



IMA FOCUS

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AWARENESS MONTH

WORLD CANCER DAY

- 4TH FEBRUARY -

National Deworming Day



10th FEBRUARY

INTERNATIONAL
CHILDHOOD CANCER DAY

15th FEBRUARY



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On 23rd of Every month, On Zoom Platform**

Meeting ID : 594 076 5774
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EDITORIAL

From the Desk of
Dr. K G Shankarnarayana

Greetings to all the members of IMA Karnataka Family,

ONE FOR ALL & ALL FOR ONE – This is the theme stressed upon by our National President Dr Sharad Agarwal during the meeting of State Presidents, Secretaries and Office bearers held at IMA Headquarters from 27th – 28 th January with the purpose to unite the entire healthcare fraternity under wings of the mother organization- INDIAN MEDICAL ASSOCIATION. He has advised us to utilize the social media for propagation of our association and its work. In keeping with this advisory I hereby request all our members to subscribe to the Youtube Channel of IMA KSB to follow the activities of our association.

At the State level two encouraging developments took place during January highlighting the role of IMA KSB as a representative of all the doctors of modern medicine of Karnataka State. The lead role played by IMA KSB with the support of PHANA ensured the upward revision of lower tariff and retaining the higher ones as they are in the Yeshaswini scheme which had become a bone of contention amongst the stakeholders. The second achievement was in successfully extending the cutoff date of completion of internship towards eligibility for NEET PG 2023 from 31/03/2023 to 30/06/2023. I would like to thank the leadership of IMA KSB for ensuring the welfare of not just our existing members but also of the future generation by these actions.

The December issue of IMA Focus where in we introduced Personal Finance column has been well appreciated by our members. The Travelogue column has inspired many to share their travel stories but due to limitation of space we shall be publishing them chronologically as per the dates they are received. Requesting the co – operation of the members in this regard.

Finally for the attention of Branch Presidents & Secretaries there are plenty of important days to be observed during the months of February and March, kindly note them and plan your activities accordingly,

10th Feb – National De worming Day
15th Feb – International Childhood Cancer Day
6th Mar – Glaucoma Day
8th Mar – No Smoking Day
16th Mar – Measles Immunisation Day

12th Feb – Sexual & Reproductive health awareness Day
8th Mar – Women's Day
9th Mar – World Kidney Day
24th Mar – World TB Day

LONG LIVE IMA, THANK YOU ALL



PRESIDENT'S MESSAGE

Dr. Shivakumar B Lakkol

Dear Esteemed members,

May the glory of the divine Shiva remind us of our capabilities, and help us attain success. Happy Maha Shivaratri.

May the brave leaders of our glorious nation guide us to peace and prosperity so that we can hold our heads high and be proud of our country. We salute the work they did for this country on the day of republic day. I thank and appreciate all the local IMA Branches which participated in the republic day celebrations.

Our month activities had begun with virtual interactive meeting with the IMA National President Dr. Sharath Kumar Agarwal wherein I detailed them about the activities and schemes of IMA-KSB, our IMA KSB opinion about Yashasvini and issues pertaining to Fire Licence, violence on medical personal and anti-quackery. We have invited him to visit Karnataka branch in the near future.

We began our local IMA branch visits on 6th January by visiting Koppal Branch and had good interaction with its members including IMA-KSB Past State Vice President and senior member Dr. K.G. Kulkarni. Koppala branch is planning to have its own building soon and are eagerly planning to increase their membership strength. In the afternoon we visited Hosapete IMA Branch where about 65 members attended the meeting and discussed various issues. It was appreciable that IMA Hasapte have a beautiful building of their own. IMA KBS PRO, Dr.Pavankumar Patil, IMA KSB Assistant Secretary Dr.L.D.Bakle accompanied us.

Evening we visited the IMA Ballari branch wherein the general body meeting of the branch was called at hotel Nakshthra. Along with our senior member, Past IMA-KSB President & IMA-KSB Present Legal Committee Chairman Dr. Y.C. Yogannada Reddy, IMA KSB Byelaws committee Chairman Dr.Madhusudhana Kariganur, IMA KBS PRO Dr.Pavankumar Patil, IMA KSB Vice President Dr.ShriShail Amarked, and IMA-KSB

Assistant Secretary Dr.L.D.Bakle we met Sri Thippana well-known politician & Ex MLC, father-in-law of Dr.Renuka Manjunath, the President of Bellary IMA at his residence. IMA-KSB Awards Committee Chairman Dr. Arvind Patil, Divisional Coordinator Dr.Ravishankar, accompanied us. We had a very good interactive session on the NMC related matters in the general body meeting.

On 7th January morning our team visited IMA Siruguppa branch which is a small branch known for its social activities. It is worth remembering that it's the first IMA branch to initiate " IMA Nadige Sainikara Kadege" wherein the families of Defence personals are treated free of cost in all the hospitals of Siruguppa.

We proceeded to Raichur on the same day morning. Dr.K.Ravirajan, the Founder Chairman of the school Vidya Bharthi Educational Institute which is one of the well known high schools of Raichur invited us to address the students. About 2500 students studying in the school were addressed by myself and Dr.Madhusudhan Kariganoor.

In the noon we were warmly welcomed by Shree Baburav Shegunashe, the President of SKE Society at Agricultural university campus of Raichur. They honoured Senior and Eminent doctors of Raichur IMA, Dr.Ravirajan, Dr. Surendra Babu, Dr.Kalappa Erekal, Dr. Nagaraj Balki, Dr. Manjunath Benekal myself. We addressed the Para Medical students in the university auditorium.

We visited Raichur Institute of Medical Sciences and Navodaya Medical College. Myself and Dr.Madhusudhan Kariganur addressed the students and motivated them to become members of IMA MSN by highlighting the advantages of the same. Dr.ShriShail Amarked, Dr. Anirudh Kulkarni and Dr. Harsha Patil accompanied us. Directors, Dean and Secretaries of the Medical colleges were present on the occasion.

Afternoon we visited Biomedical waste management unit of Raichur, RIMACT and Blood Bank

which are very well managed by the IMA Raichur which are role model project for other local branches.

Evening we attended the general body meeting of the IMA Raichur in its beautiful own building and we had good interactive session on various issues. More than 160 members attended the visit.

On 8th January we had IMA-KPPS and IMA building committee meetings at Bengaluru.

On the same day IMA KSB Kannada Vaidya Bharahagaraha Samithi had one day programme on the meetings of the article contributors of the book “ Syringe Hidiva kai pennu hididaga”. The by monthly magazine “ Vaidya Sampadha” was released on the occasion. On the occasion Dr.Madhusudhana Kariganur spoke on the challenges faced by the printing and publishing units if initiated by IMA KSB and Dr.Yogananda Reddy Y.C. spoke on the opportunities in this regard. Dr.Shivanand Kubasad the Chairman of the committee coordinated the event.

We are happy to note that the grievances related to the PG NEET exams were brought to the notice of the concerned authorities at the earliest by IMA KSB through our honorary secretary Dr.B.P.Karunakara and the Benagaluru branch President Dr.Venugopal. The authorities responded well and the problems were rectified.

We had series of meetings with various committees like WDW wing, Academic cell committee, legal committee, anti-quackery committee, Hospital board committee, Pharmaco vigilance committee, Digital committee, and Kannada Vaidya Bharahagara Samithi with the respective chairmen and members.

On 26th and 27th January myself and Dr.B.P.Karunakara attended the Sate Presidents Secretories meet held at New Delhi. We were accompanied by Dr. G.N. Prabhakar Director AKN Sinha

Institute, Dr.Venkatachalapathy National Joint secretary Head Quarters, Dr. Pavan Patil PRO and National Asst. secretary of IMA -CGP. I presented PPT on as per the agenda given by the Head quarters. The salient features includes Regarding HFC and membership, Registration and financial discipline of our branch. We highlighted about issues like Fire licence KPME Violence and Quackery. President Secretaries across India and all the members appreciated the work done IMA-KSB. We felicitated National President Dr. Sharath Kumar Agarwal and National Secretary Dr.Anil Nayak.

On 29th January IMA KSB conducted State level Medico-legal conference at IMA auditorium Bengaluru which was Inaugurated by Dr. Ravi Wankedkar The Past National president and also the Treasurer of the World Medical Association. Dr. Ramesh M K, the Honourable Vice chancellor RGUHS was the Chief Guest on the occasion. Dr.Suresh Badamat from NIMHANS spoke on 'Medical negligence in contemporary world', Dr. Shree Dore raj a well known Advocate spoke on 'How to face legal notice', Dr. Jayanth R Navarange from Puna spoke on '.Documentation How useful is it', Dr. Ravi Wankedkar spoke on 'Medical Ethics'. In the afternoon session, a panel discussion was held in which Dr.Ravikumar from Tamilnadu the Chairman of National IMA HBI and the Secretary Dr.Dinesh Thakur actively participated. It was well coordinated by Dr.Pavan Patil the PRO of IMA KSB. It was one of the unique very well thought programme by Dr.Yogananda Reddy Y.C. & Dr.Pavan Patil.

On 30th January we observed World leprosy day.

Dear IMA KSB SWC members, the 864th SWC meeting of IMA-KSB will be held on Sunday 26th February. Kindly block the date and we request you all to attend without fail.

UNITY IS OUR STRENGTH

LONG LIVE IMA

OBITUARY



Dr. Sathish H.S
IMA Shivamogga



Dr. Prakash Malur
IMA Belgavi



Dr. Bheemanna Gouda
IMA Bijapura



Dr. Shridhar Holla
IMA Udupi



Dr. H.L.Mohan
IMA Mandya



Dr. Amaresh Gaddi
Chikkaballapura



SECRETARY'S MESSAGE

Dr. B P Karunakara

Dear esteemed members of IMA KSB, Greetings from the state Branch!

The first month of the New Year was an activity filled busy month! We had good works and results in the month. The branch was busy attending to the Yashashwini scheme concerns & happy to have a positive result! Various committees and the local branches were very active in their areas. Herewith presenting the report to you!

President's monthly Talk: The third edition of the President talk was very well received by the members with eagerness and anticipation. President lived up to the occasion, nicely covering all important issues. He touched upon all the important issues addressed during the period of last one month. Members interact very enthusiastically with the President. President highlighted the importance of team work and the wonderful work done by various teams with special mentioning of Hospital board committee's for its deft and successful handling of the Yashashwini scheme issue and brings a desired result.

