



# IMA FOCUS

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*Happy UGADI*

HAPPY  
*Women's  
Day*



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**EDITORIAL**

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

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

On behalf of our Editorial board I would like to thank each and every member for enthusiastically contributing to IMA Focus every month. The response to our columns – My hobby My Passion & Travelogue - has been tremendous. So much so that we are not able to publish all the articles received in the same month. I hereby request our members to please wait patiently as we will be publishing the same chronologically and I am also hereby assuring them that none of the articles will be missed out.

It is time for NEET PG again and we have published a step wise guide on NEET PG Counselling process which is simplified by our experts in the field. Under personal finance column valuable tips are given on Term Insurance which should be followed by every member. I sincerely hope that both these articles will benefit our readers.

We are excited to introduce a new column – Medical Crossword – contributed by one of our own Doctors whose name I cannot announce. This is to respect the unwritten rule in the world of crosswords that the crossword setters name is not announced publicly. I am sure our members will enjoy in solving it.

We would like to sincerely thank our sponsors Aster CMI Hospital, Suguna Hospital, Sattvik spine centre, Canara Bank, Goo Campus Edu Solutions, Cytec care hospital & Travel Bird Vacations for their support . Our members can utilize the services offered by each & every one of our sponsors as all of them offer excellent service in their fields.

Following is the list of important events during the months of March – April 2023,

6th Mar – Glaucoma Day

8th Mar – Women's Day

8th Mar – No Smoking Day

9th Mar – World Kidney Day

16th Mar – National Vaccination Day

24th Mar – World TB Day

2nd Apr - Autism day

7th Apr – World health day

17th Apr – Haemophilia day

25th Apr – Malaria Day

Would like to conclude by wishing you & your families

**A VERY HAPPY & JOYOUS UGADI...**

**LONG LIVE IMA, THANK YOU ALL .....**



# PRESIDENT'S MESSAGE

**Dr. Shivakumar B Lakkol**

*Dear Esteemed members,*

May Lord Shiva shower his choicest blessings on you and your family. May you be blessed with peace and prosperity. A new hope, a new beginning, a new dream is waiting to unfold. May this new year bring your way millions of joys. Happy Ugadi to all our dearest IMA KSB members.

In the monthly online series "ಸಾಹಿತಿಗಳೊಂದಿಗೆ ಒಂದು ಸಂಜೆ" conducted by IMA-KSB Kannada Vaidya Barahagara Sub Committee, Dr. Arvind Patel IMA KSB Awards subcommittee Chairman spoke on his journey about his profession and hobbies heading "Patel's ವೃತ್ತಿ ಮತ್ತು ಪ್ರವೃತ್ತಿ". IMA KSB appreciates his interest in Agriculture, Photography and Kannada literature. All his tremendous contributions have made him to be chosen as the President of the 22nd Kannada Sahitya Sammelana of Ballary District held on 28th February & 1st March 2023. We look forward to hearing about many more of his successes.

On 11th February we visited Kanakapura, Kollegala, branch along with our Assistant secretary Dr. L. D. Bakale. In the evening we visited Ramanagar and Channapatna branch along with Dr. Malvegowda R N our Divisional coordinator and also attended the installation ceremony of this branch new office bearers which has got their own beautiful building.

On 12th February we visited Bangalore North branch wherein Dr. Srinivas S president Elect, Dr. Krishnegowda Past President and IMA KSB Chairman of Building committee and Assistant Secretary Dr. L D Bakale accompanied us for the inauguration of the newly constructed IMA building which has got two storied well-furnished building,

built by members of IMA Bangalore north. We honoured the President & Secretaries of the branch for their great achievement.

On 13th February I attended RGUHS Meeting and on 16th attended Badukubaraha online programme wherein Dr. P V Bhandari detailed about the book "Manovaidyana Aatmakathana" written by well-known Psychiatrist of Karnataka Dr. C R Chandrashekar.

Most of the Subcommittees of IMA KSB like Kannada Vaidya barahgara Upasmithi, WDW, Academic, Public heath, HBC, Anti Quakery, Legal Cell, Finance committee, Building committee, Digital software, AMS, CGP have conducted online meetings and webinars and discussed various issues.

IMA KSB appreciates the various local branches like Bangalore, Mangalore, Yelahanka, Sirisi, Hubballi, Udupi, Gadag and Belagaum and many others which are conducting various activities like sports cultural programmes, health camps and other social activities. I wish all the branches for many more such activities.

On February 26th we had IMA KSB 864th State Working Committee meeting in the beautiful IMA Non Agricultural land located in the Muthugada Halli of Doddaballapura of Bengaluru rural district. The land is situated very near to the proposed Chennai Surat national express highway. About 50 SWC members attended the meeting with very fruitful discussions on various issues like GST, Anti Quackery, Legal cell report, IMA KSB AMS & CGP, Digital Software and MEDICON 2023. IMA KSB thanks all the members who attended the meeting

and also for participating in the discussions.

March 8th is the International women's day. Around the world, International Women's Day is a grand celebration of womanhood. This day, in particular, celebrates women's accomplishments and raises awareness of gender inequality. On this day, everyone should consider ways to recognize the achievements of women in our society. Girls' education and the elimination of gender bias in all aspects of society are crucial. The theme for International Women's Day 2023 has already been chosen. It is essential to note that this year's theme is "DigitALL: Technology and innovation for gender equality". All of the campaigns, programs and events will revolve around this theme.

Women should be supported and encouraged by everyone. I wish all the branches of IMA KSB to work in direction.

Every year, March 16 is observed as National Vaccination Day in India to increase the importance of vaccines in the human health system.

This day creates awareness regarding how effective vaccination is to prevent deadly diseases. This day celebrates India's victory over polio disease along with an improvement in the health and life expectancy of an individual. I request all the members to work towards this direction.

**UNITY IS OUR STRENGTH**

**LONG LIVE IMA**

## ***Indian Medical Association, Head Quarters - NEWS*** **"Two Million Mark"**

Dear Members,

Greetings from Indian Medical Association!

In today's digital age, social media plays a crucial role in spreading information and updates to a larger audience. IMA should have at least 2 million subscribers on social media because Social media is the strength of any Association in today's scenario. Accordingly , every member of IMA should follow the same on (Facebook, Twitter and Youtube). Even our family members, friends and colleagues can also follow/subscribe our social media channels to boost up our strength and to achieve the landmark of 2 million subscribers.

Our social media handles are as follows:



**Facebook:** <https://www.facebook.com/indianmedicalassociationofficial>



**Twitter:** <https://twitter.com/IMAIndiaOrg>



**YouTube :** <https://www.youtube.com/@indianmedicalassociationhq7864>

We once again request you to kindly follow/subscribe to our social media handles and also ask your family members to do the same.

Thank you for your continued support and cooperation.

Best regards,

**Dr. Anilkumar J. Nayak**  
Honorary Secretary General,



# SECRETARY'S MESSAGE

**Dr. B P Karunakara**

**Dear esteemed members of IMA KSB,  
Greetings from the State chapter!**

February has been a reasonably cool month for the branch with routine activities. However, there were few issues like GST.

**GST on membership fee:** GST issue had taken center stage with the head quarter directing the branches to start collecting 18% GST on every membership application from the beginning of this month. The issue required serious discussion and consideration on how to go about. The issue was sent to finance committee for needful and suggestions. It was also discussed with esteemed seniors. After churning on pros and cons it was discussed in the SWC meeting and decided to go ahead with **THREE CHEQUE POLICY**. Membership applications have to accompany 3 cheques; in the name of local branch, state branch and national headquarter and GST will be deducted as per the policy. The policy has been put into practice after discussion in SWC. How it is going to go for the local branches and the members, only time will tell us. We will get to know about it soon and any further decisions will be taken as needed.

**SWC MEETING @ IMA KSB LAND:** It is **HISTORICAL** Day for the IMA KSB! First too! Organizing an SWC meeting at our own land will be remembered for a very long time to come. It has helped our honorable members to physically visit and see the property, work done to safeguard the property and learn about future prospects. The land situated close to the inter-state expressway is a prime property and great place to have IMA KSB facilities. Future looks bright for IMA KSB!

IMA Land is a culmination of vision, long term thinking and planning, commitment and hard work of many seniors and such a property has become a most invaluable asset. IMA KSB President acknowledged and appreciated the contributions of seniors and felicitated seniors attending the meeting, who worked over the years for developing this property. IMA KSB had made elaborate arrangements at the venue for the meeting, transport of the members from IMA House to the venue and back, sumptuous food.

**LONG LIVE IMA**

Members enjoyed, appreciated and participated actively in the meeting. Many important issues including GST in membership and others were discussed.

**President Talk:** President recollected all the important works done by the team and informed the members about the progress and had a very healthy discussion on many issues.

**IMA AMS:** Dr. Geeta Doppa, the Chairman of IMA AMS and her team is working hard and pursuing to establish a strong membership and branches in the state. In this pursuit, SWC has permitted to have a membership drive for 3-4 months with a fee of Rs 250/-, IMA HQ contribution and waiver of the state contribution. Hope to see good membership. Academics are conducted regularly.

**Digital Committee:** The committee chairman Dr. Jaspal Singh Tehalia presented the progress on IMA KSB doctors/Hospitals software app and promised to complete the work soon and make it available for the members.

**Woman Doctors Wing:** Regular academic and other activities have been done. Best wishes on the occasion of International Woman's Day, 8 March. Hope to see very meaningful and memorable celebrations!

Other committees like Building committee, public health committee, academic committee, Pharmacovigilance committee and others are doing good job! IMA KSB appreciates the good work!

All the office bearers, SWC members, various committees are working honorarily for the welfare of the association, taking out their valuable time. Everyone likes recognition and appreciation of their works and contributions that will motivate them to do better. In this respect, as Hon Secretary, watchful of the activities and surely will acknowledge and appreciate the good works. Honorable members should verify, check with me personally (if needed), if any concerns before making comments and criticisms. There is no personal agenda in acknowledging and appreciation of members.

***Appreciation and Motivating members to work to their full potential is the secret of progress of an Association!***

Wishing a very Happy Ugadi! May God bless all members and their family!



# VICE-PRESIDENT'S MESSAGE

**Dr. Rajashree Anagol**

Respected esteemed IMA KSB members,

***Wishing you all Happy New Year & Ugadi.***

It gives me great pleasure to become a vice president of this year (2022-2023).

IMA KSB is taking many good steps for the betterment of our organization.

Dr. Shivakumar Lakkol, President sir is a ideal person and very active.

We've visited many branches of Belgaum district & President Sir has interacted with all IMA branch members, he enlightened about various schemes for the members & families. Also stressed on the importance of HBI & requested all the members to become member of HBI & actively involve in the all activities of IMA.

