

Monthly Report of IMA GOA STATE SECRETARY - January

1. IMA GOA STATE ACTIVITIES

A. Installation ceremony of IMA GOA STATE EXECUTIVE COMMITTEE was held on 09 January 2022 at a curtailed ceremony due to covid restrictions at Hotel Ritz Classic Panaji. Attended by Presidents and Secretaries of local branches and a few invitees the function was graced by Dr Tariq Thomas, Secretary of Science and technology, Government of Goa. As an chief guest and Installation Officer he installed Dr Rufino Monteiro as the new incoming President. Dr Buvaji handed over the Presidents medallion to Dr Rufino, while Dr Pradnya Kakodkar and Dr Uday Kakodkar handed over the respective documents to incoming Secretary and Treasurer, Dr Amol Tilve and Dr Dayanand Naiyan respectively. While Dr Buvaji the Outgoing president hoped for better unity amongst IMA members Dr Tariq wished for better cooperation between IMA and Government of Goa. Dr Rufino explained the idea behind the theme for the year 2022 ' CARE OF THE OLD WITH A HEART OF GOLD. Ceremony was attended by 35 people.



B. In view of the new covid situation IMA GOA STATE, established 3 Covid Care Centres namely, Hotel Ocean Residency, Colva, Ocean Apartments- Velsao in South Goa and Hotel Ashirwad Porvorim North Goa. Dr Samuel Arawattigi Past State President, IMA

Margao, was made in charge of the tele consultations facilities to be provided by doctors of IMA to admitted patients. Very minimum all inclusive rates (Rs 3000 for single and Rs 5000 for couples) were charged to patients while online consultations were free of cost. The centres had oxygen concentrators on stand by and all medications were provided with instructions at cost prices. Thermometer and pulse oxymeters were provided on returnable basis.



C. A press note was issued by IMA Goa State in local newspapers stating - The National Girl Child Day is celebrated in India every year on January 24. The Ministry of Women and Child Development, Government of India initiated this celebration in 2008. The objective of celebrating National Girl Child Day are as follows:

- 1) Highlight the inequalities faced by girls in the country
- 2) Promote awareness about the rights of a girl child
- 3) Generate awareness on importance of girl education, health and nutrition

The NGCD 2021 is being celebrated across the nation with objectives of generating awareness on the issue of declining Child Sex Ratio (CSR) and create a positive environment around valuing the girl child.

The day is celebrated with organized programs including awareness campaigns about Save the Girl Child, child sex ratios,

and the creation of a healthy and safe environment for girls.



D. On the occasion of National Girl Child day Dr Rufino Monteiro IMA GOA State President along with Dr Shradha Mulgaonker Patil Obstetrician and Gynecologist and Dr Priyanka Kamat Dhakankar , Pediatrician participated in a talk held on Prudent Media by IMA Goa State , where various topics pertinent to a girl child were discussed.

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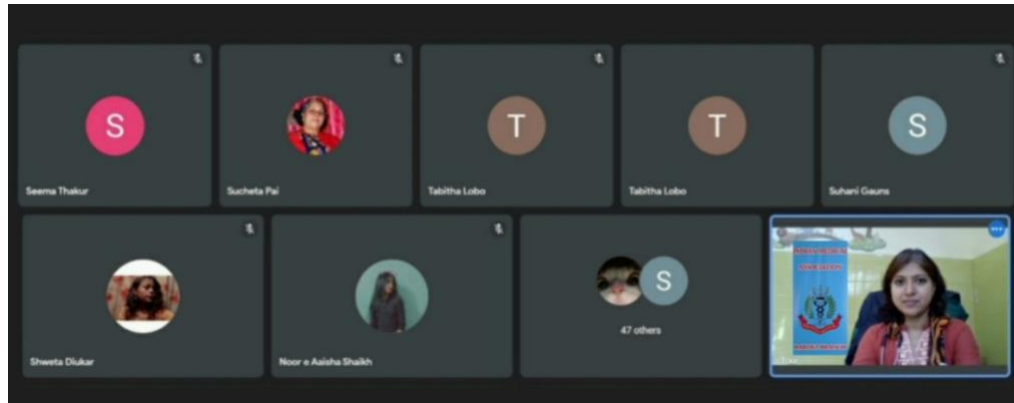
2. IMA BARDEZ

