



## Care With Compassion: That's Palliation

### IMA President's Message

Hello Fellow Colleagues,

Greetings !



I m sure you all are busy. It is the season when vector borne diseases rear their ugly heads.

Luckily this year Dengue is sporadic and Malaria is very much under control. I wish Goans and the tourists who visit Goa understand the importance of public hygiene and proper sanitation. Littering along the roadside should come to an end. I hope good sense prevails.

We are preparing for a grand GIMACON 2025, an occasion for learning, fun and fiesta. Please register as early as possible for the conference as a delegate & for accommodation with your spouse and children. Let us make it a memorable event. Our National President will be with us this year. We need to show our unity and solidarity.

Jai Hind! Jai IMA!

- DR. DATTARAM DESSAI

### From the Editor's Desk



Hi,

Preparations for GIMACON 2025 are hotting up at IMA Ponda. The hosts are burning the candle at both ends to make the event worth your presence. Requesting you to experience the thrill first hand. Mark the dates, mark the destination... 27th & 28th September 2025, Zuri White Sands Varca.

- DR. VRUSHALI PRABHUDESAI



## IMA GOA STATE

IMA Goa State conducted its 2nd Executive meeting on Sunday, 6th July 2025 at Dynanada Auditorium, Ponda. IMA Goa State matters were taken up. Dr Ajay Pednekar, Organising President, released the GIMACON 2025 brochure to the house.

This year's GIMACON will be held on 27th & 28th September at Zuri White Sands Varca.



## CME

IMA Goa State in association with Cross Connect and Opinion Leaders in Medicine organised a CME on Saturday 5th & Sunday 6th July, 2025 at Hotel Novotel Dona Sylvia, 'Cross Connect 2025: Collaborating for Connected Care'. Topics ranged from diabetes, latest management of metabolic syndrome to guidelines in heart disease, etc. 250 delegates from across Maharashtra and Goa attended the event.



## CME

A State Level CME was organized by IMA Goa State in association with IMA Bardez and RG Hospitals, Goa on 19th July 2025 at Hotel Fortune, Miramar. The CME witnessed an excellent response with 88 members in attendance. The scientific session featured insightful talks by:- Dr. Ritvij Patankar on 'Acute Urinary Retention & Management',- Dr. Shital Lengade on 'Hyponatremia in Clinical Practice',- Dr. Bhavesh Patel on 'Acute Abdomen & Recent Guidelines'. The evening concluded with an engaging interaction, followed by dinner.



## STATE LEVEL CME RG HOSPITALS, GOA



IMA GOA STATE & IMA BARDEZ  
CORDIALLY INVITE YOU FOR  
**CME PROGRAMME**

### TOPICS & SPEAKERS

DR. RITVIJ PATANKAR  
Consultant - Nephrology  
Topic: Acute Urinary Retention & Management

DR. SHITAL LENGADE  
Sr. Consultant - Internal Medicine  
Topic: Hyponatremia in Clinical Practice

DR. BHAVESH PATEL  
Consultant - General, Laparoscopic & Minimal Access Surgery  
Topic: Acute Abdomen & Recent Guidelines

### PROGRAMME SCHEDULE

| REGISTRATION                                | INAUGURAL FUNCTION | SCIENTIFIC SESSION |
|---------------------------------------------|--------------------|--------------------|
| 7:00 PM - 7:15 PM                           | 7:15 PM - 7:25 PM  | 7:30 PM - 9:30 PM  |
| FOLLOWED BY DINNER                          |                    |                    |
| TIME: 7:30 PM ONWARDS                       |                    |                    |
| DATE: 19 <sup>th</sup> JULY 2025 (SATURDAY) |                    |                    |
| VENUE: FORTUNE MIRAMAR, GOA                 |                    |                    |
| REGISTRATION IS FREE BUT COMPULSORY         |                    |                    |
| CONTACT: 9221664814 (VINE)                  |                    |                    |

RG Hospitals | RG Urology & Laparoscopy Hospital  
Smart Stay • Smart Surgeries | SCOME • Minimally Invasive Surgery



## IMA Bardez

### CME

A state level CME was organized by IMA Bardez in association with RG Hospitals on Saturday 19th July, 2025 at Hotel Fortune, Miramar.

