



# BIMA

**BULLETIN OF INDIAN MEDICAL ASSOCIATION**

**Vol. XL XXVII No. 2 / February 2025**

**MUMBAI BRANCH**



#### **Forthcoming Events :**

09th February 2025 : Outstation CME  
16th February 2025 : Multi Speciality CME  
23rd February 2025 : Cricket Tournament

**Dr. Girish Lad**  
President

**Dr. Pragji Vaja**  
Hon. Secretary

**Dr. Rajendra H. Trivedi**  
Editor - BIMA

**Dr. Vijay Karanjkar**  
Secretary-BIMA

I.M.A. House, I.M.A. Chowk, 16, K. Khadye Marg, Haji Ali, Mumbai - 400 034. • Mob.: 75067 35383 / 89283 48578  
Website : [www.ima-mumbai.com](http://www.ima-mumbai.com) • E-mail : [ima\\_mumbai@yahoo.com](mailto:ima_mumbai@yahoo.com) / [ima\\_mumbai1@rediffmail.com](mailto:ima_mumbai1@rediffmail.com) / [imamumbaibranch@gmail.com](mailto:imamumbaibranch@gmail.com)

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**EDITOR :-**

**DR. RAJENDRA H. TRIVEDI**

@ 35980813  
(M) 9833783382  
drrhtrivedi@gmail.com

**HON. SECRETARY – BIMA**

**DR. VIJAY KARANJAKAR**

(M) 8779659382  
karanjkarv@gmail.com

**ADVISORS :-**

**DR. HOZIE KAPADIA**

(M) 9833793005  
hozie.kapadia@gmail.com

**DR. VIJAY C. PANJABI**

(M) 9821061205  
vijaypanjabi@yahoo.com

**DR. AJAY KUMAR SAHA**

(M) 9820151272  
drajoysaha@rediffmail.com

**MEMBER :-**

**DR. ARVIND PATEL**

(M) 9869209449  
darvindpatel108@gmail.com

**BUSINESS MANAGERS :-**

**DR. ANIL PACHNEKAR**

(M) 9869001873  
dranilpachnekar@rediffmail.com

**DR. SHIVKUMAR UTTURE**

(M) 9820089321  
utture@yahoo.com

**CIRCULATION MANAGER:-**

**DR. S. G. SHANBHAG**

(M) 9619020962  
drsgshanbhag@yahoo.co.in

**PRESIDENT**

**DR. GIRISH LAD**

(M) 9820116390  
(M) 9820116391  
girishglad@gmail.com

**HON. SECRETARY**

**DR. PRAGJI VAJA**

(M) 9820482375  
vajapragjis@yahoo.in

**HON. TREASURER**

**DR. KASHYAP DAKSHINI**

(M) 9930266077  
kashyap.dakshini@gmail.com

## Editorial



Recently there is an outbreak of **Guillain - Barre Syndrome** cases in Pune. Till now 110 cases have been reported with one death. Central government has deployed a seven member team of experts to assist the state in monitoring and managing the increasing cases of GBS.

**Guillain - Barre Syndrome (GBS)** is a rare neurological disorder in which a person's immune system mistakenly attacks part of his peripheral nervous system. It begins suddenly and can increase in intensity over a period of hours, days or weeks. Some cases are mild and have only brief weakness, while others cause devastating paralysis, difficulty in breathing and require ventilator support. Fortunately most patients eventually recover even from the most severe cases of GBS. After recovery they may continue to have some weakness.

### Symptoms -

1) Weakness - The weakness usually comes on quickly and worsens over hours or days. Feet are affected first and then weakness may move up the body to eventually impact the legs, arms, face and breathing muscles. The person may first notice unexpected difficulty in climbing stairs or walking, or wearing slippers. The weakness increases for two weeks. By the third week 90% of the patients are at their weakest.

2) Acute flaccid paralysis which rapidly progresses to the upper parts of the body.

3) Sensation changes - In GBS the brain may receive abnormal sensory signals from the rest of the body due to the nerve damage associated with the condition. This results in unexplained, spontaneous sensations called paresthesias like tingling, feeling of crawling insects under the skin and pain. Some patients may feel deep muscular pain in the back or legs.

- Difficulty with eyes muscles and vision
- Difficulty in swallowing, speaking or chewing
- Pricking or pins and needles in the hands and feet
- Autonomic Dysfunction
- CSF albumin - cytologic dissociation
- Pain can be severe at night
- Coordination problems and unsteadiness
- Abnormal heart rate or blood pressure
- Problems with digestion and bladder control

In the most common type of GBS called **Acute Inflammatory Demyelinating Polyradiculoneuropathy (AIDP)**, the immune system damages the myelin sheath of nerves. In two other types of GBS, called **Acute Motor Axonal Neuropathy (AMAN)** and **Acute Motor - Sensory Axonal Neuropathy (AMSAN)**, the immune system may damage the axons themselves. As a result, the nerves cannot transmit signals efficiently and the muscles begin to lose their ability to respond to the brain's commands which causes weakness and abnormal or no reflexes.

**Miller Fisher Syndrome** is another type of GBS involving the cranial nerves, which extend from the brain to areas of the head and neck. The main symptoms are weakness or paralysis of muscles of the eyes, problems with balance and co-ordination and abnormal or no reflexes.

GBS can affect anyone of any gender or age but most often affects adults and people older than 50 years. It is not contagious or inherited and the exact cause is not known. Normally the immune system uses antibodies and special white blood cells to protect us by attacking infecting bacteria or viruses. In GBS the immune system mistakenly attacks the healthy nerves. One possible reason for this is that some chemicals seen on bacteria and viruses resemble those on nerve cells. The immune system may not be able to distinguish bacteria and viruses from healthy nerve cells which also become target of attack.

