



# IMA FOCUS

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**SOCIAL  
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## EDITORIAL

From the Desk of  
**Dr. K G Shankarnarayana**

### Greetings to all the members of IMA Karnataka Family,

It is policy renewal time for the members of our welfare schemes, KPPS, KSSS & KSHS. The cover page of this issue is designed to draw the attention of all our members towards these unique schemes. It is time for us also to take stock of current status of all these schemes. IMA Karnataka state branch is having around 27000 members but the membership to these schemes is not even 10 % which brings us to the serious question of why & where we are lagging behind. The purpose of any association is to play a supportive role for its members. Our State branch with its exemplary leadership is not only playing that role but has gone ahead to devise these wonderful schemes which offer professional, personal and family support for all its members. As the saying goes – YOU CAN LEAD A HORSE TO WATER BUT YOU CAN'T MAKE HIM DRINK - whatever schemes are planned, they become futile if they are not utilized by the end user. The role of individual branches becomes utmost important in such a scenario. I hereby request the branch Presidents & Secretaries to designate 2-3 people in every branch for the specific purpose of disseminating the information about these schemes to each & every member and enroll them for these schemes. Please remember that KSSS & KPPS schemes are based on – MEMBER HELPS MEMBER- policy and we as doctors if we do not help each other, no one else will do.

Wish to take this opportunity to laud the efforts of all the branches in celebrating WORLD HEALTH DAY on 7th of April. The plethora of activities carried out by various branches across the state on this occasion is commendable.

On behalf of the Editorial Board I would like to express our gratitude to all the seniors & colleagues of IMA KSB for appreciating our work during the State Council meeting held at Belagavi on 30th April 2023.

I would like to thank the sponsors of this issue – Aster CMI Hospital, Suguna Hospital, Canara Bank, Divisha Arthritis Centre, Akshaya Hospital & Kritu fertility centre for their support. Our members can utilize the services offered by each & every one of our sponsors for their patients as well as for themselves if need be as all of them offer excellent service in their fields.

Finally following is the list of important events during the months of May – Jun 2023,

3rd May – World Asthma Day	5th June – World Environment Day
8th May – Thalassaemia Day	8th June – World Brain Tumour Day
31st May – No Tobacco Day	14th June – World Blood Donor day

LONG LIVE IMA .....



# PRESIDENT'S MESSAGE

**Dr. Shivakumar B Lakkol**

*Dear Esteemed members,*

**May the teachings of Gautama Buddha lead us on the path of freedom from suffering and pain. Happy Buddha Purnima.**

As you all aware a massive rally was taken out by the protesting doctors on Tuesday the 4th April at Rajasthan to oppose the RTH Bill. The doctors have been demanding the withdrawal of the bill, which was passed by the Rajasthan Assembly on March 28. IMA KSB supported this agitation by participating in the mega rally as National wide solidarity day on 4th. Our team of Doctors led by our IMA KSB Honorary Secretary Dr. Karunakara B P, Dr. Venkatachalapathy. M., National Joint Secretary, IMA CGP Hq. & PRO IMA-KSB Dr. Pavan Patil and Dr. Jyothi, National convener of JDN participated in the rally.

The national protest day on March 27, 2023, turned out to be historic with doctors in the entire nation wearing black badges and many branches submitting memorandum to district administration to forward to Rajasthan government. There was mammoth participation in the online virtual rally as well. It was a huge Victory for Medical Fraternity! Very Genuine agreement happened between Doctors & Rajasthan Government Officials without being problematic for doctors or Patients.

It was HUGE VICTORY FOR IMA. And credit goes to all IMA branch across the state and country.

On 7th we conducted WHO day across Karnataka on the occasion of 75th year of world health organisation. All the branches of IMA conducted various activities like Marathon, Cycling, Wakathlan and many Sports Activities. Some of the branches

have conducted Health awareness programs on the occasion. As part of this celebrations I attended WHO day celebration at Gadag & felicitated senior doctors and Health workers whose dedicated services saved millions of lives in the country.

On 14th and 15th I witnessed the CWC meeting at Ahmadabad organised near Statue of Unity at Kevadia. There were extensive discussions on GST and the Integrated Medical System.

On 21st Viadyara Baragarara Samithi conducted Kavi Gosti on the translated poems from English to Kannada. On 23rd we had our IMA KSB President talk on the Zoom platform wherein many issues related to the members were discussed.

From 28th We started our IMA KSB local branch visits accompanied by Dr. M.Venkatachalapathy Chairman of Membership Drive Sub Committee and National Joint Secretary of HQS, Dr. Madhusudhan Karignoor, Chairman of Bye Laws committee and member of IMA KSB welfare schemes along with Dr.L.D.Bakle our IMA KSB Assistant Secretary. On the first day we visited Badami wherein President Dr. Kiran Kulgeri Secretary Dr. Ajay Nayak and around 20 doctors were present.

Visited SNMC Medical college branch at SNMC and met the Dean of the college Dr. Ashok S Mallapur during which Divisional coordinator Dr. Jaspal Singh Tehalia, District representative Dr. Raghavendra Vanaki, Dr Rajendra Joshi CWC member, President Dr. Anushka Devnikar, Secretary Dr. Thippeswamy and many members were present. We addressed the medical college students regarding the membership to IMA MSN. In the afternoon we visited Bagalkot

branch wherein its President Dr. Srikant Telsang, Secretary Samarth Yogappanavar and about 40 esteemed members were present.

Visited Mudhol Branch where it's President Dr. Mahadev N Sarvagol, Secretary Hanumanth Gudadappanavar, Dr .Shivanand Kubsad, Chairman of Kannada Vaidya Barahagara Samithi and many members attended. Visited Jamkandi Branch in the evening for which its President Dr. H G Daddi, Secretary Dr. V S Biradar and about 20 members attended. On the same day night we gave visit to the Bijapura for which Branch President Dr. Ravi kumar Biradar, Secretary Dr. Dayanand Biradar many members were present.

On 29th morning we gave visit to Sindhagi branch. Its President Dr. Girish Kulkarni, Secretary Dr. Sangamesh Patil & about 20 of its members attended. Later we visited BLDE Shree B M PATIL Medical college and addressed students and faculty highlighted about Aims and Objectives of MSN and IMA KSB welfare schemes. Along with the College Principal Dr. Arvind Patil we inaugurated the BLDE IMA MSN Branch.

In the evening our team IMA visited AL-AMEEN Medical college and addressed the medical students for which its medical superintendent Dr. Jilani, Dr. Suresh Kagalkar, convener of Public Health

subcommittee, many faculties and students attended.

Later our team visited Gokak IMA branch and installation of Dr. Muthanna S Bavalathi as President and Dr. Ramesh Pathagundi as Secretary was done. IMA KSB legal cell committee Chairman Dr. Yogananda reddy. Y.C. joined the visit to Gokak branch had interactive session with its members.

I personally wish to congratulate the team IMA Belagaum led by of IMA KSB Vice President Dr. Rajashree Anagol, IMA Belagaum President Dr. Swapna Mahajan and Secretary Hemanth Koujalagi, Dr. Santosh Sindhe, Past President IMA KSB Dr. S B Kulkarni, Senior members Dr. Halgekar, Dr. Tukkar M and all the members on the beautiful success of the ima council meeting held on 30-4-23 at Belagaum. It was a splendid event, both in terms of intellectual quality and discussions. The rich and frank discussions on several important issues helped us all to understand each other's perspective. The organization and hospitality were smooth and efficient throughout. Congratulations to all the people who made it. This could not have been possible without their hard work. Thanks once again.

I request you all to register yourself to the IMA CGP South Zone conference going to be held at Gadag on 24th & 25th of June 2023.

**UNITY IS OUR STRENGTH**

**LONG LIVE IMA**

### *WDW Activity - Gangavathi Branch*



IMA Maitri and IMA Gangavathi in association with SDH hospital Gangavathi, HCG cancer Centre Hubli, Spoorthi institute of Nursing and Gangavathi Institute of Nursing celebrated World cancer day on 1.4.23 Saturday by conducting a walkathon rally in the streets of Gangavathi. Free cancer screening program was conducted on 2.4.23 Sunday by HCG Cancer centre at Lions Bhavan.

IMA, Maitri and IMA Gangavathi in association with HCG NMR cancer centre Hubballi conducted a Cancer screening camp on 2.4.23 Sunday at IMA Bhavan. About 70 patients were examined by the Oncology team of HCG cancer centre and proper advice was given. Breast and cervix screening was done for all the female patients by doing free PAP smear and Mammography. About 8 patients had suspected lesions in Mammography and were advised accordingly.



# SECRETARY'S MESSAGE

**Dr. B P Karunakara**

*Dear esteemed members,*

***Greetings from IMA KSB!***

The month of April, summer holidays for children and the vacation time for the families, was a little busier this time for the IMA KSB! It was filled with multiple activities that made branches and members to feel good about themselves! Starting with a successful agitation against a draconian health bill in Rajasthan to joyful celebrations of World health day to completion of the all-important state council meeting on a positive note, there was everything!

**World Health Day Celebrations:**

**World health day 2023 Theme: HEALTH FOR ALL!**

The month was dedicated to celebrating "HEALTH" with WHO declaring a worldwide celebration of 75th year of its existence! Accordingly, IMA HQ, decided to celebrate the world health day; 7th April with plethora activities and directed the IMA branches across the country to observe and celebrate it memorably. Headquarters suggested a to like walkathon, appreciation and felicitation of the healthcare workers, who saved innumerate lives during COVID19 pandemic, seminars in association with various other medicine systems and shining light- celebrating health with lighting of the lamps in the evening. Accordingly, IMA KSB, took proactive initiatives, discussed with the office bearers and local branches office bearers, circulated the activities agenda as suggested by the headquarters and encouraged local branches to celebrate. Headquarters supported the activities with flyers templates. All local branches celebrated with enthusiasm and fun. Walkathons, various health activities like yoga, fitness activities, seminars, felicitation of healthcare workers and doctors and lighting of the lamp in the evening was done. The activities were covered in the media.

In the midst of nationwide strikes in support of agitating doctors of Rajasthan, these activities brought much required relief, happiness and relaxation. The activities spread the message of health, healthy habits and various

other public health messages to the general public.

Rajasthan RTH bill mega rally participation: As per the directions of the IMA HQ, to participate in the mega physical rally at Jaipur, to support the agitation of the striking doctors, a team consisting of HO state Secretary, Dr. Karunakara BP, Hon National Joint secretary Dr. Venkatachalapathy M, Joint Secretary CGP Dr. Pavan Patil, National Convener of JDN network Dr. Jyothi represented IMA KSB. The team actively participated in the rally and expressed solidarity from IMA KSB. On the same day, Rajasthan Government withdrew the bill and adopted a much diluted bill excluding most of the hospitals from ambit of the act and hence fulfilling the demand of the striking doctors. It was a memorable victory to the IMA in general, besides a big win for IMA Rajasthan. IMA KSB demonstrated its commitment to the cause of the members and profession with appropriate steps and participation and it was well appreciated.

**306th State working committee meeting at Belagavi on 30/4/2023:**

"No action, activity or process is more central to an organization than the meeting!

The well-attended meeting went on well and many important issues pertaining to the IMA KSB were discussed. One of the most significant topics was adoption of IMA KSB awards recommendation. After a thorough discussion, the guidelines were compiled and presented. With good discussion, it was adopted. The recommendations will be implemented from the current year itself. These guidelines will help the award committee in selecting deserving members for the awards and also helps in bringing transparency and value and respect to the awards. Another important issue raised as a letter of correspondence was regarding introducing e-voting for IMA KSB elections. The issue was discussed and was decided to explore the feasibility and other issues. The issue was referred to the digital committee to study the issue. Anti-quackery cell chairman Dr. Sandeep Prabhu,

discussed the concerns about non progressiveness of various anti-quackery cases. The issue was discussed and decided to speed up the process with writing to the concerned authorities. Many other important issues were discussed in a pleasant environment and overall the meeting was a fruitful one and ended with a positive note.

