



## GOA STATE BRANCH

### EXECUTIVE COMMITTEE JANUARY 2011 TO DECEMBER 2011

#### PRESIDENT

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#### SECRETARY

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#### 1ST VICE PRESIDENT

- ▶ Dr. Harivallabh Pai  
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#### 2ND VICE PRESIDENT

- ▶ Dr. Gladstone D'costa  
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#### 3RD VICE PRESIDENT

- ▶ Dr. Jagadish Kakodkar  
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#### IMMEDIATE PAST PRESIDENT

- ▶ Dr. Shekhar Salkar  
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#### IMMEDIATE PAST SECRETARY

- ▶ Dr. Suresh Mandrekar  
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- ▶ Dr. Kalpana Chodankar  
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#### JOINT TREASURER

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## IMA- GOA STATE BRANCH COMMITTEES

### ▶ BARDEZ

President : Dr. Mahesh Naik  
Secretary : Dr. Vardhan S Bhobe  
Treasurer : Dr. Chandrashekhar Kelkar

### ▶ MORMUGAO

President : Dr. Baban Parulekar  
Secretary : Dr. Wanda V. da Costa Araujo  
Treasurer : Dr. Gloria D'Silva Kamat

### ▶ MARGAO

President : Dr. Jorson Fernandes,  
Secretary : Dr. Suraj Prabhudessai  
Treasurer : Dr. Rahul Borkar

### ▶ CURCHOREM

President : Dr. Jagdish Kakodkar  
Secretary : Dr. Vinayak Buvaji,  
Treasurer : Dr. Vishnu Vaidya,

### ▶ BICHOLIM

President : Dr. Pradeep R. Padwal,  
Secretary : Dr. Vikas D. Shirodkar,  
Treasurer : Dr. Premanand G. Dalal,

### ▶ PONDA

President : Dr. Purnima S. Usgaonkar,  
Secretary : Dr. Rajdatta Timble,  
Treasurer : Dr. Subhash Shikerkar,

### ▶ TISWADI

President : Dr. Prasad Netravalkar  
Secretary : Dr. Francisco Couto  
Treasurer : Dr. Madhuri Bhandare

### GOA STATE BRANCH REPRESENTATIVES

#### ▶ BARDEZ

Dr. Haridatt Karande  
Dr. Padmanabh Rataboli

#### ▶ MORMUGAO

Dr. Shailesh Kamat  
Dr. P. D. Ajagaokar  
Dr. G. V. Prabhu,

#### ▶ MARGAO

Dr. Dipak Kamat  
Dr. R. M. Shirwant  
Dr. Babita Angle Prabhudessai  
Dr. Deepa Afonso  
Dr. Bala Iyyer

#### ▶ CURCHOREM

Dr. Paresh Kamat  
Dr. K. R. Kamat

#### ▶ BICHOLIM

Dr. Medha Salkar  
Dr. Suresh R. Mandrekar

#### ▶ PONDA

Dr. Nutan R. Dev  
Dr. Santosh Usgaonkar  
Dr. Ajay Pednekar

#### ▶ TISWADI

Dr. Damodar Bhonsle  
Dr. Ravindra Rivonkar  
Dr. Damodar Bhonsle,

### Editors Note:

Please note that first quarter reports of some branches which were either not received or incomplete have been included in this bulletin. Our earlier bulletin could not be posted on IMA website due to technical difficulties. The same has been overcome and this bulletin will be available on the website. visit [www.imagoa.in](http://www.imagoa.in)

**PRESIDENT'S MESSAGE**

Dear Friends,

I am happy to come to you with the second issue of IMA news. Half the association year is already passed and we have put in sincere efforts in consultations and debating various issues like the clinical establishment act, the universal insurance scheme declared in press by the Govt. of Goa and the issue of prevention of violence against medical care service persons.

Drafting the Goa Clinical Establishment bill is completed and finally it has been submitted to the Govt. of Goa. We are also in the process of drafting the Bill on prevention of violence against medicare service persons; to be presented to the Govt.

Come September and the winds of GIMACON start blowing. The organizing committee IMA Ponda branch has left no stone unturned to make this event a memorable one for all the participants. We are also eager to meet you for consultations & guidance at the A.G.M. So, be at Grand Hyatt Bamboli in large numbers for GIMACON XXIII.

Thanking you,  
Long live IMA.

Rajendra Dev.

"HEALTHY  
ENVIRONMENT  
FOR HEALTHY  
LIVING"



## SECRETARY'S ADDRESS

Dear Colleagues,

Mid way of 2011 as we move along, ever since we took over the reins of this chapter it makes me to introspect the extent to which we could satisfy the tall promises we kept before you.

We managed to conduct lot of activities in Goa. Our local branches conducted large amount of CME's on wide range of subjects haunting medical fraternity to cater continuing Medical Education need of our members. Some branches even conducted CME's/workshops on important Medical Problems facing Goa like TB, suicide. To protect the physical security of our practicing Physicians we have drafted & put before Govt. of Goa a piece of legislation to make assault on practicing physician a Non bail able cognizable Offence; which we hope will be implemented soon. Likewise to regulate clinical practice and to provide quality care to our patient, eliminate quackery we have urged Goa Govt. to adopt Goa Clinical Establishment Bill 2011 drafted by us.

Message on WHO theme of this year "The Rational Use of Antibiotics" have been successfully disseminated to our members by conducting CME's & circulating a module on this subject.

Ponda branch is working hard at this time on hosting GIMACON XXIII on 24th & 25th September 2011 at Grant Hyatt, Bambolim to make it a Grand Event. Community Action Cells were created aimed to render direct services to community. Medical Professionals are most hard working & busy professionals. Despite this, few cells like DMC, Aao Gao Chalein, and EDTA have done commendable work.

IMA News (I) 2011 was well appreciated by our members, a feedback received by me. I am sure that Dr. Vinay Kamat, IMA News Editor 2011 will present before you IMA News (II) 2011 in way even better appreciated than the earlier one.

Thank you

**Dr Gokuldas Sawant**  
Hon. Secretary, IMA Goa State  
M.B.B.S.,M.D.,D.H.A.,D.M.C.H.,P.G.C.R.

# NOTICE

Date: 01 - 08 - 2011

To,

The Members, Office Bearers IMA Local Branches and Office Bearers of IMA Goa State.

**Subject : Annual General Body Meeting of IMA Goa State.**

Dear Doctor,

I am pleased to Invite you for the Annual General Body Meeting of IMA Goa State for 2011, the details of which are as under:

Date : Sunday, 25<sup>th</sup> September 2011.

Time : 2.30 pm\*.

Venue: Hotel Grand Hyatt, Bambolim Beach, Bambolim.

## Agenda:

1. Welcome by President.
2. Condolence Resolution if any.
3. Confirmation of minutes of the previous Annual General Body IMA Goa State held on 10/10/10 at Hotel Cidade de Goa and matters arising there from.
4. Confirmation of Office Bearers of the IMA Goa State for 2012.
5. Confirmation of Member from IMA Mormugao as Goa State representative on the Central Working Committee of IMA HQ.
6. Adoption of Annual Report by the immediate past Hon. Secretary from August 2010 to December 2010 & Hon. Secretary's Report from January 2011 to August 2011.
7. Consideration of Audited Statement of Accounts for the previous association year 2010 till March 2011.
8. Resolutions if any, brought forward by/to the Executive Committee.
9. Appointment of Hon. Legal Advisor.
10. Any other Matter with the Permission of the Chair.
11. Vote of Thanks.

Thanking you.

Yours Faithfully.

Sd/-  
(Dr. Rajendra Dev)  
President, I.M.A. Goa State

Sd/-  
(Dr. G. V. Sawant)  
Hon. Secretary, I.M.A. Goa State

\* In case there is no quorum, the meeting will be adjourned and reconvened on the same day & same venue after 30 minutes.



## ► MINUTES OF THE 22ND ANNUAL GENERAL BODY MEETING OF IMA-GOIA STATE.

The 22nd Annual general Body meeting of IMA Goa state was held on Sunday 10th October 2010 at Hotel Cidade de Goa, Dona Paula. The meeting started at 2.30p.m. and was attended by following 208 members.