GBS usually starts a few days or weeks following a respiratory or gastrointestinal bacterial or viral infection. Most common risk factor is *Campylobacter* Jejuni which causes gastritis, nausea, vomiting and diarrhoea. Sometimes surgery or vaccination may trigger the syndrome. Some countries have reported an increased incidence of GBS following infection with COVID-19, ZIKA, Cytomegalo virus or Epstein - Barr viruses.

#### **Diagnosis -**

- History and physical examination
- Nerve Conduction Velocity Test (NCV)
- CSF analysis - CSF shows more protein and fewer immune cells
- Imaging - MRI

#### **Differential Diagnosis -**

- Myasthenia Gravis - intermittent and worsened by exertion
- Multiple Sclerosis - CNS demyelination, hyperreflexia, multiple lesions on MRI, Oligoclonal bands in CSF.
- Botulism - Descending weakness, fixed dilated pupils, food or wound toxin exposure and prominent CN dysfunction with normal sensation
- Tick paralysis - Ascending paralysis but spares sensation
- Transverse myelitis - Pain, weakness, abnormal sensation, urinary dysfunction, hyperreflexia, spinal cord lesion on MRI
- CIDP - Chronic Inflammatory Demyelinating Polyneuropathy
- Spinal cord compression - Hyperreflexia, sensory level, MRI shows mass or compression

#### **Treatment**

- Patients are admitted in hospital ICU and some may require ventilator support
- Plasma exchange
- Intravenous immunoglobulin therapy

#### **Prevention**

- Avoid outside food, street food and improperly stored items like paneer, rice and cheese
- Wash fruits and vegetables thoroughly
- Avoid raw and uncooked food
- Boost your immunity - Add vitamin C rich foods like oranges, guava, grapes, amla and kiwi to your diet
- Drink boiled or filtered water only
- Consume only pasteurized milk

**DR. RAJENDRA H. TRIVEDI**

Editor

IMA Mumbai Branch

## *From The President's Desk*



My dear Brothers and Sisters,

Accept my humble greetings to you all.

Recently on 26<sup>th</sup> January 2025, we at IMA Mumbai branch, celebrated 76<sup>th</sup> Republic Day with great enthusiasm. We organised Extempore Elocution Competition for IMA members as well as JDN and MSN members. This Elocution Competition was started by Dr. Lalitha Rao, our branch Past President, the 1<sup>st</sup> lady to become National IMA President. We felicitate winners of this competition by cash prizes and the winner bagging 1<sup>st</sup> prize also gets a Rotating trophy as a mark of respect.

We, at IMA Mumbai branch, are routinely conducting vasectomy (NSV) mission. So far we have operated 1141 cases. For this enormous work BMC Public Health Department has presented us with Special Award for Best Performance in NSV for the year 2024-25. We received this award by the hands of Dr. Daksha Shah, EHO, Brihanmumbai Municipal Corporation, Public Health Department.

We at IMA Mumbai Branch are hosting 1<sup>st</sup> state executive meeting on 2<sup>nd</sup> February 2025, to discuss and find solution for day to day issues troubling medical fraternity. In spite of working hard for society at large, doctors are facing violence from aggressive relatives of patients. Government of India has never kept the safety of doctors on their agenda, very sad. Also Municipal Corporation of Brihanmumbai is probably bent upon ruining the Medical Education System and healthcare facility at Municipal General Hospitals. No fresh appointment of new teachers and appointment of teachers on contract basis with breach in service every 40<sup>th</sup> day is the scenario; how detrimental it is for the whole medical college system. To add on, municipal hospitals are deficient in instruments and gadgets, in today's era of advanced technology and Artificial Intelligence.

We gathered knowledge and expertise from these municipal medical colleges only, both during undergraduate and post graduate studies with a blend of honorary and full time teachers. But now owing to honorary teacher's system abolition, the medical education system and healthcare services are facing failure of upliftment of medical education and healthcare at large.

To serve poor strata of citizens, Government authorities have started various schemes like Ayushman Bharat Yojana, Ladki Bahin Yojana, Atal Pension Yojana, Garib Kalyan Yojana, Pradhan Mantri Awas Yojana, so on and so forth. These are worth appreciating but what about existing infrastructure. Should we allow these existing systems to get destroyed?

Unfair, truly unfair. Mediclaim and other facilities cannot be availed by poor people. Government of India should reconsider budgeting for public healthcare. We wish to see a ray of hope for healthcare of the poor and safety of doctors to be restored.

Jai Hind !  
Jai IMA !

**DR. GIRISH LAD**  
President  
IMA Mumbai Branch

# WHY BECOME A MEMBER OF INDIAN MEDICAL ASSOCIATION (IMA)?

Dear colleagues,

**Indian Medical Association (IMA)** is the largest and the fastest growing non-government organization (NGO) of **over two and half lakhs health care providers**. It spans across the country and has over **1800** branches. It attracts a variety of physicians from MBBS doctors, specialists and super specialists from urban, sub-urban and rural India and a wide age span. The primary mission of IMA is to unite the medical fraternity under one banner and ultimately advance the medical science for the betterment of the masses. Simultaneously, it seeks to safeguard the interest of the medical fraternity in this ever changing milieu of medical profession.

In the light of this ever changing field, Medical Council of India (MCI) has recently recognized the importance of continuous medical education (CME). It has now become mandatory that the medical fraternity comply with the CME credit hours regulation to renew their medical registration. **IMA is accredited by the MCI to grant credit hour points to doctors** and has taken the onus of advancing this complex field by hosting regular conferences, CME's which are very well received.