**LONG LIVE IMA!!**

**JAI HIND.**

# 89<sup>th</sup> IMA

Karnataka State Annual Medical Conference 2023  
Organised by - IMA Bidar Branch



## REGISTRATION FEES

DATE	DELEGATES	PG	ACC. PERSON
1st Jan - 30th April 2023	4000	3000	3000
1st May - 31st July 2023	5000	3000	3000
1st August till Spot	6000	3000	3000

**Further Details :**  
Dr. Mallikarjun Panshetty : 9243230100

**Register Now at :**  
[www.imakarnataka.in](http://www.imakarnataka.in)

**BLOCK YOUR DATES**  
27th-29th October 2023

**CONFERENCE VENUE :**  
Bidar Institute of Medical Sciences  
(BRIMS), Bidar

# BRANCH ACTIVITIES



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

On 29/01/2023: On the eve of Sri Subhash Chandra Bose 125th birth anniversary as Parakram Divas, Blood Donation camp was organised along with NMO, IMA BELLARY ,WDW branch Bellary about 100 pints of blood were collected.

On 18.01.2023: SAKHIS and WDW TEAM took part in cycling rally in the lightened and decorated Ballari city evening organised by City Corporation Ballari on the eve of Ballari Utsav, along with District commissioner Mr. Pavan kumar

Malipatil in the rally. On 24.01.2023: As part of National Girl Child day WDW of Ballari branch launched a helpline for high-school girl drop outs. The plan is to identify the high school girl dropouts, find the cause for drop out and counsel & assist them to make them financially & emotionally independent. To achieve this we are adopting a few schools and conduct various awareness programs and give them the help line number to reach any one of us. On 28/01/2023: SAKHIS and WDW wing organised get together on 28th evening at shrushti farms , all SAKHIS and Women Doctor to part in various culture and games.

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



On 21st January 2023: CME Program was successfully conducted in association with Fortis Hospital nagarbhavi Bangalore. 1.Dr. Prabhakar C Koregol Senior Consultant – Interventional Cardiology spoke on "Mechanical Circulatory support in ACS". 2. Dr. Ravi Kumar B L HOD Vascular and Endo Vascular Surgery spoke on Management of Peripheral Vascular Diseases . 3. Dr. PavanKumar P Rasalkar – consultant Interventional Cardiology spoke on Heart Failure Management Focus on Newer Therapies. 4. Dr. Vijayanand S Professor Department of Anaesthesia & Critical care spoke on Perioperative Guidelines for Diabetic Patients. Nearly 90 Members participated in the program. On 21st January 2023: WDW of our branch in association with Minto eye hospital and Bishop Cotton Girls Law College on the occasion of Youth Day in ballur village, conducted a health awareness camp. Chief guest was Judge from anekal. On 24th January 2023: On the national girl child day, WDW IMA Bangalore visited Ladies Hostel, Chamrajpet & gave awareness regarding sexual harassment, mental harassment, emotional blackmail, etc, advised women to become physically and mentally strong to learn defense mechanism like karate, judo, meditation for patience, to overcome the bad situation and have peace. Dr. Mamatha M, Chairperson WDW IMA BC conducted this event. On 24th January 2023: WDW held Awareness regarding save the girl child from gender discrimination, sexual harassment, stop feticidal become financially strong, was conducted to Housekeeping workers. On 24th January 2023: Dr. Rajasree M.B,our EC Member was awarded the 2nd Prize in English Poem Competition (strictly 4 lines poem), Conducted by IMA – KSB WDW on the occasion of The National Girl Child Day 2023. On 26th January 2023: Celebrated Republic Day by flag hoisting at IMA House Bangalore 26.1.2023. It was attended by our President Dr. Venugopal K, with other office bearers & EC members. On 27th January 2023: WDW IMA Bangalore branch in association with Minto Eye hospital Conducted Health Camp. WDW Chairperson Dr. Mamatha M attended the camp. Total patients seen 150 cataract patients was referred to Minto Hospital. On 30th January 2023: World Leprosy Day was observed at leprosy Hospital Magadi Road Bangalore, distributed pants, Shirt, fruits and sweets to nursing staff & to Leprosy patients. 20 patients were present during this program. On 3rd



February 2023: IMA Hq's in association with Cipla conducted CME on "High Fever Management". Live transmission of this program was done at IMA Auditorium @ IMA House Chamrajpet Bangalore. Nearly 34 Members participated in the program. On 4th February 2023: World Cancer Day was celebrated in association with BBMP Hospital Nandini Layout Bangalore. Dr. Pradeep Kumar K N Vice president IMA Bangalore & Oncologist Srinivasam Cancer Center was the Chief guest Dr. Sandya & Dr. Shubha represented BBMP Mr. sarif in charge of safa NGO were present. Nearly 300 citizen members participated in this event. On 4th February 2023: World Cancer Day celebrated in Minto Hospital Bangalore by IMA WDW Chairperson Dr. Mamatha M, awareness and screening was to degree students regarding HPV Vaccination, Blood Cancer, self-examination of breast was done. On 10th February 2023: Conducted National Deworming Day on 10.2.2023. at Saibabanagar Anganwadi attended by Dr. Sathyavathi K Vice President and Dr. Kaviraj Pediatrician . On 11th February 2023: In association with Lions club, Cardiac & Diabetic screening camp was held at TTD temple Vyalikaval, screened total 180 persons. Camp was inaugurated by Ravi Narayan President of TTD in presence of Bakthavatsala Reddy secretary of TTD & our branch office Bearers led by Dr. Anuradha Paramesh V. On 11th February 2023: CME Program was held on "Diabetes- Empowering Primary Care Physicians" . Speaker: Dr Vishwanath Krishnamurthy Consultant Physician & Diabetologist MS Ramaiah spoke on: Newer OHA's and Combinations in treatment of Diabetes. Speaker: Dr. Raja Selvarajan Consultant Physician & Diabetologist Kaveri Healthcare centre Bangalore spoke on: Holistic approach to the management of T2DM: Pioneering with oral Semaglutide. Speaker: Dr. Manohar K N Consultant Physician & Diabetologist Manipal Hospital Bangalore. spoke on: Insulin co formulation: clinical attributes beyond efficacy. Speaker: Dr. Dominic G Benjamin Head Geriatrics & Geriatric Diabetologist, Baptist Hospital Bangalore spoke on : Killing 2 birds with one stone: Ultra long - acting basal insulins in outpatient & inpatient Hyperglycemia Management. Speaker: Dr. Raju S Director the Vitreo-retina specialist. Netraspandana Eye Hospital Bangalore spoke on: Diabetes & Eye. 53 Members Doctors participated in the Program, sponsored by Novo Nordisk India Pvt Ltd & USV Pvt Ltd. On 13th February 2023: Conducted Sexuality and Health awareness Day at Bapuji Government School Doctors attended Dr. Vimochana & Dr. Sathyavathi K Vice President, number of students -122 Topics covered – Sexuality Reproductive health. Sexually transmitted diseases and prevention. Population burden in our country addictions. Skit was performed by Nursing students of KCCH which was very well appreciated. Principal, Dr. Naganaika attended the program. On 19th February 2023: Public Health Guest Lecture (PHGL) was conducted by IMA BB in association with Cardiological Society of India-Bangalore Chapter and Medical Education & Research Trust, Bangalore. This program was attended by 55 persons including President, Dr. Venugopal K. Dr. Pavankumar P Rasalkar Cardiology Fortis Hospital Nagarbhavi Bangalore. gave a talk on: "Heart attack risk factors and precautions". Dr. Kiran Kumar L Ophthalmologist KIMS Hospital Bangalore. gave a talk on: "Refractive errors in the eye".



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

On 24.01.2023 National Girls Child Day Celebration at Vishweshwaraiah School. On 26.01.2023 Republic day was celebrated by IMA Bhadravathi. IMA secretary Dr. Arun and WDW Secretary Dr Swarna and WDW chairperson Dr Veena bhat and Ex IMA president Dr Kumarswamy and others were present. On 04.02.2023 World cancer day was celebrated, President Dr Prashanth bhat and WDW chairperson Dr Veena bhat spoke about prevention of cancers. On 11.02.2023 CME was conducted at VISL Guest house. Dr Vinit Anand spoke about 2016 Biomedical waste Guidelines and Mr Gopikrishna ( Advocate , Shimoga) spoke about Labour laws Pertaining to Healthcare Industry (Medium and small scale) - Problems and solutions . About 50 members attended the CME. On 16.02.23 our Branch senior member Dr Arundhati R P passed away. Condolence meet held. On 17.02.2023 Dr Ramakrishna spoke at KSAASICON 2023 on the topic why my abstract got rejected. He was judge for the award paper session Dr Krishna S Bhat one of our senior member was felicitated at Honnavar , Uttara kannada. IMA members took part in various awareness programmes at. Schools and colleges.



**Branch : Bangalore North**  
**President : Dr Sridhar G.**  
**Secretary : Dr K.S. Satish Ramanna**

Inauguration and pooja of our IMA Building : IMA BHAVAN Was done on 12/2/23, Chief Guest was our IMA KSB President, Dr Shiva Kumar B Lakkol, Other IMA KSB Office bearers who attended are Dr Srinivas, President Elect, IMA KSB, Dr Krishne Gowda, Chairman, Building Committee, IMA KSB, Dr Laxman B Bakale, Asst Secretary, IMA KSB.

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



On 21.01.2023: 5th Clinical Meeting was conducted. Topic: (1) "Avascular Necrosis of Femoral Head Post Covid", by Dr.Ashok Sampgar, (2). "Surgical Mangement of Hypertension Bleed" by Dr.Sampath Deshpande. Attended by more than 100 delegates. Walkathon and cycling was attended by IMA members on eve of millet awareness week. On 26.01.2023: Republic day flag hoisting was done. Yoga camp was arranged for our members On occasion of rathasapthami. Blood donation camp was organized in association with mahaveer blood bank arranged at crh hospital. Many members donated blood. Importance of blood donation was addressed by dr Yalburgi. Road safety week awareness programe was celebrated and videos were released. Clinical meeting of month was conducted.

**Branch : Bidar**  
**President : Dr. Madan Vajinath**  
**Secretary : Dr. Mallikarjun Panshetty**



On 24.01.2023: National Girl Child Day was celebrated at Gurunanak Public School Bidar. On 07.02.2023: World cancer day was celebrated at Post Metric Girls Hostel, Pratapnagar, Bidar. Awareness created about various types of cancer and role of substance abuse, lifestyle and unsafe sex as etiological factors for cancer, explained. Informed about availability of HPV vaccine and its role in cancer

prevention. On 12.02.2023 Cancer awareness programme was organized. Health education, Breast examination, and pap smear done for female sex workers . IMA BIDAR office bearers had wonderful meetings at basavakalyan, bhalki & humnabad IMA branches, which are part of Bidar district. IMA members were appraised regarding the upcoming MEDICON 2023 to be hosted by BIDAR IMA branch. Hosting of MEDICON was very much appreciated & full support for the conference in terms of financial support & human resources was extended by all the branches. Conducted a CME in association with Utage neuro & psychiatry centre, Bidar on 11/2/23. Dr Prashant utage, paediatric neurologist gave a lecture on "neurodevelopmental disorders in children". Various aspects of neurological developmental disorders were discussed & early recognition and treatment was highlighted along with Rehabilitation with occupational physiotherapy, speech therapy and parents counselling.