A. On 7 Jan 2022 at 3.30pm- 4.30 pm Dr Sophia President of IMA Bardez branch was invited for a online ZOOM talk by Sports Authority of Goa Topic The Female Athlete Triad

B. IMA Bardez organized a poster drawing and photography competition for children of different age groups in January 2022. The objective of the competition was to celebrate 'National Girl Child Day' and raise awareness about the same. The event was held online wherein students from schools across Goa as well as from neighbouring states presented self-made posters and photographs highlighting the need to stand with this cause. For the poster drawing competition, the first prize Amazon voucher of Rs 1000 was bagged by Miss Jivya Jeevan Narvekar, whereas Miss Vedashree Valimbe won the 2nd prize voucher of Rs 500. In the photography competition, the first prize Amazon voucher of Rs 1000 was won by Miss Pearl Lobo whereas Miss Darshana Raut won the 2nd place voucher of Rs 500.



C. . Dr Poonam Sambhaji Hon Sec IMA Bardez branch 2021-2022 Chairperson WDW MPH Bardez Branch Goa 2021-2023 Ex Hon Secretary IAP Goa State branch was invited as a speaker to Our Lady of Rosary Higher secondary school Dona Paula for a Webinar on Coping with Covid.. on 22.1.2022 between 2.30pm-3.30pm. 56 students attended this .Students asked lot of questions about Covid and stress at end of topic.



D. Indian Medical Association Bardez Branch did installation of new committee for IMA Bardez Branch was done on 30.1.2022 at 11am at Green Park Hotel Mapuca The past President 2021 Dr Sophia Rodrigues handed over reins to Dr Vishwaraj Mhalshekar.,, Hon Sec 2021 Dr Poonam Sambhaji handed over office documents and responsibilities as Hon Secretary to Dr Lloyed Desouza and Dr Priyanka Sahasrabhojane Treasurer 2021 handed over the post to Dr Diksha Phadake. This hand over ceremony was followed by CME By Dr P Rataboli .. Ots was a hybrid meet due to present covid restrictions. 14 members attended it physically while rest 90 attended it Online through Zoom link..



E. On occasion of NATIONAL GIRL CHILD DAY Dr Sophia President of IMA Bardez Branch wrote an article in daily news regarding “ WHEN GIRLS ARE EDUCATED THEIR COUNTRY BECOMES STRONGER AND MORE PROSPEROUS “ in AIZ GOA News



F. On occasion of NATIONAL GIRL CHILD IMA Bardez branch released a motivating video for public

<https://www.youtube.com/watch?v=0MYT8xesYRk&feature=youtu.be>

G. On 16 Jan Ima Bardez Branch Conducted an Online webinar on topic 3rd wave of covid:our experience The members were welcomed by Dr Poonam Sambhaji Hon Sec IMA Bardez Branch 2021-2022 .. The IMA Prayer & IMA Flag Salutation was followed by the webinar Speaker name 1.Dr Chitralekha Nayak Consultant physician ,2.Dr Marzook Mustafa Shaikh Consultant microbiologist. On 16/1/2022 8pm to 9.30 pm 75 members attended the CME with a lot of questionnaire post webinar



H. 30.1.2022 on occasion of World Leprosy Day Dr Diksha Phadake Hon Treasurer of IMA Bardez Branch 2022 released talk on World leprosy day



