



October 2026

VOLUME NO 50

ISSUE 7

MEDICAL e IMAGE

OF IMA MUMBAI WEST

President : DR. BIMAL N. SHAH

Hon. Secretary : DR. BHAVNA PATEL



OPHTHALCON
MORE THAN MEETS THE EYE :
LATEST ADVANCES IN
EYE CARE IN 2026
SUN., 11TH OCT. 2026



CARDIOLOGY CONCLAVE 2026
SUN., 18TH OCT. 2026



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Advertisement Cheques must be drawn in favour of IMA MUMBAI WEST

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

IMA MOVIE CLUB MALANG

Date : Sunday, 11th October 2026

Time : 02.00 pm

Venue : IMA Lupin Hall,

Registration : Free, But Compulsory

Open for IMA Members

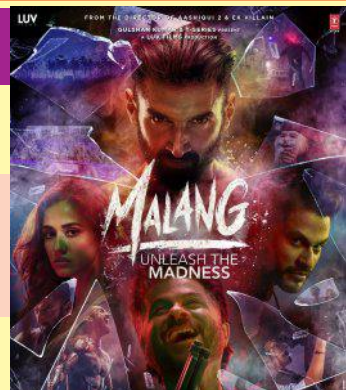
Starring :

Anil Kapoor

Aditya Roy Kapoor

Disha Patani

Kunal Khemu



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From the PRESIDENT'S PEN...

Dear Esteemed Members of IMA MW Branch,

It gives me immense pleasure to welcome you to the October 2026 edition of our monthly magazine. October brings with it a beautiful blend of festive spirit, professional enthusiasm and renewed commitment towards our fraternity & society.

As we move forward together, our journey continues to be guided by the three pillars that define our profession Compassion, Commitment & Community.

This month, let us once again celebrate the strength of our association-the strength that comes from standing together, learning together & serving together.

A Month of Togetherness & Service

IMA MW Branch continues to be a vibrant platform for academic enrichment, professional development, social responsibility & fellowship. Every program, every meeting & every initiative is an opportunity to strengthen the bonds that unite us as members of one medical fraternity.

**“कुछ रिश्ते फायदे के लिए नहीं,
प्यार के लिए बनाए जाते हैं।”**

Our relationship as IMA colleagues is one such bond - built not merely on professional interests, but on mutual respect, friendship, cooperation & a shared commitment to society.

Celebrating Our Collective Spirit

The true strength of an organisation is not measured by the achievements of one individual, but by the collective contribution



of its members.

**“एकता में ही शक्ति है,
और साथ चलने में ही सफलता है।”**

Every member adds a unique colour to the canvas of IMA MW Branch. Some contribute through academics, some through social service, some through leadership and others simply by being there whenever the fraternity needs them.

Indeed, our journey has many more chapters to write, many more milestones to achieve and many more lives to touch.

Events of September 2026 :

1. On Sunday, 6th September, 2026, we celebrated Teacher's Day with Medical Students Scholarship Ceremony. On this auspicious day, we gave a scholarship of Rs. 35,000/- each to 20 economically challenged but academically deserving 3rd MBBS students of four Municipal & one Government Medical College of Mumbai. We also felicitated 4 distinguished medical teachers who have shaped the lives of medical students, practicing doctors & contributed to their careers & practice. They are Dr. Hetal Marfatia Patel - ENT Surgeon, Dr. Abhay Dalvi - General & Laproscopic Surgeon, Prof. Dr. Agam Vora - Eminent Chest Physician & Prof. Dr. Ketan Mehta - Physician, Cardio-Pulmonologist & Diabetologist.
2. We had an excellent ENTCON-2026 on 13th September, 2026 with eminent faculty which includes Dr. Hetal Patel, Dr. Bimal

Shah, Dr. Prathamesh Pai, Dr. Riya Shah, Dr. Dinesh Singh, Dr. Agnish Patial & Dr. Shalin Soni.

3. Same afternoon, our Movie Club screened 5th movie, a comedy film Dhamaal-4 starring Ajay Devgan, Arshad Warsi.
4. Affiliated with Scientific Conference Sunrise Advanced - 2026, a Respiratory Initiative in Scientific Education at Hotel Aurika by Lemon tree on 20th September, 2026. It's all about Hands on Simulation Workshop on Flexible Bronchoscopy & EBUS – Endo Bronchial Ultra Sound.
5. Another IMA MW affiliated event, Dil Maange More on 27.09.2026 at Hotel Aurika by Lemon tree, organised by eminent diabetologist Dr. Rajiv Kovil.
6. IMA-MW in collaboration with PCOS Society of India organised a Public Awareness Program on "Health, Habits & Hormones" for Adolescent Girls at SNTD College on Tuesday, 22nd September 2026 with the efforts of our Program Coordinator none other than Dr. Bhavna Patel.
7. Apart from our regular CMEs on Thursdays, we had a couple of webinars arranged by none other than Prof. Dr.Ketan Mehta.

Looking Ahead :

October also reminds us that every new month is a new opportunity - to improve, to innovate and to inspire.

Let us continue to create programs that are academically enriching, socially meaningful & professionally rewarding.

Let us encourage our younger colleagues, learn from our seniors & strengthen the spirit of camaraderie within our fraternity.

Our forthcoming Programs :

1. The World Sight Day is celebrated on the 2nd Thursday of October. The official

theme for World Sight Day in 2026 is Love your Eyes. Ophthalcon - More than Meets the Eye : Latest Advances in Eye care in 2026 - arranged by Dr. Kumar Doctor & Team on Sunday, 11th October, 2026 with plenty of early bird gifts, lucky draws & definite return gifts for all the delegates.