Sr. No.	Name	Branch	Sr. No.	Name	Branch
1	Dr. Shekhar Salkar	Bicholim	33	Dr. L. Sukhija	Tiswadi
2	Dr. Suresh Mandrekar	Bicholim	34	Dr. Damodar Bhonsule	Tiswadi
3	Dr. Kalpana Chodankar	Bicholim	35	Dr. V. R. Vaidya	CQS
4	Dr. Mohan Ghanekar	Bardez	36	Dr. Paresh G. Kamat	CQS
5	Dr. R. C. Dev	Ponda	37	Dr. Prashant R. Lawande	Tiswadi
6	Dr. Rohidas Nagvekar	Margao	38	Dr. Nilesh Talwadkar	Tiswadi
7	Dr. Deepak V Dangui	CQS	39	Dr. Manjusha Jindal	Tiswadi
8	Dr. Nutan Dev	Ponda	40	Dr. Sushila fonseca	Tiswadi
9	Dr. U B S Kerkar	Ponda	41	Dr. Sandeep Naik	Ponda
10	Dr. Sunil Kenkre	Tiswadi	42	Dr. Pravin Bhat	Margao
11	Dr. Carlos Edvarado Fonseca	Tiswadi	43	Dr. Sakshi Nevagi	Margao
12	Dr. Aulio de Ataide Lobo	Tiswadi	44	Dr. Kaustubh P Patnekar	Bicholim
13	Dr. Dayanand Naiyan	Tiswadi	45	Dr. Kashish Patnekar	Bicholim
14	Dr. Jawaharlal Henriques	Bardez	46	Dr. Gajanan Naik	Ponda
15	Dr. J G Joshi	CQS	47	Dr. Sanjeev G Dalvi	Margao
16	Dr. Mariano H Correia	Margao	48	Dr. Dipak Kabadi	Bardez
17	Dr. Zubin de Loiola Pereira	Margao	49	Dr. S. M. Kamat	Bardez
18	Dr. Manuelino F Sales	Margao	50	Dr. Shankar Nadkarni	CQS
19	Dr. H M Baracho	Margao	51	Dr. Surendranath Pokle	Bicholim
20	Dr. Vinaykumar Pai Raikar	Tiswadi	52	Dr. Uday S Kakodkar	CQS
21	Dr. Chitra S Juwarkar	Tiswadi	53	Dr. Basavaraj C P	Ponda
22	Dr. Sanjivani J Keni	Tiswadi	54	Dr. Anil Sardesai	Tiswadi
23	Dr. Purnima Usgaonkar	Ponda	55	Dr. Bharati sardesai	Tiswadi
24	Dr. Lila Baracho	Margao	56	Dr. Maya S. K. Ghanekar	Tiswadi
25	Dr. Uday L Nagarsekar	Mormugao	57	Dr. Sulbha P Keny	Tiswadi
26	Dr. Laxmi Gaunekar	Tiswadi	58	Dr. Pradeep V. Kamat	Bardez
27	Dr. Paul R A Caeiro	Bicholim	59	Dr. Jayant Kudchadkar	Margao
28	Dr. Caetano de Loiola Pereira	Margao	60	Dr. Vinod Verekar	Tiswadi
29	Dr. R. V. Moraskar	Bardez	61	Dr. Vithal Thakur	Tiswadi
30	Dr. Anil J. Kavlekar	Bardez	62	Dr. Rajendra Sakhardande	Bicholim
31	Dr. Deepak Ramnathkar	Ponda	63	Dr. Ajay Y. Pednekar	Ponda
32	Dr. Elvira Dias	Tiswadi	64	Dr. Sushmit Kamat	Bardez

Sr. No.	Name	Branch
65	Dr. Subodh Kansar	Bicholim
66	Dr. Siddhi Kansar	Bicholim
67	Dr. N. S. Parulekar	Mormugao
68	Dr. P. V. Rataboli	Bardez
69	Dr. A. V. Sirsat	Bardez
70	Dr. Shailesh Kamat	Mormugao
71	Dr. Shaila Kamat	Bardez
72	Dr. Mangala Tamba	Tiswadi
73	Dr. M Mohandas	Ponda
74	Dr. Anil N. N. Gaunekar	Ponda
75	Dr. Anant N. Pai Angle	Margao
76	Dr. K. M. Bakhle	Ponda
77	Dr. Umesh Dhume	Bicholim
78	Dr. M. P. Borkar	Ponda
79	Dr. Ramnath Naik	CQS
80	Dr. Sandeep Dhavalikar	Margao
81	Dr. Suresh Raikar	Bardez
82	Dr. Avadhut P. Thali	Bardez
83	Dr. Pratima A. Thali	Bardez
84	Dr. Mary C D Souza	Ponda
85	Dr. Delia D'Souza	Bardez
86	Dr. Hemangini K. Shah	Tiswadi
87	Dr. Amod J. Borkar	Tiswadi
88	Dr. Geeta Kakodkar	CQS
89	Dr. Sunil Kakodkar	CQS
90	Dr. Swapnil Salelkar	Bicholim
91	Dr. P D Azgaonkar	Mormugao
92	Dr. N V Markande	Bardez
93	Dr. Saroj Salelkar	Bicholim
94	Dr. Vinayaka S. Karpe	Bicholim
95	Dr. Leslie Saldhana	Tiswadi
96	Dr. Ganapati Kakodkar	CQS
97	Dr Vishnu Sheldekar	CQS
98	Dr. Madhav Lele	Bicholim
99	Dr. Ashadevi Netravalkar	Tiswadi
100	Dr. Pradeep Korgaokar	Bardez
101	Dr. M. M. Nadkarni	CQS

Sr. No.	Name	Branch
102	Dr. Gladstone D'Costa	Margao
103	Dr. Mahendra Kudchadkar	Tiswadi
104	Dr. Anupama Kudchadkar	Tiswadi
105	Dr. Anirudh Bhandare	Tiswadi
106	Dr. Prakash Kurade	Mormugao
107	Dr. Vijay J S Khandeparkar	Tiswadi
108	Dr. Baburao Prabhudesai	Tiswadi
109	Dr. Govind G Kamat	Margao
110	Dr. Harivallabh Pai	Bicholim
111	Dr. Sunita Pai	Mormugao
112	Dr. (Mrs) Preetam P. Naik	Tiswadi
113	Dr. Pradeep G. Naik	Tiswadi
114	Dr. Anusuya Pai Kane	Margao
115	Dr. Laxmidas V. Shetye	Bicholim
116	Dr. Emideo Gomes	Bardez
117	Dr. Ketan Rao	Bardez
118	Dr. Digamber Naik	Bardez
119	Dr. Mukul Mahatme	Bicholim
120	Dr. M T Viega	Bardez
121	Dr. Stanley Viega	Bardez
122	Dr. Savio de Pinto Souza	Mormugao
123	Dr. Anil V. Pai Raikar	Margao
124	Dr. Padma Bhandare	Tiswadi
125	Dr. Smita Usgaokar	Ponda
126	Dr. B. T. S. Kakodkar	Ponda
127	Dr. Mrs Sunila Kakodkar	Ponda
128	Dr. Narayan Kamat Dalal	Bardez
129	Dr. Rajendra Tamba	Tiswadi
130	Dr. Sundar G. Pandit	Bicholim
131	Dr. Prasad Netravalkar	Tiswadi
132	Dr. Dinesh Amonkar	Bicholim
133	Dr. Vikas Shirodkar	Bicholim
134	Dr. R. P. Usgaonkar	Ponda
135	Dr. Mahesh R. Naik	Bardez
136	Dr. Jayant Bhandare	Tiswadi
137	Dr. Anand D. Kamat	Mormugao
138	Dr. Navnath N. Bhatikar	Bicholim



Sr. No.	Name	Branch
139	Dr. Bulliyam Torkato	Margao
140	Dr. Dennis Vas	Margao
141	Dr. Trevy Coutinho	Margao
142	Dr. Nirmal Coutinho	Margao
143	Dr. V. V. Kamat	Margao
144	Dr. S. A. Acharya	Margao
145	Dr. Ashwini Kenkre	Bardez
146	Dr. Vidya Sardessai	Tiswadi
147	Dr. Sanjay Sardessai	Tiswadi
148	Dr. S. N. K. Ghanekar	Tiswadi
149	Dr. Jagdish kakodkar	CQS
150	Dr. Amol Tilve	Tiswadi
151	Dr. Suresh V. Kamat	Tiswadi
152	Dr. Gautami T. N. Ganjekar	Bicholim
153	Dr. Kartavi U. Mashelkar	Bicholim
154	Dr. Prakash P. Shirodkar	Tiswadi
155	Dr. M. R. Prabhudesai	Tiswadi
156	Dr. Sambprasad Nadkarni	Tiswadi
157	Dr. Gauri Nadkarni	Tiswadi
158	Dr. D. B. Bhandare	Tiswadi
159	Dr. Dalia Bhandare	Tiswadi
160	Dr. Ulhas R. Karpe	Bicholim
161	Dr. Gauresh Palav	Bicholim
162	Dr. R. H. Kurchadkar	Tiswadi
163	Dr. Anil Gharse	Tiswadi
164	Dr. Steven Dias	Tiswadi
165	Dr. Ajit M. Mhapne	Ponda
166	Dr. Prakash Kunkolienkar	Mormugao
167	Dr. Nimish Pillai	Mormugao
168	Dr. Vinod M. Naik	CQS
169	Dr. Satish Kudchadkar	CQS
170	Dr. Ajit Dharwadkar	Tiswadi
171	Dr. Mohan Dhumaskar	Bardez
172	Dr. Shodhan Kamat	Bardez
173	Dr. Vinayak S. Deshpande	Tiswadi

Sr. No.	Name	Branch
174	Dr. Archana V. Deshpande	Tiswadi
175	Dr. Krishnanath R. Kamat	Bicholim
176	Dr. Rajiv K. Kamat	Bicholim
178	Dr. Archana R. Kamat	Bicholim
179	Dr. Bicaji Ghanekar	Tiswadi
180	Dr. Uday Chafadkar	Margao
181	Dr. Arvind Salelkar	Tiswadi
182	Dr. Uday Kakodkar	CQS
183	Dr. Sadanand D. Prabhu	Margao
184	Dr. Shrikrishna P. Naik	Tiswadi
185	Dr. D. S. Nagvenkar	Bardez
186	Dr. Medha Salkar	Bicholim
187	Dr. Shubhangi Bandekar	Bicholim
188	Dr. Shripad Vagurmekar	Margao
189	Dr. Shishir Chodnekar	Margao
190	Dr. V. N. Jindal	Tiswadi
191	Dr. S. M. Bandekar	Bardez
192	Dr. Sandeep Kenkre	Tiswadi
193	Dr. Raghuvanshi J P	Tiswadi
194	Dr. Fermino Da Rocha	Tiswadi
195	Dr. Pramod D. Salgaonkar	Bardez
196	Dr. Lalana Bakhale	Ponda
197	Dr. Alka V. Prabhudesai	Tiswadi
198	Dr. Pradeep R. Padwal	Bicholim
199	Dr. Mrs Dulari Bandodkar	Tiswadi
200	Dr. A. A. Bandodkar	Tiswadi
201	Dr. Dayanand M. Rao	Bicholim
202	Dr. Sanjeev J. Juwarkar	Tiswadi
203	Dr. A. O. Nazareth	Bardez
204	Dr. Sandesh Chodankar	Bicholim
205	Dr. Vinod Parab	Ponda
206	Dr. Subhash Prabhudesai	Margao
207	Dr. Kishor K. Verlekar	Margao
208	Dr. Shrikrishna Gaitonde	Margao
209	Dr. Milind Colvalkar	Bardez



**IMA-GO A STATE****A C T I V I T I E S****PRESIDENT'S DIARY.**

- ▶ **9<sup>th</sup> Jan. 2011.**  
Installation.

