



IMA FOCUS

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SEPTEMBER 29

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EDITORIAL

From the Desk of
Dr. K G Shankarnarayana

Greetings to all the members of IMA Karnataka Family,

It has been a busy schedule for IMA KSB during August September of this year. First was the wonderfully arranged 26th Dr Somanna memorial Badminton tournament which was held in Mangalore from 12th to 13th August. Over 300 people consisting of members of IMA Karnataka and their family members enjoyed the game as well as the hospitality of IMA Mangalore. This was followed by an academic feast at IMA CGP South Zone conference hosted by IMA Gadag at Gadag on 26th & 27th August 2023 which was graced by the National IMA Office bearers led by President Dr Sharad kumar Agarwal. Later, on 2nd & 3rd of September members of IMA Karnataka Kannada Barahagaarara balaga descended on Shivmogga to celebrate the 4th State level kannada barahagaarara sammelana which was successfully conducted by IMA Shivmogga. Next in line is the Teachers day award function on Sept 8th followed by IMA AMSCON – state level IMA AMS Conference- to be held in Tumkur from 9th to 10th of September. This will be followed by State WDW conference to be held at Gangavathi on 24th September. So it has been a fantastic blend of academic & cultural activities showcasing the overall talent of members of IMA Karnataka.

This issue features all the regular columns with interesting contributions from Dr Nagaraj Chindanur from Bellary who has excelled in – Birds in Flight – photography, Dr Sindhu from IMA Gangavathi who has written about their monsoon trip to coastal Karnataka and finally from Dr Shirish Narasapur from Bengaluru who has written about Retirement planning and corpus creation as part of Wealthcon series.

I would like to thank the sponsors of this issue – Aster CMI Hospital, Suguna Hospital & Canara Bank for their support. In addition this issue carries an advertisement about a building that is coming up in Davanagere which is ideal for a hospital. Any of our members interested can contact the given numbers for further details.

Finally, following is the list of important events during the months of Sept – Oct 2023. I request all the branches to celebrate these days with public awareness programmes to highlight the importance of these events.

September

21 - World Alzheimer's Day
28 - World Rabies Day

26 - World Day of the Deaf
29 - World Heart day

October

1 - International Day for the Elderly
10 - World Mental Health Day
16 - World Food Day
20 - World Osteoporosis Day
24 - World Polio Day

2 - National Anti Drug Addiction Day
12 - World Arthritis
17 - World Trauma Day
21 - World Iodine Deficiency Day
29 - World Stroke Day

WISHING ALL THE MEMBERS HAPPY FESTIVITIES.....

LONG LIVE IMA.....



PRESIDENT'S MESSAGE

Dr. Shivakumar B Lakkol

" I Have always felt the true text book for the pupil is his Teacher"

- **Mahatma Gandhi.**

Dear Esteemed Members,

Teachers' Day is celebrated every year on 5th September in India on the occasion of the birth anniversary of our former President Dr. Radhakrishnan Sarvepalli. He believed that the teacher decorates the lives of all the students. Teachers' Day is a day to honour teachers for their contributions. In the year 1994, UNESCO also announced to celebrate International Teacher's Day on October 5 to honour teachers. The theme for National Teacher's Day 2023 is "Teachers at the heart of education recovery" & the International Teachers Day 2023 theme is "The Transformation of Education Begins with Teachers".

IMA KSB is also celebrating the teacher's day by honouring 15 teachers on 9th September at the State AMS Conference. We request you all to attend this function.

1st -7th August was observed as the World Breastfeeding week. This year's theme is "Let's make breastfeeding and work, work!". The theme emphasises necessary actions by policymakers, employers and colleagues to support continued exclusive breastfeeding in working women to their infants. It also aims to promote awareness regarding the importance of optimal breastfeeding in infants and measures to support working women in successfully completing exclusive breastfeeding. Many IMA Branches of IMA Karnataka participated in many ways to spread this awareness.

On 11th August visited Mundargi, Hovinahadagali,

Harapanahalli and Hagaribommanahali. All the meetings were with good gathering & with good discussion on various issues particularly GST. All the branches have agreed to pay GST as early as possible. I congratulate Harpanahalli Branch which is 1st branch to handover a cheque to IMAKSB towards GST.

On 12th August I inaugurated the 26th Dr. Somanna Memorial IMA KSB State Level Shuttle Badminton tournament at Mangalore. It was very well organised as more than 100 teams participated. I congratulate all the winners and I am very much appreciations to IMA Mangalore President Dr.Venugopal, Secretary Dr. Archith Bollor and all esteemed members of Mangalore IMA branch for conducting this event in a meticulous way.

On 13th August many branches organised awareness programmes on organ donation on the eve of the 'World Organ Donation Day'.

We Visited Savanoor and Lakeshmeshwara branch on 13th August 2023. On 15th August we celebrated our Nations 77th Independence Day at IMA KSB Bangalore by hoisting the flag. It was attended by our state secretary Dr.B.P.Karunakara ,Treasurer Dr.Vijayasradhi and the office bearers of IMA Bangalore branch. Many IMA Branches across Karnataka celebrated the Independence day with much enthusiasm.

On 23rd we had President talk programme on virtual platform. We discussed various issue including NMC regulations and Generic Medicine and GST issues.

On 24th With the great efforts of the IMA Headquarters leaders, the Central Government kept the regulation notice bill on Generic drugs at

abeyance. IMA KSB Congratulates all the peoples concerned for this success.

On 26th I Inaugural the scientific session of the IMA National South Zone CGP Conference 2023 at Gadag GIMS. Our IMA National President Dr.Sharadkumar Agarwal inaugurated the main function on 26th at the GIMS auditorium. In his inaugural address he gave a call for every branch of IMA KSB to adopt one village and work towards its overall development and report the same to the IMA Headquarters. Sri. Dr. H. K. Patil, The Honourable Minister for Law, Justice Human Rights & Parliamentary Affairs, Legislation and Tourism Govt. of Karnataka and Gadag District In charge Minister attended this function as the Chief guest, Sri.Dinesh Gundu Rao, The Honourable Minister for the Dept. of Health and Family Welfare. Govt. of Karnataka, Sri Dr.Sharanprakash Rudrappa Patil, The Honourable Minster for Dept. Of Medical Education, Govt. of Karnataka attended as the Guests of honour. They assured to initiate the fellowship courses in the family physician field to help the common people to get the best medical services at the affordable cost.

IMA National Secretary General Dr.Anilkumar Nayak, Finance Secretary Dr.Shritji Bali, National Dean IMA CGP Dr. Rayapur Ramesh Babu & Secretary Dr. R Anburajan, IMA KSB Secretary Dr. B P Karunakara & Treasurer Dr.Vijayasaradhi, Conference Organising Chairperson Dr.Pyarali Noorani & Secretary Dr. Shridhar Kuradagi, IMA CGP Nationa Secretary, Dr. Pavan Patil, IMA National Joint Secretary Dr.M.Venkatachalapathy, Director of GIMS Dr. Basavaraj P Bommanahalli, IMA National Past Presidents Dr. Rajan Sharma and Dr.Jayalal, IMA KSB Past State Presidents Dr. B M Allur, Dr. G B Bidnal, Dr. R S Bellary Dr.Yogananda Reddy. Y.C, Dr. Madhusudhan Kariganoor KSB were present at the conference.

On this occasion IMA Headquarters e honoured 10 doctors of Karnataka for their distinguished service to the society as General Practitioners. We congratulate Dr. Pavan Patil and Dr. Shridhar Kuradagi and esteemed members of IMA Gadag

branch for their great efforts in making this event a grand success.

On 2nd and 3rd September we attended the IMA KSB Kannada Vaidya Barahgarara Upasmiti's 4th State level conference at the Subbaiah Medical College of Shivamogga. All the deliberations were informative and were aimed at improving the literary works by the Kannada doctors' writers. We congratulate Dr.Shridhar the well known Psychiatrist of Shivamogga who was chosen as the Sarvadhyaksha of the conference. IMA KSB congratulates all the speakers and well known Kannada Doctor Writers who attended the conference. The Kannada Quiz conducted by Dr. Na.Someshwara was educative and informative. The cultural activities were very much refreshing and entertaining. We thank the Chairman of the Upasmiti Dr.Shivanand Kubasad and his team, the conference Organising secretaries Dr.Shubhratha and Dr.Vinayaprasad, the President of Shimoga IMA Dr.Arun and Secretary Dr.Raksharao and its office bearers for the relentless efforts in making this conference a grand success.

IMA Gangavathi branch is hosting the IMA KSB State level Women doctors wing conference at Gangavathi on 24th September. These women's conferences provide a unique platform for women to come together and share their experiences, knowledge, and support. Women's leadership conferences offer a variety of panel discussions, and keynote speakers. We request all of you to attend.

On 27th, 28th and 29th October we are having 89th Medicon at Bidar. I request all the esteemed members to register to the conference and make it grand success. IMA KSB request all branch President & Secretaries to motivate the members to pay the GST as early as possible.

IMA KSB congratulates the ISRO team and everyone who worked relentlessly to accomplish the success of the lunar mission, Chandrayan 3. It demonstrates our nation's unwavering commitment to advancement in space science and technology.

Thank you one & all

UNITY IS OUR STRENGTH

LONG LIVE IMA





SECRETARY'S MESSAGE

Dr. B P Karunakara

Dear esteemed members,

Greetings from IMA KSB!

Independence Day Celebrations : 77th Independence Day was celebrated with lot of fanfare across the branches! IMA KSB Celebrated the most important day with President Dr. Shivakumar B Lakkol hoisted the flag and gave a very engrossing speech on the occasion. He gave wonderful message on the works of IMA, brotherhood among its members and branches and works done for the benefit of the members and the society in large! It was a well-attended celebration. He highlighted GST issue, measures taken by KSB and the way forward for branches to refund the amount to the IMA KSB!

GST: GST work is a work in progress for IMA KSB and its branches. The work started with the visiting of the state and central GST officials last month, followed by series of meetings, followed by ratification of the payment with protest at the council meeting, followed by zonal meetings and local branches president and secretaries. In principle, it's agreed to mobilize the amount from each member with onus on the branches to refinish the KSB funds. IMA KSB, taking the responsibility of all the local branches, paid the GST with protest note. We are happy to inform that IMA Harapanahalli is the first branch to pay back its share. This was followed by Gangavati and Sindhanur. Many branches are started process and hope to see the payment soon. Also, to facilitate members to pay easily, a payment portal also has been developed. Member can directly pay and inform the branch. As the payment happens, IMA KSB will give information to the branches. We encourage all the members and the branches to stand up to the necessity and do the needful soon.

President Talks: President Sir briefly enlisted the issues, works and how the IMA KSB and HQ are handling the issues major issues like NMC order generic medicine and others and works of KSB and the various forthcoming conferences of the state branch. Members discussed the issues and gave very good inputs and feedback. Members appreciated the works of President and the state branch.

South zone CGP Conference: The extravagant south zone conference was a well appreciated conference with galaxy of dignitaries including National President, Hon Secretary General, Hon Treasurer and Chairman and other office bearers of CGP from national HQ and local branches and three prominent senior ministers form government of Karnataka; Health minister, Medical Education Minister and Minister for Law. Honourable ministers spoke well on the profession, committed service of doctors and the importance role of IMA. Assured to look into the grievances of the IMA and address them soon. The Conference was well attended and the scientific deliberations were very fruitful. We sincerely acknowledge and thank the gesture and support of the Gadag Government Medical College for conducting the conference in their premises. The conference has been a step forward for the CGP locally and beyond.