2. Yet another Cardiology Conclave organised by one & only Dr. G.P. Ratnaparkhi on Sunday, 18th October, 2026 with interesting academic feast & definite utility gifts for all the delegates.
3. Another Public Awareness Program is scheduled on Saturday, 10th October, 2026. "Breast Cancer Awareness Saree Walkathon" - walk in sarees & pink turbans to spread the awareness & fight against breast cancer. The Event Coordinator is our ever energetic Secretary Madam Dr. Bhavna Patel.
4. Sunday, 1st November is the day reserved for our Gynaecon - 2026, a brain child of our trustee Dr. Bal Inamdar.
5. Our National GP CON-2026 & our Annual IMA MW Conference IMACON-2026 are scheduled on 28th & 29th November 2026 at our premises under the auspices of Dr.Shobha Ahuja as CGP Dean, IMA HQ, Dr. Akil Contractor as Organising Chairman & Dr. Rashmi Mehta & Dr.Shalin Soni as Organising Secretaries.
6. Our National Annual IMA Conference NATCON- 2026 is hosted by our IMA MW branch under auspices of Dr. Jayesh Lele as Organising Chairman & National President Elect 2027-28 & Dr. Ketan Mehta as Organising Secretary on 27th & 28th December 2026 at Hotel Aurika by Lemon tree.

When Challenges Come...

The medical profession is changing rapidly. Technology is advancing, expectations are

rising & challenges are becoming increasingly complex.

Let us never be discouraged by challenges. Let every difficulty become an opportunity to learn, every setback a stepping stone & every success a reason to serve even better.

A Note of Gratitude

I sincerely thank all the members of IMA MW Branch for their continued participation, encouragement & unwavering support.

A special appreciation goes to the editorial team for bringing together this edition and creating a platform where the voices, achievements, activities & aspirations of our fraternity can be shared.

A Message to My IMA Family

Let October be a month of:

- More Learning.
- More Fellowship.
- More Service.
- More Compassion.
- More Collaboration.
- More Celebration.

**“ हम अकेले चलें तो सफ़र है,
साथ चलें तो कारवाँ है। ”**

**मिलकर जो कदम बढ़ाएँ हम,
वही IMA की असली पहचान है। ”**

May this October bring happiness to your homes, success to your professional lives, peace to your hearts & renewed enthusiasm to serve.

**“ चलते रहेंगे हम, रुकेंगे नहीं,
सपनों से अपने कभी झुकेंगे नहीं।
साथ है जब IMA परिवार का,
तो मुश्किलों से हम डरेंगे नहीं। ”**

Let us make October 2026 another memorable chapter in the journey of *IMA MW Branch

Because, after all—

**“ अगर किसी चीज़ को शिद्दत से चाहो,
तो पूरी कायनात उसे तुमसे मिलाने में लग जाती है। ”**

With warm regards & best wishes to every member & their family for a Healthy, Happy & fulfilling October 2026

Yours only... in

IMA Fraternity & Service,

DR. BIMAL N. SHAH
President, IMA MW

ACHIEVEMENTS

A Moment of Immense Pride & Joy

We are beyond thrilled to share that our regular speaker and beloved daughter of our Past- President Prof. Dr Ketan Mehta, Ms. Noopur Mehta has qualified for the prestigious Junior Research Fellowship (JRF) with an incredible score of 99.95 percentile.

Out of 15393 candidates who appeared nationwide for the UGC NET Examination in her subject, only 39 candidates qualified for JRF & Noopur stands at AIR 9 making this achievement truly exceptional.



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

DR. BIMAL N. SHAH
President

DR. BHAVNA PATEL
Hon. Secretary

WEEKLY SCIENTIFIC PROGRAMME

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

THURSDAY at 2.30 p.m. Sharp.

DATE	Topic	Speaker
08.10.2026	SCIENTIFIC DISSEMINATION	
	Allogeneic BMMSCs for Knee Osteoarthritis: What does the Evidence & Guidelines Say?	Dr. Santosh Shetty
	Technological Advancement in Spine Surgery : Benefit or Gimmick !!	Dr. Nikhil Arbatti
	Sweet Harmony : Glimepiride with Modern OADs	Dr. Subhash Sonawala
	ESC highlights for 2026 Munich	Dr. Ramesh Dargad
15.10.2026	SCIENTIFIC DISSEMINATION	
	Endometriosis -More than just Period Pain What Doctors Need to Know	Dr. Shinjini Pandey
	Oral Cancers - Optimal Management and Reconstruction Preserving Form and Function	Dr. Prathmesh Pai
	Brain Tumours & Neural Pathologies in Seniors - Prevention & Care	Dr. Abhijit Warade

• WORKING LUNCH WILL BE SERVED FROM 01.00 TO 02.30 PM BEFORE EACH CME

- ▶ CGP, AMS & IMA Members : **Rs. 200/-** Per Lecture (Not Paid Annual Fees) (Weekly Lectures).
- ▶ Eligible Non Members : **Rs.500/-** per lecture.
- ▶ CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMES) **Rs. 100/-**.
- ▶ 18% GST Charges are included on the above rates.

DR. BIMAL N. SHAH
President

DR. BHAVNA PATEL
Hon. Secretary

DR. KINJAL MODI **DR. RENU BUDHWANI**
Chairman Hon. Secretary
IMA - Mumbai West AMS Branch Chapter

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

From HON. SECRETARY'S DESK...



Hello Dear Colleagues, Senior Members & Friends,

As we enter a new month, let us continue to learn together, support one another and contribute meaningfully to the community.

'Alone we can do so little, But together we can do sooo much'.

