



IMA FOCUS

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IMA Karnataka State Level Athletic Meet - 2019

**Organised by : IMA Hubballi Branch
on 14th April 2019 at BVB Ground, Hubballi**

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**24 MARCH
WORLD
TUBERCULOSIS
DAY**

**"Wanted: Leaders for a
TB-free world"
You can make history.
End TB**

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ACTIVITIES GALORE



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Bangalore



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Chamarajanagr



Chikkaballapur



Gadag



Gangavathi



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Soraba

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*Editorial*

Dear IMA'ns,
Namaskar.

February 14th was Valentine's Day. When the world was in high josh celebrating the love for their loved ones, our 44 soldiers sacrificed their lives for the love of their nation @ Pulwama in Jammu-Kashmir. The nation was dumbstruck and we the medical professionals who are used to mass casualties were shocked by the etiology of it. We seem to share professional genes with our soldiers. We do surgeries to save lives and go on strikes to save our professional dignity. They wage surgical strikes to protect and uplift the nation's indemnity. We work for Ayushman bharath yojana to stop blood shed and protect people's health, while they shed their blood to protect the country and make Bharath Ayushman. IMA and its members have stood by the martyr's family and proved that we are Soldier Savvy. May the Martyrs live long in our memories. Our time came soon on 26th February. Aftermath Air attack blasting the terror camps in enemy land took India on cloud 9 and the nation went high. At this juncture, I would like to remind you all that IMA Karnataka has a program running from the past few years dedicated to providing free health aids to the soldiers and their family members – IMA NADIGE, YODHARA KADEGE. Dear members, utilize the caption for all your contributions to the needy ones and help IMA walk long to lead the way ahead.

The quiz posed for the month is KMC renewal/ re-registration. As of now, to many like me, it sounds Greek and Latin and we wish to hear officially from the officers in charge of Karnataka Medical Council and IMA in the vernacular language of the profession rather than on social media.

March 8th is International Women's Day. This is not the forum for me to debate if women are superior, inferior or equal to men as we have been tutored well in our medical schools about the differences in our chromosomes and the genetic expressions which make us different in our biological behaviors, physical and physiological outcomes. If not for this difference, the world would be a clone of clowns. The nature is sane in not permitting it. IMA has always had woman contributing to its core strength though not many were occupying the designations in the official chairs. IMA Karnataka has been a pioneer state in introducing the reservation to the post of Woman Vice President and now, many wise women are in a row

to fill the chairs in the state office. With all my humbleness, I take pride in being the first woman editor for the prestigious IMA Focus. Now, IMA head quarters is paying much attention to Woman Doctors Wing and Karnataka is on the go. Karnataka woman doctors have always nurtured IMA and my column – “Woman With Wings” is locus classicus. I feel a vacuum in this edition for not writing the column but, have meaningfully filled the void by thoughts from my lady colleagues to make it a women's day special, which is titled “WE THE WOMEN” I thank them for their expressions. I did not get any thoughts from IMA men and I take it for granted that it's a safer norm for men to be silent. Yes, it is a bitter sweet experience to be a woman and learn the ropes. I really do not know if men are from Mars and women are from Venus, but all we know at this time is we are humans existing on earth to prove ourselves by utilizing the opportunities provided to us at the given circumstance.

I wish all the colorful women and the men who bring colors into the lives of woman, a very happy and meaningful International Women's Day.

Awaiting your Annotations,

YOUR SUGGESTIONS ARE OUR STRENGTH.

LONG LIVE IMA.

- Dr Vani Kori

HFC Details (Membership Fee)

As per IMA Head Quarters Instruction Increase in HFC from 01-04-2019 vide Head Quarters Letter no. IMA/HFC(4)/1439 Dated 12-02-2019 Increase at the Rate of 15% of the Current HFC Instead of the mandated 20% on every 4th year the last HFC hike was on 01-04-2016.

Particulars	Amount to be collected by Local Branch	Amount to State Branch	Amount Retained by Local Branch
Single Life	17,610/-	13,820/-	3,790/-
Couple Life	23,688/-	18,872/-	4,816/-

Hon. State Secretary

IMA PRAYER

May everybody be happy
May everybody be healthy
May everybody be free from pain
May everybody be free from sorrow
May we be the healing cure
Beyond every greed & lure

FLAG SALUTATION

We, the members of Indian Medical Association stand here to salute our national flag.
Its honour and glory shall be our light and strength and its course shall be our course.
We pledge our allegiance to it and realizing our responsibilities as the accredited members of this national organization, we swear we will dedicate everything in our power to see it fly high in the comity of nations.
Jai Hind ! Long Live IMA!



President's Desk

My Dear IMA Family Members,

At the very outset let me pay heartfelt

homage to our brave soldiers who laid down their lives during the Pakistani terrorists' attack at Pulwama. The sacrifice of our soldiers who guard the borders of our nation is unmatched. Many IMA members have come forward to extend free medical services to the soldiers' families which is highly commendable.

Once again I request to all the members of IMA to induct more and more life members into the IMA fold before 31st March 2019. There will be a 15% hike of life membership fee from 1st April 2019.

Many branches have done end TB program activities but the reports are awaited. I request all the district level branches to conduct the end TB program and join hands in eliminating TB by conducting CME, by bringing awareness regarding appropriate recording and reporting. Please do prepare report of your branch program in the specified format, send the hard copy of the same at earliest to IMA KSB and avail of the financial assistance from national IMA HQ.

Long Live IMA

- Dr. Annadani M Meti

Secretary's Desk



Dear friends,
Greetings from IMA-KSB. On behalf of IMA-KSB I express my deep sorrow and condolences to the brave army personnel who have lost their precious lives at Pulwama Kashmir. We should pray God to keep their souls rest in peace.

I wish all our beloved members and families happy Shivaratri. This will be the second digital version of the IMA Focus.

As a secretary I once again thank all the president and secretaries of the local branches for the unity they have showed towards All India protest against three bills

- 1) NMC bill
- 2) Consumer protection act
- 3) IMC act

With repercussions from all over India, all three bills will be passed to the next government to take the important decisions. We have to gear up again to protest for the interest of our community.

