



# IMA FOCUS

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**JULY 01**

**NATIONAL  
DOCTORS'  
DAY**

**JULY 28**

**WORLD  
HEPATITIS DAY**



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info@sugunahospital.com | 080 40194444 / 23327777

www.sugunahospital.com

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Dr. Shivakumar B Lakkol  
9448560400 / 9606034326  
sblakkol@yahoo.co.in

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Dr K.G. Shankarnarayana  
98450 65527  
drshanky@yahoo.com

## SECRETARY IMA FOCUS

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77953 23949  
praveenpgimer@gmail.com

## HONORARY TREASURER

Dr Vijayaradhi A  
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dravs73@yahoo.com

## EXECUTIVE EDITORS

Dr B P Karunakara  
9845263322 / 9606034325  
bpkaruns@gmail.com

## Dr Venkatachalapathy M

94489 85667  
drmvchalapathy@gmail.com

## CO-EDITORS

Dr Soumya Y J  
98452 22245  
soumyayjs@gmail.com

## Dr S M Prasad

98451 05122  
smprasad63@gmail.com

## EDITORIAL BOARD

Dr Y C Yogananda Reddy  
98440 85120  
reddy.yogananda@gmail.com

## Dr N Someshwar

98804 65661  
naasomeswara@gmail.com

## Dr Ravindra R

98450 34546  
drravindra@sugunahospital.com

## Dr Rajendra P Joshi

98456 44283  
drpjoshi@gmail.com

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99862 24148  
drkarthikjgouda@gmail.com

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94482 15940  
drnveena@gmail.com

## Dr Sachin Revankar

98802 50083  
drsachinrevankar@yahoo.co.in

## STATE OFFICE BEARERS

Dr S Srinivasa  
93412 38129  
drsrinivasa7@gmail.com

## Dr Narayanamurthy C

98453 16090  
murthyath@gmail.com  
vasavidagnostic@gmail.com

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94480 69977  
dr.prasannashankar@gmail.com

## Dr Rajashree R Anagol

94481 57444  
rajashriangol1969@gmail.com

## Dr Shrishaillesh Amarkhed

94481 15525  
drshrishaillesh@yahoo.co.in



## EDITORIAL

From the Desk of  
Dr. K G Shankarnarayana

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

**WISHING YOU ALL A VERY HAPPY DOCTORS DAY**

A wonderful and memorable function was held on 1st of July by IMA KSB to felicitate 12 awardees who were selected through a diligent process by the award committee.

On behalf of the editorial committee I wish to congratulate all the awardees for their contribution to the society in general and medical community in particular.

Congratulations to Dr Madhusudan Kariganoor for having been bestowed upon the National Doctors Day award for his distinguished Community service . Would like to congratulate many of our members who have been honoured for their service by various branches of IMA as well as other organizations across the state during this occasion of Doctor's day.

During the felicitation programme our dear President Dr S B Lakkol stressed the need for including and consulting IMA in all health related policy matters of the government. In addition he also requested to strengthen the existing laws concerning violence against doctors and health care establishments. The honourabe minister of Health & Family welfare Mr Dinesh Gundurao who inaugurated the function has given a favourable response to these requests . He has assured to fix up a definite day & time to discuss these matters and take necessary action. This I feel is an important outcome of this felicitation programme.

In this edition we have a very thrilling travelogue about Manaslu Circuit trek embarked by our member from Bellary, Dr Narayana Acharya along with an informative column about Dietary Fibre by Dr Annappa Pangi as well as contributions in personal finance column and medical crossword. Request the members to go through the same and share their feedback.

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

Finally following is the list of important events during the months of Jul – Aug 2023,

1st July - National Doctors day  
11th July - World Population day  
28th July - World Hepatitis day

1st – 7th August – World Breast feeding week  
25th Aug – 8th Sept – Eye donation fortnight

**LONG LIVE IMA**



# PRESIDENT'S MESSAGE

Dr. Shivakumar B Lakkol

*Dear Esteemed members,*

*"Without labour, nothing prospers." - Sophocles.*

1

UNITY IS OUR STRENGTH

LONG LIVE IMA



**Dr. Madhusudhana Kariganuru**

## *Congratulations*

For his more than 500 Health Education programmes in 200 villages Health Quizzes in 75 schools, More than 75 motivational classes for SSLC students, 25 Health Quiz competitions for students, Training police personnel, Bank employs, Students in CPR - More than 20 programmes with mannequin, IEC to more than 5,000 teachers in First aid.

**Food Service Counter inaugurated on 1st July 2023 at IMA KSB Premises**





# SECRETARY'S MESSAGE

Dr. B P Karunakara

*Dear esteemed members,*

*Greetings from IMA KSB!*

IMA

LONG LIVE IMA



## VICE-PRESIDENT'S MESSAGE

**Dr. Rajashree R. Anagol**

### ***WISHING YOU ALL HAPPY DOCTORS DAY***

Let me congratulate all doctors who are felicitated on this day. Also our own members Dr Madhusudhan Kariganur who has received national award for his excellent social works and Dr Shivkumar Kumbar for success fully completing and getting awarded Ph.D (law).

As the monsoon has already started, we will have to educate the public on how to prevent water and vector borne diseases.

We all should adopt the newer technology in our field of medicine in the clinic and hospital practice.

Go India, Go Digital.

LONG LIVE IMA



### **Dr. Apoorva Pandit**

life member of IMA Mandya Branch, and daughter-in-law of IMA KSB past-president **Dr. M. S. Siddegowda** received gold medal for securing 1st rank in M.D Pathology for the year, 2022-23, in the 25th convocation of Rajiv Gandhi University of Health Sciences held on 10.06.2023 at J. N. Tata Auditorium, IISC, Bengaluru

# BRANCH ACTIVITIES



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

On 21.05.2023 IMA Bellary branch in association with the Anjana diagnostics Bellary conducted a CME at the District hospital. Topic: Varicose veins - A comprehensive overview by Dr. Pradeep Reddy, Interventional Radiologist. On 25.05.2023 CME SESSION: IMA Bellary in association with the Manipal Hospital, B'lore organised a CME Scientific session with the various specialists from their Hospital. The

doctors spoke on their specialized subjects and it was an amazing knowledge delivery session to the audience. On 31.05.2023 NO TOBACCO DAY There is a fire at one end & a fool at the other! In association with the District hospital, Family welfare & District judiciary services we organised a Jatha on May 31st on the occasion of No Tobacco Day. This year's theme was Grow food Not Tobacco. Chief guest Dr.Rajesh Hasmani flagged off the event. In his speech he highlighted on the harmful effects of cigarettes and tobacco products. On 03.06.2023 WORLD BICYCLE DAY: On the occasion of the World Bicycle day, we conducted a mass cycling to commemorate the day. Highlighted the benefits of using the Bicycle which is a simple, affordable, clean and a sustainable means of transportation. On 05.06.2023 WORLD ENVIRONMENT DAY: IMA Bellary branch in association with IMA WDW celebrated World Environment day. Saplings were planted by our local resident senior doctors on the newly donated land for the IMA near the NPR colony. The year 2023 will mark the 50th edition of World Environment Day which will be celebrated under the theme 'Solutions to plastic pollution'. On 10.06.2023: CANCER SCREENING AWARENESS PROGRAMME: Team IMA Ballari and WDW conducted a Cancer awareness programme through a Ppt where the audience at Women's college for teaching & other accessory staff were made aware of preventive diagnostic tests. Dr Renuka Manjunath, Dr Sangeetha, Dr.Anupama Sundar and Dr Preethi conducted the programme. On 17.06.2023 CME SESSION Team IMA Bellary in association with BGS Global hospital B'lore, arranged a scientific session on various topics by eminent speakers who are pioneers in their own subjects of interest.

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

In the month of June 3rd & 4th we had a Annual Mega CME which was conducted at Shoonya Resorts Begundhi 10 km away from Belgaum situated at uphill of western Ghats with nature beauty. CME chairperson Dr.Sanjay Porwal and Co chairperson Dr Smita Koujalgi and CME committee members took lot of initiative to organize such a wonderful CME

attended by more than 270 delegates with credit hours of 4 point. Started on Saturday afternoon with lectures and ECG workshops, was well attended by house surgeon of medical college and delegates.

Followed by two oration give by Senior faculty Dr.Purandare and Dr.Laxman. Followed by inaugural ceremony with Senior IMA members As guest of honour Dr.Kagal, Dr.Joshi and Dr.Kulkarni. Evening gala dinner was arranged at lawns with a splendid gazlals and delicious dinner. Sunday morning Started with breakfast Followed by various topics from reversal of diabetes to renal transplant and cardiologist panel discussion by many eminent speakers from outside state and local speakers. Reversal of diabetes Dr. Harish Joshi, are we staring at the death of stethoscope Dr.Rajapkha, living with low platelets Dr.Jija. Liver chiroshis is the end Dr. Vardharaj. Renal transplants Dr. Khanpet, panel discussion on cardiac failure Dr. Sanjay Porwal and Dr.Saldhana, financial management and many more. Event concluded with closing remarks by Secretary. Working committee meeting was held on 14th June with more 50 members attended and various topics were discussed. World blood donation day celebrated.





On 31st May 2023: WDW IMA BB Co-chairperson Dr.Rajasree MB, in association with BBMP conducted a health awareness program on 31st May 2023, on the occasion of World No Tobacco Day in Chamrajpet, Bangalore. The importance of this year's theme "Grow Food, Not

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



Tobacco" was explained to the general public. 25 people took part in the health awareness talk. On 31st May 2023: WDW Member and IMA BB Vice President Dr. Sathyavathi K. in association with BBMP, conducted awareness program on 31st May 2023 on the World No Tobacco Day and did Jatha along with school children at Okalipuram. On 1st June 2023: Webinar on WORLD NO TOBACCO DAY. Under the Presidentship of Dr.

Venugopal K, IMA Bangalore Branch WDW conducted a webinar to mark the occasion of World No Tobacco Day (May 31st), on 1, June, 2023, organized by IMA BB WDW Co-chairperson Dr. Rajasree MB. IMA BB WDW Chairperson Dr. Mamatha M, webinar Chairperson, Dr.Radhika Kapatia, Consultant Plastic Reconstructive Surgery at Shri Shankara Cancer Hospital, Bangalore. Speaker, Dr. Varun Kumar, Consultant Radiation Oncologist, Bangalore, spoke on "TOBACCO and CANCER". The webinar was attended by 20 doctors who participated in the discussions. On 8th June 2023: Under the Presidentship of Dr. Venugopal. K, Dr. Vimochana, Dr. Kanchana Senior Paediatricians and Dr. Sathyavathi K Vice President conducted Complementary feeding day awareness program at Srirampuram uphc, around 20 lactating mothers were given awareness about complementary feeds. On 8th June 2023: As part of Protest Day IMA BB President. Dr. Venugopal K, Hon.Secretary Dr. Madhushankar L Dr. Mohan Kumar M Joint Secretary IMA BB Dr. Pradeep Kumar K N Vice President IMA BB & Dr. Sathyavathi K Vice President IMA BB & EC Member attended, The Condolence Meeting On 18th June 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 at the IMA Auditorium on 18.6.2023. This program was attended by 60 persons , Number of speakers 2. (1) Dr. Nataraj KS, MD DM Senior Consultant and Haematologist Shankara Cancer Hospital gave a talk on: "Anemia causes, treatment and how to improve Hemoglobin naturally. (2) Dr. Rajpal Singh Interventional Cardiologist Fortis Hospital Bannerghatta Road, Bangalore gave a talk on: Blood thinners for Heart patients: which, when and for Whom"? . On 20th June 2023: Members attended workshop on breast disorders at Apollo Hospital, Bannerghatta Road, Well conducted by Oncosurgeon, Dr. Jayanthi Tumsi.