Let us continue this Journey of knowledge, Fellowship and service - together.

The September month gone by was filled with many academic activities, professional interactions with Thursday CMEs and Sunday Conferences with grand successful ENTCON on 13th September by President Dr. Bimal N Shah - Kudos to our Scientific Team. Webinars by Dr. Ketan Mehta, "Leadership Development" Webinar by IMA MS on 29th September. Affiliated Scientific Conferences - Like Sun Rise by Sun Pharma & Dil Maange More by Diabetologist Dr. Rajiv Kovil, Entertainment by active Movie Club..... & many Social Activities. September month was also very eventful with Teacher's Day. Felicitation program & IMA MW Medical Scholarship to 20 deserving Medical Students - Awarding Ceremony under the leadership of Medical Education Chairperson Dr. Sanjay Dudhat & Team.

IMA Mumbai West in collaboration with PCOS Society of India organised Public Awareness program "Hormones, Habits and Health" for Adolescent Girls on 22nd September was a grand success, and "Breast Cancer Awareness Saree Walkathon" with Nanavati Max Hospital for Pink Health, Encouraging Early Detection & save Lives on 10th October organised by myself-Dr. Bhavna Patel as program Co-ordinator.

This month is also going to be eventful with

OphthalCon - Latest Advances in Eye-Care by Dr. Kumar Doctor on 11th October and Cardiology Conclave by Dr. G P Ratnaparkhi on 18th October 2026.

"Bappa brings people together" in during September Ganesh Festival.

Ganeshotsav, an integral part of Mumbai's Identity was enjoyed by we all with long standing traditions to distinctive artistry and varieties of Modak - Prasad with community - led efforts in praying Lord Genesha.

Dear Friends, how can we forget the special festive energy of this vibrant month of October, bringing colours of Navratri, the joy of playing garba-raas and the message of Dussehra remind us of Values of Triumph of Good over Evil.

I sincerely thank our dynamic President, Trustees, Office Bearers, Committee Members, Speakers and Every member for their valuable contribution and enthusiastic participation in the activities of our Association.

Let us continue into the coming months with the same spirit of Learning, Fellowship and Service.

May you be blessed with wonderful Smiles,
Lovely Moments,

**And the Awesome things,
that make life Beautiful !!**

wishing all our Member a very Happy Navratri & a joyous Dussehra.

Long Live IMA !!

With warm regards,

DR. BHAVNA PATEL
Hon. Secretary, IMA MW

REPORT : ADOLESCENT GIRLS

Public Health & Community Welfare Sub-committee of Indian Medical Association-Mumbai West branch in association with PCOS Society India organized successful PCOS Awareness Program at SVT-SNDT College, Santacruz.

We are delighted to share that a highly impactful PCOS awareness session was conducted for 68 students of 18-21 yrs age group at College. The event was organized in collaboration with the PCOS Society of India, featuring insightful and empowering talks by renowned Gynaecologist, Nutritionist and Physiotherapist.

- The session concluded on a fun and engaging note with a unique Online Quiz, making the entire experience both informative and enjoyable.
- Esteemed Gynaecologist, Dr. Riddhi Desai explained in details about the PCOD and PMOS covering Hormones, Habits & Health to transform Guiding a Healthier Tomorrow.
- An expert Dietician & Nutritionist Ms. Ruby sound gave a guidance on how simple, practical changes in everyday eating habits can make a meaningful difference and empower every girl to take charge of her health with balanced & nutritious Diet.
- An expert Physiotherapist explained importance of regular Physical exercise which can support hormonal & metabolic health. Managing Weight and improving Fitness in a Healthy way, encouraging Girls to make movement a joyful part of everyday Life with step towards Healthier Future.

The program received a thunderous applause from the students and teachers alike, a true testament to its relevance and success.

A heartfelt thank you to PCOS Society of India for their Collaboration and SNDT College for providing the Venue and to the Principal and Teachers and Staff for excellent support throughout the event.

We look forward to conducting more such impactful awareness sessions in other colleges.

DR. BHAVNA PATEL

Hon. Secretary & Program Coordinator



REPORT : TEACHERS' DAY



REPORT : TEACHERS' DAY

September month brings with it an opportunity to celebrate achievements by Teachers - A Special occasion to honour the Teachers, who taught us. "Teacher's Day" is a Day to acknowledge those who have shaped us, guided us, inspired us to and helped us become expert professionals, what we are Today.

Remembering Dr. S. Radhakrishnan on his Birth Anniversary - 5th September and saluting all Gurus for guiding us towards Lights of Knowledge.

At IMA MW we celebrated the spirit of Teacher's day on Sunday, 6th September 2026, a Day to express our heartfelt respect to our teachers who have illuminated our paths with their knowledge, wisdom and experience.

The program began with welcome by myself – Secretary Dr. Bhavna Patel, Lamp Lighting, IMA Prayer, flag Salutation & National Anthem, followed by welcome and inaugural address by President Dr. Bimal N Shah and Managing Trustee Dr. Manoj Patel.

We felicitated two surgeons and two Physicians. A renowned General & Laparoscopic Surgeon par excellence Dr. Abhay Dalvi, ENT specialist Prof. Dr. Hetal Marfatia Patel, HOD - GSMC & KEMH. Prof. Dr. Agam Vora, Consultant Chest Physician and Prof. Dr. Ketan K Mehta, Consultant Physician, Cardio – Pulmonologist & Diabetologist.

We felicitated them with beautiful shawl, gifts and memento. Their gracious presence made out Teacher's Day program truly most memorable.

