



Care With Compassion: That's Palliation

IMA President's Message

New year greetings!

Third issue of Doc-Talk is here. "Healthy Beginnings, Hopeful Futures" is this year's World Health Day theme. It signifies the importance of pre & post natal care, and neonatal care. Goa has been leading the small states in all health parameters. I had the opportunity to attend the meeting of IMA Presidents and Secretaries of all the states and union territories of India with the office bearers of National IMA. Myself along with IMA Goa state secretary Dr. Aaron gave a presentation about the various activities of IMA Goa state which was appreciated by everybody.



IMA MSN new committee induction under the convenorship of Miss Divya Dinesh Gaude and Secretary Mr. Parth Shinde took place with great enthusiasm, and their activities have started. Let us keep the flag of IMA flying high always.

- DR. DATTARAM DESSAI

From the Editor's Desk



Hi,

Any new assignment is akin to an arranged marriage. The same level of anxiety, of excitement, of nervousness. At the heart of it all though, a desire to make it happen, a desire to succeed.

Editing Doc-Talk is no different ... the nervous energy, the eagerness. Your positive feedback coupled with your enthusiastic inputs have made the journey worth the effort.

This issue has three articles, two by the first family of IMA Ponda, elegance their middle name, Dr. Narayan a/s Santosh Usgaonkar & Dr. Purnima Usgaonkar, and one courtesy, the ever reliable, Dr. Jose Alvares, DM Gastroenterology. Thank you very much.

We welcome gen-next of IMA, IMA-MSN. A new committee has taken over. Wishing them the best for the year ahead. BE THE VOICE, NOT THE ECHO.

- DR. VRUSHALI PRABHUDESAI



Doc Talk

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IMA Ponda's **DILASA** DILASA - EK HATH MAYENCHO



Dilasa is a palliative care centre dedicated to providing holistic healthcare for individuals grappling with life-limiting illnesses. Founded in 2019 by the IMA Ponda Charitable Trust, our mission is to nurture the entire community of Goa. In 2013, it became clear that Goa needed a palliative care centre to support those battling ailments such as cancer, chronic kidney disease, stroke, and dementia. This realization set our sights on establishing Dilasa as an essential sanctuary of care.

Although our facility officially accommodates 25 patients, we opened our doors on August 15, 2019 with just 10 beds. We have since evolved to support 30 patients, reflecting our unwavering commitment to those in need, even though our formal capacity remains at 25.

Through its five-year journey, Dilasa has touched the lives of 3,350 individuals, amassing an impressive total of 18,300 bed days. Our care comes in various forms: 42% is delivered through home care palliation, while inpatient and outpatient services account for 32% and 28% respectively. Cancer is the predominant challenge we face, next being neurological conditions.

A remarkable surge in care recipients was observed between January 24 and December 25, with 836 individuals benefiting, representing 16% of those needing palliative support in Goa. Words of immense gratitude to SBI Foundation for their generous contributions and other well wishers, and our dedicated team of palliative care professionals ranging from compassionate doctors and nurses to nurturing nursing assistants, medical social workers, psychologists, dieticians, and physiotherapists, whose availability is assured day and night. Team Dilasa works tirelessly to safeguard the well-being of patients. For those in the twilight of life, we provide comprehensive support encompassing the physical, psychosocial, economic, and spiritual needs, along with effective pain management. Our Palliative Care team crafts treatment plans that prioritize patient comfort, ensuring that care aligns with each individual's journey to a dignified end-of-life experience, one that is free of suffering, neither hastening nor prolonging the inevitable, but celebrating the essence itself.

Request you to visit <https://dilasapalliativecare.in/> for more details. We will be happy to have you help us be better in ways you deem apt.

- Dr. Narayan a/s Santosh Usgaonkar (Chairman, IMA Ponda Charitable Trust)





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ASSISTED LIVING CENTRE... a call when all seems lost

What is Assisted Living Centre?

It is a peaceful residential facility tailored to the needs of the elderly where they can live their life with dignity & joy, and camaraderie in addition to being cared for, and aided with medical facilities.

Why and who is in need of assisted living?

With improvement in medical facilities, life expectancy in general has increased resulting in increase in number of senior citizens. Nuclear families, small families, children working abroad or migrating to other places have resulted in parents living alone. Some of them who are unable to fulfill their day-to-day needs without assistance or who may not have enough manpower at home will need this facility.

