



March 2026

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MEDICAL e IMAGE

OF IMA MUMBAI WEST

President : DR. RASHMI MEHTA

Hon. Secretary : DR. MADHUBALA CHINCHALKAR

INTERNATIONAL WOMEN'S DAY
SUNDAY, 8TH MARCH 2026

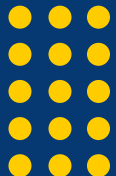


President : DR. RASHMI MEHTA Hon. S

WORLD KIDNEY DAY
SUNDAY, 15TH MARCH 2026



ANNUAL DAY CELEBRATIONS
SUNDAY, 22ND MARCH 2026





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
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		Clinic	Mobile	Email
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Dr. Ahuja Shobha	2649 8917	9821025863	Dr. Mashru Ushma	2610 2877	9821872677
Dr. Badwe Rohini	4976 5528	7045356470	Dr. Mehta Anushree	2447 4403	9820147636
Dr. Bheda Hansa	-	9819090035	Dr. Mehta B. S.	2683 2766	9820131926
Dr. Chopra Jagmohan	-	9769060898	Dr. Mehta Nimesh	2895 5555	9820013035
Dr. Chopra Rashmi	-	9820197376	Dr. Mehta Nitin	-	9869114987
Dr. Gajria Subash	2628 6194	9869005889	Dr. Muchhala Snehal	-	7043533673
Dr. Gidwani Anita	2643 2208	9820125585	Dr. Parmar Girish	-	9820718088
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Dr. Jain Sushila	-	9820027039	Dr. Sanghvi Rashmikant	2809 1510	9820048036
Dr. Joshi Sonali	-	9867986624	Dr. Shah Bimal	2683 5205	9821083857
Dr. Joshi S. K.	2670 1418	9920576506	Dr. Sonawala Subhash	-	9821041280
Dr. Kharkar Rajendra D	-	9821420956	Dr. Soni Shalin	2867 2232	9820471214
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			Dr. Vaid Zubin	-	9821231939

MUMBAI - WEST SUB FACULTY OF IMA - CGP

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MUMBAI - WEST CHAPTER OF IMA - AMS

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BOARD OF TRUSTEES

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From the President's Pen...

Dear Friends,

This is a note of Thanks giving, my gratitude for all the work and service that I have been able to offer to IMA Mumbai West and thereby to IMA Maharashtra State and IMA Headquarters, not only in the last one year but in the last 3 years collectively. I begin by thanking the Almighty for the strength, wisdom and grace bestowed upon me, enabling me to serve with purpose and dedication.

I am humbled and grateful for the immense support, advice & guidance that I have received from each and every one.

The experienced words of wisdom and counsel of the stalwarts of our branch has been phenomenal - Trustees Dr. Jayesh Lele and Dr. Akil Contractor have stood behind all my decisions and have encouraged me to give my best. Managing Trustee Dr. Sanjay Dudhat has endorsed my work and been a friend indeed. Trustees Dr. Manoj Patel and Dr. Balkrishna Inamdar have always motivated me to navigate with clarity and purpose.

My office bearers - Hon. Secretary Dr. Madhubala Chinchalkar has been a silent executor of the all the planned branch activities. Treasurer Dr. Ajay Hariani, Joint Secretary Dr. Bhavna Patel and Vice President Dr. Vikram Pal have inspired and emboldened me to move from strength to strength and program to program with the conviction that things are possible with them around.



My 2 Presidents during my terms as Hon. Secretary, IPP Dr. Ketan Mehta & Dr. Shobha Ahuja - they are the ones who have molded me, covered up my mistakes and given me full co-operation to enable me to accomplish my duties with ease. Dr. Rashmikant Sanghvi and Dr. Rohini Badwe have been strong pillars of strength for me. Dr. Razia Contractor mam, thanks for bringing me to the managing committee.

I salute my scientific team and managing committee for their commitment, teamwork and wisdom that have been instrumental in achieving goals and milestones in this tenure. Each initiative and program has been possible because of their collective efforts and selfless service. There are so many who have aided me - help and encouragement has come from so many, even outside the Managing Committee, that thanks is not enough, I am truly blessed.

I am deeply indebted and grateful to each and every member of this branch, every voice that has guided me and every heart that has believed in me.

I place on record my appreciation for our efficient office staff, whose quiet diligence and hard work behind the scenes ensured



that every activity was carried out smoothly and seamlessly.

A Medical Association is the conscience of the profession - it reminds us why we choose medicine in the first place. It is truly an honour and privilege for getting the opportunity to serve in the interests of one's own fraternity. I am grateful that I have been able to do so not only for the branch but for IMA Maharashtra State & HQ also.

On a personal note, I wish to express my heartfelt gratitude to my family. Their patience, understanding and unwavering support have been my silent strength. The journey would not have been possible without them. My friends from school, college & medical college have been most understanding when I have missed out on meetings and reunions.

But above all, the wind beneath my wings is my husband, Sanjay Mehta. Without him, I would not have been able to do even half of what I have done.

I humbly seek forgiveness from all for any hurt, misdemeanour or grievance caused by my words or action.

It has been a matter of great honour and privilege for me to serve this esteemed association. I remain deeply thankful for the confidence reposed in me and for the opportunity to contribute in whatever small measure to its growth and service to the fraternity. This is my last message for the year but rest assured that I shall work silently for the association. I thank all of you for your cooperation, goodwill and continued support. Together, may we continue to work with unity, purpose and dedication for the greater good of our profession and society.

Jai Hind

Long live IMA

DR. RASHMI MEHTA
President, IMA MW

IMPORTANT ANNOUNCEMENT

Indian Medical Association - Headquarters has planned to start the HPV Vaccination phase wherein eligible individuals from the family of IMA members can be vaccinated.

Serum Institute Pune are going to give the Cervavac vaccine at a discounted price. Please send a list of individuals from your family members who would like to use this golden opportunity to get the HPV vaccination done. Once the list is compiled and sent to IMA HQs we will get the vaccine at our branch.

We will designate some days in a week or month for a special HPV Vaccination drive and administer vaccine on those days.

Kindly send the names, age, contact number, email id of eligible family members who are desirous of availing this facility on 7045452656 or email on imamumbaiwest@gmail.com by March, 10th 2026.



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 TUESDAY & THURSDAY at 2.30 p.m. Sharp.

DATE	Topic	Speaker
05.03.2026	MEDICINE UPDATE	
	Newer Options in Managing some Chronic Skin Diseases	Dr. R. D. Kharkar
	An Approach to Evaluation of Abdominal Pain	Dr. Mohan Joshi
	Potassium RAASi, and the Heart : Keeping Life Saving therapies on Track	Dr. Sameer Pagad
12.03.2026	GI MOTILITY UPDATE	
	GERD and Recent use of Prokinetics	Dr. Rahul Shah
	Management of Diabetic Gastroparesis	Dr. Akshaya Shetty
	Panel Discussion : GI Motility Moderator : Dr. Shobana Bhatia	
17.03.2026	MEDICINE UPDATE	
	Thyroid Cancer - Advances, Answers and Hope	Dr. Devendra Chaukar
	India Imperative Growth Story - Succession Planning & Will Writing	Mr. Nikhil Mudbhatkal Mr. Nirav Vajani
	Infertility	Dr. Dharam Jatin Shah
	Finerenone : A Disease modifying Therapy for Heart and Kidney Protection	Dr. Anup Chaudhary
19.03.2026	HOLIDAY ON THE OCCASION OF "GUDI PADWA"	
26.03.2026	DIET AND NUTRITION UPDATE	
	Evidence for the Most Healthful Diet	Dr. Anuja Pethe
	All about Proteins	Dr. Sharang Wartikar
	Tackling Obesity: Diet vs Drugs	Dr. Sharmein Barmare
	Gut Health: What to feed our Microbiota	Dr. Sanjeev Khanna

- **WORKING LUNCH WILL BE SERVED FROM 01.00 TO 02.00 PM BEFORE EACH CME**
 - ▶ 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 Chairman
IMA - Mumbai West AMS Branch Chapter

DR. BHAVIKA HOTCHANDANI Hon. Secretary

DR. RENU BUDHWANI Asst. Director of Studies

PRANITA BHATTE WORLIKAR Asst. Secretary
IMA - Mumbai West C.G.P. Sub Faculty



From Hon. Secretary's Desk...

Dear friends,

As I pen down my final words as the secretary of the Indian Medical Association Mumbai West Branch, my heart is filled with immense gratitude for what I have learnt. I have tried to do my best and hope that I have done useful work in my tenure as a Secretary for the branch. I thank all the seniors and stalwarts of the branch for their support.

We continued our very educative and informative CMEs this month too. **'From Clinic to care 2026'** Multispeciality insights for primary care physicians was appreciated by all.

We are thank almighty, to be able to continue the noble endeavour of our biannual, Aao gaon Chalen visit to Village Borgaon Khurd, Khalapur Taluka, District Raigad on 15th February 2026. Health check up for children from the 65 nearby schools of the area including Eye & Dental Check up was conducted. It was indeed a satisfying experience!

IMA JDN National zonal west zone conclave 'YOUTH 2026' was hosted at IMA Mumbai West branch on 19th February. IMA MW always guides and supports our JDN and MSN students and we guided them through this conclave that was superbly executed by our young doctors. IMA HQs National President, HSG blessed this conclave. We had a galaxy of dignitaries gracing our branch. IMA MW is honoured to have hosted this educative entrepreneurial & administrative event.

Our Annual General Body Meeting will take place on Sunday, 15th March along with **'World Kidney Day program'**.

We are honoured to be hosting an important IMA HQ meeting in March IMA HQs, National President, HSG, State President & Secretaries



with IMA HQs office bearer's meeting will be held on 21st & 22nd March. It is our pleasure that so many dignitaries from the HQs and all the States will grace our branch at the same time, some of who will be present for our annual day celebration also.

The most important upcoming event is the Maharashtra Medical Council (MMC) elections scheduled on 26th April 2026. IMA Maharashtra State Pannel is contesting these elections unitedly.

Let us elect all the 9 Candidates of IMA MS to the MMC. Due to IMA representation, there will be a positive change in the functioning of Maharashtra Medical Council (MMC). Please vote in large numbers for your own IMA MS Pannel for their win with a great majority to protect the interests of our profession.

IMA is not just an organization. It's a family, a movement, a legacy and I am honoured to have been a part of it.

I sign of here with gratitude towards every one, President Dr. Rashmi Mehta, Trustee & Past HSG Dr. Jayesh Lele, Dr. Akil Contractor, all the trustees office bearers & Committee Members.

A big thank you to the office staff.

Long Live IMA

Jay Hind

DR. MADHUBALA CHINCHALKAR
Hon. Secretary, IMA MW

NOTICE

Notice is hereby given that Annual Election Meeting of the Indian Medical Association - Mumbai West will be held on Sunday, 15.03.2026 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) President,
 - (b) One Vice President,
 - (c) One Hon. Secretary,
 - (d) One Hon. Treasurer,
 - (e) One Hon. Joint Secretary,
 - (f) One Asst. Director of Studies IMA - CGP Branch Sub Faculty,
 - (g) One Asst. Secretary of IMA - CGP Branch Sub Faculty,
 - (h) One Chairman of IMA - AMS Branch Chapter,
 - (i) One Hon. Secretary of IMA - AMS Branch Chapter,
 - (j) Twenty-Five Members of Managing Committee,
 - (k) 44 Branch Representatives on Maharashtra State Executive Committee, (One post is reserved for the Hon. Secretary of our branch.)
 - (l) 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. Madhubala Chinchalkar

Hon. Secretary

ELECTION - 2026	
● LAST DATE FOR RECEIVING THE NOMINATION FORMS	WEDNESDAY, 04.03.2026 (UPTO 2.30 P.M.)
● SCRUTINY OF NOMINATIONS	WEDNESDAY, 04.03.2026 (AT 3.00 P.M.)
● LAST DATE FOR WITHDRAWAL OF NOMINATIONS	SATURDAY, 07.03.2026 (UPTO 3.00 P.M.)
● DATE OF ELECTION	SUNDAY, 15.03.2026 (9.00 A.M. TO 1.00 P.M.)
● Elections, if any will be by Computerized/Physical VOTING.	
THE BALLOT BOXES WILL REMAIN OPEN UPTO 1.00 P.M.	
IMA I-Card or Govt. Recognized Photo Identity Card Mandatory.	



21.01.2026

NOTICE

Notice is hereby given that Annual General Body Meeting (Business Meeting) of the Indian Medical Association - Mumbai West will be held on Sunday, 15.03.2026 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) Condolences.
- 2) To read and confirm the minutes of
 - a) Annual General Body Meeting held on Sunday, 09.03.2025.
 - b) Additional General Body Meeting held on Friday, 15.08.2025.
 - c) Special General Body Meeting held on Sunday, 17.08.2025.
- 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. Madhubala Chinchalkar

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.





INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

In association with

DocMode Health Technologies

have organised

Webinar : "MANAGING RECURRENT UTI"

Day & Date : **FRIDAY, 6TH MARCH 2026.**

Time : 02.45 am onwards.

PROGRAM

02:45 - 02:50 pm	Opening remarks	
02:50 - 03:10 pm	Introduction and context setting	
03:10 - 04:00 pm	Managing Recurrent UTI in Men : Beyond Empirical Therapy	Dr. S. K. Pal
04:00 - 04:15 pm	Common Questions, Expert's Solution	Dr. S. K. Pal
04:15 - 05:05 pm	Vaginitis - From Cause to Cure	Dr. Ameya Purandare
05:05 - 05:20 pm	Common Questions, Expert's Solution	Dr. Ameya Purandare
05:20 - 05:30 pm	Vote of thanks and closing remarks	

❖ Accreditation by **MAHARASHTRA MEDICAL COUNCIL (MMC)** has been applied for.

❖ **REGISTRATION & MMC POINT : FREE FOR ALL IMA MEMBERS**

Link for Reg :

<https://www.cmeworld.org/aristo-fosfo-essential-series-5/>

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with

MUMBAI KIDNEY FOUNDATION & KIDNEY ASSOCIATES PVT. LTD.

presents **"MANAGING KIDNEY DISEASES IN 2026"**

on the occasion of **"WORLD KIDNEY DAY"**

Day & Date : **SUNDAY, 15TH MARCH 2026**
 Time : 08.30 am onwards.
 Venue : **IMA HALL, I.M.A. Building, J. R. Mhatre Marg,**
 Near PVR Cinema, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.



