



June 2025

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ISSUE 03

MEDICAL e IMAGE

OF IMA MUMBAI WEST

President : DR. RASHMI MEHTA

Hon. Secretary : DR. MADHUBALA CHINCHALKAR

- ❖ **MIGRAINE DISEASE BURDEN & THERAPEUTIC GAPS IN ITS TREATMENT**
Tuesday, 10th June 2025

- ❖ **COUGH UPDATE**
Tuesday, 17th June 2025



- ❖ **YOGA WORKSHOP**
Sunday, 22nd June 2025

- ❖ **TRANSPLANT UPDATE**
Sunday, 22nd June 2025

- ❖ **OPHTHALMOLOGY UPDATE**
Sunday, 29th June 2025

- ❖ **DOCTOR'S DAY PROGRAM**
Sunday, 29th June 2025

- ❖ **MAHA-GERICON 2025"**
Sunday, 6th July 2025





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DR. MADHUBALA CHINCHALKAR

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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

ANNOUNCEMENT

ANNUAL CME FEES FOR THE YEAR 2025 - 2026

- IMA - CGP / AMS Life Members of our Branch : Rs. 2360/- } before
- IMA Members : Rs. 3540/- } 30th June
- IMA Members - per programme } (Tues., : Rs. 240/-
- Eligible Non Members - per programme } Thurs. & Sun.) : Rs. 500/-
- Annual Fees include IMA Mumbai West Annual Scientific Conference if held at our branch premises.
- Charges for MMC Accreditation : Rs. 60/-
- (For the accredited CMEs - per programme)
- 18% GST Charges are included on the above rates

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary





INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

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From the President's Pen...

"The grass is greener where you water it".

Knowledge increases when knowledge is imbibed through regular CME talks at IMA Mumbai West and our patients are the beneficiaries. We have had a plethora of scientific programs this last month and I am grateful to our CME planners for this fantastic academic feast. All of us are the gainers. I would especially thank Dr Akil Contractor, the backbone of our Scientific program and Dr Kinjal Modi AMS chairman for arranging superb and meticulously planned CMEs. Our Nurses training program saw its third edition this year and I appreciate the enthusiasm with which Dr Rohini Badwe organises it.

Our branch continues to donate for IMA HQs building redevelopment. A big thank you to our members for their generous contributions. We are the highest donors in Maharashtra State for a local branch and we hope to continue the benefactions.

IMA HQs in collaboration with FOGSI under an MoU, has committed to training 50,000 medical professionals as part of our mission to eliminate cervical cancer through public health education and extensive HPV vaccination. Please register and train for the same. IMA Employment and Career Facilitation Bureau by IMA HQs is a good initiative to place our budding JDN & MSN members in good positions in their career. You will find the details inside and can inform all the junior doctors known to you to become IMA JDN members and avail this facility.

IMA AMR Smart Hospital initiative is

designed to guide and support hospitals and nursing homes in implementing critical AMR interventions. Those who have their own hospitals/nursing homes can participate in this project and comply with essential health standards. MMC Elections matter is getting dates from the Hon. Supreme Court at every hearing, the next one being 13th August, which is disheartening. But as Martin Luther King has said "We must accept finite disappointment but never lose infinite hope".

Preparations are in full swing for hosting the IMA Maharashtra State Conference Maha-Gericon 2025 at our branch. We promise it to be an educative celebration to remember. The Second State Executive meeting (2024-2025) of IMA Maharashtra State will be at Chiplun on 3rd August and we will represent our branch in large numbers.

Central Council members are also requested to attend the All India Medical Conference, Natcon 2025 at Ahmedabad on 27th/28th December this year.

"We know what we are but know not what we may be" - Shakespeare

IMA is a brand and we must strive to make Mumbai West branch its outstanding and stellar example.

Long live IMA

Jai Hind

DR. RASHMI MEHTA

President, 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.

Every THURSDAY at 2.30 p.m. Sharp.

DATE	Topic	Speaker
12.06.2025	SCIENTIFIC DISSEMINATION	
	Practical Out Patient Utility of Vitamins	Dr. Tushar Shah
	Newer Drugs in Management of Acid Peptic Diseases	Dr. Samir Parikh
19.06.2025	MEDICINE UPDATE	
	Management of Chronic Otitis Media in Allergic Rhinitis	Dr. Bimal Shah
	Ocular Trauma	Dr. Nimesh Mehta
26.06.2025	MEDICINE UPDATE	
	Robotic Surgery in GI Cancers	Dr Imran Shaikh
	Ovarian Stimulation in IUI and IVF	Dr. Manan Sheth
	Unmasking Perimenopause - Bringing Clarity to the Silent Transition	Dr. Priti Vyas

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

- ▶ CGP, AMS & IMA Members who have paid Annual Fees:
(CGP / AMS : Rs. 2,360/- & IMA : Rs. 3,540/-) **FREE.**
- ▶ CGP, AMS & 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. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

DR. KINJAL MODI **DR. BHAVIKA HOTCHANDANI**
Chairman Hon. Secretary
IMA - Mumbai West AMS Branch Chapter

DR. RENU BUDHWANI **PRANITA BHATTE WORLIKAR**
Asst. Director of Studies Asst. Secretary
IMA - Mumbai West C.G.P. Sub Faculty





From Hon. Secretary's Desk...

Dear Friends,

**You don't have to be Great to Start but
you have to Start to be Great !**

With dedication and hard work towards making small changes and improvement, IMA Mumbai West goes from strength to strength. Last month we started holidays late as; we had an exhilarating month packed with lots of activities. The graph of excellence was rising this month ! The beginning of the month was a webinar by AMS IMA MW and IMA Maharashtra State (Indemnity Insurance) followed by a packed schedule of Thursday Scientific Dissemination, Special Days Celebrations, 'Obesity' & 'Best of ACC with Collaborations and the month ended with a Fantastic session on 'Micro-nutrient Strategies for Enhanced Recovery in clinical Practice' which has blessings from IMAH Qs.

World Asthma Day was a wonderful half day conference. It was a celebration with esteemed speakers and enthusiastic delegates, interactive sessions and panel discussion. Very well organised by Dr. Akil Contractor & Dr. Kinjal Modi.

We also celebrated Nurses Day. It was remarkable with the talks of practical use to the nurses and were also accompanied by Basic and Advanced Cardiac Life Support Training to the nurses, thanks to Dr. Rohini Badwe and team !

The World Hypertension Day was a superlative event this year with Galaxy of Speakers, curated scientific content and exceptional participation with more than

150 delegates attending ! Dr. Akil Contractor and Dr. Subhash Sonawala deserve all the praise they can get for this magnificent CME. This CME will be remembered by all for a long time.

Friends, our branch and its members continue to give donations for IMA HQs Building redevelopment fund. Please do contribute generously to your own HQs Building. The good news of monsoon arriving early this year with pre-monsoon showers bringing happiness & joy to us already, IMA Mumbai West is also preparing for lots of activities coming up in June like Yoga Day Celebration on the 22nd June and Doctor's Day Celebration on the 29th June where we will be felicitating some of our brethren who have done a great service for the profession and the community.

With arrival of monsoon as the trees regain their lush green foliage, flowers bloom in vibrant colors and the air becomes fresh and invigorating, all of us will rejuvenate with the nature!

**'Love the life you live. Live the life you
love' – Bob Marley.**

Jai Hind!

Long Live IMA !!

DR. MADHUBALA CHINCHALKAR
Hon. Secretary





CONGRATULATIONS



Our Branch Hon. Secretary, **Dr. Madhubala Chinchalkar** for delivering yet another fantastic talk on Antarctica at वसंत व्याख्यानमाला in Wai on **15th May**.

She was felicitated by IMA Wai Branch.

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

DR. RASHMI MEHTA

President





INDIAN MEDICAL ASSOCIATION - HEADQUARTERS HYDERABAD CITY & MUMBAI WEST BRANCH

Has jointly organised **Hybrid CME**

"MIGRAINE DISEASE BURDEN & THERAPEUTIC GAPS IN ITS TREATMENT"

Day & Date : **TUESDAY, 10TH JUNE 2025**

Time : 01.00 pm onwards.

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

PROGRAM

Time	Topic	Speaker
01.00 - 02.10 pm	REGISTRATION & LUNCH	
02.10 - 02.15 pm	Welcome	President, Dr. Rashmi Mehta Hon. Secretary, Dr. M. Chinchalkar
02.15 - 02.20 pm	Presidential Address	National President, Dr. Dilip Bhanushali
02.20 - 02.25 pm	Blessing from	HSG, Dr. Sarbari Dutta
02.25 - 02.30 pm	Introduction	Dr. Jayesh Lele
02.45 - 03.00 pm	Migraine Disease Burden - Global and India	Dr. Rukmini Mridula
03.00 - 03.20 pm	Onset, Triggers and Early Diagnosis of Migraine	Dr. Srikant Jawalkar
03.20 - 03.40 pm	Current Management, its limitations and unmet needs in Migraine Therapy	Dr. Sunanda Anand
03.40 - 04.00 pm	Recent advances in Migraine Therapy	Dr. Tushar Raut
04.00 - 04.15 pm	Q & A and discussion	Open to all
4.15 pm onwards	Vote of Thanks	Dr. Srirang Abkari

- **REGISTRATION FEES :**
 - IMA Members : **FREE**
 - Eligible non members : **Rs. 500/-**
- MMC Accreditation has been applied for.
- 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 SEND SMS ON 7045452656

DR. DILIP BHANUSHALI

National President, IMA HQs

DR. SRIRANG ABKARI

President,
IMA Hyderabad City

DR. RASHMI MEHTA

President, IMA MW

DR. SARBARI DUTTA

Hony. Secretary General, IMA HQs

DR. MINHAJZAFAR NASIRABADI

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IMA Hyderabad City

DR. MADHUBALA CHINCHALKAR

Hon. Secretary, IMA MW

DR. JAYESH LELE

Program Convenor, IMA Hqs

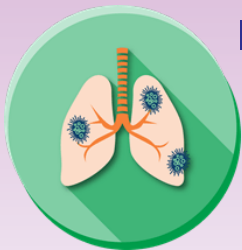
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IMA Hyderabad City

DR. AJAY HARIANI

Hon. Treasurer, IMA MW





INDIAN MEDICAL ASSOCIATION MUMBAI WEST BRANCH

Webinar

"COUGH UPDATE"

Day & Date : **TUESDAY, 17TH JUNE 2025**

Time : 02.30 pm onwards.

PROGRAM



Time	Topic	Speaker
02.30 - 02.35 pm	Welcome	President, Dr. Rashmi Mehta Hon. Secy., Dr. M. Chinchalkar
02.35 - 02.45 pm	Introduction	Dr. Jayesh Lele
02.45 - 03.30 pm	Approach towards Management of Productive Cough	Dr. Agam Vora
03.30 - 04.15 pm	Management Approach to Dry Cough	Dr. Ketan Mehta
04.15 - 05.00 pm	Panel Discussion : Cough Moderator : Dr. Jayesh Lele	Dr. Agam Vora Dr. Ketan Mehta
5.00 pm onwards	Vote of Thanks	

• REGISTRATION FEES :

- IMA Members : Free.
- Eligible non members : Rs. 500/-
- MMC Accreditation has been applied for.
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FOR REGISTRATION CONTACT :

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DR. RASHMI MEHTA
President, IMA MW

DR. MADHUBALA CHINCHALKAR
Hon. Secretary, IMA MW

DR. JAYESH LELE
Program Co-ordinator





**CULTURAL & WOMEN'S WING SUB COMMITTEES of
INDIAN MEDICAL ASSOCIATION
MUMBAI WEST**



Organize

YOGA WORKSHOP



Yog Day is celebrated all over the world on 21st June.
Yog is a gift of Bharat to rest of the world

We at IMA Mumbai West, celebrate Yog day

on

Sunday, 22nd June 2025

with **Members & Family.**

YOGA



**YOG TEACHER :
ANURADHA PATWARDHAN**

**YOG DEMONSTRATOR :
MR ASHISH JANA**



Venue : IMA Hall, J R Mhatre Marg, JVPD Scheme,
Juhu, Mumbai - 400 049.

Registration : 07.15 am

Yoga Session : 07.30 am to 08.30 am

Breakfast : 08.30 am

Victuals : Nil (But with Prior Registration Must Before 20th June.)

Dress Code : Loose Comfortable Clothes

: Please bring Napkin & your own Yoga Mat.

➤ **FOR REGISTRATION, SMS : IMA OFFICE, (M) : 7045452656**

DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary

DR. ROHINI BADWE

Chairperson, Cultural Sub Committee

DR. SHOBHA AHUJA

Chairperson, Women's Wing





INDIAN MEDICAL ASSOCIATION - MUMBAI WEST ACADEMY OF MEDICAL SPECIALITIES BRANCH CHAPTER

Presents **"TRANSPLANT UPDATE"**

Day & Date : **SUNDAY, 22ND JUNE 2025**

Time : 08.30 am onwards.