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- ▶ **10<sup>th</sup> Jan. 2011.**  
Meeting of State Coordination Committee on Pulse Polio Immunization.  
At secretariat, Porvorim - At 4.p.m.

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- ▶ **15<sup>th</sup> Jan. 2011.**  
C.M.E. on Chronic Liver Diseases.  
At Nanutel, Margao. - At 8 p.m.

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- ▶ **16<sup>th</sup> Jan. 2011.**  
C.M.E. On Liver Disease & Transplantation.  
At Hotel Mandovi - At 11 a.m.

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- ▶ **21<sup>st</sup> Jan. 2011.**  
DCM. Meet.  
At IMA Tiswadi Hall - At 8 p.m.

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- ▶ **24<sup>th</sup> Jan. 2011.**  
Participated in Meeting with Parliamentary Committee on Petitions (Rajya Sabha)  
At Kenilworth Beach resort, Utorda Goa. At 11 a.m

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- ▶ **26<sup>th</sup> Jan. 2011.**  
Inaugurated Eye Camp at PHC Curchorem.  
By IMA CQS branch.

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- ▶ **27<sup>th</sup> Jan. 2011.**  
Meeting at DHS. On Diabetic Registry.  
At 12.30 p.m.

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- ▶ **28<sup>th</sup> Jan. 2011.**  
Installation of New Committee of IMA. Tiswadi.

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- ▶ **29<sup>th</sup> Jan. 2011.**  
Leprosy Awareness Rally Flagged Off.  
At Ponda. At 9 am.

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- ▶ **1<sup>st</sup> Feb. 2011.**  
IMA Goa State Office Inaugurated.  
At 4 p.m. at IMA state premises at Ashikee sqare St.Inez Panaji.

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- ▶ **5<sup>th</sup> Feb. 2011**  
Attended Meeting Goa Vision 2035.  
At Kala Academy Panaji.  
At 6.30 p.m.

## **IMA-GOA STATE**

### **A C T I V I T I E S**

- ▶ **19<sup>th</sup> Feb. 2011.**  
Attended All India President & Secretaries Meet.  
At New Delhi, along with State Secretary  
Dr. Gokuldas Sawant

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- ▶ **20<sup>th</sup> Feb. 2011.**  
Meeting of Young Doctors Association Under Aegis of IMA Head Quarter,  
At Pyarelal Bhavan, Indraprast, New Delhi.

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- ▶ **11<sup>th</sup> March 2011.**  
Disability Prevention Camp for Leprosy Affected People at IMA House Ponda.  
9.30.a.m.

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- ▶ **11<sup>th</sup> March 2011.**  
Review of Infant Mortality Rate. Meeting of the Core Committee.  
At Directorate of Health Services, Campal, Panaji, 4.p.m.

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- ▶ **13<sup>th</sup> March 2011.**  
Presided over C.M.E. on Emergency Medicine &  
Participated in BALS Course thereafter.

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- ▶ **26<sup>th</sup> March 2011.**  
Participated in Workshop on Sensetizing Stakeholders or Prevention of Suicide  
by Goan Youth.  
At International Centre, Dona Paula, Goa.

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- ▶ **27<sup>th</sup> March 2011.**  
First IMA Executive Comittee Meeting.  
At IMA House, Tiswadi.

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- ▶ **29<sup>th</sup> March 2011.**  
Meeting with Hon. H. M. Regarding Clinical Establishment Bill.  
At Panaji. 12.30 p.m.

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- ▶ **7<sup>th</sup> April 2011.**  
World Health Day Celebration.  
At Kesarval 8 p.m.  
Dr. Francis Paul and Dr. R. V. Banpel of WHO Regional Office Participated.

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- ▶ **10<sup>th</sup> April 2011.**  
Conducted a Meeting on Prescription Guidelines.  
At Hotel Atish, Ponda.  
At 10 a.m.

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- ▶ **13<sup>th</sup> April 2011.**  
Meeting on Crimean Congo Hemorrhagic Fever.  
At Secretariat, Porvorim.  
At 4.30 p.m.

**IMA-GO A STATE****A C T I V I T I E S**

- ▶ **1<sup>st</sup> May 2011.**  
Meeting of Core Com. On CEB.  
At Hotel Mandovi,  
At 6.30. p.m.

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- ▶ **11<sup>th</sup> May 2011.**  
Meeting at DHS on Neonatal Screening Tests for Pvt. Sector in Goa.  
with Mr. Thomas Mookken CEO. Neo Gen Labs. Pvt. Ltd.  
25th Presentation on Health at Vision Goa 2035.  
At G.C.C.I. Vivanta, Panaji.  
31st World No Tobacco Day Program.  
At Manipal Hospital with Dr. Shekhar Salkar and Hon. C. M. Mr. Digamber Kamat.

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- ▶ **1<sup>st</sup> June 2011.**  
Attended Meeting with Collector of Panaji. On vector control.

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- ▶ **4<sup>th</sup> June 2011.**  
Chief Guest at MIMA CME. And Release of IMA News.  
At Nanu Resort, Betalbhati, Margao.

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- ▶ **7<sup>th</sup> June 2011.**  
World No Tobacco Day Celebration.  
& Addressing the Students Wing Members on Young Doctors Association under IMA.  
GMC, Bamboli.

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- ▶ **15<sup>th</sup> June 2011.**  
C.E.B. Core Committee Meeting with Adv. Narendra Sawaikar.  
At IMA Tiswadi premises. At 3 p.m.

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- ▶ **26<sup>th</sup> June 2011.**  
IMA State Executive Meeting.  
At IMA House, Ponda.  
At 11 a.m.

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- ▶ **2<sup>nd</sup> July 2011.**  
Chief Guest at IMA Ponda.  
Doctors Day Celebration.

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- ▶ **5<sup>th</sup> July 2011.**  
Meeting at DHS on PNDT Act & Active Tracker Software  
At 3 p.m.

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- ▶ **9<sup>th</sup> July 2011.**  
World Occupational Health Day.  
Presentation on Changing Face of Health.  
At Hotel Manoshanti, Panaji.

## ► Agenda of the Meeting:

- 1) Welcome address by the President:  
Dr. Shekhar Salkar, President IMA Goa State Welcomed the gathering and called the meeting to Order. He complimented the IMA Bicholim Branch for holding a wonderful necessary arrangements for the AGB.
- 2) Condolence resolution:  
All the members observed one minute silence in respect of the departed souls of the following IMA Goa state members: Dr. Shekhar Kharangate Margao, Dr. Shripad Neogi, Bardez, Dr. Kusha Kudchadkar Margao, Dr. R. V. Singbal Bardez, Dr. Govind Mukund Kamat, Mormugao
- 3) Confirmation of minutes of the last two AGBs:  
The minutes of 20th AGB held on 28/9/2008 were passed being proposed by Dr. Ajay Pednekar and seconded by Dr. P. V. Rataboli. The minutes of 21st AGB held on 27/9/2009 were passed being proposed by Dr. Govind Kamat and seconded by Dr. Paresh Kamat.
- 4) Confirmation of office bearers of IMA Goa State for 2011:
  - President: Dr. Rajendra Dev
  - Secretary: Dr. Gokuldas Sawant
  - Treasurer: Dr. Dattaram Dessai
  - 1st Vice President: Dr. H. P. Pai
  - 2nd Vice President: Dr. Gladstone D'Costa
  - 3rd Vice President: Dr Jagdish kakodkar
  - Immediate Past President: Dr Shekhar Salkar
  - Immediate Past Secretary: Dr Suresh Mandrekar
  - Immediate Past Treasurer: Dr Kalpana Chodankar
  - Jt. Secretary: Dr Anil Mehndiratta
  - Jt. Treasurer: Dr Sunita Pai
  - Editor IMA News: Dr. Vinay Kamat
- 5) Confirmation of Member from IMA Ponda as Goa State Representative on the Working Committee of IMA HQ:  
Dr. Shashikant Shirsat was confirmed for the post.
- 6) Adoption of Annual Report by the Immediate Past Hon. Secretary for the months from Sept. to Dec. 2009 and Secretary's Report from January to July 2009:  
The report presented by Dr. Dhanesh Volvoikar at the handing over ceremony and the report presented by Dr. Suresh Mandrekar at the Inaugural ceremony were unanimously accepted and passed.
- 7) Consideration of Audited Statement of Accounts for the Previous Association Year:  
Some errors were detected in the audited statement of accounts presented by Dr. Milind Colvalkar. It was advised to get these corrected and the accounts be re-presented. It was also decided that henceforth an unaudited statement of account for January to December (Association year ) will be presented at the handing over ceremony and An Audited



statement of accounts from April to March (Financial Year) shall be presented at the AGB by the IMA Goa State Treasurer. A copy of the Audited statement of account shall be handed over to the Office of the Registrar of Cooperative Societies as per the requirement for continuation of the Registration.

All the branches of IMA Goa State were advised to have a PAN Card and a Registration, under the Societies Act To save paying income tax on the profits.