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

World NO TOBACCO DAY was observed by our branch members on 31/05/2023. Our senior members delivered community education lecture on harmful effect of tobacco on individuals health. Annual sports meet was held for our members and their family at VISL Stadium on 11/06/2023. World environment day was celebrated by planting trees on 05/06/2023. Our president Dr. Prashanth Bhat, WDW President Dr Veena Bhat addressed the gathering.



**Branch** : Bidar  
**President** : Dr. Madhana Vaijinath  
**Secretary** : Dr. Mallikarjun Panshetty

1. World Health Day celebrations, fitness class was organised for all women doctors on 14th April. 2. Mother's Day celebrations on 14th May, Health Checkup camp conducted at PHC, Kamthana. 3. CME conducted on 20th May on Labour Analgesia and Pelvic Inflammatory Disease, in association with Bidar Obstretic and Gynaecological Society. Guest speakers from Fernandez Hospital, Hyderabad were invited.



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

ON 17/05/2023 Sahyadri Narayana multispeciality hospital, Shivamogga conducted CME Program. Dr.N S Sreevastava has given a talk on "TAVI- A paradigm shift in management of aortic stenosis" which was excellent and came to know that latest advanced TAVI/TAVA(Transcather aortic valve implantation)

painless procedure and which can prolong the life expectancy of the elderly patients. Dr. V Shivakumar discussed a topic on "Endoscopic ultrasound in gastroenterology" and has highlighted the importance in diagnostic and therapeutic aspects of entire gastroenterology diseases. On 09.06.2023 CME Programme was conducted. Topic: "Case Based approached to Thrombocytopenia" by Dr.K.Anand Kumar, (2). "Minimal Invasive Cardiac Surgery" by Dr.M.G.Madhusudhan.

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

On 26.05.2023 IMA-KSB President Dr.S.B.Lakkol Visited our IMA Chikkamagaluru Branch and addressed the members regarding all schemes in IMA and assured us regarding doctors well-being and several other issues. On 26.05.2023 Evening we had a CME on Dermatology and Cosmetology by doctors from Malnad Hospital, Chikkamagaluru and CS hospital, Shimoga. On 18.06.2023 We organised IMA cricket tournament for over 150 participants including IMA ladies wing, pharmaceuticals and medical representatives. It was inaugurated by our MLA Shri H D Thammaiah and senior doctors and attended by over 150 personnel and was a very joyful event.



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

International Yoga Day was celebrated on 21st June at IMA Hall Chikodi in association with Arogya Bharati branch Chikodi. Yoga trainer, teacher and Secretary IMA Chikodi Dr. Jayalaxmi Salagare gave beautiful instructions on yoga. Arogya Bharati President Dr. Padmaraj Patil spoke on the occasion. Members actively participated in yoga.

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



On 03.06.2023 CME programme was conducted. Topics (1). "Do's and Dont's In Newborn" By Dr Marthandappa D H, Neonatologist & SNCU Paediatrician, KIMS Hubli, (2). "Skeletal Images In Paediatrics: Case Scenarios" by Dr J K Lakhani , Senior consultant paediatrician, GADAG, Chairperson : Dr Varavi .S. F, Senior consultant Paediatrician Gadag. No of people attended : 50. On 17.06.2023 CME programme was conducted. Topics (1). "Spectrum Of Neurological Disorders; Interesting Cases" by Dr Pradeep Kallollimath , Associate Professor of Neurology, DIMHANS Dharwad, Chairperson : Dr Vinaykumar , Associate Professor of Neurology, GIMS Gadag, (2). "MANIFESTATIONS OF MIND & SHUNNING OF STRESS" by DR VINOD KULKARNI, Senior consultant Psychiatrist, Manas Insitute of Mental Health, HUBLI, Chairperson : DR JITENDRA MUGALI, Associate Professor GIMS GADAG, Consultant Psychiatrist, Kshema Health Care, Gadag. On 24.05.2023 World Schizophrenia Day was observed to create awareness among public in association with Psychiatry dept of medical college and dept of health and family welfare. On 31.05.2023 World No Tobacco day was observed. Along with other Govt and non Govt organisations of GADAG with many meaningful activities. Dr.R Pyarali Noorani spoke on the occasion and explained about the ill effects of tobacco to college students and general public. On 21.06.2023 WORLD YOGA DAY was observed. AS a run up to world yoga day. Yoga sessions were conducted by IMA Ladies wing & GOGS , GADAG on 10/06/2023 and 11/06/2023, for lady Members of IMA & spouses. On 14.06.2023 WORLD BLOOD DONORS DAY was observed at IMA BLOOD BANK GADAG, wherein many NGOs and educational Institutions participated. DR V. S. HOSMATH stressed upon the benefits of Blood Donation and called upon the public for voluntary donations. Dr. Saleem A Jamadar explained about the IMA GADAG Blood Bank APP. DR Pavan Patil, Chairman and Dr Veeresh Hanchinal Secretary of blood bank spoke on the occasion. A record 61 units of blood were collected. At ASHRAYA HOSPITAL, helmed by DR Shridhar Kuradagi and DR Sunitha Kuradagi a successful voluntary blood donation camp was organised in the premises and 30 units of blood were collected on 26/05/2023. LIONS CLUB GADAG organised voluntary blood donation on 30/05/2023 and 18 units were collected. FOREST DEPT OF GADAG organised the same on 25/05/2023 and 30 units were collected. On 30.05.2023: IMA BOARD MEETING was held. To discuss about the Doctors Day celebrations and IMA GADAG Annual sports events. it was decided to conduct the events in educating and entertaining way. On 11.06.2023" A delegation of IMA GADAG OFFICE BEARES & MEMBERS met the Honorable Minister for Law & Parliamentary affairs SHRI H K PATIL JI. The following issues were discussed. ISSUE OF FIRE SAFETY MEASURES, A COMPREHENSIVE LAW ABOUT THE VIOLENCE AGAINST THE HEALTHCARE PERSONNEL. The Honourable Minister assured us about the formation and implementation of a Law against the healthcare violence. WORLD ENVIRONMENT DAY was observed at BINKADAKATTI ZOO in association with FOREST DEPT GADAG DIVISION. The following activities were done in the zoo premises. a) Tree plantation b) Routine Haematological Investigations & ECG by DR N B Patil Hospital, Gadag c) Oral hygiene check up & advice by Allolli multispeciality Dental hospital d) Breast examination of female staff of dept by GOGS, Gadag e) CPR Demo & training of forest dept staff by Dr Pyarali Noorani , Senior member IMA GADAG, d) Voluntary Blood Donation by Forest Dept staff, 30 Units were collected. DR V S Hosmath president IMA Gadag spoke about the importance of our environment and our role in protecting the same. Dr Veeresh Hanchinal, secretary IMA Gadag spoke about the blood donation and motivated the staff for voluntary blood donation. Ms Deepika Bajpeyi DCF Gadag division delivered presidential address and stressed upon the regular health checkups and healthy life style to the staff. iv) IMA GADAG annual sports events team events were held on 18/06/2023 at district stadium Gadag. Dr V S Hosmath president IMA Gadag spoke about the sportsman spirit and wished the teams good luck. the events will continue for a week.



**Branch : Gangavathi**  
**President : Dr. Madhusudhan. K.N.**  
**Secretary : Dr. Mahantesh G. Pattanashetty**

IMA Gangavathi, WDW In Association with Gangavathi Institute Of Nursing Celebrated International Nurses Day On 30.5.23 at their Campus. Our IMA President Dr Madhusudhan K N, WDW President Dr Sulochana, Dr A Somaraju, Dr Anitha, Dr Uma Raju, Dr Manjula and Dr Sulochana Venkatesh Participated In the Program and

Spoke about the importance of Nurses and Nursing Profession In the Medical Field. Smt Chinnamma , Dr Somaraju and Principal Meti were Felicitated by IMA and WDW for their Services In Nursing Profession. On 31/5/2023: World No Tobacco Day Programme: Ima Gangavathi, Wdw In Association With Bbc Institute Of Nursing Celebrated World No Tobacco Day. On This Occasion The Awareness Rally Was Organised And It Went Through The Main Streets Of Gangavathi With The Students Shouting Slogans Against The Tobacco Usage And Showing The Placards Of Ill Effects Of Tobacco And Its Effects On The Health. At The Gandhi Circle, Bbc Students Enacted A Meaningful Drama To Show To The Public About The Effects On Tobacco Consumption On The Health And Environment. Ima President Dr Madhusudan K N, Director Of Bbc Institute Dr Chandrashekar Chiniwal, Dr Mithun S M Spoke About The Ill Effects Of Tobacco On Health And Gave Advice To Public To Stop Smoking. On 11/6/2023: World Environment Day Programme: Ima Gangavathi And Wdw In Association With St Paul's College Of Nursing And Pharmacy College Conducted World Environment Day On 11.6.23 Sunday At St Paul's College Campus By Planting Trees. On 11/6/2023: Hypertension Awareness & CPR Training Programme: Ima Gangavathi And WDW In Association With St Paul's College Of Nursing And Pharmacy College Conducted Hands On CPR Programme at St Paul's College Campus By Training About 200 Nursing And Pharmacy Students. It Was Conducted By Dr Satish Raikar & Dr B K Sundar. It Was A Successful Programme. On 11/6/2023: Cme On Venous Thrombo Embolism: IMA and API Koppal Conducted CME On Venous Thrombo Embolism By Dr B K Sundar, Wild Life Of Bellary District by Dr Arun S K, Antibiotics In Clinical Practice by Dr Satish Raikar. It Was Attended By More Than 60 Ima Members. On 18/6/2023 : KSHS General Body Meeting: Ima Gangavathi Hosted Ima KSHS Management Committee And Scrutiny Meeting At Ima Bhavan Gangavathi. On 20/6/2023 : Yoga Day Rally : Ima Gangavathi And Wdw Maitri Participated In The Rally On The Occasion Of World Yoga Day On 21.6.23 To Create Awareness Among The Public About The Importance Of Yoga In Keeping The Good Health And To Make It A Daily Routine To Avoid Many Stressful Problems In Our Lives. It Was Done In Association With Art Of Living Yoga Institution And Patanjali Yoga Association Along With Various Nursing Colleges. The Program Was A Great Success.

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

Blood donation camp was held on 18th June in association with Rotary Club of Honnavar on the occasion of World blood donation day and Doctors day of 2023. A total of 45 units of blood were collected including the IMA members. The blood collection process went on smoothly without any complications. Blood was collected by the UK Blood bank to whom blood was given for further utilization.