Last month we have intimated all local branches to conduct End TB programme in their branches before 15/2/2019 and send the report so that expenses will be reimbursed, request all the presidents and secretaries of all the local branches to send the report as early as possible. We are getting other important day in the month of March, international women's day, hope all the local branches will have some memorable activities that day. I wish all our lady doctor fraternity happy women's day. Request all the local branches to identify talented lady doctors in your locality and give them some more responsibility for the welfare of our association.

We have asked to fill the proforma about atrocities on the doctors, please complete the work as early as possible.

Jai Hind. Jai IMA.

- Dr. S. Srinivasa



We the Woman

Namaskara,

To interact with you all members of IMA family through this digitalized IMA-Focus Edition for the first time after taking charge as one of the Vice-Presidents of IMA-KSB is indeed a privilege.

Let me thank our Editor IMA-Focus Dr.Vani Kori for this opportunity and also congratulate her for the excellent & enthusiastic articles in IMA-Focus. Great going Vani, keep it up.

At this point of time, my mind is clouded with memory of tragedy at Pulwama in Kashmir- those young lives lost for no fault of their own, other than guarding the 'Line of Control' which has never become a Border & hence a source of conflicts since last 70 years. "Rest in peacesoldiers"

In the same vein, conflicts & issues are many in our medical field too with no solutions seen in near future. NMC, CPA & IMC Amendment Bills have at present gone into hibernation, thanks to our unity and persistent protests. Yes, "Unity is Strength". We are working on KPMEA 2017 regulations and violence against medical professionals to find some solutions.

"Womens Day" on March 8th is fast approaching and national chairperson Dr.Mona Desai of IMA WDW has urged us to celebrate women's day in a uniform fashion across the country from 3rd to 10th march at branch level. I will be posting the details to individual branches.

Theme of IWD 2019 is "Think Equal", "Build Smart" & "Innovate for change"

Let's focus on innovative ways by using technology for our advantage to create Gender-responsive designs and innovations to achieve transformative gains for society.

Lady Doctor's conclave is being planned as a mega event in May-2019 when all women doctors of Karnataka are coming together in one day, conclave of talks, interactive sessions, and deliberations on issues related to personal and professional areas. We are planning in a big way and I promise, the conclave is going to be a fun filled and enlightening experience to all. Please do contact me for details and encourage all women doctors to participate. I shall come back with details in next issue of IMA- Focus.

"All for one and one for all, united we stand divided we fall"

Dr. Aruna Kamineni
Vice President, IMA KSB



We the Woman

THEME FOR 2019: BALANCE FOR BETTER

World celebrates International Women's Day very ceremoniously on March 8th, as well as in our country, India. It's a global day celebrating the social, economic, cultural, political achievements of women. Focuses on gender equality and empowerment of women particularly in the areas of social protection system and access to public services.

To know about the history, first National Women's Day was observed in the United States on 28th February 1909 as garment workers' strike in New York where women protested against working conditions. 1975- During International Women's Year, the United Nations began celebrating International Women's Day on 8th March.

We should remember Dr. Anandibai Gopalrao Joshi, the first Indian woman to become a doctor, and also India's first lady to qualify as a doctor from USA in 1886.

Our Prime Minister Mr. Narendra Modi's slogan "save girl child" will encourage the strength for women. Female feticide is far less now a days. Encouraged girl child education, condemned early marriages, protect dowry harassment, and see her as a human being and not as a slave. At home, give her fundamental rights, live with harmony. IMA should join with the present government and even with the public to eradicate female feticide.

India aptly celebrates extensive women power by presenting Naari Shakti Awards for the extraordinary work towards empowering women. A few to mention are Dr Malavika Iyer with amputated half left leg after a bomb blast, who is now a showstopper on the ramp. Lt Commander Vartika Joshi of India's first all women navy crew with six female officials. We are celebrating the day with female marathon race, award ceremonies, felicitating great women achievers. All should cooperate for the upliftment of women in good way, smooth way, and happy way.

At the outset I would like to request our IMA KSB to reserve at least 20% in each post for women. My humble request to our President and secretary of KSB can suggest our National president, honorary secretary general to reserve post for women vice president at HQ too, as per this year slogan "Think equal, Build Smart, Innovate for change".

I thank our dynamic, enthusiastic, energetic editor, Dr Vani Kori for giving me this opportunity to share my few thoughts about my women wings with our IMA members.

Dr.Sumathi K Bhat

Woman Vice President Elect
of IMA KSB (2019-2020)



We the Woman

Challenges faced by female doctors

As the world heads towards International Women's Day on 8th March, step by step planning is underway to celebrate women's achievements and tenaciously challenge bias. The global campaign theme of 2019 – “Balance for Better” is a call to action for driving gender balance across the world.

At this juncture I would like to portray the scenario of female doctors in India.

Life as a doctor is quite demanding for both males as well as females. It requires a good deal of grit, discipline and passion starting from getting in a medical college to getting into practice. This transition alters your core, makes you put aside your ego and acknowledge the human physiology with awe.

But as a female doctor, one has to uphill the task of gaining patient confidence in a patriarchal society also. Most patients prefer getting operated by male colleagues and even juniors. At times we are not even acknowledged as doctors but addressed as 'sisters'. We make peace with our bruised egos while we ponder why the male colleague who always scored less in every examination gets more respect even from the hospital staff. Many female doctors in India who began with great aspiration might fall off the grid just on account of their gender. More women study medicine but only a few actively practice. Juggling responsibilities such as raising children, supporting an ailing parent and domestic work with her career can be difficult most of the times.

Women doctors are significantly underrepresented in surgical specialties, senior clinical academic positions and medico- political roles. Research indicates patient outcomes are just as good under female physicians, they also have better interactions with patients and can manage administrative positions. Until men start voluntarily taking on more of housework and childcare roles, we are unlikely to see many women in top positions. Equal pay, respectful treatment, greater visibility and meaningful support from family members could go a long way to help. Hard work, consistency and patience always pay in a long run. Definitely it is a rewarding and a satisfying life as a doctor...