The topics covered along with the distinguished speakers were 'Acute Urinary Retention' by Dr. Rutvij Patankar, Consultant Urologist, 'Hyponatremia in clinical practice' by Dr. Sheetal Lengde, Consultant Nephrologist, and 'Acute abdomen' by Dr. Bhavesh Patel, Consultant Surgeon. It was attended by 80 members. They reached home richer by 2 credit points.



### CME

A CME was conducted on 'Thyroid function and dysfunction in pregnancy' by Dr. Shubham Pai Kudchadkar at NGDH on Monday 21st July, 2025. It was attended by 45 delegates who were awarded 1 credit point by Goa Medical Council.

### CME

IMA Bardez along with NGDH conducted a CME on 'Approach to backache'. The talk was given by Dr. Prajyot on Tuesday 22nd July, 2025. Goa Medical Council awarded 1 CME credit point to the 20 attendees.





## IMA Bardez



### Community Service Activity

A talk on 'Diarrhoeal Diseases and Prevention' was delivered at Government Primary School, Deulwada, Arambol on Thursday 10th July, 2025 by Dr. Sunaina Thakur, Treasurer, IMA Bardez. It was attended by 60 students, and teachers.



### Community Service Activity

IMA Bardez organised a talk on 'Eating Healthy' by renowned nutritionist and fitness expert, Luke Coutinho on Sunday 20th July, 2025. The program was moderated by Dr. Sachin Palyekar and was followed by a talk by Dr. Reva Dubhashi on her personal journey of healthy transformation. The venue was Aastha's Anand Niketan centre of excellence for persons with disabilities. It was attended by 58 members along with their family.



### Community Service Activity

A multispeciality mega health camp was organized by Shree Kutch Kadva Patidar Samaj, Mapusa in association with RG Hospitals and IMA Bardez on Sunday 27th July, 2025. Dr. Sachin Narvekar, MD OBG, and Dr. Bhavesh Patel, MS Surgery were the consultants. Around 200 people attended the camp.



## IMA Bicholim



### CME

IMA Bicholim had its monthly meeting & CME on Sunday, 27th July 2025, 8.00 pm onwards at Lions Club Hall, Bicholim Goa. The speaker was Dr Pranay Pradeep Budkule, Consultant Physician. He spoke on 'Obesity Management & The role of GLP-1 Receptor Agonists'.

### Community Service Activity

To mark World Hepatitis Day, a special health awareness and screening camp was held at the Bicholim Municipal Council Hall, dedicated especially to safai kamgar and garbage collection workers. The event was jointly organized by IMA Bicholim, Bicholim Municipality, the State Unit of the National Viral Hepatitis Control Programme, and the Community Health Centre (CHC), Bicholim on Monday, 28th July 2025. The initiative focused on raising awareness and providing free screening for Hepatitis B and C among safai kamgar and other municipal staff. Participants were educated about the causes, symptoms, prevention, and the importance of early detection of hepatitis. The camp was inaugurated by Chairperson Shri Vijaykumar Natekar in the presence of several dignitaries: Dr. Medha Salkar, State Program Officer for Hepatitis, Dr. Shekhar Salkar, President, IMA Bicholim, Dr. Kaustubh Patnekar, Vice Chairperson Deepa Pal, Shri Rajaram Goankar, Mrs. Deepa Shirgaonkar, Mrs. Sukhda Teli, Adv. Aparna Foguery, Mrs. Ranjana Waingankar, Shri Sudan Govekar, Shri Riyaz Baig. Chairperson Shri Natekar urged all municipal staff to take full advantage of such health initiatives. Dr. Medha Salkar specifically advised safai kamgar to prioritize their health and take precautions while handling waste. Dr. Shekhar Salkar personally engaged with the workers and motivated them to undergo screening. The programme saw active support from municipal councillors, who helped mobilize staff and ensured smooth execution of the event. The Hepatitis Awareness Team consisted of Dr. Medha Salkar, State Nodal Officer, Shekhar Arolkar, Dr. Mrudul Naik, Pooja Narvekar, Neha Gundanwar, Rashika Gaonkar. The CHC Bicholim team of Sulochini Chandroji (EE, CHC Bicholim) & Balakrishna Sawant (Lab Technician) also conducted screenings for diabetes and anemia. 54 municipal workers were examined of which 4 were found with high blood sugar & 3 were diagnosed with anemia. All individuals were advised to seek further medical attention. Hepatitis samples have been sent to Goa Medical College for laboratory testing. The event received an overwhelming response and reinforced the importance of regular health checkups and preventive screenings for frontline workers.