The oft observed occasions for an assisted living centre are

- * diminishing concept of joint families,
- * single child or no child,
- * children working abroad or outside the state,
- * spiraling cost of living,
- * lack of sufficient resources at home,
- * need for freedom & an independent way of life,
- * solitude/widow/ widower,
- * unreliable house maids or assistants,
- * difference of opinion among relatives,
- * increasing medical ailments & expenses with resultant lack of medical support,
- * ever looming angst of burglaries & a threat to life.

Visava, it's origins

Visava, derived from the Sanskrit word visrama, literally means rest or quiescence. **Visava** is a residential complex for senior citizens managed by IMA Ponda and IMA Ponda Charitable Trust.

Visava helps senior citizens pursue their hobbies ... reading, writing, painting, sketching, gardening, sports. At **Visava** we encourage elders to share views/opinions, to make life worth living, to shun boredom, to carry no stress of mundane issues. In the unlikely event of a medical emergency, we at **Visava** take it upon us to provide primary care to the sick while transporting him/her to higher centres if the need so arises. **Visava** is a source of succour for seniors in search of bliss.

Features:

- Assisted living facility
- Gated complex with 24x7 security
- CCTV Surveillance 24x7
- Power supply with backup
- Exclusively furnished Rooms with TV, Fridge, Electric Kettle, Microwave / Induction Plate and Pantry
- Telephone (Intercom) in room & bathroom.
- Recreation Room with 75" TV
- Yoga
- Indoor Games
- Food and Beverages (non alcoholic)
- In house Grocery Shop
- Laundry
- Joggers Track
- Prayer room
- Medical and nursing facility
- Clinic and Pharmacy
- In house Portable X-ray facility
- Ambulance Services available
- Day-care services under supervision of Doctors for sick inmates.
- Physiotherapy



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Points to be noted

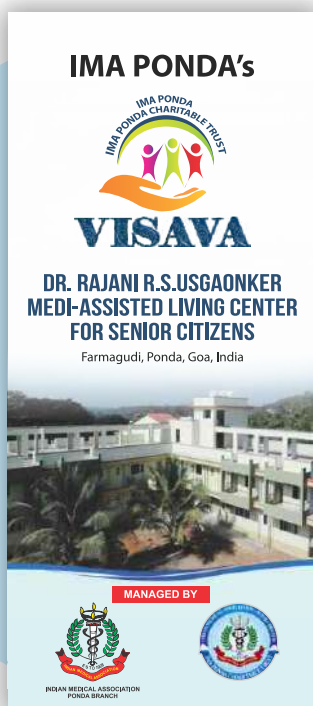
- * Stay at Visava can be short- term (up to 6 months), long term (more than 6 months), or life-long,
- * Rooms are on twin-sharing basis, furnished with modern amenities,
- * Medical and Nursing facilities, including private nursing facilities, are available depending on the package selected,
- * Food and Laundry facilities are available to all, chargeable in short term stay package, included in long term and lifelong stay packages,
- * Consultant Doctors, Dietician, Physiotherapist will visit as per requirement of the residents,
- * Recreational Facilities are available, including Big-Screen TV, Indoor Games, Periodic outings.

Visava is housed in a two-storeyed building, having 16 rooms for 32 inmates, a total builtup area of 2500 sq.m. set up on a plot of land measuring 5000 sq.m. **Visava** shares its premises with another community project of IMA Ponda, DILASA, a Palliative Care center. **Visava** is located in the serene surroundings of Farmagudi Ponda Goa, a central place close to national highway NH 748, amidst temples and lush green mountains.

- **Dr Purnima Usgaonkar (President - Visava Working Committee)**

For further information, please contact:

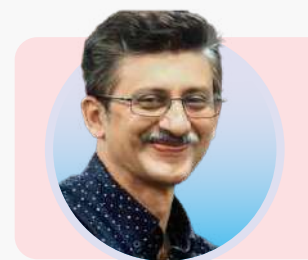
- Visava Helpline (+91) 8600928538
 - Dr Purnima Usgaonkar (+91) 9422437596
 - Dr Santosh Usgaonkar (+91) 9822120955
- Or drop an email at: visava.ponda@gmail.com





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In a life full of uncertainties & unpredictabilities, it is prudent to be prepared. Please find below an article received through the kind favor of **Dr. Jose Alvares, Consultant Gastroenterologist**.

WHAT MY FAMILY SHOULD KNOW?



