

Secretary's Report for the Month of August 2022

1. IMA GOA STATE

- a. Function at GMC Bambolim on the occasion of the eve of WORLD ORGAN DONATION DAY. Dr Rufino Monteiro, President IMA GOA STATE was special invitee. New GMC logo was released.



2. IMA BARDEZ

- a. IMA Bardez conducted a Medical Examination Camp of all students and staff of Kids Camp and Young Achiever's School, Porvorim on 4th August 2022. Over 200 students and all staff were examined by Paediatrician Dr.Vishaka Kerkar , Skin specialist Dr.Manjita Chari and Dr.Vishwaraj Mhalshekar.



- b. As a part of the breast feeding week awareness programme, IMA Bardez organised a cooking competition on *weaning foods* by women of the various self-help groups at the IMA Bardez office on

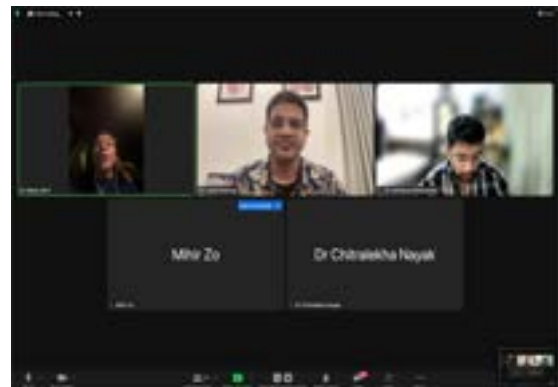


4th August 2022. In this unique event Various weaning foods were prepared by the contestants and the winners were given prizes

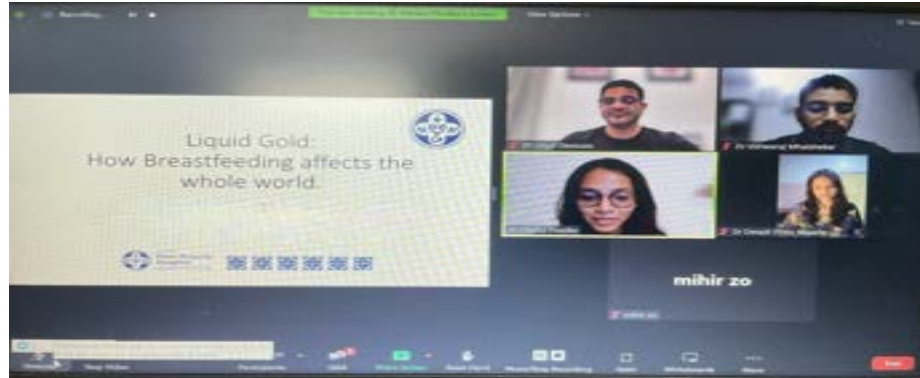
- C. IMA BARDEZ in collaboration with IMA GOA STATE organised an online Webinar on 09/08/2022 at 7.30pm to 8.30 pm . There were 82 attendees . SPEAKER was Dr Jay Soorya and TOPIC - Mindfulness in Medicine.
- d. IMA BARDEZ in association with ASG Eye hospital organized an Ophthalmology Camp for vision testing and screening of common eye diseases at the St Alex Hall in Calangute on 14th August 2022 . There was an overwhelming response and a total of 189 patients registered for the camp.



- e. A webinar was held by IMA BARDEZ on Dengue and Vector Borne Diseases on 18th August 2022. The SPEAKERS were Dr Manju Rahi. (Scientist F, Indian Council of Medical Research, New Delhi) and Dr Chitrlekha Nayak (Consultant Physician) Dr Manju Rahi spoke about Dengue control initiatives and the coordination between ICMR and local representatives in Goa in controlling the spread of Dengue. Dr Chitrlekha Nayak delivered a very Informative talk on dengue presentation, investigation and management. 1 CME CREDIT POINT was awarded



- f. A webinar was held by IMA BARDEZ on 'Breastfeeding' on 4th August 2022. The SPEAKER was Dr Deepti Pinto Rosario (Consultant Gynecologist). Dr Deepti highlighted the nutritional importance of breast feeding and how Breastfeeding is more than



just food for the baby. When the mother holds the baby close during Breastfeeding it helps in building a close, loving bond between mother and the baby. 1 CME CREDIT POINT was awarded.