IMA Belagavi's branch was appreciated for hosting the meeting. The president and secretary of the branch were felicitated.

Thanks to the hard works of the honorary treasurer, Dr. Vijayasaradhi, nearly 53 lakhs from various accounts has been deposited in fixed deposits with good interest rate.

For the second consecutive year we paid advance property tax and got 5% concession.

GST Concerns: The issue was discussed with inputs from many members. It was noted that as per the directions, we are going to pay the GST on memberships prospectively. It has already been started from February 2023. Regarding paying the GST for the previous years, it was noted that it will be a huge amount and will be looked into when the time comes.

We are happy to note that most of the subcommittees submitted their reports for state council meeting purpose. We appreciate the same and request to continue the good work.

**HEALTH IS THE GREATEST POSESSION!**  
**Preserve it!**  
**Good health and good sense are two of life's greatest blessings!**

**LONG LIVE IMA**



### Circular regarding Membership amount payable to IMA-KSB & IMA HQ From 01/02/2023. Two separate cheques including 18% GST

SI	Share amount to	Chq/DD In favor of	SL	CL
1	IMA-HQ	"IMA LIFE MEMBERSHIP FEE" (Payable at New Delhi)	8928/-	13384/-
2	IMA-KSB	"IMA -KSB" (Payable at Bangalore)	4079/-	6122/-
3	IMA Local Branch	As per the branch policy		

Account Details for online payment as given below (Google pay, Phone pe, Neft)

**IMA-KSB Account details**  
 A/C Name : IMA KARNATAKA STATE BRANCH  
 Ac no : 67070532832  
 IFSC Code : SBIN0070242  
 Bank : State Bank of India  
 Saving Bank Account  
 Branch: Chamarajpete Bangalore

**IMA HQ Account details**  
 A/C Name: IMA LIFE MEMBERSHIP FEE  
 AC NO: 90672140000432  
 IFSC CODE: CNRB0019067  
 Bank: Canara Bank  
 Branch: IP Marg New Delhi.

**Please Note:** - Kindly send payment receipts of IMA-KSB & IMA- HQ along with applications.



# VICE-PRESIDENT'S MESSAGE

**Dr. Narayana Murthy. C**

Dear members,

I wish everyone in pink of their health. This is second opportunity to address you all. Our team which is a combination of young blood and experienced members are managing the things efficiently under the leadership of Dr. Shivakumar Lokkal. We are halfway through, still lots to be done as a team, for which we need your co-operation.

Co-operation required in the terms of membership mobilization, formation of new IMA'S, Reactivation of inactive IMA'S and utilization of various schemes of IMA KSB like,

- IMA KSB Social security scheme.
- IMA KSB Professional indemnity scheme.
- IMA'S KS Health Scheme.

For which we need your support and active mobilization in your places.

This time I want to use this opportunity to seek your kind attention for early Hemophilia diagnosis and care.

## **World Hemophilia Day**

April 17th is observed as World Hemophilia Day annually, commemorating the birthday of Frank Schnabel, who founded the World Federation of Hemophilia. The theme for 2023 is "Access for All: Prevention of Bleeds as the global standard of Care. WFH call upon the community to come together and advocate with local policy makers and Governments for improved access to treatment and care with an emphasis on prophylaxis, the only gold standard treatment to prevent disabilities & lead better quality of life.

Hemophilia is a congenital bleeding disorder caused by the deficiency of certain clotting proteins in the blood with characteristic X linked recessive mode of inheritance, affecting males predominantly. The most common deficiency is Factor VIII followed by Factor IX, known as Classical Hemophilia or Hemophilia A & Christmas disease or Hemophilia - B respectively. Though incurable but

temporarily manageable. The only remedy is replacement of deficient of clotting protein (Anti Hemophilic Factor) at every instance of bleed, known as episodic treatment or periodical replacement of AHF to prevent the tendency of bleeding known as Prophylaxis.

Hemophilia is a complex disorder that can be associated with significant morbidity & lifelong treatment. Repeated bleeding into joints & muscles can lead to the development of deforming, painful arthropathies which impair quality of life & have implications on education, employment, productivity & other Psychosocial aspects.

Hemophilia is distributed worldwide with equal frequencies in all ethnic group & geographic areas. The disorder has an incidence of 1 in 5000 and 1 in 25,000 male births, respectively, with a prevalence of approximately half-a-million people worldwide. In India, about 25,000 patients with Hemophilia are identified by Hemophilia Federation, India & but with population of 1.32 billion, the prevalence of Hemophilia is 1 in 10,000 general population, the expected number of PWH should have been

## **World Hemophilia Day**

April 17  
**ACCESS FOR ALL**  
Prevention of bleeds  
AS THE GLOBAL STANDARD OF CARE!  
**Get Involved!**

1,32,000. About 3000 patients are identified among the estimated about 6000 in Karnataka State.

I am happy & proud to mention about the great efforts of Karnataka Hemophilia Society in Davangere, Non-Profit Organization working for the welfare of Persons with Hemophilia (PwH) and related Bleeding Disorders. Dr.Suresh Hanagavadi who himself is a sufferer with Hemophilia founded KHS in 1989-90. His hemophilic maternal uncle's death to life-threatening bleed without timely treatment determined him to become doctor and work towards developing hemophilia care services in Karnataka and working as Professor of Pathology at JJM Medical College, Davangere.

KHS is providing Diagnosis, Treatment and Rehabilitation services to the patients with all inherited bleeding disorders under one roof. I am proud to be associated & involved in organizing public/ media awareness, education

& training of medical & paramedical professionals, Diagnosis & Treatment, Rehabilitation Camps (Children/ Youths) for motivating hemophilia families, Parents Meetings etc. since more than 3 decades. I request all the members & branches to support KHS in organizing medical updates on Hemophilia. On this occasion we IMA KSB are conducting CME on Hemophilia in collaboration with KHS @ Chitradurga, eminent speakers like Dr Suresh Hanagavadi and Dr.Shashikala P have given their consent for the same. Link for the same will be shared soon.It is highly needed to support the initiative of Dr Suresh Hanagavadi and improve the quality of services to patients with hemophilia and other inherited bleeding disorders in our state. Also if any local braches willing to conduct the CME haemophilia please contact us, we are just a call away.....

Best wishes to every one!!

### ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಸಂಘದ ಪ್ರಾರ್ಥನೆ

ಎಲ್ಲರೂ ಸಂತೋಷವಾಗಿರಲಿ,  
ಎಲ್ಲರೂ ಆರೋಗ್ಯವಾಗಿರಲಿ,  
ಎಲ್ಲರೂ ನೋವಿನಿಂದ ಮುಕ್ತವಾಗಿರಲಿ,  
ಎಲ್ಲರೂ ದುಃಖದಿಂದ ಮುಕ್ತವಾಗಿರಲಿ,  
ಎಲ್ಲಾ ಆಸೆ ಆಮಿಷಗಳನ್ನು ಮೀರಿ  
ಗುಣಪಡಿಸುವವರು ನಾವಾಗಿರಲಿ.



### 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

### ಧ್ವಜ ವಂದನೆ

ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಸಂಘದ ಸದಸ್ಯರಾದ ನಾವು ನಮ್ಮ ರಾಷ್ಟ್ರಧ್ವಜವನ್ನು ವಂದಿಸಲು ಇಲ್ಲಿ ನಿಂತಿದ್ದೇವೆ.  
ಅದರ ಗೌರವ ಮತ್ತು ವೈಭವವೇ ನಮಗೆ ಬೆಳಕು ಮತ್ತು ಶಕ್ತಿ ಮತ್ತು ಅದರ ಪಥವೇ ನಮ್ಮ ಪಥವು.  
ಮಾನ್ಯತೆ ಪಡೆದಿರುವ ರಾಷ್ಟ್ರ ಸಂಸ್ಥೆಯ ಸದಸ್ಯರಾದ ನಾವು ನಮ್ಮ ಜವಾಬ್ದಾರಿಗಳನ್ನು ಅರಿಯುವ ಮೂಲಕ  
ನಮ್ಮ ರಾಜನಿಷ್ಠೆಯ ಶಪಥ ಮಾಡುತ್ತಿದ್ದೇವೆ. ನಮ್ಮ ರಾಷ್ಟ್ರ ಧ್ವಜವು ಉನ್ನತ ಮಟ್ಟದಲ್ಲಿ ಹಾರಾಡುವ  
ಸಲುವಾಗಿ ನಮ್ಮ ಅಧಿಕಾರದಲ್ಲಿರುವ ಎಲ್ಲವನ್ನೂ ಅದಕ್ಕೆ ಸಮರ್ಪಿಸುವ ಪ್ರಮಾಣ ಮಾಡುತ್ತಿದ್ದೇವೆ.

ಜೈಹಿಂದೆ

ಐ.ಎಂ.ಎ. ಚಿರಾಯುವಾಗಿರಲಿ

### 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

# BRANCH ACTIVITIES

**Branch** : Belgaum  
**President** : Dr Swapna Mahajan  
**Secretary** : Dr Hemant Koujalgi

On 26/03/23, 6th clinical meeting was held. Topic for discussion was rubella and mumps vaccination awareness workshops . Speakers were Dr Siddalingaiah & Dr Chetan kankanwadi. On 05/04/23 , 7th working committee meeting was held in the presence of President Dr Swapna Mahajan & Secretary Dr Hemanth Koujalgi. Various topics were discussed regarding conducting mega CME, clinical meeting & waste disposal contract renewal. World health day was observed on 07/04/23 by conducting a walkathon of our members.



**Branch** : Bengaluru  
**President** : Dr. Venugopal K.  
**Secretary** : Dr. L. Madhushankar



On 24.03.2023: On the occasion of World Tuberculosis Day, IMA Bangalore Branch WDW conducted Webinar , organized by Co-chair person IMA Bangalore Branch WDW, Dr. Rajasree M B. Dr. Sathyavathi K Vice President IMA Bangalore Branch welcomed the

gathering. Dr. Suma P Kumar, Pulmonologist, Excel care Hospital, Bangalore chaired the session. Dr. Alladi Mohan, Dean & Prof of Int. Medicine, Sri Venkateshwara Inst of Medical Sciences, Tirupati, spoke on Natural History of Tuberculosis. A total of 47 people participated in the webinar. On 25.03.2023: IMA Bangalore Branch & IMA HQs in association with Dr. Reddy's Lab is conducted Physical CME- Decoding Cough & Fever at IMA Auditorium @ IMA House Chamarajpet Bangalore. Dr. Venugopal K IMA Bangalore Branch President, Hon. Secretary Dr. Madhushankar L IMA BB, Joint Secretary Dr. Mohan Kumar M, Dr. H C Ramesh Treasurer IMA BB Dr. Srinivasa S President Elect IMA -KSB & EC Members participated. Speaker Dr. Deepak Kumar R KIMS Hospital Bangalore spoke on: Simplify cough management India. Speaker Dr. Parvathi M Bangalore Medical Collage, spoke on: Fever management in post covid era. 66 members participated in the program. On 27.03.2023: IMA Bangalore Branch & IMA HQs observed BLACK DAY by wearing black badge day Supporting IMA Rajasthan. IMA Bangalore Branch took active part in the all-India Protest Day, by doing a peaceful protest, displaying placards at IMA House against the Right to Health Bill that has been passed by the Rajasthan Government. Under the leadership of the President Dr. Venugopal K IMA BB along with the other EC Members submitted memorandum to Sri Dayanand, DC, Bangalore Urban District on 27.03.2023. On 07.04.2023: President Dr. Venugopal K , Dr. Mahesh K M organized a walkathon on the occasion of World Health Day with a theme of "Health for all" .we created awareness among general public regarding importance of Physical and Mental Health. On 07.04.2023: on World Health Day, 07.04.2023, lamp (Arogya Jyothi) was lit by IMA Bangalore Branch WDW by 7 pm. Selfies were clicked and posted in social media as per the call given by IMA KSB. On 14.04.2023: Dr. Ambedkar Jayanthi was celebrated at IMA House . Joint Secretary IMA Bangalore Branch. Dr. Mohan Kumar M, lighted the lamp for Dr. Ambedkar Photo Dr. Ramakrishna S, Dr. Rajasree M B Dr. Mahesh M K, were present. On 16.04.2023: Public Health Guest Lecture (PHGL) was conducted in association with Cardiological Society of India-Bangalore Chapter and Medical Education & Research Trust, Bangalore at the IMA Auditorium. This program was attended by 66 persons including IMA Bangalore Branch Dr. H C Ramesh Treasurer, Dr. Rajshree and Dr. A S

Venkatachalapathy. Number of speakers: 2. (1). Dr. Vithal D Bagi, Interventional Cardiology Apollo Speciality Hospital Jayanagar Bangalore gave a talk on: "Cardiac Rehabilitation following heat attack". (2). Dr. Suchitha S Rao, Physiotherapy R V College Bangalore gave a talk on: "Role of Physiotherapy".



