



Indian Medical Association Goa

Doc -Talk

Monthly Newsletter

VOLUME 2 ISSUE 1

January 2025

Team IMA Goa State



President
Dr. Dattaram Dessai



Secretary
Dr. Aaron Soares



Treasurer
Dr. Shirish Mandurkar

Theme of The Year Care With Compassion : That's Palliation

IMA President's Message



Dr. Dattaram Dessai

Dear Colleagues & Friends,
Greetings from IMA Goa State!
It gives us immense pleasure in bringing before you the monthly IMA newsletter containing activities carried out by IMA GOA STATE and all seven branches. Some interesting articles, upcoming events will also form a part of this newsletter. Best of luck to the editing team and wish good reading for IMA members.

From the Editor's Desk



Dr. Vrushali Prabhudesai

Hi ,

Welcome to the new term & new team of IMA Goa...

President Dr. Dattaram Desai, Secretary Dr. Aaron Soares, Treasurer Dr. Shirish Mandurkar. It is with a sense of contentment that I bring to you the first issue of 'Doc Talk' for this year.

In our fast changing & ever unreliable world, it is upon us as the knowledgeable elites of the society to spread love, to weed out ignorance, to applaud honesty, to promote excellence. As fakery & mockery increasingly take over reality, let us don the mantle of responsibility.

IMA Ponda, as with other branches of IMA, stands committed to the betterment of the society as a whole & to our fraternity in particular. Health and happiness are the same side of the same coin. Let us not flip the coin to wealth & worry. In our quest to see the community safe and sound may we remember our bodies need to be safe and sound as well.

Wishing you all lots of smiles & lots of cheer.

We can't afford any less.



Doc -Talk

Care With Compassion : That's Palliation

END OF LIFE ? NOT QUITE.....

End of life means the final stages of a person's life, often characterised by a terminal illness or condition. It encompasses the period leading up to death & includes people whose death is imminent such as people with cancer, dementia, and motor neuron diseases.

End of Life Care (EOLC) is the care given to people who are near their end of life and have stopped treatment to cure or control their disease. EOLC includes physical, emotional, social and spiritual support to patients and their families. The goal of end of life care is to control pain and other symptoms so as to make the patient as comfortable as possible. By focusing on the person's physical, emotional, social and spiritual needs, end of life care centres help individuals live their remaining time to the fullest and die with dignity while also providing valuable support to their families during their difficult times helping them cope with grief and loss. EOLC includes Palliative care, Spiritual care and Hospice care also called Comfort care.

Who needs end of life care

It is typically needed by individuals who are in the final stages of a terminal illness or have conditions that are expected to significantly shorten their life expectancy.

Below are a group of people who may need end of life care ..

- . Advanced cancer no longer responding to treatment,
- . Severe heart disease,
- . Chronic lung disease such as COPD or pulmonary fibrosis,
- . End stage kidney disease not responding to dialysis or other treatment,
- . Neurological conditions viz. Alzheimers, Parkinson's or other neurodegenerative diseases where patients experience severe cognitive decline,*
- . Old age and frailty with declining physical & mental functions, or age related illnesses like osteoporosis,
- . People with progressive diseases like motor neuron disease, multiple sclerosis,
- . Patients with severe & irreversible brain injury, coma or irreversible brain damage with little or no chance of recovery.

Key aspects of End Of Life Care

Palliative Care – focuses on relieving symptoms without trying to cure illness. The goal is to improve quality of life and provide comfort with dignity,

Hospice care – for patients nearing end of life and no longer seeking curative treatment. It offers team based approach including doctors, nurses, social workers and volunteers. It can take place at home, in a hospice facility or hospital,



Doc -Talk

Care With Compassion : That's Palliation

Advance care planning – This involves discussion about future medical care and treatment preference ensuring that individuals wishes are respected during end of life decision making,

Emotional & Psychological support – support of patients and their families, helping them cope with emotional challenges of end of life including counseling therapy and support groups,

Spiritual care – for those who seek spiritual or religious support,

Ethical Decisions – entails making decisions about medical interventions, when to transition from curative care to palliative and enabling patient confidentiality.

