme.**
- Member can join till the age of 80 years. It is the only Scheme which allows the IMA member and his family to join above the age of 65yrs.
- Immediate relatives of IMA life members can also be enrolled once he/she becomes a member of the scheme.
- Medical Reimbursement can be claimed **only after completion of Lock in Period**, according to your age at the time of joining the scheme. 1 year for members up to **55yrs**, **2years** for age group **55 to 70 years** and 3 years for age group **70 to 80 years**.
- It is mandatory that the member has to submit original papers as well as attested photo copies of treatment certificate, discharge summary, breakup of bills, professional charges, cost of medicine and investigations and any other documents upon which a claim is based within 60 days of bill date / discharge from the hospital. The member shall also give additional information as demanded by the scheme which may be required in dealing with any claim. If a claim in any manner is found fraudulent or supported by false evidence the scheme shall not be liable to make any payment and may lead to termination of membership. Original bills and papers will be given back to the member after verification, if needed, & self-addressed, stamped (for Speed Post) envelope should be enclosed for the purpose.
- Scrutinizing committee will examine the genuineness of the claim. **75% of the total bill after deductions** will be reimbursed to a maximum of **Rs. 3 lakhs per membership year**.
- More than insurance companies, this scheme is for the medical Fraternity & its family to provide financial help at the time of hospitalization.
- IMA NHS is an Additional Health Protection, Member Friendly Medisclaim Scheme Managed by Professionals for profession.
- Rupees Fifty is earmarked for Branches/ any Members as promotional fee for each member they enroll and can be claimed by the branch or by a promoter

### Office Bearers

**Dr. R. V. Asokan**  
IMA National President

**Dr. Anilkumar J Nayak**  
Hon.Secretary General.

**Dr. Shitij Bali**  
Hony.Finance Secretary

**Dr. Jayesh Lele**  
Chairman. 9819812996

**Dr. P. Gopikumar**  
Hon. Secretary. 9400071133

**Dr. Alfred Samuel**  
Treasurer. 9387304185

Communications to be sent to the Scheme Secretary:

**Dr. P. Gopikumar**

"Smruthi", Olarikara, PO Pullazhi, Thrissur – 68012, Kerala.  
imanhs2016@gmail.com, www.imanhs.com Ph : 9400071133







## INDIAN MEDICAL ASSOCIATION MUMBAI WEST BRANCH

### ANNUAL REPORT : 2023 - 2024

#### A YEAR OF ACHIEVEMENTS

It is with great pleasure and pride that we present the annual report for 2023 - 2024, encapsulating our achievements, challenges, and milestones throughout the past year. Change is the only constant, it is said. As we reflect on our endeavors over the past year in this report, we take a comprehensive overview of our activities, what is new, what is modified and what has continued as part of our tradition.

As part of our tradition, we have continuing to be the leader in CME activities, what has changed is an additional mode of holding them. Covid brought us the innovative online webinars and this has been modified to hybrid CME programs. We have increased our outreach and have conducted many programs at Maharashtra State and HQ level.

- We have continued our tradition of celebrating 'World Days'. We have modified and added a twist by having Clinic on stage performances as well as performances by some of the speakers also.
- Our Public Health and Welfare activities have included Urban school children's health check up camps also apart from the Aao Gaon Chalen project.
- We continue to support Medical students, Medical Student Network (MSN) and Junior Doctors Network (JDN) in the form of granting them scholarships, giving them logistic and financial support for posters & paper presentations and arranging for blood donation camps for them on our premises.
- For our members, we have added Pneumococcal vaccination in addition to Influenza vaccination. We have screened movies for them and held mammography camps.
- Our cultural subcommittee has excelled itself this year. Apart from excellent Diwali Pahaat and Yoga day celebrations, this year, for Independence day, we had a very innovative program and honoured a para-commando, Shri Madhusudan Surve.
- Nurses training program was another highly successful educative program for nursing and paramedical staff.
- We have continued with our tradition of giving an excellent Annual Scientific Conference. We have given value added additions this year in the form of LED screen for the presentations as well as an excellent cultural program as part of the conference.
- Our IMA Mumbai West profile booklet has also been revised and published this year.
- The detailed reports follow, but here are some highlights of our activities in the year 2023 - 2024:



- As part of the massive campaign nationwide of **IMA HQ** to elicit due attention for health for all '**Samarpan Divas**' was organized everywhere. **WHO Day celebrations** were done at IMA Mumbai West as follows:
  - On **7<sup>th</sup> April**, "**Shining Health**": **lighting of lamps for health** of people of India as mandated by the National president.... there was lighting of diyas at the branch by managing committee members.
  - In the clinic, members informed their patients about RTH Bill. On **9<sup>th</sup> April 2023**, Seminar & Continuing Medical Education program was held at the branch premises. WHO day theme **HEALTH FOR ALL** was discussed.
- Indian Medical Association, Mumbai West** along with **Proctor & Gamble** held a hybrid (virtual & physical) **RECOVERY SUMMIT 2023** on **April 22<sup>nd</sup>, 2023** at ITC Royal Bengal, Kolkata. "**Largest Attendance for a Virtual Pharmaceutical Conference in one day**" was the Guinness Record created by us.
- IMA Mumbai West & Indian Cancer Society** organized a unique program - "**FAMILY PHYSICIANS IN THE JOURNEY OF CANCER PATIENTS**" **Video capsules on case based discussion followed by panel discussion in a Hybrid program** hosted by **IMA Mumbai West** on **25<sup>th</sup> April, 2023**.
- 6<sup>th</sup> and 7<sup>th</sup> May** was **CID 2.0 conference** on Diabetes, which was held in Grand Hyatt, Santacruz. IMA was a registration partner for this conference. It was attended by a large number of delegates the conference was very informative with a variety of topics related to Diabetes.
- IMA - Mumbai West branch conducted special training programme for nurses on occasion of "**NURSES DAY**" Nurses day is celebrated on **12<sup>th</sup> May** to co-memorate the birth anniversary of the pioneer nurse- **Florence Nightingale** who is also known as "**Queen of Nurses**" more than 100 Nurses and O T Technicians from western suburbs of Mumbai Registered for this training programme with great enthusiasm.
- The skin is the largest organ in the body and we had a large conference covering various skin ailments at **MAHA-DERMA-IMACON 2023** - the IMA Maharashtra state conference, very proudly hosted by IMA Mumbai West on **SUNDAY, 14<sup>TH</sup> MAY 2023**, in hybrid mode, at our branch premises and on virtual platform. The Chief Guest for this prestigious conference was Dr Ravindra Kute, President IMA Maharashtra State. We also had the august presence of IMA MS - Hon. Secretary, Dr Santosh Kadam.
- IMA Mumbai West branch celebrated **WORLD NO TOBACCO DAY** outside premises on **Saturday, 20<sup>th</sup> May 2023**. We have done this programme for "**Main Office of Fire Brigade Officers**" at Byculla.
- Member's Welfare Sub Committee had organised a movie screening of the movie **Mrs Chatterjee v/s Norway** held on **Sunday, 21<sup>st</sup> May** at IMA Lupin Hall. More than a 110 members attended with their families.
- Mission Pink Health subcommittee program** was conducted in Keshav Gore Trust, Teen Dongari, Goregaon West on **Saturday, 27<sup>th</sup> May 2023** on the occasion of **World Menstrual Hygiene Day**.
- IMA HQs celebrated Neuropathy awareness week with the objective to create





awareness on Neuropathy amongst Health Care Practitioners across India and to educate on early diagnosis and management of Neuropathy with a scientific physical program. The program was held in a hybrid mode on **SATURDAY, 29<sup>TH</sup> MAY**, i.e., Physical in Mumbai and online all across the country.

- An IMA Head Quarter program, was hosted at IMA Mumbai West in collaboration with Dr Reddy's Labs on **Tuesday, 6<sup>th</sup> June, 2023** at IMA Hall, Juhu. The program was Moderated by Senior Vice President - IMA HQs, Dr Jayesh Lele of IMA Mumbai West Branch. Dr. Jayesh Lele gave a brief introduction about the **Allergy Algorithm**. This was part of a series of practice guidelines published by IMA HQs that would help GPs Manage Allergies in a Stepwise Manner.
- In continuation of **World No Tobacco day** talks, Dr Sanjay Dudhat, branch trustee gave one more talk on the ills of Tobacco and various cancers, displaying the same enthusiasm as ever to educate the masses. The talk was on Saturday, **10<sup>th</sup> June**. Khar West Police Station Personnel attended in large numbers.
- In keeping with the tradition, IMA Mumbai West Celebrated International Yog Day on **Sunday, 25<sup>th</sup> June 2023**. The workshop started sharp at 07.30 am at our branch premises.
- Women Doctor's Wing conducted "**Mobile Mammography Project**" screening Mammograms were performed in a comfortable and private space, using digital mammography equipment. Our Aim was, spreading awareness about Breast Cancer, Early Detection & Saving Lives. It was a full day camp on **Saturday, 17<sup>th</sup> June 2023** from 10.00 am to 05.00 pm.
- All across India, National **Doctors' Day** is celebrated on July 1<sup>st</sup> in memory of Dr B C Roy, physician par excellence, a dedicated doctor, a humble human being and the second Chief Minister of West Bengal. He was born on July 01<sup>st</sup>, 1882 and died on the same day in 1962. IMA HQ had decided to observe Doctors' Day as Swabhiman divas by all IMA State and local branches. We observed the day on **July 2<sup>nd</sup>** at our branch and celebrated in a befitting manner. We felicitated 5 eminent doctors on the day in the presence of their families.
- Trustee & Past President of IMA M W Dr Bal Inamdar Sir along with IMA AMS & CGP Sub Faculty of our branch introduced an excellent **THE NEXT-GEN SEMINAR - Part 1** held on **Sunday, 02<sup>nd</sup> July 2023** on this noble occasion. The Young Doctor children of doctor parents and doctor in-laws delivered talks in their fields of expertise and this was followed by felicitating speaker's parents or parent in laws with speakers.
- IMA Mumbai West conducted **Mission Pink Health** program in St. Lawrence School, Santacruz on **Friday, 07<sup>th</sup> July 2023**. It was attended by about 80 girls (Sixth Standard). Menstrual Hygiene, Nutrition, Physical as well as psychological well-being, good touch Bad touch etc. were discussed. It was very Interactive session. There was a discussion and all the queries were answered well. Session was conducted by Dr Madhubala Chinchalkar and Dr Rashmi Mehta.
- **Aao Gaon Chalen Health Check** up camp was arranged by IMA Mumbai West in collaboration with Hari Aum Charitable Trust on **SUNDAY, 09<sup>TH</sup> JULY 2023** at Village Bargaon Khurd, Taluka Khalapur, District Raigad. Health checkup of school children





was done and deworming, vitamin D tablets were given to all of them.

- Women Doctor's Wing committee conducted "Prioritise your health, lose weight, get fit & stay fit". This programme was done on **SATURDAY, 15<sup>TH</sup> JULY 2023**. Beneficiaries – 90. It was app-based Fitness Coaching by, Alpha Coach Mr. Ketan Mavinkurve & Mr. Vishnu Venugopal.
- On **6<sup>th</sup> day of August 2023**, IMA Mumbai West, witnessed a unique event **MERA BHARAT MAHAN**. This was organised by the Cultural Sub committee of IMA M W, to celebrate India's 77<sup>th</sup> Independence Day. There was a festive and patriotic fervor at our branch. The decor was Saffron, White & Green.....seen in the backdrop, the props, the flags & the members' attire. The Chief guest for the event was **Shri Madhusudan Surve**, Para commando & Shaurya Padak Vijeta.

IMA Mumbai West organised a Photography competition for its members. The theme was "**Nature and Wild life**". Participants sent 5 selected photos taken by them on Mobile or Cameras.

- A Blood Donation Camp was organised in view of the 77<sup>th</sup> Independence day for the Thalassaemic patients at IMA Hall on **09<sup>TH</sup> AUGUST 2023** between 04.00 to 07.00 pm. The camp was conducted by IMA MSN Maharashtra along with IMA Mumbai West. There were 58 registrations and 40 blood bags were collected.
- IMA Mumbai West celebrated **India's 77<sup>th</sup> Independence day** by arranging **Flag Hoisting Ceremony** at our branch premises on **15<sup>th</sup> August 2023**. Flag hoisting was done by President Dr Shobha Ahuja. Patriotic songs and the National Anthem were sung.
- Cultural Sub Committee Organised a **KARAOKE WORKSHOP** for music loving members on **Saturday, 19<sup>th</sup> August 2023** afternoon. The theme was "**BARSAT ME TAK DHINA DHIN**", songs related to rainy season.
- The second season of DRS, Diabetes Research and Solutions Conference was held on **2<sup>nd</sup> and 3<sup>rd</sup> September** at Hotel ITC Maratha, Mumbai. IMA Mumbai West was the knowledge partner for this conference. It was an event packed with symposia, panel discussions, orations as well as debates covering all aspects of diabetes treatment as well as associated comorbidities.
- We conducted an excellent and informative program on "**CYBER CRIME AWARENESS**" by **DCP Dr. Balsingh Rajput** and his assistants, **Police Sub Inspectors Rajesh B & Ajay Patil** on **Saturday, 09<sup>th</sup> September 2023**.
- **The Academy of Medical Specialty Branch Chapter of IMA Mumbai** West jointly with **Mumbai Oncocare Center** had organized a unique Conference at **Hotel Orchid**, Near Airport, Vile Parle (E) on **Sunday, 10<sup>th</sup> September 2023**. It was a Half Day Conference. The theme was early detection and counseling the Patients of Cancers. It was attended by almost 250 (graduate and post graduate) delegates.
- Public Health and Welfare Sub Committee conducted a **Health Check-Up Camp for School Children** on **15<sup>th</sup> September, 2023** at NSM (Nav Seva Mandal) School, Dixit Road, Vile Parle East. The program was held in collaboration with Rotary Club of Bombay Airport (Youth Services). About 220 School Children from ages 10 - 15







(standards 6<sup>th</sup> to 10<sup>th</sup>) were examined.