PROGRAM

DATE	Topic	Speaker
08.30-09.15 am	Registration and Breakfast	
09.15-09.30 am	Inauguration and Introduction	
09.30-10.05 am	Panel Discussion : Hypertension Dialogues Moderator : Dr. Keyur Dave	Dr. Umesh Khanna / Dr. Ketan K. Mehta / Dr. Siddharth Sheth / Dr. Zubin Vaid
10.05-10.40 am	Panel Discussion : Treatment of CKD Symptoms by Family Physicians Moderator : Dr. Neil Saldanha	Dr. Aakash Shingada / Dr. Nikita Pawar / Dr. Rahul Shah
10.40-11.15 am	Panel Discussion : Medical Management of Urological Illnesses Moderator : Dr. Aakash Shingada	Dr. Abhishek Mukesh Shah / Dr. Varun Gunwanthe/Dr. Virendra Chauhan / Dr. Neil Saldanha
11.15-11.50 am	Panel Discussion : Diabetic Kidney Disease is Curable In 2026!!! Moderator : Dr. Umesh Khanna	Dr. Girish Parmar / Dr. Abhishek Bhargava / Dr. Keyur Dave / Virendra Chauhan
11.50-12.10 pm	Panel Discussion : Optimizing CKD & Heart Failure Management with Hyperkalemia - Newer Drugs (Moderator : Dr. Keyur Dave)	Dr. Abdul Ansari / Dr. Abhishek Wadkar / Dr. Nikita Pawar / Dr. Neil Saldhanha
12.10-12.45 pm	Panel Discussion : Use of GLP1 Beyond Diabetes & Weight Loss Moderator : Dr. Umesh Khanna	Dr. Rajiv Kovil / Dr. Alisha Chaubal / Dr. Aakash Shingada / Dr. Abhishek Bhargava
12.45-01.05 pm	Panel Discussion : Transplant Medicine for Family Physicians Moderator : Dr. Aakash Shingada	Dr. Gaurav Chugbal / Dr. Mukesh Shah / Dr. Shrikant Badwe / Dr. Neil Sadhanha
01.05-01.20 pm	Panel Discussion : Vaccination in CKD Moderator : Dr. Nikita Pawar	Dr. Salil Bendre / Dr. Anuj Tiwari/ Dr. Virendra Chauhan
1.20 pm onwards	Vote of Thanks / Lucky Draw / Lunch	

- ❖ **REGISTRATION CHARGES :** •IMA Members: **FREE**, but a must. • Eligible Non Member: **Rs. 500/-**
- ❖ MMC ACCREDITATION HAS BEEN APPLIED FOR 1 point.
- ❖ 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: SMS FOR MOBILE NO.: 7045452656 (TIME FROM 11.00 AM - 05.00 PM)

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary

DR. UMESH KHANNA
Program Convener

All are cordially invited with family and friends
for our

ANNUAL DAY CELEBRATIONS

on

SUNDAY, 22ND MARCH 2026

FROM 6.00 P.M. ONWARDS

at

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

PROGRAM

- **INSTALLATION OF TRUSTEES, OFFICE BEARERS AND NEW MANAGING COMMITTEE (2026 - 2027).**
- **DINNER - 9.00 P.M. ONWARDS.**

Chief Guest

DR. ANILKUMAR J NAYAK

National President - IMA HQs

Guest of Honour

DR. SARBARI DUTTA

Hony. Secretary General - IMA HQs

REGISTRATION CHARGES

**IMA Members & Spouse: Nil, but Strictly Compulsory.
Per Guest : 100/- including 18% GST.**

❖ **KINDLY REGISTER EARLY TO AVOID DISAPPOINTMENT**

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

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary



INDIAN MEDICAL ASSOCIATION MUMBAI

with

PROCTER & GAMBLE HEALTH LIMITED

have jointly organised CME

“ROLE OF MICRO-NUTRIENTS IN RECOVERY”

Day & Date : **SUNDAY, 22ND MARCH 2026**

Time : 03.30 pm onwards.

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

PROGRAM

Time	Topic	Speaker
03.30 - 04.00 pm	REGISTRATION & TEA	
04.00 - 04.05 pm	Welcome	President, Dr. Rashmi Mehta
04.05 - 04.35 pm	Synergistic Role of B Vitamins with Amino Acids Enhancing Antibiotics Efficacy	Dr. Vinay Parvatkar
04.35 - 05.05 pm	Micronutrients Mantra for Pediatric Growth and Development	Dr. Jagruti Sanghvi
05.05 - 05.30 pm	Panel Discussion : Recovery	Moderator : Dr. Sonali Gokhalay
05.30 pm onwards	Vote of Thanks & High Tea	

PROGRAM CONVENOR : DR. JAYESH LELE

REGISTRATION & MMC CREDIT POINT CHARGES : FREE FOR IMA MEMBERS

SMS FOR REGISTRATION : (M) 7045452656

DR. RASHMI MEHTA

President, IMA MW

DR. MADHUBALA CHINCHALKAR

Hon. Secretary, IMA MW



**REPORT : FROM CLINIC TO CARE 2026
MULTI-SPECIALITY INSIGHTS FOR PRIMARY CARE PHYSICIANS**



AMS Branch Chapter and CGP Sub Faculty of IMA Mumbai West had organised **CME.... FROM CLINIC TO CARE 2026 Multi-Speciality Insights for Primary Care Physicians** on **Sunday, 1st Feb. 2026**. It had total of Eight talks by Eminent Doctors.

- It was initiated by Dr Salil Bendre on the topic Small Airway Asthma and Eosinophils. He made the audience aware that small airway asthma exists in nearly 91% asthmatics. Apart from Spirometry it is necessary to do CT scan of lung, FENO and Oscillometry test to diagnose the same. He also explained investigations, diagnosis and treatment of Eosinophilic Pneumonia.
- Next Dr Anuj Tiwari gave delegates insights into practical aspects of Geriatric care. It's better to start preparing for your life post 60'sin your 30's itself. Post 65 years it is important to consume 1.2 g protein per kg body weight and exercise daily especially resistance training to prevent Sarcopenia. Important to note that in advance Geriatric age group patient attains Homeostenosis that is organs stop compensating for each other.
- Next was Dr Muzammil Shaikh who explained role of Antibody Drug Conjugates





FROM CLINIC TO CARE 2026 MULTI-SPECIALITY INSIGHTS FOR PRIMARY CARE PHYSICIANS





FROM CLINIC TO CARE 2026 MULTI-SPECIALITY INSIGHTS FOR PRIMARY CARE PHYSICIANS





(ADC) in Cancer treatment. It works by targeting tumor and activating immune cells. Advantages are Enhanced efficacy and improved Survival rates.

- It's an expensive therapy with cost running into lakhs. Later, Dr Deepti Badwe spoke about 'Insomnia & OSA: Diagnosis, management and primary care. Treatment is by giving oral drugs or use of CPAP. She emphasized the importance of sleeping for 7 hours at a stretch at night.
- Thereafter Dr Hemant Tongaokar gave an informative talk on 'Ovarian Cancer'. He elaborated about investigations, precise identification and mapping of disease before Cytoreductive Surgery followed by Chemotherapy. Results depend upon how much is left behind & not how much is removed.
- This was followed by talk on ' Sleep Apnea' by Dr Saurabh Mandilwar. He explained various conditions like Apnea, Hypopnea, RERA, AHI, RDI& of course OSA. Syndrome Z is Metabolic Syndrome with OSA with higher risk of CVS and Cerebrovascular disease. Use of CPAP reduces the risk factors.
- Dr. Ankur Phatarpekar provided a practical guide on importance of lowering LDL at an earlier stage. LAI has target value of less than 50 mg/ dl LDL for Indian Genotype. Use of Statins, Bempedoic, Ezetimibe, Inj Inclisaran (taken every six months) can decrease LDL by nearly 60%.
- Last talk of the day was by Dr Prahlad Prabhudesai who explained in detail the use of CPAP and Bipap in the treatment of OSA.
- In Central Apnea due to Cardiac failure.. CPAP is very useful. Propagating use of CPAP will reduce community expenses towards CVS diseases, Cerebrovascular disease, Hypertension and even Diabetes mellitus. He suggested sleep studies should be made free.
- Fixed pressure PAP remains Gold Standard once optimal pressure is established. Therapy must be individualized as per patient's comfort to improve adherence.
- ALL in ALL...it was a very informative CME well appreciated by the Delegates!

DR PRANITA BHATTE WORLIKAR

Asst Secretary CGP IMA Mumbai West





REPORT : WORLD CANCER DAY

World Cancer Day is observed every year on 4th February. This year's theme is **'United by Unique'**.



1. Indian Medical Association - Mumbai West actively observed **'World Cancer Day'** for creating **Cancer Awareness**. Senior Onco Surgeon, **Dr. Hemant Tongaonkar** associated with Nanavati Max Super Specialty Hospital delivered a very informative talk on **"Ovarian Cancer"**. He elaborated about investigations, precise identification and treatment.



Dr. Muzammil Shaikh, Medical Oncologist, gave a detailed overview of **'Antibody Drug Conjugates'** in **Cancer treatment**.

Cancer awareness strategies and methods were discussed during this CME on **1st February**. 125 members of IMA Mumbai West participated.



2. **Dr. Sanjay Dudhat**, Senior Onco Surgeon, S L Raheja Hospital conducted a **Face Book Live session** on **Cancer Awareness** on **'World Cancer Day'**. He spoke about prevention, early detection treatment, enhancing patient quality life after treatment.

He explained the important Role of Diet, Nutrition, Exercise, Yoga and Meditation in our Life style in Prevention & Treatment of Cancer.

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary





REPORT : AAO GAON CHALEN



IMA Mumbai West conducted its biannual Aao Gaon Chalen visit on **Sunday, 15th February 2026** at Village Borgaon Khurd, Khalapur taluka. Health checkup of around 400 school children from surrounding tribal areas was done. Dental and Eye checkup was also done in required cases.

The following IMA MW members participated :

- 1) Dr Akil Contractor
- 2) Dr Rashmi Mehta
- 3) Dr. Madhubala Chinchalkar
- 4) Dr Razia Contractor
- 5) Dr Subash Gajria
- 6) Dr Renu Budhwani
- 7) Dr Hansa Bheda
- 8) Dr S K Joshi
- 9) Dr K B Joshi
- 10) Dr Hemant Raul
- 11) Dr B C Chinchalkar
- 12) Dr Indira Ghai.

Dr. Priyanka From BMC Khotwadi Dispensary. We were helped by Sandeep Bhadwalkar, our office staff & Raju Sawant, Dr. Akil C staff.

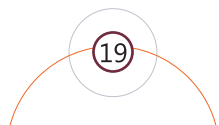
The Dentists and Optometrists were arranged by the efforts of Mr. Satish Kazi and others of Hari Aum Trust. Most of the cases were of URTI, some cases of SKIN, GI Infection, Muscle Pains.

We are thankful to Mr Ashok Vithlani and Amantran caterers for the excellent breakfast and lunch. Dry lunch boxes were distributed to 3252 students of 65 schools of the neighbouring areas. General Healthcare talk was given to the teachers of the schools. Information about HPV vaccination benefits was also conveyed.

It was a very satisfying experience and we are grateful to be able to continue this activity over the last 17 years.

DR. SUBASH GAJRIA

Chairperson, Public Health & Welfare Community Sub Committee





REPORT : AAO GAON CHALEN





REPORT : AAO GAON CHALEN





ACHIEVEMENTS



DR. SANJAY DUDHAT, Managing Trustee of IMA Mumbai West was the proud recipient of **Wagdhara Navratna Sanman Award** at the hands of Bhagat Singh Koshiyari, Past Governor, Maharashtra State. Only 9 people from 9 States were given awards. Dr Dudhat was the only one from Maharashtra to receive the award.



DR. AGAM C VORA of IMA Mumbai West being Felicitated at Deoghar by Dr. D Tiwari, National Vice President and Dr Gaurishankar, Secretary IMA Deoghar Branch.



Our Life member, **DR. SHILPA AMBEGAONKAR**, won a **Consolation Prize** in Drawing Competition of **IMA MS Cultural Committee - Kaladarpan Mahotsav 2026**.



Our senior life member **DR. PRAKASH AMBHORE** won prizes for Photography and Singing **Competitions of IMA MS, Cultural Committee – Kaladarpan Mahotsav 2026**

Heartly Congratulations to all. We are proud of you ! keep it up !

DR. RASHMI MEHTA
President

DR. MADHUBALA CHINCHALKAR
Hon. Secretary





REPORT : IMA JDN NATIONAL ZONAL WEST ZONE CONCLAVE YOUTHCON 2026



YOUTHCON 2026

IMA JDN National Zonal West Zone conclave YOUTHCON 2026 was hosted at IMA Mumbai West branch on 19th February 2026 on the auspicious occasion of Chhatrapati Shivaji Maharaj Jayanti. IMA Mumbai West always guides and supports our JDN and MSN students and we guided them through this conclave that was superbly executed by our young doctors.

The Chief Guest of the program was Dr. Anilkumar J Nayak, National President IMA HQ. In his inaugural address, he emphasized on making IMA stronger as well as self-health care. He made a call to action for all to collect funds for IMA HQ Building.

The Guest of Honour was Hony. Secretary General, IMA HQ Dr. Sarbari Dutta madam.

We had a galaxy of dignitaries gracing our branch

Honorary Finance Secretary IMA - Dr. Piyush Jain, National Joint Secretary IMA - Dr. Vasant Lunge, National Chairman IMA MSN - Dr. Shivkumar Utture, IPP IMA Maharashtra - Dr. Santosh Kadam, Hon. Secretary IMA Maharashtra State - Dr. Vikrant Desai, National Chairman IMA JDN - Dr. Sreejith N Kumar, State Chairman IMA JDN - Dr. Rajesh Dere & State Chairman IMA MSN - Dr. Ravindra Kute.

The JDN team excelled themselves; they had arranged various CME lectures, workshops on ECG, Surgical Skills, Orthopaedics. There were poster and paper presentations, Medical Quiz and the day ended with a Cultural program with performances by the students themselves. About 275 students participated.

IMA Mumbai West is honoured to have hosted this educative, entrepreneurial and administrative event.

A big thanks to Dr. Indranil Deshmukh, National Secretary IMA JDN, Dr. Tithi Banerjee, State Convenor IMA JDN & Dr. Kanhaiya Kumar, State Secretary IMA JDN for overseeing this fantastic conclave.