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

PROGRAM

Time	Topic	Speaker
08.30 - 09.00 am	Registration & Breakfast	
09.00 - 09.15 am	Welcome & Inauguration	President, Dr. Rashmi Mehta Hon. Secy., Dr. M. Chinchalkar
09.15 - 09.45 am	Pre and Post Kidney Transplant Management	Dr. Sharad Sheth
09.45 - 10.15 am	Renal Transplantation : Advances, Milestones & Need of the hour !	Dr. Sanjay Pandey
10.15 - 10.45 am	Demystifying Liver Transplant	Dr. Kanchan Motwani
10.45 - 11.15 am	Pushing Boundaries in Liver Transplant- Innovations, Robotics and Real World Cases	Dr. Somnath Chattopadhyay
11.15 - 11.45 am	Skin Donation After Death	Dr. Madhuri Gore
11.45 - 12.15 pm	Recent trends in Cornea Transplantation Surgery	Dr. Niteen Dedhia
12.15 - 12.30 pm	Presentation	
12.30 - 12.50 pm	Brain Death	Dr. Abdul Ansari
12.50 - 01.00 pm	Vote of Thanks / Lucky Draw & Lunch	

• REGISTRATION FEES :

- IMA Members : Free.
- Eligible non members : Rs. 500/-
- MMC Accreditation has been applied for.
- CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMEs) Rs. 60/-
APPLICABLE TO ALL IMA MEMBERS DESIROUS OF CREDIT HOURS.
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DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary

DR. KINJAL MODI

Chairman

DR. BHAVIKA HOTCHANDANI

Program Convenor Hon. Secretary

IMA Mumbai West AMS Branch Chapter



INDIAN MEDICAL ASSOCIATION MUMBAI WEST

presents

"OPHTHALMOLOGY UPDATE"

Date & Time : **SUNDAY, 29TH JUNE 2025.**

Time : 04.00 pm onwards.

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



PROGRAM



Time	Agenda	Speaker
04.00 - 04.30 pm	Registration & Tea	
04.30 - 04.35 pm	Welcome	President / Hon. Secretary
04.35 - 05.05 pm	New Insights in Anterior Segment Eye Diseases	Dr. Vaishal Kenia
05.05 - 05.35 am	Diabetic Retinopathy : A Collaborative Approach to Management	Dr. Siddhi Hajare
05.35 - 06.05 am	Common Corneal Disorders and Eye Donation	Dr. Sneha Maru
06.05 pm	Vote of Thanks	

• REGISTRATION FEES :

- All IMA Members : **FREE, but a must.**
- Eligible non members : **Rs. 500/-**
- MMC Accreditation has been applied for.
- 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.
- Assured Delegate Gift to all members who register at venue before 04.30 pm.

FOR REGISTRATION SEND SMS ON 7045452656

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary





DOCTOR'S DAY PROGRAM

Every year our branch celebrates **Doctor's Day** in memory of renowned **Late Dr. B. C. Roy** by felicitating eminent doctors and great achievers from different walks of society. This year we have decided to **felicitate Doctors who are iconic in their field of expertise & also great contributors to the medical world.**

Day & Date : SUNDAY, 29TH JUNE 2025

Time : 6.00 p.m. onwards

Venue : IMA Building, IMA Hall, J.R. Mhatre Marg, JVPD Scheme, Near PVR Cinema, Juhu, Mumbai - 400049.

LIST OF GUESTS TO BE FELICITATED

No.	NAME	DESIGNATION
1.	CHIEF GUEST : SHRI. AMRISH PATEL	President, SVKM and Chancellor SVKM's NMIMS, Managing Trustee - Shirpur Education Society
2.	DR. SUDEEP GUPTA	Chief Medical Oncologist Director, Tata memorial Center
3.	DR. BHAVESH KOTAK	Consultant Orthopedic Surgeon & Vice President, Medical Affairs - Dr. Reddy's Laboratories
4.	SHRI. SATISHBHAI KAZI	Founder and Chairman Control Panel & Switchgear Manufacturers' Association
5.	DR. DATTABEN SHAH	Senior Family Physician

- ◆ REGISTRATION & HIGH TEA : 06.00 PM - 06.45 PM
- ◆ DOCTOR'S DAY CELEBRATION : 06.45 PM - 09.00 PM
- ◆ DINNER : 09.00 PM ONWARDS
- ◆ **REGISTRATION FEES** : Members : **Free**
Non Members : **100/-**

KINDLY NOTE :-

1. Doctor's Day Programme will start on time.
2. Children under 12 not allowed during Doctor's Day Programme.
3. Registration on First Come First Served Basis.



DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary





DR. BIDHAN CHANDRA ROY,

MRCP, FRCS (Bengali:)

(July 1, 1882 Bankipore in Patna, Bihar–July 1, 1962).

He was the second Chief Minister of West Bengal, India. He remained in his post for 14 years as a Congress Party candidate, from January, 14, 1948 until his death in 1962. He was a respected physician and a renowned freedom fighter. He was an alumnus of the Medical College Calcutta of the University of Calcutta.

In India, the National Doctor's Day is celebrated on the date of his birth (and death) July 1 every year. Dr. Bidhan Chandra Roy constituted a trust for his properties at Patna for social service and made eminent nationalist Ganga Sharan Singh (Sinha) the trustee. "We have the ability and if, with faith in our future, we exert ourselves with determination, nothing, I am sure, no obstacles, however formidable or insurmountable they may appear at present, can stop our progress... (if) all work unitedly, keeping our vision clear and with a firm grasp of our problems." The nation honored Dr. Roy with the Bharat Ratna on February 4, 1961. On July 1, 1962, after treating his morning patients and discharging affairs of the State, he took a copy of the "Brahmo Geet" and sang a piece from it. 11 hours later Dr. Roy died. He gifted his house for running a nursing home named after his mother, Aghorkamani Devi. The B.C. Roy National Award was instituted in 1976 for work in the area of medicine, politics, science, philosophy, literature and arts. The Dr. B.C. Roy Memorial Library and Reading Room for Children in the Children's Book Trust, New Delhi, was opened in 1967".

July is month of great pride and honour to all Allopathic Doctors, especially IMA Members. July 1 is celebrated as Doctor's Day in memory of Birth and Death Anniversary of the Doyen of Medical Profession Dr Bidan Chandra Roy. His life time achievements are a source of great inspiration to one and all. He is a role model not only to the Doctors but to everyone who has faith in humanity. Leadership among masses is a rarity Doctors, and Dr B C Roy was a luminary. Doctor's day



DOCTOR'S DAY CELEBRATION

SUNDAY, 29TH JUNE, 2025

IMA MUMBAI WEST BRANCH WILL FELICITATE FOLLOWING DIGNITARIES

CHIEF GUEST:

SHRI. AMRISH PATEL

**President, SVKM and Chancellor SVKM's NMIMS,
Managing Trustee - Shirpur Education Society**



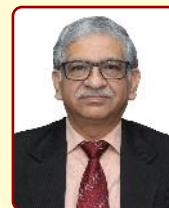
- ❑ Shri. Amrish Patel is Chancellor of SVKM's NMIMS and President of Shri Vile Parle Kelavani Mandal, a Mumbai-based Educational Trust, which runs several institutions including Mithibai College, Narsee Monjee College of Commerce and Economics, SVKM's NMIMS and Dwarkadas J. Sanghvi College of Engineering.
- ❑ He is also the founder of Shirpur Education Society.
- ❑ Political career:
 - ❑ Corporator in Shirpur Municipal Corporation from 1985-1997.
 - ❑ Contested and won Assembly elections from Shirpur Assembly constituency in 1990, 1995, 1999 and 2004.
 - ❑ He was Cabinet Minister for School Education, Culture, Sports & Youth Affairs (Govt. of Maharashtra) in the year 2003-04 and also served as Guardian Minister of Dhule District.
 - ❑ He was elected unopposed as MLC in 2009 & is now MLC from 2021.
- ❑ Social work:
 - ❖ Known for his contribution to Shirpur for the implemented irrigation project, started in October 2004, popularly known as the "Shirpur pattern".
 - ❖ Instrumental in establishing Shirpur Education Society which owns 69 institutes of primary, secondary and higher education, imparting education to more than 40,000 students.
 - ❖ Founder Chairman of Priyadarshini Spinning Mill, Shirpur which has provided employment to over 5000 people of Shirpur.
 - ❖ Chairman of Dhule District Central Co-operative Bank for many years. (Tenure - 1998 to 1999)





DR. SUDEEP GUPTA - M.D., DM

Professor of Medical Oncology & Director, Tata Memorial Centre, Mumbai



- ❖ MBBS, MD and DM from All India Institute of Medical Sciences, New Delhi, completed 2000.
- ❖ Faculty member in the Department of Medical Oncology at Tata Memorial Centre since June 2001.
- ❖ Internationally renowned breast and gynecological cancers oncologist.
- ❖ Prolific clinical researcher who is actively involved in planning, organizing, conducting and analyzing Phase I, II, III and IV clinical trials
- ❖ Principal Investigator, Co-Principal Investigator and Co-investigator in more than 500 trials.
- ❖ Special interest in breast and gynecological cancers and clinical genomics.
- ❖ Research themes: Implementation science including access to medications, guideline development, testing concepts and technology in clinical trials, innovative therapeutic strategies, toxicity and quality-of-life studies, pharmacokinetics and translational studies involving next-generation sequencing technology.
- ❖ He has published more than 380 papers in peer reviewed journals.
- ❖ Member of several national and international committees and taskforces of DBT, DST, DAE, ICMR, NITI, ESMO, and others.

DR. BHAVESH KOTAK

MBBS, MS (Orth), D.Orth, FRCS (Edinburgh)



- VP Medical Affairs - DRL India since 2021
- Posts held in the past:
 - EVP Medical Affairs, GSK India
 - VP Medical, India & MEA Glenmark
 - VP Medical, Regulatory & Clinical, AZ India
 - Regional Director, Ranbaxy
 - VP Medical Services, Elder Pharma
 - Head Medical Services, BSV
- Has practiced as a Consultant Orthopaedic Surgeon in the past.
- His are competencus & achivements include change management, building high performing teams, new product launches, building Governance framework, clinical reasearch advocacy & work in compliance code of green audits.
- Hobbies include Reading, Blogging, Cricket, Travelling & Public Speaking





SHRI. SATISHBHAI KAZI



- 1959 graduate in Electrical Engineering, from VJTI, Mumbai.
- Gold Medalist. After school education in Surat, South Gujarat, he came to Mumbai and studied at Ruia College and VJTI Engineering college, both in Matunga.
- He worked for the Engineering Major M/s Larsen and Toubro for 15 years.
- His last position there was Sales Manager of Switchgear Division, Western Region.
- In 1975, he started his two manufacturing units for Electric Control Panels – One at Mumbai and the other at Surat. In the year 2004, when he turned 65, he retired from business to devote full time to social work.
- At present, he is an active member of the Mg. Committee of the Alumni association of VJTI. He is the founder and currently the Chairman of Control Panel & Switchgear Manufacturers' Association, a PAN India Association with over 500 members.
- He devotes his major time to the Hari Aum Charitable Trust - A registered Public Charitable Trust.

DR. DATTABEN C. SHAH

Senior Family Physician



- Did her MBBS from Seth G.S. Medical College, & K.E.M. Hospital.
- Guided by ethical principles and obligations, including a commitment to patient care and well-being, she continues to offer service in General Medical Practice in letter & spirit.
- **PROFESSIONAL GRAPH**
 - 1) Member of Indian Medical Association.
 - 2) Member of General Practitioner's Association
 - 3) Lady Doctor's Association
 - 4) Jain Doctor's Association
 - 5) Malad Medical Association
 - 6) Committee Member of Goregaon Medical Association since many years.
- **PHILANTHROPIC MISSION**
 - 1) Has donated Rs 3 lakhs for Medical Education of needy student.
 - 2) Committee Member and Chair person for Senior Citizen group for two years.
 - 3) Member of Rotary Club of Mumbai West Coast since 1998. Under its aegis undertook Medical camps for Anaemia and Diabetes.
 - 4) Was editor for monthly magazine of Rotary Club for two years.
 - 5) Committee Member of Jawahar Nagar Housing Society consisting of 400 buildings, spanning over a period of 17 years.
- **HOBBIES / PASSION**

Crazy for Medical service, a life time mission.
Music, singing and instrumental Harmonium.
Traveling and gregarious inclination.
- **Was awarded "Certificate of Honour" for dedicated Medical Service to Society for more than 50 years.**



INDIAN MEDICAL ASSOCIATION MAHARASHTRA STATE LEVEL CONFERENCE "MAHA-GERICON 2025"

(Advancing Geriatric Care Together)

Host : IMA - MUMBAI WEST BRANCH

Day & Date : SUNDAY, 6TH JULY 2025, 08.30 am onwards.