- IMA Mumbai West conducted its **TEACHER'S DAY CELEBRATION** along with the **MEDICAL AND TEXTBOOKS SCHOLARSHIPS PROGRAM** on **SUNDAY, 17<sup>TH</sup> SEPTEMBER, 2023** in the august presence of **Chief Guest**, National President **DR. SHARADKUMAR AGARWAL** and IMA National Senior Vice President, **DR. JAYESH LELE** sir and Vice President Elect, **DR. SHIVKUMAR UTTURE**.
- **IMA - MUMBAI WEST MEDICAL SCHOLARSHIP PROJECT** : In **CONTINUATION** of our project to help the economically weak but academically competent students. This year we awarded 20 scholarships. Each scholarship was of Rs. 25,000/-. The scholarships were awarded to the deserving final year MBBS Students during celebrations of the Teacher's Day. The Programme was held on **SUNDAY, 17<sup>TH</sup> SEPTEMBER 2023** at our branch premises.
- **In continuation of IMA - MUMBAI WEST MEDICAL TEXT BOOKS DONATION PROJECT** : Text Book Distribution for 1<sup>st</sup> M.B.B.S. newly admitted Students who are economically challenged but deserving, was done on **SUNDAY, 17<sup>TH</sup> SEPTEMBER 2023**. It was done in presence of Chief Guest, Dr. Sharad Kumar Agarwal, National President, President of IMA MW Dr. Shobha Ahuja and Senior Vice President from IMA HQ - Dr. Jayesh Lele. All students of 1<sup>st</sup> M.B.B.S. from K.E.M. Hospital & G. S. Medical College, Grant Medical College & J. J. Hospital, B.Y.L. Nair Charitable Hospitals & T.N. Medical College, LTMG Hospital & Lokmanya Tilak Medical College & Dr. R N Cooper Medical College and General Hospital were given new set of 1<sup>st</sup> M.B.B.S. Books.
- On **Saturday, 7<sup>th</sup> of October 2023**, "**08<sup>th</sup> National Dhyeya Purthi Puraskar**" for "**Differently Abled Children**" was organized by Nutan Gulgule Foundation (NGF) & Dr Sanjay Dudhat at Tilak Mandir, Vile Parle - East with 600 audience and VIPs. In this programme differently abled people and children were awarded for their outstanding achievements in their life (total 15 awardees). IMA Mumbai West donated for the noble cause and participated in the program also.
- IMA Mumbai West was the knowledge partner for "**DIL MAANGE MORE**" - a program on occasion of '**World Heart Day**' organised by Dr Rajiv Kovil. This academic feast was held at Hotel Taj Land's End on **15<sup>th</sup> October 2023**. Simultaneous lectures and orations were held in 3 parallel halls. The theme of the event was: "Saving marine life - each life matters".
- IMA Mumbai West donated a sum of Rs 25,000/- towards sending **Diwali faral to soldiers on our borders**.
- Indian Medical Association along with the Association of Physicians of India celebrated **World COPD Day** by arranging a **Walkathon** at Sanjay Gandhi National park on the morning of **18<sup>th</sup> November 2023**. The theme was: "Breathing is life - act earlier".
- **Indian Medical Association, Mumbai West**, on occasion of **World Diabetes Day** proudly hosted an **IMA HQ** program: "**Dialogue Unplugged on Diabetic Peripheral Neuropathy : Practice Pearls Colloquy**" **07:00 pm** onwards held on **Saturday, 04<sup>th</sup> November, 2023** at IMA Mumbai West premises. This was under the aegis of Nerve Care Forum of **P & G Health Academy**.





- **Offline Case Report/Paper/Poster Presentation Competition** of MSN IMA Maharashtra State was hosted by IMA Mumbai West on **5<sup>th</sup> November, 2023**.
- IMA Mumbai West conducted **Camp** at Gandhi Shikshan High School on **20<sup>th</sup> Dec 2023** from 9.30 am to 01.00 pm, Dr Subash Gajria, Dr Ramesh Rajani and Dr S K Joshi attended Camp as IMA Doctors examined nearly 425 Students along with Dr Rajesh Kasla, Pediatrician of Malad, Cardiologist Dr Akshay Mehta also joined for sometime. School principal and Rotarian Dr Urvi Kothari thanked IMA MW Doctors for their efforts.
- Walker's Club Aarey had arranged **Siddhivinayak Night Padyatra** on night of **16<sup>th</sup> & 17<sup>th</sup> December 2023**. IMA Mumbai West joined Malad Medical Association, Kandivli Medical Association & Borivali Brotherhood in walk to Siddhivinayk temple on the night of 16<sup>th</sup> December 2023. About 330 devotee doctors walked to the temple. Arrangements were made for Kakad Aarti Darshan between 05.00 am - 06.00 am on 17<sup>th</sup> December 2023. Tea & Breakfast Boxes were given. Bus arranged for the return trip.
- **The 23<sup>rd</sup> International Symposium on Diabetes Conference** was held at **Hotel Grand Hyatt** on **6<sup>th</sup> & 7<sup>th</sup> January, 2024**. IMA Mumbai West was the MMC accreditation partner for the event. It was a veritable feast of knowledge with eminent international and national faculties who enlightened us about the latest in the field of Diabetes and associated co morbidities management. All the lectures, panel discussions, orations were exemplary. Padmashri Dr Shashank Joshi was the organiser for the conclave and we are grateful to him for including IMA Mumbai West as part of the program.
- IMA MW in association with Santacruz Medical Social Association (SMSA) organised a **Blood Donation Camp** on **22<sup>nd</sup> January, 2024** at IMA Mumbai West.
- **COVID Martyrs Day**: In accordance with the directions from IMA HQ and IMA MS, we observed Covid Martyrs Day on **30<sup>th</sup> January, 2024** at IMA Mumbai West. We invited the family members of some of our branch members who lost their lives due to Covid while doing their duties, honoured them with certificates and shawls to show our appreciation for their sacrifice. They spoke a few words about their loved ones. We lit candles in the memory of all Covid Martyrs thereafter.
- **International Women's Day**: This program was organised on **25<sup>th</sup> February** this year. Interesting women centric talks, ranging from Diabetes to Dentistry, Psychology to Cosmesis were held. We felicitated a celebrity also.
- Dr Umesh Khanna arranged yet another innovative **"Nephrology Update"** program on **3rd March 2024** with a series of panel discussions.
- Dr Deepak Jumanı curated a unique **"Relationshipscon"** conference on **10th March**.
- If course, the next episode of **"Gennext"** seminar on **March 7th** was arranged by Dr Bal Inamdar. Combining it with Women's day on 8th March, all the first time speakers are lady doctors

**DR. SHOBHA AHUJA**  
President

**DR. RASHMI MEHTA**  
Hon. Secretary





## ADMINISTRATIVE REPORT OF THE YEAR 2023 - 2024

### **-: BOARD OF TRUSTEES :-**

Managing Trustee	Dr. Suhas Pingle
Members Board of Trustees	Dr. Akil Contractor
	Dr. B. M. Inamdar
	Dr. Sanjay Dudhat
	Dr. Manoj Patel

### **THE OFFICE BEARERS ARE AS FOLLOWS:**

President	Dr. Shobha Ahuja
IPP	Prof. Dr. Ketan K. Mehta
Vice President	Dr. Saurabh Sanjanwala
Hon. Secretary	Dr. Rashmi Mehta
Hon. Treasurer	Dr. Bimal Shah
Hon. Joint Secretary	Dr. Subash Gajria

### **IMA - CGP MUMBAI WEST SUB FACULTY**

Asst. Director of Studies	Dr. Bhavika Hotchandani
Asst. Secretary	Dr. Anushree Mehta

### **IMA - AMS MUMBAI WEST BRANCH CHAPTER**

Chairman	Dr. Rashmikanth Sanghvi
Hon. Secretary	Dr. Ashish Purohit

### **MEMBERS OF THE MANAGING COMMITTEE (2023 - 2024)**

Dr. Agarwal Nitin	Dr. Chichalkar Madhubala	Dr. Mehta B. S.
Dr. Bachani Manohar	Dr. Chopra Rashmi	Dr. Modi Kinjal
Dr. Badwe Rohini	Dr. Dandekar Naresh	Dr. Parmar Girish
Dr. Harish Bajaj	Dr. Gidwani Anita	Dr. Patel Bhavna
Dr. Bhadange Yogesh	Dr. Gupta Sanjay	Dr. Rajani Ramesh
Dr. Bhatte Pranita	Dr. Hariyani Ajay	Dr. Shah Mahesh
Dr. Bheda Hansa	Dr. Joshi Vijaykumar	Dr. Shah Purvi
Dr. Budhwani Renu	Dr. Jumanji Deepak	Dr. Shah Subhash L.
Dr. Chauhan Bharat	Dr. Prafulla Kulkarni	Dr. Soni Shalin
Dr. Chavan Mangala	Dr. Lele Jayesh	Dr. Tiwaskar Shilpa



The Managing Committee, in its First Meeting held on Friday, 07<sup>th</sup> April 2023 appointed following members as Chairpersons of Various Sub - Committees:

a	Building Sub Committee	Dr. Jayesh Lele
b	Cultural Sub Committee	Dr. Rohini Badwe
c	Editor - Medical Image Sub Committee	Dr. Rashmi Mehta Dr. Arvind Ghongane Dr. Rashmikanth Sanghvi
d	Fund Raising Sub Committee	Dr. Manohar Bachani
e	Medical Education Sub Committee	Dr. Sanjay Dudhat
f	Medico legal Sub Committee	Dr. Deepak Juman
g	Membership Drive Sub Committee	Dr. Ramesh Rajani
h	Member's Welfare Sub Committee	Dr. Shalin Soni
i	Mission Pink Health Sub Committee	Dr. Madhubala Chinchalkar
j	Public Health & Community Welfare Sub Committee	Dr. Akil Contractor
k	IMA Schemes : Professional Protection Scheme Sub Committee Social Security Scheme	Dr. Sanjay Gupta
l	Sports Sub Committee	Dr. Nitin Agarwal
m	Web Editor	Dr. Ajay Hariani
n	Women Doctor's Wing Sub Committee	Dr. Bhavna Patel

President Shobha Ahuja, Hon. Secretary, Dr. Rashmi Mehta & Hon. Treasurer, Dr. Bimal Shah are ex-officio members on all of the above sub committees,





**Up to 28.02.2024, total XIth Managing Committee Meetings were held.  
Attendance of each member was as under :**

Dr. Shobha Ahuja	11	Dr. Agarwal Nitin	1	Dr. Hariani Ajay	4
Prof. Dr. Ketan K. Mehta	6	Dr. Bachani Manohar	-	Dr. Joshi Vijaykumar	6
Dr. Saurabh Sanjanwala	9	Dr. Badwe Rohini	6	Dr. Jumaní Deepak	7
Dr. Rashmi Mehta	11	Dr. Harish Bajaj	-	Dr. Prafulla Kulkarni	-
Dr. Bimal Shah	11	Dr. Bhadange Yogesh	1	Dr. Lele Jayesh	10
Dr. Subash Gajria	11	Dr. Bhatte Pranita	3	Dr. Mehta B. S.	10
Dr. Suhas Pingle	1	Dr. Bheda Hansa	9	Dr. Modi Kinjal	7
Dr. Akil Contractor	8	Dr. Budhwani Renu	9	Dr. Parmar Girish	-
Dr. B. M. Inamdar	3	Dr. Chauhan Bharat	1	Dr. Patel Bhavna	8
Dr. Sanjay Dudhat	11	Dr. Chavan Mangala	3	Dr. Rajani Ramesh	9
Dr. Manoj Patel	9	Dr. Chinchalkar Madhubala	7	Dr. Shah Mahesh	1
Dr. Bhavika Hotchandani	3	Dr. Chopra Rashmi	6	Dr. Shah Purvi	4
Dr. Anushree Mehta	4	Dr. Dandekar Naresh	7	Dr. Shah Subhash L.	10
Dr. Rashmikant Sanghvi	9	Dr. Gidwani Anita	7	Dr. Soni Shalin	7
Dr. Ashish Purohit	4	Dr. Gupta Sanjay	8	Dr. Tiwaskar Shilpa	1

## **AGM at Our branch :**

- Annual General Body Meeting held on Sunday, 05.03.2023;
- Additional General Body Meeting held on Tuesday, 15.08.2023;
- Special General Body Meeting held on Sunday, 22.10.2023.





