



IMA FOCUS

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World Health
Organization

75

HEALTH
FOR ALL



WORLD
HEALTH DAY
7th April



*IMA KSB President Speaks
On 23rd of Every month, On Zoom Platform*

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EDITORIAL

From the Desk of
Dr. K G Shankarnarayana

Greetings to all the members of IMA Karnataka Family,

UNITY IS STRENGTH – WHEN THERE IS TEAMWORK AND COLLABORATION WONDERFUL THINGS CAN BE ACHIEVED. This sentence aptly describes the success achieved after almost 2 weeks of agitation by IMA Rajasthan under the guidance of IMA Headquarters ably supported by all the branches of IMA KSB. Several important contentious issues have been sorted out but as far as we are concerned the most important aspect in the MOU signed is this – **ANY FURTHER CHANGES IN RULES IF ANY WILL BE DONE AFTER CONSULTATION WITH 2 REPRESENTATIVES FROM I M A.** Any government whether it is at state level or at National level should consult Indian Medical Association for any policy decisions. This particular agitation has underlined this fact once again. On behalf of our editorial board I hereby wish to congratulate the senior leadership of IMA KSB for this success.

International Women's day was celebrated by all the branches across our state with plenty of pomp & glory. It is heartening to read about the various activities undertaken by them on this occasion. Some of the branches have planned and implemented unique ideas to commemorate this occasion. It is worthwhile to emulate such ideas for the betterment of our society in general and our association in particular.

The occasion of **WORLD HEALTH DAY** which is on 7th April is very special this year as it is also the 75th anniversary of WHO which was founded on the same day in the year 1948. This year's theme is **"HEALTH FOR ALL"**. I am sure all the branches have planned various public activities, I request the office bearers of all the branches to follow this theme in their activities & file their reports in time.

I would like to thank the sponsors of this issue – Aster CMI Hospital, Suguna Hospital, Apollo 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 April – May 2023 ,

7th Apr – World health day	3rd May – World Asthma Day
17th Apr – Haemophilia day	8th May – Thalassaemia Day
25th Apr – Malaria Day	31st May - No Tobacco Day

LONG LIVE IMA, THANK YOU ALL





PRESIDENT'S MESSAGE

Dr. Shivakumar B Lakkol

Dear Esteemed members,

“Let the words be like the pearls on a string, Let the deeds be in tune with words. How else can Kudala Sangama be pleased?”. Never lose heart while pursuing the path of trust. Live a principled life – Lord Basavanna. Happy Basava Jayanthi wishes to all of you. Let's pledge to follow his preaching.

Women are the epitome of courage, hope, and life. On the day of International Women's Day, IMA KSB is pledged to make the world a much better place for them. I appreciate and thank all the local branches of IMA KSB for celebrating this day in very different ways.

The world hearing day was meaningfully composed at MRMC Kalaburgi by the IMA Kalaburgi Branch on 3rd March. I was the Chief Guest for this occasion accompanied by Dr.Madhusudhana Kariganoor, Dr.L.D.Bakale. Eminent speakers addressed the audience. This programme was well organised by our IMA KSB Vice President for 2023-24 Dr.Kiran Deshmukh who is also the HOD of ENT of MRMC. Later we had the Kalaburgi IMA branch visit where Dr.Madhusudhana Kariganoor spoke on the IMA KSB Schemes. It was well coordinated by the President Dr.Gurulinagappa Patil, District Representative Dr. Anand Garampalli, SCM Member Dr. Vijayakumar Koppikeri, SWC Member Dr. S.S. Karabhari and IMA KSB Academic Cell Subcommittee Chairman Dr.Sanjana Patil Tallur.

On the same day evening we visited Bidar, addressed the Medical students of BIMS Medical College & then visited 89th MEDICON 2023 conference venue, banquet hall and accommodation which are par excellence for the best outcome of the conference.

IMA Bidar branch Secretary Dr. Mallikarjun Panshetti showed all facilities available to conduct the conference. In the evening we had the IMA Bidar branch visit.

On 4th March we visited IMA Yadagiri branch for which the SP of Yadagiri Dr.C.B.Vedamurthy was the guest of honour who while addressing the doctors assured all the possible support during any crisis to the doctor's community of Yadagiri. Later in the afternoon we visited the IMA Surpur branch which was under suspension due to less number of members. We briefed all the steps to revive the branch to it's to secretary Dr.Shafi. On the same day evening we visited IMA Lingasugur branch who expressed their happiness over the activities of the IMA KSB and assured to standby in all its endeavours.