Special thanks to Dr. Jayesh Lele Sir for guiding through the nitty gritty of organising it.

DR. RASHMI MEHTA

President



INDIAN MEDICAL ASSOCIATION MUMBAI WEST BRANCH

ANNUAL REPORT : 2025 - 2026

A YEAR OF ACHIEVEMENTS

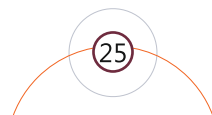
As we conclude the administrative year, we pause to review our activities, reflect on the work accomplished over the past year, express gratitude, and draw lessons for the future. Presented here is the Annual Report of IMA Mumbai West, offering an overview of the key highlights, achievements, challenges, and significant milestones of the branch for the year 2025 - 2026.

1. IMA MW & IMA Hqs

Team 2024 - 2025 & 2025 - 2026 worked jointly for the IMA HQs Meeting of IMA State Presidents & Secretaries along with IMA HQs Office Bearers (2024 - 2025) it's Wings and Schemes. It was an honour to host the National President Dr. Dilip Bhanushali, HSG Dr. Sarbari Dutta, National President Elect Dr. Anilkumar J. Nayak, IPP Dr. R. V. Asokan, Hon. Finance Secretary Dr. Piyush Jain at our branch at the same platform. We also hosted the meeting of IMA HQ Standing Committee for Finance.

The installation of our new team was one of its kind occasion not only for this branch but for any branch in the country. For the first time in the history of any local branch, National President, HSG & National President Elect were present to install the new team. It was an honour for the team and a responsibility to take our duties with even greater accountability and greater motivation.

- a) We had a series of **4 interactive webinars - IMPACT - Implementing Management Protocols** for Antimicrobial Stewardship in Community Acquired Infections in association with **IMA HQs & GSK** on **Sundays, 25th May 2025 / 20th July 2025 / 21st September 2025 & 14th December 2025, covering Pneumonia, URTI, Anti-biotic Stewardship in low resource settings, SSTIs & UTIs.**
- b) With the blessings from the IMA HQs, the physical CME on **"Micronutrients Strategies for Enhanced Recovery in Clinical Practice"** was organised on **Tuesday, 27th May 2025** at IMA MW. DR. SARBARI DUTTA Hony. Secretary General, IMA Headquarters graced the inaugural ceremony online.



- c) IMA Mumbai West and IMA Hyderabad Coty co-hosted IMA HQs program on **“MIGRAINE DISEASE BURDEN & THERAPEUTIC GAPS IN ITS TREATMENT”** on **10th June 2025**.
- d) **IMA HQs** had organized **Blood Donation drive** across India with selected cities in collaboration with Abbott India Offices on **17th September 2025**. IMA MW participated in this drive with Abbott India R & D Centre located at Andheri East MIDC.
- e) We also collaborated with **IMA HQ & FOGSI** as part of **HPV Vaccination Training** on **28th October & 11th December**. There was overwhelming response to both the events. The webinars were blessed by NP Dr Dilip Bhanushali and past HSG Dr.Jayesh Lele.
- f) **IMA MW & IMA HQs** celebrated **World AMR Awareness week**. IMA MW actively participated on **Thursday, 20th November 2025** by writing messages on an AMR wall which was created at the branch premises. Members arrived in Blue Clothes & clicked Photos & Videos of Hand Washing.

2. With IMA Maharashtra State:

- i. We hosted a major **IMA MS JDN & MSN Conclave - “VERITAS”** at our branch premises on **28th & 29th March 2025**.
- ii. 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 who gave an excellent overview of Indemnity Insurance.
- iii. IMA Mumbai West hosted and organised the prestigious conference of **IMA Maharashtra State Maha-Gericon 2015** on **Sunday, 06th July 2025**. The CME covered Geriatric medicine topics comprehensively and was relayed across Maharashtra. **Rajya Sabha MP Dr Ajit Gopchade was the Special Guest along with dignitaries from IMS MS**.
- iv. **IMA Mumbai West branch hosted** an important, **urgent Special Executive Meeting** called by **IMA Maharashtra State** on **6th July 2025**.
- v. Indian Medical Association - Mumbai West had arranged a CME program on **“MANAGEMENT OF FEVER”** on **Saturday, 23rd August 2025** at **Branch Premises**. This program was done in collaboration with Indian Medical Association - Maharashtra State & Sanofi.
- vi. IMA in Mumbai West members participated in the **Strike** called by IMA



Maharashtra State on **September 18th to Protest against the Government Ordinance to allow CCMP doctors to register in Maharashtra Medical Council.** Our members also participated in the meeting called for the same on **14th September.**

- vii. **MAHA-DERMA-IMA-CON 2025, the Annual Scientific Conference of IMA Mumbai West** was a theme based **Maharashtra State Conference** on **06th & 07th December 2025.** Newly installed team of IMA Maharashtra State led by President, Dr Santosh Kulkarni were part of the inauguration function.
- viii. IMA JDN National Zonal West Zone conclave **YOUTHCON 2026** was hosted at IMA Mumbai West branch on **19th February 2026** on the auspicious occasion of Chhatrapati Shivaji Maharaj Jayanti.

3. **Special DAYS CELEBRATION**

- a) IMA Mumbai West celebrated **'World Asthma Day'** with a houseful and rich academic event on the **11th May.** The theme of GINA (Global Initiative for Asthma) was **'Make inhaled treatment accessible to all'.** 141 delegates availed the academic feast.
- b) **Nurses Training program** to celebrate **International Nurses Day** was conducted at IMA MW on **17th May, 2025.** Talks of practical use to the nurses were accompanied by Practical Basic & Advanced Cardiac training of Life Support to the nurses and paramedical staff of various nursing homes was given. About 60 nurses and paramedical staff attended.
- c) **World Hypertension Day** Conference 2025 was organised by IMA Mumbai West on **18th May 2025** It was a high-impact medical conference that featured eight eminent speakers and a comprehensive panel discussion on current and emerging strategies for hypertension management. 150 delegates attended.
- d) On the occasion of **World No Tobacco Day,** Managing Trustee **Dr. Sanjay Dudhat** gave a Podcast on **"Cancer & Anti Tobacco Awareness"** program on **31st May 2025.** He also participated in BBN Global session on Cancer Awareness, Prevention & Treatment.

He also gave a talk on Tobacco, Smoking and their adverse effects at the **Club house of Raj Bhavan,** Government of Maharashtra. he talked about the causative factors of **Cancer related to Tobacco and discussed the Newer Treatment Modalities** on **17th July, 2025.** About 100 employees of Raj Bhavan attended. His Radio talk on **'Hello Sahyadri' Channel** on the **"Primary Diagnosis, Modern Treatments and Prevention of Cancer"** on **21st July 2025** was appreciated by all.



e) **World Cancer Day** is observed every year on **4th February**. This year's theme is **'United by Unique'**. Cancer awareness strategies and methods were discussed during this CME on **1st February**. 125 members of IMA Mumbai West participated.

Dr. Sanjay Dudhat, Senior Onco Surgeon, S L Raheja Hospital conducted a **Face Book Live session** on **Cancer Awareness** on **'World Cancer Day'**. He spoke about prevention, early detection treatment, enhancing patient quality life after treatment.

f) **World Heart Day** CME was organized by IMA Mumbai West on **Thursday, 25th September 2025**.

g) IMA MW celebrated **'World Mental Health Day'** on the **09th of October** as well as **'World Sight Day'** on the **16th October** by organizing very informative talks on these topics by renowned speakers. Well attended by the delegates in huge numbers.

h) On the occasion of **World Hospice Day**, celebrated on October 11, IMA Mumbai West's Women Doctors Wing and Members Welfare Sub Committee organized a **Palliative Care Program** on **October 4th, 2025**.

i) **"World Diabetes Day"** was celebrated on **Sunday, 09th November 2025** by organizing a half day CME.

j) **"International Women's Day"** was celebrated on **Sunday, 08th March 2026**.

k) **"World Kidney Day"** was celebrated on **Sunday, 15th March 2026**.

4. Memorandum against Government notification allowing MMC registration to Homeopathy doctors who have done CCMP course was given to Collector Mumbai Suburban Mr. Saurabh Katiyar by team from IMA Mumbai West branch.

5. We have conducted **many Scientific programs** based on particular themes such as Diabetes Update, ENTcon, Oncology Update, Orthopaedic update, Vit. D update, GI Update, Gynaec update, Haemato-Oncology Update, Breast Update, Pediatric Update, Transplant Update etc.

6. Doctors' day and Teachers' day celebrations at our branch have been conducted with felicitation of eminent Doctors and Medical Teachers. **Doctors' Day celebration** was done on **29th June**, where we felicitated four eminent doctors.

7. IMA Mumbai West celebrated **Teachers' Day & Medical Scholarship** program on **Sunday, 14.09.2025**.



8. Textbook Donation program was delayed on account of late admission of Students to 1st MBBS. We have textbooks to 23 students from 5 medical colleges on **9th November** during our World Diabetes Day program.
9. As part of our Public Welfare initiative,
 - a) We have continued our visits under the **Aao Gaon Chalen project** to village Bargaon Khurd, near Karjat on Sunday, 13th July 2025 & 15th February 2026.
 - b) **Health Check Up Camp with HPV Vaccination Camp at Mumbai Public School, Vakola.**
 - c) We organised a Blood Donation Drive with Thakur College-Kandivali on **12th September, 2025**. It was very well arranged, the Principal and Staff of the College were very Co-operative and Supportive.
10. 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.
11. **79th Independence Day** was celebrated on **15th August** at the branch with **Flag Hosting** by President, Dr. Rashmi Mehta & singing of patriotic songs by members.
12. On **5th December 2025**, IMA Mumbai West completed a very meaningful project under the Orange the World banner in association with Inner Wheel Club of Bombay West. Eighty girls at SNTD, Santacruz, participated in an insightful and empowering programme designed to raise awareness about safety and violence prevention.

We sincerely thank all branch members, Managing Committee members, committee chairpersons, office bearers, trustees, and seniors for their guidance and unwavering support, which helped ensure the smooth functioning of our responsibilities. Our office staff also deserves special appreciation for their exemplary work. The detailed administrative report follows.

DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

Hon. Secretary



ADMINISTRATIVE REPORT OF THE YEAR 2025 - 2026

-: BOARD OF TRUSTEES :-

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

THE OFFICE BEARERS ARE AS FOLLOWS:

President	Dr. Rashmi Mehta
IPP	Prof. Dr. Ketan K. Mehta
Vice President	Dr. Vikram Pal
Hon. Secretary	Dr. Madhubala Chinchalkar
Hon. Treasurer	Dr. Ajay Hariani
Hon. Joint Secretary	Dr. Bhavna Patel

IMA - CGP MUMBAI WEST SUB FACULTY

Asst. Director of Studies	Dr. Renu Budhwani
Asst. Secretary	Dr. Pranita Bhatte-Worlikar

IMA - AMS MUMBAI WEST BRANCH CHAPTER

Chairman	Dr. Kinjal Modi
Hon. Secretary	Dr. Bhavika Hotchandani

MEMBERS OF THE MANAGING COMMITTEE (2025 - 2026)

Dr. Agrawal Nitin	Dr. Jain Sushila	Dr. Mehta Nitin
Dr. Bachani Manohar	Dr. Joshi Sonali	Dr. Muchhala Snehal
Dr. Ahuja Shobha	Dr. Joshi S K	Dr. Parmar Girish
Dr. Badwe Rohini	Dr. Kharkar R D	Dr. Patnekar Abhilasha
Dr. Bheda Hansa	Dr. Kothari Ashok	Dr. Sanghvi Rashmikant
Dr. Chopra Jagmohan	Dr. Maniar Hemal	Dr. Shah Bimal N.
Dr. Chopra Rashmi	Dr. Mashru Ushma	Dr. Sonawala Subhash
Dr. Gajria Subash	Dr. Mehta Anushree	Dr. Soni Shalin
Dr. Gidwani Anita	Dr. Mehta B. S.	Dr. Upadhyaya J. R.
Dr. Gupta Sanjay	Dr. Mehta Nimesh	Dr. Vaid Zubin



The Managing Committee, in its First Meeting held on Wednesday, 26th March 2025 appointed following members as Chairpersons of Various Sub - Committees:

a	Building Sub Committee	Dr. Bimal N. Shah
b	Cultural Sub Committee	Dr. Rohini Badwe
c	Editor - Medical Image Sub Committee	Dr. Madhubala Chinchalkar Dr. Arvind Ghongane
d	Fund Raising Sub Committee	Dr. Manohar Bachani
e	Medical Education Sub Committee	Dr. Sanjay Dudhat Dr. Sanjay Gupta
f	Medico legal Sub Committee	Dr. Nimesh Mehta
g	Membership Drive Sub Committee	Dr. Rashmi Chopra
h	Member's Welfare Sub Committee	Dr. Anushree Mehta
l	Mission Pink Health Sub Committee	Dr. Hansa Bheda
j	Public Health & Community Welfare Sub Committee	Dr. Subash Gajria
k	IMA Schemes : Professional Protection Scheme Sub Committee Social Security Scheme	Dr. Jagdip Upadhyaya
l	Sports Sub Committee	Dr. Shalin Soni
m	Web Editor	Dr. Jayesh Lele
n	Women Doctor's Wing Sub Committee	Dr. Shobha Ahuja

President Dr. Rashmi Mehta, Hon. Secretary, Dr. Madhubala Chinchalkar & Hon. Treasurer, Dr. Ajay Hariani are ex-officio members on all of the above sub committees,





**Up to 4.03.2026, total 13 Managing Committee Meetings were held.
Attendance of each member was as under :**

Dr. Rashmi Mehta	13	Dr. Agrawal Nitin	1	Dr. Maniar Hemal	1
Prof. Dr. Ketan K. Mehta	7	Dr. Ahuja Shobha	8	Dr. Mashru Ushma	4
Dr. Vikram Pal	10	Dr. Bachani Manohar	1	Dr. Mehta Anushree	-
Dr. Madhubala Chinchalkar	13	Dr. Badwe Rohini	9	Dr. Mehta Nimesh	7
Dr. Ajay Hariani	9	Dr. Bheda Hansa	6	Dr. Mehta Nitin	11
Dr. Bhavna Patel	8	Dr. Chopra Jagmohan	9	Dr. Muchhala Snehal	-
Dr. Sanjay Dudhat	11	Dr. Chopra Rashmi	11	Dr. Parmar Girish	-
Dr. Akil Contractor	10	Dr. Gajria Subash	8	Dr. Patnekar Abhilasha	12
Dr. B. M. Inamdar	7	Dr. Gidwani Anita	3	Dr. Sanghvi Rashmikant	10
Dr. Jayesh Lele	11	Dr. Gupta Sanjay	4	Dr. Shah Bimal N.	9
Dr. Manoj Patel	9	Dr. Jain Sushila	10	Dr. Sonawala Subhash	3
Dr. Renu Budhwani	11	Dr. Joshi Sonali	1	Dr. Soni Shalin	9
Dr. Pranita Bhatte-Worlikar	10	Dr. Joshi S K	9	Dr. Upadhyaya J. R.	6
Dr. Kinjal Modi	5	Dr. Kharkar R D	2	Dr. Vaid Zubin	2
Dr. Bhavika Hotchandani	4	Dr. Kothari Ashok	5		

AGM at Our branch :

- Annual General Body Meeting held on Sunday, 09.03.2025;
- Additional General Body Meeting held on Thursday, 15.08.2025;
- Special General Body Meeting held on Sunday, 17.08.2025.