Award committee works: The committee has done a tremendous job of choosing the right members for various awards including Teachers day awards, Vaidyashresta award of Kannada Sahitya Sammelana, which will be held next month in Shimoga and chose eminent faculty to deliver oration at AMS Conference to be held in Tumkur in September. The laid down policies and price were followed in doing the duty. We look forward for the

committee to continue good works for the future awards including ones meant for MEDICON 2023.

Generic Medicines prescription: The notification of NMC mandating prescribing medicines by generic names only had caused uproar in the medical fraternity across the country. The notification had caused serious professional anxiety among the medical professionals. The issue had raised many questions and implications of such an order. The issue was a sensational issue in the media too. The issue was taken up by the IMA HQ with the government of India. With great efforts of the IMA HQ, the GOI withdrew all the recent notifications by NMC and reverted back to previous one till the issue is re-looked at. It was a great victory for IMA and has reinstated confidence among its members. In the process, many other recent NMC notifications like code of conduct for social media information and banning the doctors from attending the pharma sponsored events and others were also deferred. Hope the decision helps the doctors to practice peacefully. The IMA HQ thanked the health minister and the GOI for the decision.

LONG LIVE IMA



IMA-AMS Conference is going to happen in Tumkur on 9 & 10 September 2023. We request members to register in large numbers and actively participate in the conference and make it a grand success!

IMA Teacher's day award ceremony has also been planned during the conference and invite has been sent to the awardees to attend with family and friends.

The award for the work well done is the opportunity to do more!

An Achievement Award is not the end of goal; But rather a symbolic confirmation of ones potential to for future Success!

Congratulations to all the Teacher's day awardees!!

ANJANA, IMA KSB woman doctor's wing conference is going to happen in a newly inaugurated IMA Bhavan of Gangavati. We encourage women doctors to register and participate in large numbers and make it a grand success!



WOMAN VICE PRESIDENT'S MESSAGE

Dr. Rajashree R. Anagol

Dear members,

We are coming towards the flag end of our tenure. IMA South Zone CGP Conference was great successful. Kudos to Dr Pawan Patil, Dr Noorani, IMA GADAG Branch and CGP Branch Congratulations to all awarded on the occassion Teacher's Day. Also Congratulations to IMA KSB's Kannada Barahagarara Samiti and IMA Shivamogga for

organizing the 4th State level Conference and was well appreciated by the press media. That shows Doctor's are not only seeing sick but they are also good writers and publishing books which are educative to public.

Long Live IMA



BRANCH ACTIVITIES



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

NATIONAL DOCTOR'S DAY - 2023 Date: July 23rd, 2023:
 Team IMA Bellary branch together with the local resident doctors of Bellary celebrated Doctor's day on 23rd July 2023 at ASM College Gandhinagar. Event was organised to recognize, honour & celebrate the selfless service of the medical professionals who contribute immensely towards the health & wellbeing of the people. Chief Guest was Dr N

Someshwar, A renowned speaker and great a Lyricist. He highlighted the importance of reading books and how we need to inculcate this habit in our children. A fun filled laughter evening was also organised. Guest of honour was Dr. Indhumathi who enthralled the audience with her ability to make people laugh. 2. INDEPENDENCE DAY CELEBRATIONS 2023. Date: **15th August 2023**, Venue: IMA Hall Bellary. Let us remember, honour & salute all those who have laid their lives for our country's Independence. IMA Bellary Branch participated actively in hoisting the National flag & paying homage to all the freedom fighters for their sacrifices towards the nation in making it an Independent nation.

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



On 05.07.2023 Working committee meeting was held. More than 40 members attended. Annual sports day was celebrated **on 30.07.2023** at Tilakwadi Club Belgaum. Many indoor sports like Badminton, Table Tennis, Carrom, Chess were held. Started with breakfast in morning, 80 Family members of IMA from youngest to elder most participated. Concluded in afternoon with lunch. Same day Annual IMA Cultural programe was held at hotel Adarsh palace in evening. Attended by 220 members with family. Cultural show started with inaugural song, karaoke, solo dance, group dance, skit and drama, many of members showed their skills. Prize distribution was done for winners of games and achievers talent was appreciated, Concluded by Gala dinner. **On 15.08.2023** Flag Hoisting was done at IMA House, more than 50 members attended the Hoisting which was followed by breakfast. **On 19.08.2023** Clinical meeting was held. Topic: "Head and Neck tumors" by Dr.Santosh Patil, ENT, Head and Neck Surgeon. 100 members attended.

Attended by 220 members with family. Cultural show started with inaugural song, karaoke, solo dance, group dance, skit and drama, many of members showed their skills. Prize distribution was done for winners of games and achievers talent was appreciated, Concluded by Gala dinner. **On 15.08.2023** Flag Hoisting was done at IMA House, more than 50 members attended the Hoisting which was followed by breakfast. **On 19.08.2023** Clinical meeting was held. Topic: "Head and Neck tumors" by Dr.Santosh Patil, ENT, Head and Neck Surgeon. 100 members attended.



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

On 18th July 2023: Health camp was conducted at Lulu hypermarket for all the workers. Around 300 people were screened, counselled and free medicines were distributed. Attended by IMA Bangalore Branch Vice President Dr. Sathyavathi K and Dr. Kotes. 4 people were detected with high blood sugar for the first time and were started on

treatment. **On 15th August 2023:** IMA Bangalore Branch and IMA -KSB hoisted our National Flag on 77th Independence Day at IMA House **on 15.8.2023**. Dr. Venugopal K IMA Bangalore Branch President, Dr. Mohan Kumar M Joint. Secretary, Treasurer Dr. H C Ramesh IMA BB participated with President Elect- IMA KSB Dr. Srinivasa S, IMA KSB President Dr. Shivakumar B Lakkol, Dr. B P Karunakara Hon. State Secretary IMA KSB and all EC Members. **On 15th August 2023:** On the occasion of 77th Independence Day, IMA BB Executive Member Dr. Vijayanand has donated of Mannequins to IMA Bangalore Branch and handed over the same, to the President Dr. Venugopal Karigowda who received it along with office bearers and EC members, at IMA Bangalore office. This will pave the path for our Branch to conduct BLS and ALS sessions in future. This kind gesture of Dr. Vijayanand has been well appreciated and welcomed by all the executive members. **On 18th August 2023:** IMA WDW Chairperson Dr. Mamatha M conducted Health awareness camp regarding cataract, glaucoma and conjunctivitis Prevention in association with Nimhans staff. **On 20th August 2023:** WDW Secretary Dr. Rajasree. M.B, members Dr. Anusuya S, Dr. Shubha and others represented IMA Bangalore Branch WDW at ENDOCRINE UPDATE Conference organized by Magnacode Healthcare Education and Foundation in association with IMA South Bangalore, held at Hotel Radisson Blu Atria on 20.8.2023. **On 20th August 2023:** Public Health Guest Lecture (PHGL) was conducted by IMA BB in association with Cardiologist Society of India-Bangalore Chapter and Medical Education & Research Trust, Bangalore at the IMA Auditorium, Bangalore. This program was attended by 57 persons including Joint Secretary Dr. Mohan Kumar M, Treasurer Dr. H C Ramesh, Dr. Hemalatha B C, Dr. Rajasree M.B, and IMA KSB Building Committee Chairman Dr. Krishnegowda, Number of speakers: 2. 1. Dr. Nischal N Hegde Cardiologist Bangalore Hospitals, Kengeri gave a talk on: "Cardiac issues among youth". 2. Dr. Sharan Srinivasan Stereotactic and Functional Neurosurgeon, Bhagwan Mahaveer Jain Hospital Bangalore gave a talk on: "Advanced affordable treatments for brain and spinal cord diseases".

Branch : Bengaluru North
President : Dr. Sreedhar G.
Secretary : Dr. K.S.Sathish Ramanna

On 19.08.2023 CME Programme was conducted In association with Sparsh Hospital, Yeshwanthpur. Topic 1- "ABC of CBC" by Dr.Sunil Udgire, Consultant Haematologist and BMT Physician. Topic (2)-. "Preoperative Cardiac Risk Assessment and Perioperative Cardiac Management in Non Cardiac surgery" by Dr Satish L, Consultant Cardiologist.



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

World breast feeding week was celebrated on **1st August 2023** at Nayana Hospital Auditorium. Public awareness messages were given by Dr Mallikarjuna Salera senior paediatrician, Dr Anil consultant neonatologist, WDW president Dr Veena Bhat, IMA President Dr Prashanth Bhat, secretary Dr Arun G S, Treasurer Dr Sunita Bhat. CME was conducted **on 2nd August 2023** at VISL Guest House, Bhadravathi in association with Chandragiri

multispeciality Hospital, Shivamogga. Dr. Jaichandra H C, Consultant General & Laparoscopic Surgeon spoke about Single Incision Laparoscopic Surgery. Dr Chethan P R Consultant Neurosurgeon spoke about Head Injury Management – Case Series. Dr. Parashuramappa M Consultant anaesthesiologist spoke about Peri-Operative Pain Management & Anaesthesia Care. Around 50 members attended the CME. Independence day was celebrated by hoisting national flag **on 15th August** at Nayana Hospital Premises. To mark the completion of diamond jubilee of Independent India, Felicitation programme was conducted **on 16/08/2023** at Lions club Hall, Bhadravathi. On this occasion, our branch senior doctors

who have completed their diamond jubilee of life and senior most health care assistants from Bhadravathi were felicitated. Chief guest his holiness sri Vinay Guruji delivered motivational speech. CME was conducted on **19th August 2023** at VISL Guest House, Bhadravathi in association with Sahyadri Narayana multispeciality Hospital, Shivamogga. Dr. Aparna Sreevatsa , Consultant Oncologist spoke about recent advances in the treatment of metastatic Lung cancer. Dr Vivek M A Consultant Oncosurgeon spoke about Cytoreductive surgery & HYPEC. Around 55 members attended the CME.

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



On 28.07.2023, Dr. H.V.SHIVARAM, HOD of Surgery and allied specialists, programme Director- Bariatric and Metabolic Surgery, Aster CMI hospital, Bangalore delivered excellent speech on “Current Concepts in Surgical Infection Prevention”. Dr K SUNIL KUMAR, lead consultant-interventional pulmonology spoke on recent advances in interventional pulmonology and third speaker Dr ARUL D FURTADO, has also given excellent talk on latest developments in cardi thoracic surgery. **On 15.08.2023** National Flag hoisted in IMA Premises, 40 doctors were attended.



Branch : Chikodi
President : Dr. Darshan Pujari
Secretary : Dr. Jaylaxmi Salagare

On 25th July, CME was conducted on Haematology. Topic – “Haematology made easy” by Dr. Sandeep Nemani, DM(Haematology), Miraj. 40 members attended the CME with healthy discussion. **On 15th August**, Flag hoisting was done at IMA Hall followed by felicitation to Dr. Dayanand Nooli General Surgeon and Dr. Kalpana Nooli Gynaecologist. Dr. Dayanand Nooli has contributed a lot to Kannada Sahitya by publishing 3 novels and is getting many

awards for his contribution. General body meeting was held.

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

On 18.08.2023 CME programme was conducted. Doctors from Manipal Hospital, Bangalore shared their experiences and knowledge on topics such as Critical care, Minimally invasive Neuro surgery and Hepatology. Event was attended by several IMA members of Chikkamagaluru IMA.