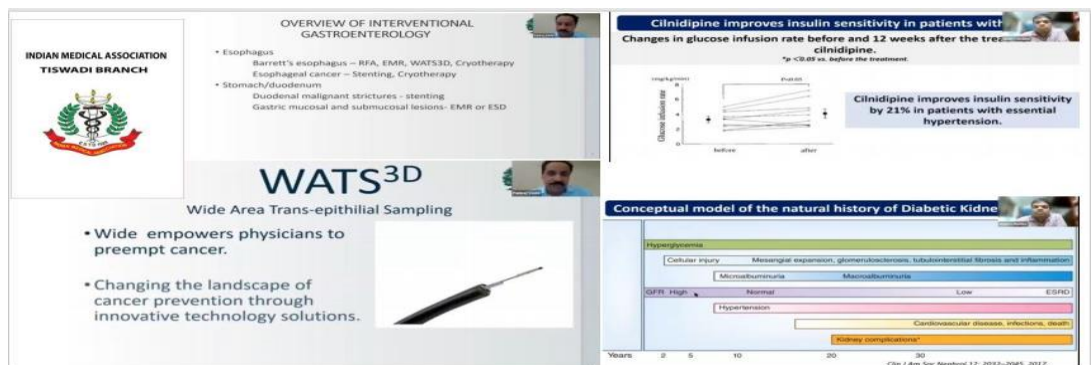
- I. Dr Poonam Sambhaji Hon Sec IMA Bardez Branch 2021 gave 5 Live talks on social handle of IMABARDEZ on Covid 3rd wave ..How to take care of kids .Was attended by public 300-500 on average for each talk

3. IMA TISWADI - Academic Activities

- A. A webinar was organised on Sunday, January 2, 2022 at 7 pm. Speakers and Topics were

1. Dr. Pankaj Vashi - Endoscopic cases reviews
2. Dr. Amol Mahaldar - Recent advances in management of Hypertension 2022.

The CME was accredited with 1 credit point by the Goa medical council.



- B. IMA TISWADI EXECUTIVE COMMITTEE INSTALLATION

The formal installation of the executive committee of the Indian Medical Association Tiswadi Branch for the year 2022

was held on Sunday, January 2 at 9:30 am at the hands of installation officer and chief guest, Dr. Vinayak Buaji, IMA Goa State President.

The committee members are as follows :

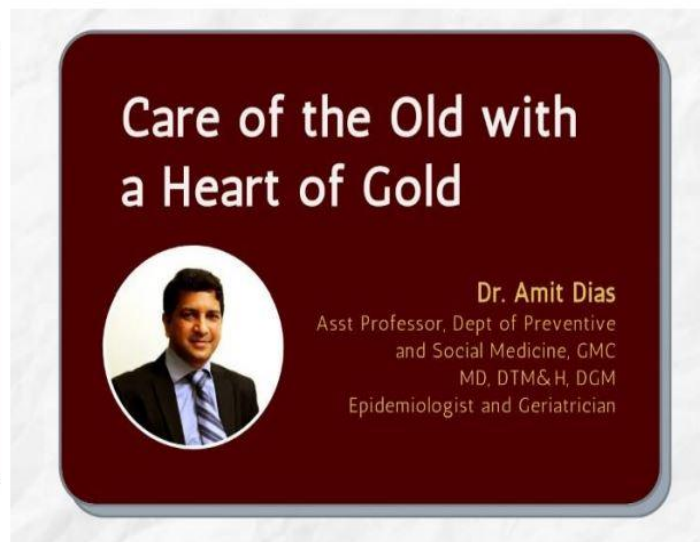
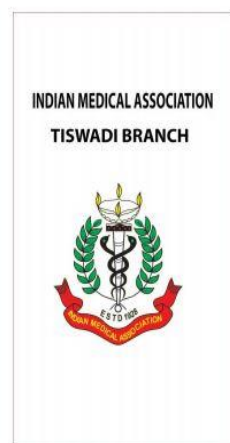
1. President : Dr. Mahendra Kudchadkar
2. Vice president : Dr. Amol Mahaldar
3. Secretary : Dr. Anand Dalvi
4. Treasurer : Dr. Swapnil Usgaonkar
5. Joint secretary : Dr. Kuheli Rane
6. Joint treasurer : Dr. Sabrina Vaz.
7. Members :
 1. Dr. Vinod Verekar
 2. Dr. Pawan Rane
 3. Dr. Sambhprasad Nadkarn



C. 2nd WEBINAR financial planning for doctors 'common Topic investment mistakes made by doctors. Was conducted by Ms Arpita Gupta, director of niveshmitr. Com based in Indore, MP. The talk lasted for 1 hour and was followed by an interactive question and answer session.



- D. IMA TISWADI in association with IMA Goa State organised a state level CME Topic : Care of the Old with a heart of Gold Speaker: Dr. Amit Dias The webinar lasted 1 hour and was followed by question and answer session. The CME was accredited with 1 credit point by the Goa medical council. Dr. Rufino Monteiro, IMA Goa state President, addressed the members with his vision for IMA for the year 2022.