On 5th March morning I attended KSHS & in the afternoon IMA-KSSS MC meeting at Hubballi. On 6th March World GLAUCOMA DAY was observed by many local IMA branches. On 8th March International Women's Day was celebrated with much enthusiasm by IMA Local branches and as part of it conducted many seminars and health check-up camps across Karnataka. On 10th March morning we visited Karwar, in the afternoon Ankola and in the evening Kumta, Honnavara and in the night Bhatkal IMA braches which are active in many ways.

On 11th March morning we were joined by Dr.Venkatachalapathy.M. our National IMA Joint Secretary and IMA KSB Past State President Dr.Madhusudhana Kariganoor for branch visit of IMA Kundapura in the morning, Udupi in the afternoon. Our team visited the IMA Surathkal branch and did the installation ceremony of the new office bearers

led by its President Dr.Pinto R N and Secretary Dr.Kishanlal.

Meaningful Press meets were held both at Udupi and the Mangaluru wherein concerns were expressed by the media regarding the sudden deaths in the society and also regarding the menace of unqualified medical practitioners. On the same day we visited the IMA Karkala branch where we were warmly welcomed by our Immediate Past state President Dr. Kateel Suresh Kudva.

On 12th March I was called to inaugurate the haematology CME organised by the IMA Mangaluru and during the occasion I unveiled the IMA Mangaluru branch new website and also released their news bulletin MEDILORE. In the afternoon we visited Thirthahalli branch which is proudly managing the IMA blood bank and also planning to introduce many social activities.

On 25th we had IMA focus committee virtual meeting, Digital Software Committee and Public Health Sub Committee meeting. Kannada Vaidya Barahagara Samithi had conducted many programmes and Datti Upanyasa programmes during this month.

On 26th March we had 865th SWC meeting of IMA KSB on virtual platform & discussed about the Award recommendation committee report and many guidelines were formulated for giving awards by the IMA KSB during the Doctors day, Teachers day, Orations, Felicitations and Conference awards.

On the same day evening we had IMA Karnataka local branches President and secretaries meeting on Zoom and discussed the RTH bill by the Rajasthan government. IMA KSB opposed the incidence that happened in Rajasthan state following RTH bill that was passed in that state. As directed by the IMA Head quarters we the whole Karnataka state observed 27th March as the black Day by wearing black badge at the work places and submitted memorandums to the concerned officials to reach the chief Minister of Rajasthan.

On 27th Morning joined IMA Gadag branch members

and submitted the memorandum to the DC . Later along with our State Assistant secretary Dr.L.D.Bakale visited the IMA branches of Chitradurga, Hiriyur and Tumkur. Dr. Narayan Murthy Our State Vice President, Dr.M. Venkatachlapathy, and Dr.Pavan Patil accompanied us.

On 28th March myself attended the RGUHS meeting at Bengaluru and in the Evening visited Bangalore South Branch for Celebration of WDW. It was a unique programme where more than 25 women's attended and performed various cultural and literary activities

On 29th March along with Dr.L.D.Bakale we visited Chamarajanagar IMA Branch and also addressed the Medical college students and motivated them to join the IMA MSN. Later We visited Nanjanagudu IMA branch. On 30th March we visited IMA Mysore East Branch and then JSS Medical college addressing Students. Evening we visited IMA Sargur, Hunsur and K.R.Nagar branches.

On 31st March we visited Mysore Branch and also addressed the Medical students of MMC & RI, Mysore. On 1st April I was invited to inaugurate the Play "Bichida Jolige" enacted by the Rangayana of Kalaburgi at Mysore. This play was based on the Biography of well known Pathologist of Karnataka Dr.S.J.Nagalotimath.

Many Sub Committee meetings were held in this month which includes Finance Sub Committee where we discussed about GST. Others include Hospital Board Committee, Membership Drive Committee, Anti Quackery Committee and Sports Committee conducted virtual meetings. Women's Doctors Wing Committee and Academic & Medical Education Committee conducted webinars. DASS Committee conducted CME on PCPNDT. Dr. Hitesh Bhatt advocate and Dr. Indumathi Patil were the speakers and the Chief Guest was Dr. Vivek Dorai, the Director of State PCPNDT, chaired by myself.

I request you all to observe the WHO day on 7th April in a meaningful way at your local branches.





SECRETARY'S MESSAGE

Dr. B P Karunakara

Dear all,

Greetings from IMA KSB!

The month of March had been a busy month with various activities across the state branches including extensive celebrations of International Woman's day across the branches, hectic President's visits to the branches and protest against the Rajasthan Right to health bill.

