



Medi VOCAL

Monthly Newsletter
VOLUME 1 ISSUE 12
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Lighting of Lamp by Dr Chandrakant Shetye, MLA Bicholim Goa



Handing over ceremony
Dr Sandesh Chodankar to Dr Dattaram Desai Dr Rajashree Marathe to Dr Aron Soares
Dr Gauresh Palav to Dr Shirish Mandurkar



Office bearers of IMA Goa State 2025

President- Dr Dattaram Desai

- Vice president -

1ST VP- Dr Shraddha Patil 2nd VP -Dr Suraj Prabhudesai 3rd VP- Dr Pradnya Kakodkar

Hon Secretary - Dr Aaron Soares

Hon Treasurer- Dr Shirish Mandurkar

IMA News Editor- Dr. Vrushali Prabhudesai.

Joint secretary - Dr Abhijeet Shanbhagg

Joint treasurer- Dr. Sujata Kuvelkar

Representative to CWC - Dr Anil Mehndiratta

Branch Office Bearers 2025

Branch	President	Secretary	Treasurer
Bicholim	Dr Shekhar Salkar	Dr Dinesh Amonkar	Dr Vikas Shirodkar
Ponda	Dr Ajay Pednekar	Dr Rakesh Deshmane	Dr Kirti Desai
Marmugao	Dr Ana Pereira	Dr Ruth Viegas	Dr Shilpa Pandya
Margao	Dr Suraj Prabhudesai		
CQS	Dr Sarvesh Naik	Dr Deepak Dangui	Dr.Preetesh Kote
Tiswadi	Dr Nilesh Talwadkar	Dr. Manish Kushe	Dr.Shanta Kudale
Bardez	Dr Shema Shirodkar	Dr Sachin Narvekar	Dr.Sunaina Thakur



Glimpses of the ceremony



Doctors Prescribe to the “Living Will”

Seven renowned doctors from Indian Medical Association Goa state executed the Advanced Medical Directives (AMD) or better known as “Living Will” today on 15th of December 2024 at a event held in Ponda Goa, the function was presided over by Dr Sandesh Chodankar, President IMA Goa State.

The names of the doctors who have signed the AMD are as follows,

- Dr Sandesh Chodankar, IMA State President (2024),
- Dr Dattaram Desai President elect (2025),
- Dr Santosh Usgaonkar, Chairman Dilasa Trust ,
- Dr Shekhar Salkar, Past President IMA Goa state 2010,
- Dr Medha Salkar, Past President IMA Goa state 2017,
- Dr Pornima Usgaonkar and
- Dr Kalpana Chodankar.

Goa has successfully implemented a mechanism to execute an advanced medical directive which enables citizens to register a living will to ensure dignity in final moments of life. The doctors urged the public to come forward and understand the intricacies of Advanced medical directives or “Living Will” and take an informed decision to ensure healthcare preferences are honored and dignity of life is maintained.



IMA GOA STATE LEVEL EVENT

IMA GOA STATE PRESIDENT SPEAKS. (THE YEAR THAT WAS)

Message by IMA President



Dear IMA Goa State Members,
First and foremost let me express my heartfelt congratulations to the incoming President, Dr. Dattaram Desai, and State Secretary, Dr. Aron Soares, and other core team members. This marks the beginning of an exciting new chapter for IMA Goa State 2025.

"As the saying goes, Time and tide wait for no one. Change is the only constant. Exactly a year ago, I stood where the incoming President stands today, sharing the vision and plans for IMA Goa State. Now, it's time to reflect on what we promised and what we achieved during this journey."

Achievements and Highlights

- Mental Health Awareness – Be Kind to Your Mind**
- Our theme-related initiatives saw great success, with programs reaching teachers, counsellors, parents, students, and professionals from the judiciary and prosecution.
- Implementation of the Living Will**
- We overcame significant challenges to successfully implement the concept of the Living Will. While official barriers have been crossed, public awareness remains a priority. The incoming team's theme, Care with Compassion: That is Palliation, aligns closely with this initiative, providing a unique opportunity to further both causes.
- CEA Committee's Milestone Achievements**
- Despite initial apprehensions, the IMA CEA Committee played a crucial role in getting the Goa Government ordinance passed. This extended the deadline for permanent registration of healthcare establishments and brought amendments to the Goa CEA Act, accommodating diverse healthcare settings.
- Streamlining State-Level Operations**
 - Linking all IMA Goa State accounts to a new PAN card to address income tax issues is underway, with a dedicated committee ensuring progress.
 - Welcomed over 70 new life members into the IMA family during our tenure.
- Constitutional Updates**
- We compiled and processed amendments to the IMA Goa State Constitution for ratification. These updates, pending final approval from IMA HQ, will benefit all members, especially those who joined recently.