- 8) Resolutions if any brought forward by/ to the Executive Committee:  
No resolutions were submitted by any of the branches.
- 9) Appointment of the Hon. Legal Advisor:  
Adv. Shubhlaxmi Raikar was reappointed.
- 10) Ratification of Amendments to Constitution :
- (a) These amendments tabled in the IMA News issue one January to March 2010 Page 16 were already passed by the General Body earlier and were ratified at this AGB.
  - (b) Formation of Disaster Management cell of IMA Goa state: The Formation, Constitution and Management of Disaster management cell of IMA Goa state which was done under directives from IMA HQ at earlier executive committee meeting was formally approved and ratified at the AGB
  - (C) New Membership Application form
  - (d) Revised fee structure: Which were received from IMA HQ, were unanimously passed.
- 11) Any other Matter with the Permission of the Chair:
- (I) It was decided to have a Permanent Office for IMA Goa State in the premises of the trust office and Office bearers of the trust and IMA Tiswadi (Dr. Sitakant Ghanekar and Dr. Govind Kamat) would look after the setting up of the office. A clerk would be appointed with a salary of about 7000/- which would be paid by the branch holding the state office. A detail proposal about the setting up of the office shall be submitted by Dr. Govind Kamat before the Executive committee for 2011.
  - (II) Dr. Shivanand Bandekar, In Charge of Medical Education Cell of Goa Medical College invited IMA members to attend the scientific meeting organized by MEC at GMC. He also assured to permit the guest speakers brought by the MEC to deliver lectures for IMA if required by them at branch meetings.
  - (III) All the members appreciated and congratulated the Organising team of GIMACON 2010 from IMA Bicholim for an excellent conference.  
The President thanked all the members for their active participation in the AGBM and the meeting ended with vote of thanks proposed by the Secretary IMA Goa State.

Sd/-  
Dr. Suresh Mandrekar  
Hon. Secretary, IMA Goa State 2010

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**ACTIVITIES**

**IMA BARDEZ BRANCH REPORT**

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▶ **January 2011.**

- ▶ CME on chronic renal disease by Dr. Amol Mahaldar
- ▶ Symposium on Chronic Liver disease & renal transplant by Dr. R. Kakodar and Dr. Soin.

▶ **March 2011.**

- ▶ CME on Viral Hepatitis talk by Dr Jose Alvares
- ▶ Advances in endourology and stapler Haemorrhoidectomy by Dr. Neeraj Goyal & Dr. Ajitabh
- ▶ Screening camp for kidney disease at Candolim PHC on the occasion of World kidney Day.

▶ **May 2011.**

- ▶ CME on interventional management of pain Dr. Kailash Kothari
- ▶ CME on Tobacco related cancer of Head face & Neck by Dr. Shekhar Salkar on the occasion of World Tobacco Day.
- ▶ Organised medical camp at Divar

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## BICHOLIM

### ACTIVITIES

#### IMA BICHOLIM BRANCH REPORT FOR APRIL TO JUNE 2011.

► 17<sup>th</sup> April 2011.

Monthly CME was organized at Lions Club Hall, Bicholim.

Guest Speaker was Dr. Padmanath Rataboli – Professor of Pharmacology, Goa Medical College “Combat Drug Resistance : No action today, no cure tomorrow” was the theme for the World Health Day for the year 2011.

► 12<sup>th</sup> June 2011.

Monthly CME on the theme “Healthy Living” conducted at Lions Club Hall, Bicholim.

The guest speaker was Dr. Shivanand Sinnai Priolkar – Occupational Health Physician.



Dr. Kalpana Welcoming The Speaker-Dr. Shivanand Sinnai Priolkar.



Dr. Shivanand Sinnai Priolkar giving talk on Healthy Living.

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A C T I V I T I E S

► **Health Camp at Malcornem:  
24<sup>th</sup> April 2011.**

Organised by -  
IMA Curcholem-Quepem-Sanguem (Goa) Branch  
& senior citizens forum, quepem taluka  
under AAO GAON CHALE ABHIYAAN.



► **Following CME Conducted:  
13<sup>th</sup> May 2011.**

Followed by the CMEs that received 2 CME Credits  
from Goa Medical Council.

Speaker 1 : Dr. Nagesh Kakode  
Topic : Clinical Aspects of Leprosy for GPs



Speaker 2 : Dr. M Mohandas  
Topic : NLEP-Program Implementation in Goa

Speaker 3 : Dr. Jagdish Kakodkar  
Topic : Crimean-Congo Hemorrhagic Fever



This was followed by a question answer session.  
Mementos were presented to the Guest Speakers.  
Vote of thanks was proposed by Treasure Dr. Vaidya  
& meeting was adjourned for fellowship & dinner,  
which was sponsored by Zydus Cadilla & NLEP-Goa.

Dr. Vinayak Buvaji  
Secretary, IMA CQS Branch



► **Health Check-Up Camps:**

► **A Diabetes Detection Camp:  
16<sup>th</sup> May 2011.**

Was held at Cacora village by Member Dr. Bhisso  
Shetgaonkar. 86 patients were examined, 5 new  
Diabetes patients were detected and total of 12  
were found to be hyperglycaemic. They were  
advised to take proper diabetic treatment with  
dietary advice & exercises. The camp was sponsored  
by USV Pharma.



► **Free Antenatal USG Camp:  
25<sup>th</sup> May 2011.**

Was held at Dr. Buvaji's Hospital Curcholem. Total 20 patients were examined By  
Dr. Gautam Naik, consultant Radiologist. Dr. Vinayak Buvaji coordinated the antenatal USG  
camp. All reports were within normal limits.



**► Advocacy Workshops:****► Report of Advocacy Workshop on Vector-Borne Diseases at CHC Curchorem: 6<sup>th</sup> May 2011.**

As a measure of advance planning and preparation to tackle the growing menace of vector-borne diseases in the areas covered by CHC Curchorem, its Health Officer & Staff organized a Advocacy Workshop at the CHC Hall in collaboration with the IMA CQS Branch from 10 am onwards till noon. The Workshop was preceded by a formal inauguration of the new AC Ambulance service offered by the Govt of Goa for CHC Curchorem at the hands of the MLA Shri. Shyam Satardekar, Health Officer Dr. Ganapati Kakodkar, Dr. Jagdish Kakodkar, Dr. Megha Kudchadker, the CCMC Chairperson Smt. Alifa Fernandes, the local councilors and the Staff of CHC Curchorem.

During the Advocacy Workshop, the Health Officer Dr. Ganapati Kakodkar welcomed the gathering and gave his introductory remarks. The dignitaries lit the traditional lamp to mark the inauguration of the Workshop. Dr. Jagdish Kakodkar, President IMA CQS Branch & Professor in PSM, GMC delivered the Key-note address on the Importance of various common vector-borne diseases endemic in Goa, their epidemiology, risk factors and outlined various control measures. He also highlighted various relevant provisions of the Goa Public Health Act and emphasized the need for enlisting support of all community leaders, related Departments & the community at large. He suggested that during the month of June, an intersectoral co-ordination program and massive awareness drive on VBDs maybe undertaken by CHC, IMA & CCMC. The Hon'ble MLA Shri. Shyam Satardekar appreciated the conduct of the Workshop and the efforts undertaken by the CHC & IMA for VBD control. He urged all present to communicate the teachings to the masses & get themselves involved in sanitation as their bounden duty to ensure a clean town free from the menace of the VBDs. Councillor Shri. Baburao Dessai also spoke on the occasion and expressed his solidarity & support for assisting the CHC in all its future endeavours. The Workshop concluded with a question-answer session and vote of thanks by the Compere Shri. Yeshwant Joshi, Sr. Pharmacist, CHC Curchorem. It was attended by a large number of CHC staff, IMA, CCMC representatives, Dy. Collector, community members, etc

**► Report of Inter-sectoral co-ordination Workshop held at Gurukul, Sanguem: 23<sup>rd</sup> May 2011.**

On similar lines as the Advocacy Workshop held at CHC Curchorem, IMA CQS collaborated with PHC Sanguem to hold an Inter-Sectoral co-ordination workshop at Sanguem from 11am onwards. The key note address on the importance of VBDs & their control was delivered by Dr. Jagdish. The Health Officer & IMA Member Dr. Anil kakodkar was the chief co-ordinator of the Workshop, which was attended by 30 persons including the Chairperson Shri. Sanjay Raikar, Sanguem Municipality, the Chief Officer of the Municipality Shri. Parwar, BDO Sanguem Mrs. Anuja Prabhudesai, Councillors & Sarpanchas, besides PHC Staff. Both Dr. Jagdish & Dr. Anil highlighted the need for active participation of the local leaders and the need for strict implementation of the Public Health Act provisions as regards Health cards for labourers and sanitation measures for VBD control. The Public Health Dentist Dr. Ramnath Panchwadkar was the compere for the Program. Members Dr. Vinayak Buvaji & Dr. Rameshwar Kadam also attended the Workshop.

### ▶ Health Education Activities:

#### ▶ 14<sup>th</sup> May 2011.

Dr. Jagdish conducted an awareness Program for over 100 young High School boys & girls at Chinchinim Community Hall premises on “Promotion of Personal Hygeine & Health lifestyles among youth”

#### ▶ 21<sup>st</sup> May 2011.

Talk on “Changing Lifestyles in youth & AIDS awareness”, by Dr. Jagdish, for 200 NSS College youth at RMS Hr Secondary School Margao, in collaboration with Lions Club/Lady Auxillary Club Margao

#### ▶ 31<sup>st</sup> May 2011.

World No Tobacco Day was observed by IMA CQS Branch with a talk on “Harmful effects of tobacco consumption & Cigarette smoking and its control measures” by Dr. Jagdish to 250 College Students of Guardian Angel Higher Secondary School

### ▶ REPORT OF MONTHLY ACTIVITIES OF THE BRANCH FOR JUNE 2011.

#### ▶ CMEs

##### 10<sup>th</sup> June:

Speaker - Dr. Sheetal Lengade

Topic: Treatment options in Kidney Failure.

CME credit point: 1

##### ▶ 25<sup>th</sup> June:

1<sup>st</sup> Live WEBBINAR was organized at Kingsley Hall Curchorem.

25 members attended the symposium. The topic for discussion were Chirality & its impact on modern PPI therapy & GERD in clinical practice. Prof. John Caldwell from UK, Dr. Shobha Bhatia & Dr. Gourdas Choudhuri were the speakers. Dr. Philip Abraham was the moderator. All the members of IMA CQS participated event sponsored by Janseen Pharma.