Protest against Rajasthan Right to Health Bill: Responding to the call given by IMA HQ. New Delhi, IMA KSB responded well to the "call of the hour". The issue was discussed in detail in SWC and local branches Presidents & Secretaries zoom meeting. The local branches responded actively and enthusiastically to the call. As per the agenda, local branches submitted memorandum to the local administrative authorities like deputy commissioner / Assistant Commissioner/ Tehsildar/ others, protested wearing black badges and participated in the National online webinar meeting by HQ.

IMA KSB appreciated and thanked all the branches for their active participation. With the issue is still on fire, HQ has alerted the branches across the country to be ready to intensify the protest to get justice.

As a part of its planned strategy, IMA HQ gave call for observing 4th April as Nationwide Solidarity day and called upon the state branches to actively participate with participation of President and secretaries of the state branches in the mega rally at Jaipur. As per the directions, Hon state Secretary Dr. Karunakara BP, along with National Joint Secretary Dr. Venkatachalapathy M, National joint Secretary CGP Dr. Pavan Patel and National Convenor, junior doctors' network, Dr. Jyothi R, participated and supported the cause. The IMA KSB participation was well acknowledged and appreciated by one and all. The day also turned out to be Verdict day with Government of Rajasthan withdrawing the draconian bill and coming out with diluted version, accommodating most of the concerns of the medical fraternity. IT WAS A HUGE VICTORY FOR IMA! IMA Rajasthan deservedly got the victory for its stand and the fight. It's a great victory for IMA HQ for its great work

and the credit goes also to the IMA branches across the country for their meaningful participation as per the directions of the IMA headquarters. The fight has showcased the strength of the IMA and further strengthen it. It's good for the medical fraternity of India.

Guidelines for IMA KSB Awards: In the background of concerns noted during previous year's awards, a committee was formed to develop guidelines during SWC/GBM meeting at Moodbidri. The committee prepared and submitted an elaborate report. A special SWC meeting was called and the report was discussed threadbare and guidelines were fine tuned. The report will be taken up in the forthcoming council meeting and will be implemented from the current year itself.

International Woman's day celebrations : Woman doctors have grown in strength and participation in IMA KSB and the local branches. Majority of the branches have Woman doctor's wing. There is growing encouragement for woman doctors. However certain concerns and resistance do exist and hope that they will improve in the near future. We wish to see Woman doctor's wing in all the branches. The branches across the state actively celebrated International Woman's day with enthusiasm. Various academic, learning, fun and other activities were held across the branches. The celebrations went on till the end of March.

The academic activities of Academic committee, AMS and Woman doctor's wing happened regularly.

The all-important state council meeting will be held at Belagavi on 30 April. We request all the state working committee members to attend meeting and guide us with fruitful discussions and suggestions. Preparations are on for the meeting!

There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest!

- Elie Wiesel

Wishing everyone a wonderful summer times! Spend time with family and children. Relax and rejuvenate! Take adequate precautions to prevent heat related health issues!

LONG LIVE IMA

<https://imakarnataka.in/>



VICE-PRESIDENT'S MESSAGE

Dr. Prasannashankar Shivappa

Dear members of our IMA, wish you all a happy and prosperous Ugadi festival. I had an opportunity to visit Mangalore IMA Branch along with our IMA KSB President Dr Shivakumar Lakkol, Dr Madhusudan Kariganur, Dr Venkatachalapathy, Dr Laxman D Bakle & others. The very active IMA Mangalore arranged a Press Conference , interaction with the IMA members, CME and a nice party at Mangalore Club . President Dr Venugopal , Secretary Dr Archith & other office bearers took active part, I thank one and all. Regarding Rajasthan Right to Health Act, it is condemned by IMA throughout India. It's the responsibility of the Government to take care of the Health of the Public . For political gains they are asking the vulnerable Private Hospitals to treat the Emergency Cases totally free. Are they going to give free power, water, land, free boarding and lodging for the Doctors ? Public & Governments expect free

services from the Doctors and Hospitals, on the other hand no one gives free services to the Doctors.

For the sake of publicity and monetary benefits Govt is planning to open 11 new Government Medical Colleges without fully furnished Hospitals. Let the Govt improve their own Hospitals with ultra modern facilities to treat the Public rather than asking the vulnerable Private Hospitals to treat the Public freely. It's a shame on the health policy of State Government.

Doctors are facing a difficult situation of treating critically ill patients in the absence of a proper Government support. If the patient dies the irate mobs manhandle the Doctors and Health workers. Only God has to save the Essential Service provider Doctors.

LONG LIVE IMA!!

JAI HIND.

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

Dear Members,
Greetings from Indian Medical Association!

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

Our social media handles are as follows:



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



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



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

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

Thank you for your continued support and cooperation.