Role of government

Government rules on end of life care are aimed at ensuring that patients receive compassionate and respectful care, that their rights and wishes are honoured and ethical, medical and legal standards are met. These regulations aim for dignity & quality of life in final stages, and guide both healthcare providers and families in making decisions during difficult times. The rules and policies regarding end of life care vary from country to country, and even region to region within a country.

Government of India has taken steps to address EOLC focusing primarily on palliative care. NPPC (National Programme for Palliative Care) in India is a government initiative aimed at providing comprehensive palliative care services to patients with life limiting illness. The Ministry of Health n Family welfare, Govt of India constituted an expert group of palliative care which submitted it's report 'Proposal of Strategies for Palliative Care in India' in November 2012. On the basis of the report an EPC (Empowered Programme Committee) was formed.

DILASA, in letter & spirit

IMA Ponda is an active participant in EOLC & extends it's support through it's dedicated network of trained personnel at Dilasa, Farmagudi Goa.

Dilasa is a first of it's kind project in the state of Goa & second in the country to be run by Indian Medical Association. It is built and managed by IMA Ponda Charitable Trust, an autonomous body of IMA Ponda life members. It was inaugurated in Dec 2018 & became operational from August 2019.

Dilasa is equipped with 25 bedded in patient ward/s, out patient wing, a pharmacy with NDPS licence, ambulance, utility vehicle for domiciliary visits, and 24/7 nursing and care-giver facility. A training hall and catering unit for inmates are valuable add-ons. Training is given to doctors, nurses, care-givers, paramedical and associated staff.



Doc -Talk

Care With Compassion : That's Palliation

Dilasa is funded through grants from Directorate of Social Welfare, Govt of Goa, SBI Foundation, generous donations from IMA members & wellwishers, and nominal service charges from inmates.

Please come, join us in our efforts to add life to years ...www.dilasapalliativecare.in

Dr. (Mrs.) Vrushali V. Prabhudesai



Mohan Singh Oberoi, Chairman of Oberoi Group of Hotels, was once denied entry to Hotel Cecil, Shimla. He ended up buying it.

'Nobody cares about your story till you win, so win'.



Doc -Talk

Care With Compassion : That's Palliation

Branch Activites

IMA Goa State



Finance Commission Stakeholders Meeting

Dr. Dattaram Desai and Dr. Shekhar Salkar represented IMA Goa State at the stakeholder's meeting with 16th Finance Commission on 9th January 2025 at Hotel Cidade de Goa, Dona Paula.



The two pertinent issues highlighted in front of the committee were ...

- Allocation of funds for Cohort studies and research activities in healthcare.
- Streamlining a dedicated program for HPV vaccines.



IMA Goa also identified and presented the following key areas which need urgent attention and financial assistance to improve public health in the state ...

- Policy for safeguarding investments done by private healthcare sector,
- Up skilling courses for better human resources in healthcare sector,
- Door step delivery of public health services,
- Registry for specially abled children and citizens,
- Ex gratia financial assistance for palliative and end of life care centers,
- Special purpose vehicle to promote medical tourism,
- Non-communicable disease registry,
- Real time disease monitoring with help of Telemedicine,
- National and State specific grid for mental health providers,
- Emergency ambulatory services for rural areas.



Community Service Activity

An Awareness programme on Palliative Care was organised by IMA Goa State in association with IMA Ponda Charitable trust at Savoiverem on 26 th January 2025. IMA Goa State President Dr. Dattaram Dessai addressed the gathering along with Dr Santosh Usgaonkar - Chairman IMA Ponda Charitable Trust and Dr Purnima Usgaonkar - Coordinator Dilasa Palliative Care Centre.



The talk and interaction was held to improve knowledge and educate villagers about end of life care and availability of facilities. Dr Dattaram Desai announced 'Palliative care outreach initiative' to be taken up all over Goa soon.

IMA Bardez



GBM , Installation , CME

Installation ceremony of new office bearers of IMA Bardez was held on 18/01/2025 at Hotel Green Park, Mapusa at the hands of Installation Officer, Dr. Padmanabh Rataboli. It was attended by 60 members & was followed by GBM and CME.



Doc -Talk

Care With Compassion : That's Palliation



Topics of CME were ...