All the felicities responded with gratitude and supportive words, thanking IMA MW for felicitating them. We thanked all the four Respected, Distinguished, Eminent Teachers for their Valuable Contribution in the field of Teaching and being a guiding force to generations.

The Teacher's Day Felicitation program was preceded by IMA MW Medical Scholarship Awarding Ceremony, under the leadership of Medical Education Committee Chairperson Dr. Sanjay Dudhat, Co-Chairperson Dr. Vikram Pal and the supporting Team. This was a distribution of Scholarships to 20 deserving Medical Students. By supporting these students, we are not only helping them continue their Medical Education but also encouraging them to pursue their dreams and serve society with compassion and dedication.

The students thanked IMA MW and promised to become member of IMA. Most meaningful and Noble-Project of IMA Mumbai West for Last... year !!!

At the end of this wonderful celebrations was the Vote of Thanks, followed by sumptuous Dinner. The program was very well attended and appreciated by 122 members, family members & guest. Both the program went off smoothly to the thunderous applause by lovely responsive audience.

DR. BHAVNA PATEL

Hon. Secretary

REPORT : TEACHERS' DAY



REPORT : TEACHERS' DAY



REPORT : TEACHERS' DAY



CME REPORT : IMA CGP SUB FACULTY

• **Date : 3RD SEPTEMBER 2026 - SCIENTIFIC DISSEMINATION**

CME Conveners : Dr.Rashmi Mehta, Dr.Bimal Shah, Dr. Subhash Gajaria.

Academic Sessions

1. Digital Engagement in Healthcare – Dr. Bimal Shah, ENT Surgeon

The first academic session was delivered by **Dr. Bimal Shah** on the topic **“Digital Engagement in Healthcare.”**

He began the session by discussing the growing role and importance of digital engagement in healthcare. He highlighted its benefits for patients, healthcare providers, and society as a whole. He provided information about various healthcare portals and discussed the increasing importance of social media in healthcare communication and engagement.

Dr. Shah explained how effective digital engagement can play a crucial role in transforming the healthcare landscape by improving accessibility, communication, patient engagement and overall health outcomes.

2. Advancing Shingles Prevention Strategies in Patients with Diabetes: Challenges and Opportunities – Dr. Sandip Bhurke

The second academic session was delivered by **Dr. Sandip Bhurke** on the topic **“Advancing Shingles Prevention Strategies in Patients with Diabetes: Challenges and Opportunities.”**

He began by explaining how diabetes increases susceptibility to various infections. He highlighted that individuals with diabetes have an increased risk of **herpes zoster (shingles)** and its complication, **post-herpetic neuralgia**.

Dr. Bhurke emphasized the importance of

herpes zoster vaccination in reducing the risk of shingles and its complications. He also explained the recommended vaccination schedule for adults and discussed the role of preventive strategies in high-risk populations such as patients with diabetes.

3. Mumbai Monsoon & the Fungal Epidemic – Dr. Kshama Vibhakar, Dermatologist

The third academic session was delivered by **Dr.Kshama Vibhakar**, a Dermatologist, on the topic **“Mumbai Monsoon & the Fungal Epidemic.”**

She began her lecture by highlighting the increased vulnerability of the Indian population to fungal infections due to climatic conditions, particularly the humid monsoon environment. She also discussed other contributing factors, including diabetes, agricultural exposure, and the inappropriate over-the-counter use of steroid-containing creams.

Dr. Vibhakar discussed the efforts of **I-FIND** in addressing fungal infections and the growing concern regarding antifungal resistance. She emphasized the importance of a detailed patient history, thorough clinical examination, assessment of co-medications and understanding patients' habits, occupations and hobbies when evaluating suspected fungal infections.

Conclusion

The CME provided an informative and clinically relevant academic platform covering important contemporary topics in healthcare, including digital engagement, prevention of herpes zoster in patients with diabetes, and the diagnosis and management of fungal infections during the Mumbai monsoon.

The sessions were valuable for enhancing clinical knowledge and awareness among the participating medical professionals. The program concluded successfully with active participation and an emphasis on applying the knowledge gained to clinical practice.

• **Date: 13TH SEPTEMBER 2026 - ENTCON 2026**

Organized by: AMS Branch Chapter & CGP Sub-Faculty, IMA Mumbai West Branch

CME Conveners: Dr. Bimal Shah, Dr. Hetal Patel

MOC: Dr. Hemal Mehta **Academic Sessions**

1. Otosclerosis: From Conductive Loss to Restored Hearing – Dr. Agneesh Patial

The first academic session was delivered by Dr. Agneesh Patial on **“Otosclerosis: From Conductive Loss to Restored Hearing.”**

He began the session by explaining the definition, symptoms, investigations, and treatment options for otosclerosis. He emphasized both conservative management and surgical options, including stapedectomy & stapedotomy.

2. Solving the Mystery of Halitosis – Dr. Riya Shah, Dentist

The second lecture was delivered by Dr. Riya Shah, Dentist, on **“Solving the Mystery of Halitosis.”**

She began by explaining the definition, symptoms, and causes of halitosis. She discussed various local, ENT, and systemic causes and also highlighted xerostomia-induced halitosis.

She emphasized the importance of a detailed history, clinical examination, and assessment of patients' dietary habits. Regular tongue cleaning and adequate

hydration were highlighted as important measures to help reduce halitosis.

3. Minimizing Morbidity in Thyroid Cancer: When Less Is More

–Dr. Prathmesh Pai

The third lecture was delivered by Dr. Prathmesh Pai, Oncosurgeon, on **“Minimizing Morbidity in Thyroid Cancer: When Less Is More.”**

He explained the incidence of thyroid cancer in iodine-deficient and iodine-rich settings, its clinical presentations, and the work-up required for thyroid nodules. He also discussed prognosis and various treatment options for thyroid cancer.