Best regards,

Dr. M. Venkatachalapathy
National Jt. Secretary

Dr. Anilkumar J. Nayak
Honorary Secretary General,



Indian Medical Association, Karnataka State Branch

IMA House, Near IMA Circle, A.V.Road, Bangalore-560018

Tele.080-26703255, imakspbpresident@gmail.com

Ref: IMA/KSB/SCM/734/2023

Date: 4th April 2023

To:

**The Honorary Secretaries, Local Branches of IMA in Karnataka State,
All State and Central Council Members from Local Branches,
All Members of State Working committee of IMA-KSB & All Past Presidents of IMA-KSB.**

Dear Sir / Madam,

306th State Council Meeting of the Indian Medical Association, Karnataka State Branch will be held under the aegis of IMA Belgaum Branch on Sunday the 30th April 2023 at 11.00.A.M at IMA Hall, IMA House, District Hospital Campus, Club Road, Belgaum.

Please make it convenient to attend the Meeting.

: Agenda :

01. IMA Prayer and Flag Salutation
02. Welcome by the President
03. Reading of the Meeting Notice by Hon. State Secretary
04. Messages of informed inability to attend
05. Condolence Resolutions, if any
06. Action taken on the previous Minutes of 304th and 305th State Council Meetings held at Kuvempu Auditorium, Alvas Nudisiri Vedike, Mudubidre on 28th October 2022
07. Secretary's Report from October 2022 to March 2023 and Adoption
08. Ratification of 863rd, 864th, and 865th State Working Committee's Action taken Reports
09. IMA Hqrs, 229th CWC Meeting Report held at The Fern Sardar Sarovar Resort, Near Ekta Dwar, Statue of Unity, Kevadia Colony, Narmada, Gujarat to be held on 15th & 16th of April 2023
10. Doctors Day-2023 Celebration. Discussion Place and Venue at Bangalore on Friday the 1st July 2023
11. Honorary Treasurer's Report from October 2022 to March 2023 (from 01.10.2022 to 31.03.2023) and Adoption
12. Ratification of the Awards Guidelines discussed and formulated in the 865th State Working Committee Meeting held on 26.03.2023
13. Discussion on 89th IMA Karnataka State Annual Medical Conference (89th MEDICON-2023) to be hosted by IMA Bidar Branch at Bidar on 27th, 28th and 30th of October 2023
14. Discussion on IMA-KSB's IMA-AMS, IMA-CGP, Women Doctors Wing Conferences and Kannada Vaidya Braharara Sammelana
15. Discussion on Dr. Somanna Memorial State Level Shuttle Badminton Tournament
16. Amendments, if any
17. Letters of correspondence
18. Office Related matters
19. Any other subject with the permission of the chair
20. Vote of thanks.

Thanking you,
Yours Sincerely,

Dr. B.P. KARUNAKARA
Honorary State Secretary

-Sd/-

Dr. ANITHA. D
Hon. Jt. Secretary

Please Note:

- (1). *SCM Members are requested to bring the meeting Notice with them. No copies will be given at the meeting.*
- (2). *Only SCM Members of IMA-KSB are allowed to attend the Meeting.*
- (3). *If any clarification required on any subject, the SCM members may send their request to Hon. State Secretary mentioning the subject which they wish to discuss.*

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IMA KSB TEAM @ Ground Zero of Rajasthan Maha Rally / Solidarity show



BRANCH ACTIVITIES

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



In addition to activities of February few more activities- Board of hospital under the banner of IMA was formed and committee was installed. One representative from each taluka branches were installed under the secretaryship of Dr.Devegouda. Small function was organized at UK 27 hotel, on line and offline programe was held. Function was presided by president Dr Swapna Mahajan, Secretary Dr Hemant Koujalgi, board secretary Dr.Devegouda, Dr.Mahanshety, Dr Prakash Patil. Meeting was followed by dinner. Women's day was celebrated on 8th March 2023. Dr Anjana bagewadi spoke on her experience about Himalaya base camp with a motivation talk. Many ladies were felicitated in different categories for their outstanding activities. It was followed by dinner. Mid term CME was held on 26.02.2023 In association with Netradarshan. Started with work shop in morning followed by lectures in afternoon, covered Various topics from cataract to recent advances in ophthalmology. Speakers were Dr.Mahuli, Dr.Toparani, Dr.Bagewadi, and many others. Panel discussion was conducted & Credit hours were granted for CME. Evening pool side dinner was arranged at presidency club.



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

On 8.3.2023: Celebration women's Day at Trust well Hospital Bangalore Dr. Sathyavathi K, IMA Bangalore Branch Vice President, Dr. Mamatha M, Dr. Rajasree M B Dr. Anusuya S. attended the program. On 11.3.2023: CME Program was conducted in association with Ramaiah Memorial Hospital Bangalore at IMA House, Chamarajpet Bangalore. Dr.