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



On 29.07.2023 CME Programme was conducted. Topic: TOPIC 1; **“AWARENESS AND ADVANCES IN ENDOMETRIOSIS”** by DR PRABHA DESAI, Senior OBG Consultant , SYDM Sparsha Hospital Gadag, Chairperson : DR Shashidhar V Reshme, Senior OBG Consultant, Gadag. TOPIC- 2; **“NEW UPDATES ON NEWBORN SCREENING”** by DR SRIKANT KULKARNI, Paediatrician and Neonatologist, Rainbow Childrens's Hospital Bengaluru. TOPIC- 3; **“CLINICAL PEARLS IN GENETICS”** by DR VINU. N ,Consultant Medical Genetist, Manipal Hospital & Rainbow children's Hospital Bengaluru. Chairperson : DR Srinivasa Arer MD, Professor & Head Dept of Paediatrics, GIMS GADAG, No of people attended : 50. **On 03.08.2023** CME Programme was conducted. TOPIC 1; **“PRACTICAL POINTERS IN THYROID DISORDERS & OTHER ENDOCRINAL DISEASES”** by DR SURAJ S KUBIHAL, Endocrinologist , Kubihal's Endocrinology & Diabetes Superspeciality Centre Hubballi. Chairperson; DR Kushal Godkhindi MD, Senior Consultant Physician Gadag. TOPIC 2; **“MEDICAL NEGLIGENCE- WHAT SHOULD A DOCTOR KNOW?”** by DR VINOD KULKARNI, Senior Psychiatrist and Medicolegal Expert Hubballi-Dharwad. Chairperson; Dr Shekhar Sajjanar, Senior consultant surgeon (former RTI Commisioner Govt of Karnataka) Gadag. No of people attended : 50. **On 19.08.2023** CME Programme was conducted. TOPIC 1; **“IMA- AMS”** by DR R S BELLARY, Senior consultant ENT surgeon, Gadag, TOPIC- 2; **“ COMMON GASTROINTESTINAL PROBLEMS”** by DR SHIVAKUMAR PAWADSHETTAR MD DM Gastroenterology. No of people attended : 50. Respective speciality Post graduate students attended all the CMEs. **CELEBRATION OF NATIONAL & INTERNATIONAL DAYS: INDEPENDENCE DAY ; 15th AUGUST 2023:** Our independence day was observed by hoisting our national flag both in IMA BLOOD BANK & IMA HALL. Respective presidents did the honour. IMA members actively participated in large numbers. There were also patriotic songs and speeches from our members. **OTHER EVENTS :** voluntary blood donation camp was organised in association with IMA GADAG BLOOD BANK and Revenue department of Govt of Karnataka, Gadag district on **05.08.2023**. 15 units were collected. Honourable DC Ms Vyshali ML madam participated in the event.



Branch : Gangavathi
President : Dr. Madhusudhan.K.N
Secretary : Dr Mahantesh.G.Pattana Shetty

On 06.08.2023 IMA Gangavathi,WDW Gangavathi in association with Kasturba Residential Girls high school Siddhapur, conducted an ATP (Adolescent training programme) and General health check up camp for the Girl students of the school. **On 11.08.2023** IMA Gangavathi, WDW Gangavathi in association with Lions high school Gangavathi conducted an ATP program and health check up camp for the high school girls of Lions School. **On 13.08.2023** IMA Gangavathi in association with IMA WDW Gangavathi and Smt Shilpa artist from Bangalore conducted two days online Tanjore painting workshop for IMA members. **On 15.08.2023.** IMA Gangavathi and WDW Gangavathi on the occasion of Independence Day conducted Vana Mahotsava Program in the IMA campus by planting saplings in and around the campus. **On 15.08.2023** We the office bearers of IMA Gangavathi with donations of our IMA members have laid down 5500 sq ft of Pavers in the campus of our IMA Bhavan. Today we Inaugurated the Pavers section on the auspicious occasion of Independence Day. All the Senior members of IMA inaugurated the same. **On 15.08.2023** 77th Independence Day celebrations held at IMA Bhavan by Flag hoisting ceremony About 50 members participated in the celebration. **On 17.08.2023** Felicitation program of our honourable MLA Sri G Janardhan Reddy and Smt.Aruna from IMA Gangavathi. **On 19.08.2023** IMA Gangavathi in association with Hubli Vascular centre and Diabetic foot clinic conducted a CME **on 19.8.2023** at IMA Bhavan Gangavathi. Dr Chetan Hosakatti Vascular Surgeon from Hubli, spoke on “Vascular Surgery an ideal combination of open and endovascular skills”. About 40 members were present for the CME.



Branch : Harihar
President : Dr. Jayaprakash Shetty
Secretary : Dr. Gopi A

CME was conducted by IMA Harihar branch on **6th Aug 2023**. Dr Shivaraj Afzalpurkar from Nanjappa hospital, Davanagere enlightened us about GI Bleed management.

Branch : Harapanahalli
President : Dr. S.N.Mahesh
Secretary : Dr. Shaik Naftar

On **06.08.2023** IMA Harapanahalli organised a 5k marathon along with Nivedita ladies club. This event was part IMA ladies wing. Around 200 people participated in this marathon, which was inaugurated by our MLA smt Lata mallikarjun. On **11.08.2023** IMA Harapanahalli was visited by state president Dr Shivakumar B. Lakkol. IMA Harapanahalli became the first IMA in the state to return the GST to the state Branch. On **19.08.2023** we had a CME organised at Shivakrupa Hospital. Dr.Nandeesh delivered a lecture on management of scorpion bite.



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



On **07.07.2023** CME Programme was conducted In association with Manipal Hospitals old airport Road, Bengaluru. Topic: "Recent advances in spine surgery, vascular surgery and heart transplant " for its prestigious members. The event was attended by around 100 members. On **23.07.2023** National Doctors day was celebrated. The

event was presided by President of IMA Hassan Dr Abdul Basheer, SP of Hassan Shri Hariram Shankar and MLA of Hassan constituency Shri Swaroop Prakash. The event included felicitation of senior IMA members Dr Y S Jagadeesh, Dr Ravindranath and Dr Prakash. Formal function was followed by cultural events by members, their spouses and kids. The event was attended by around 300 members. As a part of Doctors day celebration IMA Hassan conducted sports events for its members and their families. It included mixed cricket, throw ball, quiz and Antakshari.

Branch : Haveri
President : Dr. Shankar Marekkanavar
Secretary : Dr. Pramod Heggeri

On **18.08.2023** CME Programme was conducted. Speakers: (1)Dr.Kranthikiran, Neurosurgeon from Balaji Institute of neuroscience and trauma, Hubli, (2)Dr.Harikrishna, Arthroscopic surgeon from Balaji Institute of neuroscience and trauma, Hubli.



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

There has been threats faced by practicing doctors in Honnavar following death of a post op patient at a local hospital. Opposing atrocities against doctors IMA Honnavar held a protest on **28.08.2023**. As a part of it -1) we closed the out patient services for one day in the entire taluk. However emergency services were functional. This protest was supported by IDA & AYUSH doctors federation. 2) A press meet was held in the morning to convey the message that atrocities against medical personnel will not be tolerated. The laws guiding medical establishments was highlighted. 3) Held a protest march from sharavathi circle to tehsildar office and submitted a memorandum to the Tehsildar. Government doctors of Honnavar and doctors of neighbouring IMA branches Bhatkal & Kumta also extended their support to this protest by wearing black badges at work.



Branch : Hoskote
President : Dr. Ramachandra G.
Secretary : Dr. Arunkumar C.

On **11.08.2023** CME Programme was conducted In association with Kinder Hospital. Topic: "Pregnancy in Diabetes", by Dr Yasmin Imdad, (2). Menopause and HRT" by Dr Srijia Rani. IMA Hoskote in association with Ovum Hospitals organised a workshop on breastfeeding to empower nursing officers. The event enhanced the competency of 30 nurses from 8 different hospitals.

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



July 23rd 2023: IMA Hubballi and IMA WDW Hubballi associated with Kshamata Foundation, Balaji Hospital, Dr.G.B.Sattur's Asha Heart Foundation, Dr Nalwad's Hospital & Dr. M.M. Joshi hospital in conducting Mega Health Camp at Govt Primary School Navayodhya Nagar, Old Hubballi. More than 400 people availed services. Blood investigations, ECG, Eye screening, Dental screening n medicines were given free. Aayushman cards were issued to eligible families. Dr Subhas Babruwad, Dr G.B.Sattur, Dr Krantikiran, Dr Shashikala Hosamani, Dr Ganesh Kini, Dr Sanjay Pawar, Dr Kanchana, Dr Sangeeta.A, Dr Sunil Kumar Patil and other IMA Dr's were present. **July 26th 2023 :** IMA Hubballi conducted Awareness program regarding prevention of Dengue/ Chikungunya viral fever prevalent now among visitors to Urban Health Centre, Rajnagar, Hubballi. **July 27th 2023 :** IMA Hubballi conducted Awareness program regarding " How to manage STRESS." to the staff of Urban Health Centre, Rajnagar, Hubballi. **July 28th 2023 :** IMA Hubballi Branch, IMA WDW, KIMS, Youth for Sewa, Inner Wheel club Midtown and Dr Agrawal's Eye Hospital conducted Medical check-up camp at Govt Primary School at Bharidevarkoppa, Hubballi. 400 students were screened. Free medicines were distributed. 15 children with vision problem referred to KIMS. **August 1st 2023 :** IMA Hubballi in association with Urban PHC Heggeri conducted ORS Day and Breast Feeding Week on

1st August 2023. Importance of ORS its preparation was demonstrated to mothers. Breastfeeding Week inauguration also done by educating pregnant/ lactating/ & other women. Pledge promoting BREAST FEEDING, administered among OPD attendees' President Dr.Subhas Babruwad, Dr.Vijaylaxmi Soppin THO/ MOH Heggeri, Hubballi and KIMS Doctors and staff of UPHC Heggeri attended the program. **August 5th 2023** : IMA Hubballi Branch in association with Red Cross Society organised A training programme for teachers on Medical Emergencies at School. The programme was conducted at Lions English Medium School, Vidyanagar, Hubballi. President Dr.Subhas Babruwad, Dr.Umesh Hallikeri, Dr.N.R.Patil, Dr.S.V.Kotti, Dr.Manikya and other attended. **August 7TH 2023:** IMA Hubballi Branch in association with HDMC conducted inauguration of Intensified Mission Indra Dhanush program at HDMC premises. Hon Mayor Smt Veena Baradwad inaugurated the program and requested parents to immunise children less than 10years who have missed it. HDMC Commissioner Dr. Ishwar Ullagaddi highlighted covering last child and pregnant women with immunization during August, September and October months. Dr M.G.Hiremth Principal KLE Medical College, Smt Suvarna Kalakuntla Opp. Leader HDMC were present. Dr Subhas Babruwad President IMA Hubballi presided. Dr Sreedhar Dandappanavar Health Officer briefed about Intensified Mission Indra Dhanush program. **August 15TH 2023:** 77th Independence Day was celebrated at IMA House. President Dr.Subhas Babruwad hoisted the Indian flag. Senior member Dr.Y.R.Kadam spoke on this occasion. Dr.Sunita Hiregoudar sang a patriotic song. Vice President Dr.Venkatesh Mulimani, Secretary Dr.Vivek Patil, Treasurer Dr.Shashidhar K. and senior members attended the celebration. 75 members participated. **August 16TH 2023:** IMA Hubballi in association with Indian Red cross society, Dwd conducted World Organ Donation Day and First Aid Awareness Program for KSRP at Rayapur, Navanagar. 60 police people attended. Dr Subhas Babruwad, President addressed police personnel regarding Stress management in work plan. Dr Umesh Hallikeri covered First Aid. Mr Somshekar, Divyang doing MA highlighted Organ Donation including Blood Donation and Eye Donation. Mr Maruti I/C police officer presided. **August 18TH 2023:** IMA Hubballi in association with Red Cross Dharwad participated in Deaddiction program at Unkal, Hubballi organised by Dharmsthal Seva Trust. Dr Umesh Hallikeri, Sri S.H.Patil and Smt Savita Patil both lawyers and President Dr.Subhas Babruwad were guest speakers. More than 70 persons who are undergoing Deaddiction therapy participated. Pledge administered regarding weaning away from Alcohol. **August 19TH 2023:** IMA Hubballi Branch President Dr Subhas Babruwad welcomed Police Commissioner Smt Renuka Sukumar IPS today 19th August 2023. Requested for updating WhatsApp Dr's group in respective Police Stations. This will help reaching Dr's/ Hospitals in case of any problem with public when Dr's need Police assistance. Also requested for streamlining Parking n footpath encroachment in major high-density areas. She took note of these suggestions n assured to do needful.