The session covered different types of thyroid cancer and their respective prognoses. Dr. Pai also explained treatment approaches and prognostic considerations in cases with lymph-node metastasis and extracapsular extension.

4. Nose, Sinus & Beyond – Dr. Hetal Patel, ENT Surgeon

The fourth lecture was delivered by Dr. Hetal Patel, ENT Surgeon, on **“Nose, Sinus & Beyond.”**

She presented various clinical cases, including acute sinusitis, sphenoid sinusitis, orbital abscess, dentigerous cyst, orbital hematoma, and optic nerve compression.

She emphasized the importance of appropriate clinical examination and relevant investigations in such cases. Each case required an individualized treatment approach, with several cases requiring minimally invasive surgical intervention.

5. Surgical Intervention for Allergic Rhinitis-Associated Comorbidities – Dr. Bimal Shah, ENT Surgeon

The fifth lecture was delivered by Dr. Bimal Shah, ENT Surgeon, on **“Surgical Intervention for Allergic Rhinitis-**

Associated Comorbidities.”

Dr. Bimal Shah began his lecture by discussing allergy testing and the association of increased eosinophil counts with allergic rhinitis. He discussed the role of intranasal fluticasone furoate and azelastine sprays in treatment.

He also explained how a deviated nasal septum (DNS) may contribute to nasal symptoms and discussed cases in which surgical correction was indicated. Various clinical cases of allergic rhinitis with different underlying causes were presented along with their respective treatment approaches.

Panel Discussion: An Approach to a Case of Vertigo

Moderator: Dr. Bimal Shah

Panelists: Dr. Agneesh Patial, Dr. Hetal Patel, Dr. Shalin Soni, Dr. Dinesh Singh

The panel discussion focused on **“An Approach to a Case of Vertigo.”**

Dr. Bimal Shah moderated the discussion and posed various clinical questions to the panelists. The panelists shared their perspectives and approaches based on their clinical experience and judgment, providing an interactive and practical discussion on the evaluation and management of vertigo.

6. Dangerous Vertigo – Neurologist’s Perspective – Dr. Dinesh Singh

The final academic lecture was delivered by Dr. Dinesh Singh on **“Dangerous Vertigo – Neurologist’s Perspective.”**

He presented various cases of vertigo and dizziness associated with neurological conditions and discussed their diagnosis and treatment. He emphasized the importance of detailed clinical examination in identifying the underlying causes of dizziness and recognizing potentially serious neurological conditions.

Conclusion

The CME provided participants with a comprehensive and clinically oriented academic program covering a wide range of ENT, dental, endocrine oncology, and neurological topics.

The program concluded with an interactive question-and-answer session, providing participants with an opportunity to clarify clinical queries and engage with the speakers. This was followed by a formal vote of thanks.

• Date: 24TH SEPTEMBER 2026 - CARDIO-KIDNEY-METABOLIC (CKM) UPDATE

CME Conveners: Dr. Rashmi Chopra and Dr. Subash Gajria

Academic Sessions

1. Selecting Cardio protection in People with Obesity – Dr. Kunal Sinkar, Physician

The first academic session was delivered by Dr. Kunal Sinkar on the topic **“Selecting Cardio protection in People with Obesity.”**

Dr. Sinkar began the session by highlighting the increased risk of cardiovascular disease (CVD) associated with obesity. He discussed the cardiovascular benefits of GLP-1 receptor agonists and presented real-world cardiovascular outcomes from the STEER study. The session emphasized the importance of considering cardiovascular risk while selecting appropriate therapeutic strategies for individuals with obesity.

2. From Hunger Signals to Health Outcomes: The Innovator Semaglutide Journey – Dr. Poonam Vira Makhija

The second academic session was delivered by Dr. Poonam Vira Makhija on the topic **“From Hunger Signals to Health Outcomes: The Innovator**

Semaglutide Journey.”

Dr. Makhija began her lecture by discussing the development and innovation behind semaglutide, followed by its mechanism of action, clinical benefits, and potential adverse effects. She explained the appropriate indications, required investigations and contraindications associated with its use. She also highlighted the beneficial effects of semaglutide in cardiovascular disease (CVD) and metabolic dysfunction-associated steatohepatitis (MASH).

3. Era of Precision PCI – Dr. Prashant Nair, Cardiologist

The third academic session was delivered by Dr. Prashant Nair, Cardiologist, on the topic **“Era of Precision PCI.”**

Dr. Nair began his lecture with an overview of the evolution of percutaneous coronary intervention (PCI). He explained the role of fractional flow reserve (FFR) in determining whether a coronary stenosis is functionally significant and responsible for ischemia.

He also discussed the importance of intravascular imaging technologies,

including intravascular ultrasound (IVUS) and optical coherence tomography (OCT), in contemporary PCI. The session further provided insights into advanced techniques for managing calcified coronary lesions, including specialized balloons, intravascular lithotripsy, and atherectomy.

Conclusion

The CME provided an informative and clinically relevant academic platform covering important contemporary topics in obesity and cardiovascular risk reduction, advances in semaglutide therapy, and precision-based percutaneous coronary intervention.

The sessions were valuable in enhancing clinical knowledge and awareness among the participating medical professionals. The program concluded successfully with active participation and meaningful academic interaction, with emphasis on translating the knowledge gained into clinical practice.

