

## Secretary's Report for the Month of October

### 1. IMA GOA STATE

- a. IMA GOA STATE with IMA Tiswadi held a mega health camp at Goa Pharmacy College . It evoked a spontaneous response. Medicine, Skin, Orthopedic, Surgical and Gynecological examinations were conducted at the Camp.



- b. Adolescent Health check up Camp at Isha Krupa Sadan Siolim Goa, was organized by IMA Goa State, IMA Goa State Adolescent Health Cell along with IAP goa, and NGO SCAN on 9th October 2022. Drs Anant kini, Dr Sushma kirtani, , Dr Radhika Rao, Dr Priti Shetye did the General Checkup of all adolescents , A talk on Menstrual Hygeine and Menstrual problems was given by Dr Amol Tilve. The power point presentation prepared by Panaji Obstetrics and Gynecological Society (POGS) was used to explain to all the girls about Menstrual Hygeine. The girls consulted Dr Amol Tilve, for their gynaecological issues. Free medicines were sponsored by Geno .



- c. Elders Day function was organized by IMA GOA STATE along with Raj Bhavan Goa on the invitation of His Excellency The Governor of Goa Shri P.S.Sreedharan Pillai. The world Elders day is

commemorated on 1st October but since his Excellency the Governor of Goa was out of station the function was held at Raj Bhavan on 16th October 2022.

Elders from various old age homes from all over Goa were hosted for a function followed by sumptuous lunch at the Raj Bhavan hosted by His Excellency the Governor of Goa Shri P.S.Sreedharan. Package containing Foldable Wheel Chair, Regular Foldable Walker, Double Step Foldable Walker, a Walking Stick, tripod and quadripod walking sticks along with blood pressure apparatus & glucometer with gluco strips were distributed by IMA GOA STATE at the hands of His Excellency the Governor of Goa to 6 old age homes to be used for the needy Elders.

The formal function, held in the Darbar Hall of Raj Bhavan was compered by Dr Amol Mahaldar. Dr Rufino Monteiro, President IMA GOA STATE in his welcome address explained the thought behind the theme for the year 'Care of the Old with a heart of Gold ' and thanked his Excellency the Governor for having given monetary grants to all branches of IMA to carry forward the IMA mission.

His Excellency the Governor of Goa Shri P.S.Sreedharan Pillai expressed his pleasure at having many Elders from various corners of Goa coming to Raj Bhavan. He narrated a brief story of how the Elders today, due to lack of Joint Families, are longing for love and affection more than monetary benefits. Children staying abroad with lonely parents left behind is a common scenario in many homes today and such Elders staying alone, long for love and affection. He expressed his desire, security checks permitting, to allow elders staying close to Raj Bhavan to come and enjoy the scenic beauty of Raj Bhavan premises.

Dr Amol Tilve ,Secretary IMA GOA STATE, thanked his Excellency the Governor of Goa for organizing the Elders Day function and hosting a lunch for all Elders. He also noted the support extended by His Excellency in carrying forward the activities of IMA as per the theme for the year. He expressed his gratitude to Madam First Lady Adv. Mrs Rita Sreedharan for being present at all the functions organized by IMA Goa State.

Shri Mihir Vardhan was thanked for all the efforts put for smooth organization of the Elders Day function. Dr Amol Tilve, thanked all his fellow members from IMA for getting Elders from various old age homes from all over the state of Goa for the function. The media personnel were also thanked for giving the event a wide coverage.



## 2. IMA BARDEZ

- a. "Heroes don't always wear capes; they sometimes wear jeans and shirts too". Be a Blood Donor" IMA BARDEZ in association JCI & Goa State AIDS Control Society , organised a Blood Donation Camp on 1st October 2022. The Blood Donation was held at the Asilo Hospital, Mapusa.



- b. IMA BARDEZ in association with Sanjay School for Special Education, Porvorim organised a 'Poster drawing' event to create awareness on Mental Health on 6th October 2022. The event was organised to celebrate the upcoming World Mental Health Day which is being celebrated today.