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

PROGRAM

Time	Topic	Speaker
08.30-08.55 am	Registration & Breakfast	
08.55-09.00 am	Welcome	President : Dr. Rashmi Mehta Hon. Secy. : Dr. M. Chinchalkar
09.00-09.25 am	New Generation Insulin : Advancing from Conventional Human insulins	Dr. Tejas Shah
09.25-09.50 am	Back Pain in the Elderly	Dr. Abhay Nene
09.50-10.15 am	Depression in the elderly	Dr Akshata Bhat
10.15-10.40 am	Thyroid Problems	Dr. Assim Maldar
10.40-11.05 am	Dementia Care Paradigm	Dr. Naganath Narsimhan Prem
11.05-11.50 am	Inauguration	
11.50-12.15 pm	Vaccination in the Elderly	Dr. Hemant Thacker
12.15-12.40 pm	Cancer Care in the Elderly:How & How Much	Dr. Bhavna Parikh
12.40-01.05 pm	Parkinsonism	Dr. Manish Baldia
01.05-01.50 pm	Lunch	
01.50-02.15 pm	Sleep Problems in the Elderly	Dr. Akanksha Rathi
02.15-02.40 pm	Polypharmacy Deprescribing	Dr. Zubin Vaid
02.40-03.05 pm	Osteoporosis	Dr. Shailaja Sabnis
03.05-03.30 pm	APD in the Elderly	Dr. Ketan Mehta
03.30-03.55 pm	Sarcopenia	Dr. Manish Shetty
03.55-04.20 pm	Skin Problems in the Elderly	Dr. R D Kharkar
04.20-04.30 pm	Vote of Thanks	

PROGRAM CONVENOR : DR. AKIL CONTRACTOR / CO-CONVENOR : DR. MANOHAR BACHANI

- **REGISTRATION FEES :** - Physical : IMA Members : **FREE, but a must**
- Physical : Eligible non members : **Rs. 500/-**
- Online : IMA Members & Eligible Non Members : **Rs. 300/-**
- MMC Accreditation has been applied for.
- 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.
- Assured Delegate Gift to all members who register at venue before 09.15 am.

**FOR REGISTRATION
SEND SMS ON
7045452656**

DR. SANTOSH KADAM
President, IMAMS

DR. DINESH THAKARE
IPP, MS

DR. SANTOSH KULKARNI
President Elect, IMAMS

DR. ANIL AVHAD
Hon. Secretary, IMA MS

DR. SAURABH SANJANWALA
Hon. Treasurer, IMA MS

DR. RASHMI MEHTA
President, IMA MW

DR. MADHUBALA CHINCHALKAR
Hon. Secretary, IMA MW

DR. AJAY HARIANI
Hon. Treasurer, IMA MW



MAHA-GERICON 2025 TEAM

DR. SANTOSH KADAM

President, IMA MS

DR. DINESH THAKARE

IPP, IMA MS

DR. SANTOSH KULKARNI

President Elect, IMA MS

DR. ANIL AVHAD

Hon. Secretary, IMA MS

DR. SAURABH SANJANWALA

Hon. Treasurer, IMA MS

DR. RASHMI MEHTA

President, IMA MW

DR. MADHUBALA CHINCHALKAR

Hon. Secretary, IMA MW

DR. AJAY HARIANI

Hon. Treasurer, IMA MW

DR. AKIL CONTORACTOR

Program Convenor

DR. MANOHAR BACHANI

Program Co-Convenor

DR. VIKRAM PAL

Program Co-Ordinators

DR. BIMAL SHAH

Patrons	:	Dr. Sanjay Dudhat Dr. Jayesh Lele	Dr. B M Inamdar Dr. Manoj Patel
Advisors	:	Dr. Anil Suchak Dr. B. S. Mehta	Dr. Arshad Gulam Mohd. Dr. Rashmikanth Sanghvi
Scientific	:	Dr. Renu Budhwani Dr. Kinjal Modi	Dr. Pranita Bhatte-Worlikar Dr. Bhavika Hotchandani
Fund Raising	:	Dr. Ketan Mehta Dr. Snehal Muchhala	Dr. Agam Vora Dr. Sonali Joshi
Auditorium & Stage Management	:	Dr. Bhavna Patel Dr. Pradumna Mamtara	Dr. S K Joshi Dr. Zubin Vaid
Registration	:	Dr. Rashmi Chopra Dr. Hansa Bheda	Dr. Shalin Soni Dr. Ashok Kothari
Hospitality	:	Dr. Shobha Ahuja Dr. J R Upadhyaya	Dr. Rajendra Kharkar
Audio-visual	:	Dr. Anushree Mehta Dr. Arvind Ghongane	Dr. Nimesh Mehta Dr. Girish Parmar
Catering	:	Dr. Subash Gajria Dr. Abhilasha Patnekar	Dr. Nitin Agarwal Dr. Manish Shetty
Stalls	:	Dr. Anita Gidwani Dr. Ushma Mashru	Dr. Razia Contractor Dr. Sanjay Gupta
Gift & Mementos	:	Dr. Rohini Badwe Dr. Ramesh Rajani	Dr. Jagmohan Chopra Dr. Hemal Maniar
Accommodation & Travelling	:	Dr. Subhash Sonawala Dr. Suresh Sawardekar	Dr. Sushila Jain Dr. Nitin Mehta





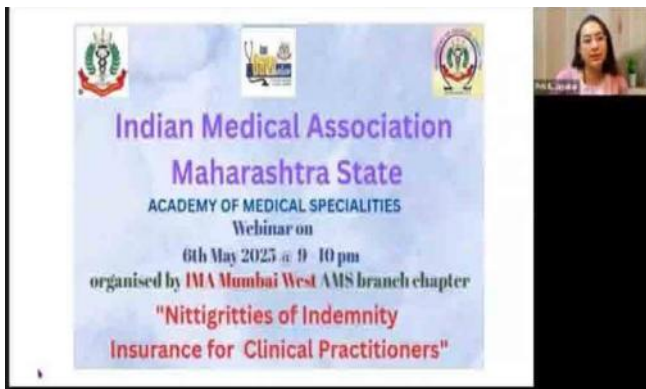
Report : **WEBINAR - "NITTIGRITTIES OF INDEMNITY INSURANCE FOR CLINICAL PRACTITIONERS"**

IMA Mumbai West AMS Branch Chapter organised an interesting **webinar** with **IMA Maharashtra State** on "**Nittigritties of Indemnity Insurance for Clinical Practitioners**" on **Tuesday, 6th May 2025**.

The speaker was **Dr Priti Jayakar**, Consultant General and Laparoscopic Surgeon and Medicolegal expert.

She gave an excellent overview of Indemnity Insurance : Starting from definitions and basics to what policy to take and what to do in particular situations. There was a very interactive discussion in the question and answer session that followed.

We are grateful to IMA MS President **Dr Santosh Kadam**, Hon. Secretary **Dr. Anil Avhad**, Hon. Treasurer **Dr. Saurabh Sanjanwala** for giving support to hold the webinar.



We also thank IMA MS AMS Chairman, **Dr Rajendra Prasad Tiwari**, Vice Chairman **Dr Vishal Gunjal**, Hon. Secretary **Dr. Ujwala Dahiphale** for arranging a webinar on this important topic.

DR RASHMI MEHTA

President

DR MADHUBALA CHINCHALKAR

Hon. Secretary

DR KINJAL MODI

Chairman

DR BHAVIKA HOTCHANDANI

Hon. Secretary

IMA Mumbai West AMS Branch Chapter

Consulting Rooms Available

at **Vaibhav Polyclinic**, Irla, S.V. Road,
Prime Location, fully furnished.

Contact : 9322258159 / 9819750275



REPORT : BEST OF ACC, 2025 - MUMBAI ON 9TH AND 10TH MAY, 2025

IMA Mumbai West was an accreditation partner for ACC - the 18th Edition of American College of Cardiology on 9th & 10th May. It was the first time that ACC collaborated for accreditation, courtesy IPP and Program Coordinator Dr. Ketan Mehta. It was a West Zone Conference with about 600 M. D. Physicians and D. M. Cardiologists as delegates.

The meeting delivered impactful days of learning, dialogue and collaboration in cardiovascular medicine. The event brought together delegates, including leading consulting physicians from across the region.

The program showcased the most relevant highlights from the ACC 2025 Annual Scientific Session, tailored for Indian clinical practice. With a robust agenda of evidence-based presentations, case discussions, and expert panels, the event served as a bridge between global research and regional implementation.

Key Highlights:

- **Curated Scientific Content:** Participants gained insights into recent advances in interventional cardiology, heart failure, structural interventions, arrhythmias, lipid management, and hypertension.
- **Renowned Faculty:** Esteemed national and international speakers brought clarity to emerging data, offering practical guidance for day-to-day cardiology practice.
- **Engaging Discussions:** Interactive sessions and panel debates encouraged in-depth discussion on translating ACC findings into real-world outcomes.
- **Exceptional Participation:** The event witnessed vibrant engagement, underscoring the enthusiasm for academic excellence and knowledge-sharing within the medical community.

DR. RASHMI MEHTA

President, IMA MW



DR. KIRTIKANT N. KHERGAMKAR

OBITUARY

We condole sad demise of our Senior Life Member,

DR. KIRTIKANT N. KHERGAMKAR

on 5th May 2025.

May God give strength to his family members to withstand this immense loss.

Dr. Rashmi Mehta

President

Dr. Madhubala Chinchalkar

Hon. Secretary

And Jointly with Office Bearers, Trustees & Members of Managing Committee



REPORT : BEST OF ACC, 2025 - MUMBAI ON 9TH AND 10TH MAY, 2025





WORLD ASTHMA DAY



REPORT : WORLD ASTHMA DAY

MA Mumbai West celebrated '**World Asthma Day**' with a house full and it was a rich academic event on the **Sunday, 11th May 2025**. The theme of GINA (Global Initiative for Asthma) was "**Make inhaled treatment accessible to all**". This event was graced by Dr. P. Shamsunder Tampi.

- Dr Avya Bansal started with Defining Asthma as Heterogeneous chronic airway inflammatory disease. It is characterised by wheeze, shortness of breath, chest tightness and cough. Varying with time and intensity. Asthma has a 42% global burden of death in India. Asthma is often undiagnosed. He added that GINA recommends diagnosing through Spirometry and PEF.
- Dr Jayalaxmi specified about diagnosing with History taking, symptoms, physical examination and Spirometry and PEF. He pointed out Associated features like Allergic Rhinitis, atopic dermatitis/eczema and family history of allergens along with Asthma.
- Dr Mehul Thakkar spoke about diagnosing Asthma, where he mentioned that overdiagnosis and underdiagnosis of asthma are very common. Respiratory symptoms are often nonspecific like multiple differential diagnosis for dyspnoea and cough. He pointed out that globally, most clinicians do not have (timely) access to (quality) spirometry. He advocated the use of PEF (Peak Expiratory Flow), though less reliable; if spirometry is not available. To summarize, the Lung function has both mechanical and gas exchange components. PFTs can qualify both.
- Dr Tampi spoke about treatment of stable asthma. Stable asthma refers to a state where individuals with Asthma are experiencing good control of their symptoms and have minimal or no exacerbations. This means they are able to maintain normal activity levels and their breathing difficulties are well managed with their prescribed treatment. Key characteristics of stable asthma are 1. Good symptom control 2. Limited use of rescue medications. They require Short Acting Beta Agonists (SABA) infrequently, typically no more than twice a week. 3. Stable lung Function. - Measured by Peak Expiratory Flow Rate. PEF or Forced Expiratory Volume in one second FEV1 is within normal limits.
- Dr Priti Meshram spoke of what not to do in an acute asthma attack. Her advice was - Do not delay in administering essential treatment bronchodilators SABA, ipratropium, the nebuliser/mdi with spacer and anti inflammatory therapy and steroids. Not to use beta blockers, NSAIDs, and sedatives that worsen conditions.
- Mrs Rutu spoke about diet in asthma. High protein diet. She cautioned all to Check for allergies. It is important to add Fibre Vit D, Omega 3 Fatty Acids, she said. According to her, foods to be avoided are Dairy, processed foods, allergens and excess salt.
- Imminent panelists in the panel discussion were - Dr Bhadresh Dedhia, Dr Manoj Bharucha, Dr Sanjay Bhatia, Dr Abhishek Nerurkar and Dr Kinjal Modi.
- Dr Abhishek Nerurkar spoke about NSAIDs, Pain killers will aggravate asthma so need to take care if operating.



