



Indian Medical Association Goa

Doc Talk

Monthly Newsletter
Volume 2 Issue 11

November 2025



Care With Compassion: That's Palliation

IMA President's Message



Dr. Dattaram Dessai

Greetings from IMA Goa State!

"ANTIMICROBIAL STEWARDSHIP" is a very important issue for all of us as if we do not use 'Antibiotics' rationally, we might be facing a disaster in future. After the invention of the 1st antibiotic Penicillin in 1928, scientists have been able to invent only 100 new antibiotics. If irrational use of antibiotics is not curtailed, we might be helpless akin to soldiers on battlefield fighting war without weapons.

Another issue of Hospital Safety also haunts hospital owners. Recent incident of an inferno in a renowned hospital was heartbreaking when fire broke out in the NICU and 18 infants were charred to death. Oxygen filled atmosphere, tense situation in ICU and poor infrastructure all add up to cause these disasters.

Both these topics were discussed at 2 different CMEs of Goa State IMA during the month of November. I hope our IMA members pay special attention, and avoid hospital casualties and antibiotic resistance.

Next issue of Doc-Talk will be our last issue. Let us talk next month.

From the Editor's Desk



Dr. Vrushali Prabhudesai

Hi,

It is the time of the year when old resolutions be forgotten, forgiven and new resolutions be made. The time of the year to look back to help us look ahead. The time of the year to chill, both literally and figuratively.

SO CHILL ...



Indian Medical Association Goa

Doc Talk



Care With Compassion: That's Palliation

IMA Ponda Charitable Trust ... from Assurance to Action



Dr. Santosh Usgaonker

The IMA Ponda Charitable Trust is dedicated to enhancing the quality of life for vulnerable populations through its two significant community projects: the Dilasa Palliative Care Center and the Visava Assisted Living Center. These initiatives specifically cater to senior citizens grappling with various health challenges and other individuals who require assistance with daily living activities and palliation. Over the years, both Dilasa and Visava have witnessed substantial growth, enabling them to serve an increasing number of clients in need of compassionate care.

Dilasa Palliative Care Center has expanded from its original capacity of 25 beds to now accommodate 30 inmates who are suffering from life-limiting illnesses. Many of these individuals are in unstable conditions, necessitating specialized medical care and attention. The center is committed to delivering compassionate, accessible, and holistic palliative care to individuals and their families, reflecting our mission to alleviate suffering and enhance the dignity of patients facing serious health threats.

The support we receive from our donors and the community at large has played a vital role in expanding our reach and impact. This year, we are proud to present impressive statistics that highlight the growth in the number of individuals served by our facilities. Over a span of six years, we have provided services to a total of 3,757 beneficiaries, of which 1,795 (approximately 47%) have received home care. Additionally, the In-Patient Department (IPD) has welcomed 1,093 admissions, accounting for around 30% of the total service provision, while the Out-Patient Department (OPD) has facilitated 869 visits, also forming 23% of our total services.

In the preceding year, from January to December, we supported 865 beneficiaries, which represents roughly 16% of deserving patients in desperate need of palliative care—a noteworthy increase compared to the meager 2% when we first commenced our operation. Anticipated figures for the current year suggest an even higher demand, underscoring the expanding significance of our initiatives within the community.

Such achievements are a testament to the unwavering dedication and relentless efforts of our clinical and non-clinical staff. Moreover, they reflect the critical support provided by our esteemed donors and well-wishers, which enables us to continue our mission effectively.

In addition to our statistics, we would like to highlight a recent success story that underscores the profound impact of our work. We had the privilege of caring for a patient who had suffered a traumatic brain injury secondary to a road traffic accident. Upon her admission, she presented with altered consciousness and complete lack of motor movement, reliant on a PEG tube for sustenance. Thanks to the unwavering dedication and tireless efforts of our medical team, this patient has made remarkable strides in her recovery. From being dependent on a stoma bag for nourishment, she has progressed to a point where she is now capable of feeding herself. Her newfound ability to enjoy meals and spend time outdoors, though her spoken words may be limited, is eloquently captured through the warmth of her smile and the light in her eyes. Despite having been abandoned by her family, our staff at Dilasa, supported by our generous donors, have provided her with not just medical care but also companionship, comfort, and holistic support. This story exemplifies the meaningful and transformative nature of our work, made possible through the commitment of the Dilasa team and the ongoing generosity of our supporters.

Furthermore, we are delighted to announce that the Dnyanada, Swatantraysenani Laximidas Borkar Memorial Auditorium, a dedicated learning space, is actively being utilized for educational initiatives aimed at raising awareness about palliative care and various medical fields. This state-of-the-art auditorium, designed to accommodate 150 participants with optimal acoustics, was entirely sponsored by Dr. Nitin and Mrs. Vinda Borkar, showcasing their commitment to advancing medical education within the community.