- g. IMA Bardez in Association with ASG Eye Hospital organised an eye camp at Vidhyaprabhodini Higher Secondary School Porvorim on 13th Aug 2022. Total 216 students were Screened out of which 57 were referred further for refractive errors.



- h. IMA Bardez organised an educative talk on skin conditions in ICU set-up for staff and Resident doctors of Redkar hospital Dhargal on 18th of August 2022. The talk was well attended by 40 participants. The Speaker was Dr Diksha Phadke Consultant



Dermatologist.

- i. On occasion of Senior Citizens Day, IMA Bardez organised a blood check up camp at the Mother Mary Haven, old age home, Calangute on 20th August 2022.



- j. A webinar was held by IMA BARDEZ on 'Hand Foot and Mouth Disease' on 7th August 2022. The SPEAKER-was Dr Swapnil Usgaonkar (Consultant Pediatrician) Dr Swapnil delivered a talk in regards to the clinical presentation and management in cases of

Hand , Foot and Mouth Disease in a very interesting story telling style keeping the audience engrossed and eager to participate in a good interactive session.1 CME CREDIT POINT was awarded.



- k. On the occasion of Breastfeeding awareness week, IMA Bardez Organised a talk on Breastfeeding and diet for new Mothers at the IMA office on 4th August 2022. The lecture was delivered by Consultant Paediatrician, Dr Vishaka Kerkar.



- l. 'Caring for the old with a heart of Gold' Inspired by the theme of IMA GOA STATE, IMA BARDEZ has made a constant effort to ensure that the health care of our Senior Citizens remains a priority. On the occasion of World senior citizens day, Dr Tanvi Pednekar, Consultant Psychiatrist delivered a talk on mental health in old age followed by an well participated interactive discussion on ageing gracefully on the 21st of August 2022.

The participating organisations were represented by their leaders, Mr Diego da Costa president senior citizens association, Goa, Mr Devu pal secretary second innings, Mr Mk Patil founder all Goa retired employees association, Mr Rajesh jha, Rotary club margao midtown & Sr Edith, Our lady of perpetual help home for aged Guirim. A BP app handover was done to each of the organisations to ensure that BP screening was easily accessible to their members.



m. Adolescence is a unique and formative time when Physical, emotional and social changes can make adolescents vulnerable to



mental health problems. IMA BARDEZ organised an event on 11th August 2022 focusing on the Mental health & Addiction issues in adolescents at Saraswat Vidyalaya School Mapusa. Dr Gaurav Halankar consultant Psychiatrist addressed the students on various issues connected with teen Health.

n. "Blood Donation Costs You Nothing, But It Can Mean The World To Someone In Need." IMA BARDEZ in association with BNI VICTORY Organised a Blood Donation drive at the Asilo Hospital on the 21st August 2022. Spreading the message of good will and care. What goes around comes around.



O. In an attempt to facilitate healthcare for the needy in Calangute, Candolim and neighbouring villages, IMA Bardez handed over 3 oxygen concentrators to PHC Candolim on 26th August 2022. The Concentrators were handed over to Dr Roshan Nazareth who has been handling health care facilities during Covid and post covid



times in an exceptional way and any citizen in need of an oxygen concentrator can contact him for the same.

- p. IMA BARDEZ organised an evening of fellowship and fun for the girls at Handmaid's of christ Orphanage home at Calangute on 25th of August 2022. A talk on self confidence along with music, snacks and games were the highlights of the evening.



- q. Continuing the Health awareness campaign amongst students in schools, IMA BARDEZ Organised a talk for girls on the 25th of August 2022. Dr Priyanka Dhavjekar, Consultant Gynaecologist delivered a Health awareness talk on Menstrual Hygiene for girls at New Goa High School, Mapusa.



- r. In another Health awareness campaign for students in schools, IMA BARDEZ Organised a talk on Diet and Nutrition on the 11th of August 2022 at Saraswat College campus, Mapusa . Ms Nitti Kenny and Ms Sunidhi Dhamaskar, nutritional experts representing Directorate of Education delivered lectures on Healthy eating to the students.