## HIGHLIGHTS OF THE YEAR (2023 - 2024)

IMA - MUMBAI WEST has been authorized centre for holding MMC accredited CMEs by Maharashtra Medical Council.

### 1) During the year we organized following unique, innovative & unparalleled mini conferences/seminars:

◆ World Health Organization Day Programme	: 09 <sup>th</sup> April 2023
◆ Hybrid CME - Recovery Summit 2023	: 22 <sup>nd</sup> April 2023
◆ World Asthma Day	: 02 <sup>nd</sup> May 2023
◆ C.I.D.	: 06 <sup>th</sup> & 07 <sup>th</sup> May 2023
◆ World Hypertension Day	: 11 <sup>th</sup> May 2023
◆ Nurses Day	: 12 <sup>th</sup> May 2023
◆ Maha-Derma-IMACON 2023	: 14 <sup>th</sup> May 2023
◆ World No Tobacco Day	: 20 <sup>th</sup> May 2023
◆ Medicine Update	: 25 <sup>th</sup> June 2023
◆ Yog Day	: 25 <sup>th</sup> June 2023
◆ The Next Gen. Seminar	: 02 <sup>nd</sup> July 2023
◆ Medicine Update	: 06 <sup>th</sup> August 2023
◆ Ortho Update	: 20 <sup>th</sup> August 2023
◆ DRS	: 2 <sup>nd</sup> & 3 <sup>rd</sup> September 2023
◆ The Green Elephant in Oncology	: 10 <sup>th</sup> September 2023
◆ Cardiology Update	: 21 <sup>st</sup> September 2023
◆ Case Based Approach to Diabetes Management	: 19 <sup>th</sup> October 2023
◆ Dil Maange More	: 15 <sup>th</sup> October 2023
◆ Medicine Update	: 22 <sup>nd</sup> October 2023
◆ Breast Update	: 31 <sup>st</sup> October 2023
◆ Dialogue Unplugged on Diabetic Peripheral Neuropathy - Practice Pearls Colloquy	: 04 <sup>th</sup> November 2023
◆ Emergencies	: 19 <sup>th</sup> November 2023
◆ Pre Conference CME	: 30 <sup>th</sup> November 2023
◆ Annual Scientific Conference - IMACON 2023	: 02 <sup>nd</sup> & 03 <sup>rd</sup> December 2023
◆ Interplay of Diabetes and NASH	: 19 <sup>th</sup> December 2023
◆ Medicine Update	: 21 <sup>st</sup> January 2024



◆ Sports Medicine Conference	: 04 <sup>th</sup> February 2024
◆ International Women's Day	: 25 <sup>th</sup> February 2024
◆ Nephrology Update	: 03 <sup>rd</sup> March 2024
◆ Relationshipscon 2024	: 10 <sup>th</sup> March 2024

- 2) Throughout the year Continuing Medical Education programmes were Organized on every Thursday from 1.00 pm to 05.00 pm. Working Lunch was before starting the CME followed by Tea. We also organised - **Mini Conferences** our weekends.

Programmes were very well attended and appreciated by all. On week days We serve working lunch to all the delegates so that they can come directly from their Dispensary to IMA (venue) for lectures. By this we ensure that we could start the lectures on time. Majority of our CMEs were accredited by MMC.

We inform our members about CME, Cultural and any other branch activity / program organized from time to time by sending them SMS prior to the program. We also send SMS to Senior Citizens registered with us about selected Public Awareness Programmes that are likely to be of value to the doctors.

- 2) a) **OUR BRANCH RECEIVED FOLLOWING AWARDS AND PRIZES AT THE MASTACON 2023 ORGANISED BY IMA AMRAVATI Branch UNDER THE IMA MAHARASHTRA STATE**

1. **IMA Mumbai West Branch** received **AAO GAON CHALEN award** from **IMA Maharashtra State President's Appreciation Award** for the year 2022 - 2023.
2. **IMA Mumbai West Branch** received **"BEST LARGE BRANCH" award (Membership 2000 & above)** from **IMA Maharashtra State President's Appreciation Award** for the year 2022 - 2023.
3. Our Past President, **DR. KETAN K. MEHTA** received **"DR. C. T. THAKAR AND SHRIMATI SULOCHANA THAKAR ORATION AWARD"** in appreciation of work for the fraternity and serving the mother organization for the year 2022 - 2023.

- b) **OUR BRANCH WAS WELL RECOGNIZED AND AWARDED FOLLOWING PRIZES by IMA HQ AT THE at IMA NATCON 2023 National Conference held at THIRUVANANTHAPURAM.**

1. **IMA MUMBAI WEST BRANCH** received **Best IMA Local Branch Rotating trophy of Gujarat State Branch** (for major branch > 500 members).
2. **DR. SHOBHA AHUJA** was awarded the prestigious **"PRESIDENT APPRECIATION AWARD FOR BEST ADJUDGED BRANCH PRESIDENT OF IMA MUMBAI WEST"** by **IMA - NATIONAL AWARD COMMITTEE.**



**3. DR. RASHMI MEHTA** was awarded the prestigious “**PRESIDENT APPRECIATION AWARD FOR BEST ADJUDGED BRANCH HON. SECRETARY OF IMA MUMBAI WEST**” by **IMA - NATIONAL AWARD COMMITTEE**.

**3) OUR BRANCH IS WELL REPRESENTED AT MAHARASHTRA STATE AS FOLLOWS:**

**Name**

**Post**

Dr. Suhas Pingle

Member, Election Commission

Dr. Saurabh Sanjanwala

Hon. Secretary, IMA MS

Dr. Ketan K. Mehta

Vice President, IMA MS

Dr. Rashmi Mehta

Hon. Joint Secretary, IMA MS

Dr. Vikram Pal

Hon. Joint Secretary, IMA MS CGP Faculty

Following members got elected at State Council for IMA MS representative to CWC 2023–2024.

**Regular Members**

Dr. Shobha Ahuja

Dr. Sanjay Dudhat

Dr. B. S. Mehta

Dr. Manoj Patel

4) From time to time our various sub committees like Women Doctor's Wing Sub Committee / Member's Welfare Sub Committee / Public Health & Community Welfare Sub Committee / Medical Education Sub Committee and Cultural Sub Committee have co-ordinated very well and presented interesting programmes during the year.

5) We celebrated “**DOCTOR'S DAY**” on **SUNDAY, 02<sup>ND</sup> JULY 2023** in our premises. We felicitated the following dignitaries.

- ▶ **DR. SANGEETA RAVAT** : Dean, Seth G.S. Medical College & K.E.M Hospital, Parel
- ▶ **DR. B. M. INAMDAR** : Gynecological Endoscopist & Past Dist. Governor- Rotary Dist. 214
- ▶ **DR. SHAILESH SHRIKHANDE** : HOD of GI & HPB Surgical Service, Tata Memorial Hospital
- ▶ **DR. RASHMIKANT SANGHVI** : Senior Family Physician
- ▶ **SHRI. ASHOK CHANDAVARKAR**: Executive Director, FDC Ltd.







- 6) Our branch arranged **FLAG HOISTING CERMONY** on **TUESDAY, 15<sup>TH</sup> AUGUST 2023** to **Celebrate Independence Day**.
- 7) **TEACHER'S DAY CELEBRATION** was on **SUNDAY, 17<sup>TH</sup> SEPTEMBER 2023**. We felicitated the following dignitaries.
- ▶ **CHIEF GUEST** : **DR. SHARADKUMAR AGARWAL, NATIONAL PRESIDENT - IMA HEADQUARTERS**
  - ◆ **DR. SHRIPAD BANAVALI** : Senior Consultant Paediatric Medicine & Hemato-Oncology, Academic Director - Tata Memorial Hospital, Mumbai.
  - ◆ **DR. SHAILESH C. MOHITE** : Dean, Dr. R N Cooper Medical College and General Hospital, Mumbai.
  - ◆ **MRS. URVASHI THACKER** : Teacher Environmental Protection, Trustee of Jamnabai Nurse International School
  - ◆ **DR. SATISH DHARAP** : Additional Dean (Academics), Professor and Head of Surgery, Topiwala National Medical College & BYL Nair Charitable Hospital, Mumbai.
- 8) More than 60 new life members have been added during this year. On 29.02.2024 life membership of our branch stands at **4616**

**DR. SHOBHA AHUJA**  
President

**DR. RASHMI MEHTA**  
Hon. Secretary





## REPORTS OF VARIOUS SUB COMMITTEES ARE AS FOLLOWS:

### (A) REPORT OF I.M.A. - C.G.P. MUMBAI WEST SUB FACULTY

Report for the year 2023 - 2024

Report from 26.03.2023 to 31.03.2024

#### Introduction:

**Asst. Director of Studies** - Dr. Bhavika Hotchandani

**Asst. Secretary** - Dr. Anushree Mehta

#### BOARD OF STUDIES FOR THE YEAR 2023 - 2024:

The dignitaries constituting the board of the studies for the year 2023 - 2024 were as follows

<b>Visiting Faculties</b> <ol style="list-style-type: none"><li>1. Dr. Niteen Dedhia</li><li>2. Dr. Bhavna Parikh</li><li>3. Dr. Manish Shetty</li><li>4. Dr. Shaileja Sabnis</li><li>5. Dr. R. D. Kharkar</li><li>6. Dr. Suresh Sawardekar</li><li>7. Dr. Vaishali Naik</li><li>8. Dr. Jay Shastri</li></ol>	<b>Senior Consultants</b> <ol style="list-style-type: none"><li>1. Dr. Agam Vora</li><li>2. Dr. Anil Ballani</li><li>3. Dr. Archana Juneja</li><li>4. Dr. Jayesh Desai</li><li>5. Dr. Ketan k. Mehta</li><li>6. Dr. Mangesh Tiwaskar</li><li>7. Dr. Salil Bendre</li><li>8. Dr. Saurabh Sanjanwala</li><li>9. Dr. Subhash Sonawala</li></ol>
<b>Teaching Faculties:</b> <ol style="list-style-type: none"><li>1. Dr. Arvind Ghongane</li><li>2. Dr. Ashutosh Shetty</li><li>3. Dr. Bhupen Desai</li><li>4. Dr. Umesh Khanna</li><li>5. Dr. Girish Parmar</li><li>6. Dr. Kiran Shandilya</li><li>7. Dr. Preeti Nagnur</li><li>8. Dr. Ramesh Dargad</li><li>9. Dr. Satish Mutha</li><li>10. Dr. Sunil Wani</li><li>11. Dr. Mohan Kembhavi</li><li>12. Dr. Lipika Parulekar</li></ol>	<b>Senior General Practitioners</b> <ol style="list-style-type: none"><li>1. Dr. Manohar Bachani</li><li>2. Dr. Subash Gajria</li><li>3. Dr. Suresh Mane</li><li>4. Dr. Ushma Mashru</li><li>5. Dr. Ramesh Rajani</li><li>6. Dr. Shalin Soni</li></ol>
<b>Senior Advisory</b> <ol style="list-style-type: none"><li>1. Dr. Akil Contractor</li><li>2. Dr. Anil Suchak</li><li>3. Dr. B. M. Inamdar</li><li>4. Dr. B. S. Mehta</li><li>5. Dr. Jayesh Lele</li><li>6. Dr. Manoj Patel</li><li>7. Dr. Sanjay Dudhat</li></ol>	<b>Invitees</b> <ol style="list-style-type: none"><li>1. Dr. Anita Gidwani</li><li>2. Dr. Shilpa Tiwaskar</li><li>3. Dr. S. K. Joshi</li><li>4. Dr. Vikram Pal</li><li>5. Dr. Rashmi Chopra</li><li>6. Dr. Sanjay Gupta</li><li>7. Dr. Tushar Jimulia</li></ol>



## SALIENT STATISTICS –

1) No. of new IMA - CGP Life Members enrolled during the year	:	10
2) Total No. of IMA - CGP Life members as on 28 <sup>th</sup> Feb. 2023	:	873
3) Total No. of CME Hours Activity during the year	:	184
4) Total No. of MMC Accredited Points arranged during the year	:	77
5) Total No. of CME Programmes organized during the year	:	67

## HIGHLIGHTS:

- Week Day CMEs organised as **CLINICAL SERIES** on specific themes like, Pollution, Family Practice Update, Haematology, Neurology, Aesthetics, Cosmetology, Transplant, Obesity, Tuberculosis, Cardiology, Monsoon Related Diseases, Diabetes, Rheumatology, Orthopaedics, Paediatrics, Psychiatry, Gastroenterology, Practice Management topics & Oncology updates.
- Lectures organised as per **HEALTH AWARENESS DAYS** - WHO DAY, World Asthma Day, World No Tobacco Day, World Mental Health Day, World Osteoporosis Day, World Diabetes Day, World Kidney Day, World T.B. Day.
- Many **SUNDAY** seminars organised on a central theme in the form of Mini Conferences :