Branch : Jamkhandi
President : Dr. H.G.Daddi
Secretary : Dr. Biradar



On 21-07-2023 CME in association with M M Joshi Eye Institute. Following doctors from M M Joshi Eye Hospital spoke (1). Dr. A S Guruprasad, (2). Dr. K Y Satyamurthy, (3). Dr. R Krishnaprasad, (4). Dr. Shrinivas M Joshi, (5). Dr. Deepa Mugali Udagatti. **On 04.08.2023** CME in association with Radon Cancer Centre Hubballi Speakers: (1). Dr. Sanjeev Kulgod, (2). Dr. Vishal Malavade and (3). Dr. Meher Kumar. **On 07-08-2023** Participation and spoke in Mission Indradhanush 5 Campaign of Central Government. **On 15-08-2023** Participation in Independence Day Celebration.



Branch : Karkala
President : Dr. Prakash Kumar Shetty
Secretary : Dr. Thushar

on 22-07-2023 Doctors Day was celebrated by IMA Karkala.. Dr.Prakash Kumar Shetty President welcomed the gathering and delivered Introductory Speech. Dr.Krishnananda Shetty Taluk Health Officer Karkala and

Dr.Keerthinath Ballal, CMO TMA Pai Rotary Hospital were Chief Guests. Dr.Vikram Adyanthaya Senior IMA Member was felicitated for his selfless service of 38 years as family Physician. Senior IMA Members. Dr. Suresh Kudva and Dr. K. R. Joishy shared their experiences of medical practice. Doctors and their Family members participated in various cultural programmes. Dr..Disha Divakar compered the programme. Dr. Thushar gave the vote of thanks.

Branch : K G F
President : Dr. B. Parameshwarappa
Secretary : Dr. D. Vijayakumar

On 28-07-2023 Friday IMA -KGF in association with MANIPAL HOSPITAL WHITEFIELD BENGALURU has arranged a CME program and the topics was (1). "OSTEOARTHRITIS KNEE JOINT -WHAT WORKS and WHEN" by Dr.SHIVAREDDY, Consultant orthopaedic surgeon, (2). "APPROACH TO PERIPHERAL ARTERIAL DISEASE AND TREATMENT OPTIONS" by DR.ANOOPT., Consultant Vascular And Endovascular Surgeon (3) "BASICS OF ORAL and MAXILLOFACIAL SURGERY" by Dr.SENDHIL KUMAR, Oral and Maxillofacial surgeon, Shanthi Dental Clinic-Robertsonpet-KGF. On 15.08.2023 IMA KGF has celebrated 76th anniversary/77th Independence day of India at ADARSH HOSPITAL. One of our senior member of IMA-KGF Dr.Murugesan.A was the chief guest and Hoisted the Tricolour National flag and Dr.M.Nagappa Director of Adarsh Hospital was the guest of honour. Doctors have sent the Independence day messages in different Indian languages like KANNADA,HINDI,MALAYALAM,TAMIL and also in ENGLISH too. It was a cherishing and memorable event.



Branch : Kolar
President : Dr. M.Narayanaswamy
Secretary : Dr. Devaraj

Doctors day was celebrated **on 28th July 2023**. The new auditorium with all modern amenities was constructed under the leadership of Dr M.Narayana swamy president IMA Kolar branch. It was inaugurated by Dr Venkatachalapathy.M former IMA KSB president and Joint secretary National IMA . Sri D. Devaraj IPS was the chief guest. Dr Anuradha paramesh V former Bangalore IMA president presided over the function. Dr Devaraj IPS

addressed the audience and highlighted the importance of coordination between doctors and police department for justice to the society. Dr Venkatachalapathy M stressed the need to strengthen the IMA and various schemes for the doctors. Dr.Anuradha Paramesh mentioned the various measures for womens health. Four doctors Dr Yeshawant whitley general surgeon, Dr Devaraj N Dermatologist, Dr Sunita Gynecologist and Dr. Vandana gynaecologist were felicitated on doctors day celebration for their outstanding contribution to the society. Dr.M.Narayana swamy , President IMA was honoured with appreciation award. Dr Shankar surgeon was felicitated for his contribution to the construction of IMA auditorium. Dr.M.Narayana swamy , President IMA Kolar Branch informed the audience about the new IMA building auditorium construction which was a dream come true. It is constructed in a very scientific way , can accommodate 100 persons. He thanked all the members for their liberal contribution towards building a high Quality Auditorium. The inaugural program organisation was well assisted by Dr.Hemavathy former secretary Kolar OBG association Dr Shasikala secretary kolar OBG association and Dr Vandana former Kolar OBG association. The OB DNB PG students from SNR district hospital participated actively. The program was followed by cultural event.



Branch : Kollegal
President : Dr. J.V.Shivakishore
Secretary : Dr. Praveen Kumar. M

On 25.07.2023 CME Programme was conducted. Topics: (1). "Urological problems- Tip of iceberg" by Dr Dayanand, (2). "Gastro surgery experience at KVC" by Dr Deepak Gowda, (3). "Clinical Spine practice" by Dr Nandish Kumar.

On 30.07.2023 Doctors day was Celebrated, excursion was organised for members with their families to Amegundi

Resort, Near Kanakapura, a total of 60 members attended the event filled with fun, play and stage performances by IMA Members and families. Senior doctors Dr Krishnaih of our Branch and retired Dr Mruthyunjaya, S Prof. of orthopedic, J.S.S.Medical College, Mysore were felicitated during the event.

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



On 12.08.2023 IMA Kundapura conducted Paediatrics CME. Topic Fever, Friend or Foe was spoken by Senior Paediatrician Dr Santosh Soans from AJ Hospital and Research center. Second talk on Panorama of Pediatric Gastroenterology and Hepatology was spoken by Dr B S Prasad Paediatric Gastroenterologist from AJ Hospital. . IMA KUNDAPURA along with KANNADA SAHITYA PARISHAT Udipi district under guidance of Dr Umesh Puthran conducted VAIDYA SAHITYA SAMAVESA **on 13.08.2023**. Dr Na Someshwar was guest speaker. It was organized at UVA meridian hall around 3.00pm . Dr Ranjith Shetty and Dr Bhaskar N Acharya were felicitated on the same occasion. **On 19.8.2023** IMA Kundapura along with Justice KS Hegde Charitable hospital conducted CME on Complex Cardiovascular interventions.Dr Basavaraj Utagi Interventional cardiologist was the guest speaker. **On 27.8.2023** IMA Kundapura annual sports meet was conducted at Sahana sports club. IMA Kundapura members and family participated in Table tennis and Badminton competition with great enthusiasm



Branch : Kumta
President : Dr. Ashwaini Shanbhag
Secretary : Dr. Sumalatha. B

On 19.08.2023 CME programme was conducted. Topic: "Known Treatment for UNKNOWN FEVER". It was attended by good number of doctors and was followed by an active discussion.

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

On 21.07.2023 Dr Marigowda, President IMA Mandya Branch & other office bearers and IMA members attended meeting at DC office regarding Tobacco Control Program, Measles & Rubella Vaccination. **On 27.07.2023** Chamundeshwari medical College celebrated Doctors Day and felicitated Dr Marigowda, President IMA Mandya

Branch. **On 01.08.2023** Mandya District Surgeons Association was formed under IMA branch. Dr Nandish, senior most

surgeon was appointed as the president of the association and inaugurated. Dr Marigowda, President IMA Mandya Branch was the chief guest. **On 04.08.2023** Dr Marigowda, other office bearers and IMA members met district in charge secretary Dr Jaffer, IAS officer and felicitated him. He has helped in the allocation of IMA site for building IMA hall. **On 04.08.2023** IMA Mandya branch celebrated the 77th India Independence Day celebration. Flag hoisting was done and sweets were distributed. **On 17.08.2023** Dr.Marigowda, President IMA Mandya Branch, donated food to the poor attenders of patients admitted in the govt. hospital in the name of his parents, Late Sri Neelegowda and late Smt.Ningamma.



Branch : Mangaluru
President : Dr. Venugopala. D.
Secretary : Dr. Archith Bolor

Mangalore branch of Indian Medical Association held its monthly meeting at the IMA House **on 04.08.2023**. Dr.A.Harish Rao, Vice president, presided over the event. This month we had a special meeting on a non-academic topic on Investments and Banking for doctors .Mrs. Renu K Nair, General Manager and Zonal Head, Union Bank,

Mangalore inaugurated the meet. Mr. Mahesh J, DGM and Regional head spoke on Doctors and Banks- Partners in nation building. Our Chartered accountant Mr. Sham Bhat spoke on Income tax for doctors. Dr. Archith Bolor, Secretary IMA Mangalore presented the monthly report. IMA Inter Branch State Level Shuttle Badminton Tournament: Our branch hosted the 26th Annual Dr. Somanna Memorial State Level Shuttle Badminton Tournament-2023 at Father Muller Indoor Stadium, Mangalore on 12th and 13th of August 2023. There are different categories for Men and Women (different age groups), Boys and Girls (Below 13 and Below 18), Singles, doubles, and mixed doubles. Late Dr. Somanna was a IMA Member of Shimoga branch and in his fond memory the Tournament is conducted every year in different cities. More than 120 teams with 300 players participated in the event this year. Pro Chancellor of Manipal Academy of Higher Education Dr. H.S. Ballal inaugurated the tournament on Saturday 12th August at 10.30 AM. Rev. Fr. Richard Aloysius Coelho, Director of Father Muller Institutions was the chief guest. IMA KSB President Dr. Shivakumar B Lakkol was the Guest of Honor. IMA Mangalore Branch President Dr. Venugopal and Secretary Dr. Archith Bolor Organising Chairman, Dr. Satishchandra B K and organising secretary Dr. Nandakishore B were present. The Player of the tournament awardees were Dr. Veeresh and Dr. Mridula. Following members of our branch participated and won places in the in the tournament. 1.Dr.Nandakishore.B - runners up in Men's open doubles and semi-finalists in Men's above 40 years doubles and Mixed doubles above 35 years. 2.Dr.Satishchandra- Runners up in Men's open doubles and semi-finalists in men's above 40 years doubles. 3.Dr.Vinitha - Winners in Women's doubles above 35 years, Runner up in Women's singles above 35, semi-finalists in open and above 35 mixed doubles. 3.Dr.Sharath - semi-finalists in open mixed doubles, 4.Dr.Nisha Marla and Dr. Archana semi-finalists in Women's above 35 doubles, 5.Dr.Preetishree and Dr. Navya semi-finalists in open Women's doubles, 6.Miss.Siddhiksha J Rao runner up in under 13 girls' singles, 7.Miss.Angela Almeida semi-finalists in girls under 13 singles, 8 Ms Jyothsna N. Daughter of Dr Nagesh runners up in under 18 categories, 9.Ms. Shriya A, Semi-finalist category of Under-13 D/ o Dr. Akshay KM and 10. Master Samarth U13 Boys category Semi-finalist S/O Dr Manohar Achar. VALEDICTORY FUNCTION of the Badminton tournament was held on 13 August 2023 at 7 pm. The chief guest was Dr. Antony Sylvian D souza, Dean of Father Muller medical College. Mr Riyaz, the chief curator and referee for the event was felicitated. The winning trophies and certificates were distributed. CULTURAL PROGRAMME AND GALA DINNER: A grand gala dinner was organised on 12 August 2023 at the Moti Mahal hotel at evening 7.45 pm. The program began with formal function and felicitation. This was followed by cultural program from members of IMA and their family. This was followed by the grand banquet. This function was attended by 400 doctors and their family members. INDEPENDENCE DAY CELEBRATION: The 77th Independence day celebration was held at IMA house, on 15 August 2023 at 8 am. IMA president Dr. Venugopala D unfurled the national flag.