Dr. Hemal Mehta

Asst. Secretary
IMA MW CGP sub Faculty

REPORT : DIL MAANGE MORE

IMA-Mumbai West affiliated Event - ‘**Dil Maange More**’ on **27th September 2026** by Dr. Rajiv Kivil, Experienced Diabetologist for Diabetes Care at Hotel Aurika was very well attended, Engaging Delegates with purpose, imparting recent Knowledge to Practice and Lead. Distinguished Speakers brought together the Science that is changing Medicine for the Doctors who are shaping Future and sharing an enriching experience with all.

It was in true sense an insightful learning and understanding the challenges to move towards better Health.

This Conference was attended by we all office bearers,

Dr. Jayesh Lele, Dr. Ketan Mehta, Dr. Agam Vora, Dr. Bimal Shah, Dr. Bhavna Patel, Dr. Rashmi Mehta, Dr. Rashmi Chopra, Dr. Shalin Soni and 100+ IMA Members.

DR. BHAVNA PATEL

Hon. Secretary, IMA MW

ENTCON



ENTCON



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST of with AMS BRANCH CHAPTER & C.G.P. SUB FACULTY

Presents

"CARDIOLOGY CONCLAVE 2026"

on the occasion of "WORLD HEART DAY"

Day & Date : SUNDAY, 18TH OCTOBER 2026

Time : 08.30 A.M. 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
08.30-09.15 am	Registration & Breakfast	
09.15-09.30 am	Welcome & Inauguration	President / Hon. Secretary
09.30-10.00 am	Approach to Chest Pain	Dr. Shekhar Ambardekar
10.00-10.30 am	ECG in Ischemic Heart Disease	Dr. Ketan K. Mehta
10.30-11.00 am	Chronic Coronary Artery Disease	Dr. Nitesh Karnire
11.00-11.30 am	Diagnosis of Ischaemic Heart Disease	Dr. Akbar ul Haque
11.30-12 noon	Thrombolytic Therapy is still most accepted and Rationale Approach in Management of Acute Myocardial Infarction	TBA
12.00-12.30 pm	PAMI is superior but Pharmacologic Invasive Therapy is the most Ideal	Dr. G P Ratnaparkhi
12.30-01.00 pm	Myths and Truth in Coronary Intervention	Dr. G P Ratnaparkhi
01.00-01.30 pm	PANEL DISCUSSION : "CARDIOLOGY" Moderator : Dr. G P Ratnaparkhi	All Speakers
1.30 pm onwards	Vote of Thanks / Lucky Draw & Lunch	

➤ REGISTRATION CHARGES :

- IMA Members : **FREE, But a must** • Eligible Non Members : **Rs. 500/-**
- MMC ACCREDITATION HAS BEEN APPLIED FOR.
- CHARGES FOR MMC CREDIT HOURS (FOR THE ACCREDITED CMEs) **Rs. 100/-** APPLICABLE TO ALL MEMBERS DESIROUS OF CREDIT HOURS.
- 18% GST Charges are included in the above rates.
- Assured Delegate Gift to all members who register at venue before 09.15 am.

➤ FOR REGISTRATION, SMS / WA : 7045452656

DR. BIMAL N SHAH

President, IMA MW

DR. BHAVNA PATEL

Hon. Secretary, IMA MW

DR. GAJANAN RATNAPARKHI

Program Convenor

DR. KINJAL MODI

Chairman

IMA - Mumbai West AMS Branch Chapter

DR. RENU BUDHWANI

Hon. Secretary

DR. PRANITA BHATTE-WORLIKAR

Asst. Director of Studies

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

DR. HEMAL MEHTA

Asst. Secretary

**2026
October**

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST of with AMS BRANCH CHAPTER & C.G.P. SUB FACULTY

Organised

"OPHTHALCON - MORE THAN MEETS THE EYE : LATEST ADVANCES IN EYE CARE IN 2026"

Day & Date : SUNDAY, 11TH OCTOBER 2026

Time : 08.30 A.M. onwards.

Venue : **IMA HALL**, I.M.A. Building, J. R. Mhatre Marg, Juhu, Mumbai - 49.

PROGRAM

Time	Topic	Speaker	Chairperson
08.30-09.15 am	Registration & Breakfast		
09.15-09.30 am	Welcome & Inauguration	President / Hon. Secretary	
09.30-11.00 am	Session I		
09.30-10.00 am	Eye Signs You Shouldn't Ignore: A Journey from Childhood Vision to the Brain	Dr. Shreya Gupta Pediatric & Neuro -Ophthalmologist	Dr. Avinash Rao Dr. Dharmishta Verat Dr. Ayushi Rathi
10.00-10.30 am	Ray tracing technology - the New Frontier in Laser Vision Correction	Dr. Anand Shroff Shroff Eye Hospital & Laser Centre	Dr. Kinjal Modi Dr. Abhilasha Patnekar Dr. Bhavika Hotchandani
10.30-11.00 am	The Latest in retina care : all a physician needs to know from injections to AI	Dr. Komal Sah Doctor Eye Institute	Dr. Abubakar Menon Dr. Pradeep Rathod Dr. Kshama Vibhakar
11.00-11.15 am	Tea Break		
11.15-01.15 pm	Session II		
11.15-11.45 am	More Than Meets the Eye: From Ptosis to Aesthetics - The Full Spectrum of Oculoplastic Surgery	Dr. Sumer Doctor Doctor Eye Institute	Dr. Dharampal Singh Dr. Suresh Mane Dr. Rashmi Chopra
11.45-12.15 pm	The galloping myopia generation- how to Stop Myopia Progression	Dr. Anand Shroff Shroff Eye Hospital & Laser Centre	Dr. Prashant Bhatia Dr. Hemal Mehta Dr. Renu Budhwani
12.15-12.45 pm	Lasik/Smart Pulse/Lenticule/ICL: The Latest in Refractive Options for Spectacle Freedom	Dr. Shivani Pattnaik Doctor Eye Institute	Dr. Girish Rambhia Dr. Yogita Garg Dr. Shalin Soni
12.45-01.15 pm	Robotic Laser Cataract surgery: How AI helps us Achieve Eagle Vision	Dr. Kumar Doctor Doctor Eye Institute	Dr. Mayank Patel Dr. Zahid Qureshi Dr. Bhavna Patel
1.15 pm onwards	Valedictory Function followed by Lunch		