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

May 27th 2023 : IMA Hubballi Branch Managing Committee Meeting was held at IMA House. 35 doctors attended the meeting. May 31st 2023 : World No Tobacco Day being observed in association with Sana Paramedical College by organising a Role play on ill effects of Tobacco done by Nursing students at KIMS OPD, which attracted general public in large numbers. Dr. Arun Kumar MS, KIMS inaugurated the program. President Dr.Subhas Babruwad, Dr Sunil Gokhale, Shri Mahesh Gadag, Principal Sana Paramedical College and other members were present. May 31st 2023 : Organised Guest Lecture by Dr Shashidhar K, HOD Surgical Oncology KIMS Hubballi on Grow more Food, not Tobacco at Chetan PU College, Vidyanagar on 31st May at 12pm. More than 150 students attended. May 31st 2023 : rganised Guest Lecture by Dr Subhas Babruwad, President who spoke on " Grow more Food, not Tobacco and ill effects of Tobacco at Urban Health Centre Rajnagar Hubballi at 3-30pm. We also administered Oath of NO TOBACCO and to spread this message among public. Health staff, Anganwadi workers and public attended the program. Dr. Neela Hooli, staff and other members attended. June 5th 2023 : In association with RD Aster College Of Nursing, observed World Environment Day on by conducting Walkathon at 8.30 a.m. from New Bus stand, Gokul Road to Channamma Circle. Public were educated on the way regarding hazards of plastics, improving the environment by displaying the play cards. More then 200 students participated. June 5th 2023 : At 10.00 a.m. street play was conducted at Channamma Circle by Nursing Students of RD Aster College Of Nursing on the importance of tree planting, nurturing and saving the trees, which was attended by large number of public. June 5th 2023 : In association with Jain College, Bailappanavar, IMA Hubballi organised Guest Lecture by Smt. Vijaylaxmi Peri, Psychologist on the theme Beat Plastic Pollution. She explained the hazards of over use of plastic materials and requested to minimise plastic usage in our day to day life. She also administered Oath to nearly 200 students regarding not to use plastic. President Dr.Subhas Babruwad, Dr.Sunil Gokhale, Smt Rachel Principal RD Aster College of Nursing and Prof. Maya K. Principal, Jain College and others participated the programme. June 10th 2023 : Monthly meeting for the year 2022-2023 and CME was held at IMA House. Dr. Vivek S. Patil Consultant Orthopedic Surgeon, Hubballi and Secretary spoke on Advances In Joint Replacement & Arthroscopy, Dr. Manjunath B.A. from Ganesh Netralaya, Sirsi gave Introduction on How to Be Thematic Investor and Mr.Suresh Hegde, Spandana Asset Management from Sirsi spoke on Prons and Cons of Investments. 55 members attended the meeting and CME. June 15th 2023 : NKSSIA( North Karnataka Small Scale Industries Association) Hbl organised massive protest rally regarding steep hike in HESCOM power tariff both domestic and commercial. Definitely Medical Profession will be affected. IMA Hubballi Branch with President & other members participated in the protest rally. June 17th 2023 : IMA President Dr Subhas Babruwad, Secretary Dr Vivek Patil and Dr. Shashikala Hosmani Chairman IMA WDW Hubballi addressing on Hubballi Says No To DRUGS. Vice President Dr.Venkatesh Mulimani, Treasurer Dr.shashidhar K. and other members were present. June 18th 2023 : In association with Chetana Colony Hsg Society, Ward Samiti Balaga and Citizens Health Initiative conducted Cleaning Drive in the garden of Shirur Park area. Nearly 8 bags of dry waste mainly gutkha pkts, plastic carry bags/ bottles and other plastic materials were collected. Public educated regarding separation of dry and wet waste, proper disposal. Pamphlets were distributed.



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

On 31.05.2023 Health education for college students. On 04-06-2023 Participation in cleaning of local pond. On 05-06-2023 Participation in Vanamahotsav by local NGO's. Local MLA Shri Jagadish Gudagunti was present. On 14-06-2023 AIDs awareness talk for local BSW students. On 18-06-2023 AIDs awareness and narcotic drugs awareness talk at NSS Camp at Madarkhandi village.

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

On 27.05.2023 CME Programme was conducted. Topic: "Interventional Radiology" by Dr.Harshith Kramadhari & Dr Mithun Shekar, Asst. Professors of Interventional Radiology, KMC Manipal . On 04/06/2023 IMA Karkala in Association with Indian Red Cross Society Karkala and other NGO Groups Organised Blood Donation Camp. Dr.K.R.Joshy President Indian Red cross Society, Karkala, lighted the lamp and addressed the gathering emphasising the importance of Blood Donation. IMA President Dr.Prakash Shetty and other office bearers of IMA Karkala were present at the occasion. More than 50 bottles of blood was collected.



**Branch : Kolar**  
**President : Dr. M.Narayanaswamy**  
**Secretary : Dr. N.C.Devaraj**

A CME was organised on 20-06-2023 by Kolar IMA branch in association with Manipal hospital Bangalore. Devaraj N C secretary welcomed the audience. Dr Ranjan Shetty consultant and Head, interventional cardiology Manipal hospital old airport road made a detailed presentation on resistant hypertension. Common causes, diagnosis and treatment of resistant hypertension were discussed. Dr Lokesh A Veerappa Consultant Orthopaedic and Robotic Joint replacement surgery made a presentation on Recent advances in Robotics in Orthopaedic surgery. He presented a video on Knee replacement surgery. Dr M. Narayana swamy , President IMA Kolar Branch moderated the session .Many postgraduates from nearby teaching colleges also attended CME. Sixty doctors participated in the CME. Dr. M. Narayana swamy President IMA thanked the speakers, doctors and the sponsors.

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

CME Programme was conducted. (1). "Role of surgery in cancer" by Dr Raxith Sringeri, (2). "Role of chemotherapy and immunotherapy" Dr Abhilash, (3). "Recent advances in radiation" Dr Vinay kumar, (4). "Approach to Thrombocytopenia" Dr Mahesh R and (5). "Approach to Liver function test" by Dr Ishwar Amalazari.



**Branch : K G F**  
**President : Dr. D. Vijayakumar**  
**Secretary : Dr. Shivakumar. S**

On 26.05.2023 Conducted the executive committee meeting to finalise the IMA-KGF Bye-Law in the General Body Meeting. On 16.06.2023 conducted a CME Program in which (A). 12 super specialist doctors from TRUSTWELL HOSPITAL JC ROAD BENGALURU participated. (B). There was also a CME talk on REMISSION OF DIABETES BY Dr. B.Rajendrakumar.

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

On 03.06.2023 CME on “Major depressive disorders” at Hotel Shoba Function Hall by Dr Alok Kulkarni. On 04.06.2023 Health camp for Koppal district Forest officials at Munirabad Forest office Guest house. On 04.06.2023 World environment day celebration done by planting plants at KIMS Koppal campus. On 17.06.2023 CME on Advanced Gastrointestinal endotherapy by Dr Rohit N Maidur at Hotel shoba Function hall.



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

IMA Kundapura had CME on PERIOPERATIVE FLUID MANAGEMENT AND POSTOPERATIVE ANALGESIA at Philomina Commercial Park on 10/6/23. Dr Krishna HM, HOD, Department of Anesthesiology, KMC Manipal was the guest speaker. Dr Krishna emphasized the importance of fluid management as well as importance of Postoperative pain

management in the current scenario as well as various medications available.

**Branch : Mangaluru**  
**President : Dr. Venugopla. D**  
**Secretary : Dr. Archith Bolor**

Mangalore branch of Indian Medical Association conducted the monthly CME on June 9, 2023. This CME had a theme for early detection on cancer. Dr. Rachan Shetty, Consultant medical oncologist, AJ hospital discussed the importance of early detection of lung cancer. Dr. Sanyo P D Souza, Consultant medical oncologist at KMC hospital spoke on the importance of clinical examination in early detection of breast cancer. This was followed by an interactive discussion.



The members were welcomed by President Dr. Venugopala D . IMA secretary Dr. Archith Bolor presented the monthly report and delivered the vote of thanks. **CONDOLENCE MEETING:** IMA Mangalore condoled the sad demise of life member and former secretary Dr. Ramdas Rai. Dr. Rai , a professor of surgery left us on 17 May 2023. **WOMEN DOCTORS WING ACTIVITIES:** World WHO Hand Hygiene Day was celebrated at Father Muller Hospital with Dr.Jessy in attendance. An asthma check up camp was conducted in FMSMRHTC, Bajpe on 2/5/23 which was coordinated by Dr.Jessy Maria D'souza. Dr.Prabha Adhikari delivered a lecture on the topic- Age is just a number for KMC Navachaitanya Active Aging Yoga Group at KMC Bejai on 25th May. She Also delivered a lecture on the same topic at Rotary Club Mangalore on 30th May. On 28th May, IMA WDW members took a fun filled trip to Relax Leisure Park at Brahmavar. **OTHER ACTIVITIES:** IMA Mangalore President was the chief guest for Mangalore Endocrine Update 2023 held on 4th June 2023. It was jointly organised by Mangalore Endocrine and Diabetes Society in association with Karnataka Endocrine Society. **MEMBERS ACHIEVEMENTS:** Dr. Rajesh Krishna and his team performed the first allogenic bone marrow transplant in Mangalore at Yenepoya specialty Hospital. Dr. Archith Bolor, Additional Professor of Medicine, KMC Mangalore published his book ' An Insiders Guide to Cases in Clinical Medicine ". Dr. Raghavendra B S , Professor and

HOD Neurology, FMCC is the Co- editor of the book. MONSOON RHEUMATOLOGY CME REPORT: On 18th of June 2023, a Rheumatology CME was conducted by IMA Mangalore branch in association with renowned Rheumatologists of Mangalore. Dr. Sajjan Shenoy, Consultant rheumatologist, KMC hospital, and Dr. Ashwini Kamath, Consultant rheumatologist, Yenepoya medical college and hospital were the Organising secretaries. The first session started at 9am by Dr. Prakruti J Consultant Rheumatologist, Yenepoya medical college and hospital on the topic – Autoantibodies in CTD'S – Use in diagnosis and therapeutics. Next Dr. Ashwini Kamath spoke on Rheumatologic emergencies Followed by Therapeutic management of a RA patient with Methotrexate failure by Dr. Arifa, Consultant rheumatologist, Indiana hospital, Mangalore. The end of first session of CME was followed by the Inaugural ceremony of the CME being conducted by IMA Mangalore, lead by the President – Dr. Venugopala D, Secretary – Dr. Archith Bloor and Treasurer – Dr. Nandakishore B, in association with Dr. Sajjan Shenoy and Dr. Ashwini Kamath. The chief guest for the ceremony was Dr. IG Bhatt, Senior Neurologist, Mangalore and KMC observer - Dr. K.R.Kamath. The second session of the CME started with Dr. Gangarathna Krishna, Consultant rheumatologist, medical chambers, Mangalore, A short discussion about – Drug induced Rheumatologic syndrome. Next up was a Panel discussion by – Dr. Sajjan Shenoy, Dr. Ashwini Kamath, Dr. Arifa Haleema with the moderator being – Dr. Shivraj Padiyar – Associate professor, department of clinical rheumatology, KMC, Mangalore on the topic Management of CTD's and RA in pregnancy and lactation. The next topic was – Joint replacement in patients with rheumatologic disorders by Dr. Yogesh Kamath, Consultant Hip and Knee surgeon, KMC hospital, Mangalore. The last session CME had 4 talks, 1) interactive discussion on Dermatological manifestations of Lupus – diagnosis and management – by Dr. Narendra Kamath, Consultant dermatologist, Cutis manasa towers, Mangalore. 2) Uveal manifestations in rheumatological disorders by – Dr. Jacob Chacko, Consultant vitreo-retinal surgeon, prasad nethralaya. 3) An overview of systemic sclerosis by Dr. Sajjan Shenoy. 4) Crystal arthropathies - Gout and beyond, by Dr Sahana Baliga. Vote of thanks of the CME was given by Dr. Ashwini Kamath. DRUG FREE MANGALORE drive: DCP Crime & Traffic B P Dinesh Kumar visited IMA Mangalore office on 18th June & addressed the members about “Drug Free-Mangalore “ drive initiated by the Government of Karnataka. The members present discussed and the following suggestions were taken. (1). Formation of group of Doctors from the IMA including psychiatrists, psychologists and others who will be part of the awareness talks and counseling and treatment wherever needed. (2). Identification of non-performing students in 10th, 11th and 12th standard in various schools and colleges of Mangalore and taking necessary action on these groups. (3). Setting up toll free phone in line /number for receiving the complaints and grievances regarding drug usage. (4). Delivering drug abuse awareness talks in schools and colleges. (5). Ensuring confidentiality of victims as well as protection by the law. (6). Sensitization of the teachers, administrations, parents and general public regarding this drive. (7). Reporting of patients with problems of the usage with confidentiality being maintained. (8). Assist in rehabilitation. (9). Formation of stringent rules for availability of non-prescriptions medication over the counter in pharmacies. The meeting was attended by Office bearers of IMA Mangalore as well as Dr. Prakash Harishchandra – Member IMAKSB, Dr. Jagadish P Rao – Dept of Forensic Medicine KMC Mangalore, Dr. Ravish Tunga – Senior Psychiatrist, Dr. Ravichandra – Consultant Psychiatrist and Dr. Rahul Rao – Consultant Psychiatrist.