IMA trust president Dr. Divakar Rao also spoke on the occasion. Secretary Dr. Archith Bloor, Treasurer Dr. Nandakishore B, IMA trust secretary Dr. Sachidanand Rai and IMA trust treasurer Dr. K . R. Kamath were present on the occasion. **FELICITATION PROGRAMME:** IMA Mangalore felicitated three members for their outstanding contribution in the field of sports. Dr. Amrita Bhandary (athletics) , Dr. Sheetal Savur (Table tennis) and Dr. Vinod Nayak (Cricket) were felicitated on 12.08. 2023 . IMA KSB president Dr. Shivakumar Lakkol was the chief guest for the function. **CONDOLENCE MEETING:** Prof P Venugopal, alumnus of CMC Vellore, Past President USI, founder Chair Urology KMC Manipal, teacher of teachers left for his heavenly abode on 31 July 2023 at 5:21 AM after decades of service as a teacher and mentor. Senior Gynaecologist and IMA Member Dr. Hazel Furtado passed away on 31st July 2023. A condolence meeting was held in their memorial at IMA hall. **WOMEN DOCTORS WING ACTIVITIES:** Dr.Veena Bhagwan gave an awareness talk about Puberty and POCSO Act at Sri Chaithanya school on 03/07/2023. Dr. Gayathri Bhat took First Aid and CPR training for 80 police officers at Asegoli Karnataka state reserve police battalion on 13/07/23. She also gave a talk on importance of anaesthesia in Daiji World TV Channel on 21/7/2023 . Dr. Anitha S gave a talk on awareness of breast cancer and role of parents in puberty changes in children on 23/7/2023 at Kota Mahajagathu Sangha. Dr. Anitha S gave a talk on awareness of breast cancer and role of parents in puberty changes in children on 23/7/2023 at Kota Mahajagathu Sangha. Dr. Anitha S gave a talk on awareness of breast cancer and role of parents in puberty changes in children on 23/7/2023 at Kota Mahajagathu Sangha. **MEMBERS ACHIEVEMENTS:** * WDW President Dr. Jessy for winning runner up Mrs India Karnataka classic category 2023, * Dr. K S Madhava Rao ,esteemed member of IMA Mangaluru Branch received the distinguished alumnus of the year ward at Bangalore Medical College and * Dr. Sadananda Poojary, IMA district coordinator was honoured by the district incharge minister on the occasion of Independence day on 15, August 2023.

Branch : Mysuru
President : Dr.Y.M.Shivakumar
Secretary : Dr. Devianand. K.P



On the occasion of Doctors' Day Celebration Senior members Felicitation programme was conducted in association with Mysore Medical College Alumni Association (MAA) on **22.07.2023**, Saturday at 07.00PM in Platinum Jubilee Auditorium, JK Grounds, Mysuru and the following members were felicitated on this occasion- 1)Dr S M Shivashankaraiah, Retd Prof of Ophthalmology, MMCRI 2) Dr S B Prakash, ENT Surgeon 3) Dr Devegowda L , Senior Specialist 4) Dr M S Prasad, Gynae Lap surgeon. All the members of IMA & MAA were present. Programme was followed by fellowship and dinner.



Branch : Nelamangala
President : Dr. M. Jayaprasad
Secretary : Dr. S. Rajendraprasad

On 14.07.2023 CME programme was conducted in association with Rainbow Childrens hospital, Hebbal, Bangalore. a) Dr. Anitha Rao, OBG Consultant and Dr. Sreedhara.M.S. Consultant Neonatologist, Spoke on "Perinatal Management of Preterm Birth" b) Dr. Dhananjaya K.V.N. Consultant Paediatric Neurologist spoke on "Paediatric Emergency Radiology" 2) **On 28.07.2023**

CME programme was Conducted. a) Dr. Murali Mohan. S, Director People Tree Institute of Neurosciences, Bangalore, Spoke on "Recent Advances in Neurosciences", b) Dr. Vivekananda M. Lead Consultant People Tree Institute of Neurosciences, Bangalore,

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



Yakshagana Programme in Association with IMA was conducted **on 29-07-2023** by Karavali Karnataka Association, about 200 people attended the Programme. Independence day was celebrated on 15th August, 2023 at IMA Premises about 60 members attended the ceremony, President Dr. Prabhuraj Gaddikeri hoisted the national flag,

Secretary Dr. Shree Harsha Patil, Joint Secretary Dr. Ramanagouda were present during the occasion. On eve of Independence day, Voluntary Blood Donation Camp was organized by Dapco at Raichur Stadium, about 10 units of blood was collected.



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

IMA Shivamoga participated in a month long health awareness camp for public organised by Art of living, priest association and Bhajana Parishat on occasion of adhika maasa. Apart from various religious Puja and discourses, they approached IMA for daily half an hour sessions by expert doctors on preventive health. After morning yoga and dhyana starting from 6 am at Shubhamangala kalyana mantapa, our IMA members addressed the gathered public daily from **18.7.2023 to 14.8.2023** from 6.45 am to 7.15 am. This program gained lot of appreciation for IMA for the public outreach. On 22.7.23, Menstrual hygiene education for 150 girls in Higher primary section of Government Durgigudi high school, Shimoga by IMA WDW- Dr. Kousthuba as resource person and WDW president Dr. Vinaya Srinivas was present. **On 29.7.2023**, a unique program was arranged by IMA SHIVAMOGA about Dr. Shrikanth N Hegde's passion for bird photography and also to know about life and habitat of birds in depth. The chai pe charcha initiative was welcomed by all those who attended and Dr. SN Hegde rightly said that it is going to be remembered as Chai with Arun at par with Koffee with Karan! President Dr. Arun and Secretary Dr. Raksha Rao moderated the session with question and answer based discussion. **On 1.8.2023**, Dr. Kousthuba representing IMA WDW addressed a session on menstrual hygiene for the high school kids Kannada medium Durgigudi high school. About 60 kids were there. President Dr. Arun M S graced the occasion. Road safety and CPR awareness program was held at Rotary east club **on 2.8.2023** in association with IMA and ortho association. **On 4.8.2023**, Senior doctor house visit - Team IMA had the opportunity to visit general practitioner Dr. P.K. Kulkarni's house at Vidyanagar. Such warm hospitality of the couple and high spirited talk was a rejuvenating experience for us. Dr. P.K Kulkarni was known to an acupuncture specialist in those times and his talks is weighted with vast experience. His son Dr. Vadiraj Kulkarni, DIL Dr. Kanchan Kulkarni were present. Senior members Dr. Srinivas, Dr. Parameshwar and VP Dr. Shambulinga accompanied us. **On 12.8.2023** IMA in association with Manipal Hospital, Whitefield organised a CME at Hotel Royal Orchid. Dr. Manjunath Haridas showcased role of Robotics in GI surgery and the precision brought by robotic hands was depicted by various intraop videos. Dr. Ajay Kumar highlighted about advances in spine surgery and enlightened about minimal access surgery in spine correction surgeries for childhood deformities, fractures and abscess. Our senior member Dr. Nirmala was felicitated by IMA Shivamoga for having received the IMA KSB doctor's day award 2023. On the occasion of world organ donation day **on 13.8.2023**, IMA shimoga has brought out an awareness video in Namaste IMA series. Dr. Usha Ramesh has interviewed Mrs. Srikala Shetty who has done liver donation ten years back. She is the wife of our member Dr. Jayakumar Shetty and has given an important message about organ donation in the video available on KLive youtube channel. **On 14.8.2023**, IMA conducted valedictory session of mega health awareness camp at Shubha mangala mantapa and felicitated Art of living organiser Sri. Shabareesh Kannan, Priest head Sri Vinayak Bayari, Saarthi youtube Link manager Sri. Renukaiiah. **On 15th August**, 76th Independence day celebrations and Flag hoisting by

President Visit to Various Branches



Hoovinahadagali



Mundargi



Harapanahalli



Hagaribommanahalli



Savanur



Laxmeshwar

State Level Badminton Tournament Held at Mangaluru



Independence Day Celebrated at IMA-KSB



IMA-CGP South Zone Conference held at Gadag on 26th & 27th Aug. 2023



Continue from page 19

President Dr. Arun .M.S at IMA premises. Members presented Mile sur mera tumhara song showcasing diversity of India . Members were given a unique IMA pin by President. **On 17.8.2023**, Chai pe Charcha- Chirps and Clicks session was repeated at SUIMS for the students of literary club.



Branch : Sirsi
President : Dr. Rtn. Rama Hegde
Secretary : Dr. Radhika Marathe

Doctors day was celebrated **on July 19, 2023** Shri Bhimanna T Naik MLA Sirsi Siddapura constituency was invited as chief guest. Our enthusiastic doctors rocked the stage. On July 26 along with Inner wheel members conducted Breast cancer awareness and check up camp at Bellanakeri near Dasanakoppa. Sister Santan of Banavasi mobilised village women. 26 ladies were benefited. Dr Asha Prabhu gave the awareness talk. **On 28th July 2023** CME was held on Allergic

rhinitis by Dr Gayatri Pandit. **On August 11** Dr Suman Hegde at Avemaria Higher primary School addressed about the topic Adolescent Education. 350 children benefitted. On 8th August Inner wheel+ WDW conducted breast milk awareness camp at Pandit General Hospital Dr Netravathi gave an impressive talk and convinced ANC+ PNC+ their accompanying relatives, the importance of breast feeds and the correct method of feeding the newborn. Before her arrival Dr Shanta Bhat interogated the cases 1:1. Independence day was celebrated on August 15th.

Branch : SNMC Navanagar Bagalkot
President : Dr. Anushka Devnikar Vaijnath
Secretary : Dr. Thippeswamy

Breast feeding week awareness program from faculty IMA members, department of community Medicine, SNMC, Bagalkot. In anganwadis of Shirur.