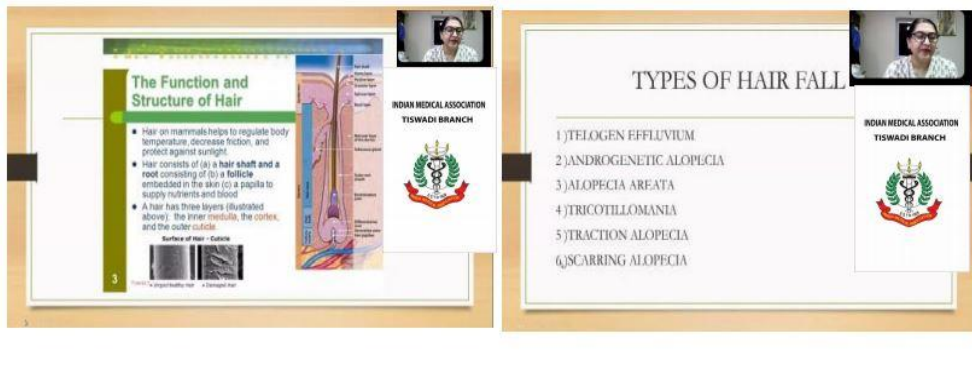


- E. Panel discussion was held on covid 19 on Republic day The panelists were Dr. Shekhar Salkar, Dr. Anil Mehndiratta, Dr. Chitralekha Nayak, Dr. Rajendra Borkar and Dr. Rufino Monteiro. The programme was moderated by Dr. Amol Mahaldar. The

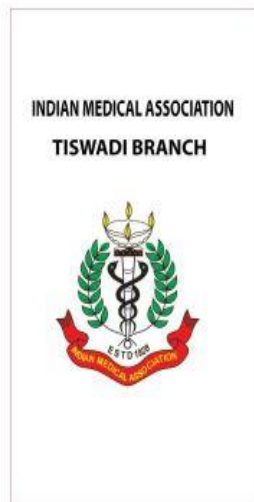
webinar was open to the general public and the people participated in large numbers.



F. Dr. Anupama Kudchadkar, Consultant Dermatologist, gave a online talk on 'Prevention of hairfall' to Rotary club of Miramar, on Friday, 28th January at 7:30 pm.



G. Dr. Anupama Kudchadkar, Dermatologist, gave a talk on leprosy on the occasion of world leprosy eradication day on Gomantak TV. On Sunday 30/01/2022



Social & Other Activities

- H. IMA TISWADI COVID CARE Indian Medical Association Tiswadi is always in the forefront for a social cause. In the midst of the present COVID crisis, we have already commenced a “Free Tele Consultation” program for COVID positive people who are in home isolation. The public have to send a Whats app message to cell no 8767249828. Our team of doctors give telephonic consultations to these home isolated patients. We also make video presentations to educate the public on how to use pulse oximeter and to take care of themselves
- I. COVID 19 AWARENESS FOR PUBLIC Dr Kuheli Rane



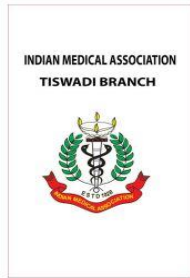
Watch this reel by drkuhelibhattacharya on Instagr... anything_____g • Original Audio | za ... www.instagram.com

Happy New Year !
I don't know about you, but 2022, feels a lot like 2021 and 2020 .

- Stay safe.
- build immunity building habits.
- Vaccinate yourself .
- Mask up.
- Maintain Safe social distancing.

#feeling2022 #2022goals
#imfeeling2022 #happynewyear
#happynewyear2022 #viralreels
#viralvideos #medicalreels
#indiandctors #indianddoctor
https://www.instagram.com/reel/CYLa2-sh4gA/?utm_medium=share_sheet

- J. COVID 19 AWARENESS FOR PUBLIC Dr Kuheli Rane



Watch this reel by drkuhelibhattacharya on Instagram
 60 Likes, 0 Comments - Dr Kuheli | eye surgeon (@drkuhelibhattacharya) on Instagram: "An Attempt at simplifying Mucormycosis in COVID 19. . . www.instagram.com"

An Attempt at simplifying Mucormycosis in COVID 19.