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



On 05-06-2023, on account of \*World Environment Day celebration\*, a talk was given by Dr Prakash Hosmani addressing all the Doctors of Mundargi regarding biomedical waste management & the importance of tree plantation in the hospital premises. A GB meeting was also held on the same day. On 11-06-2023 (first Tuesday of May)

\*World Population Day\* was observed by organising a talk by Dr Laxman Pujar for NSS students of local college at Haitapur village. About 300 villagers were also present. On 26-06-2023, \*Anti Drug Abuse Day\* was observed by organising an awareness talk on "Tobacco & Alcohol Abuse" for college students at Govt Degree College of Mundargi. Also a CME program was simultaneously arranged. A talk on Alcohol & Tobacco deaddiction was given by Dr Muguli. Deaddiction counseling was also done for about 10 alcoholics under the aegis of SDM deaddiction center, Mundargi.





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

World No Tobacco Day Celebrated on 3.05.2023. IMA President Dr. JayaPrasad Presided the meeting, Mrs. Arundathi, Tahsildar, Dr. Hemavathi, Taluk Medical Officer and Dr. Soniya J.V. Administrative Medical Officer, General Hospital, Nelamangala were the Chief Guests. (2) CME conducted on 09.06.2023 in association with Rainbow Childresn Hospital, Bannerghatta road, Bangalore. (a) Dr. Gayathri B.N. OBG Consultant, Spoke on “Diagnosis and Management of Ectopic Pregnancy”. (b) Dr. Prakash Vemgal, Director of Paediatrics, Spoke on “Basics of IV Fluids”. (c) Dr. Sridhar M. Head of Paediatric Intensive care Services, spoke on “Judicious use of Blood Products, current concepts and controversies.”

**Branch : Nippani**  
**President : Dr. Sheetal Dharangutte**  
**Secretary : Dr. Santhos Chavan**



On 15.02.2023 CME Programme was conducted In association with Apple Multispeciality Hospital and Research Institute. Topics: (1). “Interesting cases in Cardiology” by Dr Ashok Bhupali (2). “Management of acute kidney injury in medical and surgical practice by Dr Sunil Patil”. On 25.03.2023 CME Programme was conducted In association with Lake view hospital Belagavi.

Topic “Neurosurgical case presentation” by Dr Raviraj Ghorapade ( MBBS. MCH Neurosurgery). On 12.04.2023: CME Programme was conducted In association with Sarvoday Multispeciality Hospital. Topic: “Introduction of team Sarvoday and interactive case discussion”. On : 17.05.2023: CME Programme was conducted. Topic: “Orchestra of Hormones” by Dr Aniket Kumbhojkar (Paediatric endocrinologist). On 14.06.2023 CME Programme was conducted. Topic: “A Karnataka rural foot forward to avoid Jaipur limb” by Dr Sunil Kari (Senior Diabetic foot surgeon from Hubballi).



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

Biomedical waste management workshop organised by IMA on 21 May, 2023 was successfully conducted with more than 100 participants including Aya, Nursing Staff, Nursing Supervisors from various hospitals of Raichur. Dr shashidhar, Dr.

Abdul Kaleem, Dr. Shailesh Amarked explained in a simple and understandable language regarding biomedical waste management . All staff participated actively and made the programme huge success . Dr. Shree Harsha Patil , Secretary and Dr Ramangouda, Joint Secretary initiated the proceedings and concluded successfully. On the eve of World Blood Donor Day on June 14, Secretary Dr. Shree Harsha Patil & Joint Secretary Dr. Ramangowda donated blood voluntarily.



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

On 19.5.2023, Team IMA had the opportunity to visit Dr. Venkatagiriappa at his home on occasion of his birthday as part of senior doctor house visit. Sir is now enjoying retired life after more than 50 years of experience as a surgeon par excellence. On 21.5.2023, Under Hands only CPR training for public by IMA Shivamogga at Yoga hall, Abhiruchi members were educated about the same by excellent PPT presentation by Joint Secretary and Skilled Trainer Dr. Anup Rao with live demo and interaction along with Treasurer Dr. Shashidhar. Introduction about CPR training done by President Dr. Arun M. S. On 28.5.2023, World menstrual hygiene day celebration at Kamala Nehru College by IMA WDW and SOGS. Awareness talk by Dr. Swathi Kishore on menstrual hygiene and busting of myths around menstruation. Question and answer session coordinated by WDW President Dr. Vinaya Srinivas and IMA secretary and SOGS VP Dr. Raksha Rao. Nearly 100 students benefited. Menstrual hygiene products were distributed to college girls. On 31.5. 2023, IMA President, Secretary and Treasurer participated in the No tobacco day jatha organised by District Health office in association with DC office, police department, IMA, various nursing colleges and medical institutes. District magistrate, DC, DHO, SP and Dr. Arun M S inaugurated the jatha. The jatha moved from court premises to IMA hall passing through main streets of Shimoga and a human chain was formed at Gopi circle and slogans were announced to create public awareness on impact of tobacco on health. On 3.6.23, on occasion of World Bicycle Day, IMA participated in cycle jatha organised by SIMS, district administration and IMA. President Dr. Arun MS was accompanied by Dr. Sridhar S, Dr. Siddnanagowda Patil and Dr. Chandraprakash. Message of Cycling for good health was promoted to public. IMA Shivamogga WDW conducted awareness on mental health and how to face challenges in life as part of Medha- comprehensive workshop at Kamala Nehru College on 4.3.2023. EC Member and Psychiatrist Dr. Shubrata addressed gathering of 100 girls. IMA secretary Dr. Raksha Rao was present. On 4.6.2023, IMA Cultural extravaganza- Hunnime vaibhava celebrated with grandeur in the outside premises of IMA in moonlight with 200 attendees. Doctors and family members showcased talent through singing, dance, stand up comedy, yakshagana, instrumental music and fashion show. Rajyotsava Awardee, Vaidya Sahiti Dr. H.S. Mohan from Sagara was chief guest. On 7.6.2023, Team IMA met Facility Head at Narayana Hrudayalaya to request to sensitise staff on IMA membership drive. On 14.6.2023, IMA organized blood donation program on occasion of Blood donation Day at Rotary blood bank. On 15.6.2023, CPR training workshop inaugurated for nursing students at IMA hall. Skill trainer Dr. Anup Rao conducted the training with help of President and Secretary. On 17.6.2023, IMA State kannada vaidya barahagaarara sangha conducted an invited guest lecture by Dr. Shivanand Kubsad on Exam and results at DVS Composite PU College in association with IMA, Shimoga.

**Branch** : Sindhanur  
**President** : Dr. K. Shivaraj  
**Secretary** : Dr. Amar Patil

IMA Sindhanur in association with OBS and GYN society of sindhanur conducted a "CME on Basics in Doppler and FGR in obstetrics". A one day hands on course with Doppler study with Dr Seema Totad MD Radiology. Talk by Dr Rashmi patel on "Screening and management of feral growth restriction". And a genetic counselling on prenatal screening by Pooja rayasam from Liliac insights it was a successful CME which was attended by local practitioners. Sindhanur paediatric community hosted a CME on 27 may by Dr Shivaprakash sosale MD(ped) on "management of common paediatric symptoms in office practice".





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

On 24.05.2023 World Schizophrenia day programme at Govt First Grade college sullia. On 26.05.2023 IMA KSB President Dr.Shivakumar.B Lakkol visited IMA Sullia branch and graced the occasion. On 27.05.2023 IMA-KSB President Dr.Shivakumar B. Lakkol, visited K.V.G Medical College and Hospital to acknowledge and appreciate the cooperation of KVG Medical College, Sullia, to IMA Karnataka State Branch's

works, activities and movements over the years. On 28.05.2023 Information workshop for women on menstrual cup in Kolchar. On 31.05.2023 On occasion of World Tobacco day , in CHC sullia poster presentation competition was done. On 03.06.2023 Celebrated World Bicycle day with primary school children. World Environment Day in association with NMC's NSS and Gandhi Forum.

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

On occasion of World environment day, IMA-SNMC-NAVANAGAR in coordination with NSS, observed sapling plantation. IMA members of S.N.Medical College and Interns, participated in the program.



**Branch : Tumkur**  
**President : Dr. Chandrashekar**  
**Secretary : Dr. Cheluve Gowda**



On 24.05.2023: Hygiene Awareness program was conducted at Juvenile Home of girls aged 8 to 18 yrs. Details : Dr. Girija Sanjay, Chairman WDW, Dr Nalina, Secretary WDW gave awareness talks on personal hygiene and also distributed inner-wears to 50 girls. On 07.06.2023 Inauguration of newly renovated Dr. Mallikarjunaiah Memorial Hall, followed by CME

in association with Manipal Group of Hospitals, Bangalore. Dr G N Prabhakar, Director IMA-AKN Sinha Institute inaugurated the hall. Dr Chandrashekar, President, Dr. Cheluve Gowda, Secretary, Dr. Arjun Treasurer, Dr Jyothi swaroop, Past Office Bearers were present in the program. Followed by CME related to Complex Liver Resections, Advances in liver Transplantation and Cervical Cancer – The Changing Paradigm by eminent Doctors of Manipal Hospitals Bangalore. On 18.06.2023 Indoor games on the occasion of Doctors Day Celebration was held at IMA Conference Hall. Chess, Carrom, Shuttle Badminton, Musical chairs were played in the premises. Many Doctors and their families participated in the games.