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



On 26/07/2023 IMA KSB AMS conducted webinar on Topic – Happiness Management through Living in the Present by speaker Dr G. Shashidhara (MD Pediatrics, Consultant Paediatrician, Founder of Center for Scientific Spirituality). **On 26.07.2023** IMA-AMS webinar conducted a webinar on topic need of the day to find happiness in this stressful

world. **On 28.07.2023** A talk by Dr. Veena (President of IMA Sullia) on Adolescence and Sustainable Menstruation at Sharada Girls' High School. **On 29.07.2023** A preliminary quiz was conducted in KVG MCH on Kannada Sahithya. **On 30.07.2023** Dr. N.Someswara (Indian quiz master, television presenter and writer) interviewed in KVG MCH. Doctor's Day celebration under the aegis of Indian Medical Association at Sullia. **On 02.08.2023** Dr. Umashankar Borkar gave talk on MCH care at Rotary Club Sullia. On 08.08.2023 A talk by Dr.Veena on Breastfeeding awareness program at narkod school in association with Rotary and inner wheel sullia. **On 15.08.2023** 77th Independence day celebrations at IMA Sullia.



Branch : Tumkur
President : Dr. Chandrashekar. N
Secretary : Dr. Chaluvegowda Kumar. G.K

On 09.08.2023 Distribution of Toys, Cloths to orphanage at Nele Dwaraka, S S puram tumkur. **On 15.08.2023** 77th Independence day was celebrated at IMA Premises. Dr Chandrashekar, President, IMA Tumakuru Hoisted the National Flag.

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



IMA Udupi Karavali associated with AV Baliga Memorial Hospital organized counselling programme for youth registered under NDPS by Udupi district police on 16.07.2023 at Kamal A. V Baliga Memorial Hospital, Udupi. Dr. P V Bhandary, president IMA Udupi Karavali was the resource person for the programme. July 16th, 2023: CME

IMA Udupi Karavali Monthly CME was organized on 16.07.2023 at IMA Bhavan. Dr. Shankar Prasad N, Professor and Head, Department of Nephrology, KMC Manipal spoke on Acute Knee Injury in our day to day practice: What should a Primary Physician/Surgeon know? Dr. Ravindra Prabhu A, Professor and unit Head, Department of Nephrology, KMC Manipal spoke on "CKD: Role of primary Physician". Programme was presided by Dr. P V Bhandary, President, Programme was attended by more than 100 delegates. July 21st 2023: Programme – Awareness on Drug Abuse for Nursing Students : IMA Udupi Karavali in association with District legal services Authority and Rotaract club of Dhanvanthari College of Nursing arranged awareness programme on Drug abuse (Nasha Muktha Abhiyan) on 21.07.2023 at IMA Bhavan Udupi. Programme was inaugurated by Mr. Akshay M Hakay, Superintendent of Police, Udupi district. Mrs. Sharmila member Secretary, District Legal services Authority and Umesh Prabhu, Chairman UDCON, Dr. Keshav Nayak, Secretary IMA Udupi Karavali was the guest of honour. Dr. P V Bhandary, Dr. Manas and Dr. Vasudev was resource persons of the programme. Around 300 nursing students from various nursing colleges of Udupi participated in this programme. July 23rd, 2023: Atidonji dina (Women's wing) : IMA Udupi Karavali Women's wing conducted yearly festival of this region Atidonji dina on 23.07.2023 at IMA Bhavan Udupi Karavali. All women doctors and spouses of doctors participated in this programme by preparing different varieties of speciality dishes of this region. July 30th 2023: Annual sports Day: IMA Udupi Karavali Annual Sports meet conducted on 30.07.2023 at Indore stadium, Ajjarkad, Udupi. The programme was inaugurated by Dr. Harishchandra Bhat, Medical Director, Gandhi Hospital, Udupi. Dr. Vinayak Shenoy, Consultant General Surgeon, Gandhi Hospital was the Guest of Honour. The Programme was presided by Dr. P V Bhandary, President IMA Udupi Karavali. Sports competitions in Badminton, Table tennis, Carom and Chess was conducted for Doctors and their family members. July 31st 2023: Awareness on Maternal and child health On 31/07/2023 an awareness session on Maternal and Child health at Govt higher primary school Kodavoor in association with Rotaract Udupi. Parents of students were also present. Dr. Rajalakshmi was the resource person of the programme. August 6th 2023: Family Meet: IMA Udupi Karavali Family meet conducted on 06.08.2023 at Amrith Garden, Udupi at 6.30PM. All members and their family attended to the programme. A musical night programme was arranged by musical group Bhaktha brothers, Udupi. Prize distribution for winners of sports meet was given. Achievements of members and family members in different fields was recognized during the event. Dr. Sukanand Shenoy first president, Dr. Umesh Prabhu first secretary and DR. Ashok Kumar Y G first treasurer of IMA Udupi Karavali were felicitated on completion of 25 years of inception of our branch. August 9th 2023: Awareness on Breast feeding: IMA Udupi Karavali conducted Awareness on breastfeeding to antenatal ladies and ASHA workers on the occasion of Breastfeeding Week at PHC Hooode 09/08/2023. Dr. Rajalakshmi was the resource person of the programme. 100 members participated to this programme. August 14th 2023: session on Adolescent health for children: IMA Udupi Karavali conducted a session on Adolescent health on 14.08.2023 at Green Park Central School. Dr. Vinutha K Vinod was the resource person of the programme.

Branch : Mundaragi
President : Dr.
Secretary : Dr. Prakash Hosmani



On 11-08-2023 on account IMA KSB President's visit to IMA MUNDARAGI branch, a GB/ break fast meeting was called. IMA KSB president Dr Lakkol expressed happiness about the IMA MUNDARAGI branch activities & appreciated. He emphasised to increase the memberships. President was heartily welcomed and felicitated by Dr Annadani Meti. **On 15-08-2023:** 77th Independence Day was celebrated our members by national flag hoisting at TLH premises. Members spoke about the role of IMA during freedom struggle. Simultaneously a GB meeting was done.

Branch : Yelahanka
President : Dr. Suriraju.V
Secretary : Dr. Nalina



CME programme organized by IMA Yelahanka in association with Manipal Hospital, Hebbal, Bangalore was a great success. More than 120 Doctors attended this event **on 28.07.2023**. All state-level dignitaries were present at the event. Dr Shivakumar.B lakkol, President, IMA-KSB, visited branch office and observed branch activities. He appreciated branch for unity and activities. The Doctors' Day celebration was organized brilliantly, and Dr.K G. Shankarnarayan and Dr Rama Shankar were felicitated in the presence of the honourable state president. Dr Suriraju V, president gave welcome speech appreciated Dr Shankar Narayan and Dr Rama Shankar for their services and contribution towards IMA, during the Doctors' Day celebration. Dr. Vishnu delivered a talk on the evolution of vascular surgery, which was highly appreciated by the attendees. One of the highlight of the program was Dr.Nalina gave a presentation on the activities of IMA Yelahanka last year, which was well appreciated by state president and other dignitaries.

Obituary



Dr. PRABHUSWAMY
Mysuru



Dr. HAZEL FURTADO
Mangalore

IMA-KSB WOMEN DOCTORS WING ACTIVITIES

IMA-WDW Bidar : On 2/8/2023 we educated antenatal and post natal women about breast and nipple care & also on importance of breast feeding and different breast feeding techniques. On 6/8/2023 WDW Bidar celebrated feast Friendship day at Papnash temple Bidar with. Conducted



Breast and cervical cancer screening and awareness programme to women police officers at Police kalyan mantap, Bidar

IMA WDW Gangavathi Maitri activities for the month of August : August 5th Saturday 2023. WDW Gangavathi Conducted an ATP programme and health check up camp for girls of Kasturba Gandhi girls high school Siddapur . Awareness about Reproductive health, Sexual health, menstrual hygiene nutrition, exercise, emotional and Spiritual health and Vaccination for adolescent girls ,were given to the



adolescent girls . Complete Blood count and blood sugar was also done .200 girls were present on this occasion and the programme was successful. August 8 th Tuesday 2023: An

ATP programme was conducted to the adolescent girls of Lion's high school and college girls. Awareness about Reproductive health, Sexual health, menstrual hygiene nutrition, exercise, emotional and Spiritual health and Vaccination for adolescent girls, were given to the adolescent girls. About 150 girls were present and benefited from the programme. August 12 th and 13 th 2023: A 2 days workshop was conducted to WDW Gangavathi on 12 th and 13 th August. A master piece of Thanjavur like painting with gold paint along with artist Shilpa Kalburgi who is a gold medalist in fine arts , was conducted online. Thanjavur art is a century old art dating back to 16 th century during the reign of chola dynasty.This breathtakingly beautiful Indian art form exudes elegance and royally Indian rich cultural heritage has been recognised worldwide through this exquisite art form. August 15 th 2023: A 77 th Independence Day celebration at IMA Gangavathi with WDW was a vibrant ceremony with a festive environment with more than 100 members taking part. IMA president Dr KN Madhusudan and WDW president Dr Sulochana Chinivalar hoisted the tricolour and addressed the gathering with a message about Indian freedom fighters struggle for our Independence and how everyone can do their best and uplift the society. All our Senior and junior IMA and WDW doctors were present on the occasion. Pictures were taken with kids in different freedom fighters costumes. Planted trees in our IMA campus. The session ended with a delicious breakfast.

WDW Ranebennur: We conducted breast feeding awareness programme in maternity hospital, Ranebennur on 7/8/2023 on the occasion of world breast feeding week. Dr.Nalina salmani spoke on breast feeding. Dr. Rajeshwari and Dr.Champa Gadad also enlightened on breast feeding. Later felicitation of Dr.Rajeshwari and Dr.Champa gadad was done recognising their government service.

**WDW Yelahanka : President : Dr Renukadevi
Secretary : Dr Archana Muraleedharan**

On 08/08/23 A Health awareness programme about "Promotion of Breast Feeding" was conducted by IMA Yelahanka - Women's wing in association with IMA Yelahanka at Government Hospital - Yelahanka on August 08th 2023. The function was presided over by the District Surgeon Dr.Ganesh - Physician and Dr.Subraya - Paediatrician from Government Hospital - Yelahanka. Dr.Shanthala Girish, Senior Paediatrician and Vice President - IMA Yelahanka, addressed the pregnant and lactating mothers regarding the importance of breast feeding for the health of mother and baby. Dr.Renukadevi, Senior Obstetrician and Gynaecologist, President - IMA Women's Wing Yelahanka, spoke about the importance of maternal nutrition during pregnancy and lactation. She also spoke about the myths surrounding certain food practices during pregnancy and lactation. Dr.Archana Muralidharan, Consultant ENT Specialist, Secretary Women's Wing Yelahanka addressed the importance of breast milk and benefits of breast feeding for the mother and baby. Finally a kit



containing Protein Supplements, Massage Oil, Nipplecare Creams etc were distributed to the lactating women. The programme was well received and appreciated. On 16/08/23 A health awareness camp for the girl students of Govt PU college, Yelahanka along with Screening for Thyroid disorders was organised in association with Abbott India from WOMEN'S WING of IMAYelahanka. More than 1200 Girl students attended the Program. It was a preventive health awareness program. IMA President Dr.Suri Raju graced the occasion and gave a talk on prevention of Urinary infections in girls. Dr.Shanthala Girish, Vice President, IMA-Yelahanka also graced the occasion. IMA Secretary Dr.Nalina.D gave a talk on Menstrual Hygiene & tips about care need to be taken during menstruation. Dr.Pallavi Rao Endocrinologist presented a talk on Glandular problems in Adolescents. She spoke about Thyroid diseases, PCOS and Diabetes and told about prevention methods. Dr.Swarna Shashi, Nephrologist spoke about Junk food and Lifestyle diseases. She told importance of

healthy food and dangers of eating junk food. Dr.Taranum Farooq, Gynecologist spoke about Sexual health and contraception & how to protect from sexually transmitted diseases and treatment of unwanted pregnancy. 5 Dr.Archana Muralidharan, ENT Specialist spoke about Noise induced hearing loss in adolescents. She gave tips to protect ear from harmful loud sounds. Dr.Renukadevi, President, Women's Wing spoke about the important vaccinations to be taken in teenage girls like MMR, Influenza, Pneumococcal and Meningococcal Vaccines. She stressed upon the importance of HPV vaccination and how it can prevent the cervical cancers if taken before the first exposure to sexual activity. Dr.Amruth Sindhu, Pulmonologist spoke about Allergic diseases in Adolescents. She discussed about different types of allergic diseases of airways, symptoms and how to treat them.. Girls were very receptive, they cleared their doubts at the end of session with IMA Consultants. Our Doctors were very happy to contribute to the needy.