## ACHIEVEMENTS OF IMA

1. There is an increasing threat to the safety of doctors especially the young ones. Because of constant representation of these concerns by IMA to the state government of Maharashtra, there is now a **law in place to protect the doctors and its establishments**.
2. Similar efforts are being undertaken by the IMA at the central government also.
3. IMA is successful in motivating the Standing Committee in Delhi to summarily **reject the NCHRH Bill (National Council for Human Resource in Health)**.
4. The draconian CEA (**Clinical Establishment Act**) was strongly opposed by IMA. IMA was successful in drafting a **Maharashtra specific CEA** which is both doctor and patient friendly.
5. There are stringent rules set forth for renewing licenses for nursing homes, firefighting provision rule, FDA regulations and PCPNDT Act etc. IMA is engaged with the concerned agencies in streamlining the process and create a hassle free environment for medical profession.

## BENEFITS AVAILABLE TO IMA MEMBERS

- 1) IMA is accredited by the MCI to **grant credit hour points** to doctors.
- 2) **Medico-legal cell** help round the clock for the members.
- 3) **Profession Protection Scheme (PPS)** (Indemnity – 10 Lakhs) at nominal fees.
- 4) **Airing your views and grievances** through BIMA (Bulletin of IMA)

**Social Security Schemes** popular as “**Make your Nominee a Millionaire**”, gives benefits to the next of kin of the deceased life member.

**Guest room facilities** available in IMA branches all over India at highly concessional rates (List Available at IMA office).

**50% discount on rent** of IMA Hall (renovated) and Lawns.

**Discounts on purchases** of new car and on car insurance renewals.

**Membership is transferable** all over India.

The MCI recommends that every graduate be a part of a recognized medical association and IMA fulfils this mission perfectly. IMA is a perfect platform for all the practitioners, particularly for young practitioners who are still learning the nuances of medicine and work of this profession. The best part is that the IMA membership is transferable to any part of India. We welcome you all to share your interest with us.

## Heavy Discount on Membership fees from 15th February 2025 to 14th March 2025

**For Single Life Membership Fees** - Rs. 17,541/- (Saving Rs. 2,861/-)

**For Couple Life Membership Fees** - Rs. 26,301/- (Saving Rs.4,289/-)

**For to be Clubbed Membership Fees** - Rs. 9,658/- (Saving Rs.1,504/-)

**Cheque to be drawn in favour of “Indian Medical Association Mumbai Branch”**

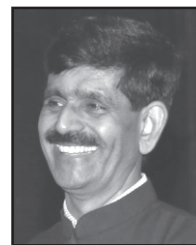
**DR. Girish Lad**  
President  
(M) 98201 16391

**DR. Pragji Vaja**  
Hon. Secretary  
(M) 98204 82375

## Secretary Communicates

Dear Friends,

IMA Mumbai branch had following activities during the month of January 2025:



**12th January 2025 : HIV and Multi Speciality** was organized by IMA Mumbai Branch. The speakers and their topics: Dr. Pushkar Shikarkhane - Acute Gastroenteritis, Dr. Kirti Sabnis - Interesting cases in HIV AIDS, Dr. (Col) Mrityunjaya V Kalmath - Minimal Invasive Cardiac Surgery: What the Patient and Clinician should know, Dr. Darshit Shah - Early Detection -The Key to Breast Cancer survival, Dr. Avasi Pathan -Beyond Glycemic control: Oral semaglutide impact on Cardio Kidney Metabolic (CKM) Syndrome management, Dr. Chintan Vyas - Managing Non-Maglinant Hematological Disorders and Role of HSCT and Dr. Saiprasad Lad - HIV in Gastroenterology.

**19th January 2025 :** Our Indian Medical Association took part in the **TATA Mumbai Marathon** held on Sunday, 19th January 2025. We acknowledge the senior members Dr. Rajendra H. Trivedi, Dr. Hozie Kapadia, Dr. Prakash Borana, Dr. Pragji Vaja, Dr. Nirmal Jain and Dr. I. P. Jain of the Indian Medical Association who participated with unparalleled enthusiasm in the Senior Citizen Group Run in Tata Mumbai Marathon.

Their spirited involvement was a testament to their commitment to leading by example, promoting health, and proving that age is no barrier to staying active and inspiring others. Kudos to Dr. Sachin Patharkar who completed Full Marathon (42 kms) for the consecutive 6th year despite all odds which is a grand success and an unforgettable celebration of his fitness. Organisers of Tata Mumbai Marathon deserve immense appreciation for their impeccable arrangements and smooth execution. This event has set a benchmark for excellence and showcased the spirit of togetherness and resilience that defines Mumbai. My special THANKS to Dr. Rajendra H. Trivedi for leading the show. Overall, it was memorable event.

**19th January 2025 : Aao Gaon Chalen Camp** was held on 19th January 2025 at village Kurje in Vikramgad Taluka, Palgarh district. Dr. Kiran Desai, Dr. Dinesh Prabhu, Dr. Jotika Kaku, Dr. Sharad Devrukhkar and Dr. Pratiksha Baliga attended the medical camp. A total of 187 patients and Ashram Shala students were examined during the camp. The morbidity pattern was as follows :- Anaemia 9 cases, Cervical erosion 1 case, Leucorrhoea 2 cases, Dysmenorrhoea 2 cases, Cataract 28cases, Tenia 16 cases, Scabies 5 cases and Hypertension 8 cases. Blood sugar was tested in 10 patients, none were found to be diabetic. Health education was given to 150 women and girls about menstruation and menstrual hygiene. Audio visual film was shown to the group. 149 reusable sanitary napkins were distributed to the women and girls. A donation of Rs. 10,000/- was collected by two students Ms. Ariana Rohan Desai and Ms. Anoushka Rohan Desai studying in Trinity Preparatory school from USA for these sanitary pads. The cheque was handed over to Yuva Parivartan team as cost of the sanitary pads. The team started from Mumbai at 6 am sharp and returned back at 6 pm.

**26th January 2025 :** The National Flag was unfurled on **Republic Day** at IMA House, Haji Ali by the hands of President, Dr. Girish Lad followed by National Anthem & Vande Mataram sung by all members.