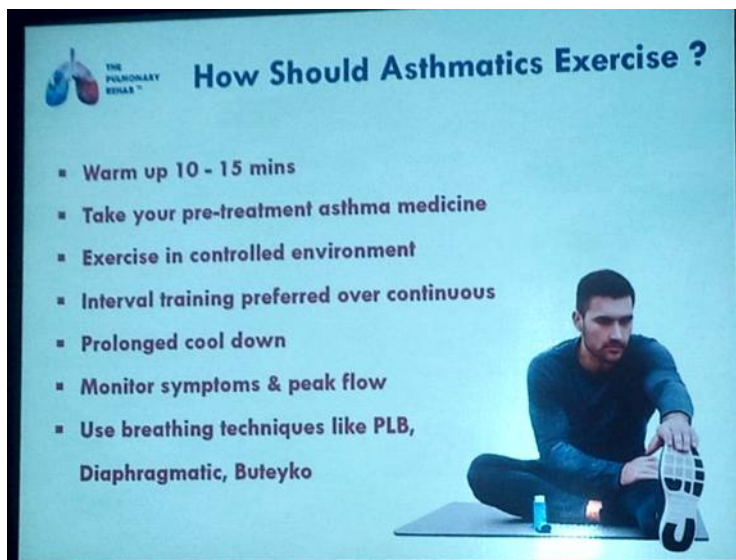


WORLD ASTHMA DAY





- Dr Bharesh Dedhia spoke about Silent chest which needs to be addressed immediately as it can lead to narcolepsy.
- Dr Bharucha spoke about coughs that need to be treated with drugs as it will increase the intra abdominal pressure and hernia operation will be difficult. Dr Kinjal Modi was the moderator of this panel discussion.
- Dr Sanjay Bhatia said Allergic Rhinitis needs to be controlled with steroids. AR and Asthma are IgE mediated allergies, triggered by similar allergens and have inter related inflammatory and pathophysiological mechanisms. Therefore Asthma, and AR should be treated and Handled as 'One clinical entity' in order to achieve optimal disease control.
- Dr Prashant Chhajed spoke about Allergic Rhinitis increases the risk of hospitalisation with bronchial asthma. Cysteinyl leukotrienes are potent bronchoconstrictors. Treatment options bronchodilators, antihistamines, intranasal corticosteroids, biological therapy, allergen therapy.
- Dr Snehil Mishra spoke about DVT and pulmonary embolism as well as Goals of DVT management. Her take away points were 1. Symptomatic DVT has a substantial negative impact on a patient's quality of life 2. Poor quality of anticoagulation (failure to maintain therapeutic levels with Vit K Antagonists) is a risk factor for early recurrence 3. Even after 10 years, the risk of VTE recurrence is not zero.
- Can asthmatics exercise? Ms. Mrinmayee Koltharkar explained about the exercises and asthma. and how it helps them.



(Program convenors - Dr Akil Contractor and Dr Kinjal Modi)

Compiled by.....

Dr. Renu Budhwani

Asst Director of Studies - IMA CGP

Dr. Madhubala Chinchalkar

Hon. Secretary





WORLD ASTHMA DAY



CONGRATULATIONS !

Our Heartiest Congratulations to
our **Past President,**
PROF. DR. KETAN K. MEHTA
has been selected as a
**Founder President of Maharashtra State
of Lipid Association of India (LAI).**



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

Dr. Rashmi Mehta
President

Dr. Madhubala Chinchalkar
Hon. Secretary



REPORT : WORLD HYPERTENSION DAY

IMA Mumbai West organized World Hypertension Day on Sunday, 18th May 2025

Theme :: Measure Your BP Accurately, Control It, Live Longer!

Sub-theme: Check Your Pressure Before It Checks You!

It was a high-impact medical conference featuring eight eminent speakers and a Comprehensive panel discussion on current and emerging strategies for hypertension management.

Scientific Session Highlights

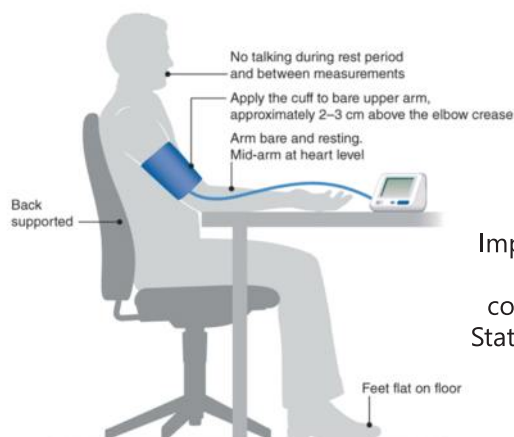
Dr. Manish Shetty

Topic: Hypertension - Epidemiology & Updated Guidelines

Dr. Shetty highlighted the concerning prevalence of hypertension in India, affecting approximately **24–30% of the urban population** and **14% of the rural population**. Alarming, while 81% of hypertensives receive some form of treatment, only **40% achieve adequate BP control**. A rising trend in hypertension among young adults was noted as a major public health concern.

He emphasized the importance of early detection to reduce long-term cardiovascular risk and organ damage. A key point was the recognition of **masked hypertension**, where clinic BP readings appear normal but ambulatory BP monitoring (ABPM) reveals elevated levels.

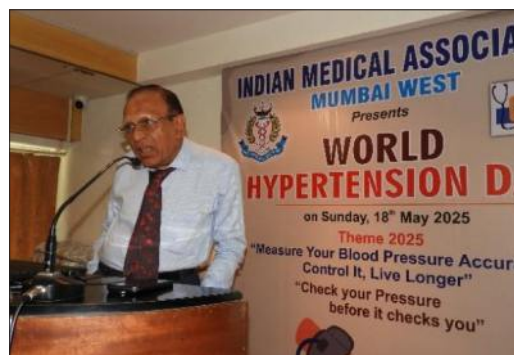
Step 1 Facility and equipment	<ul style="list-style-type: none"> • Quiet room with a comfortable temperature. • Clinically validated BP measurement device; an automated device measuring BP at the brachial artery is recommended. • A range of cuff sizes to fit a range of upper-arm circumferences.
Step 2 Personnel performing BP measurement	<ul style="list-style-type: none"> • Trained healthcare professional should perform the BP measurement. Annual re-training is recommended.
Step 3 Prepare the patient	<ul style="list-style-type: none"> • The patient should be provided with instructions to abstain from caffeine, alcohol, nicotine, and exercise for at least 30 minutes prior to the BP measurement. • Eliminate discomfort such as a full bladder. • Prior to the BP measurement, there should be a short rest period (3–5 minutes) without provocation (including talking, or being talked to in-person or on the phone).
Step 4 The measurement procedure [see figure below]	<ul style="list-style-type: none"> • The healthcare professional should explain the procedure, including the number of BP measurements to be obtained. • Use the arm with the higher SBP readings during an initial visit, unless a new medical condition (e.g., arm ischemia) has developed in the interim in that arm. • ≥ 2 measurements should be obtained at least 30 seconds apart; the values should be averaged and recorded.



Source: Kidney Disease:
Improving Global Outcomes (KDIGO)
Link: <http://kdigo.org/wp-content/uploads/2023/05/BP-Joint-Statement-Central-Figure-1-scaled.jpg>



WORLD HYPERTENSION DAY





Dr. Ramesh Dargad

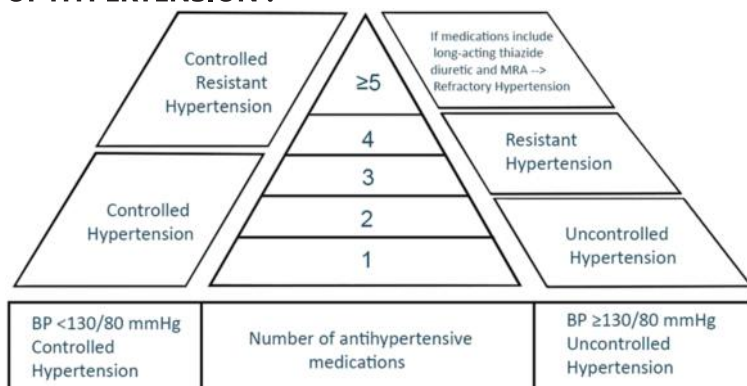
Topic : Newer Pharmacological Advances in Resistant Hypertension

Dr. Dargad discussed emerging therapies for difficult-to-control hypertension, including:

- **Zilbesiran** (200 mg SC): A novel RNAi therapeutic with BP-lowering effects lasting up to 6 months.
- **Lorundrostat, Aprocitentan, Aliskiren** and **Finerenone**: New agents under research or clinical use.

He also mentioned **renal denervation** as a potential intervention, currently undergoing controlled trials.

PHENOTYPES OF HYPERTENSION :



Common positioning problems can lead to inaccurate BP measurement

Patient has ...	Reading may be off by ... *
Crossed legs	2-8 mmHg
Cuff over clothing	5-50 mmHg
Cuff too small	2-10 mmHg
Full bladder	10 mmHg
Talking or active listening	10 mmHg
Unsupported arm	10 mmHg
Unsupported back/feet	6 mmHg

* These values are not cumulative

Source: <https://www.ama-assn.org/delivering-care/hypertension/how-get-most-accurate-blood-pressure-measurement>



WORLD HYPERTENSION DAY





Dr. Mahesh Shah

Topic : Future of Diagnosis and Therapy in Hypertension

Dr. Shah provided insights into future diagnostic modalities, particularly AI-powered, cuffless BP monitoring devices, which aim to revolutionize hypertension management. He encouraged clinicians to adapt to evolving technologies for improved patient care.

Dr. Sharad Sheth

Topic : Interplay Between Hypertension and Kidney Health

Dr. Seth elaborated on how uncontrolled hypertension accelerates chronic kidney disease (CKD) progression. Normally, 0.7 mL/min/1.73m² of GFR is lost per year due to aging, but in uncontrolled hypertension, the loss can exceed 10 mL annually. Once BP exceeds 160 mmHg, kidneys face hypoxia-induced damage, ultimately impairing glomerular function. India has a CKD prevalence of 16.8%, often undiagnosed until late stages.

Dr. Suresh Sawardekar

Topic: Importance of Ambulatory Blood Pressure Monitoring (ABPM)

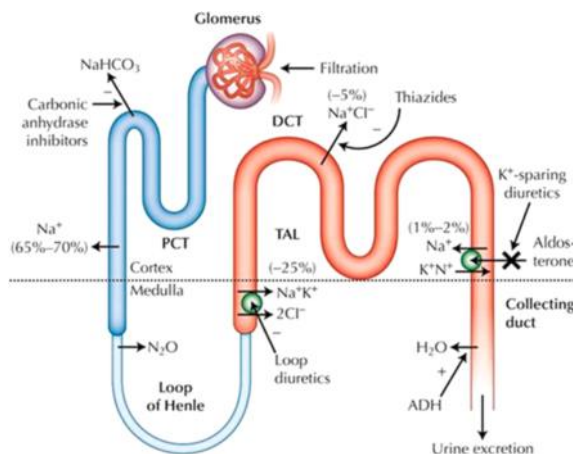
Dr. Sawardekar emphasized that nearly 30% of clinic-based hypertension diagnoses may be inaccurate, underscoring the need for 24-hour ABPM. He explained different BP dipping patterns: normal dipper, non-dipper, reverse dipper, and extreme dipper, which have varying prognostic implications.

Dr. Subhash Sonawala

Topic: Role of Diuretics in Hypertension Management

Dr. Sonawala reviewed the pharmacodynamics of thiazide, loop, and potassium-sparing diuretics. While effective, diuretics require careful monitoring for side effects such as electrolyte imbalances, hypokalemia, hyperuricemia, dehydration, and glucose intolerance.

Diuretics help lower blood pressure by reducing fluid volume. They are among the first-line treatments for hypertension.



Dr. Ashok Sirsat

Topic: Hypertension and Stroke Risk

Dr. Sirsat stressed that over two-thirds of stroke cases are directly linked to hypertension. He advocated for maintaining BP within 135/85 to 140/90 mmHg to prevent both hypoperfusion & hypertensive emergencies (e¹180/120 mmHg).

Emerging wearable devices like WHOOP bands offer continuous monitoring of BP, ECG, and pulse. He also explained the importance of MRI in differentiating ischemic vs. hemorrhagic stroke & discussed Posterior Reversible Encephalopathy Syndrome (PRES) as a unique neurological presentation.

Blood Pressure Therapy Comparison

	General Stroke/TIA	Lacunar Stroke
Indication	Sustained BP $\geq 140/90$ mmHg after initial days	Sustained BP $\geq 140/90$ mmHg after initial days
Target BP	140/90 mmHg	130 mmHg systolic





- **BP therapy indication:**

BP therapy is recommended for previously untreated patients with ischaemic stroke or TIA who, after the initial days, have a sustained BP of ≥ 140 mmHg systolic or ≥ 90 mmHg diastolic.

- **Target BP goals:**

While the specific goals for target BP should be individualized, it is generally considered reasonable to aim for a systolic BP of < 140 mmHg and a diastolic BP of < 90 mmHg.