S. IMA Bardez in association with IMA Goa State, ASI Goa & Apollo Hospitals organised a physical CME on 27th August 2022 at the Taj Vivanta, Panaji from 8 PM onwards. IMA Bardez secretary Dr Lloyd Desouza welcomed the participants. After the IMA prayer and flag salutation the participants were addressed by IMA Goa state President Dr Rufino Monteiro, IMA State Secretary, Dr Amol Tilve & ASI Goa president Dr Vardhan Bhoje. The speakers were introduced by IMA Bardez President Dr. Vishwaraj Mhalshekar. Lectures were delivered by two dynamic speakers. Dr Sanjeev Jadhav, Consultant CVTS, spoke on Pioneering heart lung transplant in Western India. Dr Vipin Khandelwal consultant Paediatric Haematology Oncologist spoke on curing the incurable by bone marrow transplant. Prize distribution ceremony was held for the winners of the Hemophilia Quiz and Photography contest organised by IMA BARDEZ on the occasion of Hemophilia Day & World Health Day respectively. IMA Bardez Secretary Dr Diksha Phadke proposed the vote of thanks. 2 CME credit Points were awarded



- t. The IMA BARDEZ campaign of Health awareness amongst students in schools continued with a talk on 'mental health and addiction issues for teenagers' at Vidhyaprabhodini Higher Secondary School, Porvorim on Saturday 13th August 2022. The lecture was delivered by Consultant Psychiatrist, Dr Churi.



- u. "We remember their love when they can no longer remember" A webinar was organised by IMA BARDEZ on "Know Alzheimer's know Dementia" on 29th August 2022. SPEAKER - Dr Amit Dias (associate Professor, Dept of Preventive & Social Medicine) Dr Amit Dias delivered a very Informative lecture on Dementia & Alzheimer's Disease which was very well received and appreciated by all members and was followed by a Q & A session. The webinar was attended by over 90 participants.



- v. A special lecture was organised by IMA BARDEZ on 'Mobile Screen time and its effects' for the students of Kids Camp & Young Achiever's School, Porvorim on the 26th of August 2022. The lecture was delivered by Psychologist & Councillor Ms Mylin Maria Gonsalves.



W. A special lecture was organised by IMA BARDEZ on 'Women's Health & Hygiene' on the 22nd of August 2022 at Devashri Greens Housing Society, Socorro. The lecture was delivered by Consultant Obstetrician & Gynecologist Dr Deepti Pinto Rosario



X. IMA BARDEZ President Dr. Vishwaraj Mhalshekar had a video present which was broadcasted on Prudent Media. The presentation highlighted the importance of Occupational Health and safety. The TV Presentation was broadcast on 19th August 2022.

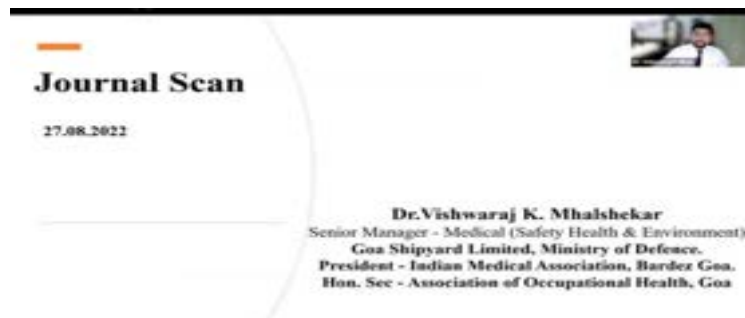


Y. A special lecture was organised by IMA BARDEZ on 'Sex Education' for the students of New Goa High School, Mapusa on the 25th of

August 2022. The lecture was delivered by Consultant Obstetrician & Gynecologist Dr Siddhant Shet.



- Z. IMA Bardez President Dr Vishwaraj Mhalshekar was invited for a national webinar of OccuHlthscapes Episode 21 on Monthly updates on Environmental & Occupational Health Issues Local, Regional & Global on Saturday 27th August on Journal Scan where he presented the latest studies in International Journals of Occupational Health.



3. IMA BICHOLIM

4. IMA TISWADI

- a. On the occasion of 75 th Independence Day WDW TISWADI branch in association with IADVL Goa State branch and Unnati gram seva Villege organisation conducted a Skin health camp at



Chimbel Goa on 14/8/2022. 85 people from the village attended the camp for their various skin problems

- b. A physical State level CME was organised by IMA TISWADI in association with Aster Hospital, Bangalore on Friday, 5th August'2022 at Hotel Fortune, Miramar, Panaji 8 pm onwards. The Guest Speakers were 1. Dr. Mallikarjun Sakpal who spoke on Approach to Decompensated Liver Disease 2. Dr. Jose Felipe Alvares who talked on Management of Post Transplant Patient and 3. Dr. Sonal Asthana, who spoke on 500 Liver transplants : lessons learnt and ground for optimism. After the talks, there was an interactive question and answer session, and later followed by fellowship and dinner. The CME was of 2 and 1/2 hours duration and approved for 2 CME credit points by the Goa medical Council.