Chandrashekar A R Consultant Vascular & Endo Vascular Surgeon spoke on "Vascular Diseases Current Perspective and Growing indications" Dr. Harshith Rao Consultant Pulmonary & Critical Care Medicine Spoke on "Pleural Disease: Minimally Invasive Approaches for Management" Dr. Ravi K Dean & Director BMCRI, Bangalore was Chief Guest. Doctors from BMCRI & KIMS who attended the Health Camp were given Certificate of appreciation by Dr. K Ravi & Guest of Honor Dr. Srinivasa. S President Elect IMA -KSB. Branch President Dr. Venugopal K Dr. Madhushankar L Hon. Secretary with other office bearers and EC members attended the function. On 11.3.2023: Free Medical Camp was conducted in association with TTD Vyalikaval, Lions Club, Manipal Hospital, Miller's Road and Srinivasa Health Care at TTD, Vyalikaval .120 People attended the camp. Screened for Diabetes ,Hypertension & Cardiac disease. On 14.3.2023: In association with Minto Hospital awareness of glaucoma for school children & detection of congenital glaucoma was held. Dr. Mamatha M WDW Chairperson attended the camp. On 19.3.2023: CME Program was conducted in association with Kidney Warriors Foundation and NephroPlus at The Grand Magrath Hotel, Magrath Road, Near Garuda Mall Bangalore. Dr. Randeep Commissioner of Health and family welfare was the chief guest & Branch President Dr. Venugopal K attended the Program. On 19.3.2023 : Public Health Guest Lecture (PHGL) was conducted by in association with Cardiological Society of India-Bangalore Chapter and Medical Education & Research Trust, Bangalore at the IMA Auditorium. Dr. Natesh B H, Cardiologist, Sri Jayadeva Institute of Cardiovascular Science and Research gave a talk on: "Cardiac issues at adolescence" & Dr. Vimochana K, Paediatrician Bangalore gave a talk on: "Adolescence related health issues".



Branch : Bengaluru Central
President : Dr. K.Venkatachalam
Secretary : Dr. Premitha. R

On 04.02.2023, organized a Walkathon on the occasion of World Cancer Day with a theme of "Close the Gap in Cancer Care" in association with HCG cancer HOSPITAL-Double Road Branch, Bangalore Oncology Group & Association Surgeons of India. In this Walkathon, 300+ people participated from various fields. Walkathon was flagged off by Dr. M. A. Saleem, IPS, Special Commissioner of Police in

presence of Dr. B.S.Ajaikumar, Chairman, HCG, Mr. Manojkumar, MD of Jungle and Lodges and Ms. Malashree, Renowned Kannada actress along with her daughter Radhana Ram, a budding actress. It started from HCG hospital at 7.15 am, which covered around 3.5km via Lalbagh Gate, and finished by 8.30 am back at HCG hospital. Chairpersons- Dr. Ajai Kumar, Dr. Gopinath. K. S, Senior Onco Surgeon, Dr. Venkatachalam, Onco Surgeon and Branch President, Dr. Premitha. R, Radiation Oncologist and Branch Secretary spoke on cancer awareness programs, preventive measures, and the false myths about the term Cancer. Mr. Manojkumar emphasized on the protection of forests in relation to the prevention of Cancer. The programme ended with a message that adoption of a healthy lifestyle, moderate physical activity, and yoga is very much essential.



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

CME Activities: Health awareness and Free checkup camp conducted at Seegebagi Area. Dr Veena Bhat, Dr Gayathri Participated. IMA womens doctors participated in International Womens day celebrations by Various organizations and gave health awareness talks. WDW arranged health awareness about Menopause and conducted free face yoga workshop on 9th March, 2023 at

Siddarudha Nagara. Dr Veena Bhat, Dr Swarnalatha, Harshitha and others participated as a resource persons. 4th March 2023 - CME was conducted in association with NU Hospitals, Shimoga at VISL Guest house. Dr Pradeepa M G consultant urologist spoke about Burning urination - Not always UTI. Dr Praveen Malavade consultant Nephrologist spoke about discussion in Nephrology. Dr Kavya Pradeep Consultant Reproductive Medicine & gynaecologist spoke about Case Infertility - An Overview. Around 50 members participated in CME. 18th March 2023 - Health awareness to public by IMA Bhadravathi about Lab Investigations when and why? In association with Sourabha Samasthe at Nayana Sabhangana Pathologist Dr Vinith Anand spoke about Lab Parameters in detail. Dr Veena Bhat spoke about the measures to be taken by each individuals for keeping Good Health.