**Branch : Bengaluru North**  
**President : Dr. Sreedhar G.**  
**Secretary : Dr. Satish Ramana K. S.**

On 08.04.2023: CME Programme was organised at our New IMA B'lore North Building IMA BHAVAN In association with Manipal Hospital Yeshwanthpur. Topics: (1). "Referral to a tertiary care Hospital ICU" by Dr Karthik Rao senior consultant Critical care. (2). "Recent advances in Neurosurgery and interesting cases" by Dr Raghuram G, Neuro & spine surgeon. (3). "Skull based Surgery with Neurosurgeon" by Dr Sreenivas murthy, ENT Surgeon

**Branch : Bhadravathi**  
**President : Dr Prashanth Bhat**  
**Secretary : Dr Arun G. S**

On 07.04.2023: World Health Day was celebrated at Nayana Sabhangana by IMA Bhadravathi and other associations, Dr Prashanth Bhat President IMA Bhadravathi, Dr Arun IMA Secretary, Dr Vinith Anand, Dr Kumarswamy P R and WDW president Dr Veena S Bhat spoke about World Health Day importance and distributed pamphlets containing various tips to maintain good health to common public. On



14.04.2023: Mass Blood Donation Camp was conducted by our member doctors at Taluk Hospital in association with IMA Bhadravathi to mark 132nd birth anniversary of Dr B R Ambedkar, at Taluk Hospital, Bhadravathi and it was a great success. On 15.04.2023: CME was conducted at Lion club Hall, Bhadravathi in association with HCG Cancer Hospital, Bangalore. Dr Jagannath Dixit spoke about Robotic surgery in GI Oncology. Dr Nischith spoke about current management in Haematology. Around 50 members attended the CME. Dr Veena Bhat WDW president attended health awareness and free health check-up camps.

**Branch : Ballari**  
**President : Dr.Renuka Manjunath**  
**Secretary : Dr.Chandrashekar Patil**



On 19.02.2023: Guest Lecture was arranged at S.R Farm House: In association with S.R Multispecialty hospital organized a guest lecture on the various topics: (1) "ADHD-How important it is to recognize it early" by Dr. Prabhjot Kaur, Paediatric Neurologist from Rainbow Children's Hospital. (2). "Clinical and diagnostic utility of liquid based cytology in early cervical cancer detection" by Dr. Sneha.S.Kinhal, OncoPathologist, Sanjeevani Diagnostics, Bellary. On 25.02.2023 GUEST LECTURE ON METABOIC SURGERY Topic: Metabolic surgery for metabolic diseases" by Dr. G.Moinuddin, an advanced Laproscopic and Bariatric

Sneha.S.Kinhal, OncoPathologist, Sanjeevani Diagnostics, Bellary. On 25.02.2023 GUEST LECTURE ON METABOIC SURGERY Topic: Metabolic surgery for metabolic diseases" by Dr. G.Moinuddin, an advanced Laproscopic and Bariatric

surgeon from Manipal Hospital Bangalore delivered a talk on the Bariatric surgery and its health benefits. On 04.03.2023: FREE HEALTH CAMP AT AN OLD AGE HOME: As a mark of respect towards the senior citizens, a free health camp was organized at Adarsh Old Age home. A group of doctors from all the various specialties including Gynae, Ophthal, Ortho etc lent their support towards this noble cause. Free medicines were distributed to the needy patients. On 12.03.2023 GLAUCOMA DAY CELEBRATION: Topic: Glaucoma Awareness In view of Glaucoma week, to create awareness among primary care physicians on Glaucoma, A guest lecture was held at IMA Hall by Dr. Lakshmi Priya. Doctors were made aware on the importance of screening and treatment of Glaucoma. On 26.03.2023 A Guest Lecture Was Arranged. Topic: "Tax Surgery & Diagnosis Of The Digital Data" by CA K.Rajashekhar who is an expert in financial analysis. The audience was made aware on the latest rules and regulations regarding tax related issues and financial matters. On 07.04.2023: A WALKATHON INITIATIVE: On the occasion of World Health Day, A WALKATHON was organized in association with Bellary runners and Cycling club. This event was conducted to promote awareness among the public on the importance of Health and fitness. 'Take care of your body because it is the place where you have to live'. On 27.03.2023 NATIONAL PROTEST DAY As per the directions of IMA KSB and National HQS instructions, a National protest day was observed as a mark of peaceful protest against Rajasthan Draconian Right to Health Bill by wearing a black badge. On 07.04.2023: BASIC LIFE SUPPORT TRAINING: On the occasion of World Health Day, IMA Bellary in association with Indian society of Anaesthesiology conducted a training programme on Basic life support system to the nursing staff of all the private hospitals. Senior doctors from the Dept. of Anaesthesiology briefed the nursing staff on the latest techniques, procedures and immediate first aid measures RENOVATION OF IMA BUILDING: IMA building of Ballari is of > 50 years old. Hence the renovation of the building is underway. The newly renovated building will become the headquarters to carry out many IMA related activities & programmes. The renovation is expected to complete by July 2023. SERVICE CAMP AT A REMOTE LOCATION: Under the guidance of Dr.Renuka Manjunath, Dr. Vijay Bhaskar Reddy, Dr. Srilekha and 15 MBBS students from VIMS were a part of the first Sri Bhagawan Parashuram Sevastopol Yatra in Vanavasi's Chipageri grama near Sirsi Town. Our team of doctors have reached out to patients who belong to an isolated location where it is difficult for patients to get an easy access to Medical care. This health service yatra was organized by the National Medicos Organization of Uthar Karnataka Pranth.

**Branch : Chikkodi**  
**President : Dr. Darshan Pujari**  
**Secretary : Dr. Jayalakshmi Salagare**

On 27.03.2023: Dr. Dayanand Nooli, General Surgeon Chikkodi, gave a beautiful online presentation with in-depth research on "Marula Shankara Devaru - A life journey" organised by Kannada Vaidyabarahagarara Samiti. On 27.03.2023, submitted memorandum to AC Chikkodi, opposing Rajasthan's Right to Health Bill 2023. All IMA members observed Black Day by wearing black batch showing solidarity. On 02.04.2023: Dr. Jayalakshmi Salagare Ophthalmologist, conducted Free Eye check up camp in association with Arogya Bharati and Gargi Parivar Chikkodi, at Salagare Children's and Eye Hospital. More than 100 patients took benefit of the camp.



**Branch : Chikkamagaluru**  
**President : Dr. Chaitanya Savur**  
**Secretary : Dr. Karthik Vijay**

CME programme was conducted on 14/04/2023. Topics: "Critical Care Management and Spine surgeries" by Speakers from Sahyadri Narayana Hospital, Shimoga.

**Branch : Chitradurga**  
**President : Dr. P.T. Vijayakumar**  
**Secretary : Dr. K.M. Basavaraju**

On 01/04/23, a CME programme was conducted in association with Malnad hospital & Institute of Oncology, Shivamogga. Dr Roshan B A Rao spoke on organ preservation in oncology and Dr. Sachin S Kotur spoke on the role of radiotherapy in Cancer management. On the occasion of World Health Day on 07/04/23, DHO Dr R Ranganath was invited to IMA to give a talk on HEALTH FOR ALL followed by Prof Dr Prahlad N B gave an excellent talk on Hearing Health, where we stand ?



**Branch : Gadag**  
**President : Dr. V.S. Hosmath**  
**Secretary : Dr. Saleem A. Jamadhar**

On 26.01.2023: Republic Day was Celebrated. FLAG Hoisting was done Dr.VS.Hosmath, President IMA GADAG, followed by rendition of patriotic songs by senior member Dr Radhika Kulkarni and speech by Dr G B Bidinahal. On 28.01.2023: IMA GADAG Annual family event of "NEW YEAR CELEBRATIONS": This colourful event was conducted with much joy and grandeur. More than 150 families attended the event. Dance, music were followed by ANTHAKSHARI competition conducted by Dr Shridhar Kuradagi & Dr Sunitha Kuradagi. Dr V S Hosmath president IMA Gadag inaugurated the celebrations with cake cutting and prayed for happiness of all. Anchoring was done by IMA GADAG Ladies wing President Dr Shruti Bhavi Patil and secretary DR Ganga K Allolli. On 04.02.2023 WORLD CANCER DAY was observed. Dr Ganesh rao Kundapur, senior oncosurgeon of Gadag spoke on the occasion stressing upon the need for reducing mortality and morbidity. DR V S Hosmath, explained about the palliative care. On 10/02/2023: Topic 1: "VASCULAR AND INTERVENTIONAL RADIOLOGY- INTRODUCTION & APPLICATIONS" by DR Abhinandan Ruge, Fellow in Vascular & Interventional Radiology & Consultant @ KLES Hospital Belagavi. (2). "GUIDELINES FOR THE MANAGEMENT OF SEVERE TRAUMATIC BRAIN INJURY" by Dr Sattar Khan, Consultant Neurosurgeon Sankanur Hospital & Research Centre, GADAG. On 10.02.2023: CME Programme was conducted. TOPICS (1). "ONCOPLASTIC BREAST RECONSTRUCTION; SKILL DEVELOPMENT" by Prof Geeta Shetty, Consultant Breast Surgeon & Mentor, Royal College Of Surgeons England. TOPIC (2). "TRAINING IN TRAUMA & CRITICAL CARE: CIVIL-MILITARY COOPERATION" by COL. Vikas Chawla, Consultant Intensivist AMC Indian Army", (3). "LOW FIDELITY SIMULATION IN ACUTE CRITICAL CARE TRAINING" by DR Ajay Sharma, Consultant Surgeon, Royal Liverpool Universty Hospital. On 11.02.2023 LIFE GUIDANCE TALK: This was arranged by IMA GADAG in association with Sankanur institute of Nursing Sciences Gadag, at Sankanur institute of Nursing Sciences Gadag, Topic ; "LIFE LESSONS FOR MEDICAL PROFESSIONALS" by His Holiness Rev. Sw. Maheshathmanandaji, President Ramakrishna Mission Goa. On 17.02.2023: TOPICS (1). "Clinical Evaluation Of Cases In Present Day Practice....Is It Forgotten?". (2). "Secondary Hypertension; Why Does A Surgeon Comes Into The Scene?" by Dr.Gurushantappa Yalagachin, Prof & Head dept of Surgery, KIMS HUBBALLI, On 03.03.2023 CME Programme was conducted. Topic: "HEARING IMPAIRMENT" The need for screening, evaluation in the newborn and elderly by Dr Vinayak Kuradagi, MBBS MS(ENT), Consultant ENT Surgeon, Kuradagi Hospital Gadag. On 03/03/2023 WORLD HEARING DAY: This international day was observed in IMA KSB GADAG branch . DR V S Hosmath spoke on the occasion and stressed about the care of hearing impaired children and elderly. DR Rajshekhar Ballari, senior ENT surgeon explained about the causes and preventions of hearing loss and various modalities of screening. On 16.03.2023: TOPIC; "Health Care Violence" What needs to change? By Dr. Pavankumar Patil, PRO IMA KSB, National Jt. Secretary, CGP, Consultant Surgeon N B PATIL Hospital Gadag. On 24.03.2023 CME Programme was conducted. Topic: "CHILDHOOD TUBERCULOSIS; Down the Memory Lane" by Dr. J K Lakhani, Senior consultant Paediatrican Gadag. WORLD TUBERCULOSIS DAY was observed in IMA KSB GADAG branch on 24/03/2023. DR V S Hosmath explained about the origin and importance of World Tuberculosis Day. DR Irfan Ahmed Makandar, Consultant pulmonologist and senior resident GIMS Gadag gave a very informative talk about the MDR Tuberculosis, various lines of treatment and Government guidelines and programmes. ALL INDIA PROTEST DAY Against "right to health "act of Rajasthan government was observed on 27/03/2023. We submitted a memorandum to DC of Gadag district and requested to forward the same to respective