## IMA CQS

### Community Service Activity

On Tuesday 1st July, 2025 on the occasion of 'Doctors Day', two of our CQS members, Dr. Geeta Kakodkar and Dr. Sunil Kakodkar were felicitated.



### Community Service Activity

On Sunday 6th July, 2025 Dr Pradnya Kakodkar delivered a talk on Lifestyle Disorders to 40 women at Maad, Bansai.



### Community Service Activity

On Thursday 3rd July, 2025 Dr Pradnya Kakodkar delivered a talk on Anemia to NCC girls of The New Educational Institute School.



### Community Service Activity

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.



### CME

Monthly CME of IMA, CQS was organised on Friday 11th July, 2025 at Chrisander Resort, Quepem. Dr. Rajaram Mahambrey talked on 'Endovenous Laser Treatment for Varicose Veins'. CME was attended by 23 members of CQS.





## IMA Margao



### CME

IMA Margao had its CME on Friday 25th July, 2025 at VIVA Hotel, Malbhat. The speakers were Dr. Farida Hathiari, Dr. Victor Coelho, & Dr. Kshitija Valvaikar. They spoke on 'Insulin resistance as a disease', 'Causes, Evaluation and Management of Renal Stones', & 'Hyponatremia Demystified: A stepwise clinical approach'. It was attended by 86 members. The delegates & the speakers went home with 2 CME points each.

### Community Service Activity

IMA Margao supplied eight food baskets to newly detected Tuberculosis patients on Sunday 27th July, 2025 as part of the PRADHAN MANTRI TB MUKT BHARAT ABHIYAN.



## IMA Mormugao



### CME

IMA Mormugao conducted a CME on Monday 4th July, 2025 at Hotel HQ, Vasco at 8.00pm. The speakers were Dr. Raghuram Bhat, Consultant Nephrologist, & Dr. Antonio Figueiredo, Consultant Neurosurgeon. They spoke on the topics 'CKDu- the emerging global health threat', & 'Use of Neuronavigation in Neurosurgery-case based approach'. The meeting was attended by 46 members.



## IMA Mormugao



### Community Service Activity

Dr. Ana Pereira, Consultant Dermatologist, Dr. Lorraine D'Sa, Consultant Pediatrician, and Dr. Ruth Viegas, Consultant Physician, conducted 2 programmes at St. Andrew's School ICSE, Vasco on Thursday 3rd July, 2025 for high school students and on Saturday 5th July, 2025 for parents and primary students. They spoke on the topics (1) Sugar - the bitter truth, & (2) Sankalp - sampoorna swasthya.

514 students, parents and 80 staff benefitted from the same.

### Community Service Activity

Dr. Sujata Kuvelkar conducted a COLS/CPR training workshop at First Cry School, Chicalim for 20 staff members.



### Community Service Activity

Dr. Lorraine D'Sa, Consultant Pediatrician, and Dr. Ana Pereira, Consultant Dermatologist, spoke on 'Nutrition in Children' at the PTA AGM at St. Theresa's High School, Vasco on Saturday 19th July, 2025. It was attended by over 800 parents.





## IMA Mormugao



### Community Service Activity

Dr. Brendan Peroz, Consultant Pathologist, held a First Aid training talk and CPR workshop for 70 members teaching in technical institutes pan India via hybrid mode as part of a 5 day safety workshop in association with NITTTR, Goa extension branch on Monday 14th July, 2025.