## **VARIOUS SCIENTIFIC PROGRAMMES AND ACTIVITIES ORGANISED**

Programmes	Total No.	Total No of CME Hours	Total No of MMC Accredited Points
1. G. P. Forum Programme	: 10	22	10
2. Weekly Scientific Programme	: 34	58	34
3. Monthly Scientific Programme	: 20	92	29
5. Pre & Annual Conference Programmes :	03	12	04
<b>Grand Total</b>	<b>67</b>	<b>184</b>	<b>77</b>



## 1) G. P. FORUM PROGRAMME (LECTURES ON TUESDAYS AT 02.30 PM SHARP)

TOTAL NO. OF PROGRAMMES = 10

TOTAL NO. CME HOURS = 22

TOTAL NO. OF MMC ACCREDITED HOURS = 10

Nos.	Date	Topic	Speaker
1	25.04.2023	<b>Hybrid CME - FAMILY PHYSICIANS IN THE JOURNEY OF CANCER PATIENTS</b>	
		<b>Case Based Panel Discussion - Video Capsule</b> <b>BACKACHE LEADING TO BREAST CANCER DIAGNOSIS</b> <b>MODERATOR : DR. JAYESH LELE</b>	Dr Anita Borges Dr Vinay Deshmane Dr Sewanti Limaye Dr Anil Mehta Dr Jawahar Mukhtyar
2	02.05.2023	<b>WORLD ASTHMA DAY</b>	
		Patho-Physiology of Asthma	Prof. Dr. Salil Bendre
		Diagnosis of Asthma	Dr. Mehul Thakkar
		Complications of Asthma	Dr. Vikas Oswal
		Treatment of Stable Asthma	Dr. Kinjal Modi
		Treatment of Acute Exacerbations of Asthma	Dr. Kumar Doshi
3	06.06.2023	<b>MEDICAL UPDATE</b>	
		EGFR /ALK Positive case-based Lung Cancer	Dr. M Tonse
		Allergic Rhinitis and its management	Dr Ajay Doiphode
		Urticaria and its management	Dr Sitesh Roy
4	27.06.2023	<b>MEDICINE UPDATE</b>	
		Nocturia-Bedwetting-Concept-Care n Cure for Family Physician	Dr. Sanjay Pandey
		Update on Proctology	Dr. Rajan Modi
		Old Age Sex Problems and It's Practical Management	Dr. Raj Brahmbhatt





Nos.	Date	Topic	Speaker
5	29.08.2023	<b>FEVER UPDATE</b>	
		Decoding Fever algorithm 2.0 Role of antipyretics	Dr Ketan Mehta
		APD and relevance of Omeprazole	Dr Rashmi Mehta
6	26.09.2023	<b>Webinar : GERD &amp; CO-MORBID CONDITIONS</b>	
		Understanding Diagnostic & Management in Practices	Dr. Molina Khanna
		Safety of PPLs in Different Patient Profile	Dr. Ketan K. Mehta
7	31.10.2023	<b>BREAST UPDATE</b>	
		Breast Aesthetics - A road less travelled	Dr. Devyani Barve
		Benign Breast Diseases: What the mind does not know the eyes will not see.	Dr. Jayshri Pandya
		Panel Discussion : Breast Update	Dr. Niharika Garach
8	19.12.2023	<b>INTERPLAY OF DIABETES AND NASH</b>	
		Bidirectional Association of Diabetes and Fatty Liver	Dr. Ketan K Mehta
		Management of NASH	Dr. Jayant Barve
9	30.01.2024	<b>MEDICINE UPDATE</b>	
		Spot the Diagnosis	Dr. R D Kharkar
		Managing GERD with Sodium Alginate	Dr. Rahul Shah
		Winning the Battle against Diabetes : Addressing the Trinity of Weight, Glucose & CV Risk	Dr. Ramesh Dargad
10	26.03.2024	<b>GI UPDATE</b>	
		Constipation and Anorectal Disorders	Dr. Rashmi Mehta
		Evaluation and Management of GERD	Dr. Vinay Dhir
		Current concepts in IBS	Dr. Vivek Singh



## 2) REPORT OF WEEKLY SCIENTIFIC PROGRAMME

**(LECTURES ON EVERY THURSDAYS AT 02.30 PM)**

TOTAL NO. OF PROGRAMMES = 34

TOTAL CME HOURS = 58

TOTAL NO. OF MMC ACCREDITED HOURS = 34

Nos.	Date	Topic	Speaker
1	06.04.2023	<b>SURGERY UPDATE</b>	
		GERD and ENT	Dr. Bimal Shah
		Basics of Cancer	Dr. Vijay Patil
		Robotic Knee Replacement - The New Kid on the Block !!!	Dr. Ravi Shah
2	13.04.2023	<b>MEDICINE UPDATE</b>	
		Newer Update on Diabetic Eye	Dr. Saumil Sheth
		Basic of Heart Failure - A Primer for Practicing Family Practitioner	Dr. Prakash Sanzgiri
		NAFLD	Dr. Jayant Barve
		ACC Update (Clear outcome Study)	Dr. Ramesh Dargad
3	27.04.2023	<b>MEDICINE UPDATE</b>	
		Hematuria- Investigations and Management	Dr. Hemant Tongaonkar
		Benign Liver SOL	Dr. Chetan Kalal
		Minimally Invasive Thoracic Surgery	Dr. George Karimundackal
		Antibiotics in OPD practice	Dr. Harshad limaye
4	04.05.2023	<b>GYNECOLOGY UPDATE</b>	
		Gynaecological Cancer & Overview	Dr. Sanjay Dudhat
		Hormones in Gynaecology	Dr. B. M. Inamdar
		Infection in Gynaecology	Dr. Shalmali Inamdar
5	11.05.2023	<b>MEDICINE UPDATE</b>	
		Update on Rheumatologic Investigations	Dr. Yojana Gokhale
		Advance Management in Neuro Surgery	Dr. Sachin Giri
		Changing Horizons in Obesity and Metabolic Surgery Management	Dr. Abhay Agarwal





Nos.	Date	Topic	Speaker
6	18.05.2023	<b>WORLD HYPERTENSION DAY</b>	
		Obesity and Hypertension	Dr. Subhash Sonawala
		Hypertension and Heart Failure	Dr. Salil Vaidya
		HT and Pharmacotherapy	Dr. Manish Shetty
		<b>Managing Hypertensive Emergencies</b>	<b>Dr. Suresh Sawardekar</b>
7	01.06.2023	<b>SCIENTIFIC DISSEMINATION</b>	
		Defeating Dementia Potent Arsenal in the Management of ACS	Dr. Harshad Wankhedkar
		patient-Statins and Beta-blockers.	Dr. Prakash Sanzgiri
		Minimizing Stent Thrombosis Choosing the Right OAP is The Key	Dr. Harish Bajaj
8	08.06.2023	<b>MEDICINE UPDATE</b>	
		Precision Oncology	Dr. Shruti Behal
		Bariatric and Adolescent Obesity	Dr. Rahul Borude
		Routine Colonoscopy When & Why ?	Dr. Praveen Kammar
9	15.06.2023	<b>RATIONAL USE OF ANTIBIOTICS</b>	
		Rational use of Antibiotics in Infectious Diseases	Dr. Vasant Nagvekar
		Rational Use of Antibiotics in Pediatrics	Dr. Tanu Singhal
		Rational use of Antibiotics in Obst. & Gynec Cases	Dr. R M Saraogi
		Rational use of Antibiotics in Nephro/ Genito Urinary Cases	Dr. Sharad Sheth
		Rational use of Antibiotics in Surgical Cases	Dr. Rashmi Mehta
		Panel Discussion: <b>RATIONAL USE OF</b>	
		<b>ANTIBIOTICS</b>	
10	22.06.2023	<b>GYNECOLOGY UPDATE</b>	
		Fertility Enhancing Procedures	Dr. Kunal Doshi
		AUB (Abnormal Uterine bleeding)	Dr. Aneesh Sabnis
		Gynaec Oncology : Overview for Family Physicians	Dr. Samar Gupte



Nos.	Date	Topic	Speaker
11	29.06.2023	<b>MEDICINE UPDATE</b>	
		Dementia- what a physician need to know?	Dr. Sheetal Goyal
		TAVI	Dr. Shrinivas Kudva
		Organ Prevention in Oncology	Dr. Sanjay Dudhat
12	13.07.2023	<b>MEDICINE UPDATE</b>	
		Combating Obstructive Sleep Apnea	Dr. Saurabh Mandilwar
		Surgical Management of Esophageal and Gastric Cancer	Dr. Kirti Bushan
		Management of Constipation	Dr. Rahul Shah
		Mental Health in India	Dr. Vani Kulhalli
13	20.07.2023	<b>MEDICINE UPDATE</b>	
		Dietary Diversity and Diabetes... Indian Relevance	Dr. Ameya Joshi
		Sport Medicine : Revealing The Secrets of Super Athletes	Dr. Prasad Bhatgunde
		Tissue banking: the need of the hour	Dr. Anjali Tiwari
14	27.07.2023	<b>MEDICINE UPDATE</b>	
		Muscle Loss during illness -Role of HMB	Dr. Mangesh Tiwaskar
		Epidemiology, Diagnosis & Newer Treatment in the Management of BTC	Dr. Kiran Tamkhane
		Diseases of Larynx	Dr. Bimal Shah
15	03.08.2023	<b>GASTENTEROLOGY UPDATE</b>	
		Jaundice .... A puzzle !!	Dr. Jayant Barve
		Constipation	Dr. Rahul Shah
16	10.08.2023	<b>MEDICINE UPDATE</b>	
		Journey of ARNI	Dr. J P Jadwani
		Uncovering the Truth about Breast Cancer - AI-powered Mammography Screening by Vara	Dr. Reshma Palep
		Latest Update in Management of Depression	Dr. Nazneen Ladak
17	24.08.2023	<b>MEDICINE UPDATE - PART I</b>	
		What's the latest in Bariatric and Advanced GI Surgery	Dr. Jaydeep Palep
		Basics of Arthritis and Treatments	Dr. Neha Arora
		Tracheostomy	Dr. Bimal Shah







Nos.	Date	Topic	Speaker
18	31.08.2023	<b>MEDICINE UPDATE - PART II</b>	
		Coronary stent infections - A rising menace & Advance Treatment options in CVTS	Dr. Vidyadhar Lad
		Immunotherapy : A New Horizon in Cancer care	Dr. Muzammil Shaikh
19	14.09.2023	<b>MEDICINE UPDATE - PART I</b>	
		Simplifying Management of Common Mental Health Issues	Dr. Milan Balakrishnan
		Management of Anemia in CKD	Dr. Arun Shah
		Differentiating between TB & Lung Cancer	Dr. Darshit Shah
20	21.09.2023	<b>CARDIOLOGY UPDATE</b>	
		Case Learning High Thrombotic Risk (HTR) due to Clinical Co-morbidities	Dr. Bhupen Desai
		Robotic and Minimal Invasive CABG A New Dimension for Heart Surgery	Dr. Chandrashekar Kulkarni
		Highlights of ESC 2022 Barcelona	Dr. Ramesh Dargad
21	19.10.2023	<b>CASE BASED APPROACH TO DIABETES MANAGEMENT</b>	
		Case based approach to Young Diabetes	Dr. Anushree Mehta
		Case based approach to Diabetes Reversal	Dr. Pratiksha Patil
		Case based approach to Diabetes in Women	Dr. Shubhashree Patil
22	26.10.2023	<b>SCIENTIFIC DISSEMINATION</b>	
		Reimaging Heart Failure Treatment Across LVEF Spectrum	Dr. Pravin Kahale
		Early CKD Management is Essential in T2D Patients	Dr. Girish Parmar
		Male Female Infertility and Egg Freezing	Dr. Dharam J Shah
23	02.11.2023	<b>MEDICINE UPDATE</b>	
		Silver Bullet for Treatment of Severe Asthma Patient	Dr. Richa Mittal
		Problem-Oriented Antihypertensive Pharmacotherapy	Dr. Tushar Shah