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

On 10-2-2023, CME Programme was conducted with Topics on Bone Marrow Transplant by Dr. Rajesh Krishna and Recent Advances in Ca Colon by Dr. Rohan Shetty. IMA Trekking to Ethina Bhuja hill was conducted on 12-2-2023. Over 35 doctors and family participated in the event. It's a good stress busting and refreshing event for all the members.

**Branch : Chikkodi**  
**President : Dr. Darshan Pujari**  
**Secretary : Dr. Sandhya Patil**



On 24.01.2023 IMA members participated in Swachh Bharat Abhiyan conducted by Sai Mandir in association with TMC Chikkodi. IMA members participated in various activities of Sai Mandir annual function On 26.01.2023: Republic Day was celebrated by hoisting flag at IMA Hall followed by General body meeting. . On 31.01.2023: Family get-together was arranged by WDW on occasion of Sankranti. Members took active participation in cultural activities. Every family had brought various food items which made the dinner very delicious. On 12.02.2023: In association with NGO Green Savior Belgaum and forest officer we made a survey of land and Nursery. Aim is to convert dry land into mini forest to maintain ecosystem in Chikkodi.



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

On 20-01-2023 Hetero Health Care conducted CME Programme by Dr. Deepak CL consultant Rheumatologist, Nanjappa Hospital, Shivamogga and Davanagere discussed topic on "Approach to Diagnosis and Management of Connective tissue disorders/ Autoimmune rheumatic diseases", which was more informative and excellent. On 26-01-2023 first time in our branch Flag unfurling programme done in our premises after renovation of entire IMA building. On 29-01-2023 CSOG and KSOGA organised and conducted NVDH (Non-descent vaginal hysterectomy) FORT CITY GYNAECON- JAN- 2023 at IMA Hall with great success.

**Branch : Dharwad**  
**President : Dr. Sandeep Neeralagi**  
**Secretary : Dr. Amith S. Galagali**



On 26/01/2023 Republic day was celebrated at the IMA Hall. On 29/01/2023, IMA Dharwad organised Financial Management seminar in association with WDW & IDA at Ocean Pearl resort, Dharwad. Around 60 members attended the programme. IMA WDW, Dharwad organised National Anti leprosy Rally in association with Community Health centre and PHC at Garag village. WDW in association with Shreeya College, Dharwad arranged a skit programme on the occasion of National Girl Child day on 24/01/2023 with the theme of - Beti Bachao Beti Padhao- at Civil Hospital, Dharwad.

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



On 17.02.2023 CME Programme was conducted. Topics: (1). " Vascular And Interventional Radiology- Introduction & Applications" by Dr Abhinandan Ruge. Chair person DR VISHWANATH KULKARNI MD RD, Senior Radiologist GADAG. (2). "Guidelines For The Management Of Severe Traumatic Brain Injury" By Dr Sattar Khan . Chairperson : Dr Ajay Raju, MS.



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

On 21.01.2023: CME Programme was conducted. Topics: (1). " Recent Advances In Infertility" by Dr Mahesh Koregol (2). "Role Of Carbetocin In Prevention Of PPH" by Dr Anitha Shashidhar. (3). "Interesting Case Presentation" by Dr Megharanjini Patil .More Than 60 Members Attended The Event And Participated Actively. On 24-01-2023: Celebrated National Girl Child Day by conducting ATP programme for

Govt. High School for Girls, Basapattana, About 70 children were present for the programme. Awareness about Reproductive health ,Sexual Health, Nutrition, Exercise, Emotional and spiritual health and vaccination were given to children. Sweets and cakes were distributed. On 26/1/202 Republic Day Celebration was held By Hoisting National Flag. The Event Was Attended By More Than 40members. On 29-01-2023: ANEMIA AWARENESS PROGRAMME by IMA Maitri Gangavathi in association with BVP, Gangavathi was conducted successfully. About 25 ladies & children participated, whose blood test was done to check ANEMIA, BP was checked and necessary medicines were distributed free of cost.ANEMIA AWARENESS was created by Dr Sulochana Chiniwalar by speaking about anemia in different age group. Dr Anita spoke about role of nutrition in Anemia. Dr Manjula shelligi spoke about Anemia in children. Dr Sulochana Venkatesh spoke about Ayurved way of treating Anemia. Dr Mahantesh spoke about effect of anemia on eyes. On 04.02.2023: On account of world cancer day,IMA WDW Maitri Gangavathi in association with IMA Gangavathi conducted ATP program for the Lions Girls school children from 6th to 10 th grade and educated them regarding the various problems and challenges of Adolescence and ways to overcome them. We also educated the children about the cervical cancer and the vaccine that prevents cervical cancer ,and it's availability by the government at affordable prices soon into market.About 100 girls participated in the program. On 10/2/2023 : A free Infertility Camp was held In Association With Geneya Fertility Center And Yashoda Hospital at Gangavathi. Free Investigations, Ultrasound Scans And Consultation Was Done By Dr Divyashree. About 100 Patients Were Examined And Investigated And Advised Accordingly. On 11/2/2023: Thyroid Detection Camp was held In association With Dr Sandeep's Endocrine Center Hubli And Lions Club Gangavathi. Conducted Free Tsh,Hba1c,Rbs Screening Program for About 150 Patients. Dr Sandeep Donagoan Endocrinologist Gave A Public Talk On Thyroid Related Issues And Gave Awareness And Discussed With The Patients About Their Problems. Next Day Free Consultation Was Done For The Patients With Abnormal Thyroid Reports And Hba1c Reports.On 11/2/2023 CME Programme was conducted. In Association With Novonordisk and Micro Labs. Dr Sandeep Donagaon Endocrinologist From Hubli Spoke On Insulin Coformulations Unravelling The Strong Wall Of Evidence. Dr Lakshmikant Desai Gastroenterologist From Hubli Spoke On "An Overview Of Gerd". About 60 Members Attended the CME.

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

On 26.01.2023 : Republic Day was celebrated on 26th January, 2023 at IMA House. President Dr.Subhas Babruwad Hoisted the Indian National flag in the presence of other members of the branch. 31.01.2023: 3rd IMA Managing Committee meeting was held at IMA House. 45

Members attended the meeting. On 04.02.2023: In association with Department of Oncology, KIMS Hubballi, we observed World Cancer Day by organizing Walkathon from KIMS to Hosur Circle and back to KIMS, Hubballi. Dr.Ishwar Hosmani Principal, KIMS and Dr.Subhas Babruwad President, IMA Hubballi flagged the walkathon. About 300 participants consisting of Members from IMA Hubballi, KIMS, Medical, Nursing and Paramedical students and staff participated in the programme. On the same day a CME was held in association with Rotary Club, Hubballi. Dr.Vishwas Pai Surgical Oncologist, Hubballi spoke on Close the Care Gap at P.C.Jabin Science College, Vidyanagar, Hubballi. 200 students participated in the CME. On 07.02.2023: IMA Monthly meeting was held at IMA House, 20 members attended the meeting. 11.02.2023: In association with KIMS Hubballi organised a Guest Lecture. Dr Manisha Godbole and Dr Sunil Gokhale addressed Vigneshwar Institute of Nursing students about Leprosy Update. 14.02.2023: Organised another CME where Dr Manisha Godbole gave "Leprosy Update" to KIMS students as a part of Leprosy Fortnight. On 12.02.2023: In association with IAP and lions Medical Center, Hubballi, we conducted a Free Pediatric health Check up camp at Horakeri Oni, Old Hubballi. 120 children were examined and free medicine was given. President Dr.Subhas Babruwad, Secretary Dr.Vivek S.Patil & President IAP Hubballi Dharwad Dr.Raghavendra Desai attended the camp. WDW Hubballi activities -On 20.01.2023: Conducted MHM program at Convent school Hubli, Our members Dr Nagarekha Hebsur and Dr Mamata Patil were hosting the event. 300 girls of 8th std and 9 th std were educated about Adolescent health with a slide show focusing on hygiene and Sanitation along with many Myths and doubts about adolescence and menstruation were cleared. On 22.01.2023: The IMA members of WDW had pleasure in celebrating sankraman, it was really a festival vibes in the IMA hall with beautiful decorations of hall, and all ladies came in KHANA sarees it was the theme of the evening where in all ladies participated in solo and group singing and dance. On 24.01.2023: On the day of National Girl child Day we organized street play at our KIMS pediatric block to promote the girl child importance which received an overwhelming response by the public which served the purpose. On 26.01.2023: WDW HUBBALLI celebrated republic day which was based on the theme Jan-Bhagidari (participation of people). On 01.02.2023: The month began with fitness where in 5km of marathon run was organized by women doctors wing many of our members participated and had enjoyed it. On 02.02.2023: On the eve of world leprosy day IMA WDW Organised talk to Asha workers and anganwadi workers at Urban primary health centre's Gangadhar Nagar. In this our WDW president Dr Shashikala Hosamani, Dr Kanchana, Dr Farooq and Dr Fauzia took part. On 04/2/23 On the eve of World cancer day many activities were organized by WDW HUBBALLI like walkathon, air talks camps etc. "RALLY ON CANCER AWARENESS " WDW members participated in the walkathon from KIMS HUBBALLI along with IMA members. The same day Member of Hubli IMA-WDW, Dr Shilpa Chatni, Head and Neck Surgical Oncologist, was interviewed on 93.5 Red FM program, 'Bindaas Bajaaisi' . She highlighted on 1.Preventive aspects of head and neck cancer. 2. Collective action required to control 4 major modifiable risk factors of cancer, namely, Tobacco, Alcohol, Unhealthy diet and Lack of Physical Activity. 3..Importance of early symptoms of Head and Neck cancer and self-examination of oral cavity for high risk individuals. "HEALTH CAMP ": Organised a PAP smear & thermogram camp for breast examination, where in 15 pap smear & 25 thermograms were done at Sushrutha hospital under the supervision of our WDW member Dr Sangeeta in association with HCG team.



**Branch : Ilkal-Hungund**  
**President : Dr Sunil Bhaigond**  
**Secretary : Dr Sandeep Chinnapur**

On 24.02.2023 Annual General Body Meeting and Election was conducted. The New Office-Bearers was unanimously elected. Dr Sunil Bhaigond as President, Dr Sandeep Chinnapur as Secretary, Dr Vinod as the Treasurer, the same day CME on Tuberculosis (PMTPT) was organised. The speakers were: Dr Satish Ghatge WHO TB consultant Gulbarga Division and Dr Suvarna Kulkarni District TB Officer.