- c. IMA Bardez in association with Phc Candolim organised a free breast cancer screening camp under the initiative of Swasth Mahila Swasth Goa Project by Yuvraj Singh Foundation (Youwecan) on 11th October 2022 at the Hard Rock Hotel, Calangute. Dr Diksha Divkar delivered a Health awareness talk at the camp.



d. "Blood Donation Costs You Nothing, But It Can Mean The World To Someone In Need."

IMA BARDEZ in association with Rotary Cub of Mapusa and District Hospital, Mapusa, Organised a Blood Donation drive in Pernem on 2nd October 2022.



e. "One of the most important things you can do on this earth is to let people know they are not alone" - Shannon L. Alder In an attempt to facilitate proper healthcare of the elderly, IMA Bardez donated 2 oxygen concentrators to Sanvedana Ashram which is a home for destitute women in Mapusa on 15th October 2022.



f. \*'A Blood Donor is equal to a Lifesaver'\* A blood donation camp was organised by IMA BARDEZ in collaboration with District

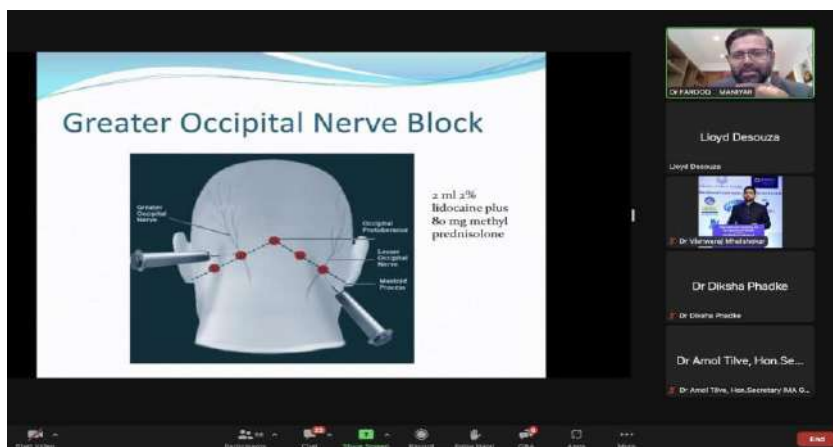
Hospital Mapusa, Caring Souls & Cansurvive at the Pilerne Church complex on 16th October 2022.



g. "The gift of blood is a gift to someone's life" IMA BARDEZ in Association with Asilo Blood Bank & El Shaddai organised a Blood Donation Camp at Calangute on the 22nd of October 2022.



h. IMA Bardez in association with IMA Goa State organised an online CME on 27th October 2022 The lecture was delivered by London based Neurologist Dr FAROOQ MANIYAR . TOPIC - HEADACHE - Common scenarios in General Practise . 1 CME credit Point



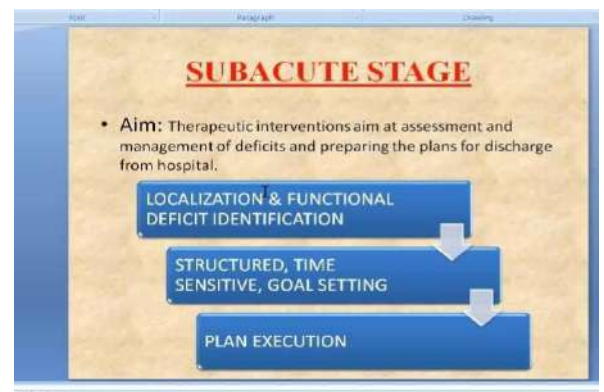
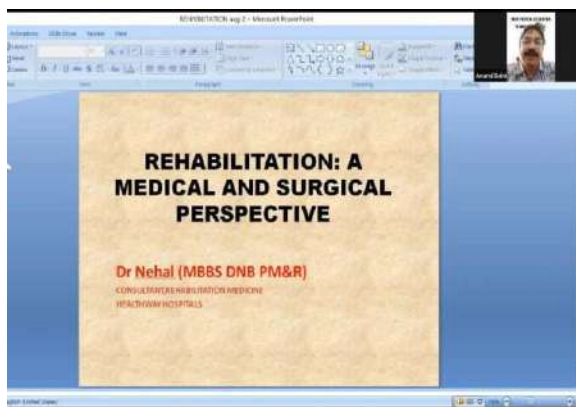
### 3. IMA BICHOLIM

- a. Pink month celebrated by ima bicholim by having a “Breast cancer awareness “ program at GIPARD, Ila Farm govt training centre in n 15/10/22 at 2.30 to 4 pm. 35 ladies attended .