MY FAMILY SHOULD KNOW

READY REFERENCE:

Mobile / Phone (Self): _____

	Name	Office Address	Residence Address	Mobile / Contact Number
Family Doctor				
Specialist Doctor (if any)				
Tax Consultant				
Insurance Agent				
Stock Broker				

DOCUMENT DETAILS:

Name	Number	Expiry Date
Passport		
Driving License		
Credit Card/ ATM Cards		
Club Membership Professional Others		
Vehicle Details		
Income Tax PAN No.		
Aadhar Card		

MY FAMILY SHOULD KNOW

LOCATION OF IMPORTANT DOCUMENTS:

Personal Will	
Spouse's Will	
Insurance Policies	
Invest. Papers	
Property Records	
Birth Certificate	
Marriage Certificate	
Domicile Certificate	
Important Agreements	
Other Important Papers	

INSURANCE - LIC POLICY DETAILS:

Name/ Nominee	Policy No./ Issuing office	Amt. Insured	Issue Date/ Maturity Date	Table & Term	Premium	Remarks
Nominee -	Through Mr.		Date of Last Payment Date of Maturity			
Nominee -	Through Mr.		Date of Last Payment Date of Maturity			
Nominee -	Through Mr.		Date of Last Payment Date of Maturity			

MY FAMILY SHOULD KNOW

MEDI CLAIM POLICY DETAILS:

Sr. No.	Name & Type of Policy	Policy No. / Previous Policy No.	Amt. Insured	Issue Date/ Maturity Date	Premium	Remarks
1	Floater Policy					
2						

VEHICLE INSURANCE POLICY DETAILS:

Sr. No.	Name/Vehicle	Policy No./ Issuing Office	Amt. Insured	Issue Date/ Maturity Date	Premium	Remarks
1	Reg. No. Model Name & No. Engine No. Chassis No. Mfg Yr. cc Nominee- Agent Name & Mobile Name			Valid till		
2						
3						

FIRE / BURGLARY INSURANCE DETAILS:

Sr. No.	Name of the Property / Nominee	Policy No./ Issuing Office	Amt. Insured	Risks Covered	Issue Date/ Maturity Date	Premium (Rs.)	Remarks
1							
2							



MY FAMILY SHOULD KNOW

BANK ACCOUNTS

Bank Name	Branch	Type of Account	Operating Instructions	Nominee/s	Specimen Signature

FIXED DEPOSIT / RECURRING DEPOSIT / COMPANY DEPOSIT[illegible]

MY FAMILY SHOULD KNOW

SHARES / UNITY / DEBENTURES / BONDS

Company	No. of Shares	Demat A/c No.	Demat Bank details	Demat Statement location	Held singly / Jointly

LOCKERS

Bank/ Name & Branch	Locker No.	In the Name of	Code	Rent (Rs.)	Rent Renewal Date	Nominee	Contents

PUBLIC PROVIDENT FUND (PPF)

Bank Name & Branch	Fvg,	PPF A/c No.	Maturity Date	Nominee/s

PENSION A/C.

Bank Name & Branch	Type of Account & Pension A/c No.	Operating Instructions	Pension Payment Order No.	Nominee/s	Due Date for Live Certificate	Signature



MY FAMILY SHOULD KNOW

ATM / DEBIT CARD DETAILS

Sr. No.	Name	SB A/c. No. / Bank & Branch	ATM / Debit Card No.	Issue Date	Valid Thru	CVV No.	Remarks
1							

CREDIT CARD DETAILS

Sr. No.	Name	Bank's Name	ATM / Debit Card No.	Valid From	Valid Thru	CVV No.	Remark / T-Pin
1							

PAN CARD DETAILS

Sr. No.	Name	Father's / Husband Name	PANCARD No./ Issue Date	Contact Details
1				

PASSPORT DETAILS

Sr. No.	Name	Passport No.	Issue Date	Expiry Date	Issuing Authority	Previous Passport Details
1						

ELECTRICITY DETAILS

Sr. No.	Name	House Details	Meter No.	Customer No.	Deposit Rs.	Remarks
1						

GAS PIPE LINE DETAILS

Sr. No.	Name	House Details	Meter No./ Route No.	Customer No./ Khata No.	Deposit Rs.	Remarks
1						

GAS CYLINDER AGENCY SERVICE DETAILS

Sr. No.	Name	House Details	Customer No.	IOC Serial No.	Deposit Rs.	Remarks
1						





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MY FAMILY SHOULD KNOW

LAND LINE DETAILS

Sr. No.	Name	House Details	Phone No.	Customer ID / Account No.	Deposit LL/ Broad Band Wifi FI Rs.	Remarks
1						