CME points: 2

### ▶ AAO GAON CHALEN:

#### ▶ Community Health Camp at Cotarlim Sanguem:

##### 19<sup>th</sup> June 2011

Under the Aao Gaon Chalen Abhiyaan, IMA CQS Members organized a medical check-up & referral camp on 19<sup>th</sup> June 2011 at its adopted village Cortalim at the local Govt. Primary School which was attended by 86 patients. Refreshments were sponsored by Dr. Vishnu Vaidya. Lunch was sponsored by Zydus Cadilla. This camp was coordinated by Dr. Vinayak Buvaji which was sponsored by Mr. Dyneshwar Chopade of Zydus Cadila Health Care. The 2 school teachers & staff of PHC Sanguem, under guidance of Dr. Anil Kakodkar gave their valuable support for the Camp.

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**▶ Health Camps:****▶ Report of Thyroid Disorder Detection Camp:  
15<sup>th</sup> June 2011.**

A thyroid Disorder detection camp was held at Dr. Deepak Lotlikar's clinic. 25 patients were examined for Free. Camp was in collaboration with Glaxo Pharma. Dr. Deepak Lotlikar co-ordinated the camp.

**▶ Report of Lipid Profile Detection Camp:  
22<sup>nd</sup> June 2011.**

A Lipid profile detection camp was held at Dr. Bhisso Shetgaonkar's clinic at Curchorem. The camp was arranged in collaboration with Nicholas Piramal (Abott Pharma).

**▶ Report of Thyroid Disorder Detection Camp:  
15<sup>th</sup> June 2011.**

A Thyroid Disorder Detection camp was held at Dr. Buvaji's Family Welfare Centre. Total 18 patients were examined for Free T3, T4 & TSH. The camp was held in collaboration with Macloeds Pharma. Dr. Vinayak Buvaji coordinated the camp.

**▶ Lipid Profile Detection Camp, At Quepem:  
24<sup>th</sup> June 2011.**

Co-ordinator: Dr. Deepak Lotlikar

**▶ Report of Scientific Session for Paramedical Staff:  
28<sup>th</sup> June 2011.**

For nursing staff of Dr. Buvaji's Hospital & Dr. Bhisso Shetgaonkar's Clinic on neonatal resuscitation & optimal management of Infant Nutrition at Dr. Buvaji's Hospital. This program was sponsored by Nestle India Limited which was followed by lunch. This session was coordinated by Dr. Vinayak Buvaji.

**▶ Report of Bone Densitometry Camp:  
30<sup>th</sup> June 2011**

A Bone densitometry camp was held at Paarth Diagnostic LAB on 30.6.11 jointly sponsored by Glaxo & Parth Diagnostic Lab. 158 people attended. Dr. Paresh Kamat & Dr. Satyesh Kamat offered their valuable consultation. The Camp was co-ordinated by Dr. Paresh.

**▶ Health Education Activities:****▶ A Seminar on "Role of Parents in Bringing up Healthy Adolescents"  
18<sup>th</sup> June 2011.**

Was held by President Dr. Jagdish for > 750 Parents & Teachers of Fr. Agnel Higher Secondary School PTA General Body at Pillar. The Program was co-ordinated by Dr. Jagdish & Fr. Andrew Silveira.

► **World No Tobacco Day:**

**7<sup>th</sup> June 2011.**

The Student's Wing of the Indian Medical Association Goa State observed World No Tobacco Day. In order to promote awareness about the harmful effects of tobacco and measures to curb tobacco consumption, various competitions were organized among students of Goan colleges and higher secondary schools. These competitions included:

1. Poster Making Competition
2. Slogan Writing Competition
3. Ad Film Making Competition
4. Debate Competition

► **The World No Tobacco day function was organized:**

**7<sup>th</sup> June 2011.**

In the Faculty block of Goa Medical College. The World No Tobacco day function was organized:

The dignitaries present on the dais were the Dean of GMC Dr. V. N. Jindal, President of IMA Goa State Dr. Rajendra Dev, Secretary of IMA Tiswadi Branch Dr. Fransisco Couto & IMA Student Wing coordinators Dr. Jagadish Cacodcar and Dr. P. V. Rataboli.

Various events held during the year and assistance of Dean, GMC, the coordinators and IMA State President, Secretary and local branches of IMA, particularly IMA CQS, Ponda, and Tiswadi.

The debate was won by the team from V.M. Salgaoncar College of Law, with the runners up being Goa Medical College. The best speaker award was won by Suchi Khosla from Goa Medical College.

► **10<sup>th</sup> June 2011.**

**CME Conducted:**

► **Name of Speakers:**

Dr. Shital Lengade - MD (Med) DM (Nephrology)

► **Topics of CME:**

Treatment options in Kidney Failure

► **Sponsor:**

Pfizer Pharma

Please make it a point to attend as the winner for Jumbo Medico Cross Word & Poster colour painting competition will be decided.

Also a surprise complimentary ECO GIFT will be distributed to all the IMA CQS Members as a token of appreciation for their valuable cooperation & boost to 2011 IMA CQS office bearers.

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## MORMUGAO

### A C T I V I T I E S

#### IMA MORMUGAO BRANCH REPORT

##### ► April 2011.

Dr. Mudit Khanna on the dais Members got together for A CME Programme by Dr. Mudit Khanna on “Osteoarthritis - Degenerative joint diseases - Management in the elderly.” Dr. Gladstone and Dr. Shailesh throw light on the “Clinical Establishment Bill” and Goa Medical Practitioners Act for the information of all the members.



##### ► Community Programmes:



##### Demonstration of Hand Wash 5<sup>th</sup> May 2011.

On “International Hand Washing Day.” IMA Mormugao Branch had a programme on awareness of proper hand washing for all the municipality staff including class 4 workers. After a brief talk by Dr. R. Parulekar on the importance of hand washing among all the workers of the community at work and at home, Dr. Wanda Viegas demonstrated using soap and water the correct way to wash our hands and keep them dry.

##### ► Two meetings were held in the Month of June.

##### ► 3<sup>rd</sup> June 2011.

CME was held on “Ulcerative Colitis- an update” by Dr. Louis Phillippes Alvares. It was an informative CME with enthusiastic participation of members & active interaction with Dr. Alvares on the said topic.

##### ► 17<sup>th</sup> June 2011.

The 2<sup>nd</sup> CME was held on “Minimal Invasive Surgery in Cardiology” by Dr. Devanand from Manipal Hospital Bangalore. This super-speciality topic was simplified by Dr. Devanand for all the doctors.

##### ► CMEs:

( This First Quarter Report was received in second Quarter )



##### Welcome of Dr. Shanshank Shah: 18<sup>th</sup> March 2011.

IMA Mormugao Branch held their 3<sup>rd</sup> meeting of the members. The Guest Speaker Dr. Shashank Shah spoke eloquently on “Severe Obesity and Type II diabetes.” After the round of interactive session with Dr. Shah, Dr. Rosario Menezes gave powerpoint presentation the “Draft of Animal Welfare Act. 2011”. He spoke on the importance to react in writing to this misconstrued Act.

Also there was powerpoint presentation on –“The Effect of the Shortage of Water by the year 2070”. This was for, awareness to be created among the doctor community about safeguarding our environment and conserving water.

## MARGAO

### ACTIVITIES

#### IMA MARGAO BRANCH REPORT FOR APRIL TO JUNE 2011.

► 2<sup>nd</sup> April 2011.

IMA Margao in association with Paediatric Department of Hospicio Hospital celebrated international Autism Day on 2<sup>nd</sup> April 2011. The function was coordinated by Dr. Ira Almeida, Sr. Paediatrician, Hospicio Hospital. The color theme of blue was well taken care of during the celebration.



► 7<sup>th</sup> April 2011.

On the occasion of world Health Day Dr. Suraj Prabhudessai secretary Margao. IMA organised a seminar on Biomedical waste management for the paramedical staff of Hospicio hospital. It was attended by around 50 staff members including sisters, servants and sweepers. The importance of self protection along with protection of health care personal and community at large was emphasized by the speaker.



► 9<sup>th</sup> April 2011.

IMA Margao in association with St. John ambulance trust, London organised a basic life support course for the paramedical staff members of Hospicio Hospital. It was attended by around 24 staff members including ward in-charge and staff nurses.





▶ **9<sup>th</sup> April 2011.**

IMA Margao in association with Janssen Pharma and pain academy organised a webcast symposium on 'Dilemmas' s in pain management' at Hotel Gold Star. The symposium was attended by around 59 doctors from IMA Margao.

Margao IMA participated in the Inter IMA Cricket Tournament organised by IMA CQS .

▶ **15<sup>th</sup> April 2011.**

IMA Margao in association with senior citizens forum and Kamat Criticare organised a Piles Detection Camp at Kamat Criticare in Margao. Secretary IMA Margao gave talk on common anorectal problems and their management for the senior citizens.

▶ **Monthly Report for the Month of May 2011.**

Dr. Praveen Bhat, consultant chest physician and intesivist delivered a talk on "Ill effects of Smoking" at Cipla factory premises at Verna. The talk was attended by around 70 workers from Cipla. The talk was organised as a part of campaign against tobacco on the eve of NO TOBACCO DAY. the presentation included power point and video presentation .

▶ **Monthly Report for the Month of June 2011.**

▶ **4<sup>th</sup> June 2011.**

IMA Margao organised much awaited MIMA CME on 4<sup>th</sup> June 2011 at Hotel Nanutel. Betalbhatim. The CME was attended by around 136 doctors from all over Goa. The chief guest for the function was state IMA president Dr. Dev. Mrs. Aditi Kare from INDOCO was the guest of honour. The various speakers for the CME were as follows .

A) The Ramesh Sanzgiri Memorial Oration by Dr. Kaustubh Vaidya:

"Newer Trends In Cardiology.

B) Dilemmas in ENT practice: Dr. Divya Prabhat

C) Dilemmas in HIV : Dr. Vikrant Shah.