Yashaswini Scheme Victory: One of the most memorable work and achievements of the month. Government of Karnataka agreed to the IMA KSB's demand to relook and revise the tariff for various surgical procedures. The efforts of the state branch through the Hospital board committee, KPME, and private hospitals associations convinced the government about the concerns and the need for modifications and revision of the tariff. Government notified the upward revision of lower tariff and retaining the higher ones as they are. Government also assured to make better modifications in the near future. This important work of IMA KSB is going to benefit all private hospitals across the state and will encourage more and more hospitals to come forward to provide services through the scheme. This victory is going to remain in the memory of members for a long time to come.

National Medicolegal Conference: A well-organized conference was a grand success. Hybrid conference had very good participation. The galaxy of specialist and experienced faculty delivered excellent talks and interacted with the delegates and cleared many of their concerns. The inauguration was chaired by honorable President Dr. Shivakumar B Lakkol. Dr. Ramesh M.K. Honorable Vice Chancellor of Rajiv Gandhi University of Health Sciences was the chief guest. He spoke on the way the medicolegal concerns evolved, consumerism and how it has affected the doctor patient relationship and the profession at large. He stressed upon the need for a stronger IMA and emphasized the need for unity among doctors. Dr. Ravi Wankhedkar, Past President & an eminent speaker, spoke on medical ethics. Dr. Suresh Bada Math, head of forensic psychiatry at NIMHANS, spoke on medical negligence in the contemporary world. Mr. Dore Raj, honorable high court advocate spoke on how to face the legal notice and Dr. Jayanth R Navarange, spoke on importance of documentation. Had a wonderful panel discussion with eminent faculty, who discussed day to day medicolegal concerns like consent, document, liabilities etc.

Kannada Vaidya Sampada annual convention and Writers meet: The most prestigious event was held on 8/1/2023 at IMA Auditorium, Bangalore and was well attended by medical writers and poets. Dr. Deepak Haldirpur, the head of Trustwel Hospital was the chief guest. He spoke on various aspects of Kannada writing and its implications, recollected some important events in his professional journey and suggested to do Kannada writing works with love and affection and advices the writers to imbibe moral values in their works.

Dr. Arvind Patil, while delivering introductory speech, traced the journey of the Kannada Sampada and related works.

Dr. Shivakumar Lakkol, President of IMA KSB, spoke

appreciatively of Kannada Sampada and writer's works in IMA KSB.

The program included poem reciting, panel discussion and various stimulating and enthralling activities.

States Presidents & Secretaries and office bearers meeting at IMA Headquarters, New Delhi 27 & 28 January 2023: The first meeting was an opportunity to meet national President and Honorary Secretary General, office bearers and various state branches Presidents and secretaries and national office bearers. President Dr. S B Lakkol Sir nicely presented State branch's report and the Hon State Secretary supplemented the needful additional information. It was a great opportunity to meet and know about the functioning and works of the various state branches too. The meeting had wonderful discussion on important issues pertaining to the IMA.

New Library facility at IMA House: IMA KSB library at IMA House, Bangalore, is one of the most sought after reading facility for the medical students preparing for various competitive examinations, beside regular studies. The ambience and the company for group study makes it a most favorite place to study. Besides, the high success rate in the examinations has generated positive vibes among the students and escalated the demand for the space. With the existing facility brimming with students, many students were sent back! However, the request and demand created new opportunity for the IMA KSB to develop an additional facility. The existing place vacated by the BSNL has been converted into a wonderful library with attached toilet and other facilities. The facility is expected to fetch good revenue for the state branch. The credit for the whole work goes to Dr. Madhusudhana Kariganoor, the dedicated past President and immediate past building committee chairman, who took pains to arrange and organize the works on a record time, to make it available for the students at the earliest to prepare for their exams. Every aspect was supervised to ensure a quality work. The new library facility was formally inaugurated by honorable President Dr. SB Lakkol on 29/1/2023.

Sub-committees works:

Hospital board Committee: The success of the Yashaswini scheme is a reflection of the phenomenal work done by the committee. The committee is working hard to enroll hospitals across the state to the board. The process has been started and Members of the board along with vice Presidents and zonal coordinators are

actively working on convening meetings and encouraging hospitals to join the board.

Woman Doctors Wing: The Committee held regular scientific meetings, and working in starting the WDW wings in various branches. Celebrated National Girl child Day with wonderful academic session on the rights of girl child, life of acid attack survivors and on acid attacks and grievous injuries by fire- first aid and damage control. The brave affected victims shared their experiences and the life afterwards. It was an eye opener to all. The WDW held many social activities for the members and the children on the occasion of national Girl child day.

Building committee meeting : 8/1/2023, IMA House, Bangalore. In a well-attended meeting, some important urgent decisions were taken; lift repair and maintenance, punting/name board works in the building entrance, purchasing of commode and chairs for the students. Decided to discuss and negotiate for annual maintenance for the lift.

Academic Subcommittee: The committee continued its good works with regular academic activities. The session on depression was a very useful one. The undergraduate teaching sessions have been well appreciated.

Public health committee held its first committee meeting and held its first virtual health education activity.

Pharmacovigilance Committee: The committee held its first meeting, discussed and outlined its activities for the year. It's planning to spread the message of importance of Pharmacovigilance across the state with involvement of medical colleges and others organization. Has also set up

IMA AMS: The state branch of IMA AMS had been active throughout the month. It focused on academics and ways to improve the membership in the state.

The office staff has been busy updating the newly elected office bearers of local branches, state and central council members, committee members and other information.

Dear all, in the coming month, we are going to pursue and follow up the good works done till now and will discuss the important agendas in the forthcoming working committee meeting..

TRUST IS THE GLUE THAT HOLDS THE PEOPLE TOGETHER AND IS THE LUBRICANT THAT KEEPS THE ORGANIZATION MOVING FORWARD!.

- Colin Powell



VICE-PRESIDENT'S MESSAGE

Dr. Shri Shailesh S. Amarkedh

Respected esteemed members of IMA KSB

It gives me immense gratitude and pleasure to work as Vice President, IMA KSB.

IMA KSB has been a pioneer in many activities and has always been in the forefront at various levels.

Dr. Shivakumar Lakkol, President IMA KSB is a leading example of simplicity, and a source of

encouragement. IMA KSB will see brighter days under his leadership. Various issues have to be dealt at local and state level. It is essential and timely requirement to encourage membership and involve younger members into the fold of IMA activities. This will help IMA KSB to grow and prosper. Active participation by all members is the need of the hour.

Long Live IMA!

IMA KSB Membership Fee (HFC) Details

Membership Fee Paid to IMA Karnataka State Branch.

Single life membership Rs. 11,020/- | Couple life membership Rs. 16,530/-

ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಸಂಘದ ಪ್ರಾರ್ಥನೆ

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



IMA PRAYER

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

ಧ್ವಜ ವಂದನೆ

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

ಜೈಹಿಂದ್

FLAG SALUTATION

ಐ.ಎಂ.ಎ. ಚಿರಾಯುವಾಗಿರಲಿ

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

Jai Hind



Long Live IMA

BRANCH ACTIVITIES

Branch : Athani
President : Dr. Smitha Chougale
Secretary : Dr. Arun Aski

On 12/1/2023 Medico legal CME was conducted. Topic: "Consumer protection Act -boon or Bane" by Dr Shivkumar Kumbar who was the chief guest. Around 40 IMA members attended the meeting.



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

SERVICE CAMP FOR THE OLD AGE HOME. On occasion of National Youth day we conducted a Health Check up at an old age home. It was really an honour serving the senior citizens of our nation. Believing in the quote, Service to mankind is Service to God, This service was worth it. They were made aware of the importance of good health and we explained them their current health issues & prescribed them medications. IMA-KSB PRESIDENT'S VISIT TO BELLARY

BRANCH & GENERAL BODY MEETING: IMA-KSB President, Dr Shivakumar B Lakkol was on a state visit to various branches during which he also visited our Ballari Branch on 06.01.2023. President Sir was impressed by our work and also provided us with inputs on how to continue our journey towards the development of the district and in and around villages. In view of this event, A General Body Meeting was organized and some of our doctors presented their lectures. **DORASWAMY ENDOWMENT TRUST GUEST LECTURE.** IMA Bellary branch in association with the Doraswamy endowment trust conducted a guest lecture on 8th January 2023. Some of our renowned Bellary doctors presented various topics of interest. **PLAY DISPLAY BY PROFESSIONALS:** IMA Bellary & VIMS Kannada Sangha in association with Sanmarga Geleyara Balaga organized a play Bicchida Jolige based on an autobiography of Doctor S.J Nagalotimath. This Play was brought to life by Rangayana Kalaburgi and team. The play was received very well by the audience.

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

On 21.12.2022, Health Camp: General Health camp and special outreach camp for Dermatology was conducted at Gopalpura slum. Around 132 members were screened for Diabetes and Hypertension. 58 patients took

Dermatologist consultation and were treated with free medicines and counselled. Attended by IMA Bangalore Chapter Vice President Dr. K. Sathyavathi and Dr. Kiran Kumar Dermatologist. On 25.12.2023: IMA Bangalore Chapter in association with Bangalore Surgical society was a part of free Health camp held at Chikka Lalbagh with beneficiaries of around 500 people comprising of vision testing, Voluntary Blood donation, ECG, acupuncture, including all speciality consultations supported



by BMCRI, GDCRI, PMSSY, Minto doctors and technicians. Personally attended by our vice president & Executive committee members. IN NATCON CONFERENCE held on 26th & 28th December 2022 at Prayagraj : IMA Bangalore Chapter has bagged 4 National awards, (1). Best Branch for conducting Scientific Session, (2). Best adjudged Branch President Award Dr. Anuradha Paramesh V, (3). Dr. S M Prasad Best Adjudged Honorary State Secretary Award and (4). WDW Women ACHIEVER Award – Dr. Anuradha Paramesh V For the year 2021-2022. On 05.01.2023: Swaraksha- we successfully organised and completed our first Taekwondo-self defence technique training demo class for our IMA Bangalore Chapter, members which was conducted by renowned... Kwan's Taekwondo academy head coach and international Gold Medalist Mr. Gautham and team.. Our President Dr. Venugopal Karigowda, Joint Secretary Dr. Mohan Kumar M & a few EC members attended the Program. On 06.01.2023: President Dr. Venugopal Karigowda was felicitated by Surgical city of Bangalore. Dignitaries included Dr. MK Ramesh Vice Chancellor RGUHS. From 9th- & 11th 2023: in association with Lions club & M P Prakash samajamuki trust, vision screening camp to school children of Harapanahalli Taluk was organized . Dr Srinivasan Velu, attended the Program. On 14.01.2023: Public Health Guest Lecture (PHGL) was conducted in association with Cardiological Society of India-Bangalore Chapter and Medical Education & Research Trust, Bangalore at the IMA Auditorium. (1). Dr. Ashok Jain Cardiologist, Victoria Hospital Bangalore gave a talk on: "Healthy food Healthy heart" (2). Dr. Dileep Kumar K B forensic Medicine Bowing & Lady Curzon Hospital Bangalore. gave a talk on: "Emergency legal mortality". On 17.01.2023: In association with BSOG, Karnikos, RLR Bhandava, LCB BTM Nightingale, Srinivasa Health care & BBMP successfully conducted a free Cervical Cancer (HPV DNA) Testing Camp at Koramangala UPHC . Totally 65 women were screened out of whom 52 underwent free HPV DNA testing. The beneficiaries were Pourakarmikas and others.