IMA WDW HUBBALLI

On 1.8.2023 WDW Hubli branch organised a blood donation camp at PC Jabin college Vidyanagar along *53 blood units were drawn* It was well organised another Mega camp .Had a great team work. **On 3.8.2023** On eve of WBW, gave a talk on benefits of breast feeding along with Dr.Anuja. Joshi -breast feeding & it's technique at Sushruta Multispeciality Hospital Vidyanagar. Thanks for Dr Sangeeta. A for organising this event More then 50patients we're benefited. **On 5.8.2023** Dr Shilpa Makkanavar addressed Mental health issues in adolescents... Mental wellbeing being the need of the hour for healthcare professionals & having realised the need for positive mental health for own students an interactive very well reciprocated small group discussion was conducted for Young adults in Medical college. **On 7.8.2023** On eve of National Handloom Day on 7th August WDW hubli organised an online Handloom wears Fashion Cast to support Handloom weavers community where in women doctors participated enthusiastically with vibrant colors. Here we present small video clip of same. A tribute to Handloom weaver community. **On 7.8.2023** On the eve of World breast feeding day KIMS nursing students were addressed for the importance and technique of Breast feeding by Dr Anuja Joshi. Also there was a role play by students on importance of breast feeding which was well appreciated. **On 10.8.23** Awareness talk was organized on Healthy media Use

for Nursing students Total strength 50. In the age of Artificial intelligence when tech and media have become part and parcel of our lives Healthy media usage was considered need of the hour and a session was conducted for nursing students by Dr Shilpa. **On 20.8.2023** Women doctors wing celebrated friendship day...where in good number of lady doctors joined and ce it. **On 25.8.2023** Shurkragauri pooja was celebrated by WDW members by worshipping goddess laxmi.



Personal Finance

Retirement Planning and Corpus creation

By Dr. Dr. Shirish M. Narsapur
IMA Bengaluru

What is retirement? Is it the time when you stop working? As a doctor can you ever stop working? What will happen to the immense impact you as a doctor are creating in society if you stop working?

Ideal definition of retirement should be the time when you cease to have financial worries and not the time you stop working. Anyone who is financially free and is working for passion is retired. So are you retired? Cutting the long story short, if you are still working on weekends, then you are not retired yet.

Wealthcon provides you knowledge to be financially free and do it yourself without any external help. Using simple calculators available on the internet free of cost like the SIP calculator or the Incremental investment calculator, one can easily plan for creating a corpus for any purpose like children's education, marriage, retirement etc.

The earlier you start, the lesser the monthly investment that is needed for creating a corpus at a certain age due to the 9th wonder of the world – compounding. Consider that a doctor is 35 yrs old when finally after the grueling training and fellowships, work has finally begun. Considering a life expectancy of 80 yrs and planned retirement at the age of 65 yrs, how much amount do you think this doctor needs to start with investing every month to get to a retirement corpus of say ₹7,00,00,000?

Now pause here for a moment and guess the monthly investment needed at the start to get that kind of corpus at the end? Would you believe it if I told you its needs only ₹10,000 per month as the investment needed to begin with? No? then read the table below.

PLANNED MONTHLY INVESTMENT		₹10,000.00	
NUMBER OF YEARS OF INVESTMENT		30	
RETURN EXPECTED		12%	
EXPECTED ANNUAL INCREMENTAL RATE FOR INVESTMENT		10%	
YEAR	BEGINNING VALUE	MONTHLY INVESTMENT	VALUE AT THE END OF THE YEAR
1	₹0.00	₹10,000.00	₹127,664.98
2	₹127,664.98	₹11,000.00	₹283,416.25
3	₹283,416.25	₹12,100.00	₹471,900.83
4	₹471,900.83	₹13,310.00	₹698,451.02
5	₹698,451.02	₹14,641.00	₹969,179.43
6	₹969,179.43	₹16,105.10	₹1,291,086.69



7	₹1,291,086.69	₹17,715.61	₹1,672,183.39
8	₹1,672,183.39	₹19,487.17	₹2,121,628.33
9	₹2,121,628.33	₹21,435.89	₹2,649,884.95
10	₹2,649,884.95	₹23,579.48	₹3,268,898.48
11	₹3,268,898.48	₹25,937.42	₹3,992,296.38
12	₹3,992,296.38	₹28,531.17	₹4,835,615.03
13	₹4,835,615.03	₹31,384.28	₹5,816,556.22
14	₹5,816,556.22	₹34,522.71	₹6,955,277.10
15	₹6,955,277.10	₹37,974.98	₹8,274,717.90
16	₹8,274,717.90	₹41,772.48	₹9,800,972.35
17	₹9,800,972.35	₹45,949.73	₹11,563,706.16
18	₹11,563,706.16	₹50,544.70	₹13,596,629.74
19	₹13,596,629.74	₹55,599.17	₹15,938,032.04
20	₹15,938,032.04	₹61,159.09	₹18,631,383.28
21	₹18,631,383.28	₹67,275.00	₹21,726,015.42
22	₹21,726,015.42	₹74,002.50	₹25,277,890.02

Look at the last figure. That's almost ₹8 crores of corpus with a starting figure of ₹10,000 per month. To understand the table here is the explanation. You begin with a monthly investment of ₹10,000 and every year keep increasing the monthly investment by 10% which is an easily possible increment that one can do once the work begins. Investment is in equity in the simplest of forms – Niftybees which is an exchange traded fund and historically it has given an annual return of 12%.

Some people may get worried seeing the increasing investment amount year on year to achieve this. For them a simple fixed SIP will also give similar returns. Only this the initial investment will be slightly higher but still very much manageable. This is done by simply investing a fixed



amount every month in the same instrument – niftybees and there is no other calculation required. Attached image shows a return of a touch above ₹7 crores corpus created by investing only ₹20,000/- per month for a period of 30 years.

This is a screen grab from an online SIP calculator where the monthly investment amount along with expected returns and time period has been entered to calculate the net amount at the end of the investment period.

Both these methods can be used to plan the corpus requirement for any purposes as mentioned already and are hassle free methods of creating wealth. To learn more about more avenues of passive investments and gain more knowledge on financial freedom, do join Wealthcon which is a financial education drive for doctors by doctors. You can get details by visiting www.wealthconindia.com.

ANJANA - 2023

"Dream, Believe, Achieve"
Celebrating All That We Are

IMA Karnataka State Women Doctors Wing Conference

Sunday 24th September-2023

Organised by
Women Doctors Wing of IMA-KSB

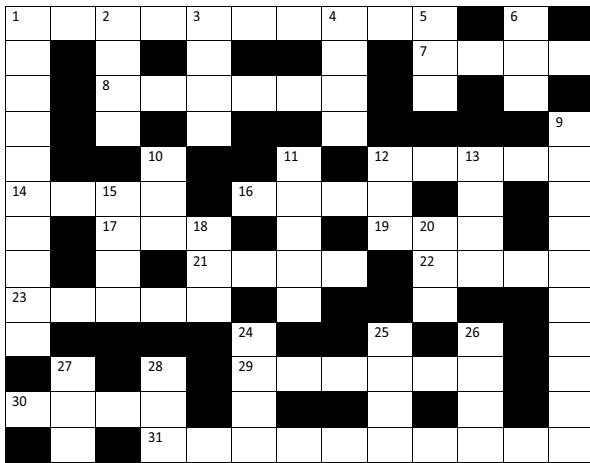
Hosted by
IMA Gangavathi &
Women Doctors Wing (Maithri) Gangavathi

Venue : IMA Bhavan, Lions Premises, Gangavathi

Contact :

Dr. Amaresh Patil 94825 67678
Dr. G. Shashidhar 98459 42608
Dr. ASN Raju 96864 72888

Medical Crossword - 07



Clues Across:

1. A commonly used long acting antihistamine (10)
7. Blue line along the gums is seen in this poisoning. (4)
8. Schirmer test is to detect this. (3,3)
12. One of the phases of M.D.P (5)
14. This sign is elicited in Aortic Incompetence. (4)
16. Anthracosis is seen in ---- miners. (4)
17. This suffix is used for sugars. (3)
19. Clinical Study Protocol in short. Abbr (3)
21. This test is elicited in Hydropneumothorax. (4)
22. Vitamin C is ---- labile. (4)
23. - - - - and Briggs test is to detect personality disorder. (5)
29. Joseph - - - - - known for antiseptic surgery. (6)

30. This deficiency can cause glucose intolerance. (4)

31. A Chlamydial disease carried by parrots. (10)

Clues down:

1. ----- oxidase, A widespread respiratory enzyme. (10)
2. ----' paralysis, a temporary paralysis. (4)
3. - - - - ' syndrome. A rare aspirin induced syndrome. (4)
4. Relating to terminal part of small intestine. (4)
5. ---'s test in lumbosacral pathology. (3)
6. --- Sach's disease. (3)
9. ----- nigricans, a marker in insulin resistance. (10)
10. Other name for Lou Gehrig's disease. Abbr. (3)
11. The epidemic that started in early 2020. (5)
12. Medical legal case in short. Abbr. (3)
13. --- of the neck, a common site for carbuncle. (4)
15. Bailey and ---- (4)
18. Elective Caesarian Section in short. (3)
20. --- Drager syndrome. (3)
24. A group of closely related families. (4)
25. Seven year ---- (4)
26. A flower in the eye? (4)
27. Joint affected in Perthe's disease. (3)
28. A common cause of infertility. Abbr. (3)

Solution to the Medi-Crossword : Page-37

Scan to download Membership application forms



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APPLICATION FORM



IMA KSSS
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IMA KPSS
APPLICATION FORM



IMA KSHS
APPLICATION FORM

My Hobby My Passion

My Journey in Wildlife and Bird Photography

By Dr. Nagaraj Chindanur
IMA Ballari

I am an IMA member from the past 40 years and I have served as the President of IMA in the mid 90's and served as a president in Lions club and a Member of Masonic lodge.

I was very fond of watching movies and had very keen interest in Wildlife and Bird Photography.

Embarking on a journey that began with a spark of curiosity, my fascination with wildlife and bird photography has allowed me to record the unadulterated beauty and richness of nature.

Growing up amidst nature's abundant gifts, I developed a profound respect for the delicate details of flora and animals, laying the foundation for my later enthusiasm for photography. The allure of capturing the ephemeral moments of birds in flight and the brilliant plumage of avian species ignited a passion within me that evolved into a lifelong pursuit.