▶ **18th June 2011.**

IMA Margao in association with Manipal Hospital Bangalore organised a CME for its members. The speaker for the occasion was Dr. Devanand Shivanna, A cardiothoracic surgeon from Manipal Hospital, Bangalore. He spoke on Aortic dissection and minimally invasive cardiac surgery.

A CME for General Practioners of Margao IMA was organised on 2011 at Hotel Woodland. The speaker for the occasion was Dr. Suraj Prabhudessai and he spoke on common anorectal problems.

Dr. Suraj Prabhudessai ,secretary Margao IMA delivered a Lecture on Approach to Dyspepsia at Hotel Nanutel.

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# PONDA

## ACTIVITIES

### ACTIVITIES OF IMA PONDA FOR APRIL-JUNE 2011

- Monthly Meeting observing the “World Health Day”  
9<sup>th</sup> April 2011.



Dr. Padmanabh Rataboli Speaking on “Combating Drug Resistance with Rational Use of Antibiotics” on 9<sup>th</sup> April 2011.



Dr. Rajiv Usgaocar Presenting “A Case with injury to Eyelid & surrounding skin with Deeper Tissues” During member time on 9<sup>th</sup> April 2011.

### Cme On “Plastic Surgery in Medical Practice” - 29<sup>th</sup> April 2011



Dr. Rajiv Usgaocar speaking on “Plastic Surgery in Medical Practice” monthly meeting 28<sup>th</sup> May 2011



Dr. Dilip Kothare speaking on “Approach to Hepatobiliary and Pancreatic Disorders”



**▶ Activities of IMA Ponda for the Month of April 2011.****▶ 8<sup>th</sup> April 2011.**

IMA Ponda organised the meeting of the stakeholders called by the IMA Goa State in association with Ratnadeep Medical stores on Prescription guidelines. It was attended by the Director Health services, Director of FDA, Mr. Salim Veljee, members of pharmaceutical association, office bearers of branches of IMA Goa state, pioneer and resource persons of the project Mr. Raj Vaidhya and Mr. Joshi from Pharmacy College.

**▶ 9<sup>th</sup> April 2011.**

Monthly meeting with Observation of World Health Day with a CME on "Combatting Drug Resistance with Rational use of Antibiotics" by speaker Dr. Padmanabh Rataboli Professor Department of Pharmacology Goa Medical college towards the theme of WHD for 2011 "Antimicrobial resistance". During the "Members Time" of the meeting Dr. Rajiv Usgaonker consultant Plastic Surgeon from Ponda presented "A case with Injury to eyelid and surrounding skin with deeper tissues"

**▶ 29<sup>th</sup> April 2011.**

Monthly meeting with CME on "Plastic Surgery in Medical Practice" Speaker Dr. Rajiv Usgaonker Consultant Plastic Surgeon of Goa from Ponda. The meeting also included a presentation of detailed planning of GIMACON by the organising team..

**▶ Community Activities for the Month of April 2011.****▶ AAO GAON CHALEN:****▶ Dhangarwadi Kavlem:**

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>rd</sup>, and 27<sup>th</sup> April 2011.

At Matruchaya in association with Matruchaya Seva -25 As usual, around 20-25 children from Kavlem Kapileshwari including Talauli area were examined by Dr. Purnima Usgaonker and 15-20 women examined by Dr. Smita Usgaocar and Dr. Sudha Vaidhya at every camp. Dr. Purnima also followed up as usual the orphans and destitute children of Matruchaya

**▶ Madkai at Peaceful Society:**

27th April 2011.

Dr. Purnima examined children & were given deworming medicines, in addition height, weight were followed up and advice towards vaccination given. A talk on hygiene was given to the attendees during the health check up.

**▶ Murmuren and Sacorda:**

7<sup>th</sup>, 14<sup>th</sup> 21st and 28th April 2011.

Regular health camps by Dr. Lalana Bakhale in association with Matruchaya Seva 25. Around 40 patients are seen on an average.

**▶ Bramhakarmali, Valpoi.**

Every Sunday by Dr. Ashok Amshekar patients are followed up and provided medicines as per the case.

## ▶ Activities of IMA Ponda for the Month of May 2011.

### ▶ 12<sup>th</sup> May 2011.

Executive Committee Meeting to discuss and decide the subcommittees and other matters pertaining to XXIII GIMACON 2011. 28<sup>th</sup> May 2011: Monthly meeting with CME on "Approach to Hepatobiliary and Pancreatic Disorders" speaker Dr. Dilip Kothare, Consultant Gastroenterology and Laparoscopic Surgeon from NUSI Wockardt Hospital Goa.

## ▶ Community Activities for the Month of May 2011.

### ▶ 12<sup>th</sup> May 2011.

Executive Committee Meeting to discuss and decide the subcommittees and other matters pertaining to XXIII GIMACON 2011. 28<sup>th</sup> May 2011: Monthly meeting with CME on "Approach to Hepatobiliary and Pancreatic Disorders" speaker Dr. Dilip Kothare, Consultant Gastroenterology and Laparoscopic Surgeon from NUSI Wockardt Hospital Goa.

## ▶ AAO GAON CHALEN:

### ▶ Dhangarwadi Kavlem:

4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> May 2011.

At Matruchaya in association with Matruchaya Seva 25. Dr. Purnima Usgaonker Dr. Smita Usgaocar and Dr. Sudha Vaidhya attended. Dr. Purnima also followed up as usual the orphans and destitute children of Matruchaya and some from Lokvishwas Pratisthan.

### ▶ Madkai at Peaceful Society:

21<sup>st</sup> May 2011.

Around 20 children and 16 women were examined by Dr. Purnima. Children were given treatment as per complaint, in addition height, weight were followed up and advice towards vaccination given. Pre-monsoon guidance was given regarding health problems in monsoons.

### ▶ Murmuren and Sacorda:

5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> May 2011.

Regular health camps by Dr. Lalana Bakhale in association with Matruchaya Seva 25. Around 40 patients are seen on an average.

### ▶ Bramhakarmali, Valpoi:

Every Sunday by Dr. Ashok Amshekar patients are followed up and provided medicines as per the case.

## ▶ Activities of IMA Ponda for the Month of June 2011.

### ▶ 15<sup>th</sup> June 2011.

Observance of World Environment day to follow the State IMA theme, attempt at managing the clinic and hospital waste of the members from IMA Ponda was discussed and required information was decided to be taken from the State pollution Board. Individual members to take responsibilities of maintaining Healthy Environment..Planning of the Doctors Day Celebration was done.



▶ **26<sup>th</sup> June 2011.**

IMA Ponda hosted the second meeting of The IMA Goa State Executive Committee at their IMA House Ponda.

▶ **Community Activities for the Month of June 2011.**

▶ **AAO GAON CHALEN:**

▶ **Dhangarwadi Kavlem:**

1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> June 2011.

At Matruchaya in association with Matruchaya Seva 25. As usual, around 25-30 children from Kavlem, Kapileshwari and Talauli were examined by Dr. Purnima Usgaonker patients with specific illnesses are further followed up at her clinic free of cost. Dr. Purnima also followed up as usual the orphans and destitute children of Matruchaya and some blind, deaf and dumb children from Lokvishwas Pratisthan. Thorough examination with Investigations of the new destitute children admitted in Matruchaya is also being done during these camps. 15-20 women examined by Dr. Smita Usgaocar and Dr. Sudha Vaidhya.

▶ **Peaceful Society, Madkai:**

13<sup>th</sup> June 2011.

Around 25 children and 12 women were examined by Dr. Purnima. Children were given treatment as per complaint, in addition height, weight were followed up and "Guidance on nutrition and eating habits of children" was given during the health check up. New Cases of failure to thrive, MR with epilepsy and a new case of hypertension were detected.

▶ **Murmuren and Sacorda:**

2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> June 2011.

Regular health camps by Dr. Lalana Bakhale in association with Matruchaya Seva 25. Around 40 patients are seen on an average.

▶ **Bramhakarmali, Valpoi:**

Every Sunday by Dr. Ashok Amshekar patients are followed up and provided medicines as per the case.

“HEALTHY  
ENVIRONMENT  
FOR HEALTHY  
LIVING”

## **PONDA**

### **ACTIVITIES**

#### **ACTIVITIES OF IMA PONDA FOR MONTH OF FEBRUARY 2011** (Printed in this quarter)

▶ **9<sup>th</sup> February 2011.**

Executive Committee Meeting 2011 members for finalisation of GIMACON venue, delegate fees etc. And other Planning of GIMACON 2011, planning of further CMEs for the year and community activities.

▶ **26<sup>th</sup> February 2011.**

Monthly meeting with CME on "Erectile Dysfunction". by Dr.Madhav Sanzgiri. 34 members attended .

#### **▶ Community Activities for the Month of February 2011**

##### **▶ AAO GAON CHALEN:**

▶ **Dhangarwadi Kavlem:**

**2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>th</sup> February 2011.**

At Matruchaya in association with Matruchaya Seva 25. As usual, around 25-30 children examined by Dr. Purnima Usgaonker and 15-20 women examined by Dr. Smita Usgaocar and Dr. Sudha Vaidhya.

▶ **Madkai:**

**10<sup>th</sup> February 2011.**

Around 25 children and 12 women were examined by Dr. Purnima. Children were given treatment as per complaint, in addition height, weight were followed up and advice towards vaccination given.

▶ **Savoi Verem High School:**

Talk by Dr.Dattaram Dessai on Health and Hygiene

▶ **Marcel:**

**Sharda High School:**

Talk by Dr. Dattaram Dessai on Health and Hygiene.

▶ **Murmuren and Sacorda:**

**3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> February 2011.**

Regular health camps by Dr. Lalana Bakhale. Around 40 patients are seen on an average.

▶ **Bramhakarmali Valpoi:**

Every Sunday by Dr. Ashok Amshekar

Patients are followed up and provided medicines as per the case.