Branch : Belgaum
President : Dr. Swapna Mahajan
Secretary : Dr. Hemanth Koujalgi



CME Programme and 3rd clinical meetings were conducted and discussed various issues. 4th clinical meeting was held on 21st. Topic: Reversal of diabetes by Dr Neeta Deshpande, Diabetologist. IMA-KSB President Dr.S.B.Lakkol sir along with IMA-KSB PRO Dr.Pawan P patil, Local Branch President Dr.Swapna Mahajan, Secretary Dr Hemant koujalgi, hospital association president along with other members submitted memorandum to Hon'ble Chief Minister, Co-Operative Minister and divisional commissioner regarding revision of Yeshashwini health scheme and considering doctors suggestion before implementation of new rules. Online awareness program was conducted with Dr.B.G.Halgekar, Dr.Chandrashekhar and Miss Bhandurge as speakers, Topic was child psychology and awareness.



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

On 20.12.2022 as a resource person in a workshop on effective leadership for Dharmasthala Gramabhivruddhi Yojane office bearers. On 29.12.2022 IMA Doctors addressed 250 Sahyadri high school students about adolescent health problems . On 30.12.2022 at Hunsekatta village Dr Veena bhat gave health awareness talk to women. Free health checkup camp and Eye checkup camp in

association with Dharmasthala Gramabhivruddhi Yojane by Dr Kumarswamy P R and Optometrist Nayan Kumar and Hema G V was held for more than 90 people. On 30.12.2022 adolescent health awareness class for Kittur Rani Chennamma residential school – for more than 230 students plus teachers by Dr.Veena Bhat. On 8.01.2023 – New Year Celebration was held by IMA Bhadravathi Doctors and their family members. Indoor sports activities and entertainment programmes were

held and prizes distributed. Newly elected President Dr Prashanth Bhat highlighted the contributions of Dr Selvaraj and Dr Kavitha sadhashiv to IMA and to the People of Bhadravathi and IMA Members along with family members prayed Homage for the departed souls. On 09.01.2023 – Free Antenatal Health Camp and Health awareness given at Neharunagara

Branch : Chikkaballapura
President : Dr. P.V. Ramesh
Secretary : Dr. S. Vijaya



On 18.12.2022 CME was conducted in Association with Vamshodaya Hospital, Kolar and the topics were (1). "Minimal Invasive Retroperitoneal pancreatic necrosectomy: Improvement in morbidity and mortality" (2) "Varied presentation of MIS-N-a case series" and (3) "ARDS-Acute Respiratory Distress Syndrome". Installation of new office bearers for the year 22-23 was organized on 18.12.2023. IMA Chickballapur Cricket Team 'Nandi Warriors' Won 3rd Place In State Level Cricket Tournament held at Shivamoga on 25.12.2022. Dr.M. Venkatachalapathi, Past President KSB, took charge as National Joint Secretary, and participated in the first central council meeting, headquarters Delhi. Dr Ramesh P V, Dr Prashanth Murthy & Dr Vijaya were felicitated on 30.12.22 by IMA Yelahanka Branch. On occasion of Swami Vivekananda's Birthday celebrations IMA members participated in Mega Blood Donation Camp Organised By Red Cross Society And Donated Blood on 12/01/2023.



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

Installation of New office bearers of IMA Chikkamagaluru for 22-23 was done. Dr Chaithanya Savur, as President, Dr.Karthik Vijay as Secretary, Dr.Koushik Sargod as Joint Secretary, Dr.Santhosh Urs as Treasurer, Dr.Geetha Venkatesh as Central Council member & Dr. Meera Kuchendra as State Council

member were chosen accordingly. CME Programme was conducted. Topic: "Liver transplant, acute stroke management and newer techniques in field on surgical oncology". Very informative and knowledgeable session was shared and discussed among IMA members. Sporting events: IMA Cricket match between IMA Chikkamagaluru vs Hassan doctors was conducted. Was a good outing and stress busting event for all the doctors. Membership Drive: IMA membership drive was begun with aim to encourage doctors to join IMA and participate in activities.

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



On 30.12.2022 CME was conducted in association with District Health and Family Welfare Office Belgavi. Topic: (1) " Immunizing Vulnerable Population with the help of Private Practitioners for TB prevention" by Dr. Sachin Sharma who spoke on Implementation of Karnataka Pharmaceutical Advisory Council Guidelines for TB medication management in PHC and private hospitals. District TB cell, Private practitioners, THO, CMO, CHO, Junior Health Officers attended the meeting. On 31.12.2022 New Year Celebration was arranged by Dr. Rajendra Salagare and Dr. Jaylakshmi Salagare at Spoorti Garden. Members had great evening with entertainment and welcomed New Year.

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

On 06.01.2023 and 21.01.2023 CME Programme was conducted. Topics: (1) "RECENT UPDATES IN MANAGEMENT OF DIABETIC KIDNEY DISEASE" by DR CHETAN MUDRABETTU MD DM Nephrology, Chairperson: Dr .Sangamesh Asuti , MD, Prof & Head dept of Medicine GIMS Gadag, (2) "Gastroesophageal Reflux; Overview & Management" by Dr Laxmikanth Desai, DM, Gastroenterlog, Director Medical Gastroenterolgy,Hepatologist & Interventional Endoscopist, Institute of Laparoscopy and Gastroenterolgy, Hubballi, Chairperson: Dr Shivakumar Pawadshettar, DM Gastroenterology, Sankalpa Hospital Gadag. On 13.01.2023 IMA Members participated in distribution of hygienic kits by Indian red cross society. On 19.01.2023 Painting competition was conducted for children of IMA members on the theme "GENDER EQUALITY". Prizes will be distributed on National Girl Child Day on 24.01.2023. On 20.01.2023: Felicitation of IMA doctors and office bearers for services rendered during COVID 19 PANDEMIC, by Respected Swamijis of HALAKERE SANSTHANAMATHA "ANANDASHRAMA" Gadag. On 22.01.2023: Conclusion of month long cricket tournament for IMA members, " IMA Gadag Republic Cup 2023". Final match was played between TEAM CHALUKYA and TEAM RASHRAKUTA And won by Team Chalukyias. Ladies team finals were also conducted.



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

On 31/12/2022 New year celebrated at IMA hall, More than 120 people participated in the event with singing, dancing , kawwali, and other entertainment programmes. On 04.01.2023 : BLOOD DONATION CAMP. IMA Gangavathi in association with Gopi blood bank participated in the Blood donation camp held at Channabasavaswamy temple on the occasion of the Jatra held at Gangavathi.The public was given

the awareness of the importance of blood donation and myths about blood donation were cleared.About 25 bottles of blood were collected. On 01.01.2023 : CPR & Organ Donation Awareness At Kanakagiri. IMA Gangavathi & IMA Maithri conducted Awareness program regarding HEART ATTACK & CPR at the Art of Living function organised by Gangavathi & Kanakagiri office bearers. Dr Satish Raikar explained elaborately. Dr.Chiniwalar VV and Dr Sulochana Chiniwalar attended the program & explained regarding Diabetes and Organ & Body Donation. On 07.01.2023: ಬಿಜ್ಜದ ಜೋಳೆಗೆ Drama Performance. IMA Gangavathi in association with Rangayana artists Kalburgi, conducted a Drama on the Autobiography of the Famous Pathologist Dr S J Naglotimath, at IMA hall Gangavathi. On 12.01.2023: Youth Day Celebrated In Association With IAP,Lions School And College Students by Conducting A Workshop And Celebrated Birth Anniversary Of Swami Vivekand . Dr Amaresh Patil Spoke About The Importance Of The Food And Nutrition In The Students To Keep Up The Health In Becoming Better Citizens Of The Nation.Dr Sulochana Madam Gave A Talk On The Role Of Youth In Building The Strong Nation. About 200 Students And Staff Participated In The Programme. On 17/1/2023: Visit to rock garden, Haveri. Conducted one day visit to Utsav Rock Garden , Haveri. 25 Members Visited The Place To Know The North Karnataka Culture Depicted In Rock Statues. On 19.01.2023 Lions school children health check up camp: General dental, skin, eye examination is done for LIONS school kids from 1st standard to 7th standard students. About 650 children participated in the event and advice and treatment was given accordingly.

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

On 22-12-2022 Bone Mineral Density Camp held in association with Lions Club. There were 50 Beneficiaries. On 07-01-2023. Participation in Jatha organised by Agriculture Dept. to promote use of Millets in diet. On 13-01-2023 Participation in preliminary meeting in

connection with Republic Day Celebration. On 13-01-2023 Discussion with doctors from Medical College Bagalkot regarding TB Eradication.



Branch : Karkala
President : Dr. H.Prakash Kumar shetty
Secretary : Dr. Tushar

On 03.12.2022 Installation of New Office Bearers was done. Chief Guest Dr.Nagabhushan Udupa, DHO, Udupi Dist. On this occasion, Dr.Suresh Kudva, Dr.K.R.Joishy, Dr.G.K Bhat, Dr.K.R Kamath ,Dr.Y.S.Rao, &Dr.Ananth Kamath were felicitated for their outstanding efforts in making 88th MEDICON-2022 hosted by IMA Karkala Branch a grand success.