The Visava Assisted Living Center, which focuses on providing care to senior citizens, currently supports 18 inmates under the vigilant insight of physicians and caregivers. These include the senior citizens requiring stable palliative care in form of physiotherapy, psychotherapy by psychologist, regular medical care by doctors and nurses, medical social worker services towards rehabilitative activities and a wide range of required holistic care. Each resident receives a tailored balanced diet developed under the guidance of a qualified dietitian, ensuring their nutritional needs are met. Additionally, we organize a range of therapeutic activities aimed at enhancing the well-being of our residents; for instance, we recently hosted a musical program featuring by Chaturang, which provided emotional relief and joy to many of our patients. Music therapy has been shown to activate brain cells in elderly and ailing individuals by promoting the secretion of neurotransmitters, thus contributing to their overall mental and emotional health.



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Moreover, we are pleased to announce the progress of one of our ongoing development projects—the construction of an access road from the highway to the IMA charitable complex. This endeavor, undertaken with the collaborative support of the government, is poised to significantly enhance patient mobility, streamline the transportation of essential medical supplies, and improve access for families and visitors. This infrastructure will also ensure unimpeded access for emergency vehicles, including fire and ambulance services. As we look towards the future, our commitment to expanding and strengthening our services remains steadfast. Future plans include increasing the number of beds at Dilasa to better accommodate the growing demand for inpatient palliative care. Additionally, we intend to engage with government initiatives, notably the Ayushman Bharat scheme, aimed at ensuring that underserved families have access to essential financial assistance and health care resources. Together, with the support of our community and team, we aspire to make a lasting impact on the lives of those we serve.

We are pleased to share this letter in a soft copy format, as it allows us to conserve resources and channel them toward the care and comfort of our patients. I am sure you will bear with us. Once again, we extend our heartfelt thanks for your trust, goodwill, and partnership. Together, we are creating meaningful change and upholding the dignity of life.

Warm regards,

**Chairman and Trustees,
IMA Ponda Charitable Trust,
Ponda Goa 403401.**





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Doc & Talk



Care With Compassion: That's Palliation

Branch Activities

IMA GOA STATE

CME

On 16/11/2025 IMA Goa State in association with IMA Bardez conducted a comprehensive program on Antimicrobial Stewardship, featuring expert sessions on antimicrobial resistance trends, rational antibiotic use, and strategies for implementing AMS in hospitals. The event included talks by leading specialists from Goa Medical College and national experts followed by an interactive panel discussion.

The Program Topics were :

- 1) Intro to the program - Dr. P Rataboli
- 2) Emerging crisis of AMR - Dr. V Ramasubramanian
- 3) Current resistance scenario in Goa - Dr Anitha Sandhya, HOD Microbiology Goa Medical College
- 4) Defining AMS (Antimicrobial Stewardship) ... definition, program etc - Dr Madhumitha
- 5) Implementing and Monitoring AMS in your hospital - Dr. V Ramasubramanian
- 6) Rational use of Antibiotics - Dr. P. Rataboli
- 7) Panel discussion/open house - Dr Madhumitha, moderator
- 8) Conclusion

The venue was Club Gaspar Dias, Panaji. 160 delegates attended. Credit Points : 4.



Community Service Activity

World Antimicrobial Resistance (AMR) Awareness Week was observed globally from 18th to 24th November 2025. As part of this initiative, IMA Goa State in collaboration with IMA Bardez created and shared video messages by Dr. Dattaram Desai (IMA Goa State President) and Dr. Sandeep Naik (Consultant General Surgeon and IMA Bardez Member) on social media to increase public awareness. The videos highlighted the growing threat of antibiotic resistance and emphasised the important role of the public in preventing misuse of antibiotics.

IMA DMC

CME

IMA DMC Goa State in association with FSAI, Goa held a state level one day CME on 'Fire and Security Safety in Hospitals' on 23/11/2025 at Double Tree Hilton, Ribandar. Dr. Dattaram Desai, President, IMA Goa State and Dr. J. S. N. Ravi Krishna, Chairman, IMA DMC Goa State were Guests of Honour on the dais. Dr. Desai spoke about the importance of disaster management and its prevention. Dr. Ravi Krishna informed about the activities carried out by IMA DMC to create awareness in schools and colleges and industries, various mock drills conducted with State authorities and industries. He reiterated the importance of being disaster conscious, aware and self ready. Dr. Vallabh Dhaimodker was the keynote speaker and spoke on 'Hospital Security' and 'COLS'. 108 delegates from the medical fraternity and industry attended the CME.





