

## Secretary's Report for Month of September 2022

### 1. IMA GOA STATE

- a. A delegation of IMA Goa State met the Secretary Education Govt. Of Goa at the Secretariat to appraise him about the Pan India Anemia detection project to be done by IMA Goa State. The Secretary Education whole heartedly accepted the proposal with a positive response from his side and gave a go ahead signal for the project.. Dr Sophia Rodriguez, Dr Kalpana Chodankar, Dr Sandesh Chodankar and Dr Shekhar Salkar were present on the occasion.



- b. Gimacon'2022, the annual IMA Goa State level conference hosted by IMA TISWADI was held at Cidade-Selections by Taj, Dona Paula on 24 and 25 September'2022. A pre-conference CME cum Workshop on 'Diabetic Foot Disease' was conducted on Saturday, 24th September from 9 am to 1 pm. The Faculty were Dr. Preetam Kalangutkar, Diabetologist, Dr. Vaibhav Dukle, Endocrinologist, Dr. Ana Soraya Monteiro, Endocrinologist, Dr. Mahendra Kudchadkar, Foot and Ankle Specialist, Dr. Nilesh Talwadker, General Surgeon, Dr. Nehal, Rehabilitation specialist, and Dr. Dhanesh Kamerkar, Vascular Surgeon. The lectures were followed by a hands on workshop. The Exhibition area was inaugurated at the hands of State President, Dr. Rufino Monteiro at 3:30 pm. The formal inaugural ceremony started at 5 pm sharp. Welcome address by the Organising President, Address by

the IMA State President, Chief Guest, Guest of Honour, Report of State Secretary, Felicitation of 3 IMA members, Awards for Best Branch, Best President and Best Secretary of 2021, and finally, the formal vote of thanks by the organising Secretary. The function ended at approx. 6:30 pm. The IMA Goa State Oration was delivered by Dr. Harish Shetty on 'Identifying Psychological problems in the Elderly' in tune with the theme of the year 'Care of the old with a Heart of Gold'. The Oration was followed by the cultural programme. On Sunday, 25th September, there were 3 paper presentations by MSN of IMA from 8:30 am to 9 am and 6 paper presentations by IMA members from 9 am to 10 am. In the Poster presentation, there were 3 from MSN-IMA and 6 moderated and 6 unmoderated posters from IMA members. The scientific sessions were :  
1. Dr. Anita Mathews - Rational use of Antibiotics  
2. Dr. Sajith Kumar - Tropical Fevers and  
3. Dr. Lalit Kapoor - Medico-legal aspects in day to day practice. This was followed by Lunch, the AGM and the valedictory function.



## 2. IMA BARDEZ

- a. Responding to a request for examination of their senior citizens some of whom are bed ridden, IMA BARDEZ Organised a medical examination camp at the Mother

Mary Haven home for the aged in Calangute on 15th September 2022. Over 20 patients were examined and the necessary medication prescribed.



- b. Talk on "Menstrual Hygiene" delivered by Dr. Sophia Rodrigues, Gynaecologist at Lokshikshan High school, Dhargal on Sat. 17th September. More than 100 girl students and lady Teachers from all three High schools in Dhargal area, Lokshikshan High school, Mangurish High school, Govt. high school and Sharada Higher secondary school, Nagzar attended the programme. Programme was arranged by Pink Health Mission, IMA Goa State, IMA Bardez, Super School Complex, Dhargal with assistance from Dr. Pradeep Korgaonkar
- c. IMA BARDEZ donated Medicines and 3 Oxygen Concentrators on 14th September 2022 to Voluntary Health Association of Goa which provides health care services to the underprivileged and remote areas in Goa in the presence of Dr. Vishwaraj Mhalshekar, President IMA Bardez and Mr. Vikas Kulkarni, Executive Director VHAG.