Nos.	Date	Topic	Speaker
24	09.11.2023	<b>MEDICINE UPDATE</b>	
		Severe Asthma Clinic	Dr. Sanjeev Mehta
		Conquering AS	Dr. Sunil Singh
25	23.11.2023	<b>MEDICINE UPDATE</b>	
		New Topical Therapy in Management of Atopic Dermatitis	Dr. R. D. Kharkar
		Screening for Substance Use Disorders - Do's and Don'ts	Dr. Dean Creado / Dr. Ahmed
26	14.12.2023	<b>MEDICINE UPDATE - PART I</b>	
		Haematological issues in Non-Haematological Cancers	Dr. Bhavna Parikh
		Recent Trends in Cardiac Surgery	Dr Bipeenchandra Bhamre
27	04.01.2024	<b>NUTRITION</b>	
		Diabetes & Muscle Loss - Role of MNT & Protein	Dr. Ketan Mehta
		Holistic Approach to Managing Obesity in Diabetes	Ms. Noopur Mehta
		Resurgence of Covid	Dr. Kapil Rathi
28	11.01.2024	<b>MEDICINE UPDATE</b>	
		Evolution of Varicose Veins Treatment from Stripping to Laser to VenaSeal	Dr. Saurabh Joshi
		When to go for Kidney Transplantation	Dr. Anup Chaudhary
		Practical Approach towards Management of Chronic Kidney Disease	Dr. Rahul Deshpande
29	25.01.2024	<b>HIV / AIDS &amp; FAMILY PHYSICIAN</b>	
		Overview of NACP and Mumbai Districts AIDS Control Society (MDACS)	Dr. Sanjay Gulhane
		Private Practitioners Engagement and HIV Case Notification.	
		Role of Psychological Tests in Mental Health	Dr. Dean Creado
30	08.02.2024	<b>MEDICINE UPDATE</b>	
		Interesting Cases in Gynecology	Dr. Bal Inamdar
		Riding the multi-year upcycle in India	Mr. Gaurav Dua
		Role of Collagen in Osteoporosis	Dr. Ravi Shah





Nos.	Date	Topic	Speaker
31	15.02.2024	<b>SCIENTIFIC DISSEMINATION</b>	
		CaReMe Approach with Dapagliflozin: A Changing Perspective for Treating T2D & Protecting Organs	Dr. Mihir Raut
		Navigating High Thrombotic Risk (HTR) Short & Long Term Strategies	Dr. Nilesh Gautam
		Inclisiran: The first LDL - C Lowering siRNA Therapy	Dr. Ramesh Dargad
32	22.02.2024	<b>ANTICOAGULATION CME</b>	
		Understanding Atrial Fibrillation: A Holistic Approach to Management	Dr. Pravin Kahale
		Strategies for Taming Uncontrolled Hypertension	Dr. Prashant Nair
33	29.02.2024	<b>MEDICINE UPDATE</b>	
		Proven in Practice Benralizumab's efficacy in real World Settings	Dr. Avya Bansal
		Shingles Prevention - Time is now	Dr. Jyotsna Oak
		Ticagleror.. Newer High Lights	Dr. Pravin Kahale
34	07.03.2024	<b>NEXT-GEN SEMINAR - PART II</b>	
		Beyond What Meets the Eye	Dr. Perna Tahiliani / Dr. Sushil Tahiliani
		Juvenile Obesity: The Unseen Pandemic	Dr. Jayati Jhala / Dr. Darshan Jhala
		Age Related Macular Degeneration - Recent Advances and Newer Therapies	Dr. Eesha Gokhale/ Dr. Yojana Gokhale
		Approach to Female Patient with Pelvic Pain	Dr. Resham Khanna / Dr. Sanjeev Khanna



## **3) REPORT OF MONTHLY SCIENTIFIC PROGRAMMES**

**ON SATURDAYS & SUNDAYS FROM 09.00 AM ONWARDS**

**Total No. of Conferences : 20**

**Total No. of CME Hours : 92**

**Total No. of MMC Accredited Points = 29**

These programmes are conducted on a Sunday from 08.30 a.m. onwards. Usually in our Air Conditioned Hall. These programmes have a common theme and in this programme, consultant doctors are invited to speak on various topics related to the central theme. These programmes are free for all members of I.M.A. - C.G.P. & A.M.S. and at highly subsidized rates for I.M.A. members. They are very well attended by General Practitioners

## **1) WORLD HEALTH ORGANISATION DAY**

**Theme 2023 - "HEALTH FOR ALL"**

**Day & Date : SUNDAY, 09<sup>TH</sup> APRIL 2023.**

**PROGRAMME CONVENOR : DR. AKIL CONTRACTOR**

Pneumococcal Disease Prevention in Adult Population	Prof. Dr. Salil Bendre
Management of Heart Failure Beyond Medicines	Dr. Mahesh Shah
<b>Health for All</b>	<b>Dr. Deepak Patkar</b> , Director Medical Services Head, Department of Imaging <b>Nanavati Max Super Speciality Hospital</b>
<b>FELICITATION OF NURSES</b>	<b>Mrs. Sonal Vinarkar</b> Matron, R N Cooper Hospital <b>Mrs. Nayna Narvekar</b> Surgery OT Incharge (Cooper)
HbA1c and Its Fallacies	Dr. Vinod Gidwani
Drugs in Urology	Dr. Shrikant Badwe
Indication for BMT in Pediatrics	Dr. Ruchira Misra





## 2) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

In Collaboration with PROCTER & GAMBLE HEALTH LIMITED

**HYBRID CME - RECOVERY SUMMIT 2023**

**Day & Date : SUNDAY, 22<sup>ND</sup> APRIL 2023.**

**PROGRAMME CONVENOR : DR. KETAN K MEHTA**

Context Setting	Dr. Ketan K Mehta
Role of Micronutrients in Managing Diabetes	Dr. Debmalya Sanyal
Micronutrient Mantra in Pediatric Growth & Development	Prof. Dr. Jaydeb Ray
Revitalizing Recovery : the Role of Nutrition in Convalescence	Dr. Jyoti R. Mohanpatra
Vitamin Therapy in Critically Ill Patients : focus B Vitamins	Dr. Chinmay Godbole
Addressing Micronutrient Deficiency in Children : Effective Strategies	Dr. Sailesh Gupta
Panel Discussion and Q & A	Dr. Ketan K Mehta

## 3) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with UNITED DIABETES FORUM

**Organized CHALLENGES IN DIABETES (C.I.D.)**

**Day & Date : SATURDAY, 06<sup>TH</sup> & 07<sup>TH</sup> MAY 2023**

**Venue : Grand Hyatt, Santacruz**

**PROGRAMME CONVENORS :**

**DR TEJAS SHAH DR RAJIV KOVIL DR SNEHAL TANNA**





## 4) INDIAN MEDICAL ASSOCIATION - MAHARASHTRA STATE

Organised a hybrid - MAHA-DERMA-IMA-CON 2023

Hosted by INDIAN MEDICAL ASSOCIATION MUMBAI WEST

Day & Date : SUNDAY, 14<sup>TH</sup> MAY 2023.

PROGRAMME CONVENOR : DR. R. D. KHARKAR

PROGRAMME CO-ORDINATOR : DR. AKIL CONTRACTOR

Urticaria Management	Dr. Kiran Godse
Key Note Address : Fungal Dilemmas	Dr. D G Saple
ACNE Management	Dr. Rachita Dhurat
Psycho-dermatology - The New Kid on the Block	Dr. Ram Malkani
Common Hair Problems	Dr. Sheetal Poojari
Paediatric Dermatology - Common Problems	Dr. Rajesh Jadhav
Shingles Prevention - Time is Now	Dr. S G Parasramani
Spot the Diagnosis	Dr. Mahendra Kura
Changing Pattern of Sexuality & STDs	Dr. I. S. Gilada
Rational Use of Topical Steroids	Dr. Vikrant Saoji
Vitiligo Management - What's New	Dr. Saloni Desai
Melasma	Dr. Raina Nahar



## 5) "NEXT-GEN SEMINAR - Part 1"

Day & Date : SUNDAY, 2<sup>ND</sup> JULY 2023

PROGRAMME CONVENOR : DR. B. M. INAMDAR

Purpose of the day	Dr. Balkrishna Inamdar
"SAVE THE KNEE"	<b>Dr. Rahul Rajan Modi</b>
<b>FELICITATION</b>	<b>DR. RAHUL/DR. RAJAN/ DR. NEETA MODI</b>
"PRECOCIOUS PUBERTY: APPROACH & MANAGEMENT"	<b>Dr. Alok Ashok Sardesai</b>
<b>FELICITATION</b>	<b>DR. ALOK/ DR. ASHOK SARDESAI</b>
"OVERVIEW OF MANAGEMENT OF INFLAMMATORY BOWEL DISEASE"	<b>Dr. Ronak Parag Ajmera</b>
<b>FELICITATION</b>	<b>DR. RONAK/DR.PARAG AJMERA</b>
"NAIL DYSTROPHY - LOOKING BEYOND FUNGUS"	<b>Dr. Harsh Sushil Tahiliani</b>
<b>FELICITATION</b>	<b>DR. HARSH/DR. SUSHIL TAHILIANI</b>

## 6) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with S. L. RAHEJA (FORTIS) HOSPITAL

"MEDICINE UPDATE"

Day & Date: SUNDAY, 25<sup>TH</sup> JUNE 2023

PROGRAMME CONVENOR : DR. RASHMI MEHTA

Biomechanical Aspect of Prevention of Higher Level Amputation in Diabetes Patients.	Dr. Arun Bal
Endovascular Therapies in Diabetic Foot	Dr. Rahul Sheth
Structural Cardiac Interventions	Dr. Haresh Mehta
Endoscopic Management of Obstructive Jaundice	Dr. Vinay Dhir
Diagnosis and Management of Breast Cancer - Latest Updates	Dr. Shivam Shingla
Is it the end of Chemotherapy?	Dr. Avinash Deo
Management of Colorectal Cancers	Dr. Kirti Bhushan
When to seek my help!!	Dr. Sanjith Saseedharan



## 7) ORTHO UPDATE

**Day & Date : SUNDAY, 20<sup>TH</sup> AUGUST 2023**

**PROGRAMME CONVENOR : DR. RASHMIKANT SANGHVI**

**PROGRAMME MODERATOR : DR. PRADUMAN MAMTORA ,**

Introduction & Pulled Elbow	How today's patient want telephonic consultation. Diagnostic tips on phone for various symptoms. Description of pulled elbow.	Dr. P. Mamtara
Paediatric Orthopedic Emergencies	Pulled elbow, Hip Synovitis, Septic Hip, Basics of Fracture Alignment & Surgical Indications	Dr. Darshan Kapoor
Telephonic Acute Rotator Cuff Tendinitis	.....	Dr. P. Mamtara
Rotator Cuff Pathologies, Frozen Shoulder, etc.	Basic Diagnosis, Management at GP Level. Latest in Arthroscopic Interventions for the same.	Dr. Nagraj Shetty
Telephonic Cervical Discogenic / Lumbar Discogenic Pain	.....	Dr. P. Mamtara
Physiotherapy	Physio Measures for Discogenic Pains (mckenzie Protocol), rotator cuff rehab, degenerative knee disorder	Dr. Snigdha Mehta
Telephonic presentation of hip fracture	.....	Dr. P. Mamtara
Fractures Around Hip	Basic management including latest techniques of treating fractures of neck, inter trochanteric, sub trochanteric femur	Dr. Girish Dewnany
Telephonic degenerative meniscal tear of the knee	.....	Dr. P. Mamtara
Degenerative Disorders of Knee	Basic diagnosis, investigations, management at GP level for degenerative meniscal tears, QA knee, SPONC, etc.	Dr. Tushar Jimulia
Telephonic Calcium Supplements	.....	Dr. P. Mamtara
Osteoporosis and Calcium Metabolism	Basic understanding of osteoporosis, DXA and its treatment. Calcium and Vitamin D supplementation	Dr. Tejas Parekh
Small Pains	Tennis Elbow, Golfers elbow, trigger finger, heel pain, Dequirvains tenosynovitis	Dr. P. Mamtara







## 8) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with MUMBAI DIABETES CARE FOUNDATION

Organized DRS - DIABETES RESEARCH AND SOLUTIONS

Day & Date : SATURDAY, 02<sup>ND</sup> & SUNDAY, 03<sup>RD</sup> SEPTEMBER 2023

Venue : Hotel ITC Maratha, Mumbai

PROGRAMME CONVENOR : DR. MANOJ CHAWLA

## 9) INDIAN MEDICAL ASSOCIATION - AMS MUMBAI WEST BRANCH CHAPTER

in association with MUMBAI ONCOCARE CENTRE

Organized "THE GREEN ELEPHANT IN ONCOLOGY"

Day & Date : SUNDAY, 10<sup>TH</sup> SEPTEMBER 2023

Venue : Hotel Orchid, Near Airport, Vile Parle (E)

PROGRAMME CONVENOR : DR. RASHMIKANT SANGHVI

Conundrum of Cancer Suspicion & the Physician	
Expert Discussion 1	Moderator : Dr. Kshitij Joshi
Dilemma's in cancer suspicion with special focus on GI, GU, HNC & Thoracic Cancers	Dr. Pravin Kammar Dr. Aditya Punamiya Dr. Rahul Shah Dr. Vivek Venkat Dr. Sameer Bagadia Dr. Nikhil Dharmadhikari Dr. Nitin Ahirrao
Quiz	
Evolving Management of Female Cancers (Breast, Ovary, Cervix & Uterus)	
Expert Discussion 2	Moderator : Dr. Pradip Kendre
Screening Protocols, Diagnostic Advances & Evolving Treatment Algorithms in Female Cancers.	Dr. Nitin Bayas, Dr. Yogen Chheda, Dr. Soumil Pandya, Dr. Upasana Saxena, Dr. Niharikh Garach, Dr. Samar Gupte
Cancer Treatment Economics & Execution- Patient & Family Physician's Perspectives	
Expert Discussion 3	Moderator : Dr. Ashish Joshi
Cancer Treatment Options for my patient- how does a Family Physician decide?	Ms. Geetali Pawar, Ms. Susmita Rana, Mr. Shivakumar W, Dr. Rashmikant Sanghvi, Dr. Shobha Ahuja, Dr. Jayesh Lele, Dr. Akil Contractor