- 1) Declining Fertility in Goa : Speaker Dr. Sachin Narvekar
- 2) Human Meta Pneumo virus : Speaker Dr. Anita Velingkar

Credit points : 1



Community Service Activity

IMA Bardez participated in a camp organized by the UGC Centre for study of Social Inclusion at Goa University and the Human Touch Foundation on January 24, 2025 at Virnoda. The event focused on the Kathkari Tribal community, represented by 15 families facing severe socio economic challenges. Dr. Jessica Pinto, Dr. Sunaina Thakur, and Dr. Sachin Narvekar joined doctors from Goa Dental College in attending to about 50 participants. The Kathkari Tribals, historically plantation workers and monkey catchers (Vanarmaris), live in poor conditions with inadequate shelter, earning just Rs. 200 daily. Early marriages (15-18 years) are common, with many deliveries occurring at home. Most women have two children by age 21. Their children suffer from malnutrition and nutritional deficiencies. Despite their struggles, they remain socially marginalized and unrecognized as a Scheduled Tribe.



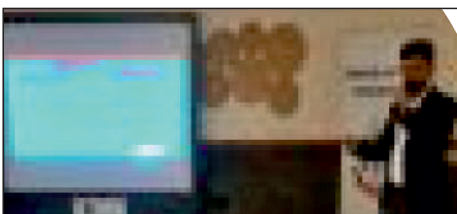
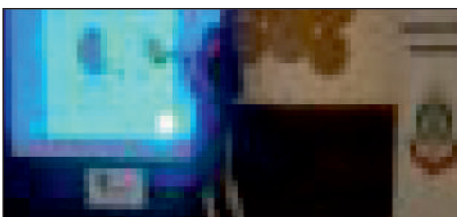
A cervical cancer screening camp was organized by Vision Hospital between 27th to 31st January 2025 at hospital premises in association with IMA Bardez doctors, Dr. Sachin Narvekar, Dr. Priyanka Dhavjekar, Dr. Dattaram Gawas. Around 4 patients were screened by each doctor daily. More such camps are being planned in the future.

IMA TISWADI



CME

IMA Tiswadi successfully arranged physical CME on Saturday 11th January at 7:30 PM at Caculo Banquet Hall, Panaji. Dr Amrut S D, Consultant Neurologist presented updates on the role of Anti - coagulation in Ischemic Strokes. Dr Jyoti Kusnur, Consultant Interventional Cardiologist discussed Management of Acute MI in 2024. Nearly 60 delegates attended the CME which was accredited with 1 credit point by Goa Medical Council.





Doc -Talk

Care With Compassion : That's Palliation

IMA Margao



Dr. Suraj Prabhudesai (President)
Dr. Saharsh Thorat (Secretary)
Dr. Ankush Patil (Treasurer)

Installation, CME

Installation ceremony was held on 18th January 2025 at Hotel Viva, Malbhat, Margao. Chief Guest was Miss Bela Narcinva Naik (President of District Consumer Disputes Redressal Commission, Porvorim, North Goa).

It was followed by CME. Speakers were :

- 1) Dr Antonio Figueiredo (Neuro and Spine Surgeon),
Topic - Use of neuronavigation in Neurosurgery, case based approach
- 2) Dr Pawan Onkar Rajurkar (Orthopaedic Surgeon),
Topic - Osteoarthritis. The CME was attended by 83 delegates.
CME accreditation : 2 points for speakers and 1 point for delegates.



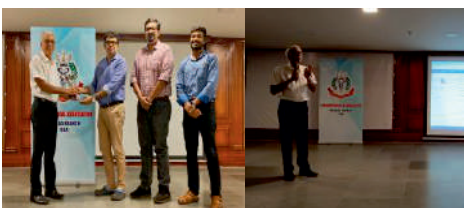
COVID Martyrs Day

COVID Martyrs Day was observed on 30th January 2025 at 7pm at ' Sunshine Hospital, Margao.



Pradhan Mantri TB Mukht Bharat Abhiyan

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



Orientation Program for NMR

Orientation Programme for NMR. Registrar of Goa Medical Council, Mr Gajanan A. Keni was invited to address the doctors of IMA Margao to guide them in the NMR process. The talk was attended in large numbers and all queries were resolved.