Dr. Anitha N. Rao

Women Vice-President, 2013-14



We the Woman

No doubt women are the wonderful creation of the god capable of transforming tiny sperm and ova into beautiful human being, capable of converting any house to a lovable home, can convert any grocery into edible dish etc., etc., but its more than 100 years since we are celebrating international women's day majority of women are considered and treated as second class citizens by the society. Even though women are occupying various positions in education, media, research work, defense, administration, still majority of women are suffering from un-equality. This is true and more so regarding when we consider women's health. Even after 70 years of independence more than 50% of our rural and pregnant women are anemic. From menarche to Menopause women are under clutches of hormonal variations in addition to the reproductive responsibility like pregnancy and lactation and adopting family planning measures to herself. Many women also suffer from menstrual irregularity, Pre- menstrual tension, menopausal symptoms. Most of the women especially from rural and urban slums are not aware of the fact that the womb protects heart and prevents osteoporosis other than the duty of carrying baby and are undergoing hysterectomy for simple and silly reasons.

In teenage girls and middle aged women, PCOD problem is increasing day by day because of modern lifestyle and rampant use of fertilizers in agriculture and due to adulteration in the field of poultry and dairy products. Lifestyle diseases like type 2 diabetes mellitus and hypertension, cardiovascular diseases, cancer and obesity are also increasing day by day. Thyroid problems are also 8 times more in women than in men. Not only that, women are also suffering from low backache, arthritis, acidity, ulcer, asthma, aids, other S.T.D's and pelvic inflammatory diseases. 20% of women will have depression and other mental illnesses.

Women will be the first person in the family to care if anyone in the family is sick. She will bother about children and husband more than bothering about herself. This is popular SAINT SYNDROME in India. Majority of women don't bother about what is going inside the mouth. Every woman should come out of such attitude and look after herself and her health first and then family members. Can she climb corporate steps easily if she is suffering from arthritis? Can she look after the family members if she herself is suffering from anemia? Should she not bother about her swollen feet and sunken eyes?

This year women's day slogan is "Balance for Better". Before balancing anything women should balance her physical, mental, emotional health first. It is like a walking on wire to balance between family, profession and society. So dear women awake, arise, look after your health first, have close friends, have your own time for yourself, have good lifestyle with regular exercise, good nutritious diet, with good sleep. Have a place for entertainment and travel with family member's thing positively, pray, meditate, engage in social activity, or any other creative activity. All the best.

Dr. Veena S Bhat

Vice President, IMA Bhadravathi Branch

BRANCH ACTIVITIES

Branch: Ballari**President: Dr.N.Srinivas****Secretary: Dr. H.S.Govardhan Reddy**

Flag hosting ceremony done in IMA HALL ON 26TH JAN(REPUBLIC DAY), AROUND 50 members participated in the flag host ceremony. IMA Ballari members participated in HAMPI marathon, Dr Ravi Shankar run 21k and Dr Govardhan ran 12k. IMA members Dr. Sundar, Dr Gaddi Dewakar, Dr. Somanath, Dr Kiran chand participated in gunnies record for longest single line bicycles parade on 26th jan in hubballi. Our senior IMA Member Dr BKS honored by family planning association of India for his contribution to the medical field. Conducted end TB programme in hotel royal fort on 10th jan, Dr Nizamuddin DTO give insight about recent updates in RNCTP Guidelines. Why do we need to join IMA?. IMA has grown as a organisation over the years and always there to protect our rights. IMA over the years prevented many unprecedented events by patients, relatives and NGOs. Attending IMA will help to meet many non speciality people and we can interact in betterment of patients. Always we can enrich our knowledge. For youngsters, it gives an opportunity to meet senior members and take their guidance for Good practice. For busy practitioners, it gives time to relax with friends. For seniors, they get to know recent developments in medical field and they can guide younger generations. For non practitioners, it helps to know the people from all the specialty. Lastly we have to strengthen our association, which is the only one which comes for rescue in case of emergency tussle with the patients and relatives. Expecting IMAs help only during trouble is not fair.

Branch: Belgaum**President: Dr. R G Viveki****Secretary: Dr. Rajashri Anagol**

On 26.01.19: Flag Hosting 2. Elocution on Freedom Fighters 3. Art Exhibition of Paintings done by members and the spouses.. President Dr R G Viveki hoisted the Nation Flag and addressed the gathering, which is followed by the elocation on Freedom Fighters where in our members spoke on various freedom fighters and exhibited their talent. On 06.02.19 5th Working committee meeting. 60 Members were attended. On 17.02.19 Valentine Day celebrated. Various Entertained Programmes like Couple dance, funny games and Singing was organised. All the members were enjoyed the event and appreciated. On 23.02.19 Clinical Meeting was conducted. Speakers Dr Vivekanand Kulkarni a senior most Gastroenterologist and Endoscopist from Kolhapur, spoke on practical approach to Pancreat diseases, Dr Aditya Kulkarni Consultant Gastroenterologist, Hepatologist and GI Intensivist Kolhapur spoke on Emergencies in Liver Diseases

Branch: Bengaluru**President: Dr.N.Dhanapal****Secretaries: Dr.Vijayasaradhi. A
Dr.H.N.Vinay**