- **REGISTRATION CHARGES** : • IMA Members : **FREE, But a must** • Eligible Non Members : **Rs. 500/-**
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APPLICABLE TO ALL MEMBERS DESIROUS OF CREDIT HOURS.
- 18% GST Charges are included in the above rates. ➤ 2 Lucky draws after every talk.
- 50 Early bird lucky draw for members who register by 09.00 am
- Assured Delegate Gift to all members who register at venue before 09.30 am.

➤ **FOR REGISTRATION, SMS / WA : 7045452656**

DR. BIMAL N SHAH

President, IMA MW

DR. BHAVNA PATEL

Hon. Secretary, IMA MW

DR. SUMER DOCTOR

Program Convenor

DR. KINJAL MODI

Chairman

DR. RENU BUDHWANI

Hon. Secretary

DR. PRANITA BHATTE-WORLIKAR

Asst. Director of Studies

DR. HEMAL MEHTA

Asst. Secretary

IMA - Mumbai West AMS Branch Chapter

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

**2026
October**

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH

with

CGP SUB FACULTY & AMS BRANCH CHAPTER

Proudly presents

"LATERAL GYNECON 2026"

Day & Date : SUNDAY, 1ST NOVEMBER 2026

Time : 08.15 A.M. onwards.

Venue : IMA HALL, I.M.A. Building, J. R. Mhatre Marg, Juhu, Mumbai - 49.

PROGRAM

Time	Topic	Speaker
08.15 - 08.45 am	Registration & Breakfast	
08.45 - 09.00 am	Welcome & Inauguration	President / Hon. Secretary
09.00 - 09.30 am	Robotics in Advanced Complex Gynaecology - the new cutting edge minimal invasive solutions	Dr. Uddhav Raj Dudhedia
09.30 - 10.00 am	Beyond Aesthetics: The Intersection of Form and Function in Reconstructive Gynaecology	Dr. Nikita Gadam
10.00 - 10.30 am	Understanding Environmental Gynaecology	Dr. Balkrishna Inamdar
10.30 - 11.00 am	Interventional Radiology in Obstetrics & Gynaecology	Dr. Gordhan Sangani
11.00 - 11.15 am	Tea Break	
11.15 - 11.45 am	Surgical Emergencies in Obstetrics	Dr. Manmohan Kamat
11.45 - 12.15 pm	(Auto) Immunity in Obstetric - a Bidisciplinary Discussion	Dr. Aneesh Sabnis Dr. Shailaja Sabnis
12.15 - 12.45 pm	The Heart in Gynaecology - A New Focus	Dr. Darshan Jhala
12.45 - 01.15 pm	Advanced SMART Ultrasound in Gynaecology : Beyond Routine...	Dr. Rushali Thakker Dr. Anjali Agrawal
01.15 - 01.45 pm	Transgender Healthcare: From Recognition to Gender-Affirming Surgery	Dr. Nitin Ghag
1.45 pm onwards	Vote of Thanks / Lucky Draw & Lunch	

➤ **REGISTRATION FEES :**

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DR. BIMAL N SHAH DR. BHAVNA PATEL DR. B M INAMDAR DR. ANEESH SABNIS

President, IMA MW

Hon. Secretary, IMA MW

Program Convenor

DR. KINJAL MODI DR. RENU BUDHWANI DR. PRANITA BHATTE-WORLIKAR DR. HEMAL MEHTA

Chairman

Hon. Secretary

Asst. Director of Studies

Asst. Secretary

IMA - Mumbai West AMS Branch Chapter

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

**2026
October**

MINUTES OF ADDITIONAL GENERAL BODY MEETING HELD ON FRIDAY, 15TH AUGUST 2026

As there was lack of quorum at 09.15 am the meeting was adjourned and reconvened after half an hour at 09.45 am.

Dr. Bimal N. Shah, Dr. Rashmi Mehta, Dr. Madhubala Chinchalkar, Dr. Bhavna Patel, Dr. Shalin Soni, Dr. Rashmi Chopra, Dr. Shobha Ahuja, Prof. Dr. Ketan K Mehta, Dr. Jayesh Lele, Dr. Smita Lele, Dr. Sanjay Dudhat, Dr. Sikandar Deshmukh, Dr. Shalu Butani, Dr. Nirmala Gulati, Dr. Mahesh Modhia, Dr. Dilip Parsnani, Dr. Lalita Joshi, Dr. Abhilasha Patnekar, Dr. Hemal Mehta, Dr. M V Doshi, Dr. Pratibha Thoravade, Dr. Kamlesh Gandhi, Dr. Ramesh Rajani, Dr. Sushila Jain, Dr. B J Jain, Dr. Iqbal Siddhique, Dr. A K Dhawan, Dr. S. K. Joshi, Dr. B. Gopalan, Dr. Shashikant Sheth, Dr. Ashok Kothari, Dr. Pranita Worlikar, Dr. Shilpa Agarwal, Dr. Jagruti Sanghvi, Dr. Parthiv Sanghvi, Dr. Rohini Badwe & Dr. Subash Gajria attended.