DRIVING LICENSE DETAILS

Sr. No.	Name	Driving License No./ Licensing Authority	Issue Date/ CDOI	Valid From	Valid Till	Remarks / Blood Group
1						
2						
3						
4						

RATION CARD DETAILS

Sr. No.	Name	Ration Card No./ Issuing Authority	Issue Date	Remarks
1				
2				
3				
4				

AADHAR CARD - UID DETAILS

Sr. No.	Name	Aadhar Card No./ Enrollment No.	Issue Date	Remarks
1				
2				
3				
4				



MY FAMILY SHOULD KNOW

ELECTION IDENTITY CARD - DETAILS

Sr. No.	Name	Father's/ Husband Name	Identity Card No.	Issue Date
1				
2				
3				
4				

HOUSE PROPERTY

Property Detail & Standing in the name of:	How Acquired (Inherited / Loan) Bank Loan Detail: Loan Amt. Inst. Amt. O/s .Amt.	Registration No./ Share Certificate No.	Nominee if any	Property Card No. & Valid upon	House Tax (Rs.)	Next Due Date of House Tax	Inst. Policy No., Amt. & Due Date	Risk/s Covered	Mortgage with Bank Name & Branch / Place of Docs.

HOUSE TAX DETAILS

Sr. No.	Name	House Details	Census No.	Property Identification No.	Construction Sq. Mtrs.	Remarks
1						
2						
3						
4						

INCOME TAX

Permanent Account No.	Ward No. & Office address	Last Return Filed	File No.



MY FAMILY SHOULD KNOW

WILL

My will is executed on:

Copy of the will is kept at:

POWER OF ATTORNEY

- Power of Attorney executed for wife/Son/Others
- My Power of Attorney is
- Deed Executed on
- Details kept in File No.

MY DEBT / LIABILITIES

- I am guarantor of Mr.
Give Complete Details:
1.
2.
- I have borrowed from:
(Give Complete Details)
- Other Liabilities





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Branch Activities

IMA

GOA STATE

State Level CME: 28th March 2025

IMA Goa State in association with Healthway Hospital organized a State-Level CME titled 'Kidney Update' on 28th March 2025 at the Healthway Hospital Auditorium. The inaugural function commenced at 7:00 PM with the traditional IMA Prayer and Flag Salutation. Dr. Aaron Soares Hon. Secretary IMA Goa State, delivered the welcome address. This was followed by an address by Dr. Antonio Bousset Alphonso Chief of Surgery, Healthway Hospital and Chairman, GDAPL. Dr. Shirish Mandurkar Hon Treasurer IMA Goa State, proposed the vote of thanks.

The scientific session featured engaging and informative talks by the distinguished speakers:

Dr. Sindhu Arjun

Dr. Shital Lengade

Dr. Sarang Kanekar

The session concluded with an interactive Q&A segment during which the speakers addressed queries from the audience. The CME witnessed the participation of 85 doctors and medical students.



IMA

BARDEZ

Community Service Activity: 7th March 2025

IMA Bardez held a Compression Only Life Support Training for Staff of Geno at Geno Pharmaceuticals on 7th March, 2025.

30 members attended.

The training was conducted by Dr Pramod Verma and Dr Sachin Narvekar.



Community Service Activity: 8th March 2025



IMA Bardez conducted a camp in Provedoria old-age home at Mapusa wherein 60 inmates were examined for any ENT and Ophthalmology ailments. The camp was conducted by Dr Shema Shirodkar, Dr Sainath Pednekar, Dr Shilpa Tople and optometrist.

Community Service Activity: 13th March 2025

ENT examination camp was conducted in Government Primary School Kamarkhazan, Peddem by Dr Shema Shirodkar and audiological assistant Mrs Harshada Madkaikar on 13/03/25. Around 56 students were examined. A talk was given on prevention of deafness.





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IMA

BARDEZ

Community Service Activity: 23rd March 2025

A workshop was held on the topics :
Basics of ECG: Dr Swapnil Arsekar
Urine Routine Examination: Dr Hardik Patel
Updates on Hypertension Guidelines: Dr Amol Mahaldar
at Hotel Sai Kiran on 23rd March 2025 from 10-1pm. The number of Attendees were 45. There was a 45min yoga session pre-workshop. Credit Points:2.