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



On 26-01-2023: IMA members participated in Republic Day Programme. On 31-01-2023: Participation in 'Nudinaman' programme of Late Shri Siddeshwar Swamiji of Jnana Yogashram Vijayapur. On 02-02-2023: Health education for local school students.

On 27.01.2023: CME program was Conducted. Topic: "Advances in heart failure" by Dr B Rajendra Kumar. On 15-02-2023 second CME was conducted in association with Altius Hospital HBR Layout Bengaluru and the Topics: (1). "Laposcopic surgery for Fibroid" by Dr.B.Ramesh. (2). "Advances in Cardiology by Dr Mahadev swamy.

**Branch : KGF**  
**President : Dr. D Vijayakumar**  
**Secretary : Dr. Shivakumar. S**

**Branch : Kolar**  
**President : Dr. Narayana Swamy. M**  
**Secretary : Dr. Devaraj**



On 17.01.2023 A CME programme was organized In Association with ASTER CMI Hospital Bangalore. Dr M. Narayana Swamy president welcomed the audience. Dr Umesh Srikantha senior consultant neurosurgery and head of spine services spoke on "Endoscopic spine surgery for Lumbar disc prolapse". Dr. Santhosh NU consultant neurosurgery and endovascular neurosurgery made a presentation on "Endovascular procedures in Cerebrovascular disorders". Dr Aniruddha Tekkate Jagannatha consultant neurosurgery spoke on "advances in Neurosurgeries". Dr.Nirmala.S consultant neurosurgery spoke on "Glowing Brain tumor". The speakers highlighted the recent advances in neurosciences and facilities available at their hospital. Fifty doctors participated in the CME. Dr Hemavathy secretary IMA womens wing kolar thanked the speakers, doctors and the sponsors.



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

On 07.02.2023 CME programme was conducted. Topic: "PEDIATRIC NEPHROLOGY AND BPH AND UROLITHISSIS" In association with NU Hospitals. IMA KSB President Dr S B Lakkol visited our Branch and Discussed On Harmony Of Doctors And Increasing The Strength Of IMA, Enrolling all member's in various schemes.

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



IMA Kumta organised a cancer awareness program at Taluk health office on 4th February to observe world cancer day. Dr Ashwini Shanbhag, Obstetrician and Gynaecologist, gave an informative talk about common cancers in women, breast, cervical and endometrial cancers. Importance of early detection by identifying the symptoms and role of HPV vaccination in prevention of cervical cancers being the key elements of the talk. Asha workers and the women attended the program and benefitted from the talk which was evident in their interaction.

the program and benefitted from the talk which was evident in their interaction.



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

On 25.02.2023 CME programme was conducted at Philomena commercial park.. Topic: "Approach to Thrombocytopenia" by Dr Suresh C.N Consultant Haematologist and Bone marrow transplant Physician from Aj medical hospital and Research center.



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

**GENDER EQUALITY LECTURE:** In association with Shree Durga Parameshwari Temple First Grade College, Kateel we organised a lecture on Gender equality on 24.01.2023 Dr. Smitha Bhat, Professor of Medicine , Father Muller medical college was the resource person. **REPUBLIC DAY**

**CELEBRATION:** 74th Republic day function was held at IMA office on 26th Januar 2023. Dr Venugopala D , President unfurled the national flag and addressed the gathering. **EXECUTIVE COMMITTEE MEETING :** The executive comitee meeting was held on 10th Febraury 2023 at IMA hall. Our charetered accountant discussed regarding the matters related to GST on membership. . **MONTHLY CME:** We conducted a CME on 10th February 2023 at Dr. A V Rao Conference Hall, IMA House, Attavar, Mangalore . Dr Ravi Kumar, Chief of Lab and Vice President , Metropolis Healthcare Ltd spoke on Recent advances in lab medicine. Dr Ashish Sahdev, Medical Advisor-Metropolis Healthcare Ltd spoke on In-vitro Diagnosis of Allergy. Dr Guruprasad Bhat, Consultant Medical Oncologist. Mangalore shared his experiences on trekking and mountaineering with a talk -Mountains- Go wild for a while. The meeting was attended by 110 IMA members. **MEDICAL AND BLOOD DONATION CAMP:** In association with Wenlock District hospital organised a medical check-up, ophthalmological screening and blood donation camp at Shree Saraswathi Vidyalaya, Kanyana on 19 February 2023 . Dr. Venugopala D, (President IMA, ), Dr. Archith Bloor and Dr. Sowmya participated in the camp. Nearly 200 beneficiaries attended the camp, and more than 50 blood donations were received . **WDW Activities :** Essay writing and painting

competitions were organised for school students on the occasion of National Girl child day. Winners were felicitated by WDW members. A talk on Rendezvous with Natures Angels was delivered by Dr. Poornima Nair on 31st January 2023 at the WDW meeting. MEMBERS ACHEIVEMENTS: Dr Raghavendra B S received the Global icon award and honorary Doctorate for film making at Bali , Indonesia. Dr. Animesh Jain has been elected as one of the EC members for National IAPSM 2023-24 in addition to being an EC Member of IAPSM Karnataka Chapter 2022-23. Dr. B Shantaram Baliga has been awarded the Basti Vaman Shenoy Vishwa Konkani Puraskar.

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



On 11.02.2023 ; Annual General Body meeting was done which was followed by a CME;. Topic: "Brittle Diabetes management" by Dr Laxman Pujar. (2). On 16-02-2023: As part of Community Health Awareness program, a talk was given by Dr Gonesh Mevundi (Pediatrician) at Maktumpur village on account of local Jatra Mahotsav. Topic: "ಅಳುವ ಮಗು" (weeping child) and (3) On 19-02-2023: Free Health check up camp for women organised by IMA Mundargi at Bellatti village . Dr Priyadarshini Meti ,Dr Keerthihahas HP & Dr P B Hosmani participated. Totally 100 patients were examined. Free medicines were distributed.



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

On 30.01.2023 Anti Leprosy Day was organized in association with District Health and Family Welfare Office, Mysuru and District administration organized Sparsh Leprosy Awareness Jaatha from Kote Anjaneya Temple, Mysuru Palace, Mysuru . Principle Session Judge, DHO Mysuru, DJD Mysuru and IMA

Mysuru Branch President Dr. Y.M. Shivakumar, Secretary Dr. Devianand. K.P, Treasurer Dr. B.N. Shivashankar were present.

**Branch : Nanjangud**  
**President : Dr. C.S. Ravi**  
**Secretary : Dr. Srikanth S.**



On 04.02.2023 A CME programme was organised in mysore, Topic: "Management of Skin and soft tissue infections" by Dr. Omprakash, Renowned dermatologist wherein he highlighted the importance of understanding the skin infections in general practice as they make up more than 30% of the OPD patients. A wonderful interactive session followed by dinner made the evening a memorable one.



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



On 13.01.2023: CME programe was conducted in association with Apollo Hospitals, Sheshadripuram, Bangalore. Topic: (1). "New Technologies in Varicose Vein Management" by Dr. Shashidhar K, Consultant, Vascular & Endovascular Surgeon. (2) "Common and Rare Problems of Hand and Elbow – What we can Offer" by Dr. Darshan Kumar A Jain, Consultant Hand and Upper Limb Surgeon.(3)."Recent Advances in Urology Treatment" by Dr. T.Manohar, Consultant Urologist and Transplant Surgeon.

On 26.01.2023: Monthly CME Programme was conducted. Topic: "Interpretation of urinalysis" by Dr Shirish Mirgunde, Head of Department of paediatrics, Miraj medical college Miraj.

**Branch : Nippani**  
**President : Dr. Sheethal Darangutte**  
**Secretary : Dr. Santhosh Chavan**

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



74th Republic day was celebrated on 26 January, 2023 at IMA hall about 60 members attended. President Dr. Prabhuraj Gaddikeri hoisted the national flag. During the speech by Secretary, Dr. Shree Harsha Patil spoke about republic day history, constitution and stressed about the importance of voluntary blood donation in our country to solve the problem of blood shortage and there by preventing deaths following road traffic accidents, post delivery bleeding, during complicated heart surgeries , cancer surgeries due to lack of availability of suitable blood and blood donors. AKHILA KARNATAKA EX-SERVICEMEN ASSOCIATION, RAICHUR conducted blood donation camp on 29-01-2023, about 16 units of blood was collected. Dr. Priya Bhalki ,IMA member of Raichur Branch is crowned as Mrs India Iconic and Mrs India Elegant Queen 2022.



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

IMA Shivamogga celebrated 74th Republic Day with Flag unfurling and fancy dress program for members' kids. Dr. Arun M S presided over the program . Remembering focus on Naari Shakti in the New Delhi Parade , IMA Women Doctors wing headed by Dr. Vinaya Srinivas was inaugurated by cutting a cake on the occasion.

Hospital Board committee headed by Dr. Prashanth Isloor was also inaugurated on same day. Children added colour to the program by coming dressed as freedom fighters. Condolence was observed on Republic day, for the sad demise on 25.1.23 of very senior member, 95 year old Dr. B. Shivappa, who had made a good name as an ophthalmologist. On 28.1.23, Conducted a CME in association with HCG Bengaluru and almost 80 members attended .Dr. Nishit gave a brief insight on Management of Cytopenias. Dr. Jagannat Dixit gave a mesmerising talk on basics of robotic surgery with in depth detail from instrumentation, pros and cons and was motivating about the upcoming field and had grasped the audience attention for more than an hour. IMA Pulse- magazine of

IMA Shivamogga was released by President Dr. Arun MS and Dr. Jagannat Dixit and we thank and congratulate Dr. Shubrata, editor of Pulse for bringing out an excellent compilation of nice articles. On occasion of World cancer Day on 4.2.2023, IMA Shivamogga along with IMA- WDW launched its health awareness series for general public in the name of NAMASTE IMA through KLive news portal. In the first link of the series, Dr. Vinaya Srinivas interviewed Dr. Aparna Srivatsa on cancer symptoms and signs, screening and prevention. IMA Shivamogga did a CPR awareness program for Rotary Shimoga Club members on 8.2.2023 at Rotary Youth Centre. IMA Joint secretary and qualified BLS and ACS trainer Dr. Anup Rao gave a Hands Only CPR demonstration and awareness talk. IMA secretary and also Vice President of Rotary Shimoga Club Dr. Raksha Rao presided the program. Conducted CME in association with Manipal Hospital, Old Airport Road on 10.2.2023 at IMA hall. Dr. Devanand spoke on the Failing heart, Dr. Abhilash Patil spoke on lab investigations in Rheumatology practice, Dr. Rahul N S spoke on role on vascular and endo vascular surgery in present day healthcare. Dr. Basavaraj and Dr. Girish Kumar were felicitated on the occasion for their efforts as President and Secretary in organising state level IMA cricket tournament at Shimoga in Dec 2022. On 11.2.2023, team IMA had the pleasure to visit the abode of a very senior doctor Couple, full of life and energy- Dr. R.D. Prabhu and Dr. Usha Prabhu. With talks surrounding titbits from their immense medical experience and feasting our eyes to the paintings by Prabhu sir- his hands are as skill full with the brush as with a scalpel. On 16.2.2023, Secretary IMA in association with IMA WDW conducted antenatal classes on exercises in pregnancy for pregnant patients at Usha Nursing Home.