### 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.



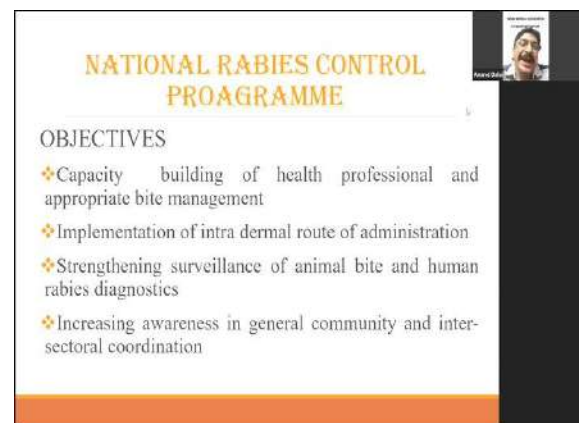
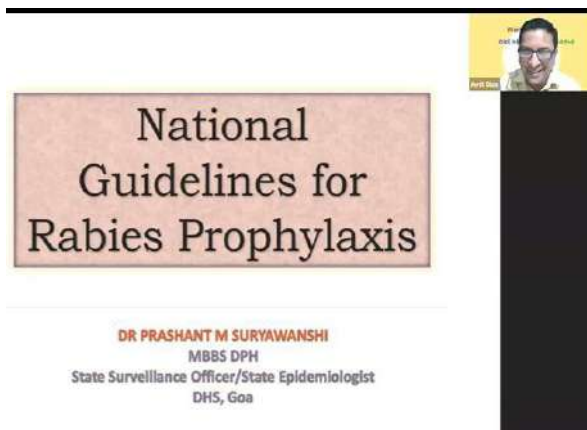
- b. An online CME webinar was organised on Friday, 9th September'2022 at 8 pm by IMA TISWADI. The Guest Speaker was Dr. Nandini Samant, Consultant Psychiatrist. The topic was 'Role of Spirituality in the cause, prevention and treatment of Mental illness'. The talk was followed by a question and answer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



c. A Free 'Dermatology and Orthopaedic Health camp' was organised on 11/9/2022 from 9.30 am to 1 pm at 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.



d. 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



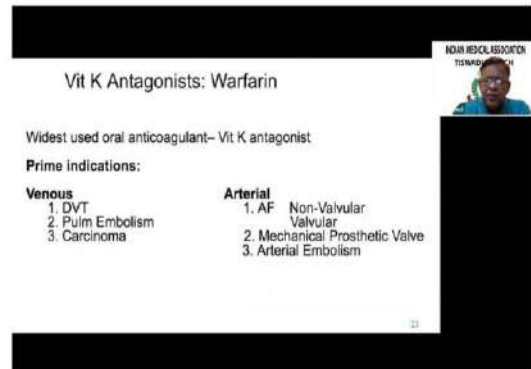
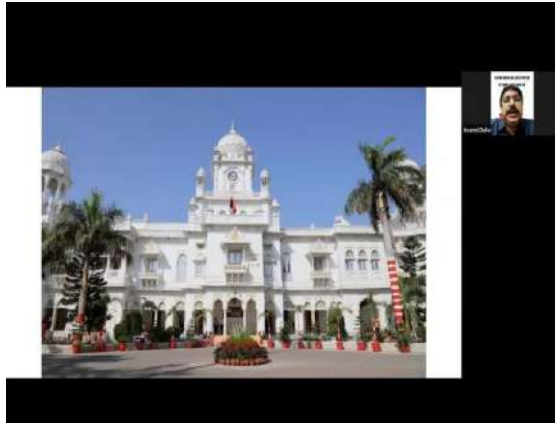


Surveillance officer, DHS, Panaji. The topic was 'Rabies : one health, zero death' - which is the theme this year. The talk lasted for an hour and was followed by question and answer session. The session was moderated by Dr. Amit Dias, Asst. Prof, Community Medicine, GMC, Bambolim. The CME was accredited with 1 credit point by the Goa Medical council.