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



A CME was organised on 20-12-2022 by Kolar IMA branch in association with MAARGA, a unit of people tree hospital Bangalore. Dr Devaraj N C welcomed the audience. Dr. Satish Ramaiah Medical director and consultant Neuropsychiatrist and sleep disorders specialist. spoke on "Mental health crisis-challenges And Management strategies". Dr Dhruva Ithal consultant psychiatrist and clinical lead-substance misuse services spoke on "Role of inpatient care in addiction treatment". Dr Ruchi Gupta consultant psychiatrist Child and Adolescent Psychiatry "spoke on Adolescent Mental health issues and Challenges". Nearly 50 doctors participated in the CME. The CME was moderated by Dr. M. Narayana swamy president and Dr.N.C Devaraj Secretary of the Kolar IMA. Dr M. Narayana Swamy president thanked the speakers, doctors and the sponsors.



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

CME Programme was conducted. Topic: "Advantages of Multislice CT" By Dr Pavan. All IMA Members participated.

Branch : Koppal
President : Dr. Prasad Police Patil
Secretary : Dr. Vijayakumar Adavi

New Year celebrated for IMA family members on the evening of 31.12.2022. IMA-KSB President visited Koppal on 06.01.2023.



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

On 08.01.2023 Members of IMA kundapura along with family members have participated and celebrated New year at East west Club. Different cultural programs like singing, Dance by Children and adults, Fashion show were conducted and every one participated with enthusiasm. All the participants including kids were rewarded with gifts and mementos by senior members of IMA kundapura. CME was held on 28/1/23 at Geliyar kushal Hegde hall by KMC Manipal. Dr Sahana Shetty Professor and Head of department of Endocrinology spoke on Endocrinology Encephalopathy. Dr Arun Chawla Professor and Head of department (Urology and Renal transplant) spoke on advances in Renal transplant and Urological disorders. It was a interactive session attended by IMA members and many doubts were being clarified.

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

On 24.12.2022 President attended the meeting at District Commissioners Office with regards to Measles – Rubella Vaccination Drive and Screening & Reporting of children with rashes. On 26.12.2022 President attended the meeting at District Commissioners Office regarding Covid situation in Mandya. To ensure that people take booster vaccination dose and compulsory reporting of cases with severe acute respiratory illness. On 28.12.2022 President attended the meeting at District Commissioners Office along with DHO regarding Yashaswini scheme. It was impressed upon the DC that the remuneration was very less and that at the present rates no surgeons are going to take up Yashaswini scheme. On 06.01.2023 The executive committee of IMA Mandya Branch met at IMA hall to discuss the building plan of the new to-be constructed IMA hall. Some changes were suggested to the present plan.



Branch : Mangaluru
President : Dr. Venugopal D
Secretary : Dr. Archith Boloor

On 12.12.2022 IMA Mangaluru organised an online CME with Stanley Medical College on nutrition in chronic kidney disease. The CME was attended by more than 1000 delegates from all over the country. Karnataka Medical Council awarded one CME credit for the CME. IMA Mangaluru started weekly online quiz for its members from first of January 2023. IMA Mangaluru (Coastal Tigers) participated in the annual IMA KSB cricket tournament hosted by IMA Shivamogga. Dr. Pradeep Senapati was adjudged as the best batsmen of the tournament. Indian Medical Association Mangaluru branch in association with Shree Durga



Parameshwari Temple First Grade College, Kateel and Government District Wenlock Hospital, Mangalore conducted a blood donation camp on 7th January 2023. President, Dr Venugopala D addressed the gathering. The camp was very well attended, and students donated more than 60 units of blood. On 13/01/23 held Condolence meeting to mourn the untimely sad demise of our eminent life member Dr. Jayaram Shetty K, HOD. Oncology, KSHEMA. The monthly CME of IMA Mangaluru was held on 13.01.2023. Mr. Rohit S Rao, HAM

Radio Enthusiast talked on Emergency Communications, talk on Introduction to Comprehensive cancer care by Dr. M Vijayakumar, Vice Chancellor, Yenepoya deemed to be university, talk on Radiation Therapy in Oncology by Dr. Achuth Nayak, Asst. Prof. Radiation Oncology, talk on Nuclear Medicine in Oncology by Dr.Senthilnathan, Consultant Nuclear Medicine and talk on BMT in Oncology by Dr. Rajesh Krishna, Consultant Haemato Oncologist. Appreciation certificates have given to Mangalore IMA Members Dr. Pradeep Senapathi, Dr. Raghavendra B S, Dr. Suhith G, Dr.Sheethal Savur and Dr. Monawwer Ala. The special monthly CME of IMA Mangaluru was held on 17.01.2023. A book of "Mechanical Function of the Atrial Diastole: A New Discovery" By Dr. Dianakar B Rai was released. Shri. N Vinaya Hegde, President, Nitte Education Trust was the Chief Guest. Dr. Yenepoya Abdulla Kunhi, Hon, Chancellor, Yenepoya (Deemed to be University), Dr. M Shantaram Shetty, Pro Chancellor, Nitte University, Dr. Mukund K, Director, Mangalore Heart Scan foundation and Omega Hospital were the Guests of Honor. Dr Archana Bhat gave a live talk on JE Vaccination to Ail India radio. WDW organized painting and essay writing competition on the occasion of National Girl Child day for 8-10th Grade students.

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



On 11-01-2023, World Youth Day was celebrated. A cricket match was organised in association with Netaji Youth Association of Mundargi at Annadaneshwar Stadium. A brief talk on Junk Food & Adolescent Nutrition was given at the concluding session of the tournament. On 15-01-2023. IMA Community Service Day was celebrated. On account of this a GB meeting was called. A talk was given by Dr A M METI about IMA's & Doctors' role in all community services related to Community Health. A call was given & accepted by all the members to play a front line role in all community services through IMA. On 26-01-2023 Republic Day was celebrated at Pujar Paramedical College premises. Flag hoisting was done. Students spoke about constitutional rights & duties. All IMA members were present. A resolution was adopted to stay united to protect the rights of the medical professionals. On 30-01-2023: World Leprosy Day was celebrated on account of ' Mahatma Gandhiji's Punyatithi'(death anniversary). A talk about early detection of Leprosy and it's treatment was given by Dr Shafi. On account of Sri Annadaneeshwara Jatra Mahotsava at Mundarigi, a free health checkup camp was organized. About 125 patients were examined and free medicines were given.



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

On 01.12.2022 "World AIDS Day" was celebrated. Dr. Y.M. Shivakumar, President, Dr.Devianand. K.P, Secretary and Dr. Shivashankar. B.N, Treasurer were present. On 27/12/22 CME programme was conducted in association with Molecular Care Lab-Trident Diagnostics-Medgenome Labs Ltd. Dr Mohankumar V spoke on Fundamentals & Future of Diagnostic Medicine & Dr Mallikarjun Patil spoke on Genomics & Spectrum of applications in clinical management.

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



On 23.12.2022 CME programme was conducted. Topics: (1). "Master Shots in PICU" by Dr. Supraja Chandrashekar, Consultant Paediatric Intensivist, (2). "Management of Children with Gastroenterology & Hepatology Disorders" by Dr. Nagendra Kumar, Consultant Paediatric Gastroenterology, (3). "Paediatric Haematology & Oncology, Combat the Conundrum" by Dr. M.V. Vinay, Consultant Paediatric Haematology and Oncology & BMT and Dr. Varsha Monica Reddy, Consultant Paediatric Neurologist and Developmental Paediatrician.



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

From 23rd to 25th of December 2022 in the cricket tournament held at Shimoga, IMA Raichur doctors participated and reached quarter final. On 7/01/2023 IMA state President Dr Shivakumar B Lakkol and past president Dr Madhusudan Kariganur visited IMA Raichur branch. During their visit, they went to RIMS and addressed student

gathering and explained regarding IMA and medical students network, student wing of IMA. Also stressed regarding the social responsibilities of a doctor and advised them to serve the mankind with empathy, care, respect and integrity. After that they visited Navodaya Medical College and addressed the student gathering and student wing of IMA. Evening General body meeting was conducted at IMA Silver Jubilee auditorium at 7:00 pm, attended by all members. State president addressed all the members of IMA, women doctors wing and ladies wing. Dr Madhusudan Kariganur past president IMA KSB addressed gathering and stressed upon various schemes of IMA like KSSS, KPSS & KSHS. Dr Shree Harsha Patil secretary IMA Raichur conducted the proceeding of meeting and explained all the branch activities done so far along with IMA blood bank services for people of Raichur and biomedical waste management services for all the hospitals of Raichur district including govt phc CHC, RIMS and Navodaya. Dr Anirudh Kulkarni officiating president presided over the function. Dr Shri Shailesh Amarkhed vice president, Dr Suresh Sagarad divisional coordinator and Dr Sanjeev Chetty district coordinator were present on the dais accompanying state president. Dr Anirudh Kulkarni said that because of the efforts, hard work and contribution from senior IMA members, today IMA Raichur branch is one of the best branches in Karnataka.

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



CME Programme was conducted by IMA – Sagara branch on the topic "Prioritising Mental Health – Role of Doctors". The topic was discussed by Dr. Shubratha K S, Professor, Dept of Psychiatry, SUIMS, Shimoga. Mental health issues are often not recognized, under-treated or considered a taboo by the general public and doctors alike. Common psychiatric problems encountered by all doctors in day to day practice were dealt upon. The vital role of a primary care physician in understanding, recognizing, treating common psychiatric problems and referring a mental health patient at the right time were discussed. The speaker was felicitated by the chief guest – senior gynaecologist Dr. Rajanandini Kagodu. The CME was followed by a discussion on the 'Way forward' for Sagar- IMA branch, the need to enrol into IMA schemes and to increase the membership drive.