On 20th January 2019, three camps were conducted at different places. A General Health Check Up Camps was conducted in association with "Youth for Seva", at Hosakote Colony Village, Kanakapura Taluk, Ramanagara District, Bangalore. Dr. Sumathi K. Bhat, Vice President of IMA KSB, Dr.P.Keshava Bhat, Dr.Swarna Gowri & Dr. R.Hanumanthachar participated in the camp. About 150 patients were examined & free Drugs were distributed for needy patients. Also, cancer awareness camp was held at Mulbagal in association with Vasavi club, Yediyur, Bengaluru. Dr. Venkatachalapathy.A.S, Dr. Pradeep Kumar.K.N, Dr. Ramakrishna.S participated on behalf of IMA, Bangalore branch. About 150 patients

were examined. Free general health camp with cancer screening was held at Biskuru, Magadi taluk in association with Samrudh voluntary organization and Samskruthi charitable trust. Dr. Sathyavathi, Dr. Vamseedhar.A, Dr. Prakash.R and Dr. Krishnamurthy attended the camp. About 130 patients were examined & free Drugs were distributed for needy patients. Oral smear and cervical smears were taken and reports were given. On 26th January, Flag hoisting on occasion of Republic day celebrations was done by Dr. Syed.A.A.Javez at IMA house. On 27th January, IMA Bangalore Branch in association with BBMP, Srirampura organized a. Dr. Sathyavathy, Dr. Pradeep kumar, Dr. Anuradha.P, Dr. Mamatha participated in On 30th January, IMA Bangalore branch observed Anti-leprosy day by visiting Central leprosarium hospital, Magadi Road and distributing fruits and shawls to the patients. Distribution was done by Vice-presidents Dr General Health camp for Old womens at BBMP office, Srirampura. Suma Venugopal, Dr. Syed.A.A.Javaz and Dr. Vijayasaradhi.A, Secretary, Dr. Pradeep Kumar.K.N and Dr. Thyagaraj. On 4th February, on the occasion of World cancer day, IMA Bangalore branch in association with Seva Hasth conducted cancer prevention awareness campaign at IMA Auditorium, Bengaluru. It was inaugurated by Dr. Tejaswini Ananthakumar. It was presided by Dr. Dhanapala.N, President of IMA Bangalore branch. Also, cancer prevention awareness programme was also conducted by IMA Bangalore branch in association with Srinivasam cancer care hospital and Samrudh voluntary organization at Srinivasam cancer care hospital, Nagarabhavi, Bengaluru. Felicitation of patients recovered from cancer was done. Dr. Vijayasaradhi.A, secretary of IMA Bangalore branch, Dr. Pradeep Kumar.K.N, Dr. Ashwini.L, Dr. Vamseedhar.A and Dr. Prakash.R participated in the programme. On 12th February 2019, Indian Medical Association Bangalore Branch conducted CME on END-TB 2025 at IMA House, Chamarajpet, Bangalore. IMA Bangalore Branch President Dr. Dhanpal.N, Vice-president Dr. Suma Venugopal and Secretaries Dr. Vijayasaradhi.A and Dr. Vinay.H.N conducted the CME. Dr.Srinivas.G (DTO) & Dr.Wahid Khan from District Tuberculosis Office, Bengaluru were the speakers in CME. 17th February 2019: IMA Bangalore Branch in Association with CSI & MERT conducted Public guest lecturers were held on 17th February 2019 at IMA house, Chamarajpet Bangalore. It was presided over by Dr.Vijayasaradhi.A, Hon.Secretary, IMA Bangalore Branch. Dr.H.R.Madhusudhan (Ex-Major), Anaesthetist, Forties Hospital, Bangalore spoke On "CPR-Basic Life Support" & Dr. Sreelatha R. Prof. & HOD Dept. Of Immunohematology and Blood Bank Transfusion, BMC & RI, Bangalore, spoke on "Awareness of Blood Donation".

Branch: Chamarajanagar
President: Dr.M.Mahesh
Secretary: Dr.Swetha Shashidhar

Department of Anaesthesiology, Chamarajanagar, Institute of MEDical Sciences Chamarajanagar in association with IMA Chamarajanagar conducted anaesthesia CME on cardio pulmonary resuscitation with hands on training on 2nd Feb,2019 at CIMS auditorium, Chamarajanagar. Dr. Snajeev, HOD, Department of Anaesthesia CIMS Chamarajanagar gave welcome speech. Dr. Shwetha Shashidhar did IMA prayer. Programme was inaugurated by chief guests Dr. Chandrashekhar, Senate and Sydicate Member RGUHS, Chairman Cauvery Hospital, Mysore. Dr. D.H. Rajendra, Dean & Director, CIMS Chamarajanagar. Dr. Raghurama Sharvegar, Medical Superintendent and district Surgeon, CIMS Chamarajanagar. Dr. M. President, IMA Chamrajanagar. and Faculties of Dr. Hemalatha. S Proffesor of Anaesthesiology, JSSMC, Mysore, Dr. Archana. K. N. Proffesor of

Anaesthesiology, JSSMC, Mysore. Dr. Veenu John, Cardilogist, Cauvery Hospital Mysuru, Dr. Sanjeev. G. M. Proffesor & HOD Dept. of Anaesthesiology, CIMS, Dr. Vidhyananthan, consultant Anesthesiology, Cauvery Hospital Mysuru, Dr. Darshan M. S. Assistant Proffesor Dapartment of Anesthesiology, CIMS Chamarajanagar, Dr. Santhosh Kumar Bennu, Senior Resident, Dept. of Anaesthesiology, CIMS Chamarajanagar, Dr. Rajendra & Dr. Chandrashekhar addressed the gathering. In CME programme around 150 students, 106 Doctors adn 80 Nursing Staffs made use of this programme. CME Programme details and paper articles has been attached.

Branch: Chikkaballapura President: Dr.M.Venkatachalapathy Secretary: Dr.Soumya Sharan

IMA END TB program was conducted on 31/1/2019, the speakers being Dr Anjum WHO consultant and Dr Ramesh Babu DTO Chickaballapur. The program was inaugurated by DHO Dr Ravi Shankar and District Surgeon Dr Vijaya Kumar and RMO Dr Ramesh P V. Around 55+ doctors attended the talk and was well appreciated by everyone.. Speakers enlightened us about Newer regimens and different modalities of investigations and also about Nikshya. There was AROGYA MELA organised by District Health and Family Welfare Department at Chickaballapur District Hospital and IMA was also a minor part of the huge event...