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



On 26.01.2023: celebrated republic day in the IMA HALL Sindhanur, flag was unfurled by our senior ophthalmologist Dr Basangouda. Health is wealth yoga classes are started for doctors to keep them fit and healthy around 20 doctors are benefiting by these classes. CME on Fate of fatty liver by Dr Vishwanath Reddy DM Gastroenterology and Type 1 DM-ambulatory care in children by Dr Chaitra paediatric endocrinologist from Raichur was held.

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



On 20.01.2023: Session on MHM for 350 boys and girls done at Don Bosco highschool along with screening for anaemia in 103 students by Dr. Suman Hegde in association with Rotary club, Sirsi. On 20.01.2023: DR, Swati conducted 2nd session on awareness talk about HPV vaccines for nursing staff. Around 70 staffs benefitted. On 22.01.2023: On the occasion of 74th

Republic day, 'Souharda cricket championship' was organized for different government and non- governmental teams. IMA mens team participated in the event. Blood donation camp held at Rudradevaramatha on occasion of 4th death anniversary of dr. Shivkumar Swamiji by Sirsi blood bank on 22.01.2023: 17 units collected. Dr. Shivaram spoke about eye donation. On 22.01.2023: Cancer screening held by Indian cancer society in association with IMA WDW sirsi and Sreksetra a rural development project at Marikamba hospital. Dr. Swati Vinayak, Dr. Swati Nadiger, Dr. Mamata, Dr. Anita Pawar, Dr. Suphala, Dr. Sharada attended the camp. 40 people were screened for cervical cancer, 30 for oral cancer and 35 for breast cancer. On 23.01.2023: Session on MHM done for 80 boys and girls at Bhooma highschool by Dr. Suman Hegde and Dr. Roopa Madhukeshwar in association with Rotary club, Sirsi. anaemia screening was done. Eco-friendly sanitary napkins were distributed along with free iron tablets for the needy. On 24.01.2023 Awareness video on girl child created by woman

doctors on occasion of national girl child day was edited and released by Dr. Tanushree Hegde in various mass communication. On 24.01.2023: Cancer screening at Yedalli by IMA WDW, Sirsi. 23 screened for oral cancer, 20 breast cancer and 16 for cervical cancer by Dr. Mamata, Dr. Anita Pawar and Dr. Meghana. On 25.01.2023 Kannada Balaga, IMA Sirsi conducted Zoom meeting 'Ekkundi Namana' on the occasion of Birth anniversary of Sri S R Ekkundi, Speakers- Dr. Govind Hegde Hubli and Smt Sindhuchandra Sirsi. On 26.01.2023: 74th Republic day was celebrated by IMA members. Flang unfurling was done by President Dr. Rama Hegde. On 26.01.2023: Blood donation camp was held at PGH by IMA in association with national pharmacy association, eco care, green care and brahmananda Narayana guru association. 21 units were collected. On 29.01.2023: Cancer screening by IMA WDW sirsi in association with Indian cancer society at St. Anthony hall. 30 screened for oral cancer, breast cancer and 17 for cervical cancer. On 30.01.2023: MHM and ASMITA was conducted by Dr Suman Hegde at Marikamba highschool, sanitary napkins, booklets were distributed to 150 beneficiaries. On 30.01.2023: Article published in local newspapers on Leprosy awareness on the occasion of National leprosy day by Dr. Suphala



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

On 26.01.2023 On occasion of Republic day, flag hoisting ceremony and felicitation of retired soldiers of the Indian army was organised, one of the ex army men who were felicitated had served our nation in the Indo-China war. On 29.01.2023: Free eye check up camp at Nellur kemraje was organised. On 04.02.2023: Cancer awareness program and health walk in association with KVG medical college and ayurvedic and allied health sciences. On 08.02.2023: PCPNDT workshop was arranged for ASHA workers, primary health community officers and WCD supervisors at Sullia. On 12.02.2023: Health check up camp held at Yenekal in association with Raitha Yuvaka Mandal was attended by Dr Geeta. Blood donation camp was arranged in CHC Sullia. On 17.02.2023: Dr Veena, President attended the program for World AIDS day 2022-23 which was held in association with department of health and family welfare.

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



On 26.01.2023: Republic Day was conducted. IMA President, Secretary, President Elect, Secretary elect, EC members were present in the program. On 04.02.2023: World Cancer Day was conducted. Jatha program conducted in association with District Administration, District Health and Family Welfare Department, District Surveillance office Tumkur.

District judge Ms. Noorunnisa, DHO Dr. Manjunath, IMA President Dr. Chandrashekar and Dr. Rangaswamy flagged off the Jatha. On 17.02.2023: Implementation And Promotion Of Menstrual Hygiene Management at District Training Centre, Tumkur. Dr. Chandrashekar, President, inaugurated the program, Dr. Cheluvegowda, Secretary, Dr. Girija Sanjay, Chairman of WDW, Dr. Rajini, Principal, District Training centre, tumkur were present in the program. Under this program around 2000 ASHA workers will be trained and menstrual cups will be distributed to them, every month feedback will be collected from them related to the usage of menstrual cups.

## President Visit to Various Branches



Lingasuguru



Kalaburagi



Bidar



Venue of 89th MEDICON @ Bidar



Yadgiri



Shorapur



Kanakapura



Kollegala

## President Visit to Various Branches



Ramanagara-Channapatna



Bangalore North

## 864th State Working Committee on 26-02-2023 at IMA-KSB Land



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



On 15.01.2023 CME was conducted in association with K S Hegde Medical Academy, Mangalore. Topic: "Peep into interventional pulmonology" by Dr Giridhar BH, Consultant Interventional pulmonologist (2). "Surgical Management of Thoracic malignancies: Recent Updates" by Dr Vinay Kumar Rajendra, Consultant Surgical Oncologist. Dr. G. S. Chandrashekar, Senior physician, Adarsha Hospital, Udupi was the Chair person for the programme. Dr. P. V Bhandary, President, IMA Udupi Karavali presided over the programme. About 100 delegates attended the CME. January 22, 2023: "Professional Trophy" Cricket Tournament: "Professional Trophy" Cricket Tournament for doctors, civil engineers, chartered accountants and advocates was conducted by IMA udupi karavali on Sunday, 22nd January 2023 at MGM College Grounds, Udupi. It was inaugurated by Sri Balakrishna parkala, honorary secretary of udupi district cricket association. Dr. Naveen Ballal, Radiologist and Director Ambalpady Medical Centre, Udupi, Adv. B. Nagaraj President BAR association Udupi, CA Lokesh Shetty Chairman Udupi Branches of SIRC of ICAI and Er. Panduranga Achar K President, ACCEA Udupi were the guest of honors. Dr Sandeep Shenai, senior consultant ophthalmologist was the chief guest at the Valedictory function and distributed the prizes. Dr. P.V Bhandary President, IMA Udupi Karavali presided over both the programmes. January, 24, 2023 - National Girl Child Day- An awareness Programme on Sexual Harassment at workplace for the staff and students of Goretti hospital was organised by WDW IMA UK in association with Manipal OBG society. Dr. Rajalaxmi, Vice president IMA Udupi Karavali was the resource person for the programme. January 27, 2023 - Nasha Mukth Abhiyan was conducted with Jamayate Islami Hindh Hoode for school and college students at Salihat Hall, Hoode. Dr. P.V Bhandary, President IMA Udupi Karavali was the resource person for the programme. Programme was attended by about 250 students. January 27, 2023: Condolence meeting: Dr. Shridhar Holla, Aged 67years, our founder member, senior physician, Medical Director of Mithra Hospital Udupi passed away on 26.01.2023 following a brief illness. He was Former Assistance Professor of Medicine at KMC Manipal and Professor of Medicine at A J Institute of Medical Science, Mangalore. A condolence meeting was held at IMA Bhavan on 27-01-2023 at 9 30 am. January 27, 2023 - National Girl Child Day- Awareness programme - Good touch and bad touch- to students of LVP higher primary school, Puttur, udupi was arranged by WDW, IMA UK. Dr. Rajalaxmi, Chairperson WDW was the resource person for the programme. January 28, 2023: National Girl Child Day- An awareness Programme on Violence against women for nursing students of Udupi College of nursing was held at A V Baliga hospital by WDW, IMA UK in association with Manipal OBG society. Dr Vijaya YB, Dr Indira Shanbhag and Dr Rajalakshmi were the resource persons. Dr Arathi Hebbar was also present at the program. January 28,2023 - Arogya Vahini Health Education Programme: Our member Dr. Vinayak Shenoy delivered health talk on Hemorrhoids. January 29, 2023: Family Picnic: IMA Udupi - Karavali family picnic was held on 29.01.2023 at Uva Meridian, Koteshwara. About 150 members and their family members attended the picnic. January 29, 2023: Health Education Programme : In association with Hitech Medicare Hospital Udupi conducted a Health Education TV programme telecasted live on 29.01.2023. Our Member Dr. Vyshak U S, Pulmonologist spoke on Snoring which is also one of the Health problem. February 08, 2023: Bone mineral density and Orthopedic Health checkup camp was conducted on at Jnanajyothi Bhajana Mandira Malpe. Our member Dr. Umesh Prabhu, Dr. Keshav Nayak, Dr. Arjun Ballal are the resource persons. 140 members were benefitted. February 08, 2023: National Girl Child Day-School awareness program was conducted at Govt PU college, High School Section Hejmadi. Our Vice President Dr. Rajalaxmi spoke on Violence against women and child safety. Our President Dr. P V Bhandary delivered the talk on Adolescence and drugs. February 10, 2023: Nasha Muktha Abhiyan was conducted in association with Goretti Hospital Santhekatte and Govt First Grade College and Centre for PG studies, Tenkanidiyoor, Udupi. Our President Dr. P.V Bhandary was the resource person for the programme attended by about 250 students.

## OBITUARY



**Dr. RSK Murthy**  
 Past President IMA Bangalore Branch &  
 Past Chairman Election Commission  
 IMA-KSB

**Dr. Raghuram Shetty**  
 IMA Kundapura

**Dr. Arundati**  
 IMA Bhadravati

**Dr. Shivappa**  
 IMA Shivamogga

**Branch : Yadgiri**  
**President : Dr. Bhagavanth Anwar**  
**Secretary : Dr. Vajanath Duggani**

On 15.02.2023: (1) World Cancer Day was observed. In association with district health & family welfare office, HCG Hospital along with free screening of cancer patients. (2). IMA Yadgir Conducted college Quiz Competition For Degree College Students On Eve Of Republic Day In Association Govt. Degree College. Eight Teams Were Selected and Round Robin Quiz Contest. Winners Were Given Cash Prize With Constitution Book to all.