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



On 20.11.2022, IMA in association with Rotary East club organised a talk by our member Dr. Kousthuba Arun on breast cancer awareness for inner wheel club members and Rotarians. Team IMA gave a courtesy visit to DHO Dr. Rajesh Surgihalli on 22.11.22. On 26.11.22 IMA Shivamogga In association with Subbaiah Medical college, initiated JEEVADAANA, a BLS training workshop for members who will be trained as trainers and plan is to take this CPR education to general public, police personnel, Asha workers, Anganwadi workers and community at large. Oration on Adolescent Health organised by State IMA Kannada barahagarara samiti and IMA Shivamogga at Sahyadri college on 29.11.22. Prof. Anuradha from JNNCE spoke on Horeyaagadirali Hareya. Oration sponsored by KMC Hubballi 1990 batch students..On 1.12.22, President Dr.Arun MS inaugurated World AIDS Day Jatha from District Court to IMA hall with other dignitaries. Function concluded with stage program at IMA hall organised by DHO office. On 8.12.2022 and 9.12.22 In association with Shivamogga OBG Society we started a series of program called Dheera-stop violence against women (VAW), to sensitise adolescents and students on stopping VAW. Secretary Dr. Raksha Rao and member Dr. Rekha were resource persons. The first session under this heading happened at Jnanadeepa school for 9-12 th Std students. . On 10.12.22- State President Visit. Dr. Shivakumar Lakkol and Asst.Secretary Dr. Laxman Bakle visited our branch for a breakfast meeting. On the occasion, New Year 2023 calendar was released by State President. On 15.12.22 Visit to senior member Dr. Rangappa Gowda House and exchanged pleasantries and enquired about his health. On 17.12.2022, CME in association with Manipal Hospital Whitefield on ARDS management and ECMO by Dr. Rajesh Mohan Shetty and Dr. Manjunath T from critical care team. 55 members attended. Social media presence of IMA Shivamogga enhanced with Instagram page of the same name to publicise the activities of IMA.

On 21.12.2022, IMA members visited the Shivamogga airport under construction and enjoyed the briefing by AEE Mr. Kiran, followed by relishing breakfast and hospitality of Dr. Tyagaraj and Dr. Akshatha at their farm house Katte Mane. Dr. Sreekanth Hegde captured the airport visit in his drone and immortalized the moment for everyone. On 22.12.22, IMA in association with KPMEA called for an emergency meeting to decide on submitting a letter to DC, DHO and DR of cooperative societies protesting against unscientific rates proposed under the re introduced Yashaswini scheme. State level IMA cricket tournament from 23-25 th December was hosted by IMA Shivamogga at 8 grounds. 32 teams and over 600 doctors participated in this mega event. Bengaluru Bulls and Mysuru Royals bagged the winners and runner up trophy respectively. On 28.12.2022, Team IMA met the DC Mr. Selvamani and DR of cooperative society Mr. Vasudev and submitted a memorandum bringing to their notice about the problems in the reintroduced Yashaswini scheme. We spoke to Yashaswini trust CEO Mr. Venkat Swamy over phone and highlighted problems with pricing and he assured that talks are going on in rectifying it. On 8.1.2023, IMA in association with Abhiruchi, Rotary Blood Bank arranged for a Blood donation Camp at IMA hall and around 52 units were collected. On 14.1.2023, we visited senior doctor Dr.Shankarnarayan Raj Urs at his residence and exchanged pleasantries with the 96 year old senior medical practitioner, clinician par excellence and past IMA President. On 17.1.2023 Dr Raksha Rao and Dr. Rekha Shreeshail conducted Dheera - workshop on violence against women (VAW) for around 160 final BCom students of prestigious Kamala Nehru College and sensitized them on Types of VAW, Management, Bystander responsibilities and how to create a gender neutral society.



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

On 29.12.2022: A free health check-up camp was conducted at Shri Ramakrishna School Badadka Sullia. On 04.01.2023 Webinar conducted on awareness and prevention of Japanese Encephalitis with speaker Dr Santosh T Soans, Prof and HOD AJIIMS, Mangalore. On 18/1/23 Training about fire safety conducted at Taluk Hospital Sullia in association with Fire

Brigade department of Sullia. On 19/1/23 Online program with Dr Sanjeeva Kulkarni on zen meditation was conducted.

Branch : Siruguppa
President : Dr. K. Abdul Jaleel
Secretary : Dr. Sujatha Sugoor

The ima ksb state President Dr.Shivakumar B Lakkol visited our branch on 06-01-23. Our branch member and IMA KSB Bylaws Committee Chairman Dr.Madhusudhana Kariganur, IMA KSB PRO Dr.Pavankumar Patil were also present on the occasion. Dr.Madhusudhana Kariganur accompanied IMA KSB President to visit Raichur IMA Branch and addressed the medical students of RIMS Raichur and Navodaya Medical College . We are happy to share that our

branch got registered separately as Bharathiya Vaidyakeeya Sangha, Siruguppa Shakhe with the Cooperative society of Ballari district. We hosted the play based on the autobiography of well known pathologist of Karnataka Dr.S.J.Nagalotimath on 12-01-23 at Abhayanjaneya Temple of Siruguppa. Many public appreciated the play. Dr.Madhusudhana Kariganur gave motivational talk to the PUC students on how to get prepared for and how to face the results at Government PU college on 18-01-23.



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

On 29.12.2022 Talk On Menstrual Cup -Usage And Myths Was Arranged At District Tribal Hostel Girls, Tumkur. On 02.01.2023 TALK On Menstrual Cup -Usage And Myths at District Training

Centre, Tumkur. Resource Person : Dr. Girija Sanjay, Dr. Nalina Yeshwanth, Dr Rachana, Dr. Banushree and WDW team Sensitisation and awareness program conducted to 180 ASHA workers, and motivated them to promote menstrual cup in their areas. Dr. Rajini, District Training Centre Principal also present in the program. On 17.01.2023 The Good Touch And Bad Touch at Seetha School, Hanumanthpura, Tumkur. Resource Person : Dr. Archana, Dr Nandini, Dr. Girija Sanjay, Dr. Nalina Yeshwanth, Dr Rachana, Mrs. Arundathi and WDW team. 50 Students were present in the program. Explained Why National Girl Child Day is celebrated and also played pick and speak games related to challenges faced by Girl child.

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



On 01.12.2022 Nasha Mukth Abhiyan was conducted in association with Rotary Shankarapura at St. John's P U College Shankarapura. Office bearers of Rotary Shankarapura, Udupi and Dr. Keshav Nayak, Secretary, IMA Udupi Karavali were the guests.

Dr. P.V Bhandary, President IMA Udupi Karavali was the resource person for the programme which was attended by about 250 students. On 03.12.2022 Health Checkup camp for Endosulfan affected was conducted in association with Jilla Panchayath Udupi, Grama Panchayath Hiriyaadka, DHO Office Udupi, Dr. A V Baliga Memorial Hospital, and Department of Community Medicine Kasturba Hospital, Manipal at Primary Health center Hiriyaadka. About 50 endosulfan affected were examined and necessary measures taken. On 05.12.2022 Nasha Mukth Abhiyan was conducted in association with Goretta Hospital Santhekatte, Government first grade College and Centre of PG studies Tenkanidiyoor, Udupi at Govt First Grade Colege Tenkanidiyoor. P.V Bhandary, President and Dr. Deepak Mallya Treasurer were the resource persons of the programme. It was attended by more than 250 students. Arogya Vahini Health Education Programme continued in the month of December with our members speaking on various topics. On 04/12/22 Dr.Naveen Ballal, Radiologist delivered talk on Scan and X-rays. On 10/12/22 Dr.Vyshak U S, Pulmonologist delivered talk on chronic obstructive pulmonary disorder (COPD). On 17/12/22 Dr.Vinod Kumar, Neuro Surgeon delivered talk on Head injury . On 24/12/22 Dr.Arjun Ballal, Orthopedic Surgeon talk on Rheumatoid Arthritis. 31st Alcohol De-Addiction Camp inauguration programme was conducted on 01.01.2023 at Kamala A Baliga Hall, A.V Baliga Memorial Hospital Doddanagudde, Udupi. The programme was inaugurated by Dr. Krishnaprasad Ophthalmologist, Prasad Nethralaya, Udupi. Presided by Dr. P V Bhandary President IMA Udupi Karavali. Dr. Muralidhar M Kulkarni, Assistant Professor, Dept. of Community medicine KMC Manipal was the chief guest of the programme. The valedictory programme of the camp was conducted on 10.01.2023. Valedictory program was still meaningful as His holiness Sri Vidhyadheesha Theertha swamiji Palimar mutt addressed the inmates and blessed them for addiction free life. The programme was presided by Dr. P V Bhandary . Sri Shankar Naik H S, Assistant drug controller Udupi Circle, Dr. Narendra Kumar. Orthopedic Surgeon, Sunag Hospital Udupi, Dr. Keshav Nayak, Secretary, were the Chief Guests. About 50 members attended and were benefitted by 10 day camp. Adolescent health awareness programme for students of 5 to 8 standard was conducted on 12.01.2023 between 2 to 4PM at Government Higher Primary School Hanumantha Nagar, udupi. Our Vice President Dr. Rajalaxmi participated as resource person of this programme. On 15.01.2023 Women's Doctors wing of IMA Udupi-Karavali was inaugurated. The following members were unanimously elected as office bearers of the wing. Dr. Rajalakshmi as President, Dr. Amna Hegde as Secretary and Dr. Indira Pai Shanbhag as Treasurer.

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



We celebrated world diabetes day on 14/11/22 in association with District family and welfare office and local organisations. It was well appreciated by yadgiri people and did free diabetic health check up followed by walkathon, for the first time in Yadgiri. On 24/01/23 Conducted interdegree college quiz competition on the topic of Indian Constitution. Total of 8 college teams participated. On 28/01/23 a CME programme was conducted in association with Navodaya superspeciality centre. Dr Shankaragouda B H, cardiologist spoke on Dapagliflozin, the new standard of care in heart failure management & Dr Santhosh N Harkude, Endocrinologist spoke on Sitagliptin - early combination in T2 Diabetes. Women Doctors Wing of IMA Yadgiri was formed with Dr. Neelamma as President and Dr. Shruthi Reddy as Secretary.