HIGHLIGHTS OF THE YEAR (2025 - 2026)

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 Program	: 06 th April 2025
◆ Tuberculosis : Sensitization & Programmatic Management	: 22 nd April 2025
◆ 18 TH BEST OF ACC - PART I & II (Cardiovascular Medicine)	: 9 th & 10 th May 2025
◆ World Asthma Day	: 11 th May 2025
◆ World Hypertension Day	: 18 th May 2025
◆ Webinar : Impacting Management of Community -Acquired Pneumonia	: 25 th May 2025
◆ Obesity Mastercard	: 25 th May 2025
◆ Micronutrients Strategies for Enhanced Recovery in Clinical Practice	: 27 th May 2025
◆ Oncology Update	: 08 th June 2025
◆ Hybrid : Migraine Disease Burden & Therapeutic Gaps in its Treatment	: 10 th June 2025
◆ Cough Update	: 17 th June 2025
◆ Transplant Update	: 22 nd June 2025
◆ Ophthalmology Update	: 29 th June 2025
◆ Obesity Update	: 17 th July 2025
◆ Webinar : Impacting Management of Upper respiratory Infections	: 20 th July 2025
◆ Dermatology Update - Part I & II	: 25 th & 26 th July 2025
◆ Symposium on Vascular & Endovascular Surgery	: 07 th August 2025
◆ C.I.D. : Challenges in Diabetes	: 8 th & 9 th August 2025
◆ Airway Conference	: 17 th August 2025
◆ Management of Fever	: 23 rd August 2025
◆ Chest Medicine	: 09 th September 2025
◆ Interactive, Hands on Training Program in Chest Medicine	: 14 th September 2025
◆ WAPSYCON - Part I & II	: 20 th & 21 st Sept. 2025
◆ Webinar - Impacting AMR : Making Stewardship Work in Resource-Limited Healthcare Setups	: 21 st September 2025



◆ Metabolic Update	: 25 th September 2025
◆ Update on Oncology	: 28 th September 2025
◆ Dil Maange More	: 05 th October 2025
◆ Infertility Update	: 07 th October 2025
◆ World Mental Health Day	: 09 th October 2025
◆ 20 - BEST OF ADA	: 9 th & 10 th October 2025
◆ World Sight Day	: 16 th October 2025
◆ Surgicon 2025	: 26 th October 2025
◆ Webinar : HPV Vaccine - Training the Trainers	: 28 th October 2025
◆ Liver & GI Update	: 30 th October 2025
◆ Rehabilitation Update	: 06 th November 2025
◆ World Diabetes Day	: 09 th November 2025
◆ Diabetic Foot Update	: 13 th November 2025
◆ Hernia Workshop - Train the Trainer Program	: 14 th -16 th November 2025
◆ Webinar Diabetes Update	: 21 st November 2025
◆ Webinar HPV Vaccination Training & Women's Health	: 11 th December 2025
◆ Webinar Impacting Management of Community Acquired UTIs & SSTIs	: 14 th December 2025
◆ Adult Immunization	: 14 th January 2026
◆ Haemato-Oncology Update	: 18 th January 2026
◆ Paediatric Update	: 20 th January 2026
◆ Orthopaedic Update	: 29 th January 2026
◆ From Clinic to Care 2026 Multispeciality Insights for Primary Care Physicians	: 01 st February 2026
◆ Surgical Oncology Update	: 26 th February 2026
◆ International Women's Day	: 08 th March 2026
◆ World Kidney Day	: 15 th March 2026

- 2) Throughout the year Continuing Medical Education programs were Organized on Tuesdays & Thursdays 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.

Programs 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 Programs that are likely to be of value to the doctors.

3) a) **OUR BRANCH RECEIVED FOLLOWING AWARDS AND PRIZES AT THE MASTACON 2025 organised by IMA Solapur Branch under the IMA MAHARASHTRA STATE**

- i) **DR. RASHMI MEHTA** received “**BEST SECRETARY OF LARGE BRANCH**” award (**Membership 2000 & above**) from **IMA Maharashtra State President’s Appreciation Award** for the year 2024 - 2025.
- ii) **DR. MADHUBALA CHINCHALKAR** received “**Dr. Suresh Nadkarni Mitra Mandal Award**” from **IMA Maharashtra State President’s Appreciation Award** for the year 2024 – 2025.
- iii) Chairman of IMA AMS, **DR. KINJAL MODI** received “**Dr. C. T. Thakar and Shrimati Sulochana Thakar Oration Award**” in appreciation of his work for the fraternity and serving the mother organization, IMA for the year 2024 - 2025.
- iv) Trustee & Past President, **DR. JAYESH LELE** has been awarded “**Presence as Honoured Guest**” from **IMA Maharashtra State President’s Appreciation Award** for the year 2024 - 2025.
- v) Our Branch received **IMA Maharashtra State President’s Appreciation Award** for successfully hosting **GERICON 2025 & hosting Veritas - JDN & MSN conclave.**

b) **OUR BRANCH WAS WELL RECOGNIZED AND AWARDED FOLLOWING PRIZES by IMA HQs at IMA NATCON 2025 National Conference held at Ahmedabad.**

- i) **IMA MUMBAI WEST BRANCH** received **Best IMA Local Branch Rotating Trophy of Gujarat State Branch** (for major branch > 500 members).
- ii) **DR. RASHMI MEHTA** was awarded for the prestigious “**PRESIDENT APPRECIATION AWARD FOR BEST ADJUDGED BRANCH PRESIDENT OF IMA MUMBAI WEST**” by **IMA - NATIONAL AWARD COMMITTEE.**
- iii) **DR. JAYESH LELE** was awarded for the prestigious “**PRESIDENT**



APPRECIATION AWARD FOR HIS EXCEPTIONAL SERVICES TO THE INDIAN MEDICAL ASSOCIATION in recognition of the service rendered by **IMA - NATIONAL AWARD COMMITTEE.**

iv) **DR. RAJ BRAHMBHATT** has been conferred the **“HONORARY PROFESSOR AWARD”** by the **INDIAN MEDICAL ASSOCIATION - HQs** in recognition of his contribution to the field of modern medicine.

c) **Dr Rashmi Mehta** was **selected as a Member of IMA HQs Standing Committee for Socio-Cultural for the term of 2024 - 2025 & 2025 - 2026.**

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

<u>Name</u>	<u>Post</u>
Dr. Rashmi Mehta	Vice President
Dr. Bhavika Hotchandani	Hon. Joint Secretary
Dr Ajay Hariani	Co-Convenor, Membership Committee-IMA MS
Dr Akil Contractor	Chairman, Aao Gaon Chalen Committee-IMA MS
Dr Jagruti Sanghvi	Convenor, Childhood Obesity Prevention Committee
Dr Dimple Shastri	Convenor, Mental Health Awareness Committee - IMA MS

- **Following members got elected at State Council for IMA MS representative to CWC 2025 - 2026.**

Regular Members

Dr. Sanjay Dudhat / Dr. Parthiv Sanghvi / Dr. Rohini Badwe

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

6) We celebrated **“DOCTOR'S DAY”** on **SUNDAY, 29TH JUNE 2025** in our premises. We felicitated the following dignitaries.

- **DR. SUDEEP GUPTA** Chief Medical Oncologist **Director, Tata Memorial Center**
- **DR. BHAVESH KOTAK** Consultant Orthopedic Surgeon & Vice President, Medical Affairs - **Dr. Reddy's Laboratories**



- **SHRI. SATISHBHAI KAZI** Founder and Chairman,
Control Panel & Switchgear Manufacturers' Association
 - **DR. DATTABEN SHAH** Senior Family Physician
- 7) Our branch arranged **FLAG HOISTING CEREMONY** on **FRIDAY, 15TH AUGUST 2025** to **Celebrate Independence Day.**
- 8) **TEACHER'S DAY CELEBRATION** was on **SUNDAY, 01ST SEPTEMBER 2025.** We felicitated the following dignitaries.
- **DR. VIDYA KHARKAR** : Prof. & Head, Dept. of Dermatology, Seth G S Medical College, KEM Hospital
 - **DR. RAJESH CHOKHANI** : Consultant Paediatrician, P D Hinduja Hospital & Medical Research Centre
 - **DR. JIGEESHU DIVATIA** : Professor of Critical Care Medicine & Head of Department of Anesthesiology, Critical Care and Pain, Head, Critical Care, Lilavati Hospital & Research Centre, Mumbai.
 - **DR. CHETAN KANTHARIA:** Professor & Head of Dept. Surgical Gastro., KEM Hospital.
- 9) 29 new life members have been added during this year. On 28.02.2026 life membership of our branch stands at **4660**

DR. RASHMI MEHTA

President

DR. MADHUBALA CHINCHALKAR

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 2025 - 2026

Report from 24.03.2025 to 22.03.2026

Introduction:

Asst. Director of Studies - Dr. Renu Budhwani
Asst. Secretary - Dr. Pranita Bhatte-Worlikar

BOARD OF STUDIES FOR THE YEAR 2025 - 2026 :

The dignitaries constituting the board of the studies for the year 2025 - 2026 were as follows

<p>Visiting Facultyies</p> <ol style="list-style-type: none"> 1. Dr. Niteen Dedhia 2. Dr. Pravin Kahale 3. Dr. Vaishali Naik 4. Dr. Bhavna Parikh 5. Dr. Anand Rao 6. Dr. Shaileja Sabnis 7. Dr. Suresh Sawardekar 8. Dr. Manish Shetty 	<p>Senior Consultants</p> <ol style="list-style-type: none"> 1. Dr. Anil Ballani 2. Dr. Jayant Barve 3. Dr. Salil Bendre 4. Dr. Manoj Chawla 5. Dr. Arvind Ghongane 6. Dr. Archana Juneja 7. Dr. Akshay Mehta 8. Dr. Sanjeev Mehta
<p>Teaching Facultyies:</p> <ol style="list-style-type: none"> 1. Dr. Abhay Bhawe 2. Dr. Ramesh Dargad 3. Dr. Yojana Gokhale 4. Dr. Ashish Joshi 5. Dr. Satish Mutha 6. Dr. Nilesh Nolkha 7. Dr. Girish Parmar 8. Dr. Bimal Shah 9. Dr. Ashutosh Shetty 10. Dr. Subhash Sonawala 	<p>Senior General Practitioners</p> <ol style="list-style-type: none"> 1. Dr. Manohar Bachani 2. Dr. Ramnik Chauhan 3. Dr. Subhash Gajria 4. Dr. S K Joshi 5. Dr. Suresh Mane 6. Dr. Pankaj Pandya 7. Dr. Ramesh Rajani 8. Dr. Rashmikant Sanghvi
<p>Senior Advisory</p> <ol style="list-style-type: none"> 1. Dr. Akil Contractor 2. Dr. Shashank Joshi 3. Dr. Umesh Khanna 4. Dr. R D Kharkar 5. Dr. Jayesh Lele 6. Dr. Vasant Nagvekar 7. Dr. Sharad Sheth 8. Dr. Zubin Vaid 	<p>Invitees</p> <ol style="list-style-type: none"> 1. Dr. J. P. Jadhvani 2. Dr. Sonali Joshi 3. Dr. Tabassum Khan 4. Dr. Praduman Mamtora 5. Dr. Vikram Mehta 6. Dr. Snehal Muchhala 7. Dr. Daksha Shah 8. Dr. Tejas Shah 9. Dr. Sunil Wani



SALIENT STATISTICS –

- 1) No. of new IMA - CGP Life Members enrolled during the year : 4
- 2) Total No. of IMA - CGP Life members as on 28th Feb. 2026 : 878
- 3) Total No. of CME Hours Activity during the year : 253
- 4) Total No. of MMC Accredited Points arranged during the year : 98
- 5) Total No. of CME Programs organized during the year : 89

HIGHLIGHTS:

- Week Day CMEs organised as **CLINICAL SERIES** on specific themes like, Family Practice Update, Haematology, Gynecology, Neurology, Aesthetics, Cosmetology, Transplant, Obesity, Tuberculosis, Cardiology, Monsoon Related Diseases, Diabetes, Rheumatology, Orthopaedics, Paediatrics, Psychiatry, Gastroenterology, Practice Management topics, Palliative Care, Surgical & 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 **FRIDAY / SATURDAY / 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	: 16	28	16
2. Weekly Scientific Programme	: 39	70	39
3. Monthly Scientific Programme	: 31	142	39
5. Pre & Annual Conference Programmes :	03	13	04
Grand Total	89	253	98