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

On 27.01.2023 CME programme was successfully conducted in association with Manipal Miller's. Guest speakers Dr.Amrithlal, Dr.Partha Shetty & Dr.Veekshith Shetty gave valuable insights about replacement of cervical disc, ABO incompatible Kidney transplant & management of Head injury respectively. Cultural activities were highlights of this CME. IMA Yelahanka introduced Dr Karunakar Shetty award during this CME which was awarded to Dr.Munivenkataraju.D for his unconditional social and medical services. Dr.Sreedhar President & Dr.Satish Ramana Secretary, IMA Bangalore North were guest of honour and shared inspiring journey of IMA Building recently inaugurated at their branch.



**ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಸಂಘದ ಪ್ರಾರ್ಥನೆ**

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



**IMA PRAYER**

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

**ಧ್ವಜ ವಂದನೆ**

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

ಜೈಹಿಂದ್

ಐ.ಎಂ.ಎ. ಆರಾಯುವಾಗಿರಲಿ

**FLAG SALUTATION**

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

Jai Hind

Long Live IMA

# NEET PG Admission Guidance



MD/MS 2023 | AIQ | State Quota  
Deemed MNQ & NRI

Counselling Process Made Simple!

Notification Updates  
& Deadline Reminders

Application  
& Documentation Support

Personalised Counselling  
& Fee Details

Option Entry/ Choice  
Filling Support

Handholding till the  
Post Seat Allotment  
process



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# Career Guidance

## NEET PG Counseling Process SIMPLIFIED

National Eligibility cum Entrance Test (Postgraduate) - NEET PG is an examination that serves as both a qualifying and ranking assessment for students who wish to pursue postgraduate in MD/MS and PG Diploma courses in either government, private or deemed medical colleges across India.

Who is eligible to participate in NEET PG counseling?

Candidates who have qualified the NEET PG exam are eligible. Last year's qualifying scores are mentioned below.

How many rounds of counseling?

There will be 4 rounds of counseling: Round 1, Round 2, Mop-up Round and Stray Vacancy Round.

Who is responsible for counseling?

MCC at All India level for AIQ/DNB & Deemed Universities and State counseling authorities for state quota seats.

2022 counseling recap Last year around 1,75,063 wrote the NEET-PG exam and around 90,000 (50th percentile) candidates qualified.

**Qualifying score of 2022 :**

Category	Cutoff marks (out of 800)	Revised Cutoff Marks
General	275	201
PWD	245	169
SC/ST/OBC	260	186

A cutoff score, as you may know, is the minimum marks necessary to be eligible for the NEET PG counseling process.

**Steps of the counseling process**

Step 1: Register

Step 2: Pay the registration fee

Step 3: Refundable security deposit fee payment (if applicable)

Step 4: Document verification (if applicable)

Step 5: Choice filling/Options entry

Step 6: Seat allotment list - check results

Step 7: If allotted - Report to the institute to complete joining formalities or upgrade.

Step 8: If not allotted - participate in further rounds

Points to remember

- Participating in the NEET PG counseling process is a must to secure a seat.
- All seats - Govt/Pvt/Management/NRI seats are allotted through the counseling process.
- The counseling process of each counseling authority is different - you have to go through the counseling information brochure to understand the rules and regulations.

- Option entry/choice entry rules differ from round to round - careful understanding is a must.
- Some states have an in-person (offline) document verification process before counseling.
- For NRI sponsored quota, required documents have to be emailed to MCC within the stipulated time.
- If you fall under any reservation categories make sure you avail the benefit during registration.
- Some states have linguistic reservations in addition to religious, EWS, SC, ST, and OBC reservations.
- Refundable security deposit fee (if applicable) has to be paid, only after which you will be allowed to enter options.
- To avoid penalty and to keep yourself eligible to get the best seat for your rank, you must carefully enter your preference order list.
- During the counseling process, you must check the official website regularly on a daily basis to make sure you don't miss any important admission notification.
- The GooCampus mobile app shows all the latest counseling notifications, updates, fee structures, cut off and more.

GooCampus - helping medical aspirants make informed choices.

GooCampus is a medical educational consulting firm based in Bangalore, India that helps candidates pursue undergraduate and post-graduate opportunities in India, the UK, the USA and Australia.

### Customized option entries

Our experts will help you shortlist and optimally prioritize your option entry list.

### Fee structure assessment

Access to the latest specialty-wise fee structures categorized into government, private, management and NRI.

### Cutoff analysis & college report

In-depth specialty-specific rank cutoff analysis to narrow down your desirable colleges list.

### Comprehensive college report

A complete report on the college's infrastructure, location, stipend, patient load and other department-specific reviews.

### Document verification

Access to the right document formats & templates that meet state-specific requirements.

For complete assistance during NEET PG counseling and if you wish to know more about how we can work along with you to get the best possible option.

Contact: +91-9019925844 | Website: [www.goocampus.in](http://www.goocampus.in)

# Personal Finance

## Term Insurance (Most needed - Least publicized)

By Dr Anand S. Ammanagi  
Wealthcon's TMP Graduate, IMA Belagavi

### What is a term Insurance?

It is one of the purest forms and the most affordable type of life insurance to protect your dependents. It provides a large life cover for a small premium. There is only a death benefit but no survival or maturity benefits for the family of the insured.

Please do not consider term insurance as an investment. It is purely an expense. So keep it simple.

Term insurance gives the family financial protection in the event of the untimely demise of earning member. Therefore, any earning person who has dependents and liabilities should be getting it done. If there are no liabilities and no dependents, then you don't need term insurance.

Insurance is to cover our liabilities and the liabilities are highest at the beginning and decrease as age advances. Hence, one should get term insurance as early as possible. At younger ages, premium fixed is also low.

One can buy term insurance offline from an agent if a family is not tech-savvy. Choose an agent who is younger than you, so that he can outlive you and help with claim settlement in an unfortunate event. It can also be bought online directly from the company's website. It is easy and some discounts are also offered for online purchases.

How much cover to take is a personal choice, but recommendations are 20 times annual income (ideal), 10-15 times annual income (optimal) or at least 20 times annual expenses plus liabilities like a loan. Sum insured cannot be increased later unless you opt for the life stage protection option to increase sum after marriage, childbirth etc.

You can select one of the reputed large companies with a high settlement ratio and low premium. Some examples are LIC, HDFC, SBI, ICICI etc.

Term insurance recommendations at Wealthcon are

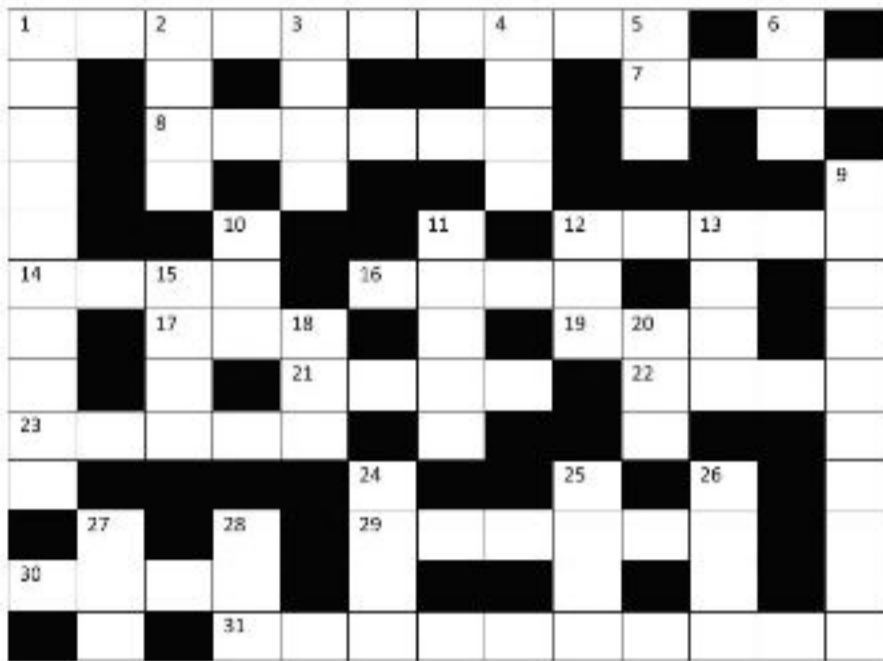
1. Buy only pure-term insurance.
2. The policy period is a personal choice – but till 70 years of age is adequate

3. Sum assured should be 20 times of present annual income
4. Premium payment - Regular annual premium till the policy period. No limited period payment or single payment.
5. Fill out the form yourself
6. Disclose any medical history
7. Avail the policy under Married Women's Property Act 1874 (MWP Act) while buying the policy as it cannot be done once the policy is issued. (This helps in protecting your family's financial interests in your absence. Once a policy is availed under the MWP Act, it cannot be attached by the courts for repayment of your debts. Only your wife and children will be entitled to the Sum Assured in the event of your demise.)
8. It is good if terminal illness waiver and disability waiver are there.
9. Ask for medical tests while buying a term plan.
10. Disclose previous life insurance policies to present the insurer company
11. Inform your family or spouse about the insurance
12. For renewal keep auto debit mode so that you don't forget.
13. Buy a policy from top companies like LIC, HDFC, SBI and ICICI.
14. No dependents - No life insurance



<https://t.me/joinchat/SNa25sNU3s81YjQ1>

## Medi-Crossword - 01



### Clues Across:

1. A metabolic disorder characterized by pigmentation of the cartilages (10)
7. A coding section of DNA (4)
8. ----- 's disease is a type of spastic diplegia (6)
12. ----- lobatum (5)
14. The most common route of administration of the drugs (4)
16. Sphincter of ----- at the termination of pancreatic duct (4)
17. Tests to assess the function of liver Abbr. (3)
19. P.K. --- , who did the first cardiac transplantation in India. (3)
21. AST was earlier called -----Abbr (4)
22. A high titre of this raises the suspicion of rheumatic fever Abbr (4)
23. Not a beautiful damsel but an immature stage of an insect (5)
29. A term that relates to nail (6)
30. A serious respiratory illness that first occurred in 2002 Abbr. (4)
31. Marfan's syndrome is a ----- disease (10)

### Clues Down:

1. The ability of an embryonal cell to develop into any tissue (10).
2. Famous cell line culture derived from and named after a patient of cervical cancer (4)
3. ----- geny means development of a zygote to form a fetus (4).
4. ----- cells, banks of these cells are being maintained to regenerate some tissues (4)
5. --- sickness that bothers people travelling in ships (3)
6. --- shaped legs are common in Rickets (3)
9. A histopathological sign seen in patch and plaque stage of angiosarcoma (10)
10. --- like facies often seen in Donohue syndrome (2)
11. ----- test, a test for thoracic outlet syndrome (5)
12. Bundle of --- in heart (3)
13. That part of the brain where vital centres are located (4)
15. A substance used in kitchen is also used as a styptic agent (4)
18. A hormone evaluation for follow up of hypothyroidism Abbr. (3)
20. Aural refers to this organ (3)
24. These holes are made to treat Subdural hematoma (4)
25. Acute Upper Respiratory Infection Abbr (4)
26. In malignant hypertension this - - - - bitten appearance of the kidneys may be seen (4)
27. --- Sach's disease, a rare inherited disease of the nervous system (3)
28. Primarily female hormone but promotes spermatogenesis in males Abbr. (3)

Solution to the Medi-Crossword : Page-29

## IMA-KSB Digital Sub-committee Report

Warm Greetings to all the IMA MEMBERS from the Digital committee of IMA-KSB,

A hospital and OPD software from IMA-KSB is undergoing its final phase of development and will begin its trial in setup's before being launched successfully.