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IMA BARDEZ

Community Service Activity

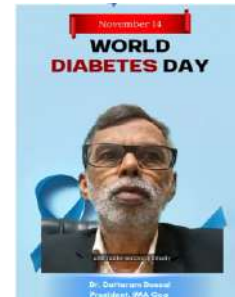
On the occasion of World Diabetes Day, Indian Medical Association (IMA) Bardez in collaboration with the Rotary Club of Mapusa, organized a Walkathon on 09/11/2025. The Guest of Honour, Dr. Chandrakant Shetye, addressed the gathering on the rising burden of diabetes in Goa and formally flagged off the Walkathon. A total of 170 enthusiastic participants, representing various age groups from children to adults, took part in the event. They walked approximately 2 km, starting from Bodgeshwar Temple, Mapusa, proceeding to Shivaji Circle, and returning to the starting point. Along the route, participants carried placards displaying important health messages aimed at raising awareness about diabetes.



Community Service Activity

14th November, World Diabetes Day, IMA Bardez created about 12 videos for PUBLIC AWARENESS ON DIABETES which were disseminated in social media. The videos focused on -

1. The rising problem of diabetes in Goa : Message by Dr. Dattatram Dessai, IMA Goa State President,
2. Diabetes types, complications : Dr. Jessica Pereira
3. Eye Care : Dr. Neil Mascharenhas
4. Foot Care : Dr. Shailesh Bandodkar
5. Prediabetes : Dr. Sachin Nandakumar
6. Diet In DM : Dr. Tejas Kamat
7. Lifestyle Changes and Stress : Dr. Preetam Kalangutkar
8. Importance of Exercise in DM : Dr. Pushker Neogi
9. ENT and DM : Dr. Sainath Pednekar
10. Heart care in DM : Dr. Tejas Kamat
11. Kidney and DM : Dr. Swapnil Arsekar
12. Pregnancy and DM : Dr. Gauri Gauns



Community Service Activity

On the occasion of World Diabetes Day 14/11/2025, IMA Bardez organized a talk on diabetes for the HSSC students of St Xaviers College, Mapusa. Dr. Swapnil Arsekar, Consultant General Physician, conducted the session. The session was focused on basics of Diabetes Mellitus and preventive measures through healthy eating and exercise. About 200 students actively participated along with their teachers.



CME

IMA Bardez conducted a comprehensive program on Antimicrobial Stewardship on 16/11/2025, featuring expert sessions on antimicrobial resistance trends, rational antibiotic use, and strategies for implementing AMS in hospitals. The event included talks by leading specialists from Goa Medical College and national experts followed by an interactive panel discussion. The program topics were :

- 1) Intro to the program - Dr. P Rataboli
- 2) Emerging crisis of AMR - Dr. V Ramasubramanian
- 3) Current resistance scenario in Goa - Dr Anitha Sandhya, HOD Microbiology Goa Medical College



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- 4) Defining AMS (Antimicrobial Stewardship) ... definition, program etc - Dr Madhumitha
- 5) Implementing and Monitoring AMS in your hospital - Dr. V Ramasubramanian
- 6) Rational use of Antibiotics - Dr. P. Rataboli
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The venue was Club Gasper Dias, Panaji. 160 delegates attended. Credit Points : 4.



Community Service Activity

The Indian Red Cross Society Bardez Branch, in association with Village Panchayat Thivim and Indian Medical Association (IMA) Bardez organised a Diabetic Awareness Programme on 16/11/2025 at Village Panchayat Hall, Thivim. The session featured an informative talk on diabetes by Dr. Tejas Kamat. As part of the programme, blood sugar testing and hypertension screening were conducted by Dr. Pradeep Korgaonkar, Dr. Divya Naik, Dr. Rachana Halarnkar, and Mr. Kuldeep Gaonkar. The following members of the Indian Red Cross Society, Bardez Branch, were present : Chairman Prof. Subhash Kauthankar, Mr. Salim Isani, Prof. Neeta Kauthankar, Mr. Shaunak Kauthankar, Mr. Shamsul, and Miss Sahana. Village Panchayat members, Mr. Shivdas Kambli and Mrs. Geeta Shelke also graced the occasion. A total of 58 people attended the programme and benefited from the awareness session and health check-ups.



Community Service Activity

World Antimicrobial Resistance (AMR) Awareness Week was observed globally from 18th to 24th November 2025. As part of this initiative, IMA Bardez created and shared video messages by Dr. Dattaram Desai (IMA Goa State President) and Dr. Sandeep Naik (Consultant General Surgeon and IMA Bardez Member) on social media to increase public awareness. The videos highlighted the growing threat of antibiotic resistance and emphasised the important role of the public in preventing misuse of antibiotics.





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CME

North Goa District Hospital along with IMA Bardez conducted a CME on "Diabetic Retinopathy" on 19/11/2025. The talk was given by Dr Rohit Shirodkar, Ophthalmic Surgeon. It was attended by 50 doctors. Goa Medical Council awarded 1 point for the CME.