Challenges and Learnings

While our journey was eventful and rewarding, it wasn't without challenges. There were moments of resistance, baseless criticism, and protocol interference. To those who criticize unfairly, I offer a simple reminder: Do not throw stones when living in glass houses. Constructive feedback and professional discussions within executive meetings are the keys to improvement.

Gratitude and Farewell

As my term ends, I extend my deepest gratitude to all IMA members, government officials, and supporters who contributed to our shared success. Leading IMA Goa State has been a humbling and fulfilling experience.

The President's Chair remains constant in its dignity and power, even as its occupant changes. Let us always respect the position and recognize the sacrifices of those who serve.

I warmly welcome Dr. Dattaram Desai and his team as they take over on December 28th.

I am confident they will lead with vision and dedication.

Long live IMA. Jai Hind!

-Dr. Sandesh Chodankar President IMA Goa State 2024.





Message by Editor , Newsletter

I am pleased to bring before you the 12th issue of MediVocal, Monthly news letter !!,

As the new committee takes over for the year 2025, i want to take a moment to express my heartfelt gratitude for the activities we have undertaken in 2024. It's been an honor and privilege to work alongside such a dedicated and passionate group of fellow IMA Goa members.

I extend my gratitude towards Dr Sandesh Chodankar, President IMA Goa state for giving me the opportunity to serve as the Editor for IMA Goa magazine.

I am especially thankful to Dr Shekhar Salkar, President IMA Bicholim and my husband for the unwavering support and guidance which ensured completion of my tenure as Editor IMA Goa Newsletter successfully.

The new committee is in exceptional hands, and I have no doubt that you will continue to drive the IMA Goa forward with even greater success.

-Dr. Medha Salkar



Dr Sandesh Chodankar IMA Goa State President along with President elect Dr.Dattaram Desai today attended a meeting for the Govt officials and Heads of various department, at High Court of Bombay at Goa . The meeting was presided by Member Secretary Ms Shabnam to discuss minute to minute programm of Mega legal camp tentatively scheduled on 25th January 2025.

Dr.Sandesh proposed for'IMA Goa State' stall at the camp venue with an aim to promote the following agendas.

- 1) Public awareness on AMD (LIVING WILL) and its execution.
 - 2) Awareness on Palliative care. (IMA Goa State 2025 initiative..Care with compassion, that is Palliation)
- Going ahead ,Dr Dattaram briefed the members on palliative care and its implications.

Dr Sandesh stressed on the importance of public awareness to take the initiative (AMD) ahead and also informed the members that till date 8doctors,2judges and one civilian have executed AMD .

Both the agendas were seconded by the member secretary with an assurance of continued support from them.



Launch of new initiatives

CM inaugurated “Manas Mentors” stress management workshop and “Swasth Police Sashakth Police” campaign for Goa Police.

In an event held at GRP G.O Mess Altino, Panaji, Chief Minister launched two initiatives aimed at improving physiological and physical health of Goa Police.

Goa Police : Goan Pride

STRESS MANAGEMENT PROGRAM FOR GOA POLICE

MANAS MENTORS

COPSCARE

IN ASSOCIATION WITH
GOA POLICE IMA GOA SANGATH

SUPPORTED BY
VIANAAR

MONTHLY MEDICAL SCREENING CAMPAIGN FOR GOA POLICE

Swasth Police Sashakth Police

IN ASSOCIATION WITH
GOA POLICE IMA BICHOLIM TSI GOA

SUPPORTED BY
VIANAAR

Dr Pramod Sawant, Chief Minister, In the presence of Shri Alok Kumar, DGP Goa Police, Dr Sandesh Chodnakar, IMA State President, Dr. Dattaram Dessai, President Elect IMA Goa State, Dr Shekhar Salkar, IMA Bicholim President, Shri Varun Nagpal, C.E.O VIANAAR and Mr Shri Aresh Naik, Chairperson, Sangath Goa along with 100 senior and junior police officials attended the event.