CME:27th March 2025



A CME on Nuclear Medicine and PET CT by Dr. Pankaj Mhatre was arranged at Sai Kiran Hotel on 27th March 2025. It was attended by 35 members. Credit Point:1

IMA

BICHOLIM

Community Service Activity: 9th March 2025

IMA Bicholim in association with Mahila self help group, Sahakari Audhogik Santha Maryadit Karaswada Mapusa, organised a function on the occasion of International Women's Day on 9th march 2025 at Narayandeva hall Canca, 3.30 pm onwards . Around 500 ladies participated in the function. Dr Medha Salkar spoke on "diet n menstrual hygiene " and Dr Shekhar Salkar spoke on "cancer in women ". 20 ladies were felicitated on the occasion.



Community Service Activity



IMA Bicholim & TSI Goa Chapter and VIANAAR Enhance Police Health Monitoring, under the 'Swasth Police Sashakth Police' initiative launched by Hon'ble Chief Minister Dr. Pramod Sawant, donated essential medical equipment to Goa Police. The equipment was handed over by DGP Shri Alok Kumar (IPS) to SP North Goa Shri Akshat Kaushal. Following an initial group training during the equipment handover, a team led by Dr. Shekhar Salkar President IMA Bicholim, Dr. Devdutt M. Sail Secretary TSI Goa Chapter, and Jones Samuel Consultant

PRO Vianaar, conducted individual sessions at all 14 North Goa police stations. These sessions trained designated personnel in daily health monitoring, empowering officers to prioritize their well-being and enhancing their efficiency and resilience in service.



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IMA

BICHOLIM

Community Service Activity: 15th March 2025

IMA Bicholim in association with Rotary Club of Dona Paula and supported by Manipal Hospital conducted second cervical cancer vaccination program at Matruchaya Wadem Dhavli Ponda for girls in the age group of 9 to 17 yrs on 15/3/25 at 3.00 pm. Second dose after 6 months was administered to 26 girls while first dose was administered for 22 girls.

Present on the occasion were Dr Shekhar Salkar Oncosurgeon & President of IMA Bicholim, Dr Medha Salkar Treasurer of IMA Bicholim, Dr Ellain Coordinator, Mr Philips Secretary and other members of Rotary Club of Dona Paula. Next dose for 22 girls will be administered on September 15th 2025.

Dr Salkar stressed the need for vaccination in all girls in the age group of 9 to 14 which can significantly decrease the incidence of cervical cancer, the second most common cancer in India. Mr Philp thanked Matruchaya group for coming forward and vaccinating the girls.



Community Service Activity: 24th March 2025



IMA Bicholim in association with Lions Club of Chodan & Lions Club of Bicholim and with Ophthalmic Cell of DHS held distribution of free Spectacles to 42 Senior Citizens identified during past camp. The event was graced by Chief Guest, State Program Officer and Past President of IMA Goa State, Dr. Medha Salkar & President of IMA Bicholim, Dr. Shekhar Salkar at whose hands the spectacles were distributed.

CME: 29th March 2025

IMA Bicholim organized its monthly CME on Saturday 29/03/25, 8.00pm onwards at Lions Club Hall, Bicholim. It was addressed by Dr Amrut Suresh Dhulappanavar, Consultant Neurologist, on the Topic "Peripheral Neuropathy". 16 members attended.



IMA

CQS

Community Service Activity

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



CME: 7th March 2025



A CME was organised on 7th March 2025 at IMA CQS Hall, Curchorem. Dr. Vaibhav Dukle spoke on 'Management of Thyroid Disorders'. It was attended by 37 members.

CME: 15th March 2025

On 15th March 2025, Dr. Shankar Nadkarni delivered a talk on heat induced health hazards like heat exhaustion and heat stroke at Kakoda to an audience of 44 persons.





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IMA

MARGAO

CME: 7th March 2025

IMA Margao organized a CME on 7th March 2025 at South Goa District Hospital, Margao. The speakers were Dr. Nagnath Khadke, Dr. Venkatesh Nevagi, Dr. Harshvardhan Raorane. They spoke on the topics 'Medical Management of Osteoporosis', 'Vertebral Augmentation – Vertebroplasty and Kyphoplasty', and 'Surgical management of osteoporotic vertebral fractures'. 106 delegates attended the CME which was accredited with 2 points for speakers and 2 points for delegates.



Community Service Activity: 8th March 2025



A medical camp was arranged on 8th March 2025 at TRIMART, TRIDENTIA GOGOL on the occasion of International Women's Day. Blood sugar level, uric acid, Haemoglobin, weight, BP checking and Pulmonary function test were done. 65 ladies participated in the MULTI-SPECIALITY CAMP.