OBITUARY



Dr. Sathish Vasudev Kamath
 IMA Udupi - Karavali



Dr Puttaswamy
 IMA Mysore



Branch : Bidar
President : Dr. Madna Vaijinath
Secretary : Dr. Mallikarjun Panshetty

IMA- KSB Presidenta DrShivkumar Lakkol visited Bidar on 3rd March 2023 along with his Asst. secretary Dr.Bakle and Past President IMA- KSB Dr.Madhusudan Karignoor. A talk by the President for MBBS students was arranged at Bidar institute of medical sciences about the Medical Students

Network. It was presided by IMA BIDAR Branch President Dr.Madna Vaijinath. This event was followed by inspection of MEDICON venue at Bidar institute of medical sciences along with Banquet venue at open arena. In the evening, felicitation of the President was done by IMA BIDAR branch. Various aspects of schemes by KSB was discussed by Dr.Madhusudan Kariganoor and advised to become members for these welfare schemes by IMA-KSB. WDW: On 10th march IMA WDW Bidar Talk on WORK LIFE BALANCE for Students and Staff of Lingarajappa Eng College on the eve of International Women's Day by Dr A C Lalithamma Chair person & Dr Sweta Kunkeri secretary WDW-IMA Bidar. WDW Bidar on 28-2-2023 conducted awareness programme for Anganwadi workers about Family planning methods and spoke in detail on IUCD, Injectables, Implants WDW: 19/03/23-celebrated Women's day 2023, enjoyed the moment with lots of fun and joy.

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

On 05.03.2023 President Dr. Darshan Pujari and Dr. Nimbalkar participated in inauguration of 3 Namma Clinics at Chikodi arranged by Taluka hospital and Government of Karnataka. On 6th March, meeting was held to discuss regarding birth and death registration by every health care and monthly reporting of every death to Government of Karnataka. On 8th March, Women's Day was celebrated. On 12th March, Holi the festival of colours was celebrated. Group of members visited every homes involving each member in colour celebration. Dr. Darshan Pujari, Dr. Dayanand Nooli & Dr. Padmaraj Patil participated in Belgaum Hospital Board meeting held at Belgaum.



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

CME was conducted at IMA building in association with Aster RV Hospital with topics on Kidney transplant, Ctns surgery and vascular surgery were discussed. It was a very interactive session of academics. CME was attended by 35 eminent doctors.



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



On 03.03.2023 CME Programme was conducted. Topic: "HEARING IMPAIRMENT; The need for screening, evaluation in the newborn and elderly" by Dr. Vinayak Kuradagi, MBBS MS(ENT) CHAIRPERSON; Dr. Rajshekar Ballari, senior consultant ENT surgeon Gadag and DR Sanjeev Joshi, senior consultant paediatrician Gadag. About 50 doctors attended.

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

On 26.02.2023: CME on Diabetic Foot Care was conducted In association with Mandakini hospital Hubballi. Dr Sunil Kari spoke on 360* care of Diabetic foot and footwear to prevent the complications. Dr.Jitendra Hiremath our IMA member spoke on Precision treatment in Diabetes.About 50 members attended the meeting. On 12.03.2023: IMA Gangavathi in association with YASHODHA hospital Gangavathi conducted DIABETES N HYPERTENSION DETECTION AND ADVICE CAMP At Yashodha hospital Gangavathi. More than 60 patients were screened and proper treatment and advice was given accordingly. On 17/3/2023 On the eve of Punnet Rajkumars birthday Blood donation Camp was organised in association with Gopi Blood bank, 23 units of blood was collected . Importance of voluntary blood donation was spoken by Dr. Madhusudhan Koti. WDW Maitri Gangavathi celebrated Women's Day with great enthusiasm. We planned women's day celebration for 2 days ie; on 11th and 12th March 2023. As the year 2023 has been declared by "united Nations" as "International year of Millet ". On 11th evening at 5 pm. We planned for Millet cookery show and competition and pebble painting competition . All the members participated with Good spirit and enthusiasm. On 12th Morning we conducted all Desi games like Anekallu, Kuntepille, Chauka bara, Akasha Bhoomi, lagori and Relay competitions. It was like going back to our Childhood Days. On 12th the evening we had cultural fest with all Maitri's in Pastel colour sarees and dresses. Speech on women's day and importance of celebrating women hood was explained. Displayed art of our Maitri's, songs, dances and various games were conducted. We felicitated 2 of our Senior Maitri's Mrs. Shantha Joshi and Mrs Shantha Kadi for their achievements and contribution to Maitri Kutumba. Prizes were distributed for winners and Our Women's Day ended with cake cutting and delicious dinner.