- e. On the occasion of World Elders day and in sync with the theme of 'Care of the Old with a heart of Gold', the executive Committee of IMA TISWADI paid a visit to Missionaries of charity, Panaji on Sunday, 2nd October at 8:30 am and spent quality time with elderly inmates. We also served them snacks and refreshments.



- f. A webinar on 'Anti-thrombotics in day to day clinical practice' was organised on 2nd October at 7 pm by IMA TISWADI to commemorate 'World Heart Day'2022'. The Guest Speaker was Dr. S K Dwivedi, Prof and head of Dept. Of Cardiology, King George University, Lucknow and the session was moderated by Dr Ajeya Mundhekar, Cardiologist at Healthway Hospital, Old Goa. The talk lasted for an hour and was followed by an interactive session. The CME was accredited with 1 credit point by the Goa Medical Council.

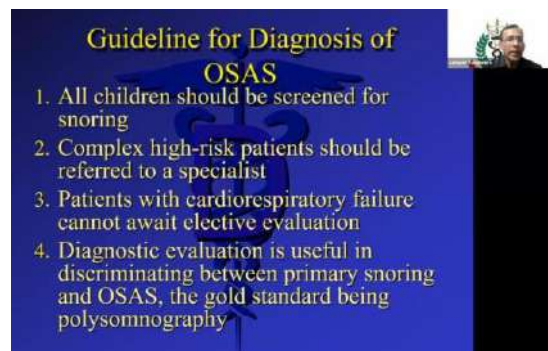
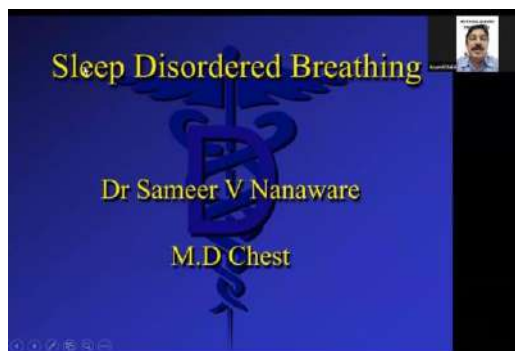


g. A Blood donation camp and General check up camp was held at Casa de Povo, Taleigao by IMA TISWADI in association with GMC Blood Bank, YUVA and Hanumant Sports and Cultural Club, Taleigao on Saturday, 8th October'2022 from 9:30 am to 1 pm. 40



people donated blood. A General health check up was conducted and Hb/Sugar estimation was also performed on the attendees. More than 100 people attended the camp. Dr. Dilip Cuncolikar and Dr. Jude participated in the camp.

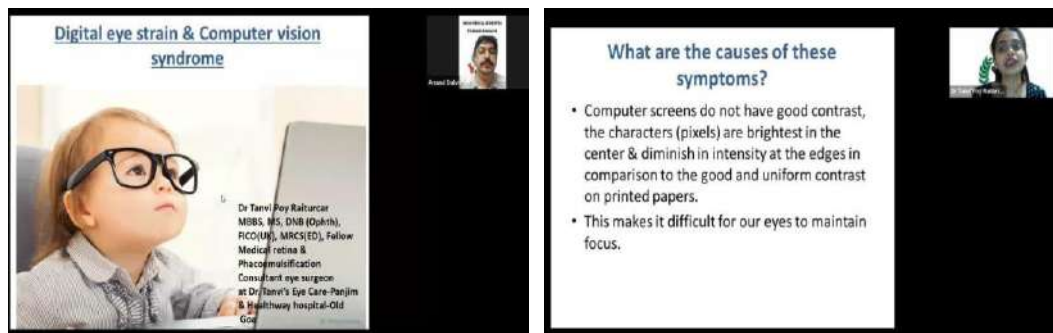
h. An online seminar on an interesting topic 'Sleep Apnea' was organised by IMA TISWADI on Friday, 7th October at 8 pm. The



Guest Speaker was Dr. Sameer Nanaware, Consultant Chest

Physician. The duration of the talk was 1 hour and was followed by an interactive session. The CME was accredited with 1 credit point by the Goa Medical Council.