The fear is tremendous ! We have you g. non diabetic patients with phantom pains in their eyes and teeth coming with a fear of Mucormycosis . .But considering the disease is so invasive, fulminant and destructive: I guess it is better to ere on the side of caution and ask your doctor.

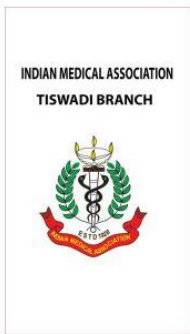
If you notice any of these symptoms in yourself , or notice any of these signs in someone else AND you/ they belong to the High Risk Category of

- Diabetic
- increased blood sugar post Steroid Treatment
- treated with systemic steroids for COVID 19.
- On immunosuppressive
- Had long term oxygen Treatment or Mechanical Ventilation.

Please get a consultation with an ENT surgeon, Ophthalmologist , and also a CT scan/MRI o... [Read more](#)

14:46

K. COVID 19 AWARENESS FOR PUBLIC Dr Kuheli Rane



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 60 Likes, 0 Comments - Dr Kuheli | eye surgeon (@drkuhelibhattacharya) on Instagram: "An Attempt at simplifying Mucormycosis in COVID 19. . . www.instagram.com"

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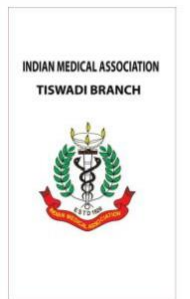
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L. COVID 19 AWARENESS FOR PUBLIC Dr Swapnil Usgaonkar

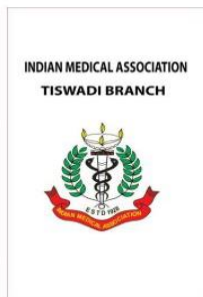


Watch this reel by ima_tiswadi on Instagram
 ima_tiswadi · Original Audio
 www.instagram.com

What to do if your Child gets COVID infection.
 Dr Swapnil Usgaonkar. Paediatrician and current treasurer of IMA Tiswadi.

#imatiswadi #indianmedicalassociation #indiandoctor #indiandoctors #covidinchildren
https://www.instagram.com/reel/CYY-zULgdOL/?utm_medium=share_sheet

M. COVID 19 AWARENESS FOR PUBLIC Dr Sushma Kirtani



Watch this reel by ima_tiswadi on Instagram
 @ima_tiswadi posted on their Instagram profile: "Covid in Children. Message in Konkani for all Goan parents, by Dr Sushma Kirtani , www.instagram.com"


Covid in Children.
 Message in Konkani for all Goan parents, by Dr Sushma Kirtani , member. IMA Tiswadi .

#indianmedicalassociation #imatiswadi #covidinchildren #indiandoctor #indiandoctors #tiswadi
https://www.instagram.com/ima_tiswadi/reel/CYbBMVAgU22/?utm_medium=share_sheet

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N. COVID 19 AWARENESS FOR PUBLIC Dr Preeti Kaisare

INDIAN MEDICAL ASSOCIATION
TISWADI BRANCH



Watch this reel by ima_tiswadi on Instagram
ima_tiswadi • Original Audio
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Home Monitoring of Child with COVID.

•
Dr Preeti Kaisare , paediatrician and IMA Tiswadi member.

•
#indianmedicalassociation #imatiswadi #panjim #indiandocors #indiandoc
https://www.instagram.com/reel/CYqURTwgEAI/?utm_medium=share_sheet

14

O. COVID 19 AWARENESS FOR PUBLIC Dr Kuheli Rane

INDIAN MEDICAL ASSOCIATION
TISWADI BRANCH



Dr Kuheli | eye surgeon (@drkuhelibhattacharya) posted on Instagram: "Visiting your doctor during COVID times ? Many...
13 Likes, 2 Comments - Dr Kuheli | eye surgeon (@drkuhelibhattacharya)
www.instagram.com

Visiting your doctor during COVID times ?
Many patients are scared to visit Doctors clinics . but we must learn to live in the Pandemic and through the pandemic.
Please do not be scared to get treated for your other health conditions - such as going for your regular eye checkup, or to your gynaecologist, or for your annual diabetes and hypertension checkup. These regular screenings have been neglected in the past few years due to the fear of visiting doctors clinics. I hope this information post helps you safeguard yourself and your family - and motivates you to make the appointment for your regular checkups.