Community Service Activity

IMA Bardez organised a Refresher Course on Diabetes on 30/11/2025, marking the final module in a series of five comprehensive sessions. The program was conducted in collaboration with the consultants and diabetes educators from the Endocrinology Department of Goa Medical College. The course carried 2 Credit Points and was attended by 20 participants. At the end of the module, a course assessment examination was held to evaluate the participants' understanding and knowledge gained across all five modules.





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IMA BICHOLIM

CME

IMA Bicholim had its monthly meeting & CME on 01/11/2025, 08.00 PM onwards at Lions Club Hall Bicholim. The speaker was Dr Jose Alvares, Consultant Gastroenterologist. He spoke on 'Current Management of H. Pylori Infection'.



Community Service Activity

IMA Bicholim handed over hearing aid to a girl child. Thanks to Dr. Dipak Murthy for providing the same at concessional rate. Hoping & wishing she learns to talk through good speech therapy from Sanjay School.



IMA MARGAO

CME

IMA Margao organized a CME on 28/11/2025 at NANUTEL Hotel, Margao. Dr. Jose Filipe Alvares spoke on 'Metabolic Dysfunction Associated Steatohepatitis'. 58 members attended. CME accreditation : 1 point for speaker/s, and 1 point for delegates.





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IMA MORMUGAO

CME

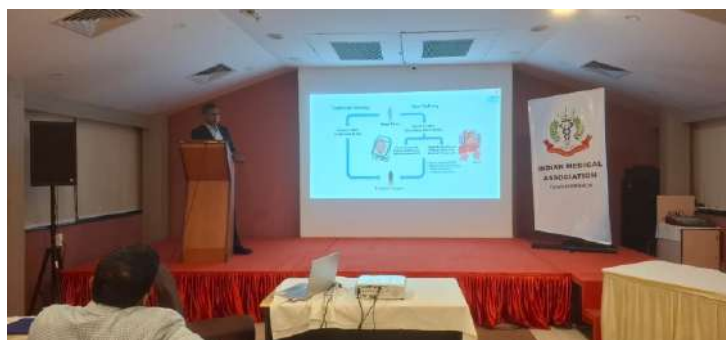
IMA Mormugao held its CME on 13/11/2025 at Hotel HQ, Vasco. Dr. Ana Monteiro and Dr. Sindhu Arjun spoke on 'Basics of Insulin therapy' and 'Diabetes & chronic kidney diseases - newer treatment modalities'. 42 members attended the same.



IMA TISWADI

CME

IMA Tiswadi organized a CME on 28/11/2025 at Hotel Delmon Panaji, 07:30 PM onwards on 'Liver Transplant Updates'. The speakers were Dr. Sandeep Satsangi and Dr. Jayanth Reddy. A total of 70 members attended the session. The event was well-received and interactive, covering critical updates in liver transplant therapies and techniques. The CME was accredited with 1 credit point by the Goa Medical Council.





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IMA PONDA

Community Service Activity

Regular weekly health checkup under Matruchaya Seva 25 and Aao Gaon Chalen Abhiyan of IMA Ponda, IMA Ponda Charitable Trust, IAP and Adolescent Health Cell of IMA Goa State was held on Wednesday, 12/11/2025 at Matruchaya. 13 kids including 8 newborns and toddlers were examined by Dr. Purnima Usgaonker. Blood and other reports of new admissions were seen and advised specially in relation to thalassemia test reports.



Community Service Activity

Weekly health checkup under Matruchaya Seva 25 and Aao Gaon Chalen Abhiyaan of IMA Ponda, IMA Ponda Charitable Trust, IAP and Adolescent Health Cell of IMA Goa State was held on Wednesday 19/11/2025 at Matruchaya. 12 kids including 8 newborns and 4 toddlers were examined by Dr. Purnima Usgaonker. 2 adolescent girls were also examined. 2 children with skin rashes were referred to Dr. Amritha, and 2 children were admitted at Usgaonkar's Children Hospital under care of Dr. Santosh and Dr. Siddhi.



Community Service Activity

Weekly health checkup under Matruchaya Seva 25 and Aao Gaon Chalen Abhiyaan of IMA Ponda, IMA Ponda Charitable Trust, IAP and Adolescent Health Cell of IMA Goa State was held on Wednesday, 26/11/2025 at Matruchaya. 10 kids including 8 newborns and 2 toddlers were examined by Dr Purnima Usgaonker. One child was referred to Dr. Parag Sawant ENT Surgeon, one child with skin rash was referred to Dr. Amritha for follow up. Babies were advised mittens for hands & feet to protect them from cold weather. 2 children, one newborn and one with respiratory infection, were admitted at Usgaonkar's Children Hospital under care of Dr. Santosh and Dr. Siddhi