However, life's responsibilities often held me back from fully dedicating myself to this passion. Juggling the roles of a man, a father, a brother, a husband, and a doctor left little time for my creative pursuits. Nevertheless, I took my first steps towards photography by using my family as initial models, honing my technical skills, and experimenting with various techniques during trips to Mahabaleshwar in 2007. Although my family was eager participants, I could not help but feel that my true talent was being wasted.

Undeterred, I persevered, and these early experiences provided a valuable foundation, teaching me the essential elements of composition, lighting, and timing—key factors in capturing stunning images of birds in their natural habitats. Fuelling my dream further, I found support from another physician, who shared my interest in this costly hobby.

With newfound determination, I delved deeper into the world of wildlife and bird photography. Armed with my camera, lenses, and unwavering curiosity, I set out to explore nature reserves, national parks, and wildlife sanctuaries across the globe. Each new encounter presented unique challenges and opportunities as I observed and photographed a myriad of bird species.

As my passion intensified, I began specializing in capturing birds in flight—a pursuit demanding unwavering focus, quick reflexes, and an intimate understanding of bird behaviour. Through countless hours of observation and practice, I honed my tracking skills and learned to anticipate the perfect moment to seize a bird mid-flight. My exceptional abilities earned me the title of a Flight Shot Specialist, and I gained recognition for my captivating



images.

Driven by a thirst for knowledge and a passion for ornithology, I embarked on a quest to document as many bird species as possible. My camera became a tool to showcase the stunning diversity of these magnificent creatures, and my work caught the attention of renowned ornithologists and conservationists. Collaborations with these experts further fuelled my growth as a photographer and expanded my expertise in identifying and photographing different species.

Thrilled to have received over 20 National Geographic Picture of the Week awards for my captivating wildlife and bird photography! Honoured to see my image short listed for the cover of Sanctuary Asia magazine, celebrating the beauty of nature through my lens. Grateful for the recognition and inspired to continue capturing the wonders of our natural world.

Today, my journey from an aspiring photographer to a distinguished Flight Shot Specialist stands as an inspiring testament to the power of passion and dedication. With an impressive bird species count exceeding 500, my contributions to ornithological photography have earned me recognition as a talented and respected artist. I hope that my story serves as an inspiration for aspiring photographers and a reminder of the wonders that await those who dare to pursue their passions in the realm of wildlife and bird photography. The incredible fields of wildlife and bird photography offer a chance to not only capture breathtaking images but also to preserve the raw beauty and diversity of nature for generations to come.



Monsoon trip-by IMA Gangavathi and IMA Maitri (WDW)

By Dr.Sindhu K. Gouda, IMA Gangavathi



IMA Gangavathi along with IMA maitri (ladies wing) had organized a short 2 days trip to Sathodi falls, Gokarna and Yana on the 8th and 9th of July, 2023. Group of 60 members went for the trip in 2 Raja Hamsa buses. It was a unique and nice blend of adults, elders and kids, ranging from 3 years to 70 years of age.

We started our journey on the 7th of July night and reached Yellapur early in the morning. We freshened up at Shree Krishna Residency and left to Sathodi falls which is 27 kms from Yellapur.

In between the bushes and the rocky terrain there is a small fenced concrete pathway leading to the falls. Sathodi falls is a picturesque water falls, plunging from a height of about 15m. Several unknown streams

converge near Kallaramane Ghat to become Sathodi falls. Though there was slight drizzle, there was no heavy downpour and the weather was favourable and pleasant throughout the trek.

On the way back to Yellapur from the falls we also visited Shivapura hanging bridge. It is a 234 metres long bridge built over the backwaters of Kodasalli Reservoir which is formed by river Kali. It is a perfect place for nature lovers and bird watchers. While we enjoyed the sight of the beautiful bridge and the misty raindrops, we treated ourselves with hot cup of masala chai in a shop nearby.

After heading back to Yellapur we had lunch and started our journey towards Stone wood resort, Gokarna which is about 80 kms from Yellapur.

It is an ideal place for unwinding right in the lap of nature, within the pleasant panoramas of spice plantations and the valley. They have resplendent cottages which have a cute sit out area which overlooks the plantations. After checking in and relaxing for a while we went to Kudle beach in the evening. It was a peaceful evening and we had a pleasant time by the beach. However the only disheartening sight was the littered shores and the garbage dump at the beach. After returning from the beach, late in the evening we all gathered near the restaurant and had a merry time playing housie, singing and dancing.

Early next morning we visited Sri Mahabaleshwar Swami temple in Gokarna. It is an ancient 4th century temple flaunting the classical Dravidian style of architecture and design. It is popularly known as Dakshin Kashi and is considered as one of the seven holy Mukti sthala temples in Karnataka.

The name of the temple goes after the popular staggering 6ft tall At Malinga installed within the shrine





on a square shaped black stone dais (shaligramapeetha) with a hole at the center. The devotees can only get a glimpse of the top of the linga.

After returning from the temple we had a sumptuous buffet breakfast and checked out of the resort to go to Yana.

Nestled amidst the dense forest of western Ghats, Yana caves consist of 2 marvellous, gigantic ant hill shaped hills created naturally from black karst limestone. The hills are called Bhairaveshwara Shikara and Mohini Shikara.

There is a lord Shiva cave temple situated at the gate way of Bhairaveshwarashikara. It is about 3 kms of picturesque trek to reach the temple and many of them had their first leech bite experience through the trek!! After returning from the cave we had a quick packed working lunch by the flowing stream and lush green trees and started our journey back home.



Both the Mahabaleshwar temple and Yana caves have an interesting historic tale related to them which is mentioned in the Hindu mythology.

The joy ride back home was great fun too, with lot of singing, dancing fun games and unlimited supply of snacks.

We are grateful to our IMA President, Dr.Madhusudhan and his team for a well organised, refreshing and memorable monsoon trip. We the doctors of Gangavathi along with our families, for a change pulled out our umbrellas and raincoats and thoroughly enjoyed this monsoon getaway.

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

Sl	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.



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- * Size of Each Floor 3400 Sq ft
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- * 300 Meters from Hadadi Road, Davangere.
- * 900 Meters from Pune Bangalore Road, Davangere.

Contact Details

CA Mahesh G Shendge
Chartered Accountant
1st Floor, Muslim Hostel Complex,
Ambedkar Circle, Davangere – 577002
M : 94481-12523, 78928-13563

**ಐ.ಎಂ.ಎ. ಕರ್ನಾಟಕ ರಾಜ್ಯ ಶಾಖೆಯ ಕನ್ನಡ ವೈದ್ಯ ಬರಹಗಾರರ 4ನೇ ರಾಜ್ಯ ಸಮ್ಮೇಳನ
ದಿನಾಂಕ : 02 ಮತ್ತು 03ನೇ ಸೆಪ್ಟೆಂಬರ್ 2023. ಸ್ಥಳ : ಸುಬ್ಬಯ್ಯ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ, ಶಿವಮೊಗ್ಗ**





IMA'S KARNATAKA SOCIAL SECURITY SCHEME

IMA House, Bailappanavar Nagar, Hubballi-29 Ph.: 0836-2355656

<https://www.imakssshubli.org>

Respected Members,

Earlier our web was <http://www.imakssshubli.org>, but now it is <https://www.imakssshubli.org> you can clear the browser history in the settings and open the above link.

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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. 17700/-	Rs. 18200/-	Rs. 18700/-	Rs. 28700/-	Rs. 31700/-	Rs. 36700/-	Rs. 44700/-
Fee for Silver Jubilee Scheme	Rs. 20700/-	Rs. 22700/-	Rs. 24700/-	Rs. 31700/-	Rs. 38700/-	Rs. 47200/-	Rs. 57700/-

IMA KSSS New Membership Tariff Effective from 01-04-2023

Recent death claim in Old Existing Scheme – Rs. 18,48,000/-

Recent death claim New Silver Jubilee Scheme – Rs. 56,00,000/-



Dr. Yogananda Reddy.Y.C.
Chairman
Mo : 9844085120

Dr. Sachin Revankar
Secretary
Mo : 9880250083

Dr. Soumya Y.J.
Joint Secretary
Mo : 9845222245

Dr. Anandravi B.N.
Joint Secretary
Mo : 9845192351

Dr. Maheshkumar S.
Treasurer
Mo : 9341738405

Kindly visit our website- www.imakssshubli.org

IMA House, Bailappanavar Nagar, Hubballi-29 Phone no. 0836-235 56 56



IMA KARNATAKA PROFESSIONAL PROTECTION SCHEME (R)

IMA KPPS

IMA House, Alur Venkata Rao Road, Chamarajpet, Bengaluru 560 018

Reg. No.DRB-2/SOR/179/2019-20

Email : imakpps@gmail.com | Phone No 080 -26705447, 8197330598

NEW SCHEME

• FINANCIAL ASSISTANCE CLAIM (INDEMNITY) AMOUNT UP TO RS. 1 CRORE (ONE CRORE)

- All the existing members will be upgraded to New Scheme after receiving the new application and request letter after adjusting the balance payment.
- The cause of Action must be in the period of active membership for all claims.
- Membership becomes effective from the Date of realization of Cheque or DD In favour of IMA KPPS.
- All operational modalities will be as per registered Bye-Laws of IMA's Karnataka Professional protection Scheme.

FEE DETAILS

a) Fee details for the 1st year (admission contribution)	
Admission fee	Rs. 100/-
Annual subscription Fee	Rs. 2000/-
Advance fraternity contribution	Rs. 1000/-
Total	Rs. 3100/-
b) Fee details for subsequent years	
Annual subscription fee	Rs. 500/-
Demand fraternity contribution	Decided and intimated that year *

*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.

Dr. Honnegowda

Chairman

M. 9448118299

Dr. N. Dhanapala

Hon. Secretary

M. 9342161266

Dr. J. Sharanappa

Hon. Treasurer

M. 9448924466

Solution to the Medi-Crossword -07 :

Across: 1.Cetirizine 7. Lead 8. Dry Eye 12.Manic 14. Hill 16. Coal 17. Ose 19. CSP 21. Coin 22. Heat 23. Myer's 29.Lister 30. Zinc 31. Ornithosis

Down: 1. Cytochrome 2. Todd 3. Reye 4. Ileo 5. Ely 6. Tay 9. Acanthosis 10. ALS 11. Covid 12. MLC 13. Nape 15. Love 18. ECS 20. Shy 24. Clan 25. Itch 26. Iris 27. Hip 28. P.C.O



IMA'S KARNATAKA STATE HEALTH SCHEME

imakshs@gmail.com
www.imahealthscheme.org

IMA KSHS

A doctors mutual health contribution scheme will give
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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 was launched on 1st of July 2017 on the Doctors day Celebration at Bengaluru.

Chairman
Dr Jambunath Gouda
094481 45035

Secretary
Dr Madhusudhan K N
094481 40003

Treasurer
Dr Hanumantappa A
99456 05974

**Official Address : Dr. Jambunath Gouda, Kottureshwara MRI Scan Centre
Near Little Heart School, Hosalli Road, GANGAVATHI-583227 | Ph.: 8618744511**

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Note: Minimum 5 Registration

Pls find the Bank Details

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Account No : 520101004253651
IFSC Code : UBIN0901962
Branch : Bidar

Note: Pls share UTR No after the transaction to Org. Secretary **Dr. Mallikarjun Panshetty - 9243230100**

Further Details :
Dr. Mallikarjun Panshetty : 9243230100

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