authorities. AHIMSA RUN Marathon was organized on 02/04/2023 to promote peace and nonviolence along with Jain organisation, "JITO" which was attended by hundreds of members and the general public. Free health care and education camp for the poor and needy was organised in association with " JATHRA COMMITTEE OF SHRI JAGADGURU TONTADARYA MATHA PF GADAG" on 02/04/2023 at Kalyana Mantapa of " TONTADARYA MATHA". IMA Members of all the specialities gave their valuable service in the camp which catered to around 400 beneficiaries. On 07.04.2023 CME Programme was conducted. Topics: (1). "ACUTE CORONARY SYNDROME- TWISTS & TURNS" by Dr. Manjunath G Hiremath, Cardiologist, Navodaya Heart Care Centre Gadag. On 20.04.2023: CME programme was conducted. TOPIC : "360 DEGREE CARE OF DIABETIC FOOT & FOOTWEAR TO PREVENT COMPLICATIONS" by Dr Sunil V Kari , MS, Diabetic Foot surgeon, Sou Mandakini Memorial Clinic, Hubballi. This year after installation of new office, IMA GADAG has taken up a new initiative of inviting Post Graduate students of respective specialities from GADAG INSTITUTE OF MEDICAL SCIENCES. All the CMEs were well attended by the PG students and the speakers had educative interactions with them. CELEBRATION OF NATIONAL & INTERNATIONAL DAYS: (1) WORLD HEALTH DAY: World health day was observed on 07/04/2023 at IMA GADAG with many meaningful activities. (1). Walkathon by IMA members at 6:00 AM, (2). Felicitation of senior IMA Members who have given immense contribution to society and IMA as well. (3). Felicitation of our IMA KSB President DR SHIVKUMAR LAKKOL, (4). Felicitation of senior health care personnel. Dr V S Hosmath, president IMA GADAG spoke on the occasion and stressed the importance of taking care of our health, and importance of world health day and its history. Dr Shivakumar Lakkol president IMA KSB delivered his address and called upon all members to emulate the values of our seniors. He spoke in detail about the contribution of our senior members. Dr Shekhar Sajjanar vice president IMA KSB GADAG introduced all senior members felicitated. The following members were felicitated at IMA HALL. DR J K LAKHANI, DR N B PATIL, DR B N PATIL, DR B M ALUR, DR SHANTHABAI BHOOMARADDI, DR MALLAMMA D GOJNUR. The following members were felicitated at their homes as it was difficult for them to attend due to health reasons: DR P R MALEKOPPAMATH, DR C C SHIVAPPAGODAR, DR V K CHINTHAMANI. The following senior health care personnel were felicitated: Smt M K Pushpavalli Amma, Smt Soni Paul Mullur and Smt Suvarna R Katarki. WORLD KIDNEY DAY: World kidney day was observed to create awareness about kidney diseases and kidney care at SANKALPA super speciality hospital on 15/04/2023. DR V S Hosmath President IMA KSB GADAG, spoke on the occasion and explained about the care of chronic diseases like hypertension and diabetes.

**Branch : Gangavathi**  
**President : Dr. Madhusudhana. K.N**  
**Secretary : Dr. Mahanathesh G. Pattana shetty**

On 22.03.2023 ; GLAUCOMA AWARENESS CAMP: IMA Gangavathi, Maitri in association with Netrajyothi eye hospital conducted World glaucoma week on .Our Secretary Dr Mahanathesh Pattanashetty examined about 50 patients, 5 patients were detected to have glaucoma. The patients were advised regarding the same. On 24.03.2023, WORLD TB DAY

RALLY: IMA GANGAVATHI in association with SDH Gangavathi, conducted a TB awareness rally in Gangavathi, more than 100 asha workers participated in the event. DR SHARANAPPA spoke on importance of completing the treatment and nutrition. On 27.03.2023, submitted the memorandum to the Tahsildar Gangavathi and requested him to forward to DC for the needful. The same day observed as National protest day and Black day and all the IMA members wore the black ribbon and practiced. On 1.04.2023 , IMA Gangavathi, Maitri in association with HCG NMR cancer centre Hubballi conducted a Oncology CME. It was a panel discussion on current aspects in the management of GI cancers. Dr Prasad Guneri, Dr Rudresh and Dr Milind Shetty participated in the CME. On 01.04.2023, CANCER AWARENESS RALLY: IMA Gangavathi and Maitri in association with SDH hospital Gangavathi, HCG cancer Centre Hubli, Spoorthi institute of Nursing and Gangavathi Institute of Nursing celebrated World cancer day by conducting a walkathon rally in the streets of Gangavathi city and exhibited various placards and banners to health educate the public regarding the awareness of early symptoms of cancer and their prevention and also informed them regarding the free cancer screening program to be conducted the next day. On 02.04.2023: CANCER DETECTION CAMP: IMA Gangavathi, Maitri in association with HCG NMR cancer centre Hubballi conducted a Cancer screening camp on 2.4.23 Sunday at IMA Bhavan. About 70 patients were examined by the Oncology team of HCG cancer centre , Breast and cervix screening was done for all the female patients by doing free PAP smear and Mammography. About 8 patients had suspected lesions in Mammography and were advised accordingly. On 07.04.2023; WORLD HEALTH DAY CYCLATHON: IMA Gangavathi and Maitri in association with Vijayanagar cycling club conducted a cycle Jatha on 7.4.23 on the occasion of World health Day with placards depicting health for all and Cycling is the way to keep



health. The same evening in association with SDH hospital & Spoorthi institute celebrated world health day by lighting the lamps & candles. Dr Madhusudhan President spoke on the importance of World Health day. DrSomaraju, Dr Sulochana Chiniwalar and Dr Iswar Savadi sir also spoke on the importance of WHO day and specially Health for all. On 10.04.2023, DIABETES AND HYPERTENSION CAMP: IMA GANGAVATHI in association with YASHODHA hospital gangavathi conducted Diabetes & Hypertension detection and advice camp at Yashodha hospital Gangavathi. More than 50 patients were screened and proper treatment and advice was given accordingly.



**Branch : Hassan**  
**President : Dr. Abdul Basheer**  
**Secretary : Dr. Kumar.S.R.**

On 05.04.2023 organised interactive academic feast In association with Santasa IVF. It covered topics like Stem cell and research by Dr Sowmya Dinesh, Medico legal - Common mistakes doctors do by Dr Hitesh Bhatt, Documentation- A weapon to safety by Dr Geetendra Sharma , Panel by Dr Srividhya NB, panelits: Dr Hitesh Bhatt, Dr Geetendra Sharma, Dr Bharathi Rajashekar, Dr Nagesh K, Dr Ramesh N, Dr

Lokesha.K.. About 170 members attended. On 07.04.2023: World Health day was Celebrated. organising Walkathon and Cyclothon to create health awareness among general public with motto "Health for all". The event was inaugurated by honourable Police Superintendent of Hassan Sri Hariram Shankar. President of IMA Hassan Dr Abdul Basheer addressed the gathering and media. The event was attended by other associations Red Cross association, Hasiru Bhoomi Prathistana and private Hospitals of Hassan.

**Branch : Honnavar**  
**President : Dr. Vishal.V**  
**Secretary : Dr. Vinayaka Raikar**

On 25.02.2023: With funding from IMAs Kannada Barahagaarara Samithi, we conducted a public awareness program regarding cancer, to Rotary club members and Asha and Anganwadi workers . WDW of Honnavar had conducted health awareness program at Haldipur for general public on 9th of March. On 23.03.2023: Conducted a health

awareness campaign where information regarding alcohol dependence was given by Dr Vishal V, Psychiatrist at St Ignatius Hospital, at a village named Chandrani. In association with Rotary Club, IMA participated in cataract surgery camp in the month of March.



**Branch : Hubballi**  
**President : Dr. Subhas G. Babruwad**  
**Secretary : Dr. Vivek Patil**

On 25.03.2023: IMA Hubballi Branch in association with Brahman Samaj conducted Blood Donation Camp at Raghavendra Swamy Temple Kalyan Mantap, Bhavani Nagar, Hubballi. President Dr.S.G.Babruwad, Dr.Sunil Gokhale, Dr. R.G.Deshpande and other members attended. More than 300 units of Blood collected. On 27.03.2023 : As per the direction of IMA Head Quarters, Delhi and IMA KSB Hubballi Branch

observed National Protest Day by submitting the memorandum to The Rajasthan Chief Minister Shri Ashok Gehlot Ji through the Tashildar by wearing black badges. President Dr.S.G.Babruwad, Secretary Dr.Vivek Patil and other members participated. On 07.04.2023 : IMA Hubli In association with Lions Club Hubli & Saksham UKPrant observed WHO Day by free distribution of spectacles for 5 partially sighted visually impaired children. Lions club Hubli donated spectacles. IMA President Dr Subhas Babruwad, Dr Sunil Gokhale, Dr C.L.Patil , Dr Renuka and others participated. 07.04.2023: WHO Day was observed by Candle lighting at 7pm by President Dr.Subhas Babruwad, Principal KIMS Dr. Ishwar Hosmani, President

WDW Dr. Shashikala Hosmani and Secretary WDW Dr. Kachana U.T. at IMA House. On 10.04.2023 : IMA Hubballi In Association with Government School & College of Nursing, KIMS Hubballi Organised WHO DAY (SAMARPAN DIVAS) On Monday at 3.00 p.m. at Nursing College, KIMS Hubballi. Dr. Sunil Gokhale addressed more than 100 students on "Health for All" On this occasion Smt Annapurna, Principal Nursing College KIMS, Chetan 4th yr B.Sc Nursing, Kirthi 4th yr B.Sc Nursing, Ashwini B. B.Sc Nursing and Prathibha 3rd yr GNM Nursing were felicitated for the exemplary work done during COVID PANDEMIC. President Dr.Subhas Babruwad presided the program.