We are in continuous pursuance of the same with software support team to give the best of software services to all the members of IMAKSB,

will be updating on the progress after getting the successful trail and testing completed.

Long live IMA, Jai Karnataka.

- Dr Jaspalsingh Tehalia  
Chairman

## My Hobby My Passion

## Biking

By Dr. Farooq

Past President, IMA Yelahanka



Everyone is born with a dream and a passion, like all of you I have fulfilled my dream but not my passion until a couple of years ago.

When we're in medicine the viscous cycle of studying and exams & then moving onto building a career and working hard to fortify ourselves continued until a couple of years ago.

I was always fond of riding bikes back in those days as well and my passion & love for bikes only grew with age.

My first bike was a cruiser Indian Scout back in 2014 after which I recently moved to a Kawasaki Z900 and I can safely say I now own my dream bike, the legendary Hayabusa.

This passion of mine not only helped me find joy but also meet new people from different professions.

We go on small as well as long bike rides & despite being from completely different backgrounds and professions we share only one thing in common and that is our sheer love for adventure and bike riding.

We make sure utmost safety is ensured and everyone is well taken care of.

I would like to conclude by saying that age is just a number & advise all my fellow doctors to find their passion and follow it because it is the best thing that could happen to me!

## IMA - KSB Women Doctors Wing - Report



### Social responsibility

1) Spent a day with female undertrials at Central prison Bijapur on 2nd January 2023.

Counsellor sessions on how to get back into the mainstream after the prison term.

Importance of vocational training in the prison

Sponsored two meals for the inmates

2) Helping our elders and sharing some love and care

Celebrated WORLD ELDERS DAY AT Shri Siddeshwar Vrudh Ashram, Bijapur on 2nd January 2023.

### Fight against Cancer

1) HPV Vaccination awareness and Cancer cervix screening awareness by

IMA- KSB WDW on 7th January 2023 At District hospital, Vijayapura For GNM Students Total students-58 Pre & post awareness talk, changes in perception and knowledge questionnaire distributed. Fruitful discussion and interest shown by students

2) Talk on Screening for Ca Cervix, Breast and Oral cancer for Govt medical Officers-Bijapur on 7th January 2023.

3) Celebration of World Cancer Day with talk on HPV Vaccination-TMU TMMC & RC, Moradabad on 4th February 2023.

### National Girl Child Day

1) Conducted a Slogan competition on -" Magalu/ Beti/ The Girl Child" on the occasion of the NATIONAL GIRL CHILD DAY on 24th January 2023, which was open to all IMA MEMBERS.

Involvement of INNER WHEEL CLUB and their participation in the contest to SPREAD AWARENESS IN THE SOCIETY AT LARGE was done.

2) A webinar was held on 24th January 2023 about awareness, the trials and tribulations of the acid attack victims and REHABILITATIONS work- does it really work?

**RAISING A COLLECTIVE VOICE AGAINST CRIMES AGAINST WOMEN-** a short film

- Dr. Manpreet Kaur  
Chair Person

# My Hobby My Passion

## Photography

By Dr Prabhakar.G  
IMA Thirthahalli

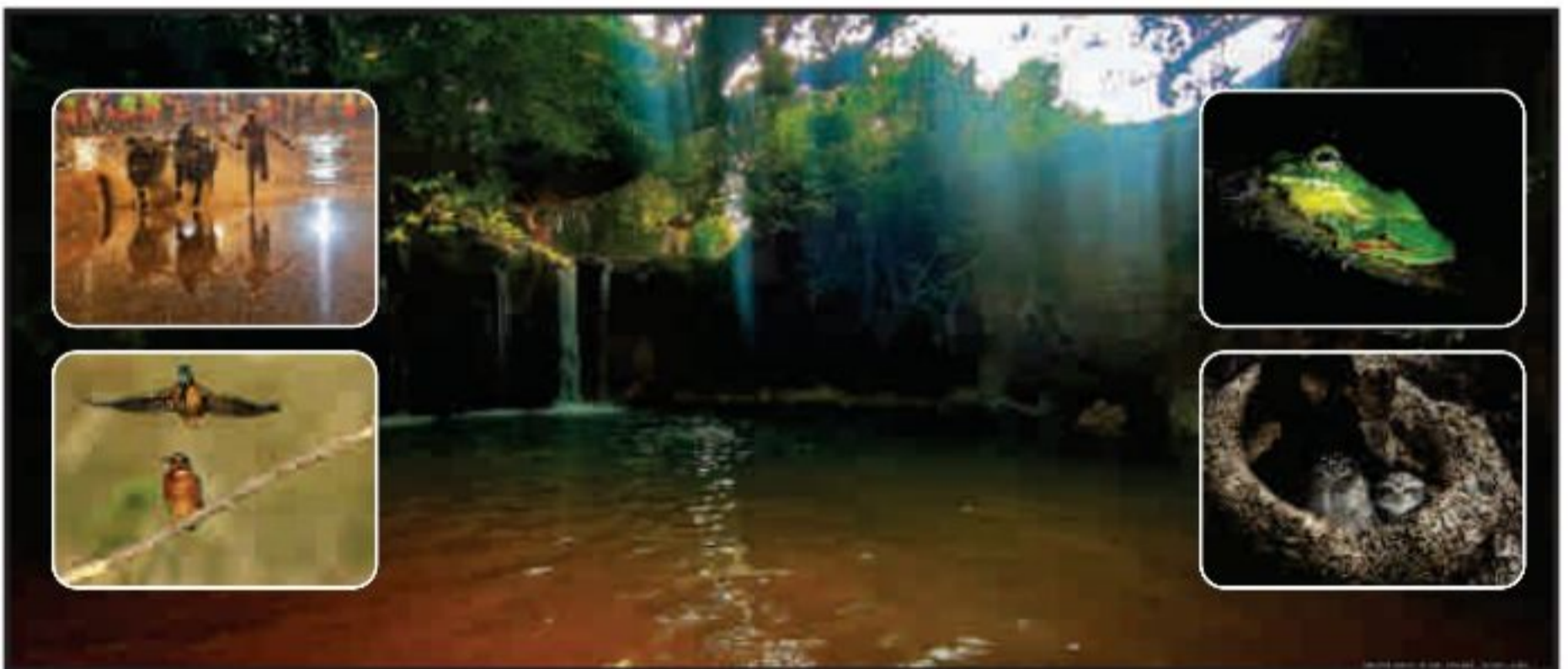
As a children specialist working in government hospital Thirthahalli, will get not much time to spend time with nature in beautiful Western GHATS of KARNATAKA. However amazing biodiversity around me inspired me to have a DSLR camera and go around forest and hilly areas of malnad clicking beautiful insects, birds and snakes.

Initially a stress relieving exercise now has become a wonderful hobby for me when ever I get time more so on holidays It gives immense pleasure and satisfaction when ever I used to see and click colourful birds , snakes and birds in Western GHATS and also gives an opportunity to study the behavior of different creatures, their habitats, birds migration from out of countries to India during winter and breeding and feeding behaviors which is very facinating to learn.

Travelling to different places like coastal area, dry areas, ghats gives an opportunity to study different species of birds and animals and also to meet different people gaining and exchanging newer and different ideas if photography.

I have been inspired by my fellow doctor photographers Dr Umashankar orthopedic surgeon Tumkur, Dr raghavendra orthopedic surgeon Challakere and dr Ravindra from Bangalore they are all my VIMS Bellary Batchmates, and fellow photographers Dr Kaleem, Srikanth Shetty, Hemanth, Shashi sing and Vinay.

I have got some national awards at photography salons and some of my photos are exhibited at various exhibitions.



### **Congratulations**

**Dr Kirankumar Kulkarni**, Life member of IMA Dharwad branch has been appointed by the All India Football Federation (AIFF) as the Chairman of the AIFF MEDICAL COMMITTEE.

Another 9 Doctors across India have also been appointed as Members.

This is for the first time in the history of Karnataka that a doctor from karnataka has been appointed as Medical head by any sports federation.

### **Solution to the Medi-Crossword -01:**

**Clues Across:** 1. Ochronosis | 7. Exon | 8. Little | 12. Hepar 14. Oral | 16. Oddi | 17. LFT | 19. Sen | 21. SGOT | 22. ASLO 23. Nymph | 29. Ungual | 30. SARS | 31. Hereditary

**Clues Down:** 1. Omnipotent | 2. Hela | 3. Onto (geny) | 4. Stem | 5. Sea | 6. Bow | 9. Promontory | 10. Elf | 11. Adson 12. His | 13. Pons | 15. Alum | 18. TSH | 20. Ear | 24. Burr | 25. AURI | 26. Flea | 27. Tay | 28. FSH.



## Egypt - A Fascinating destination

By Dr. A.A. PANCI  
IMA Athani

Egypt is known for its ancient civilization which dates back to 5000 years. Their contribution to the world in the field of architecture, medicine mathematics, astrology, paper and papyrus arts, painting, preparation perfumes and Agriculture and many other fields is phenomenal. There are number of monuments which are both the ancient and the present wonders of the world like " The Great Pyramid " and also number of world heritage sites. Most people know only about the Pyramid. Let me place before you a brief account of our Tour of Egypt

### Pyramids of Giza :

They are situated about 15 km from Cairo on the outskirts, over the west bank of the Nile. It was one of the tallest buildings in the world till 1960, before the completion of the Empire State building -New York.This monument is 4700 years old and continues to be in a perfect shape, with many parts of the structure remain unexplored and mysterious even today. It was 481 feet tall and now it stands at 455 feet with the surface plaster worn out. This is a pyramid complex of three large

pyramids and few smaller pyramids of their wives and children. The largest of the pyramid is of Khufu or Cheops the Pharaoh of the 4<sup>th</sup> Dynasty who ruled Egypt around 2600 B C. The one a little smaller, which is 471 feet is that of his son Kafre , and the smaller one which is 223 feet belongs to Menkaure. The Complex has yet another attractive statue of "The Sphynx" - which is a mythical creature with the head of a human body and the body of a lion. The face appears to be That of the Pharaoh Kefri himself. The face has been disfigured. The burial chamber with its granite sacrophagus is intact and thousands of people continue to visit the place.