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

TOTAL NO. OF PROGRAMMES = 16

TOTAL NO. CME HOURS = 28

TOTAL NO. OF MMC ACCREDITED POINTS = 16

Nos.	Date	Topic	Speaker
1	22.04.2025	Tuberculosis : Sensitization & Programmatic Management	
		Introduction to NTEP Guideline, CYTB & TPT	Dr. Rachna Vishwajit
		NTEP Guideline for DSTB	Dr. Prajay Luniya
		Treatment of DRTB / ADR Management	Dr. Parthiv Shah
		PPSA Facilities, Question & Answer	Dr. Sunil Savalkar
2	06.05.2025	Webinar: Nitti-gritties of Indemnity Insurance for Clinical Practitioners	Dr. Priti Jayakar
3	27.05.2025	MICRONUTRIENTS STRATEGIES FOR ENHANCED RECOVERY IN CLINICAL PRACTICE	
		The Role of Micronutrients in Clinical Recovery: An Overview	Prof. Dr. Ketan Mehta
		An overview on Common Micronutrient Deficiencies in India	Ms. Nupoor Mehta
		The Science of Micronutrient Therapy in Recovery Medicine in Paediatric Population	Dr. Jagruti Sanghvi
		Case Based Discussion Moderator : Dr. Sonali Joshi	Prof. Dr. Ketan Mehta Ms. Nupoor Mehta Dr. Jagruti Sanghvi Dr. Rashmi Mehta
4	10.06.2025	Hybrid CME : MIGRAINE DISEASE BURDEN & THERAPEUTIC GAPS IN ITS TREATMENT	
		Migraine Disease Burden-Global & India	Dr. Rukmini Mridula
		Onset, Triggers and Early Diagnosis of Migraine	Dr. Srirang Abkari
		Current Management, its limitations and unmet needs in Migraine Therapy	Dr. Sunanda Anand
		Recent advances in Migraine Therapy	Dr. Tushar Raut



Nos.	Date	Topic	Speaker
5	17.06.2025	COUGH UPDATE	
		Approach towards Management of Productive Cough	Dr. Agam Vora
		Management Approach to Dry Cough	Dr. Ketan Mehta
		Panel Discussion : Cough Moderator : Dr. Jayesh Lele	Dr. Agam Vora Dr. Ketan Mehta
6	09.09.2025	WEBINAR : CHEST UPDATE	
		COPD Management and Guideline Updates	Dr. Kinjal Modi
		Lower Respiratory Tract Infections : An Overview	Dr. Arvind Ghongane
7	16.09.2025	SCIENTIFIC DISSEMINATION	
		What is new in Management of BPH	Dr. Abhinandan Sadalge
		Approach to Pelvic Mass	Dr. Chitwan Dubey
8	23.09.2025	MEDICINE UPDATE	
		Colorectal Cancers- Etiology, Prevention, Screening, Staging	Dr Sasmita Vadgaokar
		Overview of Molecular Imaging in today's oncology	Dr. Mary Anne J. Joseph
		Peritoneal Dialysis: Home Based Dialysis	Dr. Prashant Rajput
9	07.10.2025	INFERTILITY UPDATE	
		Infertility Screening: The Basics, the Bytes and the Babies!	Dr. Kaushal Kadam
		Freezing Eggs & Reversing Clocks : The New Frontier in Ovarian Health	Dr. Dhanashri Natu
10	14.10.2025	SEMAGLUTIDE: OBESITY & Beyond....	
		STEPping Stones to effective Obesity Management: Exploring the Role of Semaglutide 2.4 mg	Prof. Dr. Ketan Mehta
		Mending Broken Hearts with Semaglutide 2.4 mg in Obesity Management	Dr. Darshan Jhala



Nos.	Date	Topic	Speaker
		ESSENCE: Histological Response and Weight Loss in MASH	Dr. Harsh Parikh
		Panel Discussion : Unlocking the full potential of Semaglutide 2.4 mg beyond weight loss	
11	28.10.2025	Webinar : HPV Vaccine - Training the Trainers	
		Debunking Myths about HPV Vaccine	Dr Bhagyalakmi Nayak
		Eliminating HPV Driven Cervical Cancer : Vaccines, Screening and Beyond	Dr Shreya Gattani
		Lab Investigations for Gynaecological Cancers: a Pathologist's Perspective	Dr Munjal Shah
12	11.11.2025	MEDICINE UPDATE	
		ACS + T2D Care What's In & What's Out?	Dr. Prakash Sanzgiri
		Understanding Ovarian Cysts-a General Physician Perspective	Dr. Tirathram Kaushaik
		Finding needle in a haystack Are we missing something on the CBC ? Case Based Discussion	Dr. Rizwan Shaikh
13	18.11.2025	MEDICINE UPDATE	
		Hydration in the Current Scenario	Dr. Saurav kumar
		Impact of Newer Modalities on Cancer Survival	Dr. Vijay Sharnangat
		BCLS for IMA Members	Dr. Madhubala Chinchalkar Dr. Rohini Badwe
14	20.01.2026	PAEDIATRIC UPDATE	
		Mixed bag- Short cases in Pediatric Endocrinology	Dr. Alok Sardesai
		Office Pediatric Orthopedic Problems - Red Flags	Dr. Mudit Shah
		Early onset Depression - New Clinical Presentations - easily missed	Dr. Maithili Joshi
		Complimentary feeding at 6 Months: Guidelines, Myths, and Practical Advice	Dr. Kiran Srivastava



Nos.	Date	Topic	Speaker
15	24.02.2026	MEDICINE UPDATE	
		Role of Nutritional Therapy in Alcoholic Hepatitis	Dr. Chetan Kalal
		Recent Advances in Liver Transplant	Dr. Piyush Gupta
		Non Surgical Treatment of Gastroenterology Diseases	Dr. Shankar Zanvar
16	17.03.2026	MEDICINE UPDATE	
		Thyroid Cancer-Advances, Answers & Hope	Dr. Devendra Chaukar
		India Imperative Growth Story -	Mr. Nikhil Mudbhatkal
		Succession Planning & Will Writing	Mr. Nirav Vajani
		Infertility	Dr. Dharam Jatin Shah
		Finerenone: A Disease modifying Therapy for Heart and Kidney Protection	Dr. Anup Chaudhary



2) REPORT OF WEEKLY SCIENTIFIC PROGRAMME

(LECTURES ON EVERY THURSDAYS AT 02.30 PM)

TOTAL NO. OF PROGRAMMS = 39

TOTAL CME HOURS = 70

TOTAL NO. OF MMC ACCRDITED POINTS = 39

Nos.	Date	Topic	Speaker
1	10.04.2025	SCIENTIFIC DISSEMINATION	
		Recent Advances in Neurosurgery	Dr. Anshu Warade
		Spectrum of benign, pre-malignant, and Malignant Diseases in the HPB Surgery Clinic	Dr. Abhirup Banerjee
		Optimal Management of Heart Failure patients	Dr. Nilesh Gautam
2	17.04.2025	MEDICINE UPDATE	
		COPD Management- The Latest Evidences	Dr. Salil Bendre
		Clinical Decision: Can Dapagliflozin be used in T2D+CKD Patients?	Dr. Archana Juneja
		Antibody Drug Congugates.. New Magic bullet in Cancer Care	Dr. Muzamil Shaikh
		Urological Cancers	Dr. Hemant Tongaonkar
3	24.04.2025	MEDICINE UPDATE	
		Hyponatremia	Dr. Arun Shah
		DRTB Management Focus on BPaLM Regimen New Guidelines	Dr. Chetan Jain
		Discussion of Difference Cases	Dr. B. M. Inamdar
4	08.05.2025	MEDICINE UPDATE	
		Case Presentation and Approach to A.K.I.	Dr. Ishan Parekh
		Over view of Arthritis and introduction to Antiphospholipid Syndrome	Dr. Soham Chatterjee
		ACC Highlights 2025	Dr. Ramesh Dargad
		Nicotine Deaddiction	Dr. Akanksha Rathi
5	15.05.2025	MEDICINE UPDATE	
		Pneumococcal Vaccine	Dr. Anil Ballani
		How to identify IVF PT and Multiple Abortions	Dr. Narhari Malagaonkar



Nos.	Date	Topic	Speaker
6	22.05.2025	Advances in IVF Treatment	Dr. Teena Desai
		SCIENTIFIC DISSEMINATION	
		Dual Pathway Inhibition in Chronic Coronary Syndrome	Dr. Anil Ballani
		Colorectal Cancer Part 1 - Etiology, Prevention, Screening Staging	Dr. Sasmita Vadgoankar
		Worsening Heart Failure	Dr. Nilesh Gautam
7	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
		Ethical Avenues for better Revenues	Dr. Akil Contractor
8	19.06.2025	MEDICINE UPDATE	
		Management of Chronic Otitis Media in Allergic Rhinitis	Dr. Bimal Shah
		Sleep and Sleep Disorders	Dr. Amit Gawade
		Challenges in Diabetes Care	Dr. Firdous Shaikh
9	26.06.2025	MEDICINE UPDATE	
		Robotic Surgery in GI Cancers	Dr Imran Shaikh
		Ocular Trauma	Dr. Nimesh Mehta
		Ovarian Stimulation in IUI and IVF	Dr. Manan Sheth
		Unmasking Perimenopause - Bringing Clarity to the Silent Transition	Dr. Priti Vyas
10	10.07.2025	MEDICINE UPDATE	
		Diet and Cancer	Dr. Shreya Gattani
		Topical Antifungals in 2025, Why Luliconazole Deserves your attention	Dr. Kirti Jangid
		When to go for Kidney Transplant	Dr. Prashant Rajput
11	17.07.2025	OBESITY UPDATE	
		Prevalence and Assessment of Obesity	Dr. Nisha Kaimal
		Pharmacotherapy and Life Style	Dr. Girish Parmar
		Management in Obesity	



Nos.	Date	Topic	Speaker
		Bariatric Surgery in Management of Obesity	Dr. Manoj Jain
		Diet matters in Management of Obesity	Dr. Hiteshi Shah
12	24.07.2025	MEDICINE UPDATE	
		ORS	Dr. Zubin Vaid
		Current Concepts on Common Paediatric Orthopaedic Conditions	Dr. Avi Shah
		Uncovering Myths of Childhood Cancer	Dr. Kriti Hegde
		Paediatric Epilepsy Surgery- A case based discussion	Dr. Pradnya Gadgil
13	31.07.2025	SCIENTIFIC DISSEMINATION	
		Constipation	Dr. Jayant Barve
		Early Diagnosis of Haematological Malignancies in OPD	Dr. Sameer Tulpule
		Panel Discussion: Mastering the Spin Moderator : Dr. Bimal Shah	Dr. Ashutosh Shetty Dr. Ketan Mehta Dr. Akil Contractor
14	07.08.2025	SYMPOSIUM ON VASCULAR & ENDOVASCULAR SURGERY	
		Why Vascular Diseases should be Treated by Vascular & Endovascular Surgeons	Dr. Raghuram Sekhar
		Are all Venous Diseases Varicose Veins	Dr. Aniruddha Bhuiyan
		Diabetic Foot: Why Vascular Surgery is the Core of the Multidisciplinary Team	Dr. Simit Vora
		Vascular Emergencies: Is your Vascular Surgeon on your Speed Dial	Dr. Amish Mhatre
15	14.08.2025	SCIENTIFIC DISSEMINATION	
		Newer Developments in Care of CKD Patients	Dr. Sharad Sheth
		Retinal Diseases: The Silent Thieves of Sight	Dr. Saumil Sheth
		Going Beyond Numbers - Hypertension & CV Continuum	Dr. Harish Bajaj
16	21.08.2025	MEDICINE UPDATE	
		Financial Wellness	Mr. Rahul Sharma
		Unmasking Perimenopause - Bringing	Dr. Priti Vyas



Nos.	Date	Topic	Speaker
		Clarity to the Silent Transition	
		Dry Cough	Dr. Kapil Rathi
17	04.09.2025	MEDICINE UPDATE	
		ORS: Lifeline of Diarrheal Dehydration in Children	Dr. Nusrat Rahim Inamdar
		Management of Aortic Stenosis and Selection of Patients for TAVI	Dr. Chirag Parikh
		PCV 20 - A New Armamentarium to battle against Pneumococcal Disease	Dr. Nikhil Bhasin
18	11.09.2025	SCIENTIFIC DISSEMINATION	
		HNR Breast Unit - Overview	Dr. Ashutosh Kothari
		Neurointerventional in Stroke: Achieving Excellence in Outcomes	Dr. Vipul Gupta
		Interventional Pulmonology - Recent Advances	Dr. Susheel Bindroo
19	18.09.2025	MEDICINE UPDATE	
		Pediatric Oncology-From Bench to Bedside	Dr. Radnyi Mande
		Giddiness - A Neurological Dilemma	Dr. Maruti Pujari
20	25.09.2025	METABOLIC UPDATE	
		Obesity and T5DM Intercalated - Guidelines and an Intercalated Approach Obesity and T2DM - Cross Connect Guidelines : Addressing Weight in Metabolic Health	Dr. Rajiv Kovil
		Interactive Patients Cases : T2DM Obesity	Dr. Vimal Pahuja
21	09.10.2025	WORLD MENTAL HEALTH DAY	
		Neurobiology of Sleep	Dr. Jay Shastri
		Non Pharmacological Interventions for Insomnia	Dr. Kartik Rao
		Pharmacological Interventions for Insomnia	Dr. Prajakta Patkar
22	16.10.2025	WORLD SIGHT DAY	
		OPD diagnosis of Hematological Malignancies	Dr. Nishant Jindal



Nos.	Date	Topic	Speaker
		Cataract Surgery & Choosing an IOL: What is right for you?	Dr. Maneck Nicholson
		Early Detection and Intervention in Diabetic Retinopathy	Dr. Sayali Karande
		Recognizing and Managing Common Pediatric Eye Problems: Allergy, Squint & Myopia	Dr. Jenil Sheth
23	30.10.2025	LIVER & GI UPDATE	
		Unveiling the Silent Epidemic: The Rise of Fatty Liver Diseases	Dr Uday Sanglodkar
		Advances in Transplant	Dr Gaurav Chaubal
		Role of EUS in Gastroenterology	Dr Ankit Dalal
24	06.11.2025	REHABILITATION UPDATE	
		Post Renal Transplant Rehabilitation	Dr. Arun Shah
		Cardiac Rehabilitation	Dr. Nilesh Gautam
		Respiratory Rehabilitation	Dr. Sanjeev Mehta
25	13.11.2025	DIABETIC FOOT UPDATE	
		Preventive Surgery in Diabetic Foot Ulcer	Dr. Shrikant Bhojar
		Role of Interventional Radiologist for Diabetic Foot Management with Recent Advances in Management	Dr. Dharmik Buva
26	20.11.2025	MEDICINE UPDATE	
		Ordering Neuroimaging in Children: What You Need to Know	Dr. Hiren Panwala
		Epilepsy Surgery in Paediatrics : Case Based Discussion: When and who to refer?	Dr. Pradnya Gadgil
		Treatable Scenarios in Paediatric Neurosurgery	Dr. Saurav Samantray
27	27.11.2025	SCIENTIFIC DISSEMINATION	
		2025 Update on Hypertension	Dr. Arun Shah
		Hand Surgery: Reconstruction, Replantation & Transplantation	Dr. Nilesh Satbhai
		There is no need for new Drugs in Hypertension	Dr. Subhash Sonawala