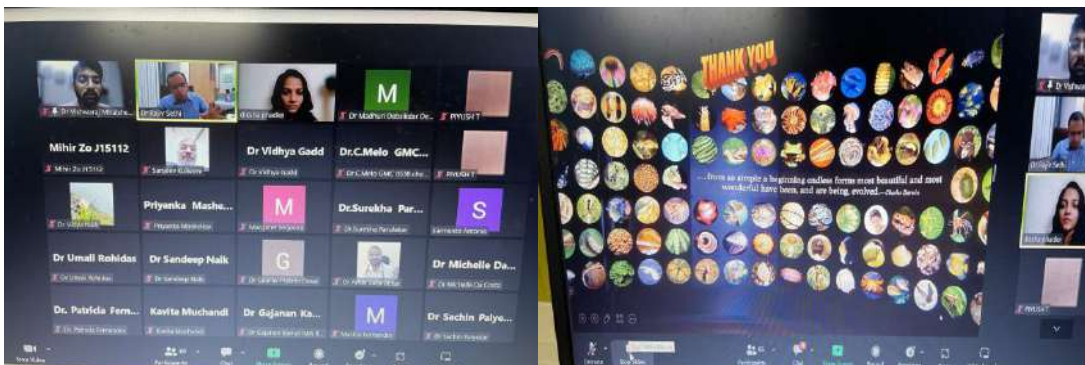




d. IMA BARDEZ in association with Rotaract Club Of Mapusa & Asilo Hospital, organised a Blood Donation Camp on 29th September 2022 at SV Sridora Caculo College.



e. On 18.09.2022 ,IMA BARDEZ organised a state level webinar on Uncontrolled Hypertension & Heart Failure via the Zoom platform. Dr Rajiv Sethi, Senior Interventional Cardiologist addressed the meeting which was attended by 66 attendees.1 CME Credit point was awarded



f. A **GENERAL BODY MEETING** OF IMA BARDEZ was held on the 30<sup>th</sup> September 2022 to discuss various issues. Dr Sandeep Naik informed members about the Clinical

establishment act and about getting their clinics registered.

- g. IMA BARDEZ **PHYSICAL CME** held at: Hotel Green Park, Mapusa on 30/09/2022 Time 7.30 to 9.00 pm. It had 38 attendees The TOPIC was High risk CABG Simplified. SPEAKER was Dr Rakesh Deshmane (CTVS Surgeon) 1 Cme credit point(GMC) was awarded



- h. IMA BARDEZ member, Dr.Peter Castelino spoke in a Television interview involving a team of experts which was broadcasted on Herald TV . The presentation was on Suicide prevention. The TV Presentation was broadcast on 9th September 2022.



<https://youtu.be/FlweKCYGIQ8>

- i. IMA BARDEZ organized a special 'Appreciation and Fellowship' event to honour some of our Senior colleagues on 30/09/2022. Dr Emidio Gomes, Dr Justine Pereira and Dr Vasudev Dukle were felicitated by the EC of IMA Bardez



- j. As a part of an ongoing online Health Awareness series, Dr Neeraj Kulkarni from IMA Bardez published an article in the September edition of our local newspaper highlighting early diagnosis of uterine pathologies and Hysterectomy option in treatment

## Know everything about hysterectomies

**A hysterectomy is a surgical procedure performed to remove the uterus. Important to the treatment of aggressive cancers, it is also somewhat appropriate for a variety of non-malignant conditions. As a therapy for benign conditions, it is performed only if treatment with medicinal fails.**