### Alexandria :

It is the second largest city in Egypt on Mediterranean sea shore. It is an ancient Township founded by Alexander the Great in 3<sup>rd</sup> century BC, and the famous queen Cleopatra lover of Julius Caesar and Antonio ruled this place in 30 B C. At another ancient wonders of the world "the Alexandra Lighthouse " was situated here.



Catacombs of Kom El Shoqafa, considered as 7 wonders the middle ages is still intact. It has series of Alexandrian tombs, many artistic statues, decorated door ways and and paintings of the yester years which still look fresh. It was a Funerary between 2<sup>nd</sup> to 4<sup>th</sup> century AD.

#### **Pompey's pillar:**

This is a 25 metres high Monolithic granite coloumn standing since 300 A D, near by is the ancient ruins of The Roman Amphitheatre and the Roman Temple

Alexandria was a great centre of learning during the rule of Ptolemy's, and was home to the largest Library in the world which was destroyed during war. In the year 2002 a new library has been inaugurated which has a unique structure and has the unique distinction of being the 6<sup>th</sup> largest library in the world.

#### **The Mummies:**

The practice of preserving the dead bodies of the kings, Queens and nobles was prevalent in Egypt during the ancient times. These were kept in a closed chamber with all the comforts for their journey of life after the Death. We can see these Royal mummies whose bodies have been mummyfied and preserved for more than 3000 years in the royal mummies hall in the Egyptian national Civilization Museum in Cairo.

#### **The Nile:**

It is the longest river on earth which Travels 6600 kms from its origin before it joins the Mediterranean sea. It is the lifeline of Egypt. It travels 10 countries before it enters Egypt. It originates from the Victoria lake in Tanzania and brings the fertile soil from these African countries and spreads on both the sides along the banks in Egypt. One of the largest Dams is built across this river at Aswan "The High Dam ", creating one of the largest man made Lakes which spans across an srea of 5250 sq.kms. known as "The Nasser Lake". It controls floods and also produces hydro electricity which is enough to supply power to the entire country and there is adequate water for irrigaton to crops all round the year. Flow of water is regulated to facilitate movement of medium sized vessels and cruisers for tourism and transportation of goods.

After visiting the tourist places around Cairo and Alexandria,we flew to Aswan City and visit some of the most beautiful tourist Destinations like Temple of Philae deicated to the Isis , an Egyptian God located on an island.

#### **Temple of Abu Simbel:**

A must see temple which is a world heritage site, about 270 kms from Aswan.These are two rock cut temples of 13<sup>th</sup> century BC, dedicated to God Amun built by the Pharao Ramses 2. The entire temple was relocated to the present site rock by rock as it it could have submerged in the Lake.

#### **Luxury Cruise from Aswan to Luxor:**

This is the best way to visit some of the temples on the way. At Ko ombo we visited the beautifutemple dedicated to the crocodile God Sobek. As we cruise ahead at Edfu we visited another beautiful temple dedicated to Horus – the Falcon God. We sailed to Luxor, which is the same ancient city of Egypt well known as Thebis which was the capital city of many of the pharaos. At Luxor there are two well known World Heritage sites, Temple of Luxor and Temple of Karnak. These two temples are vast and magnificent with tall monolithic pillars and statues of the rulers and their dieties.Many generations of rulers have supplimented to the earlier structure.

#### **Valley of Kings**

The Pharaos who ruled from Thebis ( present day Luxor ) between 1600 to 1100 BC, did not build pyramids instead they had their burials in rock cut decorated graves with all the luxurious belongings which were needed for Life after death. So far 64 Graves have been excavated. Among all these the grave of Tutankhamun is most well known for the amount of Treasure that was unearthed from his grave in 1922. He ruled between 1334 to 1323 BC and had died at a very young age. Though it was a small grave, it was packed with more than 5400 items, and the Gold and Jewellery weighed a hooping 1200kgs. All these have been shifted and displayed at a Museum in Cairo. If there could be so much wealth in the tomb of a not so famous Pharao, it is only left to be imagined how much wealth may have been looted from the tombs of well known Pharaos. Yet another monument of significance in the vicinity is a temple and also the tomb of a lady Pharao who was a very famous ruler known as Hapshetsut.

After this we were taken to a famous Beach Resort Hurghada on the shores of Red sea. This resort is very popular among Russian and European tourists. It is very famous for sea sport activities like scuba diving, snorkelling and many more.

From here we proceeded to Cairo for our return journey back to Mumbai. This is a very brief account of our tour of Egypt





## Cologne- the art and media city of Germany

By Dr. Laura Nayak  
IMA CHS Branch



Cologne, founded and established in the 1st century CE as the Roman Colonia Agrippina, was later named as Colonia which became the Köln of modern Germany. Located on one of the major trade routes linking east and west Europe, it was a free imperial city of the Holy Roman empire and one of the largest European cities in mediaeval and renaissance times. One of the most heavily bombed German cities during WWII it reduced the population by 93% and destroyed almost all of the millenia-old city centre. The post war rebuilding restored the major historic landmarks and is filled with foreigners.

Located on the Rhine, it is a major art centre with many museums and galleries. The University of Cologne is one of Europe's oldest and largest Universities since 1388 with over 50,000 students, 11% being foreigners. It has 3 Max Planck science institutes, a major research centre for the Aerospace industry and European Astronaut centre headquarters. The Ludwig museum has regular exhibitions on different themes eg. the Expressionists.

Cologne is a media centre- one finds many TV channels and Media firms -youngsters can make their own You-tube channel talking about their Themes, make Comedies or give Tips. The German trade fair is very popular in the computer and video games industry, with over 350,000 visitors last year.

I first visited Cologne in 2018, when my son Mihir joined Fresenius university as a Professor. The Gothic architecture Cologne cathedral is a world renowned World Heritage landmark, always under renovation and can be seen from the air. It took over 600 years for construction and the tower is over 157 m high. The remains of the Roman fortress can still be seen as also the old houses in the old city. Walking along the Rhine, watching the ships, the icy cold winds make you quiver. One can walk past the houses of the rich and famous in Rodenkirchen, where dogs and humans are looked at suspiciously, but where one can picnic and play on the sand or frolic in the sea on a hot

summer day. A Rhine cruise takes you past the various towns, historical ruins and vineyards where one can stop and taste the different wines.

Cologne like all old cities is filled with culture. The famous Cologne Carnival since over 5 years runs from 11.11 at 11.11 am to Ash Wednesday. The highlight of the street festival is Shrove Monday in Lent with over 1 million visitors.

The many pubs, favourites of tourists and locals are filled with young and old, downing the small glasses of local Kolsch beer (Mihir's favourite is the Indian pale ale fresh from the taps). Ehrenfeld, where Mihir lives, where one cannot get a flat for love of money, is totally bohemian. Men with ponytails and women with flowing skirts sit on the footpath or on sofas pulled onto the road, sketching, sipping wine or just chatting, while kids run around with gay abandon, cyclists and cars beware. Garage sales of used clothes, toys and impromptu sketches abound. Best of all, if you don't want something just dump it outside your house- someone will find a use for the bookshelves, sofas, paintings or vintage crockery.

Like all popular cities, the restaurants range from the formal fine dining Maybach to the many Indian restaurants offering North or South Indian or Mughlai food and Sarvana Bhavan offering over 50 varieties of dosas to the roadside Kebap, Sushi and Thai food joints- there is always something for every budget and palate.

The Cologne language "Kölsch" is a dialect with its own Literature and songs like every region of Germany. One has truly learnt a dialect when one can abuse in that and understand their jokes.

Cologne is well connected to all major cities in Germany and the whole of Europe. Ryan Air offers cheap flights which we freely avail of during our monthly trips to visit Mihir from Vienna. In summer, Germany offered 9 Euro tickets for a month's travel by buses or trains to any destination in Germany. We visited Aachen (the speedily growing University town where one can see an Indian student or Indian restaurant at almost every street corner), Wuppertal with the hanging bridge, Dusseldorf - the 'Milan' of Germany, Vaals on the Netherland border (enjoying fried fish fresh from the sea) and Monschau on the Belgian border where one can buy yummy Belgian chocolates.

Cheers to Cologne with its eclectic blend of old and new!!





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(A combined Anaesthesia and Head & Neck Conference)

**24<sup>th</sup> & 25<sup>th</sup>** March 2023 (Friday & Saturday)

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**Course Timing: 9 am - 5 pm**

**KMC Credit points - 4**

**OPERATING TEAM**

**Professor Carsten Palme**

Director Head & Neck Surgery, Head of Surgical Services, Head of ENT HNS (Joint), University of Sydney, Chris O'Brien Lifehouse

**Dr Murray Stokan**

Consultant Anaesthetist  
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**WHO SHOULD ATTEND?**

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- ENT surgeons, Head & Neck Surgeons, Surgical Oncologists, Doctors interested about laser surgery in the airway

**REGISTRATION DETAILS**

Category	Registration Fees
Students / Post Graduates	Rs 2500/-
Delegates / Professionals	Rs 5000/-
Hands on Laser Workshop (Including Conference) - 10 candidates only	Rs 25000/-
Hands on Anaesthesia Workshop (Including Conference) - 30 candidates only	Rs 10000/-

**Last date of registration: 11<sup>th</sup> March 2023**

\*Students to submit a bonafide certificate from their department/Institution Head along with the registration form.

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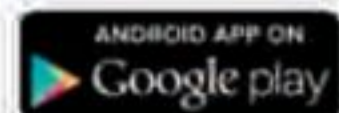
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Fee for Silver Jubilee Scheme	Rs. 20700/-	Rs. 22700/-	Rs. 24700/-	Rs. 31700/-	Rs. 38700/-	Rs. 47200/-	Rs. 57700/-

**\*New Tariff will be announced from 01-04-2023\***

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### FEE DETAILS

<b>a) Fee details for the 1st year (admission contribution)</b>	
Admission fee	Rs. 100/-
Annual subscription Fee	Rs. 2000/-
Advance fraternity contribution	Rs. 1000/-
<b>Total</b>	<b>Rs. 3100/-</b>
<b>b) Fee details for subsequent years</b>	
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.

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 M. 9448118299

**Dr. N. Dhanapala**  
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 M. 9342161266

**Dr. J. Sharanappa**  
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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

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- 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.

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- \* 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.

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