**ACTIVITIES****► 13<sup>th</sup> February 2011.**

A Special Programme at IMA House Ponda in association with Sharda Granth Prasarak Mandal on “Living Will on Peaceful End” by Speaker Vidhya Bal an informative talk on infact “Happy Living”.

**► 27<sup>th</sup> February 2011.**

At Valpoi in association with Keshav Seva Sadhana health camp was held. Dr. Subhash Shikerkar, Dr. Purnima Usgaonker, Dr. Sudha Vaidhya, Dr. Lalana Bakhale and Dr. Smita Usgaonker participated. Dr. Purnima gave a short talk on health guidance. Around 150 patients attended. Medicines were supplied by IMA Ponda Charitable Trust. A case of suspected hypothyroidism was called for blood check up by Dr. Purnima which was confirmed to be hypothyroidism and is being followed up at GMC by Dr. Ramnath Nevrekar.

**► Snehmandir Bandoda:****13<sup>th</sup> March 2011.**

Visit by student wing of IMA along with their President Dr. Swapnil Salkar and in charge Dr. Jagdish Kakodkar. President IMA Ponda Dr. Purnima and Secretary Dr. Rajdatta Timble made necessary arrangements at snehmandir for guiding the student members and accompanied them in the proceedings. The student Wing donated cupboards for the Library of snehmandir & Dr. Purnima donated her books 5 copies each of “Nutrition in adolescence”, “Family health”, “kishorvayantil Poshan”, “Experiences” “kishorvayantlem Poshan” and “Kutumbswasthachi gurukilli” for the library.

**► Activities of IMA Ponda for the Month of March 2011****► 5<sup>th</sup> March 2011.**

CME on “Overview of Childhood Cancers” by speaker Dr. Anupama Shirish Borkar, Pediatric Haematologist and Oncologist Asst. Professor Kasturba Medical College Manipal. Around 42 members attended the CME which was held in association with Manipal hospital Dona Paula.

**► 6<sup>th</sup> March 2011.**

Practice cricket match at Mardol between IMA Ponda and Mardol11.

**► 11<sup>th</sup> March 2011.**

Workshop on Prevention of Deformities in Leprosy Disease organised by DHS in association with IMA Ponda from 9.00 am at IMA HOUSE Ponda. Dr. M. Mohandas Chief Officer NLEP conducted the entire programme under the guidance of Dr. Atul Shah from NOVARTIS NGO who was the surgeon handling the deformities. Around 60 patients attended the workshop. The workshop was inaugurated in presence of IMA Goa State President Dr. Rajendra Dev as the chief Guest and the IMA State Secretary Dr. Gokuldas Sawant. President IMA Ponda Dr. Purnima Usgaonker welcomed the gathering and spoke on the importance of preventive steps in deformities caused by Leprosy. Dr. Mohandas elaborated the entire subject with informative guidance towards the workshop. Dr. Dev spoke on the need of early detection and management. Dr. Atul Shah elaborated on different measures taken by Novartis in Goa

## **PONDA**

### **A C T I V I T I E S**

and shared his experiences and highlighted certain requirements towards prevention and control of deformities and encouraged the patients present for a better care of the lesions caused by Leprosy.

Dr. Gokuldas Sawant gave vote of thanks. Later the workshop continued with supply of kits for care of lesions , provision of special foot wears for care of affected feet etc. under the guidance of Dr. Atul Shah.

▶ **16<sup>th</sup> March 2011.**

3rd Executive Committee meeting of IMA Ponda towards formation of subcommittees for XXIIIrd GIMACON 11 and other plans for GIMACON 11.

▶ **26<sup>th</sup> March 2011.**

Joint CME by IMA CQS ,IMA Ponda and IMA Margao at hotel Nanutel Margao, on

1) "Effective parenting" By - Dr. Nandita De Souza.

2) "Laughter Medicine and other Yogas" By - Dr. Anirudh Purohit.

It was attended by total 230 members, Ponda 40 members.

▶ **Community Activities for the Month of March 2011**

▶ **AAO GAON CHALEN:**

▶ **Dhangarwadi Kavlem:**

**2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> March 2011.**

At Matruchaya in association with Matruchaya Seva 25. As usual, around 25-30 children from Kavlem Kapileshwari were examined by Dr. Purnima Usgaonker and 15-20 women examined by Dr. Smita Usgaocar and Dr. Sudha Vaidhya at every camp. Dr. Purnima also followed up as usual the orphans and destitute children of Matruchaya. 2 children from Matruchaya were treated by Dr. Purnima and Dr. Santosh by admitting them in their hospital.

▶ **Madkai:**

**6<sup>th</sup> March 2011.**

In observation of International Womens Day at Peacefull Society Programme Talk by Dr. Purnima on "Health problems anticipated in next decade and prepared ness on part of Women of the House in facing the same". Around 500 rural women attended the programme.

▶ **Kundai:**

**7<sup>th</sup> March 2011.**

At Govt High School Health check up of students of std IX and Xth was done by Dr. Purnima Usgaonker, bloodgroup and hemoglobin estimation done by staff of Vidhya Labs of Dr. Vallabh Dhaimodkar.

▶ **Dharbandoda:**

**8<sup>th</sup> March 2011.**

In observance of International Womens day by the self help Groups of Dharbandoda on their foundation Day talk by Dr. Purnima as the chief guest on care of Family Health to the women gathered. Around 450 women from 40 groups attended the programme.

**PONDA****A C T I V I T I E S**

- ▶ **Ponda Government High School:**  
Talk by Dr. Purnima on Blood groups and blood Donation to students of std VIII, IX and Xth. Blood Grouping was done by Modern Pathololab.
- ▶ **Talauli:**  
11th March 2011.  
Mahalaxmi High School talk by Dr. Gokuldas Sawant on Health, sanitation and Hygiene.
- ▶ **Khandepar:**  
15<sup>th</sup> March 2011.  
MIBK High School talk by Dr. Dattaram Dessai on Health and Hygiene as a part of Sarva Shiksha Abhiyan.
- ▶ **Kundai:**  
17<sup>th</sup> March 2011.  
At Govt High School Distribution of blood group Cards and medicines to the students on various problems like deworming, wax in ears, fungal infections of skin and anemia. Talk by Dr. Purnima to the students on the health problems detected during the check up and the treatment and preventive steps on same as well as importance of blood group cards and blood donations. Medicines were supplied by IMA Ponda Charitable Trust. A case of puberty goitre with hypothyroidism was detected during the camp and is under care of the member Dr. Ghanashyam Mardolkar.
- ▶ **Madkai:**  
At Peaceful Society,  
21<sup>st</sup> March 2011.  
Around 25 children and 12 women were examined by Dr. Purnima. Children were given treatment as per complaint, in addition height, weight were followed up and advice towards vaccination given.
- ▶ **Murmuren and Sacorda:**  
3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> March 2011.  
Regular health camps by Dr. Lalana Bakhale in association with Matruchaya Seva 25.  
Around 40 patients are seen on an average.
- ▶ **Bramhakarmali, Valpoi:**  
Every Sunday by Dr. Ashok Amshekar patients are followed up and provided medicines as per the case.

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## TISWADI

### ACTIVITIES

#### ACTIVITIES OF IMA TISWADI FOR MONTH OF APRIL AND MAY 2011

► **World Health Day 2011 Symposium:**  
7<sup>th</sup> April 2011.

Members of the IMA Tiswadi attended the World Health Day 2011 State Level Symposium on “Combat Anti Microbial Resistance” held on 7<sup>th</sup> April at Keserval Resorts and organized by the IMA – CQS Branch in collaboration with WHO Country Office, New Delhi.

► **Inter IMA Cricket Trophy:**  
17<sup>th</sup> April 2011.

IMA Tiswadi retained the inter - IMA Cricket Trophy under the able captaincy of Dr. Mahendra S. Kudchadkar for 2nd year in a row. organized at Rajendra Prasad Stadium by IMA - CQS branch.

► **Camp at Hedgewar School:**  
1<sup>st</sup> May 2011.

IMA Tiswadi, in association with Mahalaxmi Trust & R. G. Stone Hospital organized a Medical Checkup Camp at Hedgewar School, Mala, Panaji.

► **Monthly Meeting of IMA Tiswadi:**  
7<sup>th</sup> May 2011.

The Monthly Meeting of IMA Tiswadi for the month of April was held at Hotel Delmon, Panaji, on Saturday, 7<sup>th</sup> May, 2011. This was followed by the scientific CME wherein a Guest Lecture was delivered by Dr. Neeraj Goel, Consultant Urologist, R. G. Stone Hospital, Porvorim, Goa. Dr. Goel spoke on “Practical Guidelines in management of Benign Prostatic Hyperplasia”..







## TISWADI

### ACTIVITIES

#### ► Camp at Divar:

15<sup>th</sup> May 2011.

IMA Tiswadi along with Divar Social Service Centre and Mrs. Nirmala Sawant held a Free Medical Check up Camp for the people of Divar at Asilo Hall at Divar centre.



#### Monthly Meeting of IMA Tiswadi: 28<sup>th</sup> May 2011.

IMA Tiswadi monthly meeting for the month of May was held at Hotel Fidalgo, Panaji, on Saturday, 28<sup>th</sup> May, 2011 followed by the CME. The Guest Speakers were Dr. Vikram Dalvi, Intensivist & ICU incharge, Manipal Hospital, Goa, and Dr. Vinay Kumar, Consultant Orthopaedic Surgeon & Consultant Joint Replacement & Spine Surgeon, Manipal Hospital, Goa. Dr. Vikram Dalvi delivered a lecture on “Critical Care” while Dr. Vinay Kumar spoke on “Minimal Invasive Spine Surgery”.



#### ► IMA Tiswadi – Monthly Report for June 2011.

#### The Monthly Meeting of IMA Tiswadi:

25<sup>th</sup> June 2011.