**Branch** : Whitefield  
**President** : Dr. Tejush M.N.  
**Secretary** : Dr. Ashalatha H. Matta

On 18.05.2023 CME Programme was conducted. Topics (1) "Lupus nephritis" by Dr Topoti Mukherjee, Nephrologist, (2) "Benign Breast diseases" by Dr Prabhakar, General Surgeon, (3) "Reproductive Rheumatology" by Dr Yatish G C. Other IMA activities were discussed. Meeting was attended by 36 doctors. On 31.05.2023 World NO TOBACCO DAY was observed. I had given a 1 minute talk on radio channel FM93.5 to stop chewing tobacco and to quit smoking, also we had conducted a talk for housekeeping staff and gardeners of an apartment complex on May 31st regarding the harmful effects of smoking and tobacco chewing. It was well received by them



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

On 21.05.2023 Inauguration of newly renovated Silver Jubilee hall of IMA Udupi Karavali was done by Dr. V L Nayak Chairman IMA Charitable trust and Dr. Vjjay Ballal, Past President IMA Udupi Karavali in presence of Dr.P V Bhandary, President. On 21.05.2023 Monthly CME was held. Dr. Sajjan Shenoy, Consultant Rheumatologist spoke on "Approach to a

patient with Arthritis" and Dr.Yogeesh Kamath, Consultant Orthopedic Surgeon spoke on "Whether total knee replacement can be prevented". About 100 delegates attended the programme. On 24.05.2023 World Schizophrenia Day was celebrated in association with Dr. A V Baliga memorial hospital and Kamala A Baliga Charitable trust. The theme of the day was "Rebuilding a better mental health system together". Programme was inaugurated by Mrs. Amitha Pai, founder CEO, one good step. Dr. P V Bhandary presided over the function. Dr. P V Bhandary, consultant Psychiatrist, Mr. Nagarajmoorthy, Psychologist Dr. A V Baliga memorial hospital and Mrs. Pramila D'souza, Nursing Superintendent Dr. A V Baliga memorial hospital were resource persons. On 29.05.2023 World Schizophrenia Day was celebrated in association with Dr. A V Baliga memorial hospital and District mental health programme, District health and family welfare department. Programme was inaugurated by Dr. Lata Nayak S, District mental health programme officer, Udupi district. Information workshop was arranged with this year's motto "Rebuilding a better mental health system together". Programme was presided over by Dr. Manas E R, Consultant Psychiatrist Dr. A V Baliga memorial hospital Udupi. Dr. Manu Anand, District Mental health Programme officer and Mrs. Mariatte Sharone D'souza, Lecturer New City College of Nursing were guests of honour. A workshop was conducted for nursing students of Newcity college of Nursing. On 29.05.2023 Dr. P V Bhandary, President gave a talk on ill effects of Tobacco for students of various colleges of Udupi as part of World No Tobacco day. About 100 students attended the programme. On 29.05.2023 Dr. Deepak Mallya, Treasurer of IMA Udupi Karavali and consultant Psychiatrist gave talk on ill effects of tobacco to alcohol De-addiction patients and nursing students as a part of world No tobacco day celebration. On 31.05.2023 World No Tobacco day was celebrated in association with Dr. A V Baliga memorial hospital and Kamala A Baliga Charitable trust. An awareness workshop was conducted for students of nursing, social work and Psychology. Dr. Manas E R Consultant Psychiatrist, spoke on how to quit tobacco for better health. Dr. P V Bhandary Consultant psychiatrist spoke on commonly abused substances. Dr. Sunil Medical officer, spoke on myths and misconceptions regarding tobacco, Mr. Nagaraj Murthy, Psychologist, spoke on ill effect of tobacco. Programme was attended by about 100 delegates from Udupi and Mangalore. On 08.06.2023 Awareness talk on Drug abuse conducted in association with NSS Unit Milagres College Kallianpur, Govt First grade college Tenkanidiyoo and Goratti Hospital

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# IMA - KSB Doctors' Day Celebration - 2023



## IMA - KSB Doctors' Day Awardees - 2023



**Dr. Devadas Kamath**  
Udupi-Karavali



**Dr. Hiregoudar S.B.**  
Ron



**Dr. Krishnappa B.D.**  
Mandya



**Dr. Muralidhar Rao**  
Hubli



**Dr. Nagaratna A.**  
Ballari



**Dr. Nirmala H.T.**  
Shimoga



**Dr. Prabhakara G.N.**  
Tumakur



**Dr. Pramod P. Miraj**  
Athani



**Dr. Shivaraj K**  
Sindhaur



**Dr. Teekappa M.D.**  
Kadur-Birur



**Dr. Vaijayanti H. Nayak**  
Karwar



**Dr. Venugopal Karigowda**  
Bengaluru



IMA - KSB Doctors' Day Awardees - 2023



## IMA National President Dr. Sharad Kumar Agarwal in Karnataka



### 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

ಐ.ವಿ.ವಿ. ಚಿರಾಯುವಾಗಿರಲಿ

### FLAG SALUTATION

We, the members of Indian Medical Association stand here to salute our national flag. Its honour and glory shall be our light and strength and its course shall be our course.

We pledge our allegiance to it and realizing our responsibilities as the accredited members of this national organization, we swear we will dedicate everything in our power to see it fly high in the comity of nations.

Jai Hind



Long Live IMA



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Santhekatte 10AM at Milagres College Kallianapur. Dr. Vincent Alva, Principal, Milagres College Kallianapur presided over the programme. Mrs. Anupama M Jogi, NSS Programme officer Milagres College Kallianapur , Dr. Keshav Nayak, Secretary, IMA Udupi Karavali and Mr. Rakesh, Co-coordinator Goratti Hospital Sathekarre were the Chief Guests. Dr. P V Bhandary president IMA Udupi Karavali was Resource person of the programme.

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




On 07.05.2023 World Laughter Day – Laughter is the best medicine not just for the body but also for mind and soul. On 25.05.2023 WORLD THYROID DAY was celebrated. The same day CME was held on thyroid diseases in pregnancies on the occasion of “world thyroid day”, speaker was Dr. Ravikumar Ryaka (endocrinologist) and DR. Supriya (OBG).

On 26.05.2023 CME programme was conducted In association with Rainbow Children’s Hospital, Hebbal. More than 120 doctors attended this successful CME. Guest speakers & the topics were as follows-  
 Dr.Pradeep, Neonatologist – Primary Pulmonary Hypertension in newborns  
 Dr. Shwetha, Gynaecologist – Laparoscopy during pregnancy  
 Dr. Arka Chatterjee & Dr. Robert Anthony – introduction of paediatric surgery team . Talks were s well appreciated by all. IMA Yelahanka President Dr. Suriraju V. briefed about monthly newsletter of our branch.

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



**OBITUARY**



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**ಸ್ವರ್ಧಾತ್ಮಕ ಪರೀಕ್ಷೆಯಲ್ಲಿ ಉತ್ತಮ ಸಾಧನೆ ಮಾಡಿ**  
 ರಾಷ್ಟ್ರೀಯ ವೈದ್ಯಕೀ ದಿನಾಚರಣೆಯಲ್ಲಿ ಉಂಟಾದ ಅಧ್ಯಕ್ಷ ಡಾ.ಪಿ.ಉ.ವಿಐಐಎಸ್ ಕುಮಾರ್



• **ಅಧ್ಯಕ್ಷರು:**  
 ಸ್ವರ್ಧಾತ್ಮಕ ಪರೀಕ್ಷೆಯಲ್ಲಿ ಉತ್ತಮ ಸಾಧನೆ ಮಾಡಿ ರಾಷ್ಟ್ರೀಯ ವೈದ್ಯಕೀ ದಿನಾಚರಣೆಯಲ್ಲಿ ಉಂಟಾದ ಅಧ್ಯಕ್ಷ ಡಾ.ಪಿ.ಉ.ವಿಐಐಎಸ್ ಕುಮಾರ್ ಅವರಿಗೆ ಪ್ರಶಸ್ತಿ ಲಭಿಸಿತು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಇವರನ್ನು ಡಾ.ಪಿ.ಉ.ವಿಐಐಎಸ್ ಕುಮಾರ್ ಅವರ ಸಹೋದರ ಡಾ.ಪಿ.ಉ.ವಿಐಐಎಸ್ ಕುಮಾರ್ ಅವರು ಪ್ರಶಸ್ತಿ ನೀಡಿದರು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಇವರನ್ನು ಡಾ.ಪಿ.ಉ.ವಿಐಐಎಸ್ ಕುಮಾರ್ ಅವರ ಸಹೋದರ ಡಾ.ಪಿ.ಉ.ವಿಐಐಎಸ್ ಕುಮಾರ್ ಅವರು ಪ್ರಶಸ್ತಿ ನೀಡಿದರು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಇವರನ್ನು ಡಾ.ಪಿ.ಉ.ವಿಐಐಎಸ್ ಕುಮಾರ್ ಅವರ ಸಹೋದರ ಡಾ.ಪಿ.ಉ.ವಿಐಐಎಸ್ ಕುಮಾರ್ ಅವರು ಪ್ರಶಸ್ತಿ ನೀಡಿದರು.

# Personal Finance

By Dr. Deepti Nippani  
IMA Gokak



Inflation is an increase in the general price level of goods and services in an economy. With inflation, the value of money reduces as each unit of currency buys fewer goods and services. The purchasing power of money decreases over time.

Ex: An item that cost Rs.100 in 1960, cost Rs.7805 at the end of 2021.

**CAUSES:**

Increased money supply, money devaluation, poor government policies on imports and interest rates, country's economy, national debt etc.

**TYPES:**

- (1) Demand – pull inflation: Higher demand for goods and services can drive up their prices.  
Ex: Cost of weekend bus tickets being considerably higher than normal.
- (2) Cost-push inflation: When the cost of raw materials increases for businesses, businesses in turn increase their prices regardless of the demand.

Ex: Increased crude oil prices due to Russia- Ukraine war.

**MEASURING INFLATION:**

- (1) Consumer price index (CPI): Calculates monthly change of 'retail' price of 260 goods and services, done by Ministry of statistics and program implementation.
- (2) Wholesale price index (WPI): Calculates periodic change of 'wholesale' price of 697 commodities, done by Ministry of commerce and industry.

**Calculation of inflation:**

$$\text{Inflation rate} = \frac{\text{Later CPI} - \text{Earlier CPI}}{\text{Earlier CPI}} \times 100$$
 Grades of inflation: Low(1%-5%), moderate(5%-30%), high(30%-50%), extremely high(50%-100%), hyperinflation(>100%)

Rate of inflation is consistently higher for developing economies than for developed countries. This is because of the rapid growth in developing countries as compared to slow and steady growth in the developed countries.

Inflation rates in some countries in year 2022:

-China-0.7%	-Japan-3.5%
-India- 5.1%	-Germany-5.9%
-USA- 8.3%	-Pakistan-37.97%
-Venezuela- 1198%	

**PROS OF INFLATION:**

Lower interest rates, profits of business people, export benefits due to currency depreciation, increasing wages and economic growth. A low to moderate inflation is good for the economy.

**CONS OF INFLATION:**

Lower purchasing power, salaried and pensioners suffer, imports suffer due to depreciation of currency, decrease in wages. High inflation is detrimental to economic growth.

**HEDGING AGAINST INFLATION :**

The average inflation rate for an observation period between 1960 to 2021 was 7.5%. For April 2023, the year over year inflation rate was 5.1%. Savings account interest rate in State Bank of India is 2.7% per annum at present. This interest earned (with a deduction of Rs.10000) attracts tax at our slab rates and eats into the returns earned. The money in savings account loses its value year after year. The value of buying power of Rs. 1 crore will be around Rs.23 lakhs after 30 years, assuming a 5% annual inflation rate. Thus inflation reduces the purchasing power of our savings over a period of time. Therefore it is not enough to just work and save but we also need to hedge our savings against inflation by investing into asset classes that provide 'inflation beating' returns. s

**Here are some such options:**

- (1)Equity and mutual funds- Direct investment in stocks and mutual funds. Pros - it does not need high initial capital, good liquidity. Cons - needs knowledge, liable for risks.
- (2)Real estate- Best suited for long term investors. Cons are requirement of high capital, illiquidity, property value being affected by factors such as location, infrastructure, government policies etc.
- (3)Gold - It is a reliable hedge against inflation as its value increases when the purchasing power of currency decreases. Con- storing physical gold can be risky and costly. Hence paper gold(Ex:Sovereign gold bonds, gold bees) can be a viable option to invest in gold.
- (4)Inflation indexed bonds- Issued by RBI. These bonds are index linked and give consistent returns regardless of inflation.
- (5)Investing in commodities-investing in precious metals, oil, natural gas and grains. Due to high volatility, the risk of losing money is also high.
- (6)Alternative investments- Investing in vintage cars, paintings of well known artists, old age coins, hedge funds, becoming an angel investor in a start up etc can hedge against inflation.

