



Indian Medical Association Goa

Doc Talk

Monthly Newsletter
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Care With Compassion: That's Palliation

IMA President's Message

Dear Colleagues,

We are gearing up for the Annual Mega Event of IMA Goa State - GIMACON 2025, to be held at The Zuri White Sands, Varca Goa on 27th and 28th September. Let us enjoy and enlighten ourselves at the same time. The registration for the event has started. We hope to welcome you in large numbers.



- DR. DATTARAM DESSAI

From the Editor's Desk

Hi,

With the summer heat taking a toll on our toils, the month of May was a rather sedate month. This issue of Doc-Talk has been the shortest one to date. But hey ! Isn't short meant to be sweet?

- DR. VRUSHALI PRABHUDESAI





Branch Activities

CME's

BARDEZ

To commemorate World Hypertension Day, North Goa District Hospital along with IMA Bardez conducted a CME on "Management of Hypertension" on 23rd May 2025. The CME was attended by 40 doctors. Talk was given by Dr Shraddha Rane. 1 CME credit point was awarded by Goa Medical Council.



IMA Bardez along with North Goa District Hospital conducted a CME on "Interpretation of Xray Chest" on 23rd May 2025. Talk was given by Dr Prithviraj Dessai, Radiologist. Around 40 doctors attended the CME. 1 CME credit point was awarded by Goa Medical Council.

A CME was conducted on 30th May 2025 on "Drugs in Pregnancy and Lactation" by Dr Padmanabh Rataboli, and on "Beyond Baby Blues : Addressing the silent epidemic of Perinatal Depression and Anxiety" by Dr Tanvi Pednekar. 71 doctors were in attendance. Goa Medical Council accorded 2 CME credit points.



CQS

Monthly CME was organised on 09th May 2025 at IMA CQS Hall, Curchorem. Dr. Jose Alvares talked on "H.Pylori infection". CME was attended by 19 members of CQS.



PONDA

Monthly CME was held at IMA House, Ponda on 10/05/2025. Dr. Rajaram Mahambrey, Consultant Radiologist and Vein Specialist spoke on "Chronic Venous Insufficiency and Endovenous Interventional Management of Varicose Veins". A total of 34 members attended the meeting.





Community Service Activities

BICHOLIM

A senior citizens' eye camp was organized by IMA Bicholim, Goa in association with Mahila Self Help Group Sahakari Adhyodik Saunstha Maryadit, the Ophthalmic Cell of the Directorate of Health Services, and Assonora Panchayat at Panchayat Hall, Assonora, on 12th May 2025. The camp benefitted 48 citizens. Six citizens were diagnosed with cataracts. Two diabetics were referred to Asilo Hospital for fundus examination. 30 free reading glasses were prescribed by the Ophthalmic Cell. The camp was inaugurated by Dr. Shekhar Salkar, President of IMA Bicholim, and attended by Dr. Medha Salkar (State Program Officer, Ophthalmic Cell, DHS), Deputy Sarpanch Mrs. Sapna Mapari, Rupa Naik (Mahila Society Director), and others. Dr. Medha Salkar spoke on the importance of near vision improvement in enhancing daily activities and quality of life for seniors. The camp concluded with a vote of thanks by Mrs. Sapna Mapari.



IMA Bicholim President Dr Shekhar Salkar delivered a talk on the occasion of 'World No Tobacco Day' on 30/05/2025 for the staff of CommScope Andrew Co. Over 40 top opinion leaders from the organisation attended the talk.

CQS

Dr. Deepak Lotlikar conducted his routine weekly check up of inmates of the Home for the Destitute run by the Missionaries of Charity at Igramoll, Quepem.



MARGAO



A medical camp has held on 08th May 2025 at VIDA Clinic, Margao. FIBROSCAN was done for Doctors and medical fraternity. 12 people participated. Dr. Babita Angle offered her services at the camp.

IMA Margao supplied eight food baskets to newly detected Tuberculosis patients on 26th May 2025 as part of the Pradhan Mantri TB Mukta Bharat Abhiyan.





PONDA

Regular weekly health check up under Aao Gaon Chalen was held by IMA Ponda and IMA Ponda Charitable Trust in association with IAP Goa State and Adolescent Health Cell of IMA Goa State on 07/05/2025. 11 kids, 1 adolescent & 1 adult were examined by Dr. Purnima Usgaonker. Guidance on proper follow up of kids and importance of regularity in treatment with regular deworming for kids was given to the caretakers. The adolescents were also guided towards care of their own health.



Dr Ajay Pednekar examined 10 patients during regular health check up camp at Balkalyan Ashram Talauli on Sunday, 11/05/2025. Free medicine samples were distributed to the needy patients.

Regular weekly health check up under Aao Gaon Chalen was held by IMA Ponda and the IMA Ponda Charitable Trust in association with IAP Goa State and Adolescent Health Cell of IMA Goa State on 14/05/2025. 10 kids and 2 adolescents were examined by Dr. Purnima Usgaonker. Guidance with distribution of work for proper care of kids and importance of hygiene and overall alertness, and observation of the children under their care was given to the caretakers. The adolescents were guided towards taking care of their feet and other parts of the body.



Regular weekly health check up under Aao Gaon Chalen was held by IMA Ponda and the IMA Ponda Charitable Trust in association with IAP Goa State and Adolescent Health Cell of IMA Goa State on 21/05/2025. 9 kids, 2 adolescents and 2 adults were examined by Dr. Purnima Usgaonker. Guidance with regard to proper hygiene like nail cutting, behavioural issues and discipline in kid's work was distributed amongst the caretakers. The adolescents were guided towards regular pranayama on waking up in the morning and before going to bed at night. She explained the advantages of doing so, and also replied to their queries

Dr . Ajay Pednekar examined 12 patients during regular health check up at Balkalyan Ashram, Talauli on Sunday, 25/05/2025 between 3pm to 5pm. BP check, RBSL and clinical examination was done in all the patients. Free medicine samples were given to the needy.



World Menstrual Hygiene Day' was observed by JCI Farmagudi in association with IMA Ponda Charitable Trust, IMA Ponda, Adolescent Health Cell of IMA Goa State and IAP Goa State at Tata Strive Skill Development Centre, Farmagudi on 28/05/2025. Around 40 students attended the session. Dr. Purnima Usgaonker spoke on the theme "Togetherness in Period Friendly World" and highlighted various aspects of menstrual health as well as hygiene. The girls participated in the discussion and got their queries cleared. President JCI Abida Shaikh and the Head Teacher of Tata Strive took pains towards organizing the session.



Observance of 'World Menstrual Hygiene Day' was held at Matruchaya on 28/05/2025. Dr. Purnima Usgaonker guided the adolescent girls with important information of do's and don'ts during menstruation, and not to shy away from myths regarding same. She also gave a concluding talk during the programme motivating them towards taking bold steps to convince others about overcoming the false beliefs causing mental trauma and low feelings. This was again at Matruchaya in association with Rotary Club and Inner Wheel Club of Bicholim and Ethernet Express Foundation, held on the same day, the key note speaker being Dr. Kashish Patnekar, Gynaecologist from Bicholim. Cotton reusable sanitary pads were distributed to the girls by personnel from Ethernet Express Foundation. The president of Inner Wheel Club Mrs. Anjali also attended the programme.



The weekly health check up organized by IMA Ponda and the IMA Ponda Charitable Trust, IAP and Adolescent Health Cell of IMA Goa State was held at Matruchaya on 28/05/2025. Dr. Purnima saw 8 children, 3 adolescents and 2 new admissions.



A smooth sea never made
a skilled sailor.

FRANKLIN ROOSEVELT