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

On 03.03.2023 Health awareness talk for Law College Students. On 05.03.2023 Participation in Spiritual Centre Inauguration of local Brahmakumari's Ashram. On 07-03-2023 Health awareness talk for girls on the eve of International Women's Day. 13-3-2023 Participation in the Inauguration of local 100 bedded MCH Hospital at Jamkhandi.

Branch : Kadur-Birur
President : Dr. Vasudev Murthy
Secretary : Dr. Sharath R. Yajman

On 08.03.2023 IMA Kadur-Biruru Branch celebrated international women's day. The same day Jata was arranged in Kadur Town.



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

On 10.03.2023 CME program was conducted In association with Rainbow Children's Hospital Bengaluru. Topic: "Interventions To Improve The Outcomes In Preterm Neonates" by Dr.Babu S. Madakar and DR.Sandeep.R. Dr.Savitha Prabhu was the chief guest for the CME program. Commemorating INTERNATIONAL WOMEN'S DAY 2023 IMA-KGF have Honored and Felicitated the senior most women doctors Dr.Sheela Sampathkumar,Dr.Durgabai Sathyakumar, Dr.Jayalakshmi Arulanandham and Dr.Sharadha.



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

On 21.02.2023 CME Programme was conducted In association with Rainbow children's Hospital Marathalli, Bangalore. Devaraj N C, Hon. Secretary welcomed the audience. Topic: (1). "Recent updates in Neurological outcomes in Neonates" by Dr Babu S Madarkar consultant neonatologist and Paediatrician, (2). Recent updates in Neurological outcomes in Neonates" by Dr Srikanth Kulkarni Consultant neonatologist, (3). "Common bone and joint

problems in children" by Dr Jayanth Sampath Consultant in Orthopaedics. (4). "Recent Advances in common paediatric surgical conditions" by Dr Antony Robert consultant in Paediatric surgery and Paediatric Urology. Dr.M.Narayana swamy , President IMA Kolar Branch informed the audience about the new IMA building first floor construction which will have a high quality auditorium. Fifty-five doctors participated in the CME. Dr. M. Narayana swamy President IMA thanked the speakers, doctors and the sponsors.

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

On 10.03.2023, IMA KSB President Dr Shiva Kumar Lakkol visited IMA Kumta branch. The office bearers & members attended the event presided by the president of IMA Kumta, Dr Ashwini Shanbhag. IMA KSB President Dr Shivakumar Lakkol graced the event and enlightened us about various schemes of IMA and answered questions during Q&A clearing many doubts, assuring continued guidance and support when needed. On 12.03.2023 A CME program was conducted at Hotel Varad International. Topic: "Recent advances in endometriosis" by Dr Prabha Desai who spoke in detail about endometriosis and recent advances in endometriosis in diagnosis and management.





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

CME Programme was conducted at Philomena Commercial Park on 25.02.2023. Topic: "Common Urological ailments in General practice" by Dr Padmaraj Hegde Dean KMC Manipal, Professor and Former Head of Department of Urology. He spoke on various urological ailments in general practice and red flags to identify and treat them on time. He also clarified queries by senior surgeons regarding traumatic urological

injuries. On 11.03.2023 IMA-KSB President Dr Shivakumar Lakkol, Asst. Secretary Dr.L.D.Bakale, along with Dr Madhusudhan.K, Dr Venkatachalapathy, Dr Vasudeva.S, Dr C D Bakale visited Kundapura branch and highlighted the need for members of IMA to work unitedly against mixopathy and need to enroll more members into different IMA schemes and promised to extend any kind of help if required from IMA KSB.Dr Shiv Kumar Lakkol and team were felicitated by Dr K.S.Karanth, Central Committee member at Saligrama Guru Narasimha temple.

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



IMA KSB President - Dr. Shivakumar B. Lakkol visited our branch on 11.03 .2023 . He was accompanied by Senior Vice-President - Dr. Prasanna Shankar.S, IMA-Headquarters Honorary Joint Secretary- Dr.M.Venkatachalapathy, IMA KSB Past President – Dr. Madhusudan Kariganur, Asst. Secretary Dr. Laxman D. Bakale, Divisional Co-Ordinator Dr. Geeta Doppa, Dakshina Kannada District Representative Dr. Sadananda Poojary.