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

On 26-03-2023: Protest against RTH in Rajasthan. Worked with black ribbon. On 27-03-2023: Memorandum submitted to Tahasiladar in protest against Right to Health (RTH) passed by Rajasthan Government. On 31-03-2023 CME on 'Recent advances in fertility' by Dr. Vaman Ghodke from Sangli. 07-04-2023 WHO Day observed by holding a Walkathon and function. Health Department and local NGO's Rotary, Lions, M

M Joshi Eye Hospital & Nursing & Paramedical colleges participated.

**Branch : Karkala**  
**President : Dr. Prakashkumar Shetty**  
**Secretary : Dr. Tushar**

On 08.04.2023 CME programme was conducted In Association with Dr.TMA PAI ROTARY HOSPITAL, KARKALA. Topics: (1) "Gall bladder Disease, Diagnosis, Treatment" by Dr. Mrinal Kumar, Consultant General & Laparoscopic surgeon, Dr. TMA Pai Rotary Hospital Karkala, (2). "Recent Developments in Ophthalmology" by Dr. Chidananda Kulkarni Consultant Ophthalmologist, Dr. TMA Pai Rotary Hospital Karkala. Dr. Prakash Shetty, President IMA KARKALA thanked the speakers, sponsors & IMA Members.



**Branch : Kollegal**  
**President : Dr. J. V. Shivakishore**  
**Secretary : Dr. Praveenkumar. M**



On occasion of 75th World Health Day a Walkathon was organised along with Apollo Hospitals Mysore on 11th May for 4KMS, approximately 250 members participated in the event, along with IMA members various other organisations (Vasavi Club, Rotary and Lions clubs, walking and dancing groups) were involved, Police and Press were actively involved in the programme for creating HEALTH FOR ALL

awareness, participants were given T shirts and finisher medals, CME was held on Detection of Down's syndrome in pregnancy and managing Rh incompatible Pregnancy from Interventional Radiologist perspective.

**Branch : Kumta**  
**President : Dr. Ashwini Shanbhag**  
**Secretary : Dr. Sumalatha. B**

On 07.04.2023 World Health Day was observed. Dr Ashwini Shanbhag gave a talk on purpose of observing world health day and the theme ' health for all'. Felicitation was done for two senior most doctors, Dr. R.V. Bhat and Dr Vanamala Shanbhag for their immense contribution to the public health. Lamp was lit to signify shining health.



**Branch : Kundapur**  
**President : Dr. Mahesh. G.**  
**Secretary : Dr. Rajesh Kumar**

On 07.04.2023: IMA Kundapura observed WHO theme for year 2023 - HEALTH FOR ALL on 07/04/23 by starting off with a walkathon in morning and followed by felicitation of senior nursing staff of various hospitals in kundapura for their services. On 22.04.2023 CME Programme was conducted at Philomina commercial park, Kundapur. Topic: "APPROACH TO SYNCOPE AND ROLE OF DEVICES" by Dr. Mukund A Prabhu, Associate Professor from KMC Manipal, Department

of Cardiology. He spoke on different causes of Syncope and various devices which are in use to treat arrhythmias.

**Branch : Mandya**  
**President : Dr. T.N. Marigowda**  
**Secretary : Dr. M.Vinay**

On 27.03.2023 : The members of the IMA Mandya branch wore black badge in protest against RTH in Rajasthan. The memorandum was given to DC in his office. On 28.03.2023 President of IMA Mandya branch, Dr Marigowda TN attended meeting at DC office with regard to Tobacco Control Activities in Mandya district. He was honoured by the DC as

Mandya district had achieved the highest number of activities in the state in last one year and had achieved a highest number of reduction of tobacco users among all the districts in the last 1 year. On 30.03.2023 Womens wing of IMA Mandya Branch "Manini" organized a mental health awareness campaign in womens college on the occasion of womens day celebrations. On 07.04.2023 World Health Day Walkathon. On 19.04.2023: CME programme was organized in association with Narayana Hospital, Mysore. Topic: "Management of Acute Myocardial Infarction-Changing Paradigms & Guidelines Directed Management Of Heart Failure were discussed".



**Branch : Mangaluru**  
**President : Dr. Venugopala. D**  
**Secretary : Dr. Archith Boloor**



On 12/03/2023, a Haematology CME was conducted by IMA Mangaluru branch in association with department of Hematology, KMC, Mangaluru. There were 3 sessions in the CME, to begin with the first session, discussion started at 8am with Dr. Mahadev Swamy, Consultant Hematologist, Manipal Hospital, Panjim, on topic – My patient has low platelets, what to do? Following this was the second talk by Dr. Harsha Prasad L, Consultant Paediatric Hematology and Oncology, KMC, Mangaluru on topic – My patient is bleeding, what to do?. After the two talks, was a panel discussion on Bleeding disorders by – Dr. Jayashree – Associate professor, Department of Paediatrics, KMC, Mangaluru with Dr. Harsha prasad L, Dr. Mahadev Swamy, and Dr. Prashantha. B, Professor and Head, Department of Hematology, KMC, MAHE, Mangaluru. This was followed by Inaugural function of CME and the chief guests was – Dr. S B Lakkol, President, IMA, KSB, and the guest of honours were – Dr. B. Unnikrishnan, Dean, KMC, Mangaluru, Dr. K.R. Kamath, KMC Observer. Chief guest and guests of honour- addressed the meeting. The second session had a talk by Dr. Satish Kumar A, consultant Hematologist, Manipal hospital, Bangalore on persistent anemia in elderly. Dr. Vasudev Bhat, Associate professor, Incharge head of pediatric and marrow transplant services, KMC, Manipal gave the talk on Anemia in children and young adults. This was proceeded to panel discussion on Hemolytic anemia and transplant in children by Dr. Nuthan Kamath – Associate Dean, Professor of paediatrics, KMC, Mangalore with panelists – Dr. Harsha Prasad L, Dr. Mahadev Swamy, Dr. Vasudev Bhat. The third session of the CME started with talk was by Dr. Mallikarjun Kalashetty, consultant Hematologist, Manipal Hospital, Bangalore on approach to persistent high counts in elderly. Next was the Panel discussion by moderator – Dr. Chakrapani M, professor, department of general medicine, KMC, Mangalore, with panelists – Dr. Mallikarjun Kalashetty, Dr. Ashish Dixit and Dr. Satish Kumar A. Next on was a talk on hematological manifestations of rheumatological diseases by Dr. Sajjan Shenoy – consultant, department of clinical rheumatology, KMC, Mangalore. The last talk of the CME was given by Dr. Prashantha B, on interesting cases on Hematology. The CME was a grand success with over 170 registered delegates participating in the proceedings. Karnataka Medical council had awarded 2 CME credits for this programme. LAUNCH OF IMA MANGALORE WEBSITE: Dr. S B Lakkol, President IMA, KSB has launched the IMA Mangalore On 12th of March 2023. Website- . RELEASE OF NEWSLETTER- MEDILORE: MEDILORE- The E Newsletter of IMA Mangalore was released by Dr. S B Lakkol and Dr. B Unnikrishnan On 12th of March 2023. The newsletter contains the report of the activities of our branch and achievements of our members. DR. K. R. KINI ORATION: Dr. K.R.Kini Oration was delivered by Dr. Deviprasad Hejamady, Professor of Physiology On 12th of March 2023. He delivered a talk on Blood and Blood products transfusion. DR. SUDHAKAR SHETTY MEMORIAL ORATION: Dr. Sudhakar Shetty Oration was delivered by Dr. Ashish Dixit, consultant clinical haematologist, Manipal hospital, Bangalore On 12th of March 2023. He gave a talk on Bone health in haematological malignancies. MANGALORE TRATHLON 2023: Dr.Venugopala D , Dr.Prashanth Marla , past presidents of IMA and members actively participated in the triathlon meet held on 27th March 2023. GUEST LECTURE: IMA Mangalore member Dr. Rajesh consultant psychiatrist delivered a lecture at SGPT College Kateel on 07.04.2023. WORLD HEALTH DAY: To commemorate World Health Day special meeting was held on 13 April 2023. Dr. Sadashiva Shanboughe, DMO of Government Wenlock District Hospital was the chief guest . IMA honored Dr. Sharath Babu (Pulmonologist), and senior staff nurses Mrs. Flora D'Almeida and Mrs. Ashwini A for their exemplary work done during the Pandemic. RGUHS Jeeva Raksha Felicitation programme: IMA Mangaluru along with RGUHS Jeeva Raksha trust held a felicitation programme on 12 April 2023. Dr. Ram Nair, CEO of Jeeva Raksha was the chief guest. The Deans/ Principals of the colleges participating in the programme and the skill trainers were felicitated. WDW ACTIVITIES: Dr. Archana Bhat delivered a talk on Women's Health & Diabetes mellitus on 8th March 2023 . To celebrate womanhood, a fashion show was organised on Women's day. Women's day celebration was led by Dr.Jessy Maria Dsouza on a talk about women's health in Modancap Church. Dr.Rashmi Dsouza was a panelist on International Women's day at St.Aloysius College. Dr.Jessy also led a talk on general health and well being and was felicitated by the Dept of social justice and empowerment of differently abled citizens. Dr.Veena Bhagvan hosted a talk at Lions Club Mulki on March 8th. Dr.Kirthi Shree was the hosted for a radio interview on Akashwani Mangalore on the occasion of Bipolar disorder day.

**Branch : Mundargi**  
**President : Dr. Annadani M. Meti**  
**Secretary : Dr. Prakash Hosmani**

On 24-03-2023, on account of World TB day celebration, a talk on early detection of TB and its management under RNTCP was given by Dr Laxman Pujar (physician). All the community health workers and doctors were present. On 31-03-2023, Measles immunization day was celebrated by arranging a talk for health workers and doctors regarding importance of measles, MMR & small pox vaccinations for children. On 07-04 -2023, World Health Day was observed. A health check up camp for children was organised with the help of Anmol Yoga Centre. About 50 children were examined. After the health check up a talk was given by Dr Gonesh Mevundi (paediatrician) about healthy lifestyle, Hazards of Junk food & mobile addiction. On 14-04-2023 Dr Ambedkar Jayanthi was celebrated and on account of local same, a talk was given by Dr A M Meti on professional Hazards, Diseases & their care for KSRTC employees. On 17-04-2023, International Hemmophilia day, two poor Hemophilia patients with factor-12 deficiency were arranged for getting the injection free of cost. On 23-04-2023, Basava Jayanthi was celebrated.

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

on 24.03.2023: CME programme was conducted. Topic: (1). "Approach to Common Haematological Disorders" by Dr. Sunil Udgire, Consultant Haematologist and Paediatric Oncologist, Sparsh Hospital, Yeswanthapur, Bangalore, (2) "Update on Stroke – Golden Hour" by Dr. B.K. Madhusudan, Lead Consultant Neurologist, Sparsh Hospital, Yeswanthapur, Bangalore.

**Branch : Raichur**  
**President : Dr. Prabhuraj Gaddikeri**  
**Secretary : Dr. Shree Harsha Patil**

International Women's day celebrated at IMA hall on 19-03-2023, Honoured government retired Matrons and recognized the engineer lady spouses of doctors. Ganja seized from various taluqs of Raichur district was brought to RIMACT Raichur by Raichur police consisting of SP, DSP, circle inspectors and SI. As per NDPS act 1985 following all the guidelines of state pollution control board, seized ganja was destroyed in incinerator at RIMACT on 24-03-2023. President Dr. Prabhuraj Gaddikeri, Secretary Dr. Shree Harsha Patil and entire RIMACT staff and PCB officer were present. IMA Raichur supported national solidarity day on 04 April, 2023 in support of IMA Rajasthan in their fight against controversial and draconian Rajasthan Right to health act 2023. All members wore Black badges during practice. Condolence Meeting was held at IMA premises in fond memory of Dr. Sethuram, who passed away on 03.04.2023. Dr. Sethuram was a beloved, respected senior IMA member of our association. IMA Raichur remembers his contribution to the association and his service to the patients and to the people of Raichur, with affection & gratitude.