- **Lacunar stroke considerations:**

For patients with a recent lacunar stroke, a more stringent target of systolic BP < 130 mmHg might be appropriate.

Dr. Venkat Nagarajan

Topic: Arrhythmias in Hypertensive Patients

Dr. Nagarajan, an electrophysiologist, shared that uncontrolled BP increases the risk of arrhythmias, including:

- **Supraventricular tachycardia (SVT)**
- **Atrial fibrillation**
- **Ventricular arrhythmias**
- **Bradyarrhythmias**
- **Nocturnal arrhythmias** seen in **obstructive sleep apnea (OSA)**

Such arrhythmias may contribute to **sudden cardiac death**, making early identification and management essential.

Panel Discussion

Moderator: Dr. Subhash Sonawala

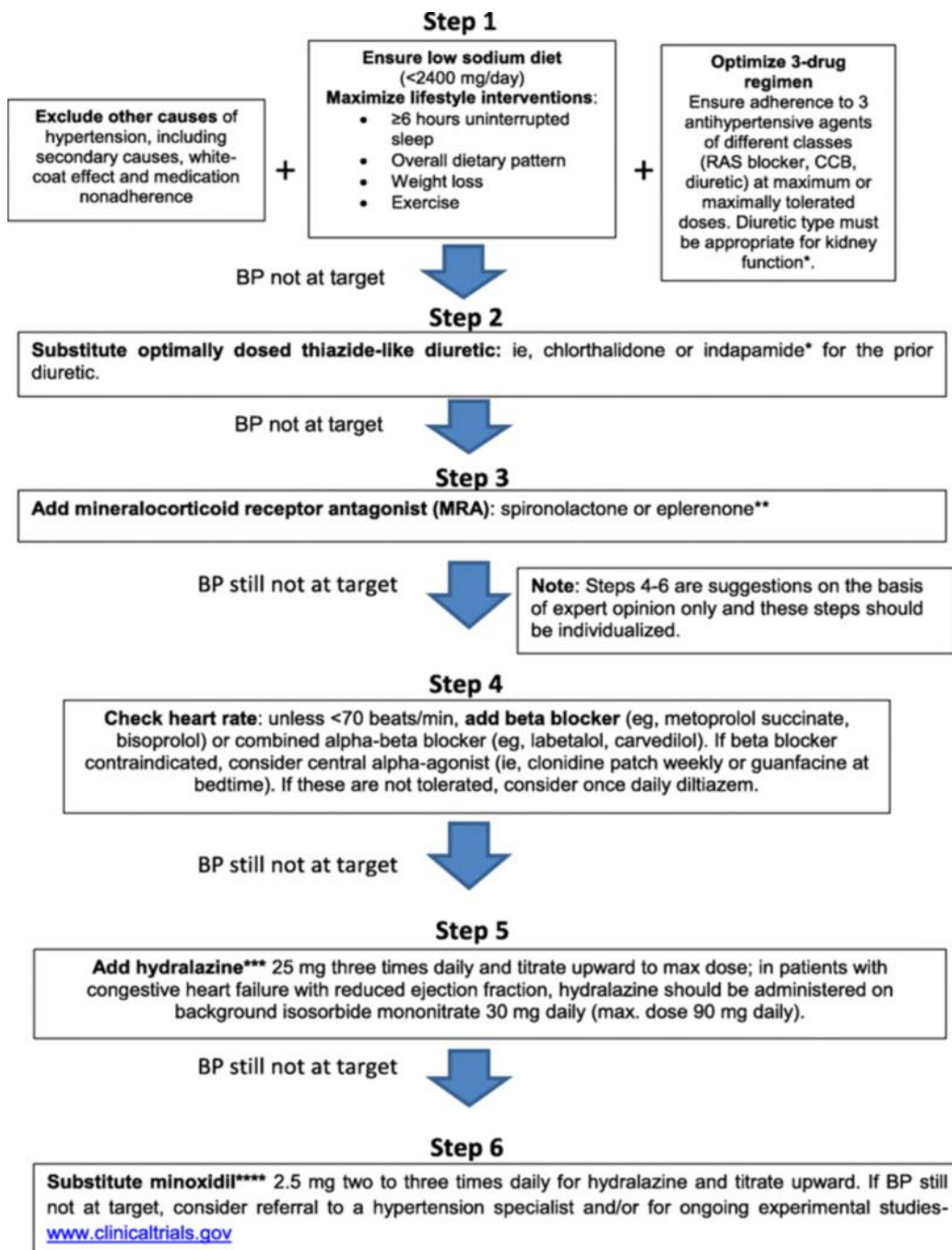
Topic: Resistant Hypertension – Diagnostic and Therapeutic Challenges

Resistant hypertension is defined as BP $> 140/90$ mmHg despite optimal doses of three antihypertensives, including a diuretic. Panelists recommended evaluating for **secondary causes** such as:

- Endocrine disorders
- Neurological abnormalities (e.g., intracranial masses)
- Renal disorders (e.g., CKD, renal artery stenosis)
- Psychological stress
- **Obstructive Sleep Apnea (OSA)**
- **Coarctation of the aorta**

Management of hypertensive crises includes **IV labetalol**, and in cases related to dialysis, **IV hydralazine**.





- * These diuretics maintain efficacy down to estimated glomerular filtrations rates of 30ml/min/1.73m²
- ** Use caution if eGFR < 30 mL/min/1.73m²
- *** Require concomitant use of a beta blocker and a diuretic
- **** Require the concomitant use of a beta blocker and a loop diuretic





Source: Resistant Hypertension Management: Comparison of the 2017 American and 2018 European High Blood Pressure Guidelines

Key Takeaways

1. Hypertension management must be personalized to patient risk profiles.
2. Differentiating low-risk vs. high-risk hypertensive individuals is critical.
3. Seasonal variation affects BP – marginal decrease in summer and rise in winter.
4. Alcohol temporarily lowers BP for 4 hours, followed by a rebound increase.
5. Carotid intima-media thickness (CIMT) is a non-invasive marker for cardiovascular risk.
6. Daily salt intake should be <5 grams.
7. Cilnidipine effectively lowers BP, heart rate, and proteinuria in Indian patients.
8. Current BP measurement techniques need modernization.
9. All pathophysiological pathways in hypertension are not fully exploited yet.
10. Premature birth is associated with reduced nephron numbers, increasing HT risk.
11. With 29.8% of the population affected, India is the Hypertension Capital of the World.
12. Chronic hypertension may lead to silent infarcts, contributing to vascular dementia.
13. Early screening and intervention can prevent or delay complications.

This event served as a robust platform to share cutting-edge developments and reinforce the urgent need for early diagnosis, comprehensive management, and continuous innovation in hypertension care.

Dr Pranita Bhatte Worlikar

Asst Secretary, CGP Sub Faculty, IMA Mumbai West

WELCOME NEW MEMBERS

Andheri : Dr. Narendra Bhikulal Rathi
Dr. Manisha Narendra Rathi

Bandra : Dr. Raj Gopal Menon

Goregaon : Dr. Rao Deepak Annaji

Malad : Dr. Shreya Pramod Shah

Vile Parle : Dr. Priyanka Sharad Vichare
Dr. Bhavya Kartikey Patwa

Dr. Rashmi Mehta

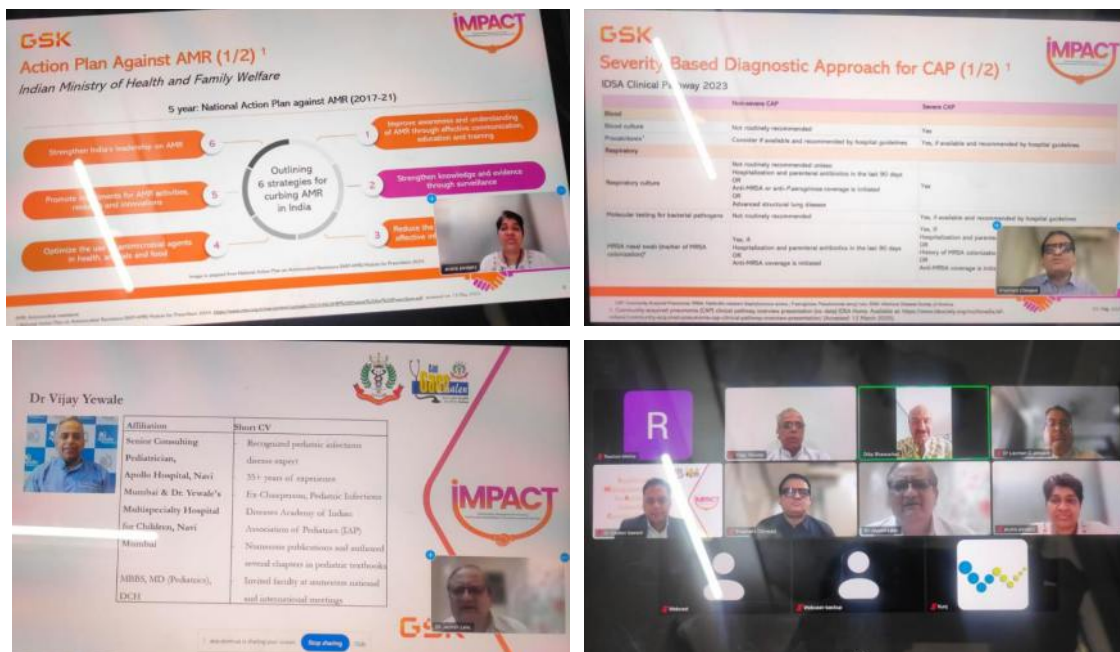
President

Dr. Madhubala Chinchalkar

Hon. Secretary



REPORT : IMPACTING MANAGEMENT OF COMMUNITY -ACQUIRED PNEUMONIA



‘Impacting Management Protocols for Anti Microbial Stewardship in Community Acquired infections’ - IMPACT - an IMA HQs program had its 1st Webinar on Sunday, 25th May - “Impacting Management of Community Acquired Pneumonia”.

The Program convenor was past HSG and Trustee IMA Mumbai West, Dr Jayesh Lele. National President, IMA HQs, Dr Dilip Bhanushali gave his blessings despite being in Spain. It was a very educative and informative session. There were talks by :

1. Dr Aruna Poojary, Microbiologist, who spoke on- Current trends on Antibiotic susceptibility in India;
2. Dr Prashant Chhajed, Chest Physician, who took us through Management practices of Adult Community Acquired Pneumonia;
3. Dr Vijay Yewale, Senior Paediatrician talked on Optimising management in Paediatric Community Acquired Pneumonia;
4. Dr Laxman Jessani, Infectious Diseases Specialist conducted a very interactive panel discussion on Antimicrobial Stewardship.

More than 4000 delegates from across India attended the session. IMA Mumbai West is grateful to IMA HQ & GSK for being given the opportunity to host this scientific program. MMC granted one accreditation point for this program.

DR. RASHMI MEHTA

President, IMA MW

REPORT : NURSES' DAY CELEBRATION

Cultural Sub Committee of IMA Mumbai West conducted the third edition of Nurses' training programme on 17th May 2025 International Nurses' day is celebrated on 12th May to co-memoratrate the birthday of Florence Nightingale This year Nurses' Day theme is "Our Nurses, Our Future caring for Nurses strengthens the economy."

Training programme started at 2:30 by a traditional Indian welcome drink- refreshing CHAAS. After welcome & introduction by president Dr Rashmi Mehta and Honarary Secretary Dr.Madhubala Chinchalkar, we started with the first speaker. President Dr Rashmi Mehta elaborated on common instruments used in ward. She described various instruments and their uses in details with demonstration. At the end of her talk, she urged the nurses to take care of their own health & regularly monitor blood Pressure.

This was followed by an excellent talk on Stoma care by a senior sister Mrs Sujata Karane from Tata Memorial Hospital. She explained the minute details of stoma care with demonstration with the help of mannequin.

Third talk was by Dr Snehal Muchhala, "Tips and Tricks of Vaccination". She deliberated upon paediatric as well as adult vaccination. She also offered flu vaccine at discounted rate for the nurses.

End of the training session was BCLS. Basic Cardiac Life Support. This was joint effort by Dr.Alpa Menta, Dr Madhubala Chinchalkar, & Dr Rohini Badwe Thanks to Borivali society of Anaesthesia.

We procured mannequins from BSA and Sun Pharma. Dr Alpa Mehta gave a talk on BCLS. Dr.Rohini, Dr Madhubala, and Dr Charu Apsangikar gave demonstration All the participants were given hands on training for cardiac massage They were also given information about ventilation technique & AED.

Dr Bhavna Patel proposed vote of thanks. All the nurses enjoyed the programme & requested for more such programs. I am thankful to Dr Reddy's Lab and Dr Snehal Muchhala for the sponsorship provided for this event. President Dr Rashmi Mehta and Honorary Secretary Dr.Madhubala Chinchalkar were of great help to make this programme successful. Thanks to Dr Shobha Ahuja, Dr Hansa Bheda, Dr Bhavika Hotchandani for all the help.