## 10) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with ZANDRA

Organized DIL MAANGE MORE

Day & Date : SUNDAY, 15<sup>TH</sup> OCTOBER 2023

Venue : Hotel Taj Land's End, Mumbai

PROGRAMME CONVENOR : DR. RAJIV KOVIL

## 11) IMA - AMS MUMBAI WEST BRANCH CHAPTER

Organized "MEDICINE UPDATE"

Day & Date : SUNDAY, 22<sup>ND</sup> OCTOBER 2023

PROGRAMME CONVENOR : DR. RASHMIKANT SANGHVI

OCD (Obsessive Compulsive Disorders)	Dr. Gaurav Kulkarni
Fevers and their Diagnosis	Dr. Tanu Singhal
Ask the Expert - Clinical Evaluation of	Dr. Pralhad Prabhudesai
Respiratory Symptoms	Dr. Salil Bendre
Vertigo - Mastering the Spin	Dr. Bimal Shah
Role of SGLT2 in Renoprotection	Dr. Sharad Sheth

## 12) IMA - AMS MUMBAI WEST BRANCH CHAPTER

Organised "EMERGENCIES"

Day & Date : SUNDAY, 19<sup>TH</sup> NOVEMBER 2023

PROGRAMME CONVENOR : DR. RASHMIKANT SANGHVI

Emergencies in Neurology	Dr. Rashmi Saraf
Protection from Re-Admission and Mortality: Emerging Role of SGLT2i	Dr. J P Jadwani
Rosuvastatin in Acute Coronary Syndrome	Dr. Ankeet Dedhia
Emergencies in Ophthalmology	Dr. Vaishal Kenia
Emergencies in ENT	Dr. Vikas Agrawal
Emergencies in Oncology	Dr. Ashish Joshi
Management of Fracture Penis	Dr. Vijay Dahiphale



### 13) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with ASSOCIATION OF PHYSICIAN, INDIAN ACADEMY OF DIABETES, WORLD INDIA DIABETES FOUNDATION (USA) & DIABETIC ASSOCIATION OF INDIA

Organized THE 23<sup>RD</sup> INTERNATIONAL SYMPOSIUM  
ON DIABETES CONFERENCE

Day & Date : SATURDAY, 06<sup>TH</sup> & SUNDAY, 07<sup>TH</sup> JANUARY 2024

Venue : Hotel Grand Hyatt, Mumbai

PROGRAMME CONVENOR : PADMASHRI PROF. DR. SHASHANK JOSHI

### 14) "MEDICINE UPDATE"

Day & Date : SUNDAY, 21<sup>ST</sup> JANUARY 2024

PROGRAMME CONVENOR : DR. JAYESH LELE

Use & Misuse of Anti-biotics	Dr. Ketan K Mehta
Adult Vaccination	Dr. Agam Vora
Sleep in Health & Disease	Dr. Shashank Joshi
Hypertension Guidelines in 2024	Dr. Mangesh Tiwaskar

### 15) "SPORTS MEDICINE CONFERENCE"

Day & Date : SUNDAY, 04<sup>TH</sup> FEBRUARY 2024

PROGRAMME CONVENOR : DR. SANJAY DUDHAT

The Athletes Knee	Dr. Prasad Bhagunde
Spine Injuries and it's Management	Dr. Nikhil Arbatti
Sports Injuries in Foot and Ankle	Dr. Dhruvin Sangoi
Shoulder 360	Dr. Prasad Bhagunde
Brain Mapping in Sports	Dr. Ali Irani
<b>Felicitatation &amp; Speech by - Indian &amp; International Athlete - Long distance runner (in Olympics)- Ex. Cricketer / Fast Bowler Indian &amp; International Cricket- Krida Patrakar (Sports Journalist)</b>	<b>MRS. LALITA BABAR BHOSALE  MR. RAJIV KULKARNI  MR. SUBHASH HARCHEKAR</b>





## 16) "INTERNATIONAL WOMEN'S DAY"

theme 2024 "INSPIRE INCLUSION"

Day & Date : SUNDAY, 25<sup>TH</sup> FEBRUARY 2024

The Allure of Aesthetic Surgery	Dr. Devayani Barve-Venkat
"Three of Us" - Diabetes, Women & Drugs	Dr. Purvi Chawla
Key Note Address : Looking down from the tightrope. (Women's Day special: Present Psychological Status and Stress Management.)	Dr. Anuradha Sovani
<b>Felicitation &amp; Interview of Chief Guest : Famous Actress / Dancer / Anchor</b>	<b>MS. PRAJAKTTA MALI</b>
Flawless Skin and Hair ! Let's unveil the Secrets	Dr. Raina Nahar
Dilemmas in Clinical Dentistry	Dr. Shweta Dudhat

## 17) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with  
MUMBAI KIDNEY FOUNDATION & KIDNEY ASSOCIATES PVT. LTD.

Presents "NEPHROLOGY UPDATE"  
on the occasion of World Kidney Day  
THEME 2024

**KIDNEY HEALTH FOR ALL - ADVANCING EQUITABLE ACCESS TO  
CARE AND OPTIMAL MEDICATION PRACTICE**

Day & Date : SUNDAY, 03<sup>RD</sup> MARCH 2024  
PROGRAMME CONVENOR : DR. UMESH KHANNA

World Kidney Day and Kidney Associates	<b>Dr. Umesh Khanna</b>
Are All the UTIs to be treated similarly? "UTI - Dawa ya Dua?" <b>Moderator : Dr Aakash Shingada</b>	Dr Nikita Pawar /Dr Keyur Dave Dr. Chintan Gandhi / Dr. Neil Saldhana
Bones, Moans and Groans in Kidney Diseases - "Aah se Aaha tak!!" <b>Moderator : Dr Keyur Dave</b>	Dr Nikita Pawar /Dr Neil Saldhana / Dr Virendra Chauhan / Dr. Chintan Gandhi
How do you Treat Irritating LUTS - "Piss Ka Kissa" <b>Moderator : Dr Umesh Khanna</b>	Dr Ankit Mody /Dr Aakash Shingada Dr. Nikita Pawar / Dr. Virendra Chauhan
New Drugs in Nephrology - "Naya Sher Aaya" <b>Moderator : Dr Ankit Mody</b>	Dr Nikita Pawar /Dr Neil Saldhana / Dr Chintan Gandhi / Dr Virendra Chauhan





Anemia Management in CKD - "New Wine in New Bottle" <b>Moderator : Dr Ankit Mody</b>	Dr Keyur Dave/ Dr Aakash Shingada / Dr Nikita Pawar / Dr Neil Saldhana
CKD Management in 2024- Commoner, Simpler & more effective <b>Moderator : Dr Neil Saldhana</b>	Dr Ankit Mody / Dr Nikita Pawar / Dr Chintan Gandhi / Dr Virendra Chauhan
Diabetes and Obesity - Are they now Treatable Kidney Diseases? <b>Moderators : Dr Umesh Khanna/ Dr Keyur Dave</b>	Dr Nikita Pawar /Dr Aakash Shingada / Dr Neil Saldhana /  Dr. Chintan Gandhi
Kidney Transplant, The Best Treatment for Kidney Failure	Dr. Aakash Shingada / Dr. Keyur Dave
I don't want to Start Dialysis or Stop my Dialysis! How to manage?	Dr Umesh Khanna / Dr Smriti Khanna

## 18) A Medical Conference with a difference to help all doctors & their patients

### "RELATIONSHIPSCON 2024"

**Day & Date : SUNDAY, 10<sup>TH</sup> MARCH 2024**

**PROGRAMME CONVENOR : DR. DEEPAK JUMANI**

<b>Chief Guest</b>	<b>: DR. RAJEEV NIVATKAR,</b> <b>IAS Commissioner Medical Education</b>
<b>Medical Education Guest of Honour</b>	<b>: MRS. MADHURI KANITKAR,</b> <b>Vice Chancellor, MUHS</b>
<b>Guest of Honour</b>	<b>: DR . JAYESH LELE,</b> <b>Past Senior Vice President, IMA HQ</b>
Relationships Matter	: Dr. Mickey Mehta
Intimacy issues in Men	: Dr. Rupin Shah
Intimacy issues in Women	: Dr. Ritu Santwani
Its all in the mind (Ego & Misunderstanding)	: Dr. Anjali Chhabria
Beyond medications for intimacy issues	: Dr. Deepak Juman
Is Divorce a Curse or a Boon?	: Adv. Mrs. Mrinalini Deshmukh
Should Doctors Retire ?	: Dr. Satish Khadilkar
Dopamine, Serotonin and Oxytocin	: Padmshree Prof. Dr. Shashank Joshi





## 4) PRE CONFERENCE AND ANNUAL CONFERENCE PROGRAMMES

**TOTAL NO. OF CME HOURS : 12**

**TOTAL NO. OF MMC ACCREDITED POINTS: 04**

**"PRE CONFERENCE CME"**

**Day & Date : THURSDAY, 30<sup>TH</sup> NOVEMBER 2023**

Muscle Loss during illness - Role of HMB	Dr. Agam Vora
Evolution in Ovarian Cancer Management	Dr. Sanjay Dudhat
Single incision Laparoscopic Surgery - Pushing Boundaries	Dr. Hemant Jain
Conquering Rheumatoid Arthritis	Dr. Shailaja Sabnis

## ANNUAL SCIENTIFIC CONFERENCE -

**"IMACON - 2023"**

**SATURDAY, 02<sup>ND</sup> DECEMBER 2023**

<b>Late Dr. Surabhai C Sheth Oration</b>	<b>Dr. Anilkumar Nayak Hon. Secretary, IMA HQs</b>
The Silver Bullet for Management of Severe Eosinophilic Asthma Patients	Dr. Sumeet Singhania
Case Learning - Could this Eosinophilic Asthma Patient be your Patient ?	Dr. Alpa Dalal
Case Learning - High Thrombotic Risk due to Clinical Co morbidities	Dr. Harish Bajaj
Forxiga a class apart in SGLT2i -An Unanticipated Journey	Dr. Archana Juneja
Epidemiology, Diagnosis & Newer Treatment in the Management of Biliary Tract Cancer	Dr. Shivam Shingla



## ANNUAL SCIENTIFIC CONFERENCE - "IMACON - 2023"

SUNDAY, 03<sup>RD</sup> DECEMBER 2023

Modern Trends in Joint Replacement - Knee and Hip	Dr. Pradeep Bhosale
OCT Advancement in Angioplasty	Dr. Kayan Siodia
Identification of Barriers for Diagnosis of Vertigo and Streamlining its Management.	Dr. Carlton Periar
Hemorrhagic Stroke & Neuro Intervention	Dr. Pradyumna Oak
An Approach to a Case of Nasal Discharge	Dr. Bimal Shah
Management of Cardiac Arrhythmias	Dr. Venkat D Nagarajan
An Update on Recent Advances in Cataract and Intra Ocular Implants & Vision Correction Laser Surgery	Dr. Niteen Dedhia
Spine 'S'care	Dr. Mihir Bapat
Brucellosis	Dr. Yojana Gokhale
Gliptin & Gliflozin Combination: Role of Sitagliptin & Dapagliflozin in T2DM Management	Dr. Shradha Doshi
Management of End Stage Renal Diseases : Transplant v/s Dialysis	Dr. Sharad Sheth
Solving Diagnostic Conundrum in Allergy Disorders & Rising trend of Autoimmunity Disorder after COVID	Dr. Alap Christy
Dyslipidemia and its Management	Dr. Jaideep Rajebahadur
Vitamin D - Nano Highlights	Prof. Dr. Shashank Joshi



## (B) REPORT OF I.M.A. - A.M.S. MUMBAI WEST CHAPTER

**Chairperson : DR. RASHMIKANT SANGHVI**  
**Hon. Secretary : DR. ASHISH PUROHIT**

**02 newly admitted IMA AMS Life Members this year**  
**Total IMA AMS Life Memberships : 306**

It was indeed a pleasure to be working as Chairman of the Academy of Medical specialties - Sub faculty of IMA - Mumbai west for the academic year 2023 to 2024. Also, it was indeed a privilege to be part of the team under the dynamic President Dr. Shobha Ahuja and dashing Secretary Dr. Rashmi Mehta. The joy of working attained even greater height after working as Co-chairman of IMACON 2023 along with Dr. Ashish Purohit as IMA AMS joint Secretary and indeed the Team IMA CGP headed by Dr. Anushree Mehta and Dr. Bhavika Hotchandani and all the team members of conference committee and managing committee AND Board of Studies. During the Year we (I with Dr. Ashish Purohit) had a privilege to organize following programmes :

- 1) 15<sup>th</sup> June 2023, Thursday, AMS Organized an update on "ANTIBIOTICS RATIONAL USE"
- 2) 20<sup>th</sup> August 2023, Sunday, "ORTHO UPDATE" on Various Orthopedic Issues was organized under the Guidance and help of Dr. Praduman Mamtara
- 3) 10<sup>th</sup> September 2023, Sunday AMS and MOC jointly Organized a "ONCO UPDATE" at Hotel Orchid Parle, East
- 4) 22<sup>nd</sup> October 2023, Sunday AMS and CGP jointly Organized a Full day "MEDICINE UPDATE" incidentally on the same day IMA Maharashtra State Elections were conducted at the IMA MW Branch.
- 5) 19<sup>th</sup> November 2023, Sunday AMS Organized an update on "EMERGENCIES"
- 6) 3<sup>rd</sup> December 2023 IMACON 2023, It was indeed a privilege to be part of Organizing team as Co. Chairman of Conference Committee.