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

On 30.12.2022 CME programme was conducted at Royal Orchid In association with Aster CMI Hospital with grand success. Guest Speakers Dr Somashekar and Dr. Vijay Ahuja spoke on Recent advances in Surgical Oncology & Approach to Gynaecologic Cancers respectively. About 120 members participated. Fashion show was attraction of CME, during this event, children, men and women actively participated and enjoyed the show. Welcoming 2023 with cake cutting, was one of the highlights of this CME. Dr. Shobha Prakash our member who is the President Elect of PHANA was felicitated. Guest of honour, Dr. P.V. Ramesh, President IMA Chikballapur, Dr. S. Vijaya, Secretary, IMA Chikballapur, Dr. S. Prashanth, Past President, IMA Chikballapur were felicitated. Happy to share that Dr Udaya bhanu ENT surgeon & our EC member has authored 2 chapters in the newly released edition of a new



competency based text book of ENT for undergraduates, as per cbme, NMC guidelines. Emergency cardiac kit containing medicines for a cardiac emergency was distributed to all our members.



Branch : Bidar
President : Dr. Madan Vaijanath
Secretary : Dr. Mallikarjun Panshetty

Republic day celebration was held with flag unfurled by President Dr Madan Vaijanath & Secretary Dr Mallikarjun Panshetty. On this occasion, pledge was taken to make MEDICON 2023 a grand success.

WDW-IMA Bidar branch conducted.

- 1) National Youth Day celebration at Sharanabasaveshwara Residential PU College Bidar on 12_01_2023 on the Birth Anniversary of Swami Vivekanand ji
 Motivational speech given to Youth creating awareness about Youth Empowerment and Future of Country
 - 2) Conducted National Girl child day celebration on 24.01.2023 at Gurunanak public school Main branch Near Nehru stadium Bidar ...delivered speech on Girl Child Rights - about her Care Health Education Employment Empowerment.
- Dr. A C Lalithamma, Chair person WDW-IMA Bidar and Dr. Shweta Kunkeri, Secretary WDW-IMA Bidar

IMA-KSB State Level Medico-Legal Conference on 29-1-2023



President Visit to Various Branches



Ballari



Koppala



Raichur



Navodaya Medical College, Raichur



Raichur- RIMS



Siruguppa



Hospet

Glimpses of Republic Day Celebrations @ IMA Karnataka Branches



President / Secretary of States & Office Bearers Meet @ Head Quarters New Delhi



IMA-KSB President felicitates Past President Dr. M.S. Siddegowda on the occasion of his son's Marriage

Career Guidance

Study and work in the UK

Internationally trained doctors, also called IMGs (International Medical Graduates), who represent more than a quarter of UK's doctors, play a vital role in the successful running of the UK's National Health Service, the umbrella term for the publicly funded healthcare system that provides universal and free healthcare services.

Career opportunities for International Medical Graduates in the UK.

To practice medicine in the UK, doctors need to hold a registration with a license to practice from the General Medical Council, the public body that maintains the official register of medical practitioners within the UK.

Medical practitioners are on the Shortage Occupation List (SOL), which means their role is deemed by the UK government to be in short supply within the UK and they're afforded a relatively relaxed eligibility criteria for sponsored work visa applications.

They've also been exempted from the Resident Labour Market Test, which means they can apply for any specialty in any recruitment round, subject to eligibility. These relaxations mean that IMGs no longer have a disadvantage, specifically in relation to jobs, when compared with UK-trained doctors.

There are numerous pathways to work in the UK as an IMG. These options mean that it's a flexible system that provides opportunities for doctors from different backgrounds, but sometimes, it can get quite confusing to identify the best possible pathway.

These pathways include:

- Professional and Linguistic Assessments Board (PLAB)
- Medical Training Initiative (MTI)
- GMC sponsorship route
- Postgraduate route (Membership exams)
- Internal Medicine Training program route
- Certificate of Eligibility for Specialist Registration (CESR) route

PLAB Pathway

Out of the options listed above, PLAB is the most preferred route for IMGs because of its straightforward nature. It demonstrates that IMGs have the right skills and knowledge to practice medicine in the UK. It consists of 2 parts:

Part-1: Consists of an MCQ exam and is conducted in a number of countries worldwide, including India

Part-2: Consists of an objective structured clinical examination, which is a practical-style exam, conducted in the UK.

Level of difficulty

In terms of difficulty, PLAB isn't necessarily a difficult exam, with latest numbers showing around 74% and 70% pass rate for Part-1 and Part-2 respectively.

Exam center and frequency

PLAB 1 happens 4 times in a year in the UK and in a number of overseas locations.

PLAB 2 test dates are available throughout the year, is held at assessment center in Manchester, UK

All exam places are limited and in high demand.

You can book your PLAB 1 test after getting required scores in your English proficiency test.

Jobs in the UK

Training in the UK is divided into 3 distinct parts, depending on your target specialty:

- Foundation training
- Core training
- Specialty training

Transition from PLAB to the UKMLA

As per the latest reports, from early 2024, IMGs who would have sat the PLAB exams will start to take the UKMLA instead, if they're applying for registration in the UK, and the UKMLA will replace the existing PLAB test.

About GooCampus

GooCampus is a medical educational counseling & consulting firm based in Bangalore, India that helps doctors pursue post-graduate opportunities in India, the UK, the USA and Australia. We specialize in helping IMGs through the UK PLAB journey and assist them through all stages of their application, right from their English language exam, all the way through job interviews.

An exclusive community for medical professionals

Over the past few years, we've noticed that one of the challenges that medical graduates face is the lack of connection and mentorship.

With this in mind, we launched InspireIMG (www.inspireimg.com) a global community for healthcare professionals, to share ideas & stories, to learn, to educate, to motivate and hopefully, to inspire each other.

Ashwini Suryanarayana

CEO & Chief Counsellor

GooCampus Edu Solutions Pvt. Ltd.



MEGA SPECIALTY MARATHON 2023



Be the light, guide the next generation.

INVITING **SPECIALIST DOCTORS** FROM ALL SPECIALTIES TO COME FORWARD TO MENTOR THE NEXT GENERATION OF DOCTORS.

Were conducting a **Virtual Mega Specialty Session** in 2023 where specialists will conduct sessions, highlighting their particular specialty, including:

What are the global career prospects & opportunities?

What are the requisite skill sets for a particular specialty?

Opportunities for sub-specialty?

What does it actually take to be successful in a particular specialty?

Inspire IMG is a social community. An ecosystem of connected networks.

A single platform to connect medical professionals and leaders around the world with an initiative to share, educate, motivate, and to inspire.



Impart . Motivate . Grow

Your valuable experience, knowledge and a few minutes of your time can really touch the lives of thousands of doctors around the world.

Scan The Code To Join Now



Become an **INSPIRER**

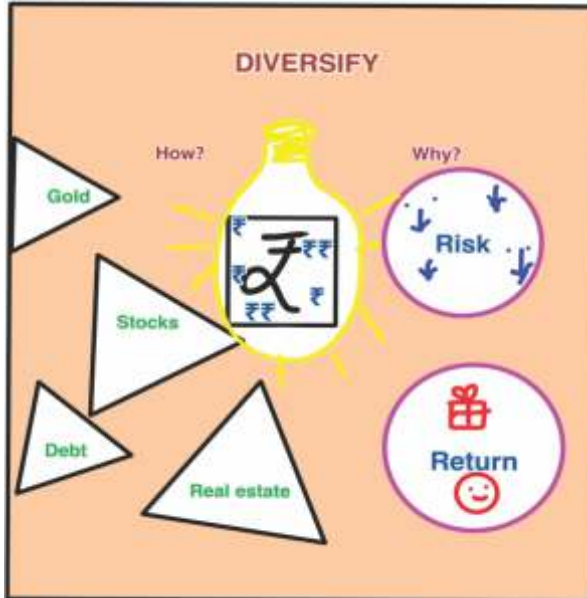
Conduct Webinars & Workshops
Provide Effective Mentorship
Share Success Stories

Write To Us
ashwini.s@inspireimg.com
Ashwini Suryanarayana, Founder - InspireIMG

Personal Finance

Diversification In Finance: What, Why and How?

“Don't put all eggs in one basket”! You might have often heard this advice from market geeks. This is to imply 'Diversification'.



What?

Diversification is the technique of dividing your money among different types of investments. It's the investing version of spreading your bets. If one has different investments and the value of one falls, your other investments can help stabilize your portfolio's overall returns.

Why?

Diversification is often called “the only free lunch” in investing because it can reduce risk without reducing returns. Its benefits are-

Reduced risk: The more you spread your money around, the less you lose if any one or two of your assets fail.

Smoother returns: Any one investment might increase or decrease in price from time to time, but holding a wide range usually reduces the bumps.

Caution: Too much of diversification is not good too.

How?

Our visionary doctor-cum-finance nerd, Dr Ram, founder of 'Wealthcon' has made a mnemonic for

assets-GRED. No dread, no greed, just spread in GRED! Invest and manifest. It's Wealthcon's safe bet, for asset-allocation. As balanced diet is for a healthy life, so is GRED formula for a balanced portfolio.

G Gold R Real estate E Equity D Debt

Gold- Coins, Sovereign Gold Bonds(SGB), Goldbees.

Investment in this asset saves you when stock market/Nifty goes downhill.

Current fact: Gold investment in India provides consistent returns in the long run - 8 to 10 %; it's observed that Nifty and Gold usually run in opposite directions.

Real estate- includes property land/building eg Residential, commercial and agricultural.

This is one popular asset which always lures doctors. But investing here requires large capital and you need to be clear about why, when and what to buy. It is agent-dependent and difficult to maintain, if located far away from your place. Mind you, our next generation might not be interested in real estate. On the other side, though its liquidity is poor, it can never become zero unlike equity or debt. One needs to weigh the pros and cons before allocating here.

Current Fact: The average 10-year return on real estate investment has been 10%. This is based on the reports published by several real estate research firms that compared returns from nine biggest cities in India. However rates may vary if you look at particular cities.

Equity- Stock/shares, mutual funds. Before investing here, in various sectors, of different sizes,

Inspect- (see/analyse stocks)-Validate the stocks with fundamental and technical analysis.

Palpate - (feel your pocket) capital; Percuss-periodically to fathom the steadiness of the stocks.

Auscultate- hear from experts (like Wealthcon)

Current Fact: Return can vary depending on the investing/trading strategies. The wealthcon propagates safe strategies, in which the return is really good, ranging from 12-24 %.

Knowledge Pearl for doctors : Wealthcon's Dr Ram sir has framed MPTDS, MDSPTS criteria to select

good stocks and CAARESA criteria to select good mutual funds.

Debt- Bank FD, PPF, NCD, Seniors Citizens Scheme, Bonds, debt funds.