Last but not the least thanks to all the enthusiastic nurses who came all the way to attend this programme.

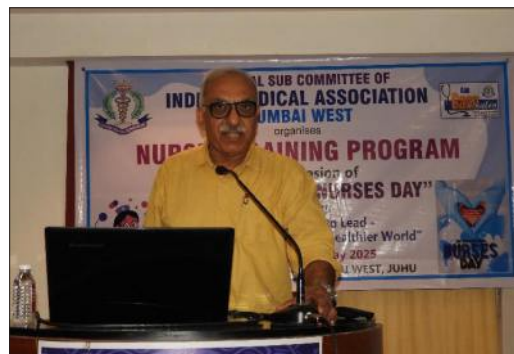
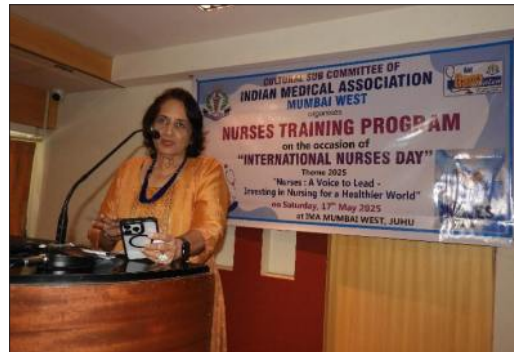
Long Live IMA !

DR. ROHINI BADWE

Chairperson, Cultural Sub Committee



NURSES' DAY CELEBRATION





NURSES' DAY CELEBRATION



IMPORTANT ANNOUNCEMENT

ELECTION FOR IMA - MAHARASHTRA STATE

Nominations are invited for the post of Vice President IMA Maharashtra State for the year 2025-2026 from IMA Mumbai West region. Interested candidates are required to submit the completed application form with all the required documents before 23rd June to IMA Mumbai West office at 05.00 pm.

Dr. Rashmi Mehta
President

Dr. Madhubala Chinchalkar
Hon. Secretary





World No Tobacco Day with Cancer Awareness on 31.05.2025

Managing Trustee IMA M W,
DR. SANJAY DUDHAT
(Senior Surgical Oncologist,) participated in



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invites you to Special Online Session

Training by



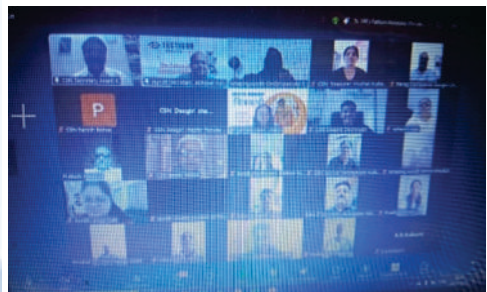
Dr Sanjay Dudhat

Oncosuregon

Khar hinduja and K L Raheja hospital .

Chief managana Trustee IMA MUMBAI WEST Juhu . Mumbai

Cancer Awareness, Prevention & Treatment
On the occasion of No Tobacco Day



"No Tobacco Day 31st May 2025"

Managing Trustee IMA M W,
Dr. Sanjay Dudhat
(Senior Surgical Oncologist,)

Participated in a Podcast on
"Cancer & Anti Tobacco Awareness"

He was in conversation with
Mr. Rohan Gaikwad
of the "The R G. Show".



INVITATION TO PARTICIPATE IN THE IMA AMR SMART HOSPITAL CERTIFICATION INITIATIVE

IMA HQs are excited to announce the second phase of the “IMA - Antimicrobial Resistance (AMR) SMART Hospital” Certification Initiative. This initiative is an integral part of our ongoing efforts to enhance healthcare standards across the country by fostering robust Antimicrobial Stewardship and Infection Prevention & Control practices.

The IMA AMR Smart Hospital initiative is designed to guide and support hospitals and nursing homes in implementing critical AMR interventions. Through dedicated mentoring and supportive supervision, participating institutions will be assisted in meeting the stringent standards required for certification. Upon successful implementation and a final review, the hospitals will be awarded the prestigious “IMA AMR Smart Hospital” certificate, signifying their commitment and compliance with essential health standards.

We invite all local branches of IMA to actively encourage your members to participate in this transformative project by circulating this Google form:

https://docs.google.com/forms/d/e/1FAIpQLSdZhlebTqWK7FJNfERv-Za-61_6ifTPHtWodnQk6GGvxQFWAA/viewform?usp=header

Engaging in this initiative will not only elevate the quality of healthcare provided but also position your branch as a leader in the National effort to combat antimicrobial resistance.

For any queries regarding the initiative, please feel free to contact:

1. Dr. Narendra Saini, Chairman, IMA Standing Committee for AMR at drnsaini@yahoo.co.in
2. Dr. Venkatesh Karthikeyan, Convenor, IMA Standing Committee for AMR at 4852012@gmail.com



BRIHANMUMBAI MUNICIPAL CORPORATION
PUBLIC HEALTH DEPARTMENT
HO/3916 /AHOS Dt 07.04.2025

Appeal to Private Practitioner / Hospital for Control of Malaria

To,

Dear Doctor,

City of Mumbai is at high risk for Vector Borne Diseases such as Malaria, Dengue and Chikungunya due to contributing factors like climate change, high population density, heavy and intermittent rains and poor health seeking behaviour. Government of India has declared target of Malaria Elimination by 2027. To achieve this target, it is very important to eliminate malarial parasite and follow test, treat and track strategy as well as vector control.

As you are aware that, infected mosquito bites healthy individual and transmission continue as Man-Mosquito-Man cycle. To break the cycle, it is very crucial to diagnose early and completely treat the patient and eliminate the parasite from human body and simultaneously work on Vector Control Measures.

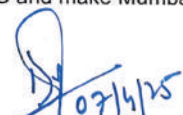
The BMC Public Health Department is putting tremendous efforts for control of vector and also to improve the access for early diagnosis and complete treatment for patients free of cost. Approx 50% of patients seek care in private sector, which requires attention and contribution from private practitioners to eliminate Malaria Parasite.

Malaria is a notifiable disease, as per the provisions of the Epidemic Diseases Act, 1897 (Act No. 3 of 1897). Please read National Strategic Plan (Link - <https://ncvbdc.mohfw.gov.in/Doc/National-Strategic-Plan-Malaria-2023-27.pdf>) for your reference (preferably Annexure: 6). As per National guidelines, Plasmodium Vivax malaria needs 14 days of Radical Treatment (RT) with Primaquine and for Plasmodium Falciparum 3 days of complete treatment with 1 day Radical Treatment (RT) with Primaquine. (Link - <https://ncvbdc.mohfw.gov.in/Doc/National-Drug-Policy-2013.pdf>)

It is observed that many private sector patients do not complete RT and chain of transmission continues. While reporting has improved; now it is time to ensure complete treatment for each and every patient in both Public and Private sector.

To ensure proper record keeping and treatment monitoring, all PMPs / Private Hospitals / Nursing Homes are requested to STAMP the patient's case paper as per attached format. This stamp will serve as a confirmation that the patient has received the appropriate treatment and has been counselled as per the prescribed standards.

By this communication, We hereby request all the Private Practitioner / Physicians / Private Hospitals to ensure strict adherence to guidelines and collaboration with local ward health authorities to help mitigate the risk of malaria outbreaks and join hands in the battle against Malaria with BMC and make Mumbai Malaria free.


Dr. Daksha Shah
Executive Health Officer





Stamp for Malaria Treatment:

Treatment for P. Vivax Malaria		Day	Rx
Rx <ul style="list-style-type: none"> Tab CHQ Tab Prima Follow up B.S. Slide on 14 day Instruction/सूचना/निर्देश <ul style="list-style-type: none"> Patient to complete 14 days treatment and mark (✓) per day रुग्गाने 14 दिवस उपचार पूर्ण करावेत व प्रत्येक दिवशी (✓) करावे. मरीजको 14 दिन का इलाज पूरा कर ना होगा और हर दिन (✓) करना है. At Night, Patient to sleep in mosquito bed nets for 14 days. रात्री रुग्गाने 14 दिवस मच्छरदाणीत झोपावे. रात को मरीजने 14 दिन तक मच्छरदानी में सोना है. 		1	
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Treatment for P. Falciparum Malaria		Day	Rx
Rx <ul style="list-style-type: none"> Tab Artesunate Tab Sulphadoxine Tab Pyramithamine Tab Primaquine Follow up B.S, Slide on 7, 14, 21 and 28 day Instruction/सूचना/निर्देश <ul style="list-style-type: none"> Patient to complete 3 days treatment and mark (✓) per day. रुग्गाने 3 दिवस उपचार पूर्ण करावेत व प्रत्येक दिवशी (✓) करावे. मरीज को 3 दिन का इलाज पूरा करना होगा और हर दिन (✓) करना है. At Night, Patient to sleep in mosquito bed nets for 3 days. रात्री रुग्गाने 3 दिवस मच्छरदाणीत झोपावे. रात को मरीजने 3 दिन तक मच्छरदानी में सोना है. 		1	
		2	
		3	

Treatment for Mix Malaria		Day	Rx
Rx <ul style="list-style-type: none"> Tab Artesunate Tab Sulphadoxine Tab Pyramithamine Tab Prima Follow up B.S. Slide on 14 day Instruction/सूचना/निर्देश <ul style="list-style-type: none"> Patient to complete 14 days treatment and mark (✓) per day रुग्गाने 14 दिवस उपचार पूर्ण करावेत व प्रत्येक दिवशी (✓) करावे. मरीजको 14 दिन का इलाज पूरा कर ना होगा और हर दिन (✓) करना है. At Night, Patient to sleep in mosquito bed nets for 14 days. रात्री रुग्गाने 14 दिवस मच्छरदाणीत झोपावे. रात को मरीजने 14 दिन तक मच्छरदानी में सोना है. 		1	
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INDIAN MEDICAL ASSOCIATION (HQs.)

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IMA/HSG/206/110

30-05-2025

To,
Shri Narendra Modi ji
Hon'ble Prime Minister of India
Government of India

Subject:- Mixopathy- IMA Policy Statement

Respected Sir,

Greetings from Indian Medical Association (HQs.)!

It is unfortunate that the Union Government seems to go ahead with its plans to unscientific mixing of systems of medicine. Reports indicate that the first integrative course mixing MBBS and BAMS would be started in the premier institution of JIPMER, Pondicherry.

IMA has pointed out several times that mixing of systems which are incompatible is an irreversible catastrophe. The life expectancy of an Indian has risen from mere 32 years in 1947 to 70.8 years in 2025. This has been possible because of eradication of diseases like smallpox and neonatal tetanus by vaccines and access to modern maternal and child health care. Role of antibiotics and other modern drugs in treating diseases like Tuberculosis, plague, cholera and Typhoid was a significant contributor. Advances in cancer care, advent of insulin and other drugs for Diabetes and Hypertension as well as huge strides in managing heart diseases and stroke have a significant role.

Not only China miserably failed in its experiment of mixing modern medicine and Chinese Traditional medicine this also resulted in decimation of their traditional medicine. In any case China is not India's role model in Health Care. We have a robust chain of Hospitals and Public Health services. With 779 medical colleges and 136325 MBBS doctors per year India has the largest number of medical colleges. In southern states the Doctor Population ratio has plummeted to below 1:500. Apart from any thing else India is the frontier of medicine today. Infrastructure and expertise exists to undertake any medical intervention at a fraction of the cost than elsewhere. Indian doctors are the backbone of medical services in several western countries.

IMA fails to see any compelling reason or logic in the ill advised Government move. IMA firmly believes that this misadventure will set back Health Care by a century. There are reasons to believe that this would be catastrophic to Ayurveda as well. Having failed to convince the Government IMA has no option but to take the people into confidence. IMA appeals to the nation to resist this indiscretion for the Health of future generations. IMA appeals to qualified Ayurvedic physicians to defend their system. IMA respects all systems of medicine for their historic legacy. Let it be the choice of the patient to choose the system. Mixopathy takes away the right of the patient to chose care of his/her choice. Let all systems retain their pristine purity. Refrain from producing hybrid doctors who will be only qualified quacks.

IMA demands that the Government withdraw this regressive proposal in the interest of the Health of the People.

Thanking you,

Yours sincerely,

Dr. Dilip Bhanushali
National President, IMA

Dr. Sarbari Dutta
Honorary Secretary General, IMA





Indian Medical Association HQs



Dr. Anil J. Nayak
President Elect.