## OBITUARY



**Dr. Sethuram**  
**IMA Raichur**

## President Visit to Various Branches / Medical Colleges



**Al-Ameen Medical College, Bijapura**



**BLDEA Sri B.M. Patil Medical College, Bidapura**



**S.N. Medical College, Bagalkot**



**Badami**



**Bagalkot**



**Gokak**



**Jamkhandi**



**Mudhol**

## President Visit to Various Branches



Sindhagi

## 306th State Council Meeting held at Belgaum on 30-04-2023





**Branch : Sagar**  
**President : Dr. B.G. Sangam**  
**Secretary : Dr. Kishan R Bhagwat**

"Walk for Good Health" – walkathon was organised by IMA – Sagar on April 7th, 2023 on the occasion of World Health Day. The program was inaugurated by Asst. Superintendent of Police – Sri Rohan Jagadeesh, IPS, who stressed the importance of maintaining good health. The walkathon procession was lead by the doctor members of the Sagar IMA.

Around 200 people participated in the walking event which included paramedical, nursing college students and staff from various hospitals in Sagar. The program culminated in front of Sagar AC office. The event was well covered by the media in Sagar. The whole event brought positive vibes amongst the general public about the doctor community. CME program was conducted on 12th April, 2023 on "Interesting Cases of Fetal Medicine" by Dr. Niveditha Hegde, Fetal Medicine Consultant; and "Soft tissue Sarcoma management" by Dr. Vivek M A, Consultant Surgical Oncologist – both from Sahyadri Narayana Multispecialty Hospital, Shimoga.

**Branch : Shimoga**  
**President : Dr. Arun M.S.**  
**Secretary : Dr. Raksha U. Rao**



On 24.3.2023, President Dr.Arun M S took part in World TB Day awareness jatha by District Administration and DHO office. On 27..3.2023, IMA Shivamogga submitted memorandum to DC office and updated about RTH bill and ongoing massive protest in Rajasthan and whole IMA fraternity showing solidarity against the bill. President Dr. Arun MS was accompanied by Vice Presidents Dr. Ravish , President Elect Dr. Ramesh, Secretary Dr. Raksha Rao , EC members Dr. Nagaraj H, Dr. Srinivas and Dr. Shubrata. On 03.04.2023: Under Namaste IMA series, we had the fourth health awareness video by K Live news Channel on Youtube by Dr. Sreekanth Hegde, Physician on H3 N2 infection. Interview done by WDW President Dr. Vinaya Srinivas. On 07. 04.2023 75th World Health Day cyclothan was a huge success with active participation of members from IMA and SCC. The Jatha was inaugurated by SP MithunKumar who stressed on need to follow an active lifestyle. Dr. Arun M S spoke on importance of world health day and message to public on the occasion. Senior member and active cyclist Dr. Shashidhar ( Gutti NH) was honoured . The jatha began with around 70 cyclists cycling with loudspeaker announcements of health slogans from IMA hall and culminated at Eshwaravana at Abelgere. Total distance to and fro 10 km. The refreshments provided were welcoming and everyone enjoyed a nice walk in the green park and heard nice awareness talk by the owner Navyashree Nagesh . SCC member Mr. Vijaykumar and our senior member and past President Dr. Parameshwar shared their views on the event. Secretary Dr. Raksha Rao welcomed everyone and anchored the program. On 11.4.2023, team IMA had the opportunity to visit Dr. R G Nayak and Mrs Jayanthi Nayak at their home at Vinayakanagar as part of senior member house visit program. Sir retired 6 months back as a pathologist with a clinical acumen and still has great zest for learning. In his retired life he is enjoying time reading and cooking. We were treated to kotte kadubu delicacy prepared by him . Dr. Arun MS , Dr. Kousthuba, Dr. Srikanth Hegde and Dr. Anupama , Dr. Krishna S Bhat , Dr. Raksha Rao were present.



**Branch : Sindhanur**  
**President : Dr. Shivraj Patil**  
**Secretary : Dr. Amar Patil**

On 02.04.2023" A grand cardiology CME was organized In association with Narayana Hrudayalaya, SDM campus Dharwad. Two

interesting topics on day to day difficulties in the management of cardiac disorders were discussed. Dr Mahesh honalli interventional cardiologist discussed about the "Recent advances in management of congenital heart disease" and Dr Ravivarma Patil, chief cardiothoracic surgeon spoke on "End stage Heart Failure-surgical options". IMA ladies wing had a casual day outing to nearby historical sites in and around hampi

On 23.03.2023: IMA KSB Women Doctors Wing Sub Committee conducted online webinar- MASTER STROKES , on topic MTP Amendment Act 2021 by Dr.Geetha Doppa Prof & HOD of KVGMC, Sullia. On 27.03.2023: All India Protest day against the anti people Right to Health Act in Rajasthan, Stop atrocities

**Branch : Sullia**  
**President : Dr. Veena**  
**Secretary : Dr. Ravikanth G.O.**



on striking Doctors, Peoples health is Governments responsibility. All IMA members of Sullia participated in protest. On 30.03.2023: Dr.Raghuram was honoured by Rotary club Sullia city – life time achiever award 2023. On 11.04.2023 On occasion of National Safe Motherhood Day- Dr.Veena giving Speech to Anganwadi workers. On 12.04.2023: On occasion of World Health Day- Dr.Veena giving speech on Health & Hygeine talk on uterus and its related problems to Anganwadi workers. On 15.04.2023: Joined IMA Karnataka State team for CWC meeting in Ahmedabad. Warm welcome by IMA Gujarat at the airport. Dr.Geetha Doppa met Dr Ketan Desai sir in CWC conference.

**Branch : Tumkur**  
**President : Dr. Chandrashekar**  
**Secretary : Dr. Chaluvegowda**



On 24.03.2023: World TB Day was observed at Town Hall Circle In association with Dist Health and Family welfare Office, Dist TB Centre and IMA Tumakuru. Jatha inaugurated in Town Hall. On 27.03.2023: Submission of Memorandum to District Commissioner related to Right to Health Bill in Rajasthan. On 27.03.2023 At DC's office tumkur. IMA Tumakuru Branch President Dr Chandrashekar, Dr. Thyagaraj, Building committee Secretary, Dr. Girija Sanjay, Chairman, WDW, DR Sanjay, Ex-President, Dr. Sanath Kumar G K, Ex-Secretary, Dr. Arjun Treasurer and other EC members were present while submitting memorandum to DC regarding not passing Right to Health bill in Rajasthan State. On 27.03.023: State Branch President Visit to Branch. Met Mr. Piyush Goyal, Minister of Commerce & Industry, Consumer Affairs & Food & Public Distribution and Textiles, Govt. of India On 07.04.2003 at Sneha sangama convention hall tumkur. Dr Sanjay, Dr. Bhushan and Dr Suresh Babu as representatives of IMA Tumakuru met Mr. Piyush Goyal and submitted memorandum regarding cancellation of Trade license to Clinics and Nursing Homes. On 11.04.2023: NATIONAL safe motherhood day was observed at PHC Kesarmodu, Tumkur Taluk. On the Eve of National Safe Motherhood day, WDW IMA Tumakuru organized Talk on Safe motherhood and distributed Snacks and nutritious food to 70 pregnant ladies. Dr Shruthi, MO PHC kesarmodu organized the event. On 12.04.2023: Awareness program related to Election to District Working Journalist at Information and Broadingcasting dept, Tumkur. DR Chandrashekar, President honored in the occasion, and journalists submitted memorandum for treating journalist at 50% of cost. On 14.04.2023 Dr. B R Ambedkar Jayanthi was celebrated.



**Branch : Udupi-Karavali**  
**President : Dr. P.V. Bhandary**  
**Secretary : Dr. Keshav Nayak**

On 11.03.2023 IMA KSB president Dr. Shivakumar B Lakkol visited our branch. He was accompanied by Dr. M Venkatachalapathy, Past president IMA KSB and joint secretary IMA HQ, Dr. Madhusudan Kariganur Past president IMA KSB and Dr. Laxman D Bhakle, Assistant Secretary IMA KSB. A press meet was held

on the occasion at Press club of India, Udupi. It was attended by Dr. Vasudev S district Co-coordinator & Dr. P V Bhandary President IMA Udupi Karavali. On 26.03.2023: CME was conducted at IMA Bhavan, Udupi in association with Lombard Memorial Mission Hospital Udupi. Dr. Vinay Kumar Rajendra, Consultant Surgical Oncologist delivered a lecture on "Recent Advance in Management of Cancers in Women". Dr Arjun Ballal, Consultant Orthopedic Surgeon spoke on "Approach to Chronic shoulder pain. Dr. Sushil Jathanna, Director, LMH was the Moderator for the programme. About 100 delegates attended the CME. March 26, 2023: IMA Udupi Karavali participated for the Face TV programme telecast on 26.03.2023 to appeal to Government to fulfill various demands of IMA doctors. Our Member Dr. Vasudev S, Dr. Y S Rao participated in this programme. On 27.03.2023: Memorandum was submitted to ADC Mrs. Veena from IMA Udupi Karavali against Rajasthan right to Health bill 2023. Dr. P V Bhandary, President IMA Udupi Karavali, Dr. Keshav Nayak, Secretary IMA Udupi Karavali, Dr. Vasudev District Coordinated and members of IMA Udupi Karavali were present. On 30.03.2023 World Autism awareness day: IMA Udupi Karavali conducted World Autism awareness day programme in association with Manasa Autism Centre and Autism Society of Udupi at Manasa School Hall, Pamboor. On 01.04.2023 Summer camp 2023 for childrens: Inauguration function: Summer Camp for Children conducted from 01.04.2023 to 09.04.2023 at IMA Bhavan Udupi for IMA Udupi Karavali Doctor's Children. Programme was inaugurated by Dr. P V Bhandary President IMA Udupi Kaavali. Summer camp validictory programme was conducted on 09.04.2023. Dr. Virupaksha Devaramane was the Chief guest of the programme. On 02.-4.2023: World Health Organization Day: Indian Medical Association Udupi Karavali celebrated World health organization day on 02.04.2023, at Rotary club Shankarapura. Chief Guest of the programme was Dr. P V Bhandary, President & Dr. Keshav Nayak, Secretary was present in this programme. One nursing staff and one Asha worker of Moodubettu PHC were felicitated for their service in the field of health care. On 05.04.2023 Awareness programme on Harmful effect on consuming narcotic substances: IMA Udupi Karavali conducted awareness programme on Harmful effect on consuming narcotic substances on 05.04.2023 at Bhuvanendra College Karkala. Guest talk was given by Dr. Manas E R, Consultant Psychiatrist, Dr. A V Baliga Memorial Hospital. Sri Prasanna M S, Sub inspector of police Karkala town station was the guest of honor of the programme. The programme was presided by Dr. Manjunath A Kotian, Principal Bhuvanendra College Karkala. On 05.04.2023: Awareness session and free screening for Brest cancer and cancer cervix: Women's Doctor Wing IMA Udupi Karvali conducted Awareness session and free screening for Brest cancer and cancer cervix in association with Manipal OBG society and Primary health Centre, Hoode on 05.04.2023 at Goretti Hospital Santhekatte. Dr. Prema, Medical Officer PHC Hoode, Dr. Joyce James, Medical Officer Goretti Hospital Kalyanpur were the guests for the program, DR. Rajalakshmi, Gynecologist, Chairperson Women's Doctor Wing IMA Udupi Karvali was the resource person of the programme. Brest examination and Pap smear was done for 60 members. On 07.04.2023: Awareness session and free screening for Brest cancer and cancer cervix: Women's Doctor Wing IMA Udupi Karvali conducted Awareness session and free screening for Brest cancer and cancer cervix in association with Manipal OBG society, Primary health Centre Hoode and Jagruthi Janaseva Samsthe, Tonse at Primary Health Centre Hoode. Dr. Nagarathna District Surveillance Officer Udupi, DR. Rajalakshmi, Gynecologist, Chairperson Women's Doctor Wing IMA Udupi Karvali, Dr. Anna Hegde, Radiologist, Secretary Women's Doctor Wing IMA Udupi Karvali, Dr. Prema, Medical Officer PHC Hoode and Mrs. Sharmila S Senior Advocate Udupi were the guests for the program, Dr. Anjali Mundkur, Secretary Manipal OBG Society was the resource person for the programme. Brest examination and examination of the cervix was done for 61 members. On 07.04.2023: World Health Organization Day as "Samarpan Divas": Celebrated World health organization day at IMA Bhavan Udupi. Dr. Ashwini Kumar, Professor and HOD of Community Medicine KMC Manipal was the chief guest of the programme. Dr. Rajalakshmi, Consultant Gynecologist & Chairperson WDW was the Guest of honor. 21 Senior Nursing staff from all the hospitals of Udupi and Bramhavar was felicitated. The programme was presided by Dr. P V Bhandary, President, IMA Udupi-Karavali. On 12.04.2023: Awareness session and free screening for Breast cancer and cancer cervix: Women's Doctor Wing IMA Udupi Karvali conducted Awareness session and free screening for Breast cancer and cancer cervix associated with Manipal OBG society, Primary health Centre Hoode and Jagruthi Janaseva Samsthe Tonse on 12.04.2023 at Sub Centre Badanidiyoor. Dr. Prema, Medical Officer PHC Hoode, DR. Rajalakshmi, Gynecologist, Chairperson Women's Doctor Wing IMA Udupi Karvali were the guests of the program, Dr. Ranjitha Nayak, Gynecologist Sristi Clinic Udupi was the resource person of the programme. Breast examination and examination of the cervix was done.