It is indeed now an established trend & A regular practice at IMA - Mumbai west to ensure that our members get maximum benefits. This year Also being a hectic year for the Managing committee and various subcommittees have faced shortage of free dates to organize their programmes. IMA - AMS with consent of office bearers invited various institutions including Metropolis to join us in furthering knowledge and sharing of experience. They have shown good interest and I expect positive response in the coming time.

I with my Colleague Dr. Ashish Purohit specially thank President Dr. Shobha Ahuja, Secretary Dr. Rashmi Mehta, Treasurer Dr. Bimal Shah and CGP Team Dr. Anushree and Dr. Bhavika Hotchandani and our Scientific Team Leader Dr. Akil Contractor, Dr. Subash Gajria, Dr. Rashmi Chopra & other office bearers for their support and cooperation. We also thank our office staff for their keen interest and readiness to streamline the projects of IMA AMS during the year. As a part of our suggestion, I wish that IMA - AMS should be given special care to develop activities that will bring more post graduates in our Membership list.

I take this opportunity to thank my colleague and Asst. Secretary for the year Dr. Ashish Purohit for his cooperation throughout the year.



## (C) REPORT OF TRUST BOARD

**MANAGING TRUSTEE : DR. SUHAS PINGLE**  
**TRUST BOARD MEMBERS : DR. AKIL CONTRACTOR**  
**DR. SANJAY DUDHAT**  
**DR. B M INAMDAR**  
**DR. MANOJ PATEL**

I would like to thank the trust board members for making me Managing Trustee for the year 2023 - 2024. I would also like to thank the Office bearers and managing committee members for their cooperation.

Trust board meetings were held on Zoom platform on the following dates:

01.04.2023 / 18.04.2023 / 27.04.2023 / 02.06.2023 / 25.07.2023 / 10.10.2023 / 23.02.2024

The agenda discussed related mainly to building repairs and certain other critical matters.

- ✦ The terrace and second floor civil work was completed by the end of August 2023.
- ✦ The erstwhile MS Office space was merged with the second floor hall, increasing our hall area by 600 square feet.
- ✦ The estimated budget for this work had been planned in the Annual General Body meeting in March 2023 and the final expenses incurred were within reasonable limits.
- ✦ An additional amount was sanctioned for additional repair work as well as interior decoration work.
- ✦ Ground floor hall and lobby painting lighting and general repairs were done in September 2023.
- ✦ Second floor painting, lighting, changing of plumbing fixtures and general interior decoration of all the rooms and common toilets was completed by the end of December 2023.
- ✦ Further meetings to be held after receiving quotations for outside painting work and 1st floor works to allocate the work to the suitable contractor.
- ✦ Series of meetings were held with Criminal lawyer Advocate Durgesh Rege to take the Hongkong matter further.
- ✦ Royalty rate and charges of Amantran Caterers were discussed.

I would like to thank the Building Committee Chairperson Dr Jayesh Lele and members for regular supervision and guidance in Building repair work.





## **(D) REPORT OF BUILDING SUB COMMITTEE**

**CHAIRPERSON : DR. JAYESH LELE**

**MEMBER : DR. VIKRAM PAL**

I would like to thank President, Dr Shobha Ahuja for appointing me as Building Sub Committee chairperson.

A special Building Sub Committee meeting was held on 17<sup>th</sup> July 2023 and regular meetings of the building sub committee were held along with the office bearers meetings every Wednesday. Building work continued from the previous year and was executed as follows:

Contractor appointed: Sankalp Decorators (Mr. Rajendra Karale) carried on with the civil work on the second and ground floors. After receiving other quotations, the same contractor was appointed for

1. Painting of the interior on 2<sup>nd</sup> and Ground floors;
2. Electrical work;
3. Plumbing and tiling.

Interior Decorator: Mr Rakesh Tank appointed after receiving all applications.

Works carried out:

### **Terrace:**

1. Civil work, flooring (china mosaic) completed;
2. New plastic water tanks installed;
3. Tower area repaired and floor fortified after shifting the tower to one side;
4. Terrace wall elevated from 2 to 4 feet.

### **Second floor:**

1. Entire civil work for 2<sup>nd</sup> floor halls and all rooms;
2. Maharashtra State office incorporated in second floor hall and civil work done to repair the walls and ceiling;
3. Tiling and plumbing of all bathrooms of 2<sup>nd</sup> floor rooms as well as common toilets;
4. Electrical work of second floor hall and rooms done, new ceiling lights also installed;
5. Painting of all rooms and the 2<sup>nd</sup> floor hall;
6. CCTV cameras placed and functioning;
7. Grill work and placement of new Acs;
8. Curtains and other accessories.

### **Ground floor:**

1. Changing and enhancing the lights and chandeliers;
2. Painting of the ground floor hall;
3. Painting of the front lobby after some minor civil works;
4. Ladies and gents toilet cleaning.





## External work:

Eastern wall repairing and plastering completed before monsoons

## Works pending:

### Terrace:

1. Grill and Chhajja at entrance
2. CCTV camera placement

### 2<sup>nd</sup> floor:

1. TVs for 2 rooms
2. Cable connection for TVs

## Ground floor:

1. Lobby beautification
2. Outside toilet overhaul

## First floor:

1. Ladies toilet additional wc and general repairs
2. Coffee machine cabinet
3. Office flooring and painting

## External:

1. Painting of walls
2. Compound wall repair and painting
3. IMA logo/ lettering in the front
4. Lawn area beautification

I would like to place on record my gratitude to the Managing Trustee, all trust board members, office bearers, building subcommittee members and office staff for their support in this project



## E) CULTURAL SUB COMMITTEE

**CHAIRPERSON : DR. ROHINI BADWE**  
**MEMBERS : DR. ARVIND GHONGANE**  
**DR. MADHUBALA CHINCHALKAR**

We have had many interesting and innovative programs this year.

- IMA - Mumbai West branch conducted special training programme for nurses on occasion of "NURSES DAY". Nurses day is celebrated on **12<sup>th</sup> May** to commemorate the birth anniversary of the pioneer nurse- **Florence Nightingale** who is also known as "**Queen of Nurses**". **For our program on 29<sup>th</sup> April**, more than 100 Nurses and O T Technicians from western suburbs of Mumbai Registered for this training programme with great enthusiasm.
- We Celebrated **Yog Day on Sunday, 25<sup>th</sup> June 2023** morning with a workshop. We were fortunate to have two stalwarts from prestigious yog Vidya Niketan. Mrs. Vedvati Tulzapurkar, Senior Yog instruction – who has a vast experience at more than 30 years gave instructions to the members. Mr. Sunil Bhujbal gave demonstrations of various asanas and pranayama. Mr. Sunil Bhujbal is also a senior yog teacher and ardent yog sadhak, who has created his mark in Limca Book of world records.
- We organised a Photography competition for its members. The theme was "**Nature and Wild life**". Participants sent 5 selected photos taken by them on Mobile or Cameras.

Total 35 Participants sent 140 photos. There was variety in the subjects and type of photos. Many members had taken very nice photos with efforts. Mr. Vishal Parvatkar, a renowned professional photographer judged the photos and declared 5 winners and 5 consolation prizes. The results were declared and prizes given on **6<sup>th</sup> August** during our **Mera Bharat Mahan Program**. Respected Chief Guest Shaurya Chakra winner Para Cammando Madhusudan Surve have the prizes.

- We organised a Photography competition for our members. The theme was "Nature and Wild life". Participants sent 5 selected photos taken by them on Mobile or Cameras. Total 35 Participants sent 140 photos. There was variety in the subjects and type of photos. Mr. Vishal Parvatkar, a renowned professional photographer judged the photos and declared 5 winners and 5 consolation prizes. The results were declared and prizes given on **6<sup>th</sup> August** during our **Mera Bharat Mahan Program**. Respected Chief Guest Shaurya Chakra winner Para Commando Madhusudan Surve gave the prizes.

On the **6<sup>th</sup>** day of August 2023, IMA Mumbai West, witnessed a unique event MERA BHARAT MAHAN. This was organised to celebrate India's **77<sup>th</sup>** Independence Day. There was a festive and patriotic fervor at our branch. The decor was Saffron, White & Green.....seen in the backdrop, the props, the flags & the members' attire.

The Chief guest for the event was Shri Madhusudan Surve, Para commando & Shaurya Padak Vijeta. Melodious patriotic songs presented by our talented members inspired the audience. Dr Rohini Badwe, Dr Arvind Ghongane, Dr Darshana Kulkarni, Dr Swati Kalyankar, Dr Prakash Ambhore and Dr Saket Sathe were the singers. Dr Shrikant Badwe and Dr Ashish Purohit presented Patriotic Poetry.

- **Karaoke Workshop** for music loving members was organised on **Saturday, 19<sup>th</sup> August 2023**





afternoon. The theme was "**BARSAT ME TAK DHINA DHIN**", songs related to rainy season. We had to restrict the no. of participants to maximum 25. They presented various old and new soulful songs. Our special invitee and guide Pandit Girish Chhatre, carefully listened to all the songs and gave his opinion and guidance to the participants. Pandit Girish Chhatre gave important tips for karaoke singing.

- **12<sup>th</sup> November 2023** - Laxmi-pujan, Early Morning at 7.00 am. Festivals are meant for social get-togethers. Cultural subcommittee planned **Diwali Swarprabhat** for our members to enjoy Diwali. Our celebration included Colorful Rangoli, Earthen Diyas, Traditional dress code, Tempting Diwali Farsan and Melodious Music. Sujjan Music Group organized by MR. GAURANG RATANJAANKAR, a team of talented singers and professional musicians gave a mesmerizing rendition with melodious Hindi, Marathi as well as Gujarati songs. The team obliged all our song demands. Compering by Dr. Deepa Bhandarkar was the icing on the cake. The song selection was excellent. The audience response was overwhelming and they appreciated the programme very well.
- **Makar Sankranti** is the first festival of the English calendar. Makar Sankranti is celebrated all over India on 14<sup>th</sup> or 15<sup>th</sup> January. Cultural Sub Committee of IMA Mumbai West organized a novel program, Sangeet Sarita, a classical music workshop, on **Saturday, 6<sup>th</sup> January 2024**. This kind of program was organized for the first time in IMA Mumbai West. This was a perfect combination of (Madhur Tilgul) and (Sumadhur Sangeet).

Mrs Maya Motegaonkar, an accomplished vocalist was invited to conduct this workshop for our esteemed members, -"Musical Souls at IMA". Apart from rendering soulful raaga based taranas, she explained very well about various aspects of Hindustani classical music with examples. She also demonstrated ornaments of classical music correlating with light music - Bollywood music. She was accompanied on harmonium by Mr Vinod Padge, an accomplished musician. The tabla player was our own trustee Dr Sanjay Dudhat. Our members participated actively in raaga based song identification and were awarded. The lunch was also Bhogi based. Tilguls and gifts to all were given at the end of the session. The program was attended by more than 100 members with their spouses.

I would like to thank President Dr Shobha Ahuja and Hon. Secretary Dr Rashmi Mehta and team IMA for all the support provided for all the programs throughout the year.



## **F) REPORT OF EDITOR - E- IMAGE SUB COMMITTEE**

**EDITOR : DR. RASHMI MEHTA**  
**BOARD : DR. ARVIND GHONGANE**  
**DR. RASHMIKANT SANGHVI**

I am sure you all are aware that communicating not only with our members, but also with IMA HQ, IMA State and local level branches, sponsors and promoters, donors and also all our well-wishers, is a very essential part of duty of Hon. Secretary of the branch.

### **IMA Office communicates using mainly four technologies.**

- 1:- By Publication of Monthly Bulletins with program details,
- 2:- By SMS. for reminders and urgent communications,
- 3:- By emailing details with attachments,
- 4:- By phone and live chat

**(1) Publication:** - We have continued with the publication of our monthly magazine Image in digital format as E image. The overall pattern remains the same - all the activities of the branch, reports and announcements are made on a monthly basis. We have had special contributory and informative articles by various members throughout the year. The magazine is sent by a link to all members via SMS. The magazine is also uploaded on our branch website [imamumbaiwest.com](http://imamumbaiwest.com). This year, we had a special printed edition in July 2023, on occasion of Doctors Day celebrations. The theme was 'Medical Oncology Update' and Dr. Rashmikant Sanghvi, co-editor was instrumental in arranging the sponsorship for the same.

