



# IMA GOA STATE SECRETARY'S REPORT DECEMBER 2024



# IMA GOA STATE



- Dr Sandesh Chodankar IMA Goa State President 2024 along with President elect Dr. Dattaram Desai attended a meeting for the Govt officials and Heads of various department, at High Court of Bombay at Goa On 16<sup>th</sup> Dec 2024.
- The meeting was presided by Member Secretary Ms Shabnam to discuss minute to minute program 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.







# IMA GOA STATE



Goa Police ; Goan Pride

**STRESS MANAGEMENT  
PROGRAM  
FOR GOA POLICE**



**MANAS  
MENTORS**

**COPSCARE**

**MONTHLY MEDICAL  
SCREENING CAMPAIGN  
FOR GOA POLICE**

**Swasth  
Shakth** Police  
Police

**IN ASSOCIATION WITH**

GOA POLICE



IMA GOA



SANGATH



**SUPPORTED BY**

VIANAAR



**IN ASSOCIATION WITH**

GOA POLICE



IMA BICHOLIM



TSI GOA



**SUPPORTED BY**

VIANAAR







IMA GOA STATE

# MANAS MENTORS” STRESS MANAGEMENT WORKSHOP “SWASTH POLICE SASHAKTH POLICE” CAMPAIGN FOR GOA POLICE.



- Chief Minister launched two initiatives aimed at improving physiological and physical health of Goa Police on 23 December 2024 at GRP GO Mess Althino Panaji.
- 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.
- 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.



IMA GOA STATE

# “MANAS MENTORS” STRESS MANAGEMENT WORKSHOP “SWASTH POLICE SASHAKTH POLICE” CAMPAIGN FOR GOA POLICE.



- “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 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 assesment of overall physiological health.





# IMA GOA STATE



- Dr Shekhar Salkar, President IMA Bicholim presented stress-free 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





# IMA GOA STATE







# IMA GOA STATE





# IMA GOA STATE IMA PONDA

THE INSTALLATION CEREMONY

IMA GOA STATE EXECUTIVE COMMITTEE 2025

DATE- 15/12/2024

VENUE- HOTEL MENINO EXECUTIVE , PONDA







# IMA GOA STATE IMA PONDA

- The installation ceremony of the Executive Committee was held on 15th December 2024 at Hotel Menino Executive , Ponda. Dr. Chandrakant Shetye was invited as the Chief Guest for the function.

IMA Goa State Executive Committee 2025 –

Dr. Dattaram Desai - State President  
Dr. Aaron Soares - Hon State Secretary  
Dr. Shirish Mandurkar - Hon State Treasurer

The installation ceremony was followed by talk -

- 1] Common errors in Prescription writing – Dr. Padmanabh Rataboli (HOD Dept of Pharmacology, GMC )
- 2] Mr. Riyaz Bharucha (Spiritual Philosopher Vedanta Academy) Spirituality & Medicine.

110 people attended the function including doctors & members of the press.



# IMA GOA STATE IMA PONDA







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# IMA GOA STATE IMA PONDA



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

The doctors who have signed the AMD -

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

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 IMA PONDA







# IMA PONDA 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, Suvidha Kantik, 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.







# IMA PONDA REGULAR HEALTH CHECK UP

- Dr. Dr. Ajay Pednekar examined 17 patients during regular Health check up at Balkalyan Ashram Talauli on 08/12/2024
- Free medicines were given to the needy patients.
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# IMA PONDA

## 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 TALK



- 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.







# IMA PONDA REGULAR HEALTH CHECK UP AAO GAON 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 18/12/2024.
- Dr. Purnima examined 18 children & 2 adolescents .Reports of 2 caretakers were analysed & advice was given accordingly .
- Children showed enthusiastically their nails being cut.Dr. Purnima also advised on necessary feeds for the children above 6 months & the timings for the same.Medicines were sponsored by Matruchaya & IMA Charitable Trust.







# IMA PONDA HB DETECTION CAMP



- Hb detection camp was organised by IMA Ponda in Navoday Vidhyalay by Dr. Ashok Amshekar on Camp was organized on 23<sup>rd</sup> & 24<sup>th</sup> December.
- HB of 210 girls was done.30 girls with anemia were given hematinics by Dr. Amshekar.
- Staff of Dr. Amshekars Disha Lab helped in Hb detection camp.







# IMA PONDA MONTHLY CAMP



- The 8<sup>TH</sup> monthly camp of Shree Nagesh Maharudra Arogya Seva Manch was held on Sunday at Mayuresh Hall, Shree Sausthan Nagesh Maharudra ON 27/12/2024
- Camp was attended by 123 beneficiaries. Eye check up 89, spectacles to 79, HbA1c 40, ECG 100+.
- Dr. Lalana Bakhale, Dr. Vandana Patankar, Dr. Pandurang Marathe, Dr. Ujjwal Kapadia, Dr. Vallabh Dhaimodker participated in the camp.







# IMA PONDA TALK



- Madkai Gram Panchayat hall Dr. Nutan Dev conducted a talk on health and use /misuse of mobile phone to 70 students from 4<sup>th</sup> std of all Govt. Primary Schools in Madkai constituency on 29/12/2024
- The parents & teachers too were present during this two days camp.
- Various other activities such as craft, painting, elocution, yoga class were conducted during this period.







# IMA MORMUGOA CME

- IMA Mormugao had its monthly CME held at Hotel Grand Flora Vasco on 27th dec attended by 31 members
- Topic: Pharmacovigilance
- Speaker : Dr Padmanabh Rataboli
- This was preceded by AGBM and also installation of the new committee of IMA Mormugao for the year 2025. .







# IMA BARDEZ CME

- Topic – Vertigo Simplified, practical approach to evaluation and management
- Venue – Hotel Green Park, Guirim, Mapusa
- Date 13<sup>th</sup> December 2024
- Speaker – Dr Ehrlson D'Souza
- 1 CME point granted
- 50 Members attended the CME





# IMA BICHOLIM

## TALK ON TOBACCO AND SUBSTANCE ABUSE

- 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.







# IMA BICHOLIM CME



- Venue – Celebration Hall , Bicholim
- Date 28<sup>th</sup> December 2024
- Speaker – Dr Kashish Patnekar  
Topic – PCOD Clinical approach and recent advances . 1 CME point granted
- Mr Keni spoke on NMR registration process for Registered Medical Practitioner







# IMA GOA STATE FELICITATIONS



- 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.V.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 27<sup>th</sup> Dec 2024







# IMA GOA STATE FELICITATIONS



Dr Suraj Kanekar  
Best President 2024  
Best branch IMA Ponda



Dr Siddharth Naik  
Best secretary 2024  
IMA Bardez



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



# IMA GOA STATE FELICITATIONS

- 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.







## 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

1. **Mental Health Awareness – Be Kind to Your Mind**
2. Our theme-related initiatives saw great success, with programs reaching teachers, counsellors, parents, students, and professionals from the judiciary and prosecution.
3. **Implementation of the Living Will**
4. 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.
5. **CEA Committee's Milestone Achievements**
6. 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.
7. **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.
8. **Constitutional Updates**
9. 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.





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

## *Message by IMA President*



### **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.**





**Thank you**