**26<sup>th</sup> January 2025 : BIMA Extempore Elocution Competition** for "**Dr. V. H. Salaskar Rotating Trophy**", "**Dr. J. J. Merchant Oration**" and "**Multi Specialty**" CME was held at IMA Mumbai Branch.

**Multi Speciality CME** was organized by IMA Mumbai Branch. The speakers and their topics : Dr. Bharatsinha Bhosle - Precision Oncology : Personalized Care in Cancer, Dr. Tejas Vaja - Challenges in Neurosurgery and Dr. Pankaj Bandarkar - Will family practice survive? - Dr. J. J. Merchant Oration.

**BIMA Extempore Elocution Competition for "Dr. V. H. Salaskar Rotating Trophy"** was held on the same date.

1<sup>st</sup> Prize and Dr. V. H. Salaskar Rotating trophy was bagged by Dr. Sunil Jain  
2<sup>nd</sup> prize winner - Dr. Sachin Patharkar and  
3<sup>rd</sup> prize winner - Dr. Surendra Shingnapurkar

A separate Extempore Elocution Competition was held for IMAJDN/MSN members.

1<sup>st</sup> prize winner - Dr. Subhasri Subhadarsini  
2<sup>nd</sup> prize winner - Dr. Aditya Prashant Thakare and  
3<sup>rd</sup> prize winner - Dr. Neha Savla

All the participants were knowledgeable, efficiently elaborated their points of view. The programme was very well conducted by the Editor BIMA Dr. Rajendra H. Trivedi and BIMA Secretary Dr. Vijay Karanjkar. The judges were Dr. Vijay Panjabi, Dr. Aspi Raimalwala and Dr. Ajoy Saha. The entire programme was a grand success.

#### **Forthcoming Events :**

**9th February 2025** : Outstation CME  
**16th February 2025** : Multi Speciality CME  
**23rd February 2025** : Cricket Tournament

**DR. PRAGJI VAJA**  
Hon. Secretary  
IMA Mumbai Branch



## **INDIAN MEDICAL ASSOCIATION, MUMBAI BRANCH**

### **NOTICE**

An urgent General Body Meeting of Indian Medical Association Mumbai Branch will be held on **Tuesday, 25<sup>th</sup> February 2025 at 4.30 p.m. at IMA House, 16 K. KhadyeMarg, Haji Ali, Mumbai – 400034** to consider the following agenda:

### **AGENDA**

1) To pass the Amendments to the Constitution/Bye-Laws/Rules of IMA Mumbai Branch.

**DR. PRAGJI VAJA**  
Hon. Secretary  
IMA Mumbai Branch

#### **N.B.**

1. The meeting if adjourned due to lack of quorum will be held in the same place after 30 minutes.





**IMA MUMBAI BRANCH, IMA CGP MUMBAI SUB FACULTY  
ANNOUNCES CME ON “MULTI SPECIALTY”**

**DATE:** Sunday, 16th February 2025

**TIME:** 9.00 am Onwards

**VENUE:** IMA House, IMA Chowk, 16 K. Khadye Marg, Haji Ali, Mumbai - 400034.

TOPIC	SPEAKER
Registration & Breakfast	
Welcome Address	<b>DR. PRAGJI VAJA</b> Hon. Secretary
Presidential Address	<b>DR. GIRISH LAD</b> President
Worsening Heart Failure Management	<b>DR. BHARAT SHIVDASANI</b>
From Medicine to Markets: Growing Wealth with Equity Investments	<b>MR. SUNIL DAMANIA</b>
Indication for BMT in pediatric	<b>DR. PRITI MEHTA</b>
Treatment of Parkinson disease	<b>DR. CHARULATA SAWANT SANKHLA</b>
Recent Advances in Management of Obesity	<b>DR. APARNA GOVIL BHASKAR</b>
Time to act in CKD with T2D :Finerenone as a pillar of Treatment improving cardio renal outcomes	<b>DR. ASHOK KIRPALANI</b>
Are AGIs just 'good to have' or 'must to have' for Indian patients?	<b>DR. PRADEEP TALWALKAR</b>
Advance Neuromodulation therapies for neurological disorders	<b>DR. MANISH BALDIA</b>
Vote of Thanks	<b>DR. KAJAL AHUJA</b> Hon. Jt. Secretary
Lunch	

- 2 MMC Credit Points Applied
- Registration free but compulsory

**DR. GIRISH LAD**  
President

**DR. PRAGJI VAJA**  
Hon. Secretary

IMA Mumbai Branch

## **Report of Family Welfare and Vasectomy Centre Sub Committee for the month of January 2025.**

It gives me great pleasure to submit the report of our above center for the period 1/01/2025 to 31/01/2025.

With the help of all dedicated IMA staff the center is running smoothly and to our satisfaction.

We have performed 30 (Thirty only) vasectomies in the month of January 2025.

Total no. of cases done by us till end of January 2025 are 1146.

**Dr. Girish Lad**  
President

**Dr. Aspi Raimalwala**  
Chairman  
Family Welfare and Vasectomy Centre

**Dr. Pragji Vaja**  
Hon. Secretary

### **What's Behind Watery Eyes (Epiphora)?**

Epiphora occurs when there is over-secretion or impaired drainage of tears. There are several possible causes of watery eyes

1. Infections: Infection of the conjunctiva (conjunctivitis) or cornea (keratitis) can cause watering. Say NO to general purpose antibiotic+steroid combination drops as they can do more harm than good. Avoid contact lens use as well.
2. Foreign bodies: An eyelash, dust particles, metallic foreign bodies or even regular eye makeup can cause reflex tearing. Exposure to chemicals and fumes can cause minor abrasions to serious corneal injuries requiring limbal stem cell transplantation.
3. Blocked tear ducts: the tears are washed down the nasolacrimal drainage system into the nose. Partial or complete block at any level in this system can cause tears to back up and the system may get infected. Pus or mucus discharge and crusty lashes point towards obstructive causes and merit evaluation by Syringing or Probing to plan further management. In newborns, the nasolacrimal duct may not be fully open/functional till one year of life. A tear duct massage may be advised to reduce watering in them.
4. Allergies: Itching, redness are other symptoms following exposure to allergens
5. Eyelid problems: Eyelid malpositions such as Entropion (inward turning of the eyelid) or ectropion (outward turning of the lid), Stye (Infection of the glands in the eyelid) or Blepharitis can cause watering.
6. Dry Eyes: Paradoxically dry eyes can cause watering.
7. Bells palsy, certain medicines can also cause watering

The general measures which one can take include using protective eye wear, warm compresses and avoiding eye rubbing. Your Ophthalmologist can help you find out why your eyes are watery, prescribe medicines and evaluate if there is need for surgical options.