2nd CME

A 2nd CME was held on 31st January at South Goa District Hospital, Margao.

Speakers :

- 1) Dr Sunny Kamat (Orthopaedic and Spine Surgeon),
Topic : Approach to Endoscopic Spine Surgery, case based approach
- 2) Dr Amrut Dhullapnnavar (Neurologist),
Topic : Approach to Atypical Parkinson's Disease, Original and interesting case videos. 98 delegates attended.
CME Accreditation: 2 points for speakers and one point for delegates.



Doc -Talk

Care With Compassion : That's Palliation

IMA CQS



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

A CME was conducted on 10 Jan 2025 at IMA CQS Hall, Curchorem. It was attended by 29 members. Dr. Uday Kakodkar, HOD Department of Respiratory Medicine, GMC, gave a talk on 'Preventive TB and Cy-TB.'

IMA MORMUGOA



Community Service Activity

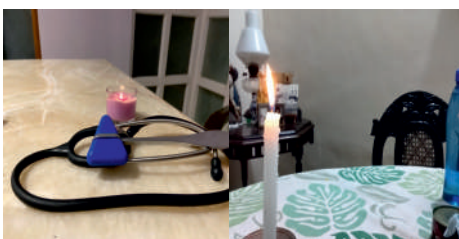
A General health checkup camp was held by Dr. Ana Pereira and Dr. Ruth Viegas on 15th January 2025 at Anand Chambers, Vasco. 48 people were screened for diabetes and hypertension.



CME

A CME was held on 17th January 2025 at Hotel Flora Grand, Vasco. 41 members attended. Dr Anuradha Suryawanshi introduced 100 days TB campaign and urged screening of vulnerable population. Speaker for CME was Dr. Mahadeva Swamy B C, Consultant Hematologist and Hemato - Oncologist.

Topic: Approach to Thrombocytopenia & Introduction to Bone Marrow Transplant



Covid Martyr's Day

Covid Martyr's Day was observed on 30th January 2025 from 7pm to 8pm by lighting a candle.



Doc -Talk

Care With Compassion : That's Palliation

IMA BICHOLIM

New Committee



President
Dr. Shekhar Salkar



Secretary
Dr. Vikas Shirodkar



Treasurer
Dr. Medha Salkar

Community Service Activity

The Goa Police organized a mental health workshop, 'Manas Mentors,' at its headquarters in collaboration with Vianaar Group, IMA Goa State, IMA Bicholim and Sangath NGO on 23rd January 2025 as part of the 'Manas Mentors' initiative and the 'Swasth Police - Sashakth Police' campaign, launched by the Hon'ble Chief Minister of Goa in December 2024. 370 personnel participated virtually from 67 police stations. 35 senior officers attended in person, including DGP Shri Alok Kumar (IPS), DIG HQ Shri Ajay Krishan Sharma (IPS), DIG Range Smt. Varsha Sharma (IPS), Senior SPs, SPs, and DySP-level officers.

DGP Shri Alok Kumar (IPS) thanked Vianaar, IMA Goa State, and Sangath for their support. Dr. Shekhar Salkar (IMA Bicholim President) emphasized the importance of mental health. Dr. Dattaram Desai (IMA Goa State President) committed to seeing the program through. Ms. Tanushri from Sangath led a session on stress management and resilience. Mr. Jones Samuel (Vianaar PRO) announced the upcoming 'Swasth Police - Sashakth Police' program. This initiative will focus on physical well-being of North Goa Police personnel. Implementation begins in February 2025 in partnership with: IMA Bicholim, Telemedicine Society of India, Goa Chapter and financially supported by Vianaar Group.

IMA PONDA

Installation Ceremony, CME

The Installation Ceremony of the state executive committee was held on 15th December 2024 at Hotel Menino Executive, Ponda. Dr Chandrakant Shetye was the Chief Guest of the function. Dr Dattaram Desai as the state President, Dr Aaron Soares as the state Secretary and Dr Shirish Mandurkar as the state Treasurer took over the reins from the previous committee.