Dr. R.V. Asokan
Imm Past President



Dr. Dilip Bhanushali
National President



Dr. Ketan Desai
Chief Patron,
Past President
IMA, WMA & MCI



Dr. Sarbari Dutta
Hony Secretary General



Dr. Piyush Jain
Hony Finance Secretary



SAY NO TO MIXOPATHY



**IMA Junior
Doctors
Network**



**IMA Medical
Students
Network**

IMA OPPOSES UNION GOVERNEMENT'S PLAN

*to unscientific mixing of the Modern System of
Medicine with BAMS*

We urge the government to withdraw the decision that allows Cross-Pathy.
Let each medical system flourish independently guided by its own qualified experts

JOIN THE MOVEMENT

✗ Say NO to MIXOPATHY

✓ Say YES to Qualified Care





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Chief Patron,
Past President
IMA, WMA & MCI



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Oncology Update

A joint initiative by

M | O | C

Cancer Care &
Research Centre



INDIAN MEDICAL ASSOCIATION
MUMBAI WEST

Highlights of Conference

Renowned national faculties

Interactive sessions

Nuts & bolts of oncology care for family physicians

Quiz and surprise gifts

Program Directors

Dr. Ashish Joshi
MD, DM
Medical Oncologist

Dr. Kshitij Joshi
MD, DM, DNB, ECMO
Medical Oncologist

Dr. Nitin Bayas
DNB, DNB
Medical Oncologist

Dr. Arnav H. Tongaonkar
MD, DM, ECMO, MRCP
Medical Oncologist

Dr. Rashmi Mehta
President
IMA Mumbai West

Dr. Madhubala Chinchalkar
Hon. Secretary
IMA Mumbai West

Registration is free but mandatory.

MMC credit points will be available.

Charges apply for MMC credit hours.

8th
June
2025 **Sunday**

08:00 am Onwards

Hotel Ginger
Near Domestic
Airport, Vile Parle

RSVP : 70454 52656 (10:30 am to 5:30 pm)



Oncology Update

8th June 2025, Hotel Ginger, Near Domestic Airport, Vile Parle

Scientific Program

08:30 – 09:15	Breakfast & Registration
09:15 – 09:20	Welcome Address & Lamp Lighting – Dr. Rashmi Mehta
09:30–10:15	Catch it before it Catches on: The Science of Cancer Prevention & Screening
	Moderator : Dr. Nitin Bayas Panelists : Dr. Vishnu Agarwal, Dr. Navneet Desai, Dr. Jagruti Ghosh, Dr. Anil Pal, Dr. Ajay Godse, Dr. Aditi Agrawal, Dr. Caroline Simon, Dr. Ronak Ajmera, Followed by Quiz (3 prizes)
10:15–11:00	Organ Preservation in Oncology: Case-Based Insights
	Moderator : Dr. Kshitij Joshi Panelists : Dr. Nikhil Dharmadhikari, Dr. Ajay Kolse, Dr. Dale Rodrigues, Dr. Pranav Chadha, Dr. Maitreyee Parulekar Dr. Praveen Kammar, Dr. Niharika Garach Followed by Quiz (3 prizes)
11:00–11:30	Tea Break
11:30–12:15	Personalized Cancer Care: Next Generation Tumor Boards
	Moderator : Dr. Arnav H. Tongaonkar Panelists : Dr. Kaustav Talapatra, Dr. Sanah Merchant, Dr. Aditya Punamiya, Dr. Arya Shah, Dr. Ashish Shah Followed by Quiz (3 prizes)
12:15–13:00	Connecting the dots : Newer concepts in Cancer diagnosis
	Moderator : Dr. Ashish Joshi Panelists : Dr. Anil Ballani, Dr. Devidas Vadgaonkar, Dr. Rajeev Punjabi, Dr. Mitesh Gala, Dr. Lalita Maydeo, Dr. Manjiri Kawde Followed by Quiz (3 prizes)
13:00–13:05	Closing Remarks : Dr. Ashish Joshi Followed by Lunch





MINUTES OF THE ANNUAL ELECTION MEETING HELD ON SUNDAY, 9TH MARCH 2025

Since there was no quorum at 2 pm, the meeting was adjourned for half an hour and was held at the end of half an hour at 2.30 pm at IMA Building, J. R. Mhatre Marg, JVPD Scheme, Juhu, Mumbai - 400 049.

Following members attended the meeting :

Dr. Shobha Ahuja, Dr Rashmi Mehta, Dr. Ajay Hariani, Dr. Sanjay Dudhat, Dr. Rashmikant Sanghvi, Dr. S L. Shah, Dr. S M Badwe, dr. Rohini Badwe, Dr. S K Joshi, Dr. H I Desai, Dr. Renu Budhwani, Dr. Hasa Bheda, Dr. Manoj Patel, Dr. Bhavna Patel, Dr. Madhubala Chinchalkar, Dr. Pranita Bhatte-Worlikar, Dr. Arvind Yadav, Dr. Nitin Mehta, Dr. Hansa Mehta, Dr. Sushila Jain, Dr. B S Mehta, Dr. Abhilasha Patnekar, Dr. Shalin Soni, Dr. Jagdip Upadhyaya, Dr. Jayesh Lele & Dr. Akil Contractor.

Hon. Secretary, Dr. Rashmi Mehta informed the house that since the President and Vice President had taken LOA, a chair person had to be appointed to preside over the meeting. She recommended the name of IPP Dr Shobha Ahuja to chair the AGM. The house concurred unanimously and Dr Shobha Ahuja IPP chaired the meeting.

Dr Shobha Ahuja welcomed everyone and asked Hon. Secretary Dr Rashmi Mehta to proceed as per agenda. Dr. Rashmi Mehta read the notice of the meeting and proceeded as per agenda as follows:

Agenda 1: Condolence.

Hon. Secretary, Dr. Rashmi Mehta informed the house about the sad demise of following members during the year.

1. **Dr. Bipin Kamdar from Santacruz (West) on 31st March 2024;**
2. **Dr. Pankaj K Mehta from Vile Parle (West) on 11th May 2024;**
3. **Dr. Kauser Sikander Deshmukh from Santacruz (West) on 16th May 2024;**
4. **Dr. Kalidas Narayandutt Dave from Borivali (West) May 2024;**
5. **Dr. Mahendra Rasiklal Shah from Santacruz (West) on 17nd May 2024;**
6. **Dr. Sanjay Panchal from Andheri (East) on 2nd July 2024;**
7. **Dr. Ashok D B Vaidya from Khar (West) on 8th July 2024;**
8. **Dr. Narsing B. Kumta from Malad (West) on 23rd September 2024;**
9. **Dr. Harikesh G. Bush from Kandivali (West) on 24th September 2024;**
10. **Dr. Hemangi Jerajani from Andheri (East) on 21st September 2024;**
11. **Dr. Pawan Sureka from Borivali (West) on 5th November 2024;**
12. **Dr. Dilip Nabar from Goregaon (West) on 24th November 2024;**
13. **Dr. Suresh D. Mehtalia from Dadar (East) on 11th December 2024;**





14. **Dr. Ashok G. Manjrekar** from **Vile Parle (East)** on **12th December 2024**;
15. **Dr. Kamlesh Bet** from **Malad (West)** on **3rd January 2025**;
16. **Dr. Rahul Mishra** from **Santacruz (West)** on **6th January 2025**.

One minute of silence was observed by the house for departed souls.

Agenda 2: To read & confirm the minutes of

- a) **Annual General Body Meeting held on Sunday, 10.03.2024.**
- b) **Additional General Body Meeting held on Thursday, 15.08.2024.**
- c) **Special General Body Meeting held on Sunday, 25.08.2024.**

a) Annual General Body Meeting held on Sunday, 10.03.2024.

Minutes of AGM on 10.03.2024 were passed unanimously.

Proposed by: Dr Akil Contractor Seconded by : Dr Rashmikanth Sanghavi

b) An Additional General Body Meeting held on Sunday, 15.08.2024.

Minutes of AGM on 15.08.2024 were passed unanimously.

Proposed by: Dr B S Mehta Seconded by : Dr Hansa Bheda

c) Special General Body Meeting held on Sunday, 25.08.2024

Minutes of AGM on 25.08.2024 were passed unanimously.

Proposed by: Dr Renu Budhwani Seconded by : Dr S K Joshi

Agenda 3: To consider business arising out of the minutes.

1. Hon. Secretary, Dr Rashmi Mehta informed that it was informed last year that a criminal lawyer was employed for the Hong Kong criminal case matter. The matter has proceeded further. The opposite party has approached us for negotiations and two joint meetings and talks have been conducted so far for an out of court settlement.
2. Last year, a sanction of ₹ 5 lakhs had been sought to contribute towards IMA HQs Building Redevelopment Fund. Dr Shobha Ahuja asked Dr Lele to elaborate on the matter. She said that ₹ 1000 per member was expected, and since we had more than 4500 members, we are to pay in parts. Dr Lele informed the house that the building work has started and he recommended that we contribute ₹ 5 lakhs this year also. It was approved by the house.
3. An additional sanction of ₹ 50 lakhs for IMA Mumbai West building work had been sought and sanctioned in the last general body meeting. Dr Rashmi Mehta informed the house that the cost of repairs this year had been approximately ₹ 49 to 50 lakhs and most of the work was complete, barring some minor repair work. Dr Akil Contractor said that the work had been completed within the given budget.

Agenda 4: To declare the results of the election.

Dr Rashmi Mehta read out the names of the 24 unopposed managing committee





members. She informed the House that we need to fill the vacancy for managing committee member from Borivli, and we had received an email from our member. Dr Nimesh Mehta, offering his services as a managing committee member from Borivli. It was proposed, accepted and included in the list. She enumerated the names of other office bearers, CGP and AMS teams. The list of representatives on the State Executive Committee of Maharashtra State was also read out.

RESULT ELECTION - 2025

OFFICE BEARERS	MANAGING COMMITTEE MEMBERS
PRESIDENT:- DR. MEHTA RASHMIELECTED UNCONTESTED VICE PRESIDENT:- DR. PAL VIKRAMELECTED UNCONTESTED HON. SECRETARY:- DR. CHINCHALKAR MADHUBALAELECTED UNCONTESTED HON. TREASURER:- DR. HARIANI AJAY ELECTED UNCONTESTED HON. JOINT SECRETARY:- DR. PATEL BHAVNA ELECTED UNCONTESTED	BANDRA :- DR. GIDWANI ANITA ELECTED UNCONTESTED KHAR :- DR. AHUJA SHOBHA ELECTED UNCONTESTED DR. CHOPRA RASHMI ELECTED UNCONTESTED SANTACRUZ :- DR. GAJRIA SUBASH ELECTED UNCONTESTED DR. KOTHARI ASHOK ELECTED UNCONTESTED DR. SONAWALA SUBHASH ELECTED UNCONTESTED VILE PARLE :- DR. BHEDA HANSA ELECTED UNCONTESTED DR. JOSHI S. K. ELECTED UNCONTESTED DR. MASHRU USHMA ELECTED UNCONTESTED DR. MEHTA ANUSHREE ELECTED UNCONTESTED ANDHERI :- DR. AGARWAL NITIN ELECTED UNCONTESTED DR. CHOPRA JAGMOHAN ELECTED UNCONTESTED DR. JAIN SUSHILA ELECTED UNCONTESTED DR. MEHTA BAKULESH S. ELECTED UNCONTESTED DR. SHAH BIMAL N. ELECTED UNCONTESTED JOGESHWARI :- DR. VAID ZUBIN ELECTED UNCONTESTED GOREGAON :- DR. JOSHI-GOKHALAY SONALIELECTED UNCONTESTED DR. SONI SHALINELECTED UNCONTESTED MALAD :- DR. MANIAR HEMALELECTED UNCONTESTED DR. PATNEKAR ABHILASHAELECTED UNCONTESTED DR. SANGHVI RASHMIKANTELECTED UNCONTESTED KANDIVLI :- DR. KHARKAR RAJENDRA D.ELECTED UNCONTESTED DR. MUCHHALA SNEHALELECTED UNCONTESTED BORIVLI :- DR. MEHTA NIMESHELECTED UNCONTESTED DAHISAR :- DR. UPADHYAYA JAGDIPELECTED UNCONTESTED
IMA - C.G.P. MUMBAI WEST BRANCH SUB FACULTY ASST. DIRECTOR OF STUDIES DR. BUDHWANI RENU ELECTED UNCONTESTED ASST. SECRETARY DR. BHATTE-WORLIKAR PRANITA ... ELECTED UNCONTESTED	
IMA A.M.S. MUMBAI WEST BRANCH CHAPTER CHAIRMAN DR. MODI KINJAL ELECTED UNCONTESTED ASST. SECRETARY DR. HOTCHANDANI BHAVIKA ELECTED UNCONTESTED	





- **FOR THE POST OF REPRESENTATIVE ON STATE EXECUTIVE (MAHARASHTRA)
(44 POSTS) : (ONE POST IS RESERVED FOR THE HON. SECRETARY OF OUR BRANCH)**