Lunch of Manas Mentors and Swasth Police Sashakth Police Campaign

The program started with workshop on Stress Management by Dr. Ravindra Agarwal, an eminent psychologist from Sangath, all senior police officials joined in a session on mindfulness conducted by Mr Aresh Naik, Asst. Prof. (Psychology), Parvatibai Chowgule College of Arts and Science and Chairperson, Sangath.



“Swasth Police Sashakth Police” campaign was also launched on the occasion, the one year project will involve monthly screening of 1500 police personnel in North Goa, health parameters like Blood Pressure, Random Blood Glucose, and Body Mind Index (BMI) will be documented along with medical support from Telemedicine society of India (Goa) and IMA Bicholim.

Dr Pramod Sawant, launched the Information and awareness poster on stress management as part of the “Manas mentors” initiative, the posters will be distributed and displayed at all police stations across Goa, Sangath the NGO mentoring the project will also circulating a electronic form to all police personnel to capture data related to physiological health aimed at documenting and assessment of overall physiological health.

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Dr. Ravindra Agarwal explaining methods to tackle stress.



Mr Aresh Naik, Asst. Prof. (Psychology) conducting a session on mindfulness.



Top Police officials engaged in a stress combating activity.



Dr Shekhar Salkar, President IMA Bicholim presented a overview of both the initiative and assured that IMA Goa shall be diligently monitoring the activities, While the Manas Mentors initiative will be mentored by Sangath, “Swasth Police Sashakth Police” campaign will be undertaken under the leadership of Dr Devdutt Sail, Secretary, Telemedicine Society of India (Goa), Both programs are funded by VIANAAR as part of CSR activity.

Dr Sandesh Chodankar, President IMA Goa state presented the activities IMA Goa has conducted over the last one year as part of “Be Kind to Your Mind” theme, he added that today’s event Manas Mentors and Swasth Police Sashakth Police are aimed at ensuring fitness of Police personnel.

Shri Alok Kumar, DGP Goa Police in his speech opined that maintaining a positive attitude towards life is the most critical aspect towards a happy and stress free life, he thanked IMA Goa state and Telemedicine society of India (Goa) for devising such important initiatives in the interests of Goa police.

Chief Minister in his speech congratulated IMA Goa and Sangath for jointly developing an important strategy in interest of public health, he expressed that counselling is an integral part of psychological health, Dr Sawant added that the initiatives launched today will help both physical and physiological wellbeing of the police personnel, he added that while Goa Police is one of the strongest departments there maybe some vulnerable personnel, this program will definitely help such police needing assistance.



Shri Alok Kumar
DGP Goa Police



Dr Sandesh Chodankar
President IMA Goa



Dr Shelhar Salkar
President IMA Bicholim



Dr Dattaram Dessai
President Elect IMA Goa



Dr. Pramod Sawant, CM Goa state addressing the gathering



Dr Dattaram Dessai, president elect IMA Goa state presented the vote of thanks to all stakeholders including Goa Police, Sangath, IMA Goa, Telemedicine Society of India (Goa) and VIANAAR.



Dr Sandesh Chodankar, president IMA Goa state 2024 clinches the National President Appreciation award

Dr Sandesh Chodankar was honoured with IMA National President Appreciation award as Best adjudged State President 2024 at the hands of National IMA President Dr R.U.Asokan in presence of Hon. Secretary General Dr Anil Kumar Nayak and Past National President Dr Sharad kumar Agarwal at IMA National conference NATCON 2024 held at Hyderabad, Telangana. on 27th December 2024.



AWARDS WON BY IMA GOA DOCTORS



*Dr Suraj Kanekar
Best President 2024
Best branch IAM Ponda*



*Dr Suraj Kanekar
receiving award from
national president
Dr R V Ashokan*



*Dr Siddharth Naik
Best secretary 2024
IMA Bardez*

Medical Students Network of IMA Goa State have been nominated for 3 National level Awards for their outstanding contributions to the community and Medical fraternity in Goa during 2024.