**DR. SAYALI TENDOLKAR LAD**  
MBBS, DNB-Ophthalmology,  
FLVPEI-Cornea and anterior segment, FICO-UK  
Consultant Ophthalmologist,  
Cornea and Phaco-refractive Surgeon  
Shushrusha Citizens' Co-operative Hospital, Dadar

## HIV and Multi Speciality CME - 12th January 2025



**Felicitation of Dr. Pushkar Shikarkhane**



**Felicitation of Dr. Kirti Sabnis**



**Felicitation of Dr. Col Mrityunjaya V Kalmath**



**Felicitation of Dr. Darshit Shah**



**Speaker Dr. Avais Pathan**



**Speaker Dr. Chintan Vyas**



**Speaker Dr. Sai Prasad**



**Felicitation of Dr. Sai Prasad**



## Aao Gaon Chalen Camp at Village Kurje in Vikramgad Taluka, Palgarh Dist. - 19th January 2025



Dr. Kiran Desai



Dr. Sharad Deorukhkar



Dr. Jyotika Kaku



Dr. Dinesh Prabhu



Dr. Aspi Raimalwala and his team received Best Performance in NSV





# Tata Mumbai Marathon - 19th January 2025





**BIMA Extempore Elocution Competition for Dr. V. H. Salaskar Rotating Trophy  
Dr. J. J. Merchant Oration and Multi Specialty - 26th January 2025**



**President Dr. Girish Lad Speech**



**Hon. Secretary Dr. Pragji Vaja Speech**



**Dr. Shivkumar Utture Speech**



**Dr. Anil Pachnekar Speech**



**Dr. Pankaj Bandarkar Delivering Dr. J. J. Merchant Oration**



**Felicitation of Dr. Bharatsinha Bhosle**



**Felicitation of Dr. Tejas Vaja**



**Felicitation of Dr. Pankaj Bandarkar**



**BIMA Elocution Competition Winners**



**Judges**



## INDIAN MEDICAL ASSOCIATION, MUMBAI BRANCH

### NOTICE

The Annual General Body Meeting of Indian Medical Association, Mumbai Branch for the year 2024-2025 will be held on **Sunday, 23<sup>rd</sup> March 2025 at 9.00 a.m.** in I.M.A. Hall at the Registered Office to consider the following agenda

### AGENDA

- 1) To confirm the minutes of:
  - a. The Annual General Body meeting held on Sunday, 17<sup>th</sup> March 2024.
  - b. Special General Body meeting held on Sunday, 01<sup>st</sup> September 2024. (IMA-MS Election).
  - c. An Ordinary General Body meeting held on Wednesday, 17<sup>th</sup> October 2024. (Annual Accounts).
- 2) To adopt the 86<sup>th</sup> Annual Report of the Managing Committee for the period from 1<sup>st</sup> April 2024 to 31<sup>st</sup> March 2025.
- 3) To adopt the Audited Report, Statement of Accounts & the Balance Sheet for the year 2024-2025.
- 4) To appoint Scrutinizer for election.
- 5) To elect Office Bearers and other members of the Managing Committee for the year 2025-2026.
- 6) To elect Representatives to the State Executive Committee I.M.A. Maharashtra State 2025-2026.
- 7) To appoint Auditors for the ensuing year to audit accounts of 2024-2025.
- 8) To consider the Amendments of the constitution if any.
- 9) To consider Resolutions other than Amendments of the Rules and Bye-Laws referred by the Managing Committee and sent by the members.
- 10) To consider any other business with the permission of the chair.
- 11) Vote of thanks.

**N. B.:** If there is no quorum at the appointed time, the meeting shall stand adjourned for half an hour and same shall be held immediately after that time when the notified business shall be transacted and the decision there of shall be binding on all the members of the association.

### Attention Sub-Committee Chairpersons / Convenors

The Chairpersons / Conveners of the Sub-Committees are requested to submit their **Annual Reports** to IMA Office before 28<sup>th</sup> February 2025 for publication in **March / April 2025** issue of **BIMA**.

## IMPORTANT

- 1 Any member desiring to have clarification regarding items in the Annual Report, in the Audited Statement of Accounts or move any Resolution at the Annual General Body meeting should give them in writing to the Hon. Secretary, so as to reach him **before 2.00 p.m. on Friday 14<sup>th</sup> March 2025.**
- 2 **Nominations** are invited from the members of the association for the State Executive Committee of the Maharashtra State and Office Bearers & members of Managing Committee for the IMA Mumbai Branch. Nomination papers will be available at the office from **Thursday, 10<sup>th</sup> February 2025.** A separate nomination is needed for each post.
- 3 Nomination papers completed in all respects should reach this office not later than **5.00 p.m. on Saturday 8<sup>th</sup> March 2025. Withdrawal** if any should be intimated in writing before **5.00 p.m. on Saturday 15<sup>th</sup> March 2025.**
- 4 The elections for all the posts mentioned above are governed under Bye-Laws (a) in part of Rules and Bye – Laws of I.M.A. Mumbai Branch and the decision of the presiding officer on the day of Annual General Body Meeting is final and is binding in all matter bound for all purpose.
- 5 Candidates are hereby informed that it is obligatory for members of the Managing Committee of the Branch to attend all meetings and official functions of the Branch.
- 6 It is mandatory for all State Executive Committee Members to attend the State Executive Meetings.
- 7 The Ballot box, will be open from 10.00 a.m. to 2.30 p.m. on 23<sup>rd</sup> March 2025.