Monthly Meeting was held at Hotel Delmon, Panaji, This was followed by the scientific CME wherein two Guest Lecture was delivered. The first lecture was by Dr. Rohit Mody, Consultant in Interventional Cardiology, Nusi Wockhardt Hospital, Goa on “Handling Cardiac emergency”. The second lecture was delivered by Dr. Dhananjay R. Duberkar, Consultant Neurologist, Nusi Wockhardt Hospital, Goa on “Epilepsy Simplified”. The programme was sponsored by M/s Nusi Wockhardt Hospital, Cuncolim, Goa.

ACTIVITIES



► **Camp at Ribandar:**  
26<sup>th</sup> June 2011.

A health checkup camp consisting of eye checkup and diabetes checkup was conducted by IMA Tiswadi in association with Ribandar Yuvak Sangh at Ribandar Patto.



► **IMA State Executive Meeting:**  
26<sup>th</sup> June 2011.

The IMA State Executive Meeting was held on 26<sup>th</sup> June 2011 at Ponda hosted by IMA Ponda. Dr. Prasad Netravalkar (President) and Dr. Francisco Couto (Secretary) and Dr. Damodar Bhounsule attended the meeting and represented the IMA Tiswadi. Dr. Jayant Bhandare and Dr. Govind Kamat also attended the meeting.

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# HUMOUR

The great Rajani Special--( With due regards to great RAJANI )

- ▶ Once upon a time Rajnikanth used a Tooth Powder to get strong teeth.....  
Today that Powder is used as AMBUJA CEMENT
- ▶ Once Rajnikanth was Playing Cricket and  
Rain Stopped due to Heavy Play.
- ▶ Once Rajnikanth gone for a walk and after one hour police arrested him u know why  
He reached USA and having No Visa with him.
- ▶ Rajnikanth was practicing for spelling test.  
The rough sheet he used is today known as the Oxford Dictionary!!
- ▶ Hrithik tried to participate in a dance competition with Rajnikanth.  
Result: He is in a wheel chair in Gujarish.
- ▶ Rajnikanth was once told to choose 3 subjects when he got admission in Jr. College...  
He chose Science, Arts and Commerce!!!!!!
- ▶ Rajnikanth can make Calls  
From his iPod to his iPad...!!!
- ▶ One nite, while asleep, Rajnikanth was mumbling some random numbers...  
Thats how the Log Table was Invented.
- ▶ One day Rajnikanth bunked School.  
Since then it is known as Sunday
- ▶ Once Rajnikanth was on the Hot Seat of KBC....  
And the computer needed lifeline to choose the question. Mind it!
- ▶ Micheal Jordan to Rajini:  
I can Spin a Ball on my finger for over two hours. Can you?
- ▶ Rajini: Rascala,  
How do you think the Earth Spins!?
- ▶ Roger Federer: I know everything about tennis. You can ask me anything.  
Rajnikanth: Ok. Tell me, how many holes are there in the NET??
- ▶ All scientists failed to answer this but rajnikanth did...  
Ques: Which liquid turns solid on heating?  
Ans: Dosa... mind it!!! (something logical)



# IMA - GOA STATE ACTIVITIES



Member of Disaster Management Cell along with Dignitaries.



Student wing activity in GMC auditorium.



State President Dr R. C. Dev speaking on the occasion of World Health Day.



World Health Day symposium on "Combat Drug Resistance"



State executive committee meeting at Ponda



Student wing activity on "World No Tobacco Day"



Mr. Cezar Menezes, President GCCI presenting a Memento to Dr. Rajendra Dev, President, Indian Medical Association, Goa State Branch who made a presentation on Health. On the eve of Vision 2035.



Dr. R. C. Dev being welcomed by Dr. Kalpana



IMA Office Bearers with Speaker



Audience during "World Health Day" symposium on "Combat Drug Resistance"



IMA Cricket Tournament



Prize Distribution of IMA Cricket Tournament.



# TIPS TO IMPROVE FUEL ECONOMY:



Here are some very good tips on improving your vehicle's Fuel Economy / Increase Fuel Efficiency / Mileage. With increasing fuel prices it is becoming more and more prudent to use them.

▶ **Use Your Gears Wisely:**

Driving in the highest gear possible without labouring the engine is a fuel-efficient way of driving. A vehicle traveling at 60kmph in third gear uses 25 percent more fuel than at the same speed in fifth gear.

▶ **Drive Smoothly:**

Think ahead! By applying light throttle and avoiding heavy braking, you can reduce both fuel consumption and wear and tear. Try to predict traffic at junctions and when in queuing to avoid accelerating and then braking. Research suggests driving techniques can influence car fuel efficiency by as much as 30 percent.

▶ **Switch Off Your Engine:**

There are two schools of thought on this one. Switching your engine off for short periods of time can actually increase fuel consumption, as it requires more fuel to get the engine started. Also your catalytic converter will no longer be running at full temperature and so your car will be less efficient, increasing the amount of pollution you cause. However if you are stopped for more than a few minutes then your car will simply burn less fuel with the engine stopped.

▶ **Drive Off Promptly to Prevent Wasting Fuel:**

Don't leave your engine running when you first start up. Drive off straight away if you can, but drive gently until the engine has reached its normal operating temperature. This doesn't increase fuel efficiency as such, but it does mean your engine is switched on for less time.

▶ **Lighten Your Load:**

Think carefully about what you need on a journey. If you do not need something, do not pack it. Remove roof racks if not needed. The lighter the load, the lower the fuel consumption and emissions, and the higher the fuel efficiency.

▶ **Tyres Effect Fuel Efficiency:**

It is estimated that about 50% of tyres on the road are under inflated. Aside from increasing the rate of wear, this wastes fuel & decreased your fuel efficiency. Check your tyre pressures every fortnight. Worn tyres will also decrease fuel efficiency (and your safety!), so check the tread regularly. If you are replacing tyres then consider some of the newer 'Eco' tyres that are designed specifically to increase fuel efficiency.

▶ **Car Windows:**

Driving with your windows open drastically reduces your fuel efficiency, far more so than putting the air conditioning on when motor way driving. So in those hot summers(?) preferably keep the windows shut, and the air conditioning on if you want to keep cool. Of course the air conditioning decreases fuel efficiency too, so try not to over use it.

► **Invest in a New Fuel Efficient Car:**

New cars come in all shapes and sizes, but it is possible to pick a new car that can greatly reduce your fuel bill, and your fuel emissions.

Size matters. Choose an economical car - small cars use far more fuel efficient and produce lower emissions than large cars.

Drive the most fuel-efficient car that meets your needs. Compare models and classes. Even similarly sized cars can vary in fuel efficiency by up to 45%.

Consider diesel engines (with a particulate trap), and LPG (Liquefied Petroleum Gas) and CNG (Compressed Natural Gas) fuelled cars - all have lower CO<sub>2</sub> emissions than standard petrol cars.

Consider 'Hybrid' vehicles - they combine a conventional engine with an electric motor and battery. These offer reduced fuel consumption and Co<sub>2</sub> with potentially lower emissions of all pollutants.



## DIESEL ENGINES:

If your going to buy a diesel, ensure it is a new 'common rail' type, as these are approximately 10% more efficient than older diesels. also replace (or clean if applicable) air cleaner elements as often as is required by your vehicles servicing schedule.

Regular Maintenance maintains fuel efficiency

► **Air Filter:**

One of the most common reasons for a drop in fuel efficiency is a dirty intake filter. This will decrease the amount of air entering the cylinders of the engine resulting in incomplete combustion. Check the filter regularly to ensure that it is clean.

► **Spark Plugs:**

Ensure your spark plugs are in good condition. Renew the plugs and wires at intervals specified by the owners manual. This will keep all cylinders firing properly resulting in higher efficiency.

► **Lube Oil:**

Change the lube oil at intervals specified by the owners manual. Use the recommended oil only especially in newer cars. Use of an engine flush before changing the oil will help to get rid of a lot of the dirt that collects in the engine that a normal oil change will not remove. On older engines it is advisable to use an oil treatment agent. This basically thickens the oil which creates a better seal between the piston and the liner, preventing blow past and consequent loss of combustion pressure, resulting in higher fuel efficiency.

► **Exhausts alter fuel efficiency:**

Most cars have special sizes for the exhaust. When cars are reasonably old the silences has to be changed. The garage people always try to fit a size that they have in the garage it self. Which might not be the exact size recommended for the car. The wrong size a bigger or smaller silencer size effects on the MPG of the car and the HP of the car. It may be cheaper to put another size than your recommended size for your car but on the long run it will cost you in many ways, especially on fuel consumption. Always put the recommended size of the exhaust that is indicated in your car manual because the car company knows how to optimize the performance of your car.

# WORLD ALLIANCE FOR BREAST FEEDING ACTION



WABA is pleased to announce the World Breastfeeding Week theme for 2011 focusing on engaging and mobilising youth intergenerational work with the catchy slogan of “Talk to me! Breastfeeding - a 3D Experience”.

The theme deals with communication at various levels and between various sectors.

## WHY 3D?

When we look at breastfeeding support, we tend to see it in two-dimensions time (from pre-pregnancy to weaning) and place (the home, community, health care system, etc). But neither has much impact without a THIRD dimension - communication!

Communication is an essential part of protecting, promoting and supporting breastfeeding. We live in a world where individuals and global communities connect across small and great distances at an instant's notice. New lines of communication are being created every day, and we have the ability to use these information channels to broaden our horizons and spread breastfeeding information beyond our immediate time and place to activate important dialogue.

This third dimension includes cross-generation, cross-sector, cross-gender, and cross-culture communication and encourages the sharing of knowledge and experience, thus enabling wider outreach.

**B**est for baby

**R**educes incidence of allergies

**E**conomical - no waste

**A**ntibodies - greater immunity to infections

**S**tool inoffensive - never constipated

**T**emperature always correct and constant

**F**resh milk - never goes sour in the breast

**E**motionally bonding

**E**asy once established

**D**igested easily within two to three hours

**I**mmediately available

**N**utritionally balanced

**G**astroenteritis greatly reduced