- 1. IMA MSN National Community service award for IMA MSN Goa Branch.**
- 2. IMA MSN National Chairman Appreciation Award to Suryam Singh.**
- 3. IMA MSN National Chairman Appreciation Award to Arijit Kakodkar.**

To,
IMA Ponda Branch,
Goa



Dear Dr Suraj Kanekar,

Greetings from Indian Medical Association!

We are delighted to extend our heartfelt congratulations to you on being selected for the IMA National President's Appreciation Award. This recognition is a testament to your invaluable contributions to the medical fraternity and your unwavering dedication to the field of modern medicine.

The conferment ceremony for the IMA National Award will take place during the National Conference (UTSAV 2024) on December 27, 2024, from 4:00 PM onwards at HITEX Exhibition Centre, Hyderabad, Telangana.

We kindly request your gracious presence at the venue to receive this esteemed honor.

With warm regards and best wishes,

Yours sincerely,

Dr. Anilkumar J Nayak
Honorary Secretary General, IMA

IMA PONDA

01/12/24 - 7th MONTHLY CAMP

Shree Nagesh Maharudra Arogya Seva Manch organized 7th monthly camp on Sunday 01/12/24. Participating team Dr. Suraj Kanekar ,Dr. Lalana Bakhale Dr. Manish Debsikar ,Dr. Vandana Patankar ,Dr. Ujjawal Kapadia ,Dr. Pandurang Marathe , Subhash Kerkar ,Dr. Vallabh Dhaimodker, Suvridha Kantak, Vandana Kakodkar, Shami Desai, Uma Kapadia , Sameer Sardesai Blue Cross Marketing Team Ravindra Yedavi Shweta.

65 patients were examined.13 patients underwent HbA1c tests.

Free medicines were distributed to the patients.

Camp was inaugurated by Nitin Raikar, Director Fire & Emergency Services & Eng. Pramod Badami, Chief Eng. WRD.



08/12/2024 - REGULAR HEALTH CHECK UP BY DR. AJAY PEDNEKER -

Dr. Ajay Pednekar examined 17 patients during regular Health check up at Balkalyan Ashram Talauli on Sunday 08/12/24.

Free medicines were given to the needy patients.



11/12/2024 - HEALTH CHECK UP UNDER AAO GAO CHALE

Aao Gaon Chale health check up by IMA Ponda & Charitable Trust, in association with Matruchaya Seva 25 & IAP Goa State, was held at Matruchaya premises on 11/12/2024. Dr. Purnima examined 18 children. Reports of the caretaker were analysed & expert opinion was taken from concerned consultants & specific instructions were given accordingly. Dr. Purnima also advised on necessary snacks for the children & the timings for the same. Medicines were sponsored by Matruchaya & IMA Ponda Charitable Trust.



IMA PONDA 12/12/2024 - IMA PONDA ACTIVITY

Talk on First – aid given by Dr. Nutan Dev for the student members of Youth Red Cross (YRC) Science stream, Higher Secondary GVM's College on 12/12/2024. In all 150 students attended the talk.



A talk on Tobacco and Substance Abuse for students of Mushtifund High School Cujira-Goa by Dr.Shekhar Salkar.

IMA BICHOLIM

In an effort to combat the growing concern of tobacco consumption among the youth Mushtifund High School's Parent – Teacher Association organised an awareness talk on Tobacco and Substance Abuse for students of standard VIII at Mushtifund High School Cujira, Bambolim-Goa on 17th December 2024.

Dr Shekhar Salkar, renowned Oncologist and President of IMA Bicholim was invited as the Guest Speaker.

Around 200 students of Mushtifund High School attended the orientation program.

Mrs.Pinki Fadte, Asst. Teacher of the school compered the programme and Mrs.Anisha Sinai Salgaonkar, Secretary of MHSPTA introduced the dignitaries to the audience. Others present on the dais were Aparna Chari, Headmistress of Mushtifund H.S. , Mrs Nandan Sardesai ,Vice- Chairperson of MHSPTA and Mrs. Beena Shankwalker, Asst.Headmistress of the school. Teachers of the school attended this session too. Mr.SagarvAgni,Chairman of MHSPTA co-ordinated the programme.