## IMA Tiswadi

### CME

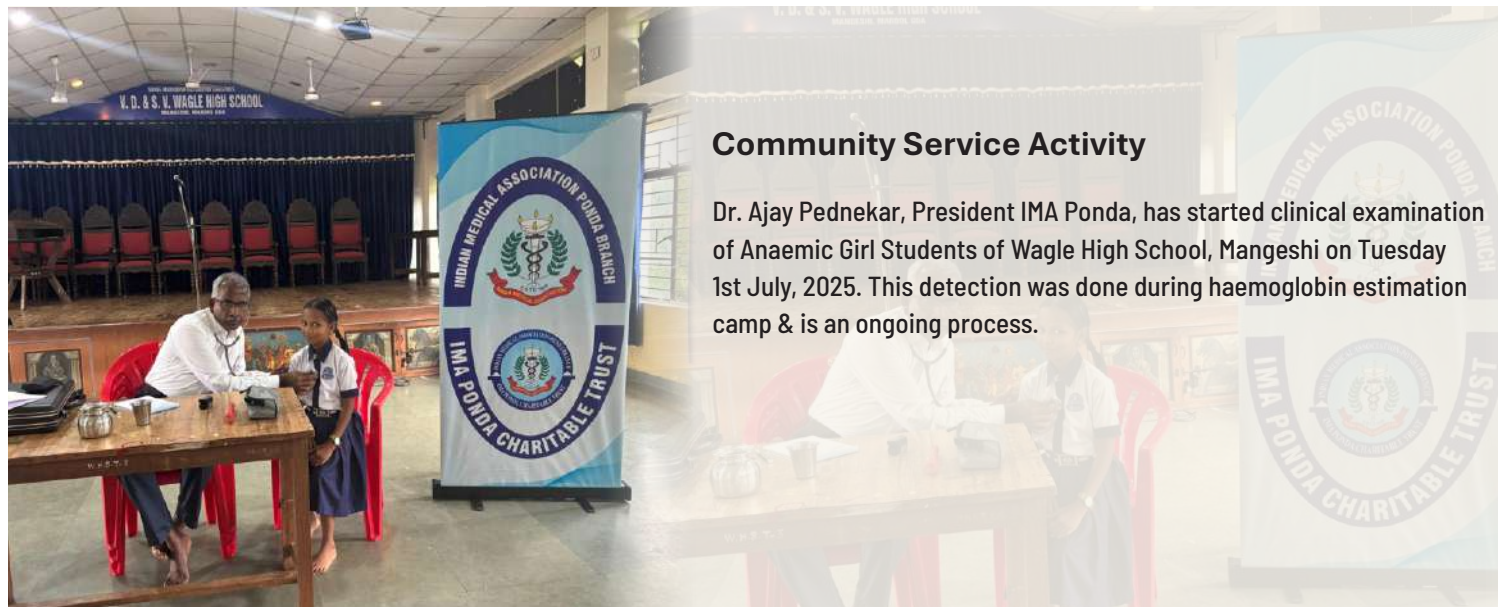
A CME was organised by IMA Tiswadi on Friday 11th July 2025 at Hotel Delmon Panaji, 8 pm onwards. The Guest Speaker was Dr. Jose Filipe Alvares, Consultant Gastroenterologist, who spoke on 'Current management of H. Pylori Infection'. The lecture was of 1 hour duration, 60 members attended the same. The CME was accredited with 1 credit point by the Goa Medical Council.

### CME

A CME was organised by IMA Tiswadi on Saturday 26th July 2025 at Hotel Delmon Panaji, 8 pm onwards. The Guest Speaker was Dr. Padmanabh Rataboli, Professor and Head, Department of Pharmacology, Goa Medical College who spoke on 'Pharmacovigilance in Clinical Practice'. The lecture was of 1 hour duration, 84 members attended the same. It was accredited with 1 credit point by the Goa Medical Council.



## IMA Ponda



### Community Service Activity

Dr. Ajay Pednekar, President IMA Ponda, has started clinical examination of Anaemic Girl Students of Wagle High School, Mangeshi on Tuesday 1st July, 2025. This detection was done during haemoglobin estimation camp & is an ongoing process.