It is possible to hedge our investment against inflation by careful planning, diversifying our assets and rebalancing our portfolio according to our needs and changing economics.

## Medical Crossword - 05

1H	Y	2D	R	3A	M	N	4I	O	5S		6P	
E		O		C			C		7I	T	C	H
M		8W	A	T	E	R	S		M		V	
O		N		H			H					9A
P			10E			11B		12P	A	13N	I	C
14H	O	15C	M		16A	L	L	O		E		A
I		17A	F	18B		A		19D	20N	A		N
L		R		21M	A	S	T		22I	R	D	T
23I	N	T	E	R		T			V			H
A				24B				25H		26O		O
	27E		28C		29E	H	L	E	R	S		S
30A	X	I	S		L			M		I		I
	O		31F	I	L	A	R	I	A	S	I	S

**Clues Across:**

1. Excess of liquor amni? (10)
7. Does scabies cause seven year ----? (4)
8. Lay people's name for Amniotic fluid (6)
12. These attacks are best relieved with sublingual Clonazepam (5)
14. A type of cardiomyopathy abbr (4)
16. This prefix means 'other' or 'different' (4)
17. Tubercular bacilli are often referred to as abbr. (3)
19. This chain is fundamental to genetics abbr (3)
21. These cells are rich in histamine (4)
22. Institute of Radio Diagnosis and Therapy in short abbr. (4)
23. This prefix means 'between' (5)
29. - - - - - Danlos syndrome (6)
30. Second cervical vertebra (4)
31. Disease caused by W.bancrofti (10)

**Clues down:**

1. Disease caused by deficiency of coagulation factor IIX (10)
2. - - - - syndrome is caused by trisomy of 21st chromosome (4)
3. A trophic hormone that stimulates adrenal cortex abbr (4)
4. A hormone that stimulates Leydig cells abbr (4)
4. A commonly used speculum (3)
6. Also called hematocritabbr (3)
9. - - - - - nigricans (10)
10. Electro Motive Force in short abbr (3)
11. Presence of these cells in peripheral blood may indicate leukemia (5)
12. Means foot (3)
13. People with myopia are said to have ---- vision (4)
15. ---- wheel appearance is typical of plasma cells. (4)
18. In olden days this was measured to test thyroid function abbr (3)
20. A type of assisted ventilation abbr (3)
24. ----'s sign is seen in Facial Nerve paralysis (4)
25. This prefix means 'half' (4)
26. This suffix means a degenerative condition (4)
27. This prefix means 'outer' (3)
28. This fluid is obtained by LP abbr (3)

Solution to the Medi-Crossword : Page-29

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**IMA KSHS  
APPLICATION FORM**

By Dr. A.A. Pangi  
IMA ATHANI

Dietary fibre is embedded in the food we eat and does not exist in isolation. It is a part of plant foods. And is absent from animal foods and dairy products. Although the requirement of fiber in food every day has been known for several centuries, studies have been carried out on a scientific basis only since 1930. In 1953, fibre elements in food were identified for the first time and named as Dietary Fibre. Even in Ayurvedic system, the use of certain herbs to cure constipation and control obesity has been practiced for several centuries. A person's vata, pitta and Kapha doshas were identified and prescribed herbs containing fibre. Until 1971, these were used only to cure constipation. In 1971, Burkitt and Troval, two British doctors, published a study that found that colon cancer could be prevented if fibre-rich foods were consumed in adequate amounts. Since then, several studies have been published on the beneficial health effects of fibre-rich foods.

Fibre - Is It an important component in food? : Carbohydrate, protein and fat are the main food components that provide nutrients to the body. Vitamins and Minerals are also Essential, though required in very small amounts for many biological functions of the body. Along with these 5 essential components & water, dietary fibre is considered as essential for good health.

### Definition of Dietary Fibre

It is essentially a carbohydrate by chemical composition, however digestive juices of the human body are not capable of digesting them. All plant foods contain varying amounts of fibre Only herbivores can digest them. Available in small amounts in few marine animals having shells. Eg: Crab and shelled marine animals (Shrimps). Chemically these are very complex carbohydrates. Chemical composition of these are as follows. Cellulose. Hemicellulose, lignin, pectin, beta-glycone, inulin, adhesives and waxes.

### Fibers are mainly classified into two types:

**1. Soluble fibres :** These are soluble in water. Chemically Pectin and Gums (Gums) Food sources: Guava, apple, banana, orange sour fruits, strawberry, ave seeds, chickpea yam, fig, Apricot, berries, flax, and sunflower seeds etc.

**2. Insoluble fibres :** These are not soluble in water. Excretion takes place without any chemical change.

Chemically these are cellulose, hemi cellulose and Lignin . Food sources : wheat, corn, maize, oats, Barley, whole grains, legumes, potatoes with skins, Psyllium and cabbage, and dozens of green vegetables.

Both types of fiber are available in varying amounts in food. For example, 100 grams of oats contain 10 grams of total fibre, 5.8 grams of insoluble fibre, and 4.2 grams of soluble fibre.

**Mechanisms of action of Soluble Fiber:** After mixing with water, it becomes mucilaginous and increases the size of food eaten. It keeps the easily digestible food within itself and prevents it from being digested quickly. Thus prevents the increase in blood glucose levels. As the size of the food lump in the stomach increases, the time it takes for the food to be released from the stomach and enter the small intestine is delayed. This delay is also beneficial for sugar control in diabetic patients. As the lump size of food increases, the stomach becomes heavy. The signals from the stomach reach the brain. The Hypothalamus, a part of the brain, transmits the message of satiety. This message prevents overeating. It is helpful in controlling obesity and body weight. Viscosity of the lump of food increases as fibrous food mixes with water. This slows down the flow of food in the small intestine. Food takes longer to reach the large intestine. It increases the contact time of the digestive juices and food, allowing various food components, Vitamins and Minerals to be properly absorbed. Food moves forward and enters the large intestine. As mentioned earlier, the digestive juices in the Human body are not capable of digesting these. Pectin and beta-glycones are transformed by the action of microorganisms in the large intestine. (These are broken down to produce small chain fatty Acids (SCFA).) These induce the growth of good bacteria which are good for the health of the body.

**1. Mechanism of Insoluble fiber:** It absorbs water and swells and forms a large fibrous lump. This increases the travel time of food from the stomach to the large intestine. As the food travels further, Fat, cholesterol and other fatty acids are trapped in the fibrous strands, preventing them from being digested. It helps in reducing cholesterol and triglycerides in the body. It keeps not only fat but also some disease causing germs (microorganisms) within itself and ensures that they are excreted with stool. It also binds some cancer cells in its network of threads and

prevents them from settling in other parts of the intestine. On its journey to the large intestine, even more water is absorbed and becomes a larger lump. With a high water content, the faeces that are passed are soft without being too hard, making them easier to pass through the anus. With the intake of more water-insoluble fiber, stool volume, weight, size increase and the frequency passing stools increase. Among the Western people who mainly eat meat the duration passing of stools exceeds 24 hours. Since the people of our country mostly eat vegetarian food, bowel movements occur at least twice a day. Westerners stool weight is around 160 – 220 grams. The stool weight of vegetarian ( Indians ) is 260-360 grams. The pleasure that one gets after an easy bowel movement is indescribable and only those who suffer from chronic constipation know how difficult it is to live with it.

Diseases that can be prevented by fibre-rich food: 1. Heart attack and heart diseases: The main cause of heart attack is Atherosclerosis . It is caused by formation of blood clot on the atheroscleotic plaques in blood vessels. The main reason for this is the amount of LDL cholesterol and triglyceride in the blood. Fibrous foods have been proposed to prevent their increase. The main cause of Brain Attack or Stroke is similar. Hence it is also helpful in preventing Stroke.

**2. Diabetes:** Consuming fibre rich food has been known to improve blood glucose control and control obesity. Along with these, blood pressure and Lipid levels can also be controlled. As there is a direct relationship between diabetes, high blood pressure and obesity, consumption of fibrous food is good for preventing these non-infectious diseases.

**3. Constipation and Diverticulitis:** Constipation is the main cause of diverticulitis. Constipated individuals experience increased pressure during defecation, which causes the projection of the weakened part of the intestinal walls as a sac which may increasing size and sometimes get infected. It is responsible for several intestinal problems. Adequate benefits can be gained by consuming fiber-rich foods.

**4. Bowel Cancer :** Since the first study in 1970 – that

dietary fiber can prevent colon cancer, several studies have been published, and even now there is no definitive conclusion. Many antioxidants and Phyto Phenols present in vegetables and fruits prevent cancer by inactivating the free radicals and inhibiting the rapid growth of cancer cells, is another argument that is put forth.

**5. Other:** Intestinal diseases: Irritable bowel syndrome, inflammatory bowel diseases such as ulcerative colitis and Crohn's disease can be helped to control and prevent them.

Recommendations For intake of fibre : The World Health Organization and other gastroenterology Associations in America and Europe have set a daily intake of fiber. The daily intake for men is 30-38 grams, and the daily intake for women is 25 to 30 grams. An average weight person should consume 25- 35 grams of fiber. There are no guidelines recommended by the Gastrointestinal Association of our Country.

Side Effects of Fiber Consumption: Consuming large amounts of fruits and vegetables can cause side Effects in many individuals. Bloating, loss of appetite, abdominal pain, stomach upsets, vomiting and diarrhea are common. You can reduce the amount of insoluble fiber (cabbage, green vegetables, fiber supplements) and eat different fruits that contain water-soluble fiber. It is good to divide the total amount to be consumed in four to five portions by not consuming vegetables and fruits at a time.

Fibre supplements as drugs : The pharmaceutical industry in America and other European countries (recently even in our country) is making several million dollars by selling fiber concentrates in the form of drugs. Many people become habituated to such medicines to the extent that they only have bowel movements only when they take the medicines.

It is possible to stay healthy by lifestyle changes, keeping away from bakery items, fast and junk food, by consuming fresh vegetables and fruits, regular Exercise and active lifestyle. As recommended by the World Health Organization, 400 grams of Fresh Fruits and vegetables divided into five portions should be consumed daily.

**Solution to the Medi-Crossword -05 :**

**Across:** 1. Hydramnios 7. Itch 8. Waters 12. Panic 14. HOCM 16. Allo 17. AFB 19. DNA 21. Mast 22. IRDT 23. Inter 29. Ehlers 30. Axis 31. Filariasis.

**Down:** 1. Hemophilia 2. Down 3. ACTH 4. ICSH 4. Sim 6. PCV 9. Acanthosis 10. EMF 11. Blast 12. Pod 13. Near 15. Cart 18. BMR 20. NIV 24. Bell 25. Hemi 26. Osis 27. Exo 28. CSF.



## The Manaslu Circuit Trek (April 2023) A killer, but what a beauty

By Dr.

Annapurna Circuit - a long nurtured desire, was realised partially by last year's Annapurna Base Camp trek. But the "Circuit" was not yet done. Learnt that the AC is now crowded and commercialised, so chose its less famous & less trod neighbour - the Manaslu Circuit. And what a trek it turned out to be! - quenched my "Circuit" thirst for this lifetime.

The journey started from Kathmandu on 3rd April 2023, in a Jeep - the 3 of us with our guide Phura Sherpa, and two porters (Dawa & Lakpa). Had the 1st glimpse of the Manaslu peak, as we exit Kathmandu - a very transient one though. Then, a very bumpy ride of 7hrs to Macchikhola-a densely populated village with new multi-storey constructions, set against a nice back drop. Had some nice views enroute & the anticipatory excitement of the coming days made the drive tolerable.