Dr. Karla Faleiro (Dermatologist), Dr. Neelam Borkar (Gynaecologist), Dr. Srishti Prabhudessai (Ophthalmologist), Dr. Sonali Naik (Family Physician), Dr. Enid Miranda (Psychiatrist), Dr. Rahul Prabhudessai (Chest Physician),

Dr. Hameeda Merchant (Dietician) offered their services. Dr. Suraj Prabhudessai, Dr. Samita Prabhudessai and Dr. Saharsh Thorwat attended the camp.

Community Service Activity: 9th March 2025

A medical camp was held on 9th March 2025 at SEVDA CLINIC, CHINCHINIM. FREE FIBROSCAN was done for patients. 52 people took part. Dr. Samuel Arawattigi offered his services in the diagnosis of Fatty Liver, Cirrhosis, ALD and other Liver Diseases



Community Service Activity: 9th March 2025



A medical camp was conducted on 9th March 2025 at Shirodkar Wealth Management, Aquem Margao. CBC, Lipid Profile, Uric Acid, RBSL were done for the 22 attendees. Dr. Neelam Borkar performed Clinical Breast Examination on all the patient for Breast Cancer Screening. Dr. Suraj Prabhudessai attended the camp.

Community Service Activity: 9th March 2025

Dr. Yogesh Shetye had a camp at his clinic on 9th March 2025. FIBROSCAN was done for the 22 participants.





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IMA

MARGAO

Community Service Activity: 16th March 2025

A FIBROSCAN was done for 18 Doctors & others from the medical fraternity on 16th March 2025 at SUNSHINE HOSPITAL, Margao. Dr. Jose Alvares opined on the reports. Dr. Suraj Prabhudessai and Dr. Saharsh Thorwat attended the camp.



CME: 21st March 2025



A second CME was organised on 21st March 2025 at South Goa District Hospital, Margao. The speakers were Dr. Shital Lengade and Dr. Manish Kushe. They spoke on 'Electrolyte disorders in clinical practice' and 'Fat Fibrosis and Fatality'. The number of delegates were 2 short of 100. 2 points for speakers and 1 point for delegates accredited.

Community Service Activity: 27th March 2025

A medical camp was held on 27th March 2025 at South Goa SP Office, Margao for Margao Police Personnel. Blood Sugar level, uric acid, Haemoglobin, weight, BP checking and Bone Densitometry were done. 128 police officers were examined. Dr. Karla Faleiro (Dermatologist), Dr. Minaxi Panandikar (Gynaecologist), Dr. Suraj Prabhudessai (Surgeon), Dr. Kapil Prabhudessai (ENT Surgeon), Dr. Enid Miranda (Psychiatrist), Dr. Milind Dessai (Physician), Dr. Hameeda Merchant (Dietician) offered their services. Eye check up was conducted by trained optometrist.



Community Service Activity: 31st March 2025

IMA Margao supplied eight food baskets to newly detected Tuberculosis patients on 31st March 2025 as part of the Pradhan Mantri TB Mukta Bharat Abhiyan.

IMA Membership Drive

IMA MARGAO RECEIVED A TREMENDOUS RESPONSE FOR IT'S MEMBERSHIP DRIVE WITH 26 NEW MEMBERS ENROLLED.

IMA

MORMUGAO

Community Service Activity: 11th March 2025

To commemorate International Women's Day, IMA Mormugao's Dr. Afrin Motiwala and Dr. Shilpa Pandya in association with SDH Chicalim held a Breast Cancer Screening and General Health Checkup camp at Susheela Sea Winds Complex, Vasco on 11/03/2025 from 9am to 1pm. 35 women benefitted from the same.





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IMA

MORMUGAO

CME: 22nd March 2025

IMA Mormugao conducted a CME on 22/03/2025 at Hotel La Paz, Vasco. Dr. Jose Alvares spoke on current management of H. Pylori and introduction to NAFLD. The CME was attended by 34 members.



IMA

TISWADI

CME: 7th & 8th March 2025

IMA Tiswadi Branch in association with Indian Stem Cell Study Group (ISCSG) and Healthway Hospital organised the 6th Biennial International Conference "ISCSGCON 2025 - Translating Regenerative Medicine from Bench to Bedside" on 7th & 8th March at Healthway Hospital Old Goa. In all 95 delegates attended the conference which was accredited with 7 credit points by the Goa Medical Council.