•
#covidcare #omicronvariant #indiandocors #indiandocor #doctorsadvice #maskup #maskupindia #medicalcheckup #healthcheckup #eyedoctor #eyecare
https://www.instagram.com/p/CYqOmpsjZpy/?utm_medium=share_sheet

14:41

P. Dr. Priyanka Dhavjekar, Gynaecologist and Dr. Anand Dalvi, Radiologist. Observing January as a month of Cervical screening, in association with Vision Hospital, Mapusa, a 'healthy lady' camp was held offering gynaecological examination, breast check up, USG Pelvis and Lab investigation. Dr. Priyanka Dhavjekar gave the consultation and Dr. Anand Dalvi performed the Pelvic sonography.

Q. AWARENESS FOR PUBLIC Dr Rohan Badwe

INDIAN MEDICAL ASSOCIATION
TISWADI BRANCH



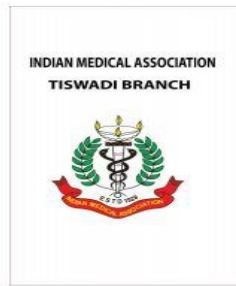
Watch this reel by ima_tiswadi on Instagram
ima_tiswadi • Original Audio
www.instagram.com

IMA Tiswadi presents new public education series on Important diseases. Just 1 minute - health video capsules. Fatty liver disease - Dr Rohan Badwe , IMA Tiswadi member and Gastroenterologist.

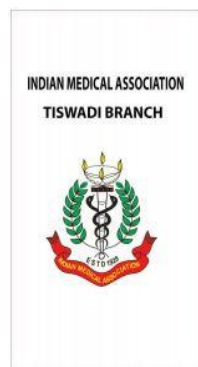
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#indianmedicalassociation #indiandocors #indiandocor #fatty liverdisease #fatty liver #imatiswadi
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21:06

R. AWARENESS FOR PUBLIC Diabetic foot by Dr Mahindra Kudchadkar



S. National Girl child day national poster competition On the occasion of national girl child day on 24th January, we sent a poster on girl child as our entry to the chairperson of Goa WDW branch as a part of national poster competition.



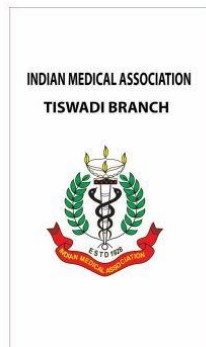
B



T. AWARENESS FOR PUBLIC on teenage acne Dr. Anushree Khavte



U. AWARENESS FOR PUBLIC on Care and support of girl child Dr Sofia Henriques Care and support of girl child...to make her fly By Dr Sofia Henriques

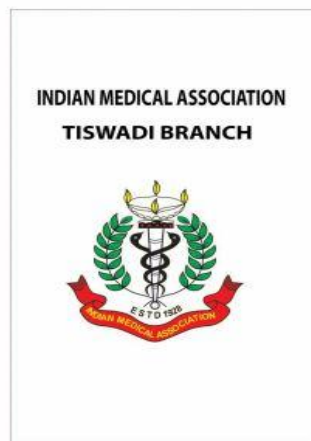


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Care and support of girl child...to make her fly
By Dr Sofia Henriques

18:31

V. COVID 19 AWARENESS FOR PUBLIC Dr Swapnil Usgaonkar



W. III. Membership drive We have been actively encouraging young doctors to join IMA and strengthen our hands. Dr. Anuja Naik and Dr. Dhanesh Volvoikar were inducted into IMA TISWADI as associate members in January. Dr. Ajay Mundhekar and Dr. Sonalini Mundhekar were admitted as life members of IMA TISWADI in the month of January 2022