1. **DR. CHINCHALKAR MADHUBALAHon. Secretary**
2. **DR. AGRAWAL NITIN**
3. **DR. AHUJA SHOBHA**
4. **DR. BADWE ROHINI**
5. **DR. BADWE SHRIKANT**
6. **DR. BHATTE-WORLIKAR PRANITA**
7. **DR. BHEDA HANSA**
8. **DR. BUDHWANI RENU**
9. **DR. CHINCHALKAR BHAGWATIPRASAD CHINTAMANI**
10. **DR. CHOPRA JAGMOHAN**
11. **DR. CHOPRA RASHMI**
12. **DR. CONTRACTOR AKIL**
13. **DR. CONTRACTOR RAZIA**
14. **DR. DUDHAT SANJAY**
15. **DR. GAJRIA SUBASH**
16. **DR. GANDHI KAMLESH**
17. **DR. GHONGANE ARVIND**
18. **DR. GIDWANI ANITA**
19. **DR. GUPTA SANJAY**
20. **DR. HARIANI AJAY RATILAL**
21. **DR. HOTCHANDANI BHAVIKA**
22. **DR. INAMDAR B. M.**
23. **DR. JAIN SUSHILA**
24. **DR. JOSHI S. K.**
25. **DR. JOSHI SONALI**
26. **DR. KOTHARI ASHOK**
27. **DR. LELE JAYESH**
28. **DR. MANIAR HEMAL D.**
29. **DR. MASHRU USHMA**
30. **DR. MEHTA ANUSHREE**
31. **DR. MEHTA BAKULESH S.**
32. **DR. MEHTA KETAN K**
33. **DR. MEHTA RASHMI**
34. **DR. MODI KINJAL**
35. **DR. MUCHHALA SNEHAL**
36. **DR. PAL VIKRAM**
37. **DR. PATEL BHAVNA**





38. DR. PATEL MANOJ
39. DR. SANGHVI RASHMIKANT
40. DR. SHAH BIMAL NARENDRA
41. DR. SONAWALA SUBHASH D.
42. DR. SONI SHALIN KIRITKUMAR
43. DR. SUCHAK ANIL
44. DR. THORAVADE PRATIBHA
45. DR. UPADHYAYA J. R.

Agenda 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.

Hon. Secretary, Dr. Rashmi Mehta read out a synopsis of the annual report.

- We have done major programs with IMA HQs and have followed IMA HQ Directives for conducting various activities:
 - We started with a major HQ program at our branch on 21st April, with a live relay to 5 centres across India - at IMA Lucknow, Gwalior, Hyderabad, Vijayawada & Vadodara. The Chief Guest was HSG IMA HQ, Dr AnilKumar Nayak. We had a Walkathon, free vitamin B12 testing, scientific talks and a vitamin B enriched breakfast and lunch.
 - Violence against doctors is a major issue and the heinous rape murder of the resident doctor at R.G. Kar Medical College, Kolkata put IMA HQ in agitation mode. There was a call for a nationwide strike on 17th - 18th August and we also participated in it as well as conducted a protest.
 - Another program conducted with HQ was the Headache algorithm CME.
 - AMR pledge was taken by IMA Mumbai West members on 23rd June along with panel discussion on anti microbial resistance.
 - It is a matter of great pride that as part of Doctors Day celebrations on 1st July 2024, all the three speakers at HQs were from IMA Mumbai West branch.
 - We will be hosting the IMA HQs OB and State Presidents & Secretaries meeting on 22nd / 23rd March.
- With IMA Maharashtra State, not only have we followed their directives but we even hosted the 2nd State Executive of Maharashtra State on 11th August, 2024. We





are actively campaigning for the MMC Elections as part of IMA Maharashtra State united panel.

- We have celebrated World Days such as World Asthma Day, World Hypertension Day, World Heart Day, World Mental Health Day, International Nurses Day, International Women's Day, World Kidney Day and even had a special oration on World AIDS Day.
- We have conducted many Scientific programs based on particular themes such as ENTcon, Oncology Update, Orthopaedic update, Vit. D update, GI update, Gynaec update, Haemato oncology update, Breast update etc.
- Doctors' day and Teachers' day celebrations at our branch have been conducted with felicitation of eminent Doctors and Medical Teachers. Doctor's Day celebration was done on 30th June, where we felicitated four eminent doctors. Young IMA seminar was also organised on the same day to encourage young and upcoming IMA members by giving them a platform for a presentation.

Teachers Day celebrations were conducted on 1st September, where we felicitated four eminent teachers of medical colleges from Mumbai.

- We conducted our flagship Medical Scholarships and Textbooks donation program in the august presence of National President, IMA HQs Dr RV Asokan Sir on 29th September. 1st MBBS textbooks were given on 30th November on Day 1 of our Annual Scientific Conference.
- As part of our Public Welfare initiatives, we have continued our visits under the Aao Gaon Chalen project to village Borgaon Khurd near Karjat. This year, on the occasion of World No Tobacco Day, our own Managing Committee members made a short video to create public awareness about saying 'No to tobacco'. Our other public welfare initiatives include conducting health checkup camps for school children in urban set up in various schools of Mumbai. We also had a self-defence training programme for girls on 26th March.
- A major blood donation drive was conducted on 14th August, where we collected 266 bags of blood.
- We have continued to participate and contribute towards the Dhyeya Purti Puraskar for differently abled children.
- Educational talks under the Mission Pink Health scheme for preteen girls as well as





conducted COLS (Compression Only Life Support) training programs for various hospitals and establishments have continued this year too.

- We have supported IMA Maharashtra State Medical Students Network (MSN) in a major way this year by hosting them for various activities such as paper and poster presentation competition on 14th May, 2024; workshop on AI and Medicine on 3rd September, 2024; Workshop on Interventional Radiology on 7th December, 2024. We also hosted them for a blood donation drive at our premises on 19th October, 2024.
- Members' Welfare activities included talks on Monsoon illnesses awareness in collaboration with BMC and a meeting with Maharashtra Pollution Control Board officials. Influenza vaccine was made available at discounted rates and administered to our members. For the third consecutive year, our members participated in the walk to Siddhivinayak temple along with other associations.
- Our members also participated in the 'Training cum hands on workshop for experts in misconduct/appeal cases' that was organised by MMC in collaboration with NMC on 13th April, 2024.
- We have provided a plethora of complimentary tests to our members this year. Starting with vitamin D testing, we have given our members free vitamin B12 test, Liver Fibroscan, Pulmonary function tests, BMD and other blood tests.
- A Medicolegal awareness lecture was also arranged on the topic of "Consumer protection act and its relevance to the medical fraternity" on 7th May.
- Independence Day was celebrated with patriotic fervour on 15th August.
- Cultural programs included our traditional Diwali Pahaat morning as well as Sankranti and Yoga Day celebrations.
- International Nurses Day was a very successful program with more than 100 nurses and paramedical staff attending the training program on 11th May.
- We had interesting inputs for participants in the form of crossword puzzles during Nurses's day and World Hypertension day programs.
- Our Annual Scientific Conference this year had many firsts to its credit and was a mega event . Conducted over three days, the last day had parallel sessions, running



in 2 lecture halls. Spanning over three days, there were a total of 38 lectures, two panel discussions, and an oration.

- A major milestone this year was the completion of building repair and renovation work. The refurbished building is the cynosure of all eyes and we have had an increase in our hall bookings gradually.
- As per guidelines from IMA HQs and IMA MS, Mumbai West branch has been in the forefront even in the political activity. We circulated the Health manifesto of IMA HQs to candidates contesting for Lok Sabha elections (Adv. Ujwal Nikam on 8th May). The Arogya Jahirnama of IMA Maharashtra State was given to candidates of assembly elections of Maharashtra (Mr Sanjay Potnis, Mr Varun Sardesai & Mr Ameet Satam).
- Members get regular news and updates about the branch achievements and activities by regular communication through SMS and our monthly magazine E image.
- Accolades have come in the form of awards at the state and national levels of IMA. Our members have attained fellowships of IMA AMS. The blessings and hard work of all are responsible for these achievements.
- We have diligently fulfilled all our administrative duties, held General body and special meetings as per requirements and conducted elections as mandated.
- We are grateful to all the members of our branch, our managing committee members, chairpersons of various committees, office bearers, trustees and seniors for their guidance and unflinching support that helped us execute our duties in a smooth and orderly fashion. Our office staff needs to be lauded for their exemplary work too.

She informed the house that all the reports are published in the March issue of Medical E image. The annual report was adopted unanimously by the House.

Agenda 6: To consider the resolutions sent by the Members / Managing Committee and to discuss various amendments proposed by Managing Committee / Member.

Hon. Secretary, Dr. Rashmi Mehta informed the house that she would like to take certain matters in the next agenda i.e. agenda 7.



Agenda 7: Any other business with the permission of the Chair.

1. Letter had been received from the family of late Dr Surabhai C. Sheth about the missing of his name from the building after renovation. The matter was discussed in the office bearers and managing committee meeting, and it was decided to make new plaques commemorating his invaluable contribution towards obtaining the land on lease on which the IMA Mumbai West building stands as well as arranging for some funds for construction of the building. The house approved that the plaques ought to be put up.
2. Dr Rashmi Mehta informed the house that at present discounted scheme for membership of IMA HQ was going on. The HFC rates were going to increase by 15% from 1st April. It was left to the general body to decide whether a corresponding increase of our branch share should be done. Opinions were given by Dr S. K. Joshi, Dr Rashmikant Sanghvi, Dr Jayesh Lele, Dr Akil Contractor, Dr Sanjay Dudhat, Dr Manoj Patel, Dr Rohini Badwe, Dr Hansa Bheda. Dr Lele said that twice in the past, we have not increased our branch share. Any increase in the branch share goes to the corpus, and we may not need an increase at present. It was concluded that IMA Mumbai West branch share shall not increase for the next one term of three years corresponding to HQ share increase in HFC.
3. Dr Rashmikant Sanghvi raised a query about the emergency kit. Dr Rashmi Mehta informed the house that apart from Ambu Bag, everything was there. A quotation had been received for defibrillator batteries and pads, and had been approved.. The order would be placed shortly. Dr Lele said that these are emergency equipments and should be purchased at the earliest.. The cost of purchasing the equipment was approved by the members.
4. There was a discussion about the IMA HQ Office Bearers and State Presidents and Secretaries meeting that was to be hosted by IMA Mumbai West branch on 22nd and 23rd March. Dr Shobha Ahuja said that this opportunity was not given to everybody, and it was an honour to be able to host the meeting. Dr Lele further elaborated that certain preparations had been done and the National President, HSG and National President elect would all stay back for our Annual day celebrations and installation of the new managing committee. Dr Rashmi Mehta said that we had hosted a similar meeting in the year 2016, where the entire meeting was at Hotel Karl Residency. This time, the meeting would be entirely at our branch, including the Finance committee meeting and only accommodation would be done at Hotel Karl Residency. An amount of Rs 8 lakhs was sanctioned for expenses towards the meeting.
5. Dr Akil Contractor said that after the Annual conference, Thursday CME activities





had practically stopped. He said that we should plan and continue weekly CME activities. He also said that this year annual fees should be charged. Dr Rashmikant Sanghvi said that we should change our policies for arranging sponsorships. Dr Manoj Patel said that we should reduce the Sponsorship amounts.

6. Dr. Rashmi Mehta informed about the MMC elections that would be held on 3rd April. She requested all to canvass for the entire IMA Maharashtra state panel where our own President, Dr Ketan Mehta was a contestant. With inputs from Dr Lele, strategies were discussed about telephonically contacting all IMA and non-IMA members registered with MMC, sending them emails and flyers on WhatsApp, arranging for CME and transport on the day of the election. Dr Lele said that the last two times, the entire Maharashtra state panel had got elected and this time also, we must make sure that all nine contestants of IMA MS win with a thumping majority.

Dr Lele further said that in April, we should again send emails to all the non-IMA MMC members from Bandra to the Dahisar asking them to become members and informing them that IMA Mumbai West has not increased its branch share despite Headquarters increasing the same.

7. Dr Lele proposed the name of Dr Sanjay Dudhat as managing trustee for the year 2025 - 2026. Dr Inamdar had already consented and Dr. Akil Contractor and Dr Manoj Patel also consented Dr Sanjay Dudhat was congratulated on being the managing trustee for the year 2025 - 2026.
8. Dr Lele said that our website was not secure and hence its link did not open on certain phones and laptops. He suggested to employ an IT person for a secure website. An additional amount would need to be paid, but the website would be secure. Dr Hariani was asked to help out in this. This was approved by the General Body.
9. Dr Shobha Ahuja thanked the entire team - from President, Dr Ketan Mehta and Secretary, Dr Rashmi Mehta onwards to each and every member of the managing committee, a special thanks to Dr Akil Contractor, Managing Trustee and trustee Dr Jayesh Lele. Felicitation of the outgoing team was done.

The meeting ended with vote of thanks to the chair.

Rashmi Mehta

DR. RASHMI MEHTA

Hon. Secretary
2024 – 2025





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