IMA

PONDA

CME: 1st March 2025

CME for the month of February was held on Saturday 1st March, 2025. Dr. Anshula Tayal Bansal (Consultant Paediatric Pulmonology & Intensive Care) MD, DNB, DM and Dr. Sabyasachi Mukhopadhyay MBBS (AFMC, Pune), DNB (General Medicine), DNB (Cardiology) spoke on 'Indications of Bronchoscopy in children' and 'Micra Pacemaker and IVL' respectively. A total of 40 members attended.



Community Service Activity: 2nd March 2025



IMA Ponda conducted its monthly camp at Nageshi. Total participants examined were 67. Nine candidates underwent HbA1c testing. BP measurement, blood glucose estimation, HbA1c testing for uncontrolled and chronic diabetics, consultation by Physicians, antidiabetics and antipertensives for a month, and breakfast were the services provided. Dr. Lalana Bakhale, Dr. Vandana Patankar, Dr. Ujjwal Kapadia, Dr. Vallabh Dhaimodker, Mrs. Suvidha Katak, Mrs. Shami Desai, Mr. Sameer Sardesai, Mrs. Uam Kapadia, Mrs. Vandana Kakodkar were the resource persons.



IMA

PONDA

Community Service Activity: 2nd March 2025

On the occasion of breast cancer screening for the women residents of Sapna Park Housing Society, in association with SDH Ponda Dr. Purnima Usgaonker gave a talk on breast & other cancers of women on 02/03/2025. It was attended by around 45 ladies.



Community Service Activity: 5th March 2025



Regular weekly health checkup under Aao Gaon Chalen was held by IMA Ponda & the IMA Ponda Charitable Trust in association with IAP Goa State & Adolescent Health Cell of IMA Goa State on 05/03/2025. 12 kids were examined by Dr. Purnima Usgaonker. Guidance on hygiene & diet for kids was given to the caretakers. In addition, the adolescents in the group were trained towards taking care of the younger kids.

Community Service Activity: 7th March 2025

Dr. Ashok Amshekar delivered a lecture on problems of adolescence to students of Navodaya Vidhyalaya on 07/03/2025. 160 students attended the lecture. It was followed by a question & answer session.



Community Service Activity: 8th March 2025



In association with Rotary Club of Ponda Hill Town, a talk was given by Dr. Nutan Dev to the adolescent girls and their mothers at Surashree Kesarbai High School on the occasion of International Women's Day. The topic was 'rights and duties of a woman with respect to self and family'. It was attended by around 30 girls and 30 ladies.

Community Service Activity: 9th March 2025

On Sunday 9th March 2025, a free skin camp was conducted at the 6TTR Army Camp at Ponda. A total of 55 people were examined by Dr. Amrita Shenoy and provided with appropriate treatment for various skin conditions. Along with medical care, participants were also advised on proper skin care measures to be followed during the summer season.





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IMA

PONDA

Community Service Activity: 13th March 2025

On the occasion of International Women's Day celebration by Vidhya Vruddhi Sauntha Ponda, Dr. Purnima Usgaonker gave a talk on the upbringing of children on 13th March 2025. The crowd included grandparents who were also guided towards the same. They were given information about the importance of HPV vaccination and other details. Dr. Purnima was felicitated by the organizers during the event.



Community Service Activity: 13th March 2025



International Women's Day was celebrated with great enthusiasm by the Management, Staff & Inmates of Dilasa & Visava on 13th March 2025 from 11.00am to 1.30pm. Dr. Samidha Khandeparkar and Dr. Vandana Patankar entertained the audience with their graceful performances. Some of the staff & inmates of Visava and Dilasa too participated. It was a fun filled programme with songs, dances, monologues and experiences from inmates.

Community Service Activity: 13th March 2025

Health checkup under Aao Gao Chale Abhiyan by IMA Ponda and the IMA Ponda Charitable Trust in association with IAP Goa State and Adolescent Health Cell of IMA Goa State was held on 13th March 2025. 15 kids were examined by Dr. Purnima Usgaonker. Guidance on giving medicines and vaccination for kids was given to the caretakers. The adolescents were informed about their role as family members of Matruchaya. Medicines were sponsored by Matruchaya and IMA Ponda.



Community Service Activity: 11th March 2025



Around thirty 3rd year BA Psychology students from Chowgule College along with their Professor Sobita Kirtan visited Visava as a part of their education in gerontology and to study Old Age homes on 11/03/25. Dr. Purnima Usgaonker briefed them on details of old age requirements and services provided at Visava in accordance with these requirements. They then had a tour of the Visava premises. Dr. Pankaj Rajmane briefed them about certain points. They were also detailed about Dilasa & its services.