The central or state governments raise money from the market by issuing government securities or bonds and borrows money from you and will pay interest to you at regular intervals.

This option is for wealth-protection rather than wealth-creation, is safe and especially suits senior citizens.

Current Fact: The return here is usually around 4 to 6 %.

Principles of asset allocation:

1. A young doctor should invest more in Equity.
2. The elderly should have more investment in Debt.
3. None of the single assets should have more than 50% allocation.

Caution: It's commonly observed that doctors have 80-90% asset in Real Estate, which is not advisable.

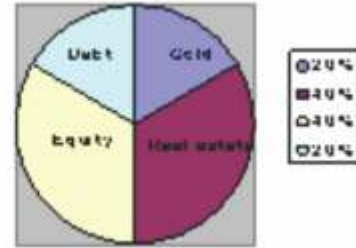
'GRED' ratio

This ratio helps one to understand the concept of diversification. You can always balance and adjust it according to your funds and needs. Wealthcon guidelines for GRED ratio at different decades of life: - Proportions are arbitrary-

30 years- 5:40:55:5; 40 years -10:40:40:10; 50 years 10:40:30:20; 60 years-10:40:20:30. 70 years - 10:40:10:40; 80 years -5:40:5:55. A good 'GRED ratio' as depicted in the pie chart, can be 20:40:40:20, especially for the young doctors and the risk-takers. It's not a rule but a recommendation by Wealthcon.

Now that you know about diversification, assess allocation in GRED in existing portfolio. You should

be aware that each financial instrument has its own characteristics -costs, tax, liquidity, risk and return. It is highly recommended, for all the allopathic doctors to join and follow Wealthcon India, to find suitable financial instrument as per time, age, risk, appetite,



goal, expertise; to identify & train oneself as passive or active investor.

Finally, one can never completely eliminate investing risk, but diversification can significantly reduce it. Diversification (and 'wealthcon'figuration) lets you smoothen the ride. Wealthconindia.com ka haath, hamesha aapke saath! Wealthcon-wand in your hand, filled with finance core, has benefits much more.

- Dr. Jyoti S. Ghongdemath

Obstetrician & Gynecologist,
Life-Member IMA, Gokak, Wealthcon's TMP Graduate.



Announcement of the IISc MBBS and MPH Internship Program

Under this competitive program, selected MBBS and MPH students will get an opportunity to work in a project under a faculty in Indian Institute of Science for a period of 1 to 2 months. The internship program will also include a webinar series featuring pedagogical talks on various research topics to provide a key insight into a specific medically relevant problem.

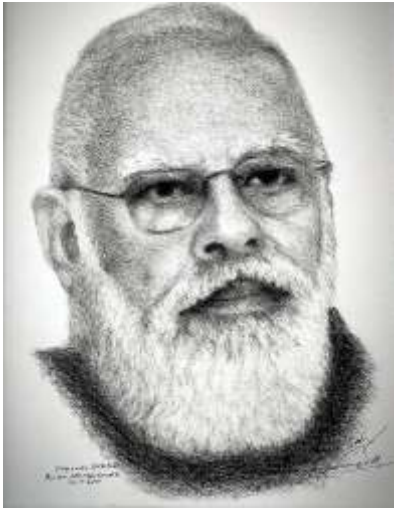
Thematic areas of Research: Cancer Biology, Biomaterials, Biomedical devices, Artificial Intelligence, Virtual Reality, Non Communicable Diseases, and many others.

To apply : <https://org.iisc.ac.in/mbbs-internships/>

My Hobby My Passion

Charcoal Sketch

By Dr Halsangimath Suresh
Member IMA Dharwad



My Hobby My Passion

Painting

- Dr (Mrs) Rama Shankar
Member, IMA Yelahanka 9980809760



Painting is a passion for me. When I was in 12th standard I used to do my Biology practical records with so much interest that my father used to say – if I give half of that interest for other subjects I will ace everything. My interest in art started with shading all the plants and animals at that stage but now it is my Hobby and passion which has become a parallel profession. I devote about 3 hours every week exclusively for this passion and those 3 hours I completely lose myself and get detached from the outside world. It gives me satisfaction to that part of mind which craves for peace & happiness. I mainly use oil on canvas. Oil is a medium with which you can dance on canvas. You can merge colours easily, it is very smooth on the brush whereas with acrylic which is another medium you have to be very quick & finish your strokes in a jiffy as it dries up fast. I have also meddled with water colours and poster paints. Another medium I like is Indian ink. I feel that art is like a mother coining a lullaby for her baby. She may not be a poet at all but with all the innocence & love she puts forth her own words which is art in itself. I feel everyone should nurture their inner talent so that nobody has the time or mind for the turmoil that is going on in the world at present. I have done solo exhibitions in Karnataka Chitrakala Parishat, at various resorts and many conferences. With so many members of IMA interested in painting maybe we can host an exhibition one day....



Trek to Kumara Parvatha

Dear trekking enthusiasts I am sharing a small story about our kumara parvatha trekking journey. Please go through it. It will be like a documentary. Which may help some other people who want to do this trekking.

Dear friends, we had been to Kumar Parvatha trekking during the 3rd weekend of December. It was an amazing experience. I wanted to share the experience with you all so that those who are interested can get some clues and inspiration also. Kumar Parvatha is supposed to be 4th highest peak in Karnataka but it's one of the toughest trek. Those who are trekking frequently should and must do this trek.

9 like minded people joined together and made a group and started preparing. We took my friend & classmate Dr Shyamkumar's help in booking and contacting the right person there. We booked our tents, sleeping bags, trekking guides etc and left Sirsi on 23rd night by bus to Mangalore. From there we went to Kukke Subramanya by Bus. Reached Subramanya by 11.30 am. Had special Darshana and Special Prasada Bojana in Kukke Subramanya temple. Thanks to Ramachandra Bhat who guided us nicely and arranged everything. We kept our extra luggages in the cloak room and immediately headed for trekking.

At the entrance of trekking starting point, Forest officials check the bags for plastic items and will take

the count of all plastic items and they take deposit of Rs 500 which will be given back once you come back and give all counts correctly. They are not allowing Gutka, cigarettes, alcohol, matchbox and lighters. Because of that whole trekking route is totally free from plastics and wastes. It's really appreciable that these forest officials are doing this job sincerely with all patience in spite of heavy rush on weekends. We cooperated with them and showed our bags and started climbing the Kumar Parvatha. First day we have to travel 5 kms and stay at Girgadde Bhat's house. We started at around 3.30 pm and reached the spot at 6.30 pm. By the time we reached Girgadde it was already dark and on the way we enjoyed the beautiful views of Sunset and green forest.

When we reached Girgadde we were shocked to see the crowd. There were more than 500 people.

Wherever you go there was huge rush. Tents every where. No network to contact anyone and full of chaos. We negotiated ourselves inside the house to find cool and calm Girgadde Bhatru. He confirmed our dinner and stay and introduced us to Mr Balarama Bhat who was supposed to give us tents and sleeping bags. There was huge crowd in front the house. We took our sleeping bags and went to tents and kept our luggages in tents and washed our face and freshened up. There we met MR Varun Jenugoodu our Trekking leader and guide. He gave us all instructions and then we went to dinner. Only to



find huge crowd standing in front of the house. We decided to come back and eat whatever we have carried in our bag and sleep off. Got up at 2.30 am. We all freshened up and started moving to Forest check post. There were 100 s of people already waiting in the forest check post. Our guide Varun was supposed to be lead trekker and he took us in front. We were the leading team and started moving at 4.00 am in deep darkness with the help of Headlights and mobile torch.

You can see in the picture, torch bearers moving in line. There were thousands of them trekking along with us.

It was really a difficult trek but because cool weather and darkness we did not feel tired. When we saw the first rays of Sun it was breathtaking and so wonderful feeling. We reached Shesha Parwatha by 6.05 am and had wonderful experience. It was so pleasant with cool breeze and wonderful weather. We felt really fresh and all our tiredness of climbing Shesha Parwatha gone. We spent enough time on the top of Shesha Parwatha till all our teams joined. We ate some snacks drank water and relaxed there for more than 30 minutes. After that relaxing experience we started again to Kumar Parwatha. It's another 45 minutes trekking to climb Kumar Parwatha. At last we reached Kumar Parwatha by climbing a steep rock and reached the top by 8.00 am. It was a great achievement and we all felt ecstatic and feeling was unexplainable. In fact photos and Videos can not give the real picture of how we actually visualised the magnificent view all around Kumar Parwatha.

We had our breakfast which we carried along with us and then relaxing Body conscious Relay Dhyana. Took plenty of photos and saw the Kumar Pada and

also the Temple on the top. You can see in the picture, 6 year old girl Nischita who had come along with her parents to do this trekking. In between she was demanding chocolates specifically Kitkat only. Some times her mother sometimes father, friends and also our Trek guide carried her on their shoulders. Then we started our Journey back by 10 am. It was actually more difficult than climbing up. Because there was more pressure on your leg muscles. You need put leg firmly on uneven ground with lot of pebbles and gravel and big stones. It was really demanding and all our teammates negotiated well and we reached Girgadde by 1.30 pm. On the way we saw this Kallu Mantapa which was not visible in the dark while climbing up. We had our Lunch at Girgadde and freshened up. It gave us fresh energy and relaxation time. Again we left Girgadde to climb down the hill to Kukke Subramanya.

On the way back when we started getting network we called our team members who had gone ahead to Manglore and co ordinated with them. We called Ramachandra Bhat and booked a taxi to travel to Manglore from the Forest check post itself. We reached the check post by 5 pm. There was big que to check the bags. Completed the formalities and left the place by 6.30 pm. We had good driver who drove well in some short route to take to Manglore in time & Traveled back to Sirsi by bus.

Dr Dinesh Hegde

Mahalaxmi Memorial Hospital, Sirsi

Mob :- 94481 53406

Our team members Rtn Anantha Padmanabha, Dr Krishnamurthy Raysad Dr Ramesh Hegde, Dr Dinesh Hegde Dr Madhukeshwar, Smt Sangeetha Devappa, Mrs Sindu Chandra Hegde, MR Pranav M N and Miss Prakruti Ananth.





Rani Ki Vav - Incredible India !!!!