- C. On the occasion of 75th Independence Day, a special free Health Camp was organised at Assonora by IMA TISWADI in association with Healthway Hospital and Asnoda Gram Vikas Saunstha on Monday, 15th August from 9:30 am to 1 pm. A small inaugural function was held before commencement of the camp. Dr. Nehal, Orthopedic Surgeon, Dr. Sanjay Ambagade, General Medicine and Dr. Pranav Nagarsekar, General Surgery, conducted this multi-



speciality camp. Total 100 patients attended the camp and were from the Villages of Assonora, Mulgao, Nanoda and Shirgao.

- d. IMA TISWADI and Mukta Dhristi Foundation flagged off and inaugurated it's dedicated mobile ambuvan project on Thursday, 11th August '2022 at Hotel Green Park, Mapusa at the hands of Mr. Nilesh Cabral, Minister of Law, Government of Goa. Mr. Gaurish Dhond of the Indian Red Cross Society was the Guest of Honour. The ambuvan is equipped with cloud based pathological devices to test Hb, RBSL, HbA1c for early detection of diabetes and also Ophthalmological devices for Vision screening and fundus screening by trained technicians for early diagnosis of Diabetic Retinopathy. Foot sensitivity testing will also be performed for early detection of Diabetic Foot problems. BP will also be checked. The ambuvan will travel to rural and semi-urban areas across the State to provide the above mentioned free services to the people of Goa.



- e. IMA TISWADI in association with IMA Goa state and SOTTO organised a State level cme on the 'benefits of organ donation' to commemorate World Organ Donation week on Saturday, 20th August '2022 at Hotel Grande Delmon, Panaji from 7 pm to 11 pm. The Guest speakers and topics were 1. Dr. Ravi Agarwal - Donor safety in Live-related Liver Transplantation 2. Dr. Amol Mahaldar - Latest developments in Living Kidney donation. 3. Dr. Preeti Varghese - Logistics and coordination of organ allocation. The CME was accredited with 3 credit points by the Goa medical council. Dr. Sharada Kankonkar was Felicited at the hands of IMA Goa State

president, Dr. Rufino Monteiro for being instrumental in setting up Goa's first HLA and Immunology Lab in Goa Medical college.



- f. On the occasion of World Senior Citizen Day, IMA TISWADI in association with NIO staff club organised a multi-speciality Senior Citizen camp at NIO colony, Dona Paula on Sunday, 21st August 2022 from 9:30 am to 1 pm. The camp was inaugurated by IMA Goa State President, Dr Rufino Monteiro in presence of IMA Tiswadi President Dr Mahendra Kudchadkar, IMA Tiswadi Secretary, Dr Anand Dalvi, IMA Goa State Treasurer Dr Dayanand Naiyan, co-ordinator of the camp, Dr. Kalpana Chodankar, Chairman of Health Care Committee of NIO Dr Samir Damare and President of Pensioners association of NIO Shri Govind Ranade. Dr Sitakant Ghanekar, Dr Sambhprasad Nadkarni, Dr Dilip Cuncolikar and Dr Vijay Naik participated in the camp. 45 senior citizens who



attended went through blood tests, Urine test, Ortho consultation, Gynaec consultation and General check up and were screened for Hypertension, Diabetes, kidney disease and general well being.

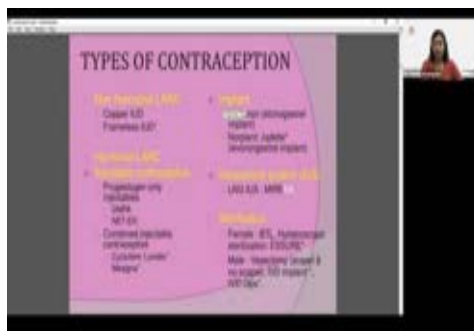
g. IMA TISWADI organised a breast cancer screening and awareness Camp at Healthway Hospital in association with Youwecan foundation on Saturday, 20th August'2022 from 10 am to 1 pm. 64 patients were examined out of which 1 case was positive and referred to the district hospital North Goa for further investigation.



h. As a IMA TISWADI community awareness activity, Dr. Sitakant Ghanekar, Cancer Surgeon and senior IMA TISWADI member addressed a group of senior citizens on 21st August'2022 and discussed various Problems of senior citizens as regards Health matters and family/domestic issues. He also advised them to have regular exercise to keep fit, spoke about importance of yoga and meditation in our lives and also the need of having a well balanced diet with proper nutrition.