**DR. NEERAJ KULKARNI**

**HEALTH FIRST**

**Complications of a hysterectomy**

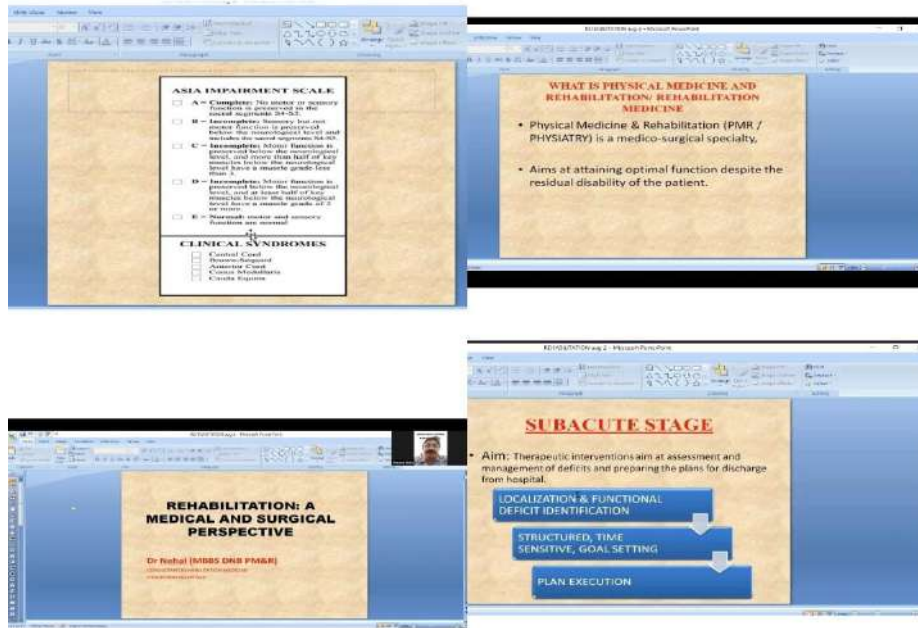
- k. With the state IMA theme of 'Caring for the old with a heart of gold' IMA Bardez initiated a new Meet & Greet initiative of spending time with the residents of Old Age Homes over a cup of coffee or Tea. IMA Bardez Secretary had a meet and greet session with a few residents of Arc of Good Hope Home for the aged in candolim on 22<sup>nd</sup> september 2022. such visits are being scheduled at regular intervals.



### 3. IMA BICHOLIM

### 4. IMA TISWADI

- a. An online webinar was organised on Friday, 2 nd September'2022 at 7:30 pm by IMA TISWADI. The Guest Speaker was Dr. Nehal, expert in Rehabilitation medicine, Healthway Hospital, Old Goa. The talk was followed by question and answer session. The CME was accredited with 1 credit points by the Goa medical council.



- b. An online CME webinar was organised on Friday, 9th September'2022 at 8 pm by IMA TISWADI. The Guest Speaker was Dr. Nandini Samant, Consultant Psychiatrist. The topic was 'Role of Spirituality in the cause, prevention and treatment of Mental illness'. The talk was followed by a question and answer session. The CME was accredited with 1 credit point by the Goa medical council.



c. An online Webinar was organised by IMA Tiswadi on Thursday, 29th September'2022 at 7:30 pm to observe World Rabies Day'2022. The Guest Speaker was Dr. Prashant Suryawanshi, State Surveillance officer, DHS, Panaji. The topic was 'Rabies : one health, zero death' - which is the theme this year. The talk lasted for an hour and was followed by question and answer session. The entire session was moderated by Dr. Amit Dias, Asst. Prof, Community Medicine,GMC. The CME was accredited with 1 credit point by the Goa Medical council.





- d. A Free 'Dermatology and Orthopaedic health camp' was organised on 11/9/2022 from 9.30 am to 1 pm at Margao Mahila Mandal hall, Margao by Ima TISWADI in association with Margao Mahila Mandal. The camp was conducted by Dr. Anupama Kudchadkar, consultant Dermatologist and Dr. Mahendra Kudchadkar, consultant Orthopedic Surgeon. Total 64 patients attended and benefitted from the camp
- 



- e. IMA TISWADI in association with PHC Corlim conducted a free General health camp in Divar High School, Divar on 18th September'2022 from 10 am to 12:30 pm. Dr. Kedar Raikar conducted the camp on behalf of IMA TISWADI. A talk on Nutrition and Hygiene was also imparted to the

## Student



- f. IMA TISWADI in association with PHC Corlim and Village Panchayat Sao Mathias organised a free General health camp in Panchayat hall, Sao Mathias, Divar on 21st September'2022 from 9 am to 12 pm. A complete check up, BP evaluation and Dental evaluation was performed on the camp attendees along with blood sugar estimation. PAPs smear was also done on the women attending the camp. A Health talk was given to the participants. Free medicines were also distributed. Dr. Kedar Raikar, IMA TISWADI member conducted the camp.



- g. IMA TISWADI, Mukta Dhristi Foundation and YouWeCan organised a Breast cancer screening and awareness Camp at Govt. school, sristhal, Canacona on 18 th September'2022. Total number of women screened – 58. No suspicious cases were detected.