**Trek Day 1** - The packed tea house at Macchikhola, came to life slowly from 4.30am, and was bustling with activity by 6am. Started a sunny trek at 8, along the Budhigandaki river. Motorable roads, a boon for the locals, is a bane for us, as we walk the initial 8.5kms to Doban.

This quaint village, our lunch point, would have been a better place to stay overnight. Loaded with the "24hr power of Dhal-bhat", we move on to this picturesque trail. And does it have to rain & spoil the fun! The next 5hrs was through a constant drizzle, damp & cold. Crossing the path through a 5yr old avalanche site was tough and tricky, especially in the wetness.



The derelict (and half washed out) cantilevered bridge was a disappointment-was looking forward to walking it after seeing it in many of my preparatory reads.

**Trek day 2** - Jagat to Dyang -in retrospect the toughest day for me.22kms over 10 hrs, ups and downs & the last 3hrs through a drizzle. The initial half of the walk was through very picturesque forests and valleys, criss-crossing the Budhigandaki via the suspension bridges. But for every crossing you descend down to river level & then re-climb the opposite wall of the valley, and then again repeat it.

By about 4pm (after 8hrs of trekking for the day), my



body battery had started dying out - it's 4hrs post lunch and there was no village for a tea stop & unlike me, forget to munch on my dry-fruits. Was totally exhausted and



lumbered along the last hour or two, cursing myself for having taken up this trek. Was walking in a trance of prostration and let go of a few bird calls, as even pulling out the binoculars was an arduous task.

**Trek day 3** - Last evenings fatigue and soreness, all gone after a good night's rest, we left Dyang at 8 am. But not before checking out how the Tibetan bread is made and appreciating the owner's self-sufficient garden. Constant climb and descent, through 3 avalanche sites (where the crossing is tricky – slippery and has to be done fast), plenty of mule trains and lovely landscapes, we reached Ghap. Daal rice at a very serene place, with an hour's break to relax and dry wet clothes.



**Trek day 5 - Lho to Samagaon**

After another interesting morning conversation with the landlady (about dowry, marriage customs, land ownership, etc etc) and a poor muesli breakfast, we torted off to Shayla - a 2hr hike through some dense forest & pretty streams. Shayla was a nice place, with a boarding school (which I was asked to see), and a nice tea house, where we relaxed, chatting with our guide Phura.

The next hour from Shayla, was again a series of peaks & troughs and then a long flat stretch to Samagaon.

Samagaon, a large 16th century Tibetan settlement, a dirty place-the old village part, and a hasty poorly developed newer village. The hotel was an ill ventilated dingy place too, but I have learnt that we can't be choosy in these remote areas. We are thankful that there is at least a place to stay, but for which, we would never be able to see the beauty of this region.

Pic -Boarding school in Shayla

**Trek day 4** - Namrung to Lho, was a short trek of about 11 kms done comfortably over 5hrs. The highlight being the birds sighted in the first hour-Scarlet Minivet, Mrs Gould's Sunbird, Kingfisher, and a few other run known ones. Also quite a few langurs and mountain goats. After a quick lunch, laundry in numbing cold water & a short rest, we headed out on a 2hr cold & windy acclimatization climb to the Lho Gompa, atop a hillock.

The Lho Gompa seen from our Tea-house, The Lho valley, from the Gompa hillock with the Manaslu Peak behind it. Interacting with the Lho tea house owner lady, was a very interesting & informative experience. Explaining the absence of school going kids in the villages we crossed, she explained the local education system - wherein nearly all kids are sent away to boarding from 1st std till 10th. She also detailed the local health care support system-which is quite impressive compared to our Uttarakhand hills.

The Lho tea house was a very distinct place - bringing out the local culture.

Pic - one of the series of descends leading to the bridge across the stream

Pic - Village is sighted & we're excited that the walk is over, but then after the sighting it's an hour's winding, up & down walk - the ways of the mountain land.

Pic - Samagaon's only school - how i wish my school had such a backdrop (but not the 0 deg cold, winds, lack of electricity, etc)

Pic- Today's 4km acclimatization hike was to the Birender Taal, fed by the Manaslu glacier (on the left) - a sight to behold.





**Trek day 6** - acclimatization day at Samagaon (3500mts) - Overcast skies hid the Manasalu peak and it lasted so through the day. Our "rest" day was an exhausting climb to the Pung Gyen gompa - 8kms of steep climb to gain 500mts, with icy cold winds blowing across the high valley. Spotted quite a few mountain goats dancing their way up the vertical cliffs.

Then the open flats leading to Pung Gyen Gompa, surrounded by snow clad hills - biting cold compounded by heavy winds. The Gompa was a disappointing dilapidated structure with only one monk (he's a good 4 hours away from any human habitation & doesn't interact with anyone who comes to the Gompa). Queer, or is it that we city dwellers have lost the art of appreciating solitude. Pic - In front of the Pung Gyen Gompa



We forced open a run down shed, to take shelter from the wind & snow flakes, and made ourselves some hot coffee & MTR upma. Probably the tastiest coffee and upma in my life- aah!! what a relief it was against the cold. Then we slogged back 2hrs in a constant spray of snow.

The Samagaon village festival was on, but we missed the event by half an hour. However, we got to see the decked up horses, their riders and a show-off of their skills. A disappointing "hot" shower with room temperature water, a call back home and an interesting chat with a Swiss co-trekker laced the rest of the day. We ended the day by cooking our packed food brought from home, so as to lighten our bags for the upcoming "pass" day.

Food-though hot, hygienic food is available through the trek, for our south Indian (Andhra influenced) taste buds, the blandness gets too monotonous. The savior was Mitesh's & Kishore's spicy "chutneypudis" & "gingerchutneys", which graced every meal of ours right from the 2ndday.

Pic - Mitesh savouring the Dhal-Bhat with his Pudi & Kishore's chutney.







**Trek day 7 - Samagaon to Samado** – The morning started off with an absolutely clear sky, unmasking the Manaslu peak in all its glory. The golden rays of the rising sun over the peaks is a pretty sight, and all it lasts is 10min, but you can't peel your eyes off it.

A relatively easy gradual climb of 4hrs through deep valleys lined by leafless trees took us to Samado. The early part of the walk went away without realizing, as there were multiple photo-stops-the crystal clear snow covered Manaslu on our left the show stealer.

A bunch of energetic and curious marmots, a small wooden bridge to cross the Budhigan-daki, infused more life to the remaining hike. For the free evening, we did a short self hike, but was far from interesting. I had developed a mild headache, on and off, and that kept my mood low. The night was terribly cold (around -5/-10deg we presume) and managed to gather some sleep after reinforcing my sleeping bag with a local rug.

**Trek day 8** - Clear skies & a bright sun made the 4hrs continuous climb to Dharmasala quite interesting. We had very clear views of the surrounding peaks (the Larke peak, probably an arms length away). By now marmots & goats were a routine, mountain deer and a couple of Bharals were the new entrants on this stretch. Post lunch at Dharmasala (in the prefab metal container rooms) was very chilly and windy. Just stayed back and relaxed to ward off the mild altitude headache (supported with a Diamoxtablet). The stay in Dharmasala was in the prefabricated insulated boxes. All discussion is about managing tomorrow's pass day.



**Trek day 9 - the Larkey Pass crossing day.**

Up at 3am - except a hurried face wash and morning ablutions, there was no scope for brush nor change of clothes (followed the planned trek-sleep-trek in same pair of clothes) and left camp at 4am, in a miserably cold (must have been below -10°) night, the only saving grace is a bright moon and clear skies.

The 1st hour and half was luckily in the valley of a glacier, so were protected from the winds, but such intense was the cold that my toes were numb and every step was painful. Kept cursing myself for having embarked on this adventure. Then, the golden rays fell on the Larkey peak, all thoughts of despair disappeared. Though it was still very cold and it was a constant climb in the low oxygen air, the beauty of the surrounding peaks was so captivating, that I didn't feel too much of a difficulty.

After a bout a 3 hrs hike we come across a "tent" tea stall, located in the middle of nowhere. We blessed the tea supplier and his dog and relished a cup of black tea and biscuit. Then continued the climb, all on snow, fresh but with a hardened base - "hejje munde hejje" for the next 3hrs till the top of the Larkey Pass. Some headache of AMS did creep in, but the views were so enchanting that

I could ignore the symptoms & I definitely couldn't go any slower.

Pic - It looks like we could have cut across Pic -the 1st glimpse of the Larkey the snow, but there are massive crevices below the snow - so had to follow the trodden path.

Pic: After a series of celebratory snaps & chocolates, we put on our crampons and started on the Annapurna side of the pass. During the previous night's briefing we had been warned of the steep descent, but from the top it looked very innocuous, especially with the euphoria of having reached the top of the Larkey pass. All went comfy for next 15min, with a few Rose-finch sightings.

Pic – the descent from top

And then the super steep descent started. Knee deep snow, except on the previously treaded path. Nearly a 30 deg inclination for more than 2hrs. Despite having our crampons on, all of us slipped umpteen times. I slipped twice and slid down about 5mts, but luckily, guide Phura was there to block my slide. My co-trekker Mitesh was smart enough to slide down a major part of this steep segment, on his butt. Though a descent, the amount of effort it took to be careful not to skid and plough in-out of the snow, coupled with the altitude, started giving me

a headache. It was so tiring that we hardly had the interest to look around and appreciate this side of the valley.

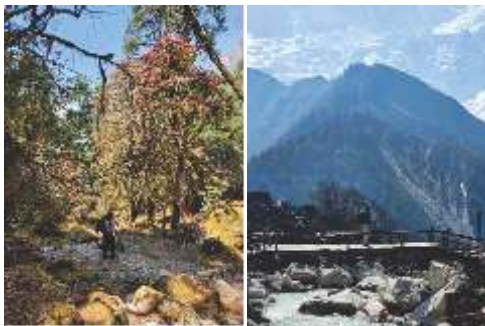
Pic - the photos cannot capture the severity of the gradient. After the snow segment ended, was an hour's trudge on slush and rocks to our lunch point.

A poor lunch but thankful for a place to stretch & massage our sore bodies.

Pic - Phew !! scary to look back at the Larkey Pass, right at the top in the background center.

Post lunch was another 2hr steep descent on rocks and scree to Bhimtang, which we reached by 4.30pm.

Pass day lived up to its reputation - 17.5kms over 12hrs of trekking, in temperatures reaching -10deg, with an ascent of 650mts over 6hrs to reach 5100mts and then an altitude loss of 1350mts over next 6hrs.



**Trek day 10** - With the continued euphoria of the previous day, we started off our descent to what would be the most beautiful day of the trek. The first half of the 18km trek was through wonderfully pretty dense forests with plenty of birds & the torrential crystal clear river flowing all along by our side meandering through colorful boulders. The green of the forest was speckled with the colorful rhododendrons - bright red, pink, white, lavender & purple, in full bloom.

Pic - a small natural clearing in the forest, surrounded by rhododendron trees

The day's descent was a massively steep one (we lost some 1500mts over 18kms in 8hrs) and at some places looked very precipitous, when we looked back. Post lunch, at a nice tea house set amidst a rhododendron cluster.



Pic- Mitesh thanking me with Rhododendrons, for organising the trek.

We had the only climb of the day, a 15 % slope, but it felt like peanuts after our previous day's experience. The last hour to Tilje, where our trek ended, was on an under construction road with plenty of deforestation all around us.