- i. A webinar was organised by IMA TISWADI on Thursday, 13th October'2022 at 7:30 pm. The topic was 'Digital eye strain and computer vision syndrome' to commemorate World Sight day'2022. The Guest Speaker was Dr. Tanvi Poi Raiturcar, IMA TISWADI member and Consultant Ophthalmologist from Panaji. The talk evoked good response amongst the members with 66 participants. The CME was accredited with 1 credit point by the Goa Medical council.



- j. A specialist 'Diabetes detection and Fatty Liver Screening' camp was held by IMA TISWADI in association with Diabendocare super speciality clinic, Panaji on Sunday, 23rd October'2022 at St. Michael community hall, Taleigao from 9:30 am to 1 pm. During the camp, HbA1C testing, Peripheral neuropathy screening and Fatty liver screening was offered with the help of Fibroscan machine free of cost. People also attended and benefitted from a Diabetes Awareness Programme (called Cheeni Kum ) by Dr

Manish S Kushe, IMA TISWADI member and Consultant Endocrinologist.

k. An online seminar was organised by IMA TISWADI on Saturday,



22nd October'2022 at 7:30 pm to observe 'World Arthritis Day'2022'. The Guest Speaker was Dr. Sunny Kamat, consultant Orthopedic Surgeon, Manipal Hospital, Dona Paula. The lecture was followed by Question and answer session. The CME was accredited with 1 credit point by the Goa Medical council.

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Involvement of spine in degenerative arth, RA, Ankylosing spondylitis.



Dr. Sunny kamat.  
MBBS, M.S (ORTHO)  
Fellow in spine surgery.

**Ankylosing spondylitis (AS)**

Progressive systemic inflammatory arthritic condition  
Ossification of ligaments, intervertebral disc, end plates and apophyseal structures



l. A specialist eye camp under our 'netra disha' project, organised by IMA TISWADI and Mukta Drishti foundation, was held in association with Shri Gomantak Tirupati Balaji Saasthan at Shankar Mutt, Sankul Hall, Kundaim Goa on Sunday, 23rd October'2022 from 9:30 am to 1 pm. 141 people attended the camp and went through detailed eye checking. 93 people were diagnosed with refractive error and prescribed spectacles.



m. A specialist eye camp 'netra disha' was organised by IMA TISWADI and Mukta Drishti foundation in association with Village Panchayat Shristhal, at Govt. Primary school, Near karmal Ghat, Gullem, Canacona on Friday, 28th October'2022 from 9:30 am to 1 pm. 81 people attended the camp and went through detailed eye checking. 46 were diagnosed with refractive error and prescribed spectacles. 13 cataract cases were detected.



n. A physical State level CME was held by IMA TISWADI on Friday, 28th October'2022 at Hotel Delmon, Panaji at 8 pm onwards. The Guest Speakers and topics were 1. Dr. Shirish Malvankar - Molecular diagnosis of Infectious Diseases 2. Dr. Savio Rodrigues - key to diagnostic approach for viral Hepatitis. Molbio diagnostics were the academic partners for The meet. The CME was accredited with 1 credit point by the Goa medical council. 91 members attended the CME.



- o. A specialist eye camp 'netra disha' was organised by IMA TISWADI and Mukta Drishti foundation at Shraddhanand Hall, Poinguinim, on Saturday, 29th October'2022 from 9:30 am to 1 pm. The Speaker of Goa Assembly, Mr. Ramesh Tawadkar, was the chief Guest for the inaugural function. 92 people attended the camp and went through detailed eye checking. 56 were diagnosed with refractive error and prescribed spectacles. 8 cataract cases were detected.