**Branch : Yadgiri**  
**President : Dr. Bhagwanth Anwar**  
**Secretary : Dr. Vaijanath Duggani**

On 23.03.2023: IMA Yadgir in association with district health and family welfare department Celebrated "75th WORLD TB DAY" and conducted CME on "LATEST TB GUIDELINES". On 27.03.2023 Submitted Memorandum to DC protesting against RTH bill passed in Rajasthan wearing black ribbon.



CME was conducted on 24/03/23 in association with Cytocare hospital. More than 100 doctors attended this CME. AWARE BE AWARE- awareness talk on safe banking was arranged by HDFC Bank. Mr Farhan, manager HDFC, and senior faculty Mr Sheshachala gave awareness talk and addressed all queries of doctors. Guest speakers Dr Mohanraj and Dr.Poovamma, spoke on Red flag signs of paediatric cancer & Advances in breast cancer respectively. Dr.Suriraju.V president presented and briefed newsletter details to audience. IMA Yelahanka participated in black day with peaceful protest in support of doctors of Rajasthan against the Right to Health Bill on 27/3/2023. A Memorandum was submitted to DC. IMA members practiced wearing black badges. On 07/04/23 World Health Day was celebrated by organizing a walkathon and health check up camp at GKVK premises, more than 100 members of IMA Yelahanka participated.

**Branch : Yelahanka**  
**President : Dr. Suri Raju.V**  
**Secretary : Dr. Nalina**



World immunisation week celebrations at Paediatric Dept, Akash institute of medical sciences & research Center, Devanahalli on 27/4/2023. Under the leadership of President Elect Dr. S.Srinivasa and Past State Secretary Dr. S.M. Prasad

# Career Guidance

## Research After MBBS : A Comprehensive Guide to Opportunities in India and Abroad

- Dr. Tarun Kumar Suvvari

Founding President, Rangaraya Student Research Society (RSRS), Kakinada, India  
Founder and Executive Director, Squad Medicine and Research (SMR), India

After completing MBBS, medical graduates can explore various opportunities in India and abroad. The career options available for MBBS graduates depend on their interests and career aspirations. In this article, we will discuss some of the most popular career paths after MBBS.

### **Pursuing research through three-year medical postgraduate programme (MD or MS):**

Postgraduates will be exposed to research through their curriculum designed by National medical commission (NMC), India. But due to high patient load and inadequate benefits due to research, not many people tend to be involved in research. After MD/MS, one can do research through the hospitals/medical colleges in which they are going to work. Another way is collaborative research with peers in other hospitals/medical colleges. People with MD Pharmacology/Microbiology/Physiology/Biochemistry usually have good research opportunities in academia. People who pursue MD pharmacology can work as clinical trial coordinators. Clinical trials are studies that test new drugs or treatments on human subjects. They are responsible for managing clinical trials and ensuring that they are conducted ethically and safely. Clinical trial coordinators can work in pharmaceutical companies, hospitals, or research organizations. After MD/MS in any branch, people can pursue PhD and be involved in research.

### **PhD (Doctor of Philosophy) after MBBS - Nurturing Clinical Scientists (NCS) by ICMR:**

A MBBS Graduate can get direct admission to PhD in many subjects in many reputed universities / institutions, including ICMR, AIIMS and Others. The Scheme of ICMR Nurturing Clinical Scientists has been instituted to foster high-quality research opportunities for Fresh MBBS/BDS candidates, within two years of completing their degrees (Interns/MD/MS/MDS are NOT eligible) in the cutting edge areas Fundamental Basic/Clinical Research incommunicable and noncommunicable diseases, and reproductive health including nutrition etc. at MCI/DCI recognized medical colleges/ICMR network of Institutes/Centers, among others. The selected candidates will enroll themselves for pursuing a Ph.D. in any UGC recognized University/MCI/DCI recognized medical colleges/institutes. Three years (2+1) or submission of Ph.D. thesis (whichever is earlier).

(Link -<https://main.icmr.nic.in/content/nurturing-clinical-scientists-scheme>)

### **PhD (Doctor of Philosophy) in Abroad:**

Similarly, people can apply for Ph.D. for abroad universities. Let me clarify here that, unlike in India, you don't need a master's degree to be eligible for a PhD. In fact, with a four-year bachelor's degree, you are eligible for a PhD. Apart from a bachelor's degree, you need a decent GRE score, TOEFL score, statement of purpose (SOP), and letter of recommendation (LORs). Previous research experience and publication are good to have but not necessary. Amongst all the above-mentioned requirements, GRE is the single most important parameter that can make or break your application. You need to check with individual universities' websites and apply for it.

### **Master in Public Health (MPH):**

Public health is a field that focuses on improving the health of populations through research, education, and intervention programs. MBBS graduates can work in public health departments, non-governmental organizations, or international organizations such as the World Health Organization. A Master's degree in public health can help graduates to enter this field. An MBBS graduate from India can pursue MPH either in India or abroad. In India, many institutions offer MPH. Few include, JIPMER, PGIMER, AIIMS, IIPH, NIE, NIMHANS and many more. Regarding universities abroad - You need to check with individual universities websites and apply for it.

### **ICMR Scheme For MD/MS-PhD Programme:**

The programme is designed to identify young medical graduates with brilliant academic records for pursuing postgraduate qualifications & to motivate them to opt for a career in its research cadre. The selection of the candidates will be made on the basis of a competitive National level examination consisting of a written test conducted at 3 or 4 Centres in the country. The candidate passing all MBBS examinations in the first attempt with 60% or more aggregate marks will be eligible for the examination. Under this programme, the selected medical graduates would be provided financial assistance for 4-5 years and a total of 25 fellowships will be available per year. (Programme is ongoing at three Centres viz., King George's Medical University (KGMU), Lucknow; National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru and SRIHER (Sri Ramachandra Institute of Higher Education and Research), Chennai.

(Link - <https://main.icmr.nic.in/content/icmr-scheme-mdms-phd-programme>)

**Pursuing research after passing USMLE and PLAB:**

The United States Medical Licensing Examination (USMLE) is a three-step examination program for medical licensure in the United States. The Professional and Linguistic Assessments Board test (PLAB test), helps us to make sure doctors who qualified abroad have the right knowledge and skills to practise medicine in the UK. After clearing USMLE and PLAB, we can join residency and practice in US and UK respectively. In both countries, research is integral part of residency. The accessibility, funding and opportunities will be more and interested people can pursue research simultaneously.

**Others:**

- You may appear for CSIR NET exam and join as a JRA (junior research assistant) in the field and institute of your choice including IISc, CCMB and all the IITs.
- Other similar courses to pursue research are MSc Clinical Research, D.Phil at various universities in India and abroad.
- Master in Medical Science and Technology (MMST) by IIT Kharagpur.

- Rajiv Gandhi Centre for Biotechnology under the Government of India functioning at Poojappura, Thiruvananthapuram, offers major research programmes in disease biology and molecular medicine as well as plant biotechnology and discovery.
- Meritorious MBBS graduates can opt M.Tech. programmes in medical nanotechnology or nano medical sciences. But limited opportunities are available for study. In Kerala, Amrita Centre for Nano Sciences under Amrita Institute of Medical Sciences (AIMS), Kochi, conducts M.Tech. nano medical sciences. Total seats: 20. This programme is fully-funded by the Department of Science and Technology.
- Dr. B.R. Ambedkar Centre for Biomedical Research under the University of Delhi offers M.Sc.-Ph.D. combined degree in biomedical sciences.

In conclusion, there are far more opportunities for research for MBBS graduates in India than most people realize. MBBS graduates have a wide range of research career opportunities in India and It is important for graduates to explore their interests and choose a career path that aligns with their goals and aspirations.

**WDW Activities - Hassan**

**WDW Hassan :** Swami Vivekananda Youth Movement in association with Rotary Club - Hassan distributed nutritional kits for Women Cancer Survivors on 8th of March 2023. Three members of IMA - WDW Hassan participated in the event. Dr. Kirana K V, Secretary, IMA - WDW, Hassan spoke on Cancer Cervix, Dr. Sudha T. R., HOD, Dept of Obstetrics and Gynaecology, HIMS spoke on Cancer Breast and Dr. Mamatha Sudheer, President, IMA - WDW spoke on the mental well being of women. Dr. Sudha T. R. was felicitated by the organisers.

IMA - WDW, Hassan organized one of its kind event to celebrate Women's Day. Members of IMA - WDW, Hassan recorded videos to create awareness about various women health issues and these videos were telecasted on local cable network HCN channel and uploaded on IMA- WDW Hassan YouTube Channel from 8th March to 31st March. The videos were very well received by general public and garnered a lot of praise.

World TB Day was celebrated on 24th March 2023 by District TB Center in association with Hassan Institute of Medical Sciences and District Administration, Hassan. Members of IMA - WDW Dr. Sandhya, District TB Program officer, Dr. Shweta, Treasurer IMA - WDW and Dr. Deepti Krishnan, pulmonologist, were actively involved in the organizing event. Following members of IMA - WDW also adopted TB patients to sponsor monthly nutritional kits to patients of Tuberculosis. Womens Day was celebrated on 31st March and felicitated its senior Member Dr. Bharathi Rajashekar, Senior Obstetrician and Gynaecologist, Hassan. Members who were

actively involved in making the women health awareness videos were also felicitated. Cultural program was conducted which included dance and singing by the enthusiastic members of the association. The program was attended by more than 80 members. IMA - WDW senior member Dr. Bharathi Rajashekar, Obstetrician and Gynaecologist was a resource person for a workshop conducted by Red cross to students of JSS college, Sakleshpur, Hassan held on 4th March. And she educated students about First Aid.