Nos.	Date	Topic	Speaker
28	11.12.2025	Webinar : HPV VACCINATION TRAINING & WOMEN'S HEALTH	
		Debunking Myths about HPV Vaccine	Dr. Nasreen Manwani
		Obesity & Gynaecology	Dr. B. M. Inamdar
		Menopause Through the Lens of Clinical Nutrition	Dr. Noopur Mehta
29	18.12.2025	SCIENTIFIC DISSEMINATION	
		Acute Stroke Management	Dr. Manoj Rajani
		All About CAR-Ts	Dr. Rizwan Shaikh
		Prioritizing the Need for Adult Immunization in Chronic Respiratory Disease Patients	Dr. Sumeet Singhania
30	08.01.2026	MEDICINE UPDATE	
		Approach to Pain in Palliative Care	Dr. Bhavika Hotchandani
		The longevity plate- a clinicians guide to Nutrition Prescription	Dr. Anuja Pethe
31	22.01.2026	SCIENTIFIC DISSEMINATION	
		Future of Oncology in India	Dr. Shreya Gattani
		Management of Aortic Stenosis	Dr. Kunal Sinkar
		Approach to a Case of Thyroid Swelling	Dr. Rahul Modi
32	29.01.2026	ORTHOPAEDIC UPDATE	
		Periprosthetic Fractures	Dr. Sunil Shahane
		Common Orthopaedic Problems, their Treatment & Expected Outcomes	Dr. Gautam Tawari
		Sports Injuries	Dr Samir Pilankar
33	05.02.2026	Osteoporosis Update	
		What is Osteoporosis & Why Osteoporosis Management Essential	Dr. Shailaja Sabnis
		Medical Management of Osteoporosis	Dr. Girish Parmar
		Surgical Relevance in Osteoporosis	Dr. Pranav Agrawal
34	12.02.2026	MEDICINE UPDATE	
		Managing Allergic Rhinitis with Deviated Nasal Septum	Dr. Bimal Shah
		Treat the Root Cause of Erectile Dysfunction	Dr. Deepak Jumani



Nos.	Date	Topic	Speaker
		Joy of Mako Advanced Robotic assisted Perfect TKR and THR.	Dr. Pradeep Bhosale
35	19.02.2026	SCIENTIFIC DISSEMINATION	
		Significance of Metal less PCI - What's New	Dr. Prashant Nair
		Severe Asthma	Prof. Dr. Salil Bendre
		Panel Discussion on : "Current Treatment Options of Decompensated Cirrhosis" (Moderator Dr. Prashantha Rao)	Dr. Vinayak Nikam Dr. Mitul Shah
		Role of MICS and Robotics in Cardiac Surgery	Dr. Sudheer Adalati
36	26.02.2026	SURGICAL ONCOLOGY UPDATE	
		Common Mistakes to avoid in GI Cancers	Dr. Praveen Kammar
		From Gastritis to GI Cancer: Identifying Red Flags in Everyday OPD Practice	Dr. Kaival Gundavda
		How to Evaluate a Breast Lump in daily Clinical Practice	Dr. Niharika Garach
37	05.03.2026	MEDICINE UPDATE	
		Newer Options in Managing some Chronic Skin Diseases	Dr. R. D. Kharkar
		An Approach to Evaluation of Abdominal Pain	Dr. Mohan Joshi
		Potassium RAASi, and the Heart : Keeping Life Saving therapies on Track	Dr. Sameer Pagad
38	12.03.2026	GI MOTILITY UPDATE	
		GERD and Recent use of Prokinetics	Dr. Rahul Shah
		Management of Diabetic Gastroparesis	Dr. Akshaya Shetty
		Panel Discussion: GI Motility (Moderator : Dr. Shobana Bhatia)	
39	26.03.2026	DIET AND NUTRITION UPDATE	
		Evidence for the Most Healthful Diet	Dr. Anuja Pethe
		All about Proteins	Dr. Sharang Wartikar
		Tackling Obesity: Diet vs Drugs	Dr. Sharmein Barmare
		Gut Health: What to feed our Microbiota	Dr. Sanjeev Khanna



3) REPORT OF MONTHLY SCIENTIFIC PROGRAMMES ON FRIDAYS, SATURDAYS & SUNDAYS FROM 08.30 AM ONWARDS

Total No. of Conferences : 31
 Total No. of CME Hours : 142
 Total No. of MMC Accredited Points = 39

These programs are conducted on a Sunday from 08.30 a.m. onwards. Usually in our Air Conditioned Hall. These programs have a common theme and in this program, consultant doctors are invited to speak on various topics related to the central theme. They are very well attended by General Practitioners.

1) WORLD HEALTH ORGANISATION DAY

Theme 2025 :

“HEALTHY BEGINNINGS, HOPEFUL FUTURES”

Day & Date : SUNDAY, 06TH APRIL 2025.

PROGRAM CONVENOR : DR. AKIL CONTRACTOR

Anemia in CKD	Dr. Arun Shah
I V iron complexes for Anemia in C.K.D.	Dr. Abhishek
Double Trouble, Navigating Allergic Rhinitis and Obstructive Sleep Apnea	Dr. Rakhi Dhotre
Interesting Cases in Dermatology	Dr. Ajay Kedia
Inauguration : Chief Guest “HEALTHY BEGINNINGS, HOPEFUL FUTURES”	Dr. Sudhir Medhekar
Diabetes...The Dual Epidemic	Dr. Archana Juneja
Recent Advances in Uro Andrology	Dr. Sanjay Pandey
Joy of Laparoscopic Surgery	Dr. Biswanath Gouda

2) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST in association with AMERICAN COLLEGE OF CARDIOLOGY

**presented “18TH - BEST OF ACC” - PART I & II
Cardiovascular Medicine**

Day & Date : FRIDAY, 09TH MAY 2025 & SATURDAY, 10TH MAY 2025

PROGRAM CO-ORDINATOR : PROF. DR. KETAN K. MEHTA





3) "WORLD ASTHMA DAY"

GINA theme 2025 :

"Make Inhaled Treatment Accessible for All"

Day & Date : **SUNDAY, 11TH MAY 2025**

PROGRAM CONVENOR : DR. KINJAL MODI

Diuretics in Hypertension	Dr. Ramesh Dargad
Why do we need to discuss Asthma?	Dr. Avya Bansal
How do I diagnose Asthma Clinically?	Dr. Jayalakshmi T. K.
What tests I use to Diagnose Asthma?	Dr. Mehul Thakkar
How do I treat Stable Asthma Patients?	Dr. P. Shyamsunder Tampi
What I should not do while treating acute Asthma attack?	Dr. Priti Meshram
What should I advise for Diet in Asthma?	Mrs. Rutu Dhodapkar
Panel Discussion: ASTHMA & OTHER SYSTEMS Moderator: Dr. Kinjal Modi	Dr. Bharesh Dedhia / Dr. Manoj Bharucha / Dr. Sanjay Bhatia / Dr. Abhisek Nerurkar
Cardiac Complications with Asthma	Dr. Snehil Mishra
United Airway Disease - Newer Concepts in Allergic Rhinitis & Asthma Management	Dr. Prashant Chhajed
Shaping a Healthier Tomorrow - S. Pneumoniae Burden & the Imperative of Vaccination	Dr. Avya Bansal
Does Steroids define the End of Road for the OCS Dependent Severe Asthma?	Dr. Swapnil Mehta
Can Asthmatics Exercise?	Dr. Mrinmayee Koltharkar



4) "WORLD HYPERTENSION DAY"

Theme 2025 :

"MEASURE YOUR BLOOD PRESSURE ACCURATELY CONTROL IT, LIVE LONGER"

Day & Date : **SUNDAY, 18TH MAY 2025**

PROGRAM CONVENORS : DR. AKIL CONTRACTOR / DR. SUBHASH SONAWALA

Latest Guidelines Update: AHA, ESH, ISH, Indian Hypertension in young, masked & white coat Hypertension, what family physicians should know	Dr. Manish Shetty
Newer Drugs in Hypertension	Dr. Ramesh Dargad
Hypertension Secrets Revealed: A Glimpse into the Future of Diagnosis and Therapy	Dr. Mahesh Shah
Salt, Kidney & Hypertension	Dr. Sharad Sheth
Ambulatory Blood Pressure Monitoring	Dr. Suresh Sawardekar
Diuretics in Hypertension	Dr. Subhash Sonawala
Post-Stroke Hypertension: The Journey from Crisis to Control	Dr. Ashok Sirsat
Hypertension and Cardiac Arrhythmias	Dr. Venkat D Nagarajan
Panel Discussion : Hypertension in Elderly & Resistant	Dr. Jayesh Desai
Hypertension (Moderator : Dr. Subhash Sonawala)	Dr. Rohan Jayesh Desai

5) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with UNITED DIABETES FORUM

presented "OBESITY MASTERCLASS"

Day & Date : **SUNDAY, 25TH MAY 2025**

Venue : Hotel Trident, Bandra Kurla Complex, Mumbai.

PROGRAM CO-ORDINATOR : PROF. DR. KETAN K. MEHTA





6) INDIAN MEDICAL ASSOCIATION HEAD QUARTERS & MUMBAI WEST BRANCH

Jointly organised

Webinar : "IMPACTING MANAGEMENT OF COMMUNITY-ACQUIRED PNEUMONIA"

Day & Date : SUNDAY, 25TH MAY 2025

PROGRAM CO-ORDINATOR : DR. JAYESH LELE

Current Trends in Antibiotic Susceptibility in India	Dr Aruna Poojary
Adult CAP Unveiled: Critical insights in Management Practices	Dr Prashant Chhajer
Optimizing Approach to Management of Pediatric CAP	Dr Vijay Yewale
Antimicrobial Stewardship in CAP (Interactive Panel Discussion) + Audience Q & A MODERATOR: DR LAXMAN JESSANI	Dr Aruna Poojary Dr Vijay Yewale Dr Prashant Chhajer

7) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with **MUMBAI ONCOCARE CENTRE**

Cancer Care & Research Centre

Organized "**ONCOLOGY UPDATE**"

Day & Date : SUNDAY, 08TH JUNE 2025

Venue : Hotel Ginger, Near Mumbai Domestic Airport, Vile Parle

Catch it before it Catches on : The Science of Cancer Prevention & Screening Moderator : Dr. Nitin Bayas	Dr. Vishnu Agarwal, Dr. Navneet Desai, Dr. Jagruti Ghosh, Dr. Anil Pal, Dr. Ajay Godse, Dr. Aditi Agrawal, Dr. Caroline Simon, Dr. Ronak Ajmera
Organ preservation in Oncology : Case - Based Insights Moderator : Dr. Kshitij Joshi	Dr. Nikhil Dharmadhikari, Dr. Ahay Kolse, Dr. Dale Rodrigues, Dr. Pranav Chadha, Dr. Maitreyee Parulekar, Dr. Praveen Kammar, Dr. Niharika Garach
Personalised Cancer Care : Next Generation Tumor Boards Moderator : Dr. Arnav H. Tongaonkar	Dr. Kaustav Talapatra, Dr. Sanah Merchant, Dr. Aditya Punamiya, Dr. Arya Shah, Dr. Ashish Shah
Connecting the Dots : Newer Concepts in Cancer Diagnosis Cancer Treatment Options for my patient- how does a Family Physician decide? Moderator : Dr. Ashish Joshi	Dr. Anil Ballani, Dr. Devdas Vadgaonkar, Dr. Rajeev Punjabi, Dr. Mitesh Gala, Dr. Lalita Maydeo, Dr. Manjiri Kawde



8) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

ACADEMY OF MEDICAL SPECIALITIES BRANCH CHAPTER

Presented "TRANSPLANT UPDATE"

Day & Date : SUNDAY, 22ND JUNE 2025

PROGRAM CONVENOR : DR. BHAVIKA HOTCHANDANI

Brain Death	Dr. Abdul Ansari
Recent Trends in Cornea Transplantation Surgery	Dr. Niteen Dedhia
Skin Donation After Death	Dr. Madhuri Gore
Pre and Post Kidney Transplant Management	Dr. Sharad Sheth
Renal Transplantation : Advances, Milestones & Need of the hour !	Dr. Sanjay Pandey
Pushing Boundaries in Liver Transplant- Innovations, Robotics and Real World Cases	Dr. Somnath Chattopadhyay
Demystifying Liver Transplant	Dr. Kanchan Motwani

9) "OPHTHALMOLOGY UPDATE"

Date & Time : SUNDAY, 29TH JUNE 2025.

PROGRAM CONVENOR : DR. RASHMI MEHTA

New Insights in Anterior Segment Eye Diseases	Dr. Vaishal Kenia
Diabetic Retinopathy: A Collaborative Approach to Management	Dr. Siddhi Hajare
Common Corneal Disorders and Eye Donation	Dr. Sneha Maru



**10) 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

PROGRAM CONVENORS : DR. AKIL CONTRACTOR / DR. MANOHAR BACHANI

Sarcopenia	Dr. Subhash Sonawala
Back Pain in the Elderly	Dr. Abhay Nene
Depression in the Elderly	Dr. Akshata Bhat
Arrhythmias in the Elderly	Dr. Santosh Dora
Dementia Care Paradigm	Dr. Naganath Narsimhan Prem
Parkinsonism	Dr. Manish Baldia
Cancer Care in the Elderly : How & How Much	Dr. Bhavna Parikh
Vaccination in the Elderly	Dr. Hemant Thacker
Sleep Problems in the Elderly	Dr. Akanksha Rathi
Polypharmacy Deprescribing	Dr. Zubin Vaid
Osteoporosis	Dr. Shailaja Sabnis
APD in the Elderly	Dr. Ketan Mehta
Thyroid Problems	Dr. Assim Maldar
New Generation Insulin : Advancing from Conventional Human insulins	Dr. Tejas Shah
Skin Problems in the Elderly	Dr. R D Kharkar

**11) INDIAN MEDICAL ASSOCIATION
HEAD QUARTERS & MUMBAI WEST BRANCH**

Had jointly organized Webinar :

“IMPACTING MANAGEMENT OF UPPER RESPIRATORY INFECTIONS”

SUNDAY, 20TH JULY 2025.