Branch: Gadag President: Dr. Danesh Desai Secretary: Dr.Sharan Alur

Dr.Prajakta Alur, resource person spoke on "women & health" organised by women empowerment cell at KLE society's JT college Gadag.Dr.R.T.Pawadshettar, Dr.Godbole & Dr.Sharan Alur participated in Blood Donation & Health Check up camp at KLE's Arts & Commerce college on 02.02.2019. On 16/02/2019, health check up camp was conducted for school Children at Govt. Maratha school, Dr.S.S.Neelgund & Dr.Prajakta Alur participated. CME on "End Tuberculosis by 2025" was held on 13/02/2109 at IMA Hall Gadag. DHO Gadag Dr.Virupaxareddi Madinur graces the occasion as chief guest & Dr.Chandrakala, Gadag DTO was the resource person.52 IMA members attended the CME.Condolence Meeting for Pulwama Martyred soldier's was held on 15th feb, followed by silent candle light March as Shraddhanjali to our brave soldiers on 16th March.CME on 'Antimicrobial Resistance' was organised at Hotel Clarks inn Gadag. Dr.Sangamesh Asuti, Consultant Physician delivered a lecture. Panel discussion on Anti microbial resistance was moderated by Dr.Sanjeev Joshi. Dr.Godhkhindi,Dr.Srinivas Arer, Dr.Ajay Raju, Dr.Shwetha Sankanur,Dr.Sai Swarup, Dr.Mrutyunjay Mirje were the Panelists.IMA President Dr.Dhanesh Desai, Secretary Dr.S.B.Alur, DrPrabha,Dr.Prajakta & other senior IMA members Dr.Solomon,Dr.Bidinahal.Dr Anant & Dr.Vani Shivapur participated in a workshop on save girl child conducted by Dept of women & Child welfare in association with DHO at DC office Gadag.

Branch: Gangavathi President : Dr.Srinivas Reddy Secretary: Dr.Arjun Hosalli

On 07.02.19 Conducted FREE mega cataract screening and IOL implantation camp in association with lion's club, IMA Gangavathi and Vivekanand Seva trust Bangalore for cataract patients.(Total 488 patients IOL implantation done). On 09.02.19 Conducted CME on Post cholecystectomy biliary leak and indications of CRT in cardiac patients.

Branch: Jamkhandi**President: Dr.H.G.Daddi****Secretary: Dr.V.S.Biradar**

On 27-01-2019 "Health Talk" at Albal Village. On 06-02-2019 Meeting at Tahasildar Office in connection with National Round Worm Eradication Day observation. On 07-02-2019 BMD Camp at Teli Hospital 110 beneficiaries. On 16-02-2019 Emergency general body meeting to discuss about the donation to Pulwama victim's families.

Branch: Kundapur**President: Dr.Shekar****Secretary: Dr.Durgaprasad Hegde**

CME was conducted on 13/01/2019 in association with IAP, Udupi . Speaker was Dr Santosh Soans, National President, IAP. He spoke on "Diagnosis and Treatment of Sick Child". He was also felicitated on the same occasion for being elected as National President, IAP. On 30/01/2019 Dr K S Karanth, IMA KSB CWC member spoke on "Harassment of Women-various dimensions" at Richard Almeida Memorial College, Navunda in association with Youth Red Cross unit, NSS and AntiWomen Harassment Cell. CME was conducted on 09/02/2019 in association with KMC Manipal. Dr Arvind Kumar Bishnoi, Associate Professor , Department of Cardiovascular surgery spoke on "Congenital Heart Diseases and Management" and Dr. Ananth Pai , Dept of Medical Oncology spoke on "Curable Cancers and different modalities of Treatment" . Dr Nagabhushana Udupa conducted programmes on creating awareness to public about KFD at various PHC in the taluk . After the programme pamphlets were distributed about KFD and its prevention. On 12/02/2019 "Cancer awareness workshop on Womens Health" was conducted in association with taluk health office Kundapura, and Dept of Community Medicine, KMC Manipal at Sahana Convention centre Kundapura. Speakers were Dr K S Karanth , Dr Umesh Puthran and Dr Pramila Nayak. About 100 delegates attended the workshop.

Branch: Mangaluru**President:Dr.Sachidananda Rai****Secretary: Dr.Sudhindra Rao M**

Free health check-up camp was conducted at IMA House, Mangaluru on 20/1/19 in which needy patients were benefited. Republic day was celebrated on 26/1/19. Cancer awareness Yakshgana (Arbudasura Garvabhanga- Defeat of cancer demon) was organised on 3/2/19 at Kadri park, Mangaluru which was unique in its kind and well appreciated by public. Sri Narottam Mishra (Principal Commissioner of income tax-Mangaluru) inaugurated, 22 IMA members acted in this program with 8 artists. IMA END TB Initiative program was done on 7/2/19 at AV Rao Hall, IMA House Mangaluru. Dr. M N Badruddin (DTO- Dakshina Kannada) discussed about the Tuberculosis control program. IMA Treasure hunt rally was conducted on 10/2/19 in Mangaluru as part of road safety awareness. 17 rally cars were flagged off by Smt.Uma Prashant (DCP Crime & Traffic-Mangaluru). IMA Mangaluru members (Dr. U V Shenoy, Dr K R Kamath & Dr Satheesh Rao) participated in Nagachetana disability detection and health assistance people of Nagaland State.

Branch: Nelamangala**President: Dr.M.Jayaprasad****Secretary: Dr.S.Rajendra Prasad**

CME on 11.01.2019 Speaker: Dr. Vinay Kumara Swamy, Consultant Orthopedic Surgeon, Fortis Hospital, Bangalore. Spoke on "How to take care of your knees with aging". Speaker: Dr. Muralidhar S Kathalagiri, Consultant Laproscopic Surgeon, Fortis Hospital, Bangalore. Spoke on "The Piles Confusion"

Branch: Raichur**President: Dr. Mahalingappa B****Secretary: Dr. Anirudh C. Kulkarni**