It was followed by talks on 'Common Errors in Prescription Writing' by Dr Padmanabh Rataboli (HOD, Department of Pharmacology, Goa Medical College) and on 'Spirituality and Medicine' by Mr Riyaz Bharucha (Spiritual Philosopher, Vedanta Academy). 110 people attended the function including doctors and members of the press.



National Recognition

National Award For Best President Was Presented To Dr. Suraj Kanekar.





Doc -Talk

Care With Compassion : That's Palliation



Registration Renewal

Society Registration of Indian Medical Association Ponda Branch was renewed on 3rd January 2025.



Community Service Activity

Health check-up camp under Aao Gaon Chale Abhiyan by IMA Ponda and IMA Ponda Charitable Trust in association with Matruchaya Seva 25 and IAP Goa State was held at Matruchaya premises on 8th January 2025. Dr Purnima Usgaonkar examined 17 children, 3 adolescents and 1 adult. Attention to personal hygiene was stressed upon. Dr Purnima prepared a list of recipes for age groups up to 5 yrs. Medicines were sponsored by Matruchaya and IMA Ponda Charitable Trust.



Community Service Activity

IMA Ponda in association with Ameya Higher Secondary School Curti and JCI Ponda had a one on one interaction with students of 11th standard. Around 80 students participated. A talk was given by Dr Nutan Dev on HIV AIDS. Further she gave a topic to students to write an essay on this year World Aids Day theme... 'TAKE the right path..My health is my right'.



Community Service Activity

Regular weekly health checkup under Matruchaya Aao Gaon Chale Abhiyan of IMA Ponda and IMA Ponda Charitable Trust under Seva 25 and IAP Goa State was held on 15th January 2025. Dr Purnima examined 18 children. Medicines were sponsored by Matruchaya and IMA Ponda Charitable Trust.



Community Service Activity

A multispeciality camp was organised at MIBK High School, Khandepar in collaboration with extension cell of PES College Ponda, Curti Khandepar Panchayat, IMA Ponda, IMA Ponda Charitable Trust and Aao Gaon Chalen cell of IMA on 19th January 2025. The camp was inaugurated by Hon Minister Mr Ravi Naik and councillor Mr Ritesh Naik. They thanked the IMA team for their support and participation.



Doc -Talk

Care With Compassion : That's Palliation



A total of 130 people were examined by a team of doctors from different specialities. The participating doctors were Dr Aaron Soares - Ortho, Dr Amrita Shenoy and Dr Akshata Baliga - Skin, Dr Laxmikant Naik - ENT, Dr Lalana Bakhale - Cardiology, Dr Ajay Pednekar - Physician, Dr Santosh Usgaonkar - Paediatrician, Dr Purnima Usgaonkar - State coordinator Aao Gaon Chale Cell, Dr Santosh Naik - Surgeon, Dr Samidha Khandeparkar - Lab Investigation, Dr Shweta Khandeparkar - Ophthal.



Community Service Activity

World Girl Child day was observed by IMA Ponda and the Trust in association with Indian Academy of Paediatrics Goa State Chapter and Adolescent Health Cell of IMA Goa State on 24th Jan 2025. A talk on Girl child Health and Wellbeing was given by Dr. Purnima Usgaonkar at Balika Kalyan Ashram, Talaulim. It was attended by 40 girls and their 6 teachers. Dr. Purnima Usgaonkar highlighted the importance of a girl child and the care to be taken right from the antenatal period of her birth till womanhood. HPV vaccine and other measures of preventing various diseases were also discussed.



Installation, CME

Installation Ceremony of Ponda Branch was held on 24th January 2025 at IMA Hall, Ponda, with Dr. Ajay Pednekar as President, Dr. Rakesh Deshmane as Secretary, Dr. Kirti Desai as Treasurer.

It was followed by monthly CME. Dr Manish Khushe Consultant Endocrinologist gave a talk on 'How Indian Diabetics are Different'. 35 delegates attended.



Community Service Activity

IMA Ponda and IMA Ponda Charitable Trust participated in the monthly camp organised at Nageshim temple. Digamber Kamat MLA Margao and CA Rajendra Bhohe graced the inaugural ceremony. Dr Lalana Bakhale, Dr. Vandana Patankar, Dr. Manish Debsikdar, Dr. Suraj Kanekar, Dr. Vallabh Dhaimodkar, Dr. Ujjawal Kapadia participated in the camp. There were 67 beneficiaries. HbA1c was done in 10 people. Antidiabetics and antihypertensives were given. Spectacles were distributed to those who had undergone screening during December 2024 camp. Republic day was observed.