PROGRAM CONVENOR : DR. JAYESH LELE

Transforming AOM Management in India : Right Antibiotic, Right Dose	Dr. Tanu Singhal
ABRS Breakthroughs Hamessing Local Evidence in India	Dr. Divya Prabhat
Antimicrobial Stewardship in URIs (Interactive Panel Discussion) + Audience Q & A	Dr. Umang Agrawal
MODERATOR: DR CAMILLA RODRIGUES	



12) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with **AMERICAN ACADEMY OF DERMATOLOGY ASSOCIATION**

Organized **DERMATOLOGY UPDATE - PART I & PART II**

Day & Date : **FRIDAY, 25TH JULY 2025 & SATURDAY, 26TH JULY 2025**

Venue : **Grand Hyatt, Mumbai.**

PROGRAM CO-ORDINATOR : PROF. DR. KETAN K. MEHTA

13) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in association with **UNITED DIABETES FORUM**

presented **“CID 2.0 (Challenges in Diabetes 2025)”**

Day & Date : **FRIDAY, 8TH AUGUST 2025 & SATURDAY, 9TH AUGUST 2025**

Venue : **J W Marriott, Sahar, Mumbai.**

PROGRAM CO-ORDINATOR : PROF. DR. KETAN K. MEHTA

14) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

ACADEMY OF MEDICAL SPECIALITIES BRANCH CHAPTER

Presented **“AIRWAY CONFERENCE”**

Day & Date : **SUNDAY, 17TH AUGUST 2025**

PROGRAM CONVENOR : DR. KINJAL MODI

What has pep devices to offer for bronchiectasis?	Dr Pranali Patil
Psychology of Investments Chawla	Mr. Amanpal Singh Ms. Neha Goyani
Has Triple Therapy changed the Airway Disease Management?	Dr Tejas Deshpande
Solution for Difficult Mucus	Dr Vaibhav Kubal
Role of Newer LABAs on COPD	Dr Pankaj Bang
How Maxiflo Maximizing the Scope of Asthma Mandilwar Management	Dr Saurabh
India’s Contribution to the Airway Device World	Dr Amit Gawande





15) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
in association with **SUNRISE ADVANCED**

presented

“INTERACTIVE, HANDS-ON TRAINING PROGRAM IN CHEST MEDICINE”

Day & Date : SUNDAY, 14TH SEPTEMBER 2025

Venue : Aurika Hotel, Vile Parle (E)

PROGRAM CO-ORDINATOR : PROF. DR. KETAN K. MEHTA

16) INDIAN MEDICAL ASSOCIATION
HEAD QUARTERS & MUMBAI WEST BRANCH

Jointly organized Webinar

“IMPACTING AMR : MAKING STEWARDSHIP WORK IN RESOURCE-LIMITED HEALTHCARE SETUPS”

SUNDAY, 21ST SEPTEMBER 2025.

PROGRAM CONVENOR : DR. JAYESH LELE

Foundations of Antimicrobial Stewardship in Resource-Limited Settings	Dr Vasant Nagvekar
Simple Measures for Clinicians - Practical Steps to Implement Stewardship	Dr Agam Vora
Building Stewardship Teams and Overcoming Real - World Challenges	Dr Sanjay Patil
Overcoing Barriers and Sustaining Stewardship in Low-Resource Settings (Interactive Panel Discussion) + Audience Q & A MODERATOR: DR RASHMI MEHTA	Dr Vasant Nagvekar Dr Agam Vora Dr Prashant Chhajer





17) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

In association with INDIAN CANCER TREATMENT CENTRE (ICTC)

“UPDATE ON ONCOLOGY”

Day & Date : SUNDAY, 28TH SEPTEMBER 2025

Venue : Hotel Orchid, Near Domestic Airport,

Western Express Highway, Vile Parle (E)

PROGRAM CONVENOR : DR. SHREYA GATTANI

Brief Introduction - What is Indian Cancer Treatment Centre ?	Dr. Salil Patkar
Panel Discussion : Explore the Future of GI Cancer Care Expert : Dr. Nitin Ahirrao, Dr Prashant Kerkar Moderator : Dr Viraj Nevrekar	Dr. Atif Patel, Dr. Prerak Patel, Dr. Kabre, Dr. Amit Ghanekar, Dr. Salil Patkar
Early Detection, Precision Therapy & Patient Support in Lung Cancer Moderator : Dr Deep Vora Expert : Dr. Prashant Chhaged, Dr. Yogen Chheda	Dr. Parag Mehta, Dr. Sanjay Singh, Dr. Wasim Poplunkar, Dr Salil Patkar, Dr. Viraj Nevrekar
Head and Neck Cancer Moderator : Dr Rohit Pai Expert : Dr. Kshitij Shah	Dr. Palak Shroff, Dr. Snehal Shah, Dr. Wasim Poplunar, Dr. Deep Vora, Dr. Amit Ghanekar
Gynecological Cancer Care Moderator : Dr Shreya Gattani Expert : Dr. Samar Gupte	Dr. Maitrayi Parulekar, Dr. Kabre, Dr. Rohit Pai, Dr. Amit Ghanekar
Uro-Oncology Care Moderator : Dr Viraj Nevrekar Expert : Dr Sandeep Bhurke	Dr. Gaurav Bhandari, Dr. Priyank Chawathe, Dr Kabre, Dr. Rohit Pai, Dr. Deep Vora
Breast Cancers Moderator : Dr Shreya Gattani	Dr. Natasha Vaz, Dr. Riddhima Bindlish, Dr Ushma Patel, Dr. Deep Vora, Dr. Amit Ghanekar, Dr. Rashmi Mehta, Dr. Niharika Garach
Geriatric Oncology : Moderator : Dr Shreya Gattani	Dr. Anuj Tiwari, Dr. Deep Vora
An Overview on CART cell Therapy and Bone Marrow Transplant	Dr. Kunal Goel
“Quiz on Oncology	Dr. Rohit Pai



18) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
in association with **AMERICAN DIABETES ASSOCIATION**
Presented "20TH - BEST OF ADA"

Day & Date : THURSDAY, 09TH OCTOBER 2025 & FRIDAY, 10TH OCTOBER 2025
Venue : Grand Hyatt, Mumbai
PROGRAM CO-ORDINATOR : PROF. DR. KETAN K. MEHTA

19) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
ACADEMY OF MEDICAL SPECIALITIES BRANCH CHAPTER
Presented "SURGICON 2025"

Day & Date : SUNDAY, 26TH OCTOBER 2025
PROGRAM CONVENOR : DR. RASHMI MEHTA

Management of Diabetic Foot	Dr. Smruti Ghetla
Robotic Hernia: A Paradigm Shift	Dr. Manoj Jain
Minimal Access Thyroid Surgery (Video talk)	Dr. Manmohan Kamat
Guidelines for Breast Examination and Role of Mammography in Breast Cancer Diagnosis	Dr. Surita Kantharia
Stoma Creation and its Management	Dr. Geeta Ghag
Principles of Safe Cholecystectomy and Management of Bile Duct Injuries	Dr. Chetan V Kantharia
Emerging Concepts in Medical and Surgical Management of Constipation	Dr. Prajesh Bhuta
Minimal Invasive Proctology	Dr. Niranjana Agarwal
A Multimodal Approach to Enhancing Postoperative Recovery and Managing Constipation in Anorectal Surgeries	Dr. Pravin Gore
Newer Hernia Repair Techniques	Dr. Aparna Deshpande



20) "WORLD DIABETES DAY"

Day & Date : SUNDAY, 09TH NOVEMBER 2025
PROGRAM CONVENOR : DR. AKIL CONTRACTOR

Optimizing HF and CKD Management by Solving the Hyperkalemia Puzzle	Dr. Sunil Wani
Identifying the Biggest Barrier to Optimal CKD Care and Outcomes	Dr. Keyur Dave
Optimizing Patient Care in Retinal Diseases : A vision for DME	Dr. Ajay Dudani
Finerenone: Redefining Cardiorenal Protection in DKD Beyond Traditional Therapies	Dr. Sharad Sheth
Clearing the Air Around Inhaled Insulin	Dr. Anand Hinduja
O.H.A.s	Dr. Girish Parmar
Stepping up towards a Transformative Health-Centric Approach to Obesity Care	Dr. Archana Juneja

21) INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

in collaboration with **ROCHE**

Webinar : "DIABETES UPDATE"

"360° Diabetes Care: Nutrition, Exercise, Monitoring, and Mental Health in Harmony"

Day & Date : FRIDAY, 21ST NOVEMBER 2025

PROGRAM CO-ORDINATOR : DR. KETAN K. MEHTA

Nourish to Flourish: The Role of Diet in Diabetes Well-being	Dr. Sheryl Salis
Lifestyle as Medicine: Exercise and Daily Habits for Wellness	Dr. Pramila Kalra
Seeing the Whole Picture: How Glucose Monitoring Supports Well-being	Dr. Zargar
Seeing the Full Picture: TIR, T1TR & Points in Range for Daily Decisions	Dr. Debmalya Sanyal
Mind Over Metrics: Tackling Diabetes Distress Together	Dr. Rajiv Kovil



**22) INDIAN MEDICAL ASSOCIATION
HEAD QUARTERS & MUMBAI WEST BRANCH**

Jointly organised

**Webinar : “IMPACTING MANAGEMENT OF
COMMUNITY-ACQUIRED UTIs & SSTIs”**

DAY & SUNDAY, 14TH DECEMBER 2025.

PROGRAM CO-ORDINATOR : DR. JAYESH LELE

The UTI Playbook: Evidence-Based Strategies for Success	Dr Sandhya Saharan (Ob-Gyn)
Skin in the Game: Best Practices for SSTI Management	Dr Ketan Mehta (CP)
Tackling UTI & SSTI in Paediatrics	Dr Sanjay Marathe (Paed)
Antimicrobial Stewardship in UTI & SSTIP (Interactive Panel Discussion) + Audience Q & A	Dr. Aruna Poojary Dr. Sandhya Saharan
MODERATOR: DR LAXMAN JESSANI (ID specialist)	Dr. Ketan Mehta Dr. Sanjay Marathe

23) “ADULT IMMUNIZATION”

Day & Date : WEDNESDAY, 14TH JANUARY 2026

PROGRAM CO-ORDINATOR : DR. JAYESH LELE

Adult Immunization Journey	Dr. Agam Vora
Pneumococcal Vaccination	Dr. Mangesh Tiwaskar
Panel Discussion : PREVENTION IS BETTER THAN CURE Moderator : Dr. Agam Vora	Dr. Ketan Mehta Dr. Umesh Khanna Dr. Mangesh Tiwaskar





24) "HAEMATO-ONCOLOGY UPDATE"

Day & Date : SUNDAY, 18TH JANUARY 2026

PROGRAM CONVENOR : DR. ABHAY BHAVE

PROGRAM CO-ORDINATOR : DR. RASHMIKANT SANGHVI

Nutritional Anaemia	Dr Shrinath Kshirsagar
Anaemia of Chronic Diseases	Dr Shreya Agarwal
Panel Discussion : Anaemia Moderator : Dr. Abhay Bhave	Dr Shrinath, Dr Shreya, Dr Ruhi, Dr Kunal Sehgal, Dr Sumit Gujral
Advances in Transfusion Medicine	Dr Ruhi Mehra
Decoding Leukocytosis	
CML	Dr Shrinath Kshirsagar
CLL	Dr Shreya Agarwal
Eosinophilia	Dr Abhay Bhave
Flow Cytometry in Haematology - Concepts	Dr Kunal Sehgal
Overview of Cytogenetics in Clinical Practice	Dr Simpy Raj
Panel Discussion : Leucocytosis Moderator : Dr. Abhay Bhave	Dr Shrinath, Dr Shreya, Dr Kunal Dr Ruhi, Dr Sumit Gujral
Approach to a Bleeding Patient	Dr Bipin Kulkarni
VTE Management	Dr. R Shekhar
Approach to Lymphoma	Dr Pravin Mahajan

25) "MEDICINE UPDATE"

Day & Date : SUNDAY, 25TH JANUARY 2026

PROGRAM CO-ORDINATOR : DR. ROHINI BADWE

Demystifying Prostate Cancer - A Silent Killer	Dr. Shrikant Badwe
Lipid Management in 2026	Dr. Vinay Parvatkar
Functional Dyspepsia and GERD Overlap and Management	Dr. Piyush Jain



26) "FROM CLINIC TO CARE 2026 MULTISPECIALITY INSIGHTS FOR PRIMARY CARE PHYSICIANS"

Day & Date : SUNDAY, 01ST FEBRUARY 2026
PROGRAM CONVENOR : DR. AKIL CONTRACTOR

Small Airway Asthma and Eosinophils	Dr. Salil Bendre
Geriatric Care.. Making it Practical	Dr. Anuj Tiwari
Antibody Drug Conjugates (ADC) in Cancer Treatment	Dr. Muzammil Shaikh
Sleep basics "Insomnia and OSA: Diagnosis and Management in Primary Care"	Dr. Deepti Badwe
Endometrial Cancer	Dr. Hemant Tongaokar
Sleep Apnea: Screening and Referral Strategies effect on Health	Dr. Saurabh Mandilwar
LDL lower The Better.. Making it Practical	Dr. Ankur Phatarpekar
CPAP and BiPaP in the treatment of Obstructive Sleep Apnea to Cover Management Part	Dr. P Prabhudesai

27) "ROLE OF MICRO-NUTRIENTS IN RECOVERY"

Day & Date : SUNDAY, 22ND MARCH 2026
PROGRAM CONVENOR : DR. JAYESH LELE

Synergistic Role of B Vitamins with Amino Acids enhancing Antibiotics Efficacy	Dr. Vinay Parvatkar
Micronutrients Mantra for Pediatric Growth and Development	Dr. Jagruti Sanghvi
Panel Discussion : Recovery Moderator : Dr. Sonali Gokhaley	





4) PRE CONFERENCE CME & ANNUAL CONFERENCE PROGRAMS

TOTAL NO. CME HOURS : 12

TOTAL NO. OF MMC ACCREDITED POINTS : 04

PRE CONFERENCE CME

DAY & DATE : THURSDAY, 04TH DECEMBER 2025

Hydration in the Current Scenario	Dr. Saurav Kumar
Approach to Arthritis	Dr. Harsh Jain
Management of Hyperkalemia & Hyponatraemia in Clinic Setting	Dr. Wasi Shaikh
Unmet need in the Treatment of HF with LVEF >40%	Dr. Prashant Nair
Imeglimin - A Powerhouse Approach to Type 2 Diabetes Mellitus"	Dr. Ketan K. Mehta