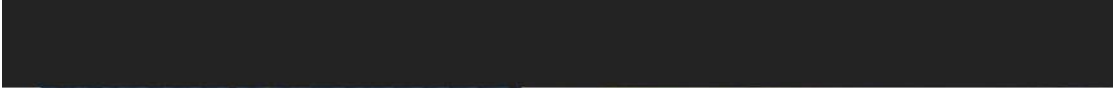


h. Bal Netra Chikitsa ( For the month of September ) :

Sep-22

SR.NO	DATE	SCHOOL NAME	TOTAL STUDENT	BOY	GIRLS	REFERRED	SPECTACLE
1	08-09-2022	OUR LADY OF ROSARY PRIMARY SCHOOL	1071		1071	42	33
2	15-09-2022	ST.MICHEL PRIMARY SCHOOL	1027	620	407	30	35
3	22-09-2022	DON BOSCO HIGH SCHOOLS	1517	1517		12	76
4	23-09-2022	BAL BHAVAN PRIMARY SCHOOL CAMPAL GOA	97	48	41	8	0





## 5. IMA PONDA

- a. As a part of Nutrition week, IMA Ponda In association with the rotary club of Panaji Riviera held a \*nutritious\* \*thali\* preparation competition at kundaim on 5/09/2022 . 18 participants were there . Shri Rtn Raghavendra, Rotary club o president briefed about the program. Dr Nutan gave talk on nutritious food value.



- b. IMA PONDA ACTIVITY.in observance of national nutrition week (sept 1 to sept 7) team of IMA ponda doctors visited the wanarmare tribe on 4/09/22. President Dr Shweta khandeparkar Dr M. Mohandas and Dr Nutan Dev. Mr Akshay gaunker panch member welcomed the doctors and thanked them for their services. Around 20 adult males 30 females and 30 children were examined for general health and Eye problems. Nutritional supplements and other required medicines were provided free of cost to all. They were given education about personal hygiene and nutrition, sanitation of surrounding area, family planning and tobacco de-addiction. The programme was well received by the community



- c. IMatruchaya children check up resumed on 14/9/22 by Dr.Purnima Usgaonkar after a gap though kids were examined in their clinic by Dr.Santosh and Dr.Siddhi and in recent 4 to 5 months by Dr.Purnima herself.For want of photo clicks and banner were not reported. 15 children were examined at todays camp.Cases of congenital heart disease, autism, were detected in newly admitted cases advised investigations. Skin problems like fungal infections and molluscum contagiosum were refered to skin specialist members.Follow up cases of CMV , ASD , CSOM, were examined and advised. Deworming was advised to the new admissions as they had helminthiasis and the three monthly deworming meds were given to rest of 50 inmates destitute children.Investigations for routine blood check up, and infection work up was advised to the new admissions.



- d. DR Ajay Pednekar examined 27 patients at Balkalyan Ashram Talauli on Saturday \*17/09/2022\* .Majority of the patients complained of Throat pain,cough and Bodyache.Random Blood Sugar was done in selective patients. Free medicine samples were distributed.



e. Regular health check up of kids of Matruchaya was held on 21/9/2022 at Matruchaya by Dr.Purnima Usgaonker .In all 13 children were examined and given treatment and advice.Cases of post vaccination muscle inflammation , Upper respiratory infections acute pharyngitis , lower respiratory infection, pyoderma scalp, were given treatment repeat dose of deworming was arranged for all the inmate children around 50. Investigations reports for the new cases were scrutinised and advised, vaccinations were advised for new admissions to get done from health centre.



f. First Aid Training program at Dr.Dhaimodker-IMA-First Aid Training Academy Ponda at IMA House on 29.9.22 with Mr .M M Chikodikar, Chief Guest for the program Principal GVMs GG Pai Raiturkar college of Commerce present as guest Participants trained and given demo on CPR , first aid bandage and lifting techniques required at accident or emergency site . Participation details -24 Kamakshi

Arogyadham ; 7 Plaiicare Hospital; 5. Sukrafact . Company from Honda Sattari . Total 36 delegates



## 6. IMA MURMUGAO

## 7. IMA MARGAO

## 8. IMA CQS

- a. Blood donation Camp organized by IMA CQS on 18<sup>th</sup> September, at Quepem , had a good response