Doc -Talk

Care With Compassion : That's Palliation



Community Service Activity

Dr Ashok Amshekar delivered a lecture on Basic Life Support and First Aid at Unity High School, Valpoi on 31st January 2025 which was attended by 40 students.

UPCOMING CONFERENCES / WORKSHOPS

Field	Conferences/ Workshops
Orthopaedic	TOSACON 2025 10th annual conference of TOSA Hyderabad, 14th - 16th February 2025, Venue: HICC Novotel, Hyderabad
Anesthesiology	28th Annual Conference of Indian Association of Cardiovascular and Thoracic Anaesthesiologists (IACTACON 2025) on Feb. 20 - 23, 2025 Ernakulam, Kerala, India.
Neurology	15th Asian & Oceanian Epilepsy Congress, February 20-23, 2025. Venue: New Delhi, India 13th Annual Conference of Neurological Surgeons Society of India. 28th Feb, 1st & 2nd March 2025, Workshop Venue : AIIMS, Rajkot, Conference Venue : Regency Lagoon Resort, Rajkot
Gastroenterology	MahaISGCON, Annual Maharashtra State Chapter meeting, March 1-2, 2025. Venue: Hotel St Larn, Shirdi
Cardiology	6TH World Hypertension Congress 2025, 7,8 & 9th March 2025, Chennai Trade Centre, Chennai
Gynaecology	IAGE AAGL 2025 Conference, 14th to 16th March 2025 at the J W Marriott, Pune
Pulmonary	AIIMS PULMOCRIT 2025, Update in Pulmonary, Critical Care & Sleep Medicine Workshop on Basic & Advanced Ultrasound in Critical Care 20-23 March 2025 , All India Institute of Medical Sciences New Delhi, India



Doc -Talk

Care With Compassion : That's Palliation

IMA GOA STATE BRANCH CELLS - 2025

ORGAN DONATION		
Name of Authority	Contact Number	Email ID
Dr. Amol Mahaldar	9404756959	dramolmahaldar@gmail.com
ADOLESCENT HEALTH		
Name of Authority	Contact Number	Email ID
Dr. Purnima Usgaonkar	94224 37596	purnusg@gmail.com
PHARMACO VIGILANCE		
Name of Authority	Contact Number	Email ID
Dr Padmanabh Rataboli	9822386263	ratabolipadmanabh@rediffmail.com
MEDICAL STUDENTS NETWORK		
Name of Authority	Contact Number	Email ID
Dr. Jagdish Kakodkar	9823928743	jkakodkar@hotmail.com
IMA WEBSITE		
Name of Authority	Contact Number	Email ID
Dr. Anil Mehndiratta	9823017806	anilmehndiratta@rediffmail.com
BIOMEDICAL WASTE REDRESSAL COMMITTEE.		
Name of Authority	Contact Number	Email ID
Dr Manoj Prabhudesai	98235 74626	drmanojprabhudesai@gmail.com
LEGAL CELL		
Name of Authority	Contact Number	Email ID
Dr Shailesh Kamat	98221 56847	shainami@yahoo.com
AAO GAON CHALE		
Name of Authority	Contact Number	Email ID
Dr Dattaram Dessai	94238 82072	dattaram.desai@gmail.com
DISASTER MANAGEMENT COMMITTEE		
Name of Authority	Contact Number	Email ID
DR J. S. N. Ravi Krishna	9823132030	cmo@mptgoa.gov.in
COLS		
Name of Authority	Contact Number	Email ID
Dr Sandip naik	9825134365	sandsaproopa@gmail.com
CEA COMMITTEE		
Name of Authority	Contact Number	Email ID
Dr Mithun Mahatme	9822488802	mithunmahatme@gmail.com
Dr Shailesh Kamat	9822156847	shainami@yahoo.com
Dr Suraj Prabhudessai	7020173718	surajprabhudessai@gmail.com
DR Shekhar Salkar	9822485769	salkar.shekhar@gmail.com