4. IMA PONDA

A. IMA PONDA EXECUTIVE COMMITTEE INSTALLATION IMA Ponda new committee installation was held at IMA house Ponda on 07-01-2022. Installation Of New Committee presided by Installation Officer Dr Dattaram Dessai Outgoing honourable President Dr Basavaraj handed over to Incoming hon President Dr Shweta Khandeparkar , Dr Aaron Soares continued as Secretary and outgoing hon treasurer Dr R Timble handed over to incoming hon Treasurer Dr Rajaram Mahambrey and Dr Deelip Kerkar as incoming Vice President Dr Vikas kuvelker , Dr Atrinandan were

present and inducted as executive committee members amongst others who were not present . All members welcomed with a rose by DR Nutan & Dr Smita .



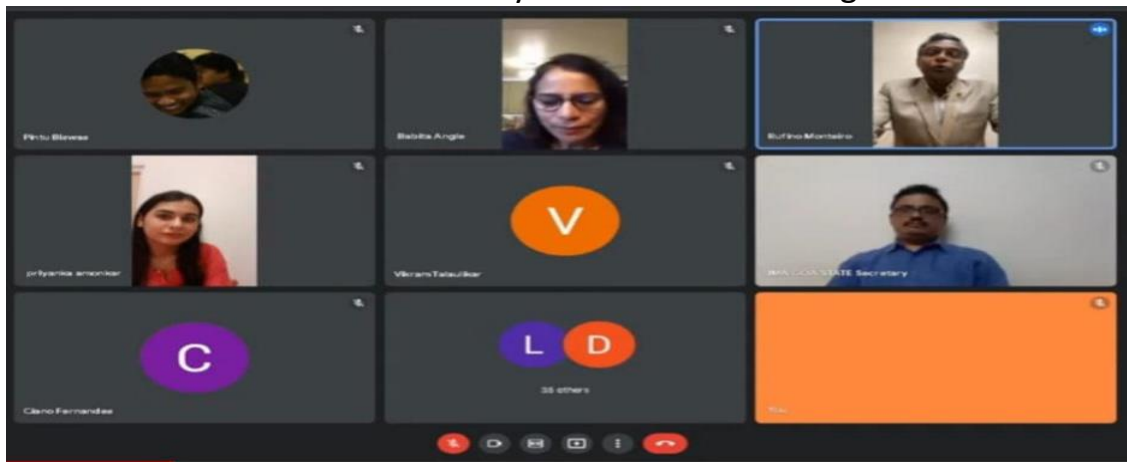
B. On 07-01-2022 a CME held at IMA house Ponda on the Topic *Lasik Surgery* . The Speaker was Dr Chandrapraksh Oli*Healthy discussion regarding New techniques and current myths were discussed and more clarity gained on Lasik .

Attended by 21 members



5. IMA MARGAO

A. Virtual installation ceremony of the new IMA Margao committee



was held on 30th January 2022 in the presence of State IMA President Dr Rufino Monteiro and State IMA Secretary Dr Amol Tilve

- B. 1st Virtual CME organised by IMA Margao on 30th January which was State level CME, speaker was Dr Vikram Talaulikar, and the topic was Menopause Transition and HRT, the current evidence. It was Attended by 80 participants .



- C. IMA Margao created 7 videos for educational and awareness purpose on Menopause , which are available on YouTube. The link of which is attached here. Dr Babita and Dr Vikram have spoken all about Menopause and its symptoms.

D. IMA WDW margao is organised a health talk by Dr. Neelam Borker for the girls of Matruchaya Balika kalyan Ashram, Margao on the occasion of National Girl Child Day. The was held on Saturday 29th January 2022 from 5.30 pm to 6.30 pm. All covid protocols were followed. It was Attended by 50 participants.

6. IMA BICHOLIM

A. The formal installation of the executive committee of the Indian Medical Association Bicholim Branch for the year 2022 was held on Sunday, January 30 at 8 PM .

The committee members are as follows :

President : Dr. Medha Salkar

Secretary : Dr. Rajashree Marathe

Treasurer : Dr. Dayanand Rao



B. CME organised on 30/01/2022

Speaker- Dr. Nathaniel John Pinto ,M.B.B.S, M.D [

Paediatrics] Topic--"Multisystem inflammatory syndrome in children following Covid"



- C. Dr Salkar as state rep of Bicholim IMA visited Colva hotel to finalise for paid quarantine centre with discounted rates of doctors.