- b. INDIAN MEDICAL ASSOCIATION CQS, Branch under the aeges of Community Development Activities, represented by Dr.Shankar Nadkarni organized a quasi Maga Camp i.e. BREAST & CEVICAL CANCER DETECTION CAMP in collaboration with LIONS CLUBS INTERNATIONAL District 317-B, Saheli Margao, Dept. Of Education, Govt. Of Goa, Inner Wheel Club and Yuvraj Singh Foundation WE



YOU CAN,at Govt.Primary School, Ghadiwada,Kacoda, Goa on 17th Sept.,2022 from 3 p.m. to 6.55 pm. Dr.Shankar Nadkarni in his own humorous style thoroughly explained the motives behind this special activity under CSR of IMA CQS in the changing lifestyles.Camp was inaugurated by Dr.Shankar by lighting traditional lamp.Smt. Gloria Fernandes MJF Ln.& Chairperson of Women's Empowerment welcomed the gathering. Smt.Meera J.Naik Headmistress & Dr. SEEMA DIWANI coordinated entire event.This was followed by marvelous audiovisual presentation by Dr.Samiksha Varun Kudchadkar of breast and cervical Cancer including breast self examination every month followed by FAQ.Next was a beautiful discourse by well reputed Dr Pradnya Pradeep Kakodkar in her lucid style stressed on importance of Diet and Exercise in the life of women and in details care to prevent ANEMIA Conditions in different age groups from Menache to Menopause followed by FAQ.Dr.Sanika Serrao and her team members from above stated Foundation conducted breast screening of 28 women out of total 67 beneficiaries.Each and every speaker was awarded CERTIFICATE OF APPRECIATION by Ma'm Gloria Fernandes.She also provided refreshments and high tea to participants. Logistic support was given by Dr.Shankar Dattaram Nadkarni. Many Saheli Lions from other places of Goa attended as special invitees who expressed appreciation of Activity. VOT was proposed by Ma'm Gloria Fds .



- c. IMA CQS Monthly Meeting with CME on Common Geriatric Orthopaedic Problems and its management.



- d. Having heard about yeoman services rendered by IMA CQS family under COMMUNITY DEVELOPMENT PROGRAMMS I got a call by Pres. of INNER WHEEL CLUB OF CURCHOREM Smt. Harsha Pednekar requesting me to deliver a talk on Fitness tips for Sen. Citizens in respect of Diet/nutrition and exercise, as representative of IMA CQS at very short notice on 24th Sept 2022. Her club collaborated with LIONS CLUBS INTERNATIONAL represented by Chairperson for Women Empowerment Cell Smt. Gloria Fernandes. Venue- Govt. Primary School hall Kakoda. I talked on the above subject for 40 minutes. This was followed by FAQ. Introduction by Smt. Pednekar

and VOT by Smt Gloria followed by refreshments sponsored by Ma'm Gloria.



- e. IMA CQS Conducted regular weekly free check up of inmates of St. Joseph's Home for the destitute at Igramoll, Quepem.



## 9. IMA WDW

- a. The IMA Margao WDW in association with Sapphire Diagnostics held a camp at Curchorem on 16th September 2022. This camp was held at the campus of the New Educational Institute School and Government Polytechnic College in Curchorem as part of their ongoing teachers' day celebrations. Dr. Sunayna Shet; Consultant Pathologist; helped in organisation of the camp. Blood tests were done to evaluate the haemoglobin levels of approximately 80 teachers. This initiative of IMA WDW Margao was appreciated by the all the staff.



10. IMA MPH

- a. MPH state goa in Collaboration with JCI BARDEZ BANDHAN State Goa in association with Village Panchayat Tuem, and Kalparuksha GSS Village Organization, Organised CANCER AWARENESS TALK for senior citizens of Village Panchayat tuem on 10th Sept 2022 at 2.00 pm  
 Venue: Tuem Village Panchayat "Early detection can save lives." In India, the incidence of cancer is increasing rapidly  
 CANCER AWARENESS TALK Talks on breast, cervical, and ovarian cancers in women. By Dr. Sophia Rodrigues.  
 Around 50 women attended the camp



11. IMA JDN

12. IMA MSN

**Dr Amol Tilve**  
 Hon. Secretary  
 IMA GOA STATE

Date- 4TH October 2022