Dr. Kirana K V, Secretary, IMA - WDW, Hassan and Dr. Bharathi Rajashekar, senior member of IMA - WDW, Hassan were part of a radio programme on Adolescent Health, which was broadcasted all over Karnataka on 17th March.



**DR. VIJAY KR RAO**

Consultant Rheumatologist  
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 FRCP (UK), CCT in Rheumatology (UK)  
 Post-CCT Fellowship in SLE and  
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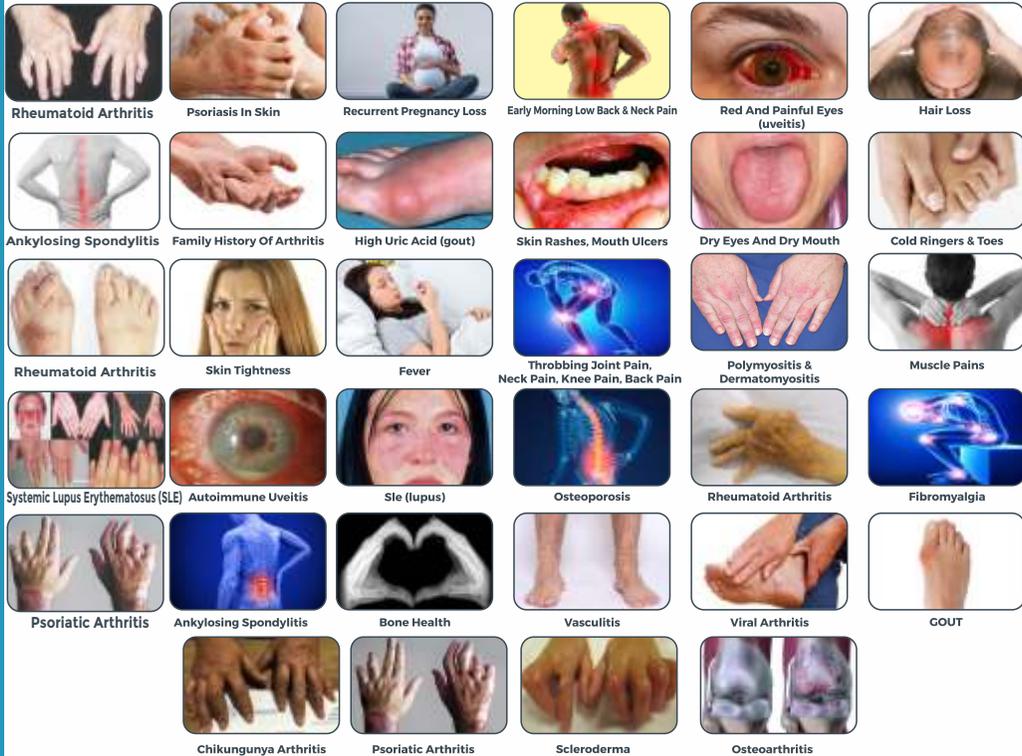
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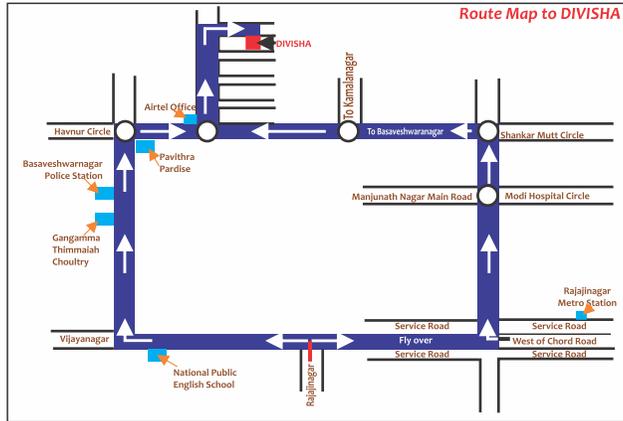
- Throbbing Joint Pain, Neck Pain, Knee Pain , Back Pain
- Muscle Pains • Rheumatoid Arthritis
- SLE (Lupus) Vasculitis
- Ankylosing Spondylitis Psoriatic Arthritis
- Gout • Scleroderma
- Polymyositis & Dermatomyositis • Autoimmune Uveitis
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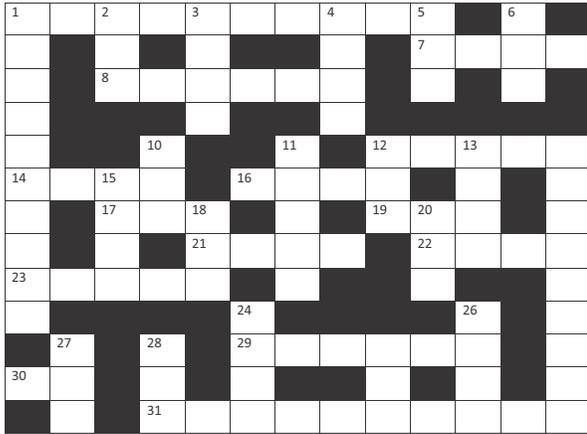
**DR. VIJAY K. R. RAO**  
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 CCT in Rheumatology (UK) Post CCT fellowship in SLE &  
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## Medical Crossword - 03



**Clues Across:**

1. This causes withdrawal symptoms in addicts (10)
7. A slang term for Gonorrhoea (4)
8. \_\_\_\_\_ shot sounds are heard over a major artery in Aortic stenosis (6)
12. \_\_\_\_\_ sella syndrome (5)
14. Vesicular \_\_\_\_\_ an abnormal pregnancy (4)
16. \_\_\_\_\_ pupil, a pupillary reflex abnormality (4)
17. \_\_\_\_\_ like Facies in Williams syndrome (3)
19. General Physical Examination in short abbr (3)
21. Charged particles (4)
22. Stem cells are called \_\_\_\_\_ potent cells (4)
23. Short form for Erythrocyte Corrected Sedimentation Rate Test abbr. (5)
29. \_\_\_\_\_ blood sugar, blood sample drawn irrespective of fed state (6)

30. A flower in the eyes? (4)
31. One of the basic medical sciences we study during first year (10)

**Clues Down:**

1. An instrument to measure fat thickness (10)
2. A neurological disease associated with measles abbr. (4)
3. A type of Aortic stenosis abbr. (4)
4. West \_\_\_\_\_ fever, a viral disease (4)
5. This fluid constitutes 45 to 70% of body weight abbr (3)
6. \_\_\_\_\_ Sach's disease (3)
9. A relationship of mutual benefit among different species (10)
10. Agar \_\_\_\_\_ electrophoresis (3)
11. A prefix used for conditions related to gland (5)
12. Brain waves? Abbr (3)
13. \_\_\_\_\_'S syndrome consists of Polyneuropathy, Organomegaly, Endocrinopathy, Monoclonal protein abbr (4)
15. Crystalline \_\_\_\_\_ a component of eye (4)
18. Seizure is also called a \_\_\_\_\_ (3)
20. This is the material used for casts abbr (3)
24. \_\_\_\_\_'s Anatomy (4)
25. A prefix meaning peculiar, distinctive (4)
26. \_\_\_\_\_ cytosis, other name for exocytosis (4)
27. \_\_\_\_\_' palsy, policeman's hand (3)
28. A concept in parapsychology abbr (3)

Solution to the Medi-Crossword : Page-31

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# My Hobby My Passion

## Art

By Dr. B C Shinde  
IMA Belagavi

I am a IMA member since 40yrs & BAFPA member since 30yrs. I am practicing since last 45 yrs (10yrs rural in Basavan Kudachi, Sambra road & then 35yrs in Vadagaon ,Belgaum )

My Hobbies are, singing, painting, reading historical books, In fact didn't attend any special drawing exams or music classes, at 7 & 8th class our drawing teacher took interest in me & encouraged me !

Same year my father brought a new Radio & I started hearing Hindi songs for the first time & developed passion for singing too in my teen age ! Both became regular hobby till today.

I am actively involved in Social work through RSS & politics (was secretary & president of Belgaum city BJP, Now Vishwa Hindu Parishad hon dist president). I was an athelete during college days & tours & trips are my other hobbies. I was also BAFPA secretary & president some 15yrs back.

About my family, I have two sons - Elder son is a Police Inspector serving in Belgaum, younger son is a homeopathic practitioner in Bengaluru & 3 grand children studying in 8th & 5th.



### Solution to the Medi-Crossword -03:

**Across:** 1. Abstinence 7. Clap 8. Pistol 12. Empty 14. Mole 16. Adie 17. Elf 19. GPE 21. Ions 22. Omni 23. ECSRT 29. Random 30. Iris 31. Physiology.

**Down:** 1. Adipometer 2. SSPE 3. IHSS 4. Nile 5. ECF 6. Tay 9. Symbiology 10. Gel 11. Adeno 12. EEG 13. POEM 15. Lens 18. Fit 20. POP 24. Gray 25. Idio 26. Emio 27. Erb 28. ESP



## Kashmir - Heaven on Earth

By Dr. Y.A Chiranjeevi  
IMA Yelahanka

I am a practicing Paediatrician at yelahanka. Along with my cousin Dr Narayanaswamy who is a Physician we were in Kashmir with our families in 2nd week of February . So we thought it's worth writing about our trip as it is a must visit snow destination . Let me just say that it's one of the most outstandingly beautiful place . It was a 5 days trip to Srinagar , Gulmarg and Pahalgam . First day in Srinagar we went on a shikara(boat) ride in the fabulous Dal lake where we came across other shikaras selling famous Kashmiri Kahwa & kebabs. We took some stunning pictures in Kashmiri attire (Phiran) . We also did some local shopping from the floating markets . In Srinagar city we did shopping from the famous "Lal chowk" where we bought some warm clothings -pashmina shawls.

Next day we were excited to witness the beauty of snowfall in Gulmarg . Weather changed drastically from Srinagar to Gulmarg .As we went up in chained wheel jeep to Gulmarg ,we witnessed the heavenly views of snow capped mountains. We stayed in wooden cottage room , the view from where was also spectacular.We danced with kids in fresh snow fall . Within a span of 4hrs there was 3 feet snow .

On day 3 we started journey in Gondola cable car (which

is the 2nd highest cable car ride in the world ) to witness the breathtaking views , Igloos and experienced some winter sports activities (skiing ,snow bike ) . There were kids with us so we were able to visit only phase 1 as phase 2 is at higher altitude. On the way to Pahalgam , we visited India's only Kesar farms and bought some kesar and dry fruits.

Next day we started our unforgettable horse ride up a fairly steep mountain side , which leads to a magnificent snow capped peaks like Pahalgam valley , Kashmir valley , frozen rivers and Mini Switzerland. We along with children really enjoyed the pony ride .

"If Gulmarg is known for its snow capped mountain and Gondola ride , Pahalgam is known for its lush green meadows and pony rides."

Before leaving to Bangalore we visited the famous Adi Shankaracharya temple which is dedicated to lord Shiva in Srinagar .

Kashmir a must visit snow destination and the best time to visit is during December to March .

Kashmir is a safe tourist destination because of our Indian Army. Hats off to them.

'Jai Hind' .





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\*Amount paid towards financial assistance given to the members and Legal expenses in that financial year is equally divided and collected through Demand notice sent to each members as demand fraternity contribution every year in the month of April.

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