- p. IMA TISWADI, Mukta Dhristi Foundation, Village Panchayat Poinguinim and Youwecan conducted a Breast cancer awareness cum screening camp at Shraddhanand Hall, Poinguinim on Saturday, 29th October'2022 from 9:30 am to 1 pm. 44 women were screened out of which 1 was positive.



- q. IMA TISWADI, Mukta Dhristi Foundation and Youwecan conducted a Breast cancer awareness cum screening camp at Mataji Mandir Vasatigrah, Canacona on Sunday, 30th October'2022 from 9:30 am to 1 pm. 58 women were screened out of which 2 were positive and were referred to the South Goa District Hospital for further evaluation.



- r. IMA TISWADI, Mukta Dhristi Foundation and Village Panchayat Poinguinim conducted a Blood donation camp at Shraddhanand Hall, Poinguinim on Sunday, 30th October'2022 from 9:30 am to 1 pm. 36 people donated blood.



### s. Bal Netra Chikitsa Camps.Report

OCTOBER CAMP DATA-2022							
SR.NO	DATE	SCHOOL NAME	TOTAL STUDENT	BOY	GIRLS	REFERRED	SPECTACLE
1	01-10-2022	PEOPLE HIGH SCHOOL PANAJI	541	249	266	17	21
2	06-10-2022	LOK CHETANA PRIMARY SCHOOL PANAJIM	117	85	32	15	0
3	07-10-2022	ST.CRUIZ PRIMARY SCHOOL	359	224	135	11	0
		<b>TOTAL</b>	<b>1017</b>	<b>558</b>	<b>433</b>	<b>43</b>	<b>21</b>



- t. have been actively encouraging young doctors to join IMA and strengthen our hands Dr Arya Nair Dr Manish Kushe Dr Yash Narvekar Dr Anish Rao Dr Samiksha Naik Dr Omkar Hirloskar Dr Manjusha Vengurlekar Dr Shweta Karmarkar Dr Yvonne Menezes Dr Valerie Menezes Dr Sushant Mummigatti Dr Mugdha Timble. were admitted



as life members of IMA TISWADI in the month of October. ( Single Life Member 10 Couple lifer Member 1 )

u. IMA PONDA

- a. On occasion of world elders day on 1<sup>st</sup> October in accordance with the state theme of" CARE FOR THE OLD WITH A HEART OF GOLD"IMA PONDA organised a health checkup camp at Sanjeevan bandora today. Checkup Conducted by Dr Nutan Dev - general checkup. Dr Shweta khandeparkar – ophthalmic ,Dr Aaron Soares - orthopaedic checked n gave appropriate advice to 40 people (inmates and caregivers). 3 mature cataracts, 1 glaucoma, 3 new cases of hypertension, 3 osteoarthritis with restricted mobility, 1 shoulder pathology Were detected and assured of assistance in their further management.Fruits n sweets were handed over to the management to be distributed to the inmates.The inmates n management appreciated the provided health service and companionship.



- b. IMA PONDA ACTIVITY Annual eye check up camp was held at sneh mandir bandora for their inmates, staff and people of surrounding areas. Around 100 patients were examined. Glasses and appropriate medication was prescribed. Patients needing Cataract Surgery (17) were identified and their

surgeries will be done free of cost under the L.D.Samant memorial cataract detection and surgery project for needy senior citizens. Dr Shweta khandeparkar president IMA Ponda, dr shashikant and kadambari Kulkarni and Sandeep Kerkar examined the patients .



- c. IMA PONDA ACTIVITY **Dr Nutan Dev** gave a talk on diet , nutrition and use n adverse effects of mobile to staff n students ( around 80) of K.B Hedgewar high school ponda.



- d. IMA Ponda in association with Legal cell,Ponda taluka and Lokvishwas Prathisthan, school for special children, observed \*WorldMental Health Day\* on 10/10/22. Dr Nutan Dev gave talk on various mental issues in children,specially with regards to the care of mentally challenged children . Around 50 parents were present along with some children of the school. This was followed by a question answer session.