IMA Blood Bank Raichur conducted a Blood Donation Camp on 19-01-2019 in association with "Bhoji Yuva Sanga" Raichur, 12 blood units collected. IMA Blood Bank Raichur conducted a Blood Donation Camp on 19-01-2019 in association with "Geo Life Foundation" Raichur, 27 blood units collected. IMA Blood Bank Raichur conducted a Blood Donation Camp on 24-01-2019 in association with "Axis bank, Raichur, 20 blood unit collected. RIMACT CME: On occasion of Platinum Jubilee Celebrations of IMA Raichur, conducted Bio Medical Waste Management CME, Dr. Ramakrishna Gowda Assistant Prof. St. John's Medical College was Guest Speaker. Two Paramedical selected from each Hospital, they were educated regarding safe hospital waste disposal. It was a half day Programme conducted on 27-01-2019 from 10am to 2 pm. It was attended by 150-200 hospital personnel's very well appreciated programme. Secretary welcomed the programme, Guest speaker was felicitated by President IMA Raichur Dr. Mahalingappa B. All office bearers were present. IMA Head Quarter Marathon. IMA Raichur is celebrating its Platinum Jubilee year. IMA Raichur has planned many socially relevant events in 2019. IMA Marathon was one of them. A marathon was organized on huge scale, Chief Patron of the event Local MLA Dr. Shivaraj Patil, Chief Guest sandalwood cine stars couple Mr. Diganth and Andrita Ray, Shorapur MLA Raju Gouda Nayak graced the occasion. The Theme of event was "Run for Health" There were 1357 participants in various events 10 Kms, 5 Kms and 2 Kms. Prizes were distributed for winners. All Doctors actively participated. The event was successful. Made an impact on society regarding health.

Branch: Soraba**President: Dr.M.K.Bhat****Secretary: Dr.Sayed Hsman**

Organised End Tuberculosis awareness CME on 13-2-19 at Kulgad Hospital .Dr Akshta LMO was faculty. IMA Sorab conducted free Diabetic detection camp on 12-2-19 in Dr M K Bhat health Clinic.55 people screened and 5 positive detected. They are given Diabetic awareness and medications.

Branch: Sirsi**President: Dr Raghavendra Udupa****Secretary: Tanushree Hegde**

Republic day was celebrated with fervour .Dr Raghavendra Udupa,President unfurled the national flag. Dr K.B .Pawar spoke on the occasion. Condolences were paid to the martyrs of Puluwama attack. Health awareness activities: 22 nd January – Dr Mamata Hegde gave a blood donation awareness talk at Forestry College. On 24.01.19 on the occasion of National Girl Child Day, a procession was held through main roads to create awareness to "Save the girl child". On 24.01.19 Dr Shanta Bhat gave a health talk at MMArts and science college. About 90 girls attended. PCOD, leucorrhea dysmenorrhea and Thyroid problems were discussed. On 30.01.19 Dr Suman Hegde gave a talk on 'Healthy lifestyle practices' to degree students at Ist grade govt degree college, Sirsi. On 06.02.19 'Voluntary Blood Donation Drive' was conducted at Ist Grade Govt Degree College, Mundgod by Dr Suman Hegde. On 06.02.19 Dr K.S.Raysad gave a awareness talk on cancer at Forestry College on the occasion of World cancer day. Academic activities: Dr Gajanan Bhat delivered a lecture on semen analysis at USICON 2019 at Bhubaneswar. On 02.02.19 collaboration for eyecare, a CME on eyecare was conducted in association with Ganesh Netralaya, Sirsi. Resource persons- Dr Shivaram, Dr Manjunath, Dr Vishwanath, Dr Ravindra, Dr Tanushree. Dr Madhukeshwar chaired a

session at orthopaedic state conference, Bangalore. 7th Feb- CME on End TB was conducted in association with District TB Officer, resource persons – Dr Mahabaleshwar Hegde, DTO and Dr Anirudh Udupa, pulmonologist. On 16.02.19 CME on cardiology was conducted. Resource persons -Dr Rajesh, cardio thoracic surgeon and Dr Sathish, cardiologist, Sparsh Hospital Bangalore. Social service programs: On 27.02.19 Jan-Health check up camp at shrigandha complex. About 250 patients got benefitted. About 110 blood sugar test carried out and 12 new cases with Blood sugar more than 200mg were detected. On 30th and 31st January health camp at MES COMMERCE COLLEGE was conducted. nearly 1200 students were benefitted. Dr K S Raysad briefed the students on evils of drug and internet addiction and discussed ways for healthy lifestyle. Dr Dinesh Hegde gave talk on healthy lifestyle. 20 doctors participated in the camp. On 13.02.19 health check up camp of college students at MES Arts and Science college was conducted. nearly 800 students benefitted. 25 doctors participated in the camp. Successful school screening at St Anthony's higher primary school was conducted by Dr Pooja Shet, Dr Shrinivas Shinde, Dr Archana Tembadmani. 1600 pupils benefitted. IMA lifeline blood bank conducted two blood donation camps one at Mundgod Taluk hospital on 8th Feb and 65 blood units were collected from donors. 31 blood units were collected in 9th of Feb camp at Haliyal organized by RUDSETI and Deshpande foundation. Dr Suman Hegde and Dr Mamata Hegde coordinated the camps. NICU, the IMA joint venture with PG Hospital, Sirsi provided free neonatal intensive care to 43 neonates this month. On 17.02.19 Juvenile diabetic club camp conducted. 15 children benefitted. The members participated in Swach Bharath abhiyana on every Sunday in different localities. Extracurricular activities: On 3rd Feb Dr Rajaram Doddur & Dr Kannimane were awarded "Havyak Sadhak" in Honnavar.