Pic - A hip-hip-hurray on completing the trek.

The return to Kathmandu was a back breaking 12hr drive, but the euphoria of having completed the trek carried us through. A "circuit" - desire fulfilled; an endurance test passed but with a struggle; did i enjoy it - absolutely; will i do it again - NO (probably age catching up); should you do it - definitely yes, provided you are super-fit, are passionate about trekking and have a good company like I had, not otherwise;

***Manaslu Circuit in one line - "A killer of a trek but an amazingly beautiful one too!"***





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# MAJETHIA FOUNDATION

## Ramila Prashanti Mandir

### Free Hospice Palliative Care Centre



In Association with  
Karnataka Therapy & Research Institute (KCTRI)



#### WHAT IS HOSPICE ?

Hospice offers pain relief & provides comfort, dignity of life It is a care between a Hospital & Home, where the palliative medical needs & physichal discomforts are addressed. Majethia Foundation Hospice has commenced service in the premises of KCTRI, Navanagar Hubballi

#### AVAILABLE FACILITIES

- ◆ General Ward (Free) : Male 10 Rooms & Female 10 Rooms
- ◆ Special Rooms (Chargeble) : 10 Rooms
- ◆ NANDOPASANA - MEDITATION ROOM :  
For all 30 members common meditation Room for Counseling, Motivational/Spiritual session, Entertainment activities with common TV arremgemnt.
- ◆ 24 X 7 Nursing Services
- ◆ Dedicated & Experiences Staff
- ◆ Fully Equipped, Hygenic & Well Maintained Kitchen with Dinning Room & 24 X 7 R.O Water Filter.
- ◆ Indoor Games for Patients.
- ◆ Indoor well maintained large Lawn with gazebo for Sun bath & Relaxation.
- ◆ MUKTHIPRADAYINI - Final Resting Room with Cold Storage

#KarnatakaDigital TV999 366959

#### MANAGING COMMITTEE CONSISTS OF :

Dr. K Ramesh Babu  
Dr. B R Patil,  
Dr. V B Nitali  
Dr. Jyothi Kachapur  
Smt. Nandini Majethia  
Sri. H R prahlad Rao  
Sri. Amruthbhai Patel

#### ADVISORY COMMITTEE :

Dr. Ravi Kalghatagi  
Dr. Laksmikant Lokhare KIMS  
Dr. Mahesh Kurugodiyaver KIMS  
Dr. Manisha Godbole KIMS

#### HOSPICE MANAGED BY :

Sri. Jitendra D Majethia, Chaiman  
Smt. Nandini K majethia, President  
Sri. Amaresh Hipparagi, Secretary  
Sri. Ajit Kulkarni, CEO  
Dr. Nagarajrao Sanu, Medical Officer Hospice  
Sri. Sushantraje Mantganiker, Administrator  
Sri. Sunilkumar Kukanur, Senior Counselor

For More  
Information & Admission

Cancer Hospital Campus (KCTRI), Navanagar, Hubballi  
Ph: 0836-2001316 M: +91 87923 66374, +91 9341798093



# INDIAN MEDICAL ASSOCIATION KARNATAKA STATE BRANCH



26<sup>th</sup> Dr. Somanna Memorial State Level Annual IMA-KSB Shuttle Badminton Tournament - 2023

Date: 12<sup>th</sup> and 13<sup>th</sup> of August, 2023

Host: IMA Mangaluru | Venue: Fr. Muller Indoor Stadium Kankanady, Mangaluru

## REGISTRATION FORM

Name : \_\_\_\_\_ IMA Branch : \_\_\_\_\_

Address : \_\_\_\_\_ Contact No. : \_\_\_\_\_

### Event Category:

- |  |            |                          |                        |                          |
|--|------------|--------------------------|------------------------|--------------------------|
| 1. Mens (Open)                               | : Singles  | <input type="checkbox"/> | Doubles                | <input type="checkbox"/> |
| 2. Mens (> 40 yrs)                           | :          |                          | Doubles                | <input type="checkbox"/> |
| 3. Mens (> 50 yrs)                           | :          |                          | Doubles                | <input type="checkbox"/> |
| 4. Mens (> 45 yrs)                           | : Singles  | <input type="checkbox"/> |                        |                          |
| 5. Ladies (Open)                             | : Singles  | <input type="checkbox"/> | Doubles                | <input type="checkbox"/> |
| 6. Ladies (> 35 yrs)                         | : Singles  | <input type="checkbox"/> | Doubles                | <input type="checkbox"/> |
| 7. Mixed Doubles                             | : Open     | <input type="checkbox"/> |                        |                          |
| 8. Mixed Doubles                             | : Above 35 | <input type="checkbox"/> |                        |                          |
| 9. Children (Girls) : Under 13 yrs (Singles) |            | <input type="checkbox"/> | Under 18 yrs (Singles) | <input type="checkbox"/> |
| 10. Children (Boys) : Under 13 yrs (Singles) |            | <input type="checkbox"/> | Under 18 yrs (Singles) | <input type="checkbox"/> |

Registration Fees :- Per head **Rs. 1000.00** | For Children: **Free**

Account Name : Mangalore Branch of the Indian Medical Association  
 Bank Name : Karnataka Bank  
 A/c No : 4712500102259501  
 Branch : Hampankatta  
 IFSC Code : KARB0000471



SCAN QR CODE TO PAY

## RULES AND REGULATION

- Games will be conducted on Synthetic courts. Non Marking shoes are mandatory.
- MAVIS 350 Shuttlecock will be used.
- Players should be member of IMA, should produce IMA certificate Copy or certificate issued by local branch secretary with copy of receipt.
- Age Proof is required for Veterans.
- For events 1, 2, 3 and 4 only IMA Members are eligible.
- Event 5 and 6 is for the lady doctors and non-doctor spouses of IMA Members.
- In mixed doubles, the female players should be a Doctor or spouses of an IMA Member.
- For open event doubles, partners should be from the same IMA Branch.
- A players can only Participated in any 2 events apart from mixed doubles.
- There should be a minimum of 08 entries for singles and 08 entries for doubles or the event will be considered as void.
- Age limit will be considered as on August 12<sup>th</sup> 2023 and the players should produce age proof Certificate on demand.

Entries can be sent to: [imamangaluru@gmail.com](mailto:imamangaluru@gmail.com)

Dr. Venugopala D, President IMA, Mangaluru  
 Dr. Sathish Chandra, Organizing Chairman  
 +91 99455 90976

Dr. Archith Bloor, Secretary IMA, Mangaluru  
 Dr. Nandakishore B, Organizing Secretary  
 +91 98861 01510



IMA KSSS

# 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/-

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

**Recent death claim in Old Existing Scheme – Rs. 18,30,000/-**

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



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

**Dr. Sachin Revankar**  
Secretary  
Mo : 9880250083

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

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

**Dr. Maheshkumar S.**  
Treasurer  
Mo : 9341738405

**Kindly visit our website- [www.imakssshubli.org](http://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

<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.

**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

imakshs@gmail.com  
www.imahealthscheme.org

IMA KSHS

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

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

The Admission fee details is as follows

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

### LOCK IN PERIOD

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

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

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

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

**Chairman**  
**Dr Jambunath Gouda**  
094481 45035

**Secretary**  
**Dr Madhusudhan K N**  
094481 40003

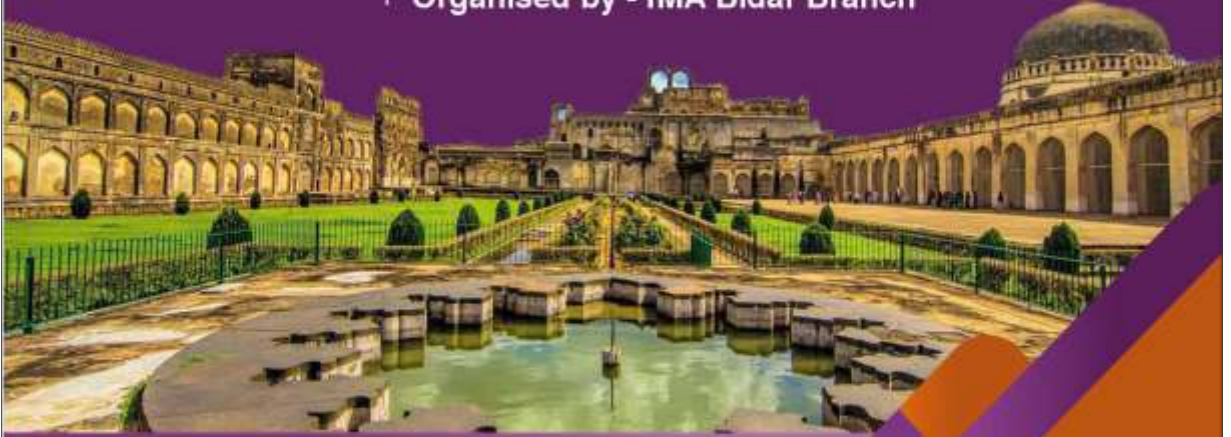
**Treasurer**  
**Dr Hanumantappa A**  
99456 05974

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



# 89<sup>th</sup> | IMA

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



89<sup>th</sup>  
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](http://www.imakarnataka.in)

## ASTER CMI HOSPITAL, BANGALORE WARMLY WELCOMES



### Prof. Dr. NAGAMALESH U M

MBBS, MD, DNB (Cardiology), FACC, FESC, FSCAI  
Lead Consultant - Cardiology, Interventional Cardiologist  
Director - Heart Failure, Transplant & MCS Program

Dr. Nagamalesh U M is an Interventional Cardiologist and a Transplant Cardiologist with over two decades of experience, and highly experienced in handling cases involving Advanced Heart Failure, Heart Transplant, and Interventional Cardiology.

He has conducted over 54 heart transplants, with internationally acceptable outcomes and has performed over 30,000 cardiac catheterisations, coronary angiographies, pacemaker implants, and coronary angioplasties. His area of expertise includes primary angioplasty, bifurcation lesions, left main and vein graft intervention, using both the radial and femoral approach. He is also proficient in techniques such as FFR, ROTA, valvular heart disease, ASD, PDA closures device pacemaker, and ICD implantation.

Dr. Nagamalesh obtained a Bachelor's in Medicine and Surgery from the JSS Medical College in Mysore and has a Master's in Medicine from the prestigious Rajiv Gandhi University of Health Sciences, Bengaluru. He has a Diplomate from the National Board (Cardiology) and has also received training in heart failure and transplant cardiology from Papworth Hospital in Cambridge, UK.

Dr. Nagamalesh has written articles for various publications. To his long list of achievements, he has also been a recipient of the Chairman's Award by Dr. Devi Prasad Shetty from Narayana Health. He was given the Distinguished Alumni Award for his outstanding performance in developing the Heart Transplant Programme in Karnataka.

#### Areas of Expertise:

- Advanced Heart Failure and Transplant Cardiology
- Interventional Cardiology

#### Awards & Recognition:

- Chairman's Award by Dr. Deviprasad Shetty, Narayana Health for outstanding performance in developing Heart Transplant Program.
- Distinguished Alumni Award, JSS Medical College Mysore.

#### Membership & Associations:

- International Society of Heart and Lung Transplant
- Fellow of American College of Cardiology
- Fellow of European Society of Cardiology
- Fellow of Asia Pacific Society of Interventional Cardiology
- Cardiology Society of India

Aster CMI Hospital, #43/2, New Airport Road,  
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## Indian Medical Association

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Ph.: +91-80-26703255 | Email : imafocus@gmail.com  
Web : www.imakarnataka.in