**86<sup>th</sup> Annual Report and other Agenda papers are printed elsewhere in March-April 2025 BIMA issue. Please bring March-April 2025 BIMA for the AGM Meeting on 23<sup>rd</sup> March 2025.**

## CONGRATULATIONS !

We congratulate the Chairman, IMA Mumbai Branch Vasectomy Center Dr. Aspi Raimalwala and his team members for being awarded with the Special Award by the hands of the Executive Health Officer Dr. Daksha Shah and Joint Executive Health Officer Dr. Gailwad of Mumbai Municipal Corporation for Best Performance in NSV for the year 2024 - 2025 (highest number of vasectomies - 1141).

**Dr. Girish Lad**  
President

**Dr. Pragji Vaja**  
Hon. Secretary

**IMA Mumbai Branch**

## **STATE EXECUTIVE COMMITTEE MEETING HOSTED BY IMA MUMBAI BRANCH ON 2<sup>ND</sup> FEBRUARY 2025**

All State Executive Members are requested to register for the **1<sup>st</sup> State Executive Committee Meeting hosted by IMA Mumbai Branch** to be held on **2<sup>nd</sup> February 2025.**

**Dr. Girish Lad**  
President

**Dr. Pragji Vaja**  
Hon. Secretary





## IMA MUMBAI BRANCH AWARDS

Nominations are invited for the following IMA (Mumbai Branch) awards for the 2024-2025

### 1) DR. MANGHANMAL S. KRIPALANI AWARD

IMA Mumbai Branch announces the above mentioned award that was instituted by Dr. Nari Kripalani in the memory of his late father Dr. Manghanmal S. Kripalani. Eligibility criteria for the award 2024-2025:

A family physician who has been a Life Member of MA Mumbai Branch for a minimum period of five years and has excelled in one or more of the following categories.

- a) Special area of interest in his practice.
- b) Works along with one or more family physician on a regular basis.
- c) Great achievement in sports or cultural activities.
- d) Politician - elected members.
- e) Remarkable social services for a minimal period of 10 years.
- f) Has worked for the upliftment of the medical profession.

### 2) DR. A. D. DAFTARY AWARD

IMA Mumbai Branch invites applications for the Dr. A. D. Daftary Award which was instituted by Dr. J. C. Patel. Eligibility criteria for the award are:

- a) Life member of IMA Mumbai Branch for a minimal period of five years with.
- b) Achievement in the area of Occupational Medicine.
- c) And / or proficiency in organization and management of IMA.

The awardee is given the award once in life time only.

### 3) DR. H. M. TRIVEDI AWARD

DR. H.M. Trivedi Award is given to a member of our branch who is above 75 years of age and professionally active.

Applications for the above award should reach IMA Office in person during working hours on or before **28th February 2025**.

The applications should include personal details and relevant testimonials along with 1 passport size photograph.

The award will be given during the **Installation Ceremony**.

# STROKE

Stroke is an emerging health hazard which has been seen rising lately in our society. Stroke is an emergency situation where few minutes of time here and there can impact the future prognosis of the patient and in some cases may also be the reason of premature death.

The word “STROKE” derives its root from the work “strike” which means a sudden unexpected event.

In today's fast moving age we are exposed to a number of risk factors which slowly augment and increase the probability of us having stroke. The risk factors include Smoking, Alcohol Intake, Inactivity, Obesity, Hypertension, Diabetes mellitus, Metabolic syndrome.

In our fast paced lives we do not have time for ourselves. We get up in the morning and just enter a RAT RACE lasting the entire day. We are exposed to enormous amount of stress which inturn leads to many neuropsychiatric and cardiovascular consequences which increase our risk towards stroke.

This compounded with physical inactivity, genetic predisposition, addictions and underlying undetected hypertension and diabetes mellitus increase the risk of stroke manifold.

Of note is the prevalence of undetected Hypertension and DM which make them the dreaded “SILENT KILLERS” of human race.

Strokes are as of two types

- a) Hemorrhagic Stroke
- b) Ischemic Stroke

Hemorrhagic Stroke is basically due to rupture of a vessel and bleeding in the brain. The most common area of the brain affected due to this condition is the Ganglia Capsular area.

Bleeds in areas other than the above said area are to be investigated further with CT Angiography.

Ischemic stroke is due to occlusion of the artery causing decreased blood supply and eventually cessation of functions of the area of the brain affected.

TRANSIENT ISCHEMIC ATTACK is a form of ischemic stroke which is sudden, painless, completely reversible form of stroke within 24 hours.

This can also be called a precursor to full blown ischemic stroke.

This represents the “TIP OF THE ICEBERG” phenomenon which when identified and diagnosed can prevent further morbidity and mortality.

The common acronym to remember the symptoms are

- F :- Face Deviation
- A :- Arm one sided limb weakness.
- S :- Speech disturbances
- T :- Time is of Importance

When a patient presents with above symptoms we should not administer aspirin or antiplatelet medications before an imaging is done because if it's a hemorrhagic stroke it can lead to increase in the volume of bleed.

Most of the patients arriving to the ER are unaware of their comorbidities and underlying risk factors.

When asked they reply, “Sir sirf aaj hi BP 200 ho gaya, iske pehle mujhe kabhi BP nahi tha”.

“IGNORANCE IS BLISS” but this is definitely not true with respect to one's health.