- i. IMA TISWADI conducted a - it's your life, it's your responsibility' on Friday, 26th August'2022 at 7:30 pm. Dr. Sophia Rodrigues, Consultant Gynaecologist and Obstetrician, was the Guest Speaker. The talk was followed by an interactive question and answer session. The CME was accredited with 1 credit point by the Goa Medical council.



- j. IMA TISWADI in association with Mukta Dhristi foundation conducted a specialist eye camp at St. Michael community centre, next to St. Michael's Church, Taleigao on Sunday, 28th August'2022 from 9:30 am to 1:30 pm. Dr. Elmira Pereira Braganza co-ordinated the camp. Dr. Devika Kamat, Ophthalmologist and 2 trained optometrists conducted the camp. Dr. Anand Dalvi and Mr. Kishore Sarsolkar participated. 32 patients who attended went through vision screening, fundus evaluation and complete eye examination using the latest technology and ultra modern equipments and were guided accordingly.



k. A 'Hypertension and Diabetes detection' camp was organised by IMA TISWADI on Monday, 29th August'2022 at Taleigao. Dr. Mahendra Kudchadkar and Dr. Anand Dalvi participated in the event along with nursing staff. 35 people attended the camp. BP was checked and Blood Sugar estimation tests performed on the attendees. A lecture on Healthy Lifestyle was delivered and dietary advice in Hypertension and Diabetes was given to the people attending the camp.



l. The flagship project of IMA TISWADI 'Bal Netra Chikitsa' continued everyday with complete ophthalmic check up of students in the schools of TISWADI in the month of August .



GPS Tiswadi 04-08-2022	GPS SAO PEDRO GVT HIGH SCHOOL 03-08-2022	GVT SCHOOL TISWADI DULAPI CARAMBOLIM 01-08-2022
NORMAL 120	NORMAL 125	NORMAL 120
REFERRED 2	SPECTACLES 10	
SPECTACLES 8	REFERRED 1	REFERRED 3
DETECTED 1	STAFF	STAFF
Total 120	TOTAL 125	NORMAL
		SPECTACLES 4
		TOTAL 120

GPS Tiswadi 09-08-2022	GPS AKHADA ST ESTEVAM TISWADI 12-08-2022	GPS STINEZ GPS TONCA 18-08-2022
NORMAL 63	NORMAL 97	NORMAL 55
REFERRED 2	SPECTACLES 4	
SPECTACLES 2	REFERRED	REFERRED 2
DETECTED	STAFF 4	STAFF
Total 63	TOTAL 97	NORMAL
		SPECTACLES 2
		TOTAL 55
GPS PANAJI 16-08-2022	GPS SULABHAT AGGASIM 17-08-2022	GPS DONAPAUULA 18-08-2022
NORMAL 96	NORMAL 84	NORMAL 37
REFERRED 4	SPECTACLES	
SPECTACLES 1	REFERRED 4	REFERRED 8
DETECTED 1	STAFF	STAFF
Total 96	TOTAL 84	NORMAL 4
		SPECTACLES
		TOTAL 37
DISHA SCHOOL 03-08-2022	GPS MERCES 05-08-2022	GPS DANDO PILAR 06-08-2022
NORMAL 51	NORMAL 163	NORMAL 50
REFERRED 34	SPECTACLES 3	
SPECTACLES 5	REFERRED 1	REFERRED 2
NORMAL 9	STAFF	STAFF
Total 51	TOTAL 163	NORMAL
		SPECTACLES 1
		TOTAL 50
GPS GOA VELHA 08-08-2022	GPS DONAPAUULA 18-08-2022	DON BOSCO PRIMARY SCHOOL 22-08-2022
NORMAL 93	NORMAL 54	NORMAL 205
REFERRED 2	REFERRED 2	SPECTACLES
SPECTACLES 6	SPECTACLES	REFERRED 21
DETECTED 1	DETECTED 1	STAFF
Total 120	Total 120	TOTAL 205
DON BOSCO PRIMARY SCHOOL 24-08-2022	DON BOSCO HIGH SCHOOL 25-08-2022	DON BOSCO HIGH SCHOOL 27-08-2022