HYBRID : ANNUAL SCIENTIFIC CONFERENCE - "MAHA-DERMA-IMACON - 2025"

DAY & DATE : SATURDAY, 06TH DECEMBER 2025

Tackling Topical Steroid Abuse in India	Dr. R. D. Kharkar
Paediatric Dermatology	Dr. Sridhar Ganapathy
Selenium Sulfide in 21 st Century Management of Scalp Disorders	Dr. Pravin Banodkar
Sun, Skin and Safety	Dr. Harsh Tahiliani
Bacterial Skin Infections in Day to Day Practice & Management	Dr. Shashikant Gwalia
Mycosis Fungoides	Dr. Vidya Kharkar



HYBRID : ANNUAL SCIENTIFIC CONFERENCE - "MAHA-DERMA-IMACON - 2025"

DAY & DATE : SUNDAY, 07TH DECEMBER 2025

Nail the Diagnosis	Dr. Sushil Tahiliani
Psoriasis - then & now	Dr. S. G. Parasramani
Hair Today Gone Tomorrow...what to Do	Dr. Richa Sharma
Herpes Zoster - Prevention is the only Treatment	Dr. Girish Parmar
Late Dr. S C Sheth Oration : Managing Fungal Infections in 2025	Dr. Manjunath Shenoy
Key Note Address : Preventing Epidemic of Dermatophytosis	Dr. D. G. Saple
Updates in Urticaria & Allergy	Dr. Kiran Godse
Role of Nutrition in Telogen Effluvium	Dr. R. D. Kharkar
Skin & Rheumatology	Dr. Yojana Gokhale
Leprosy - Current Status	Dr. V. V. Pai
Counselling in Dermatology	Dr. Prakash Bora
HIV/ AIDS Today and the Role of the Family Physician	Dr. Ishwar Gilada
Tips & Tricks in Dermatology	Dr. Swagata Tambe
Pregnancy Dermatoses	Dr. Sunil Ghate
Emergencies in Dermatology	Dr. Sharmila Patil
Winter Dermatoses and Managing from Womb to Tomb	Dr. R. D. Kharkar





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

Chairperson : DR. KINJAL MODI
Hon. Secretary : DR. BHAVIKA HOTCHANDANI

04 newly admitted IMA AMS Life Members this year
Total IMA AMS Life Memberships : 314

- We had an excellent conference on **Transplant Update (Organ Transplant)** on **Sunday, 22nd June 2025**.
- **AMS Branch Chapter of IMA Mumbai West** organised an "**AIRWAYS CONFERENCE**" on **17th August, 2025**.
- **Surgicon 2025** on **Sunday, 26th October 2025**
- **Orthopaedic Update** on **Thursday, 29th January 2026**

(C) REPORT OF TRUST BOARD

MANAGING TRUSTEE : DR. SANJAY DUDHAT
TRUST BOARD MEMBERS : DR. AKIL CONTRACTOR
DR. B M INAMDAR
DR. JAYESH LELE
DR. MANOJ PATEL

I would like to thank the trust board members for making me Managing Trustee for the year 2025 - 2026. I would also like to thank the Office bearers and managing committee members for their cooperation.

Number of meeting held: on 26.11.2025

Some important decisions were taken:

1. Room charges for a few hours use it would be 50% of the total room charge. For overnight stay, full charges will have to be paid
2. In case of cancellation of hall booking- if it is more than 6 months in advance, 50% refund maybe given, for 3-6 months, 25% refund and for less than 3 months in advance, no refund will be given
3. Some concessions and discounts for special cases were discussed
4. MARJI application of 14 Societies case was discussed.

(D) REPORT OF BUILDING SUB COMMITTEE

CHAIRPERSON : DR. BIMAL N. SHAH
MEMBER : DR. JAYESH LELE
: DR. VIKRAM PAL

- AC repair / replacement in Lupin hall and ground floor hall was done.
- Minor repairs were done from time to time as required.



E) CULTURAL SUB COMMITTEE

CHAIRPERSON : DR. ROHINI BADWE

We have had many interesting and innovative programs this year.

- **Nurses' Training Program** on 17th May 2025 International Nurses' day is celebrated on **12th May** to co-memoratrte the birthday of Florence Nightingale.
- **International Yog Day** was celebrated with great enthusiasm in IMA Mumbai West Branch on **Saturday, 22nd June 2025**. This event was organised jointly by Cultural & Women's Wing Sub Committee.
- Conducted a session of CPR (COLS - Compression Only Life Support) for the hospital ward staff as well as operation theatre staff, guards and administrative staff of Oshiwara maternity hospital & Topiwala maternity hospital, Goregaon on **Friday, 01st August 2025**.
- **KARAOKE singing** session for the members on **18th September, Thursday** afternoon. To initiate the mehfil, Dr Rohini Badwe conducted VOCAL WARM UP for all the participants. The theme of this event was '**Khayal Apna Apna**'. The members were given a choice to sing a song of their own choice. They presented beautiful numbers from Bollywood.
- Audience enjoyed and appreciated all singers. All singers received sweet chocolate as a token of appreciation.
- **Diwali Pahaat** at IMA Mumbai West is a cultural celebration of the auspicious occasion. A gathering to revel in the music, the lights, the brightness and the camaraderie. It was celebrated this year on the morning of **19th October**. Very well orchestrated by Managing Trustee Dr Sanjay Dudhat, we had soulful musical performances by playback singers and performers Sampada Mane, Nachiket Desai, Prashant Lalit and their troupe.
- The morning began with a beautiful recital on flute and tabla by renowned Oncosurgeons Dr Prashant Mullerpattan and Dr Sanjay Dudhat. Traditional lamp lighting was followed by the musical performances in Hindi, Marathi and Gujarati. The audience matched the enthusiasm of the performers beat by beat and taal by taal.

The program came to an end 2 hours later with our members saying " Ye Dil Maange More". Prizes were given for the best dressed members, lucky draw gifts were distributed. The morning concluded with lip smacking Diwali ' faral ' for all.

- **"RAAG RAS BARSE"** at IMA Mumbai West is a cultural celebration on the occasion of Makar Sankrant held on **Sunday, 25th January 2025**.



F) REPORT OF EDITOR - E- IMAGE SUB COMMITTEE

EDITOR : DR. MADHUBALA CHINCHALKAR
BOARD : DR. ARVIND GHONGANE
DR. PRANITA WORLIKAR
DR. SHOBHA AHUJA
DR. SAURABH SANJANWALA

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 www.imamumbaiwest.com.
- (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. MANOHAR 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. SANJAY GUPTA

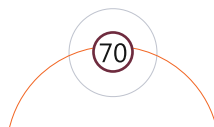
Medical Scholarship program on **14th September** during **Teachers' Day program** and 2nd MBBS Textbook donation on **6th December** also **Textbook Donation program** was delayed on account of late admission of Students to 1st MBBS. We have textbooks to 23 students from 5 medical colleges on **9th November** during our **World Diabetes Day program**.

I) REPORT OF MEMBERSHIP DRIVE SUB COMMITTEE

CHAIRPERSON : DR. RASHMI CHOPRA

During the year, we have enrolled 29 new life members. The HFC for all has been paid properly to the State & National Headquarters in time. (1th April 2025 to 28th February 2026) of which

Single Life Members	=	22
Couple Life Members	=	6 (3 X 2)
Transferred in the Branch	=	1
Membership strengths as on 28.02.2026	=	4660





J) REPORT OF MEMBER'S WELFARE SUB COMMITTEE

CHAIRPERSON : DR. ANUSHREE MEHTA

- On **26th July 2025**, an interesting program “**Health and Wealth Update**” was conducted jointly under the Women’s Wing Committee and the Member’s Welfare. The program was well received with almost 80 attendees.
- On the occasion of **World Hospice Day**, celebrated on October 11th, IMA Mumbai West’s Women Doctors Wing and Members Welfare Sub Committee organized a **Palliative Care Program** on **October 4th, 2025**. The event was well attended by interactive delegates.
- **Restitution and Recovery - Back to Working** a program organized by Member’s Welfare and Women’s Wing Sub Committee of IMA Mumbai West on **Saturday, 29th November 2025**.

K) REPORT OF MISSION PINK HEALTH SUB COMMITTEE

CHAIRPERSON : DR. HANSA BHEDA

Pre teen girls in Government funded schools are given educative talks on Menstrual Hygiene, Good touch & Bad touch, Nutrition, Diet & Anaemia. These sessions are held in the presence of and with the collaboration of their school teachers and Principals. The following sessions were conducted this year

- On **6th June 2025**, at Abha bai Nanshi Mahila Vidyalaya Gulmohar Road Vile Parla West. Session was arranged by Dr Hansa Bheda. It was attended by 40 girls (5th to 10th Std) as well as their trust.
- On **19th July, 2025** along with Rotary Club of Bombay Airport at BPM School, Khar. 190 Girl Students benefitted.
- On **21st July 2025** along with Rotary Club of Bombay Airport at Gandhi Shikshan Bhavan school Juhu. 120 girls of Std 6,7 & 8 attended.
- On **12th August 2025** along with Rotary Club of Bombay Juhu Beach at Vile Parle Bmc School Sanyas Ashram. 72 girls benefitted.
- On **12th September 2025** at **St Lawrence School**, Santacruz (W). 80 girls benefitted.
- **Sunday, 14th September** along with USF NGO for the students of 11th and 12th Std Girl Students of Arts & Commerce at K G Somaiya College Auditorium. 72 students were presented.



L) REPORT OF PUBLIC HEALTH & COMMUNITY WELFARE SUB - COMMITTEE

CHAIRPERSON : DR. SUBASH GAJRIA

MEMBER : DR. AKIL CONTRACTOR

1. Indian Medical Association Mumbai West branch joined for a Hypertension Detection Camp along with a Multi Speciality Camp organised by Rotary Club of Bombay West. The camp was at Shruti School, Near PVR Cinema, Juhu on Sunday, 15th June, 2025. Approximately 100 people were examined.
2. **Aao Gaon Chalen:**
 - (a) The first visit was organised on Sunday, 13th July, 2025 at Village Borgaon Khurd, Khalapur Taluka, near Karjat. We conducted the following activities:
 - i) Health Check up of about 672 school students.
 - ii) Dental and Eye check up was done for children with those complaints.
 - iii) Packed lunch boxes were given for 3242 school children from 51 schools in the area with mainly tribal population.
 - iv) The following items were distributed to all the Children as done every year: Toothpaste, School Bags, English Learning Books, Footwear, Hygiene pads.
 - v) Bicycles were given to all the senior children of 9th & 10th Standards.
 - vi) Smart watches & track suits were given to the remaining children (those who were not give last time.)
 - vii) Solapur chaddars were given to all the children.
 - viii) Steel Cupboards were given to Schools; funds were given to School roof/toilet repair.
 - ix) Rooftop solar was provided to all schools.
 - (b) **The second visit** was organized on **Sunday, 15th February 2026** at Village Borgaon Khurd, Khalapur taluka. Health checkup of around 400 school children from surrounding tribal areas was done. Dental and Eye checkup was also done in required cases.

Dry lunch boxes were distributed to 3252 students of 65 schools of the neighbouring areas. General Healthcare talk was given to the teachers of the schools. Information about HPV vaccination benefits was also conveyed.
3. On **6th August**, we conducted a session in the 'Gandhi Shikshan Bhavan School, Vile Parle'. It was conducted by Hon Secretary Dr Madhubala Chinchalkar. The session was 'Explaining Good Touch and Bad touch' to children of first, second and third standard. It was attended by about 200 students, teachers and school staff.



4. Health Check Up Camp with **HPV Vaccination Camp** at Mumbai Public School, Vakola on **22nd November** 2025 for 100 children from age 6 to 16 yrs. HPV vaccine (Cervavax) given to both girls and boys from age 9 to 14 yrs. They will be administered the second dose after 6 months. Cough syrups were given to children who required them, Albendazole was given to all children. Vitamins and iron to children who seemed deficient. 40 children were vaccinated.
5. We conducted 2 sessions in Ganjad, Taluka Dahanu District Palghar for Ashram shala (residential school) & Residential School Ashram shala at Ranshet, Palghar on **27th November**. The sessions were on Hygiene, Health, Nutrition, Environmental conservation and Climate change. These sessions were attended by about 1500 students. They were conducted by Hon. Secretary, Dr. Madhubala Chinchalkar.

M) REPORT OF IMA SCHEMES : PROFESSIONAL PROTECTION & SOCIAL SECURITY

CHAIRPERSON : DR. JAGDIP UPADHYAYA

Our members are paying their premiums regularly. We help family members of deceased members in obtaining the remuneration from Maharashtra SSS and NSSF.

N) REPORT OF SPORTS SUB COMMITTEE

CHAIRPERSON : DR. SHALIN SONI

IMA Mumbai West Sports Sub Committee started **Carrom and Chess** at IMA Mumbai West on Thursdays 4.00 - 5.00 pm from 19th June. Training / Guidance was given by champion members.

O) REPORT OF WEB EDITOR

CHAIRPERSON : 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'S WING SUB COMMITTEE

CHAIRPERSON : DR. SHOBHA AHUJA

- **International Yog Day** was celebrated with great enthusiasm in IMA Mumbai West Branch on **Saturday, 22nd June 2025**. This event was organised jointly by Cultural & Women's Wing Sub Committee.
- On **26th July 2025**, an interesting program "**Health and Wealth Update**" was conducted jointly under the Women's Wing Committee and the Member's Welfare Committee. The program was well received with almost 80 attendees.
- On the occasion of **World Hospice Day**, celebrated on **October 11**, IMA Mumbai West's Women Doctors Wing and Members Welfare Sub Committee organized a **Palliative Care Program** on **October 4, 2025**. The event was spearheaded by Dr. Bhavika Hotchandani, Honorary Secretary of IMA AMS and Program Director of Romila Palliative Care, SNEHA. The event was well attended by interactive delegates.
- A organised an innovative & informative session on Rehabilitation titled '**Restitution & Recovery - back to working**' on **Saturday, 29th November 2025**. About 60 members attended the interactive sessions and they were very beneficial.



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