“PREVENTION IS BETTER THAN CURE” should be our motto to avoid the preventable morbidity & mortality and the poor quality of life and lost days past stroke.

Regular exercise, regular sleep meditation, understanding our limits and gradually stressing and stretching them, avoiding stimulants and addictions, 3 monthly checks up for diagnosing and treating DM, HTN, hypercholesterolemia, timely detection of TIA can go way ahead and help us as doctors to reduce the STRIKE OF STROKE on the general population and thus Improving the quality of life.

When uncertain a CT brain plain is best used to rule out hemorrhagic stroke.

When there is no hemorrhage the gold standard for detecting ischemic stroke is diffusion weighted MRI.

If ischemic stroke present within four hours of symptoms onset, we can subject the patient to IV thrombolysis.

If the patient presents within 6-8 hours of onset of symptoms, we can perform MECHANICAL THROMBECTOMY to remove the clot.

6-8 hours is considered as the GOLDEN PERIOD for thrombectomy which itself can be performed upto 24 hours from onset of symptoms.

STROKE workup includes routine blood investigations along with Sr. Hemocysteine levels in young patients and ECG and 2D ECHO to rule out cardiogenic embolic stroke.

With relation to people remaining ignorant to get themselves checked regularly and timely and taking their health for granted, I remember one saying.

इस अंधेरे में रहने का कोई मोल नहीं है गालिब,  
क्योंकी इस अंधेरे की कोई सुबह नहीं होती !

**DR. TEJAS VAJA**  
MBBS, MS, MCH, FISS  
Neurospine Surgeon  
M.: 9702233332

### **CRICKET FEVER GRIPS IMA MUMBAI BRANCH ONCE AGAIN!!**

“**SUPER SIXES CRICKET TOURNAMENT**” will be held on **Sunday, 23<sup>rd</sup> February 2025** from **9.00 am onwards** at IMA House Lawn, Haji Ali, Mumbai. **Box Cricket**, underarm bowling, Six-a-Side; 1 Lady and 5 Gents IMA member per team.

Make your winning team and register with IMA office Mob No. 7506735383 / 8928348578

Attractive gifts for all winners.

**Dr. Girish Lad**  
President

**Dr. Pragji Vaja**  
Hon. Secretary

**Dr. Prakash Borana**  
Chairperson

**Dr. Kiran Desai / Dr. Ajoy Saha**  
Co- Chairpersons

Sport Sub - Committee

## **IMA Mumbai Branch “Super Sixes Turf Cricket Tournament” on Sunday, 23rd February 2025 at IMA Mumbai Turf, Haji Ali**

IMA Mumbai Branch presents once again it's FUN – N – FROLIC family event with Turf Cricket in the background!

### **Match Rules and Regulations: -**

6 Players per Team

4 Overs Match

Each team will consist of : 1 Lady player (IMA member/spouse of member)  
1 MSN/JDN member

4 IMA Gent members

The Lady player must open both the bowling and batting in every innings

### **Batting Rules:**

- No runs counted behind the wicket
- 6 runs shall be declared when the ball hits the boundary net directly or after touching the roof or side nets **above the horizontal mid-beam**
- 4 runs shall be declared when the ball hits the boundary net directly after touching the roof or side nets **below the horizontal mid-beam**
- 2 runs shall be declared when the ball hits the side nets on either side
- Runs can be scored by running between the wicket after striking the ball with the bat
- No LBW rules shall be applied

### **Out Rules:**

- Bowled
- Catch Out
- Run Out
- Hit wicket
- Catch taken from rebounds from roof or side nets is **NOT OUT**

### **Bowling Rules:**

Each bowler permitted to bowl only 1 over per innings.

Only Standing Underarm Bowling is allowed. If this rule is not followed, the Ball is considered as No Ball.

### **No Ball and Wide Ball Rule:**

- ♦ 1 Run will be counted for each No Ball and Wide Ball
- ♦ After a No Ball next ball is considered as Free Hit
- ♦ Bowling outside leg stump will be declared as Wide Ball
- ♦ Bowling outside off stump beyond the Wide Mark will be declared as Wide Ball

Over arm or fast balls are not allowed (Umpire's decision)

The ball above the waist height within the crease is a No Ball

If the batsman steps out and the bowler delivers a shoulder-height ball, the umpire will decide about No ball.

### **In case of Tie:**

In case the Match is a Tie, then 1 Super Over will be Played.

### **Admin Rules:**

- If not specified, all rules governing ODIs and T-20s shall apply.
- Umpire decisions are final and irrevocable.
- The President and the Sports Sub-committee are authorized to make changes in the Rules & Regulations before the start of the tournament and once fixed shall be final and abiding to all.



# DIABETES AND WELL BEING

## Diabetes facts: WHO

- ◆ The number of people living with diabetes rose from 200 million in 1990 to 830 million in 2022.
- ◆ Prevalence has been rising more rapidly in low- and middle-income countries than in high-income countries.
- ◆ More than half of people living with diabetes did not take medication for their diabetes in 2022.
- ◆ Diabetes treatment coverage was lowest in low- and middle-income countries.
- ◆ Diabetes causes blindness, kidney failure, heart attacks, stroke and lower limb amputation.
- ◆ In 2021, diabetes and kidney disease due to diabetes caused over 2 million deaths. In addition, around 11% of cardiovascular deaths were caused by high blood glucose.
- ◆ A healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes.
- ◆ Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.

## Diabetes and well being

- ◆ Mental health impact: People with diabetes are more likely to experience depression and anxiety compared to the general population, which can further complicate diabetes management.
- ◆ Stress and burden: The constant need to monitor blood sugar, adjust diet, exercise regularly, and manage medication can lead to significant stress and feelings of being overwhelmed.
- ◆ Social implications: Diabetes can affect social life due to dietary restrictions, the need to monitor blood sugar levels in social situations, and potential body image concerns.
- ◆ Importance of self-care: Effective diabetes management relies heavily on self-care practices including healthy eating, regular exercise, stress management techniques, and seeking emotional support when needed.
- ◆ Impact on quality of life: Poorly managed diabetes can significantly affect a person's quality of life, impacting work, relationships, and overall sense of well-being.