NORMAL 215	NORMAL 248	NORMAL 264
SPECTACLES 10		REFERRED 3
REFERRED 7	REFERRED 3	SPECTACLES 19
STAFF	STAFF	DETAILED
TOTAL 215	NORMAL	Total 264
	SPECTACLES 15	
	TOTAL 248	

5. IMA PONDA

- a. On the occasion of Breastfeeding week, A program was arranged by IMA Ponda at Dr.Amit Naik's Platicare hospital. After a brief introduction of IMA members, by Dr Amit Naik , and a welcome speech by IMA Ponda president, Dr.Shweta Khandeparker, an elaborate talk was given by Dr.Nutan Dev on breastfeeding, followed by question answer session. In all 25 ladies were present, including mostly antenatal & a few postnatal.



- b. Dr Ajay Pednekar* Examined 21 patients at Balkalyan Ashram Talauli on Saturday 6/8/2022. During examination one new



Diabetic with RBSL of 511 was detected He was advised regarding Diet/Exercise. Started on treatment.Free medicines given to the needy

- C. IMA Ponda in association with Inner Wheel club of Ponda hill town held a Health education program for the girl students of std viii,ix,x at the Govt High school, Ponda on Sat 27/08/2022. Dr. Nutan Dev gave a talk on Menstrual cycle and Menstrual hygiene . This was followed by question answer session and distribution of sanitary napkins.



5. IMA MURMUGAO

6. IMA MARGAO

- a. IMA Margao in association with DHS organised a CME on Extrapulmonary TB , it's Clinical Features and Management on 25th August, at SGDH Auditorium. Speakers were Dr Praveen Bhat and Dr Govind Dessai. It was followed by a Panel Discussion involving Panelists from various specialities . They were Dr Rajeshwar Naik, Dr Harshad Kamat, Dr Brennan Tavares, Dr Antonio Figueiredo, Dr Kapil Prabhudessai and Dr Govind Dessai and the Discussion was coordinated by Dr Praveen Bhat.The CME



was attended by 96 members and was followed by very interesting round of question answers.

- b. IMA Margao in association with Cryptorelief and Sangath organised a at Government High School Moti Dongor, Margao, on 28th August from 10am to 1pm. Pediatric and adult patients were examined, free Sugar testing done as well as free medicine samples were distributed to the patients.



- c. IMA Margao visited the inmates of Snehamandir Ponda. In accordance with this years theme " care of old with a heart of gold ", IMA Margao donated a sum of Rs 100000 to Snehamandir who dedicatedly work to provide adequate comfort and homely atmosphere to their inmates. Our Doctors also interacted with the inmates and medical queries were answered.



7. IMA CQS

8. IMA WDW

- a. On the occasion of 75 th Independence Day WDW TISWADI branch in association with IADVL Goa State branch and Unnati gram seva Villegge organisation conducted a Skin health camp at Chimbél Goa on 14/8/2022

85 people from the village attended the camp for their various skin problems



b. WDW IMA Goa state held its second executive committee meeting on 20/8/2022 at hotel HQ Vasco. Various issues pertaining to the wing were discussed.



c. *Rotary club of Ponda New Generation* supported by *Gynae Clinic, Ponda,* IMA Womens Doctors Wing, Ponda* and *Interact Club of Mahatma Gandhi Centenary School conducted a talk on Adolescent Health, menstrual health management & Nutrition on 27th August 2022 at Mahatma Gandhi Centenary School, Gaunem.



Over 50 girl students along with parents were benefited by the guidance and information provided by Rtn. Dr. Purva Sahakari.*
Over 100 Sanitary Pads were also distributed by RCPNG.

9. IMA MPH

- a. Mission Pink Health IMA Goa State in association with POGS organized a lecture on Menstrual hygiene and Management to the students of Std 5, Std 6 & Std 7 of Our Lady of Rosary School Donapaula on 5th August '22 at 11.00am. The resource person was Dr Sophia Rodriguez MPH Goa State Chairperson. The program was attended by around 256 girls.



10. IMA JDN

11. IMA MSN

Dr Amol Tilve

Hon. Secretary

IMA GOA STATE

Date – 06th September 2022