### Community Service Activity

Doctor's Day Celebrations were held at the Dnyanada Auditorium, Dilasa on Tuesday 1st July, 2025. Doctor's felicitated for their contribution to medical field were :

- Dr. Suraj Kanekar,
- Dr. Pandurang Marathe,
- Dr. Gajanan Naik,
- Dr. Asha Thakar

Felicitations of meritorious children of IMA Ponda members was done at the event. Chief Guest for the programme was Dr. Dattaram Desai, President IMA Goa.



### Community Service Activity

The weekly health check-up organized by IMA Ponda, IMA Ponda Charitable Trust, IAP Goa State and Adolescent Health Cell of IMA Goa State was held at Matruchaya on Wednesday 2nd & 9th July, 2025. Dr. Purnima examined 12 children of which 6 were new borns and 6 toddlers. Also followed up 2 adolescents and reports of 2 new admissions. Medicines were sponsored by Matruchaya & IMA Ponda Charitable Trust.



## IMA Ponda



### Community Service Activity

Dr. Ajay Pednekar completed clinical examination of 51 girl students of Wagle High School, Mangeshi who were detected to be Anaemic during screening camp. Necessary dietary advice and treatment were given. Clinical examinations were done from Saturday 5th to Tuesday 8th July, 2025.

### Community Service Activity

A talk was given by Dr. Purnima Usgaonker on Guru Purnima, Thursday 10th July, 2025 on 'Health & Hygiene' and 'Diarrhea in children' at The Stop Diarrhoea Campaign organized by Government School Akarwada, Government School Khede, Priol and Government Schools of Mardol & Mangeshi in association with IMA Ponda, IMA Ponda Charitable Trust, IAP Goa State, Adolescent Health Cell of IMA Goa State. It was attended by around 70 people including children and parents. The Head Mistresses of all the schools also participated. The talk was followed by discussion and questions. Self authored books on Tips on Family Health in English, and Kutumbswasthyachi Gurukilli in Marathi were presented for the school libraries by Dr. Purnima.



### Community Service Activity

Dr. Ajay Pednekar examined 12 patients during fortnightly medical check up at Balkalyan Ashram, Talauli on Saturday 12th July, 2025 between 5.30pm to 7.30pm. BP and RBSL was checked in adult patients. Medicines were given to the needy.





## IMA Ponda



### Community Service Activity

IMA Ponda, IMA Ponda Charitable Trust & Dr. Dhaimodker's GGVTC First Aid Training Academy organized 'Orientation programme on First Aid' & 'Disaster Management Training' on Saturday 12th July, 2025 from 9.00am to 5.00pm. The dignitaries on the dais for the inaugural function were Dr. Ajay Pednekar, President IMA Ponda, Dr. Santosh Usgaonker, Chairman IMA Ponda Charitable Trust, Dr. Subhash Shikerkar, Vice Chairperson Academy Examination Board, Dr. Smita Parsekar, Chairperson IMA Ponda DMC, Dr. Vallabh Dhaimodker, Head & Training Officer Academy. Following a welcome address by Dr. Ajay Pednekar, the dignitaries lit the traditional lamp. It was followed by addresses by Dr. Smita Parsekar, Dr. Santosh Usagonker, Dr. Subhash Shikerkar. Vote of thanks was given by Dr. Vallabh Dhaimodker. 74 participants attended the programme.

### Community Service Activity

Dr. Nutan Dev was invited to give a talk at S. S. Samiti High School, Dhavali, Ponda in association with Inner Wheel Club of Ponda to the girl students of std. VII, VIII and IX on the subject 'Menstrual hygiene and care of self' on Wednesday 30th July, 2025. In all 80 students were present.

INDIAN MEDICAL ASSOCIATION  
PONDA BRANCH



### CME

IMA Ponda monthly CME was held on Saturday 26th July, 2025 at Dnyanada Auditorium, Dilasa, Farmagudi. The speakers were Dr. Amrut S. D., DM, & Dr. Sujoy Fernandes, MD. They spoke on 'Various types of Parkinsonism, and importance of early diagnosis & update on management', and 'Precision Radiotherapy in Rectal Cancer: Enhancing Outcomes and Minimizing Toxicity with Modern RT Techniques'. A total of 26 members attended the meeting.