## World diabetes day 2024

The theme for World Diabetes Day 2024-26 is Diabetes and well-being. The campaign goal is about putting well-being at the heart of diabetes care. In the first year of the campaign, the focus is on awareness, to ensure that the impact of diabetes on well-being is well understood. It involves demonstrating the impact of diabetes on well-being to a global audience and highlighting the lived experiences of people living with diabetes and their caregivers. The second year of the campaign will focus on impact of diabetes on well-being and involves mobilising audiences to put well-being at the heart of diabetes care. In the third year, the emphasis will be on change- building on year 1 and 2 to ensure a lasting legacy in healthcare policy.

## !! GOOD NEWS !!

**IMA LIFE MEMBERSHIP CHARGES REDUCED BY 25%  
FROM 15<sup>TH</sup> FEBRUARY 2025 TO 14<sup>TH</sup> MARCH 2025**

### ◆ SINGLE LIFE MEMBER ◆

OLD MEMBERSHIP FEE - RS. 17,541/-

**NEW MEMBERSHIP FEE - RS. 14,680/-**

### ◆ COUPLE LIFE MEMBER ◆

OLD MEMBERSHIP FEE - RS. 26,301/-

**NEW MEMBERSHIP FEE - RS. 22,012/-**

### ◆ TO BE CLUBBED LIFE MEMBER ◆

OLD MEMBERSHIP FEE - RS. 9,658/-

**NEW MEMBERSHIP FEE - RS. 8,154/-**

**GRAB THE OPPORTUNITY AND INVITE FELLOW  
DOCTORS IN LARGE NUMBER TO BECOME IMA MEMBERS.**

### **BIMA TARIFF FOR ADVERTISEMENT IN BIMA THE BULLETIN OF INDIAN MEDICAL ASSOCIATION, MUMBAI BRANCH**

BIMA, the mouth piece of IMA Mumbai branch reaches 5000 members per month, which includes leading Family Physicians, Consultants, Super Specialists and Hospitals of Mumbai and pan India.

Articles by specialists on current issues and trends in medicine make an interesting reading. BIMA has won the "Best Bulletin Award" for its educative, informative and presentable value from both IMA national and state offices.

The rates of advertisement in BIMA are very attractive. Pharmaceutical Companies, Hospitals, Nursing Homes, Diagnostic Centers, Poly Clinics, Pathology labs, Banks, Manufacturer of Hospital equipment, etc. can use this media for their wide spread publicity amongst the elite.

#### **New reduced advertising rates effective from 1st December 2022**

SPACE AND POSITION	SINGLE INSERTION	6 CONSECUTIVE INSERTIONS	12 ONSECUTIVE INSERTIONS
Ordinary Half Page (B/W)	1,260/-	6,300/-	12,600/-
Ordinary Full Page (B/W)	2,205/-	11,025/-	22,050/-
Special Full Pg. (4 colours)	4,095/-	20,475/-	40,950/-
Inside Cover (4 colours)	4,725/-	23,625/-	47,250/-
Back Cover (4 colours)	5,670/-	28,350/-	56,700/-
Centre Double page (4 colours)	9,450/-	47,250/-	94,500/-
Special Insertion	1,890/-	9,450/-	18,900/-

**For Announcement: Birthdays, Marriage Anniversaries / Change of Address etc.**

**Rs. 630/- up to 35 words and there after Rs. 36/- for every additional word**

**Subscription: Rs. 630/- Yearly, For Non Members of IMA (Mumbai Branch).**

Cheques drawn in favour of **BIMA** should accompany the advertisement matter/ request.

**Advertisement material other than typed material, tracings and positives will be charged extra**

**Rs. 630/- as processing charges.**

**PRINTING DETAILS OFFSET PRINTING: PRINT AREA 150 MM (W) X 200 MM (H).**



# MUMBAI DISTRICT AIDS CONTROL SOCIETY



## Marching towards an AIDSfree city....

### 1 HIV PREVENTION

- Advocacy And Awareness Among Youth And General Population
- Targeted Intervention High Risk Groups & Migrants

### HIV DIAGNOSTIC SERVICES

Through 234 Counseling and Testing Centers for

- Pregnant Women
- High Risk Groups
- General Population

2

6

U=U

- Undetectable = Untransmittable

3

5

### HIV TREATMENT SERVICES

Free lifelong treatment to registered patients through 20 ART centres in Mumbai

- Treat all
- Free drugs and viral load testing
- Counseling and follow - up

### DIGITAL TECHNOLOGY

Jindagi App  
Treatment Literacy Films  
Samvaad App-  
Enhanced Adherence Counseling

4

### INNOVATION

- MITWAA platform for A / CLHIV
- Virtual Intervention For HIV Screening
- Evening Clinic
- Tele-SACEP
- E - Consultation

by  
2030

95:95:95

95%

of people living with HIV know their HIV status

95%

of people diagnosed with HIV receive Antiretroviral Therapy

95%

of people receiving Antiretroviral Therapy achieve Viral Suppression

Scan QR CODE For HIV Case Notification



For any other information/ collaboration, reach us at - [cstmdacs@gmail.com](mailto:cstmdacs@gmail.com)

[www.mdacs.org.in](http://www.mdacs.org.in)



: 022 2410 0246/47 , 022 2410 0088 / 89



National AIDS Control Organisation  
Ministry of Health and Family Welfare, Government of India



Mumbai District  
AIDS Control Society



## Republic Day - 26th January 2025



**Flag Unfurling by  
President Dr. Girish Lad**



**Flag Salutation  
by IMA Members**