- e. Regular weekly health check up under Aao Gaon Chalen was held at Matruchaya on 19/10/2022 . \*Dr.Purnima Usgaonkar\* examined 21 patients including kids and the adolescents. Cases of acute tonsilopharyngitis ,Lower respiratory infections ,fungal dermatitis , were examined and given treatment.A case of dental caries with root abscess was refered to Dr.Jaya Shenoy consultant pedodontist from Ponda. Medicines were sponsored by Matruchaya and IMA Ponda Charitable Trust.



- f. Regular weekly health check up at Matruchaya under Aao Gaon Chalen project of IMA Ponda was held on 26/10/22 from 4.00pm to 6.30pm .In all 18 children were examined by Dr.Purnima Usgaonker of which 4 were adolescents and 14 were kids. All the children who had earlier respiratory infections were found to be cleared off the infections.Cases of skin problems under care of Dr.Amritha were also found to be better.One more case of warts with fungal dermatitis was referred to her.A case of gastritis and some new cases of LRI were seen.Nutritional advice for the babies was given to the care takers so also on vaccinations.An adolescent with thyroiditis and hyperthyroidism referred to and followed up by endocrinologist Dr.Ankush Desai was also seen. An adolescent with tics also was referred to the consultant. Cases with blood investigations done by Dr.Samidha for chronic respiratory infections reports were seen and further advice given. Inbetween some kids were examined by Dr.Santosh



Dr.Purnima and Dr.Siddhi in Usgaonker clinic as usual free of cost.

- g. A cme was held on **APPROACH TO ARTHRITIS case based discussion** .Speaker **Dr Archana Uppin** Consultant Rheumatologist spoke on rare and common cases involving Osteoarthritis , Rheumatoid Arthritis , Psoriatic , Bechets syndrome , SLE , Anlylosing Spondylitis etc .Members cut a cake to celebrate IMA PONDA 20 october inaugral day along with belated Dr Ajay Pednekar's Birthday and Diwali .Meeting

and CME ended with Vote of thanks by Dr Aaron Soares with fellowship dinner and total 26 members were in attendance .



v. IMA MURMUGAO

w. IMA MARGAO

- a. IMA Margao organised a physical CME on 19th October at SGDH Auditorium. The speaker of the CME was Dr Manish Kushe , Endocrinologist from Margao, who spoke about Diabetes beyond Type1 n Type 2. It was Attended by 96 members and was followed by fellowship.



x. IMA CQS

y. IMA WDW

- a. GBM of WDW IMA was conducted on 9/10/2022 during the west zone Evecon at Surat. The meeting was chaired by Dr.



Sharad Kumar Agarwal( National IMA president Elect ) and Dr. Jayesh Lele( HSG IMA ). Dr Vedprakash Mishra also attended the meeting and gave valuable advice. Dr Purnima Usgaonker , Dr.Shradha Mulgaonker patil and Dr.Kalpana Chodankar IMA GOA WDW attended the meeting.

- b. IMA WDW Margao in association with Sapphire Diagnostic conducted a health camp at Canacona on 15 th October 2022. 5 patients enrolled for the blood TSH testing. The needy patients with Respiratory complaints were examined by Chest Consultant Dr. Jagruti Nadkarni. About 45 patients availed of the free TSH testing facility at the camp.



#### z. IMA MPH

- a. ON OCCASION OF BREAST CANCER AWARENESS MONTH an awareness n a very interactive session was held on breast cancer By MPH GOA STATE, IMA BARDEZ, JCI PORVORIM, 1/10/2022 5pmat Satt adhar arcade peddem Mapusa. DR VARDHAN BHOBE, DR AMIT ROKADE N DR SOPHIA RODRIGUES were the resource personels. Around 60 ladies attended the session



- b. MPH GOA STATE N IMA BARDEZ N WDW BARDEZ organised a talk on MENSTRUAL HYGIENE by DR SOPHIA RODRIGUES on 1/10/2022 At 8.30 am at Harmal Panchakroshi High School, ARAMBOL. Around 200 girl children between 11 to 15 yrs were addressed.



aa. IMA MSN



**Dr Amol Tilve**

**Secretary IMA GOA STATE**

**03<sup>rd</sup> October 2022**