7. IMA CQS

- A. The Installation ceremony of the New Committee for the year 2022 was held on 29 Jan 2022 at IMA Hall Curchorem considering present COVID limitations under the Supervision of Senior Practitioner and Ex President of IMA Goa State Dr Achut Kakodkar. The new Team headed by President Dr Manoj Prabhudesai Took over the responsibilities along with Hon Sec. Dr Vishaka Naik and Treasurer Dr Sarvesh Naik from the outgoing team led by Outgoing President Dr Paresh Kamat, Outgoing Hon. Sec Dr Uday kakodkar and Outgoing Treasurer Dr Luis De Ataide respectively. Gynecologist and Obstetrician. Dr Vijeta Naik Dessai was added as the new member and the Tentative Committee for the Coming year 2023 was also declared..in all 15 members attended the ceremony.



- B. Dr Vishaka Naik, Hon sec, IMA CQS participated in the poster designing competition for WDW branches; Topic: National Girl Child Day & secured first prize at State level.

8. IMA MURMUGAO

A. A virtual handover was done on 23rd January 2020. The new committee took charge

President - Dr. Indu thakur

Secretary - Dr. Mayank Prakash Nigam

Treasurer – Dr. Abhijit Shanbag

The handover was followed by a virtual CME. The guest speaker was Dr Sean Socrates Da silva. He spoke on Trends and current advances in refractive surgery.

9. WDW IMA GOA

A. On the occasion of girl child's day poster designing competition was held by National WDW for which IMA Goa WDW sent seven entries. Results are awaited. Locally the posters were judged by three senior IMA members and top three winners were declared. Dr. Vishakha Naik, Dr. Poonam Prabhudesai and Dr. Renu Ramakant were declared winners.



B. Dr. Shradha Mulgaonker patil (chairperson WDW and MPH Goa state) and Dr Priyanka kamat Dhakankar along with our State IMA president Dr Ruffino Monteiro were invited by Goa's prime channel, Prudent Media to conduct an interactive session on National girl child's day . The programme was aired on TV

C. Dr. Archana Kamat, Chairperson IMA WDW Bicholim, conducted an Awareness Programme on Menstrual Health for the Ecoclean lady-workers at the Goa Institute of Management, Sankhali Campus on 27th Jan, 2022. Various aspects of menstrual health and hygiene were covered and doubts cleared. The talk was a part of a project on biodegradable pads undertaken by two esteemed professors of the institute. The talk was attended by over 50 women-workers .



D. IMA WDW Margao organised a health talk on 29th January 2022 for the girls of Matruchaya Balika Sadan, Margao to celebrate National Girl Child Day. Dr. Neelam Borker, consultant Obstetrician and Gynecologist from Margao spoke about the common health problems faced by the girls. Dr. Samita Prabhudesai and Dr. Jagruti Nadkarni also addressed some of their queries. About 21 girls participated in the activity. All girls were given small gifts by IMA WDW Margao.



10. MSN – IMA GOA

- A. On the occasion of National Day of the Girl Child, IMA GOA STATE along with MSN (Medical Student Network) and SCERT-Porvorim



held an online program for 1002 teachers all over Goa. Mr. N G Honnekeri , director SCERT and Dr. Jagdish Kakodkar - Professor of PSM & MSN advisor GMC welcomed the participant teachers. DR. Vanita Pinto da Silva gave her presentation on the importance of the Girl Child , Laws for her protection and the National/State Schemes for the Girl Child and called for empowerment of the Girl Child. Ms Mithila Prabhudesai, President MSN spoke on the National Initiatives for the upliftment of the Girl Child. Ms Aashma Surlakar, Vice President of MSN showed Snapshot of Female achievers in India (since Independence) Dr. Rufino Monteiro, President IMA GOA STATE whilst proposing a vote of thanks , stressed on the commitment of IMA GOA STATE and it's branches/ MSN / WDW , in working for the betterment of the Girl Child in the state.

Date – 06-02-2022

**Dr. Amol Tilve
IMA GOA STATE SECRETARY**