All over the world, India stands for its Unity In Diversity. Diversity is there in its cultures, communities, religions, languages, tribes, food, arts, literature, traditions, clothing etc, with the history of more than five thousand years. Travelling is an amazing way, to explore and experience all these things. It's an opportunity to learn a lot of new things in life. It also breaks the monotony of our daily routine and re-energizes us, mentally as well as physically. After watching superstar Amitabh Bacchan's advertisement on Gujarat Tourism, "kuch din to gujaro Gujarat mein", for so many years, I used to think about planning Gujarat trip. And finally, with a lot of excitement, I planned it, along with my husband, in November 2022. Being a south Indian, from Karnataka, I was very keen to experience the vibrant culture of Gujarat. Our trip included Ahmedabad, Gandhinagar, Patan, Modhera, Dwarka, Porbandar, Somnath, Vadodara, Kewadiya etc. All the places were worth to visit, to explore and experience Gujarat, its flavorful food, its colorful lifestyle, its rich culture etc.

Being a staunch admirer of heritage sites, I just loved the visit to Rani ki Vav, or Queen's Stepwell, located in Patan, 120 km from Ahmedabad. It is the finest & one of the largest examples of its kind, with its extraordinary architectural details. Though India is full of monuments, built by the kings for their beloved queens,

this one is different and unique. It was built in the loving memory of King Bhimdev 1st, (AD 1022_1063), by his wife Queen Udaymati of Solanki Dynasty, about 900 years ago. It took about 20 years to complete this magnificent stepwell. The Vav or stepwell measures about 64 meter long, 20 meter wide and 27 meter deep. It has pillared and multi storied pavilion. It was designed as an inverted temple, highlighting the sanctity of

water. It has seven levels of stairs, with sculptured panels, leading to a deep circular well, and a large tank for collecting surplus water. The architectural brilliance and elegance of the Vav is represented in its pristine glory in the ornamental work. The beautifully proportional sculptures of gracefully carved Mahishasurmardini, Parvati, Vishnu in Dashavatars, Ganesh, Surya, Kuber, Laxminarayan, Apsaras and many other religious and mythological images adorn the walls, pillars, columns and beams. There are more than 500 major sculptures, over 1000 minor sculptures at this monument. It reflects the mastery of



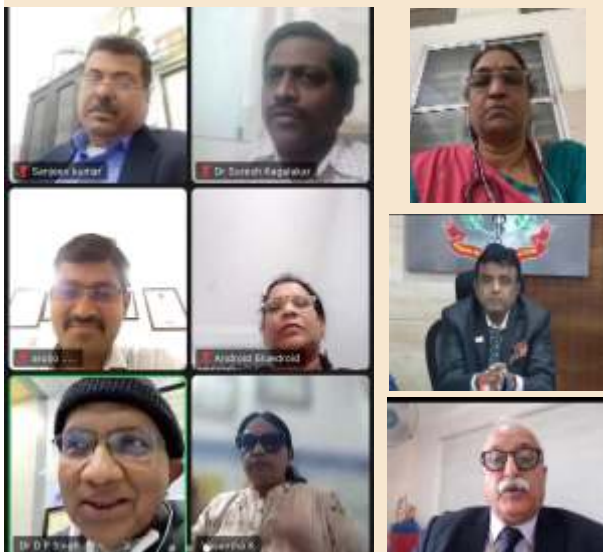
the complex technique with finest details & proportions, that too in 11th century. This place of our rich cultural heritage, was almost lost in time, as it was buried underground, due to major floods in Saraswati river. Nobody knew about this wonder, buried underneath till 1950s. The complex process of recovering & excavating this place started in 1958. The painstaking efforts of Archeological Survey of India, exposed the hidden treasures of sculptures and architectural wealth. It was excavated bit by bit, manually, to ensure that none of the artworks, are mixed with mud and thrown away. It took more than 30 years to complete the restoration work. Today, this place holds the title as, one of the cleanest iconic places, in India. It was declared UNESCO World Heritage site in 2014. I remember, viewing the exact miniature replica of Rani ki Vav, with digital display, there in National Museum, at New Delhi. It was to project and to promote it, as one of the finest wonders of Indian Heritage, to the world. Really its worth to visit atleast



once in a lifetime. Rani ki Vav, is considered to be the Queen among the stepwells of India. Just imagine, thousands of intricate carvings around you, when you step down in the well, very fascinating ! And you will be surprised to know, that you carry this monument in your pocket daily. Yes, it's on your Hundred Rupee note.

Dr. Latha Kelagar,
Member, IMA Ranibennur

Activities of IMA-AMS



A webinar on Japanese B Encephalitis was organised on 4th January by IMA AMS Karnataka State. Dr Santosh Soans Prof HOD AJ Institute of Medical Sciences and Past President IAP was the speaker . The session was chaired by Dr M S Rajanna Former Prof HOD Dept of Community Medicine SSMC Tumkur . Dr Geeta Doppa Chairman and Dr Suresh Kagalkar Hon Secretary IMA AMS attended the Meeting of the State Chairmans and Secretaries organised by IMA AMS Head Quarters on 12 th January to discuss about membership drive of AMS and activities for 2023 . Dr Geeta Doppa was a speaker and panelist in the CME Gynecpath - Tumours of Female Genital Tract organised by KoIMS on 21 st January 2023. Every first Wednesday 8-9 pm we will be conducting an online webinar on a topic useful to all and a major health concern to the society. Requesting all the local branch President and Secretaries to encourage maximum members from your branch to become IMA AMS members .

- Dr Geeta Doppa
Chairperson IMA AMS Karnataka.

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ಭಾರತ ಸರ್ಕಾರದ ಒಂದು ಉದ್ಯಮ

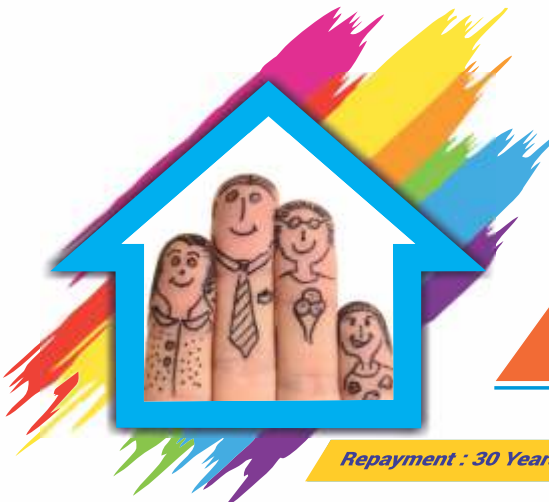
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89th IMA

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



89th
MEDICON
2023



BLOCK YOUR DATES
27th-29th October 2023



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

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



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.

ENROLL YOUR MEMBERSHIP FOR IMA KSSS OLD EXISTING & SILVER JUBILEE SCHEME

"EACH ONE GET ONE"

ADMISSION FEE STRUCTURE FOR OLD EXISTING & NEW SILVER JUBILEE SCHEME

Age in Yrs	Below 30	Betwn 31-35	Betwn 36-40	Betwn 41-45	Betwn 46-50	Betwn 51-55	Betwn 55-60
Fee for Existing old Scheme	Rs. 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/-

Recent death claim in Old Existing Scheme – Rs. 17,93,000/-

Recent death claim New Silver Jubilee Scheme – Rs. 52,77,500/-



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



IMA'S KARNATAKA STATE HEALTH SCHEME

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IMA KSHS

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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.

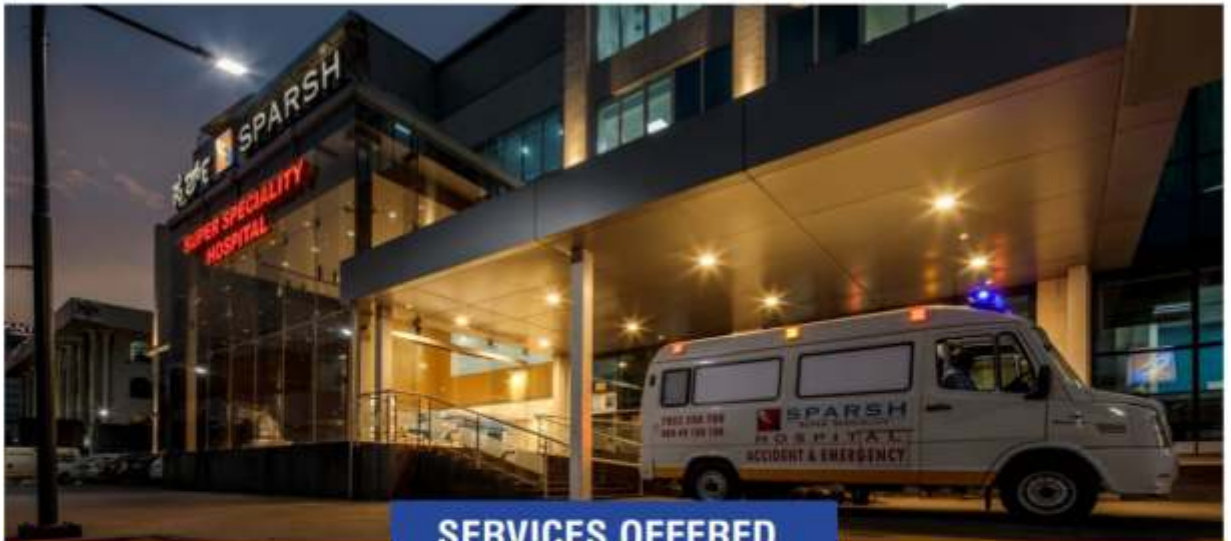
Chairman
Dr Jambunath Gouda
094481 45035

Secretary
Dr Madhusudhan K N
094481 40003

Treasurer
Dr Hanumantappa A
99456 05974

Official Address : Dr. Jambunath Gouda, Kottureshwara MRI Scan Centre
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- Gastroenterology, Hepatology
- GI, HPB Surgery
- Bariatric Surgery
- General Medicine
- Endocrinology
- Geriatric Medicine
- Breast Oncology
- Medical Oncology
- Surgical Oncology
- Haematology, Paediatric Oncology & Bone Marrow Transplant
- Nephrology
- Urology
- Pulmonology
- Dermatology
- ENT
- Dentistry
- Obstetrics & Gynaecology
- Fetal Medicine
- Paediatrics (Paediatric & Neonatal ICU)
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