A Noble Gesture

Dyanada and Prafull Vagh visited Dilasa and Visava, and donated Rs. 10000/- to the IMA Ponda Charitable Trust on 5th March 2025.





Doc Talk

Care With Compassion: That's Palliation



IMA

PONDA

Community Service Activity: 22nd March 2025

Monthly CME was held on Saturday 22nd March, 2025. A talk was delivered by: Dr. Jean Louis Menezes (Consultant Surgical Oncologist) on "Screening for Cancer". Total 35 members attended the meeting.



Community Service Activity: 23rd March 2025



A medical camp of Shree Nagesh Maharudra Aarogya Seva Manch was organised at Mayuresh Hall, Nageshi on 23/03/25. More than 120 beneficiaries were examined by renowned doctors, Dr. Sanat Bhatkar *Neurophysician), Dr. Nilin Sukthankar and Dr. Sambprasad Nadkarni (Ortho Surgeons), Dr. Lalana Bakhale, Dr. Chitralekha Nayak, Dr. Manish Debsikdar (Physicians), Dr. Anita Nayak (Chest Physician), Dr. Vandana Patankar, Dr. Ujjwal Kapadia, Dinar Mardolkar, Vandana Kakodar, Suvidha Kamat, Shami Desai, Vishnu Bandekar, Shweta Kavlekar, Sameer Sardesai, Manjiri Jog, Nidhi Agni participated. Blue Cross marketing team helped at Pharmacy

counter. Milind Kulkarni did Nerve Conduction test & Shivprasad did Bone Densitometry, both from Aquamantus team. Dr. Vallabh Dhamoidkar coordinated. The function was held in the presence of Ganesh Gaonkar Chairman GTDC, Dr. Santosh Usgaonker Chairman IMA Ponda Charitable Trust, Dr. Ajay Pednekar President IMA Ponda.

APPRECIATION AWARD TO DILASA

Indian Musculoskeletal Oncology Society awarded Dilasa Palliative Care Centre in recognition of 'your valuable contribution in supporting cancer patients through thick and thin' during their Sarcoma Support Group Workshop on 15th March 2025 at Taj Cidade-de-Goa Horizon, Goa.



IMA

MSN



INDUCTION CEREMONY

IMA-MSN hosted its Induction Ceremony for the year 2025-2026 at the New Auditorium, Goa Medical College, Bambolim. The function was graced by Prof. Dr. S.M. Bandekar as the Chief Guest and Dr. Dattaram Desai (IMA Goa State President) as the Guest of Honor. Dr. Sandeep Sardesai (Director Academic Section, GMC), Dr. Jagadish A. Cacodkar (IMA-MSN Advisor), Dr. Nilesh Talwadkar (IMA Tiswadi President) were the other dignitaries present on the occasion. Members of the outgoing council were also in attendance. The event featured speeches by the distinguished guests emphasising the importance of the occasion. Token of exchange between the outgoing & incoming council members took place. The event concluded with an inspiring address by Guest Speaker Dr. Deepti Srivastava.





Doc Talk

Care With Compassion: That's Palliation



IMA

MSN

Incoming IMA-MSN Goa State Office Bearers for the year 2025-26 :

IMA Goa State President: Dr. Dattaram Desai,

IMA Goa State Secretary: Dr. Aaron Soares,

IMA-MSN Advisor: Dr. Jagadish A. Cacodcar,

IMA-MSN State Convenor: Divya Dinesh Gawde,

IMA-MSN State Secretary: Parth Vithal Shindhe,

IMA-MSN State Co-convenor: Vinayak Vithoba Humane and Om Manoj Mor Govekar,

IMA-MSN Finance Secretary: Clinton Joseph Noronha,

IMA-MSN Joint Secretaries: Chinmay Ravindra Patwardhan and Leah Mabel D'Souza,

IMA-MSN State Council Member: Ankit Rama Priolkar.



Community Service Activity: 21st March 2025



Under the guidance of the Dept of Pediatrics GMC, IMA-MSN conducted its first activity on 21st March 2025 - commemorating WORLD DOWN SYNDROME DAY. Educational talk on DOWN SYNDROME was delivered by members of IMA-MSN. It was followed by recreational activities like hand painting, games for kids (diagnosed with DOWN SYNDROME), video presentation, etc. The event was held in the Pediatric Neuro Rehab Centre Ward, GMC.