President, Dr. Bimal N Shah welcomed the members. She wished all a Happy Independence Day and requested Hon. Secretary, Dr. Bhavna Patel to start the agenda.

AGENDA 1:

To adopt the Audited Statement of Accounts and the Balance Sheet of the branch for the previous year ending 31st March 2026. (2025 - 2026)

Hon Treasurer Dr Shalin Soni presented the audited balance sheet prepared by our auditors SKYGDP & ASSOCIATES.

Starting with Source of funds and application of funds, where amounts are invested till date, various schedules were presented to all the present members in the house.

The outstanding payments were hardly any and were in process of receiving as on 15th August 2026.

Excess of income over expenses was 31,93,636.96. The house thanked Dr Rashmi Mehta and her team for stupendous work.

Dr. Shalin Soni informed the house that Rs 15 Lacs (Rupees Fifteen Lacs only) would be earmarked for under the building repairs and maintenance fund for 5

years under section 10 Clause 11(2) for future needs. The balance sheet was passed unanimously.

Dr Shalin Soni thanked the house.

The audited accounts were proposed to be passed by the Treasurer and they were passed by the house unanimously.

AGENDA 2:

To appoint statutory auditors for the current financial year starting from 01st April 2026 to 31st March 2027 and to fix the remuneration of the auditor.

The same auditors as the previous year : proposed by the Treasurer. It was passed by the house unanimously.

Resolution was read : The Additional General Body Meeting resolves that Mr Kunal Salvi to be appointed as auditor for the year 2026 - 2027 also.

The meeting ended with a Vote of thanks to the chair.

Prepared by



DR. BHAVNA PATEL

Hon. Secretary

Dear friends, we had an outstanding Rheumacon conference.

I would like to first thank Our Convenor for today's conference, our Treasurer, the dynamic Dr. Shalin Soni who put this program together.

Also thanks to Dr. Yojana Gokhale Madam for choosing excellent talks by her exceptional team of speakers !

Thanks are also due to our Educational partners, IPCA Pharmaceuticals, Sun Pharma and Cipla.

Lastly thank you to each and every one of you for attending in such large numbers and being such a wonderful audience!

RHEUMACON 2026 - Conference Sessions Report

Advancing Care in Rheumatology

RHEUMACON 2026, organised by IMA Mumbai West AMS Branch Chapter and C.G.P. Sub Faculty, featured a focused scientific programme covering common rheumatological disorders and their important systemic manifestations.

Arthritic Disorders

The conference began with Arthritic Disorders, focusing on the clinical approach to patients presenting with joint pain and arthritis. The session emphasised recognising inflammatory arthritis early and differentiating various rheumatological conditions for timely management and referral.

Cracking the Code Between RA and SpA

Dr. Shubhada Kalke discussed the important clinical differences between Rheumatoid Arthritis (RA) and Spondyloarthritis (SpA). The session highlighted differences in presentation, joint involvement and associated features, helping clinicians approach these two commonly confused inflammatory disorders more effectively.

Hyperuricemia and Gout

Dr. Neena Chitnis Singh addressed Hyperuricemia and Gout, covering the clinical recognition of gout, risk factors and the importance of long-term urate control. The session reinforced that gout requires ongoing management rather than treatment of acute attacks alone.

Rheumatology Beyond Joints – CTD Overview

Dr. Deepak Malgutte provided an overview of Connective Tissue Diseases (CTDs) and

their multisystem nature. The session highlighted clinical clues involving the skin, kidneys, lungs, nervous system and other organs that can help physicians recognise systemic autoimmune diseases early.

Relevant Laboratory Investigations in Rheumatic Diseases

Dr. Sushant Shinde discussed the appropriate use of laboratory investigations in rheumatic diseases. Emphasis was placed on selecting investigations according to clinical suspicion and interpreting autoimmune markers in the correct clinical context, rather than relying on laboratory results alone.

Interface Rheumatology

The Interface Rheumatology session highlighted how rheumatic diseases can affect multiple organ systems and the importance of looking beyond joint symptoms.

Case-Based Interface Rheumatology: Lung–Heart–Kidney–Neurology–Gut

Dr. Yojana Gokhale presented a case-based approach to systemic rheumatology involving the lungs, heart, kidneys, nervous system and gastrointestinal tract. The session demonstrated how seemingly unrelated symptoms across different organs may represent one underlying systemic rheumatological disorder.

Ophthalmology–Rheumatology Interface

Dr. Eesha Shukla-Gokhale discussed the important relationship between ocular and rheumatological diseases. The session highlighted ocular inflammatory manifestations and the importance of early recognition and coordination between physicians, rheumatologists and ophthalmologists.

Dermatology–Rheumatology Interface

Dr. Chitra Nayak explored the close connection between skin manifestations and rheumatological disorders. The session emphasised how dermatological clues can provide valuable pointers towards underlying systemic autoimmune disease and the importance of multidisciplinary care.

Conclusion

Overall, RHEUMACON 2026 offered a practical and clinically relevant overview of rheumatology, with an emphasis on early recognition, rational investigation and identification of systemic manifestations. The conference reinforced the message that rheumatology extends well beyond the joints and that multidisciplinary collaboration is essential for comprehensive patient care.

IMA Mumbai West CGP Team



INDIAN MEDICAL ASSOCIATION MAHARASHTRA

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Dr. Santosh Kulkarni
(President)

Dr. Vikrant Desai
(Hon. State Secretary)

Dr. Amol Gite
(Hon. Treasurer)

IMA MS PPS Committee

Dr. Kush Jhunjhunwala
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