Branch: Sullia**President: Dr. Geeta J Doppa****Secretary: Dr. Bharath Shetty**

There was a NSS Yearly special camp from 15th January to 21 January. Doctors of IMA Sullia attended the camp. Dr Saigeetha gave a talk on common health problems. Health check up of 46 cadets was done. On 20-01-2019, there was a free medical check up and treatment camp at Sri Sathya Sai, Chokkadi. Dr. Sai Geetha Jnanesh, Dr. M.B. Pare, Dr. Sachin Shetty, Dr. Karthik and IMA Sullia branch associate members Mr. Ashwin C.R. Bhat and Mr. Sathya Swarup examined about 170 patients and treated them. A program on HIV AIDS awareness was conducted by District AIDS awareness society, KVG Medical College and Hospital and IMA Sullia on 24th January 2019. Dr Geeta Doppa President IMA Sullia and all members were present and actively discussed on methods on how to eliminate mother to child transmission of HIV. IMA KSB President Dr Annadani Meti and Vice President Dr Suresh Rudrappa visited IMA Sullia Branch on 26 January. Dr KV Chidananda was guest of honour. All members of IMA Sullia attended the meeting. A talk given by Dr Nandakumar at Govt First Grade College Sullia in the camp organised by Red Cross unit of Rovers guide on 27-1-19 on the topic First Aid. Dr Saigeetha went to Vivek English medium school at Adpangaya to inaugurate the Republic day celebrations and to give a health talk to the parents and students about the importance of keeping up physical and mental health and social well being to build our nation on 27/01/2019. On account of WORLD CANCER DAY on 4 February health awareness talk on CANCER was organised at Jalsoor with

ppt presentation by IMA Sullia a very good response was there and doubts asked by various females which were cleared. IMA Sullia organised a CME related to IMA-End TB Initiative on 12/02/2019 (Tuesday). The objective of CME programme was to sensitise the members of IMA to the IMA End TB initiative and the National programme. RESOURCE PERSON was Dr. Badruddin Dakshina Kannada District Tuberculosis Officer (DTO) he explained in detail about TB, MDR cases and importance of notification of new cases. Dr KV Chidananda actively participated in the discussion. Around 60 members attended the CME. CME on END TB INITIATIVE OF IMA. A health talk was given at baddadka school on 13th of this month in the evening About 20 students were identified to be anaemic and given haematinics. Anthelmenthic was given to the parents and students. A talk was given on adolescence and health problems in adolescents by Dr Geeta Doppa on 19 February at Sharada High School.

Branch: Udupi Karavali President: Dr. P.S Gurumoorthy Bhat Secretary: Dr. Krishnananda Mallya

On 01/01/2019 TO 10/01/2019: ALCOHOL DEADDICTION PROGRAMME was conducted for alcoholics of the community in association with A V Baliga Memorial Hospital, Doddanagudde, Udupi. More than 90 candidates joined this free residential camp of 10 days. This was their annual programme and this was their 26th year. On 04/01/2019: As per the call by national IMA, PROTEST day was observed by our branch. All members worked with black badge on duty. Memorandum of Protest against NMC, CPA and IMC amendment bill was handed over to DC of Udupi to forward it to Prime Minister of India. Also submitted to the office of the Member of Parliament of Lok Sabha & Rajyasabha. Press statement issued regarding the same. On 20/01/2019: IMA Family Picnic, a day out activity for the members and their families was organised at Paradise Lagoon, Tonse west, Udupi. Boat ride in the backwaters of RIVER SWARNA was best enjoyed by all the members in addition to the games and recreational activities conducted at the premises. The scenic nature and the ambience at the premises was soothing to the mind. Informal talks by Dr. PV Bhandary on "teenage tantrums: and by Dr Sanath Rao on "skin and hair care "was very useful to all the participants. The time we spent was very memorable indeed. On 03/02/2019: IMA UK cricket team participated in Professional cricket tournament at Udupi, meant for Engineers, doctors, chartered accountants and lawyers of Udupi District. This is again an annual event these days. On 08/02/2019: IMA UK representatives attended a CME on "HEALTH ECONOMICS" at Manipal, also took part in the panel discussion on INFECTION CONTROL. IMA UK decided to join hands with KMC Manipal to formulate action plan for Antibiotic Stewardship programme for our members. On 17/02/2019: We had our monthly meeting of the General body at IMA Hall. The topic: Holiday, travel and leisure. Speaker: Dr Kiran Acharya,. This topic generated so much of interest that, attendance for this meet crossed 120, for the first time, for any monthly general body meetings of IMA UK. Speaker himself being vivid traveller and had covered 96 countries so far, (he plans to cover 100, before he turns 50 years of age; He is 49 years now) gave very useful tips and displayed his photography skills in the process. This was one such rare meetings where we have not spoken anything MEDICINE. Members enjoyed this topic more than the conventional CME meetings. I have attached a photograph of this CME.



IMA KARNATAKA PROFESSIONAL PROTECTION SCHEME

IMA KPPS

IMA HOUSE, Aluru Venkata Rao Road, BENGALURU. CELL-8197330598 Ph. 080-26705447

- * IMA-KPPS will look after your worry on your professional Negligence ,Name, Shame and Prestige.
- * Do not forget to inform any untoward happening in your Professional conduct to IMA KPPS Office bearers by Phone Or Post.
- * Test and Trust IMA KPPS, Your Friend,Well Wisher,Protector, Savior.
- * IMA KPPS is at a Phone Call Distance.
- * Maintain Professional Ethics ,Code Of Conduct, Conduct Yourself Diligently

NEGLIGENCE IS PUNISHABLE. PREVENT DISEASE. PROTECT LIFE. IF CURE IS NOT POSSIBLE. DO NOT HARM PLEASE

For membership Application forms contact the office of IMA KPPS at Cell no.8197330598,on Working days during working Hours. For any Clarifications contact the office bearers of IMA KPPS.

MEMBERSHIP FEES: Admission fee Rs.200/- (Common to all new admission or on re-admission)

Minimal Risk	Less for 5yrs. Enrollment	Moderate Risk	Less for 5yrs. Enrollment	High Risk	Less for 5yrs. Enrollment	Indemnified
Family Physician With MBBS		Specialist MS/MD		Super Specialist M.Ch/DM OB & Gynecology, Interventionists Orthopedics, Anesthetists		
Rs.600	Rs.150	Rs.900	Rs.225	Rs.1200	Rs.300	Rs.5,00,000
Rs.1000	Rs.250	Rs.1500	Rs.375	Rs.2000	Rs.500	Rs.10,00,000

Members can pay up to 5years in advance and claim 5% rebate on the total amount payable

CONSUMERS DEMANDS ARE INCREASING. Doctors to be Vigilant, Maintain Proper record.