We have been trying to send The Medical E Image within reasonable time to ensure it is received by members in time. With Digitalising the Communications we have been able to economise our expenses to great degree.

- (2) SMS Messages :** We have been using Bulk Messaging Services to send regular messages to all our members for important updates, announcements about events and programs arranged at and by our branch. Death intimation of our life members is also done. The messages are screened by Hon. Secretary /Editor to ensure that they are non political and non promotional.
- (3) Emailing details and attachments :** All our members' queries by email are answered within reasonable time. The emails are screened by the staff and the Hon. Secretary sends the replies after consultation with office bearers and seniors.
- (4) By phone and live chat :** Members can always raise direct queries during office working hours. The staff is helpful with resolving their issues after consultation with the office bearers / managing committee members

## **G) REPORT OF FUND RAISING SUB COMMITTEE**

**CHAIRPERSON : DR. MAHOHAR BACHANI**

- ❖ The fund raising committee raised funds for almost every major CME programmes, annual conference and other programmes throughout the year.





## H) MEDICAL EDUCATION SUB COMMITTEE

**CHAIRPERSON : DR. SANJAY DUDHAT**

**MEMBERS : DR. RASHMIKANT SANGHVI  
DR. S. K. JOSHI**

- We have an ongoing Textbook donation program at IMA Mumbai West during WHO Day program held on Sunday, 09<sup>th</sup> April 2023. 2<sup>nd</sup> & 3<sup>rd</sup> MBBS students were given new text books.
- **IMA - MUMBAI WEST MEDICAL SCHOLARSHIP PROJECT** : In **CONTINUATION of our project to help the economically weak but academically competent students. This year** we awarded 20 scholarships. Each scholarship was of Rs. 25,000/-. The scholarships were awarded to the deserving final year MBBS Students during celebrations of the Teacher's Day. The Programme was held on **SUNDAY, 17<sup>TH</sup> SEPTEMBER 2023** at our branch premises.
- In continuation of **IMA - MUMBAI WEST MEDICAL TEXT BOOKS DONATION PROJECT** : Text Book Distribution for 1<sup>st</sup> M.B.B.S. newly admitted Students who are economically challenged but deserving, was done on **Sunday, 17<sup>th</sup> September 2023**. It was done in presence of President of IMA MW Dr. Shobha Ahuja, Hon. Secretary Dr. Rashmi Mehta, Senior Vice President from IMA HQ-Dr. Jayesh Lele, IMA HQ National President Dr. Sharadkumar Agarwal, Elect Vice President Dr. Shivkumar Utture. All 25 students of 1<sup>st</sup> M.B.B.S. from K.E.M. Hospital & G. S. Medical College, Grant Medical College & J. J. Hospital, B.Y.L. Nair Charitable Hospitals & T.N. Medical College, LTMG Hospital & Lokmanya Tilak Medical College & Dr. R N Cooper Medical College and General Hospital were given new set of 1<sup>st</sup> M.B.B.S. Books.
- Textbook Scholarship award program was held on 21<sup>st</sup> January, 2024 at IMA Mumbai West. After giving a brief background about the origin of these awards, he invited the 2<sup>nd</sup> & 3<sup>rd</sup> MBBS students (25 in number) from the 5 medical colleges of Mumbai. They were given the textbooks at the hands of the Chief Guest Dr Vedprakash Mishra.

## J) REPORT OF MEMBERSHIP DRIVE SUB COMMITTEE

**CHAIRPERSON : DR. RAMESH RAJANI**

During the year, we have enrolled 60 new life members. The HFC for all has been paid properly to the State & National Headquarters in time. (1<sup>th</sup> April 2023 to 29<sup>th</sup> February 2024)

This year, we have been able to make 60 new life members (1<sup>th</sup> April 2023 to 29<sup>th</sup> February 2024) of which:

Single Life Members	=	37
Couple Life Members	=	16 (8X2)
Club Life Member	=	02
Associated Member	=	04
Transferred of our Branch	=	01
Membership strengths as on 29.02.2024 = 4616		



## **K) REPORT OF MEMBER'S WELFARE SUB COMMITTEE**

**CHAIRPERSON : DR. SHALIN SONI**

- Member's Welfare Sub Committee had organised a movie screening of the movie **Mrs Chatterjee v/ s Norway** held on **Sunday, 21<sup>st</sup> May at IMA Lupin Hall**. More than a 110 members attended with their families. Snacks were served before and lunch after the movie. There was a personal message from the lead actress Ms Rani Mukherjee Chopra sending her best wishes. A big thanks to Dr Vikram Pal for arranging the screening.
- Vaccination drives for our members were conducted this year.
  - We conducted the Pneumococcal Vaccination drive from on all Thursdays of 01<sup>st</sup> June to 13<sup>th</sup> July 2023.
  - Quadri Flu Vaccination Drive on all Thursdays of January 2024. The vaccines were procured at concessional rates from the Pharma companies.
- Walkathon was arranged in collaboration with other associations on 18<sup>th</sup> November 2023 on occasion of World COPD day.
- Night Walk to Siddhivinayak temple was arranged on the night of 16 - 17 December, 2023. Special kakad Aarti Darshan was also arranged for our members.

## **L) REPORT OF MISSION PINK HEALTH SUB COMMITTEE**

**CHAIRPERSON : DR. MADHUBALA CHINCHALKAR**

Mission Pink Health is **an ambitious project of the IMA national body for bailing out adolescent girls from the diseases which harm their health most in the absence of proper care and alertness.**

During the year 2023-2024 IMA Mumbai West MISSION PINK HEALTH team worked under the able guidance of Hon. President Sir Dr Shobha Ahuja and Secretary madam Dr Rashmi Mehta.

Through out the year, we conducted sessions in various schools for adolescent girls. In these interactive sessions Physical, Emotional & Psychological well-being and Health, Exercises, Self-care, Menstrual Hygiene and Awareness, Nutrition, good touch and bad touch were some of the discussion topics.

- Keshav Gore Trust, Teen Dongari, Goregaon West on **Saturday, 27<sup>th</sup> May 2023** on the occasion of **World Menstrual Hygiene Day**. It was attended by about 12 girls (12-14 age group) and Family Development Project (FDP) Volunteers, who do field work and visit families for welfare. Sanitary Pads distribution done.
- St. Lawrence School, Santacruz on **Saturday, 08<sup>th</sup> July 2023**. It was attended by about 80 girls (6<sup>th</sup> Standard).
- Balbharati Junior College, S V Road, Kandivali on **10<sup>th</sup> July 2023**. It was attended by about 150 girls (11<sup>th</sup> & 12<sup>th</sup> standard).
- Keshav Gore Trust, Teen Dongari, Goregaon West on **16<sup>th</sup> August 2023**. 30 girls attended the program.
- Maharashtra Vidyalaya School, Goregaon West on **Wednesday, 31<sup>st</sup> January 2024**. It was attended by about 50 girls. (6<sup>th</sup> to 8<sup>th</sup> standard) and teachers.

These sessions were attended by about 325 girls, respective school Teachers as well as some of the girl's parents.





## **M) REPORT OF PUBLIC HEALTH & COMMUNITY WELFARE SUB - COMMITTEE**

**CHAIRPERSON : DR. AKIL CONTRACTOR**

**MEMBER : DR. MANOHAR BACHANI**

- Aao Gaon Chalen Health Check up camp was arranged by IMA Mumbai West in collaboration with Hari Aum Charitable Trust on **Sunday, 9<sup>th</sup> July 2023** at Village Borgaon Khurd, Taluka Khalapur, District Raigad.
- Public Health and Welfare Sub Committee conducted a Health Check-Up Camp for **School Children** on **15<sup>th</sup> September, 2023** at NSM (Nav Seva Mandal) School, Dixit Road, Vile Parle East. The program was held in collaboration with Rotary Club of Bombay Airport (Youth Services). About 220 School Children from ages 10 - 15 (standards 6<sup>th</sup> to 10<sup>th</sup>) were examined. Many children were found to have allergy problems. Principal Mrs. Sharda Kunder and the staff were very cooperative and had made excellent arrangements.
- IMA Mumbai West conducted Camp at Gandhi Shikshan High School on **20<sup>th</sup> Dec. 2023** from 9.30 am to 01.00 pm, Dr Subash Gajria, Dr Ramesh Rajani and Dr S K Joshi attended Camp as IMA Doctors examined nearly 425 Students along with Dr. Rajesh Kasla, Pediatrician of Malad, Cardiologist Dr Akshay Mehta also joined for sometime. School principal and Rotarian Dr Urvi Kothari thanked IMA MW Doctors for their efforts.
- IMA Mumbai West in association with Bal Jeevan Trust and Inner Wheel Club of Bombay Seacoast conducted a Health Checkup Camp of Street and school children at Mumbai Public School, (BMC) at Vakola, Santacruz - East on 27<sup>th</sup> January 2024.

From IMA Mumbai West, the following doctors attended: Dr Akil Contractor, Dr Razia Contractor, Dr Rashmi Mehta, Dr J. C. Mehta, Dr Sarita Kapoor. Health checkup was done for 82 children. All the children were given blankets. A magic show was arranged for them.

- School Children's Health Check-up Camp was held at BPM School, Khar West on 31<sup>st</sup> January, 2024. Dr I V Sheth, Dr Ramesh Rajani and Dr Subash Gajria from IMA MW examined above 475 students along with Pediatricians Dr Sikha Agarwal, Dr Amruta Shirodkar, Dr Arpita Shah, Dr Shrinal Kamdar - all from- Indian Academy of Pediatricians.

We identified 20 cases of anemia, 10 obese children, 15 under weight children. All were directed for further management. It was a gratifying experience. We thank the School authorities, Rotarians Mrs Urvi Kothari & Mr Manish Kothari who arranged the above camp.



## **N) REPORT OF IMA SCHEMES : PROFESSIONAL PROTECTION & SOCIAL SECURITY**

**CHAIRPERSON : DR. SANJAY GUPTA**

Major changes have taken place in Social Security Scheme of IMA Maharashtra State after many years. After deliberations, consultations and acceptance in the Managing Committee, Office bearers, AGM on 19.11.2023 and Extraordinary AGM on 14.1.2024 of IMA Maharashtra State, the changes were implemented from 15.1.1024.

There is a change in the scheme, the new scheme details have been sent to all the members by IMA MS. No change for retired members upto no. 1256. For others, denial form for continuing the old scheme have also been sent. The annual subscription has increased from Rs 200 to 250/-.

Benefit amount capped at Rs 10 lakhs, exit option at Rs 10 lakhs introduced, payment of additional instalments at discounted rates are some of the important features.

## **O) REPORT OF WEB EDITOR**

**CHAIRPERSON : DR. AJAY HARIANI**

**MEMBER : DR. JAYESH LELE**

Our website is being updated regularly every month. All branch activities and our monthly newsletter e-image can be accessed by all our members at any time.

## **P) REPORT OF WOMEN DOCTOR'S WING SUB COMMITTEE**

**CHAIRPERSON : DR. BHAVNA PATEL**

- **"Mobile Mammography Project"** screening Mammograms were performed in a comfortable and private space, using digital mammography equipment. Our Aim was, spreading awareness about Breast Cancer, Early Detection & Saving Lives. It was a full day camp on **Saturday, 17<sup>th</sup> June 2023** from 10.00 am to 05.00 pm. Mobile Van was arranged by MOC team. It was parked at Medical Club of Vile Parle. Female Doctors above the age of 40 years - Beneficiaries 32.

It was very good response, demanding one more camp to meet the large no of registrations. Special thanks to Dr. Kshitij Joshi, Medical Oncologist from MOC Team and Dr. Niharika Garach, Surgical Oncologist for their informative and explanatory talk on Cancer Breast, including demo on Self Breas Examination.

- on **Saturday, 15<sup>th</sup> July 2023**. Beneficiaries – 90. It was app-based **Fitness Coaching** by, Alpha Coach Mr. Ketan Mavinkurve & Mr. Vishnu Venugopal. Understanding the role of quantified nutrition & prevent Health Concerns. Diet coaching, Food logging, tracking calories and providing Nutritional guide for personalized healthy journey to achieve one's goal. The nutrition programs following healthy life style and regular exercises / physical activity can help one to lose upto 10 kg weight naturally within 4-6 months. It was very well





attended and appreciated by one and all demanding part - II for the same.

- We had a wonderful, most useful & need of an hour program on **“CYBER CRIME AWARENESS”** by DCP Dr. Balsingh Rajput and his assistants, **Police Sub Inspectors Rajesh B & Ajay Patil** on **SATURDAY, 09<sup>TH</sup> SEPTEMBER 2023**. The talk along with the live demo was very informative giving us guidance on handling the situation for Cyber-Safety.

Cyber Staking, Website hacking, Phishing attempts, social media frauds, Net banking, Mobile hacking, Online frauds, cyber warfare.... job frauds, investment frauds, matrimonial frauds, child pornography, OLX and so on.... Dealing with the nature of Cybercrimes and to combat this serious menace. This programme turned out very beneficial for our members. It was very well attended by 110 participants. It was appreciated by one and all and demanded for part-II & III on this subject.