It is desirable to obtain indemnity for 10 lakh by all and for (5)five years.

Dr.D.Somasekharaiah
Chairman,M: 9535100703

Dr.Ravindra
Hon.Secretary,M:9845298052

A Book "Legal and Ethical Principals in Medical Practice and Negligence, "in Medical written by Dr.D.Somashekharaiiah, Chairman, IMA-KPPS is available for sale at Rs100/-per book. Of bulk order is available inclusive of postage

CODE OF MEDICAL ETHICS

Regulation to the Professional Conduct Etiquette and Ethics(As per IMC Act 1956 revised and gazetted in 2002)

Visit us @ www.imakarnataka.in

IMA KARNATAKA STATE LEVEL ATHLETIC MEET - 2019

Organised By : IMA Hubballi Branch in Association with IMA KSB

DATE : 14th April 2019

VENUE : BVB Ground, Hubballi

Categories :

Men : <50 and >51 yrs
Women : <45 and >46 yrs

REGISTRATION FEES

Rs. 500

Track Events

- * 100mtrs
- * 200 mtrs
- * 400 mtrs
- * 800mtrs
- * 1500mtrs
- * 5000mtrs
- * 100 mtrs x 4 Relay (No Age Category)

Note : 5000mtrs participants reporting time is 6.15 a.m.
sharp at BVB Ground

Referee : Mr. Vilas S. Neelagund, Chaitanya Sports Foundation.

Field Events

- * Javelin
- * Shot-put

BANK DETAILS FOR RTGS

Bank : Canara Bank, Hubli
Branch : Bailappanavar Nagar
IFSC Code : CNRB0001382
S.B. A/c : IMA Hubli
A/C No. : 1382101005904

Awards:

- * Each person will get participation certificate.
- * Individual event winner 1st, 2nd and 3rd prizes
- * Individual Championship
- * Champion Team Trophy

Rules:

- * Participant should be member of IMA in Karnataka State.
- * Should register before 15/03/2019
- * Participant should organize his/ her own travel and accommodation.
- * Each participant will get a participation certificate and Dry fit T shirt.
- * Will Provide Breakfast and Working Lunch



For Details Contact : Dr. Manjunath N. Cell : 98869 66506, Dr. Sachin Revankar Cell : 98802 50083

President : Dr. Abhay Matkar Secretary : Dr. Sachin Revankar Chairman : Dr. S.P. Baligar Convenor : Dr. Manjunath N.



IMA'S KARNATAKA STATE HEALTH SCHEME

IMA KSHS

A doctors mutual health contribution scheme will give peace of mind in knowing that you are protected from most of these costs

Don't wait until you or a family member becomes seriously ill to try to purchase health insurance.

The Admission fee details is as follows

Age in Years	Total Amount, At the time of joining (1 st Year)	The Amount to be paid every year (2 nd Year onwards)
Children below 25 yrs	Rs. 4000.00	Rs. 3000.00
Below age of 35 yrs	Rs. 5000.00	Rs. 4000.00
Below age of 45 Yrs but above 35 Yrs	Rs. 7000.00	Rs. 5000.00
Below age of 55 Yrs but above 45 Yrs	Rs. 9000.00	Rs. 6000.00
Below age of 65 Yrs but above 55 Yrs	Rs. 11,000.00	Rs. 7000.00
Below age of 75 Yrs but above 65 Yrs	Rs. 13,000.00	Rs. 8000.00
Below age of 85 Yrs but above 75 Yrs	Rs. 15,000.00	Rs. 9000.00

LOCK IN PERIOD

- Founder member** :- shall have the benefit of the scheme **six months** after joining the scheme or immediately after launching the scheme whichever is longer.
- All the **ordinary members** and **beneficiary members below the age of 65** on joining shall have the benefit of the scheme after **12 months** of joining the scheme or immediately after launching the scheme whichever is longer.
- All the **ordinary members** and **beneficiary members above the age of 65** on joining shall have the benefit of the scheme after **24 months** of joining the scheme or after launching the scheme whichever is longer.

NO CASHLESS SERVICE (They have to pay their bills themselves & Claim later)

- * **No advance payment will be made to the members**
- * Members will be given **reimbursement of 75% of total amount** of the bill not exceeding the sum limited to each disease.
- * **If the benefit is not claimed in an academic year the benefit amount in total or any percentage will not be carried over to the subsequent years.**
- * **A member will get a maximum of benefit of Rs.2 Lakhs in one year.**

The scheme is launched on 1st of July 2017 on the Doctors day Celebration at Bengaluru.

Dr.Chinivalar.V.V.

Chairman 94481 22978
drvvc2011@gmail.com

Dr.Madhusudhana Kariganuru

Hon. Treasurer, 9448237145.
madhusudhanva@gmail.com

Dr.Sharanabasava Sankanuru

Hon. Secretary, 9886549911
sharandr@gmail.com

Contact Address : The Secretary's office, Shushrusha Nursing home, LG Road near , Mahaveer circle, GANGAVATHI-583227

ACTIVITIES GALORE



Jamkhandi



Kundapur



Mangaluru



Raichur



Udupi Karawali



President Visit - Sullia



241st SWC Meeting at Putturu



President Visit - Hunsuru



Inauguration of Prisoners' Health Chickup Camp at Central Jail, Mysore



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ADMISSION FEE STRUCTURE FOR OLD EXISTING & NEW SILVER JUBILEE SCHEME

Age in Yrs	Below 30	Betwn 31-35	Betwn 36-40	Betwn 41-45	Betwn 46-50	Betwn 51-55	Betwn 55-60
Fee for Existing old Scheme	Rs 11700/-	Rs 12200/-	Rs 12700/-	Rs 20700/-	Rs 23700/-	Rs 28700/-	Rs 36700/-
Fee for Silver Jubilee Scheme	Rs 22700/-	Rs 24700/-	Rs 26700/-	Rs 31700/-	Rs 38700/-	Rs 47200/-	Rs 57700/-

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Secretary

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Mo : 9448237145

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