A press meet was organised at IMA office Mangalore. Dr. Shivakumar B. Lakkol addressed the media person and appraised them about the activities undertaken by the IMA KSB. The media personnel asked questions regarding KPME act, PCPNDT act, attack on medical personnel and the role of IMA in matters of health and welfare . The questions were answered by the President and other office bearers. An executive meeting of IMA Mangalore members and office bearers was held at 8 pm on 11/03/2023 . Dr Shivakumar B Lakkol and the other IMA KSB office bearers were welcomed by Dr. Venugopala D . Dr. Archith Boloor presented the Secretary report highlighting the activities done by our branch. IMA KSB President Dr. Shivakumar B. Lakkol addressed the members and discussed various programmes undertaken by the IMA KSB.Dr. Prasanna Shankar.S , Dr.M.Venkatachalapathy, and Dr. Madhusudan Kariganur also addressed the gathering . IMA Mangalore hosted a dinner for the president and others at The Mangalore Club. On 12th March 2023 , Dr. Shivakumar B. Lakkol inaugurated the Hematology CME . In his inaugural address he spoke on the relevance of continued medical education in updating the knowledge of doctors. He also launched the IMA Mangalore website and released the E-Newsletter – Medilore.



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

On 27.02.2023 Dr Marigowda, President IMA Mandya Branch, other office bearers and IMA members conducted a health check-up camp in Gnana Sudha Old Age Home in Mandya. Screening for non-communicable diseases like

hypertension, diabetes, etc was done. ECG was done & Free medicines were distributed as per requirement. On 22.03.2023 Stone Laying Ceremony for the construction of 'IMA Bhavana' was conducted. It is proposed to construct 2 buildings. One will be a big hall with 250 seating capacity with modern audio-visual equipment. On top of it (first floor) will be dining hall and kitchen. Another building will have commercial shops / hotel will be in ground floor while the floors on top of it will have IMA offices, relaxation rooms, lodging for IMA members, etc with facility of food preparation and serving (canteen).

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



On 07.03.2023: A General Body Meeting was done which was followed by a CME on "International Women's Day". Speaker Dr Priyadarshini Meti, Topic: "Menopause & it's management by HRT". On 08 -03-2023: As part of Community Health Awareness program on account of World Women's day, a talk was given by Dr Priyadarshini Meti, at a function organised by "MUNDARAGI TOWN AKKANA BALAGA"- Topic: "Women's Health- self care". On 19-03-2023: A free Multi specialty health check up camp was conducted at Kavaluru village. Dr Laxman Pujar, Dr Keerthihahas HP, Dr Priyadarshini Meti, & Dr M S Kumbar participated in the camp. 200 patients were examined and free medicines were distributed. At the end of the camp health awareness talks were given by the doctors.



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

Treasurer Dr. Shivashankar. B.N. On 08.03.2023 WORLD TB DAY programme was conducted. Introductory speech by Dr. B.S. Pushpalatha, Additional Director, Health Department, Govt. of Karnataka, and Chief guest Dr. Shazia Anjum, WHO Consultant gave a talk on NTEP Programme.

On 08.03.2023 "International Women's Day" was Celebrated. Guests were welcomed by Secretary Dr. Devianand. K.P, presided by President Dr. Y.M. Shivakumar and followed by felicitation to Senior Women achievers - Dr. Prameela, Prof & HOD, Dept of OBG, MIMS, Mandya, Dr. Sudha. R, Prof & HOD, Dept of OBG, MMC & RI, Mysuru and Dr. Shamshad Suleman, Family Physician, NR Mohalla, Mysuru. Vote of thanks by

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



On 24.02.2023 and 03.02.2023 CME programme were conducted. Topics: (1). "Management of severe Sepsis and Septic Shock in ICU" by Dr. Shashidhar B.G. Sr. Consultant Critical care Medicine, Manipal Hospital, (2). "Recent Trends in Minimal Invasive Cardiac Surgery" by Dr.Narendra V, Sr. Cardiovascular Surgeon, Manipal Hospital, (3). "Functional Neurosurgery – Restoring Lives" by Dr. Kiran Khanapure, Sr. Consultant Neurosurgery, Manipal Hospital, (4). "Spinal Problems, Family Physicians Perspective" by Dr. Yogesh K. Pithwa, Consultant Spine surgeon.

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

On 25th Feb, 2023 CME was conducted in association with Sparsh Hospital, Yashwanthpur unit, Bangalore. Topic 1 - recent advances in neuro- spine surgery, speaker Dr. Shivakumar S Kupanur & topic 2- technology in Arthroplasty- role of robotics in Joint Replacement surgeries by Dr. Ravikumar Mukartihal. New vehicle for RIMACT for biomedical waste disposal from various hospitals of Raichur district. Pooja done on 03 March, 2023 Honorary Secretary Dr. Shree Harsha Patil, RIMACT Chairman Dr ShriShailesh Amarkhed, Office bearers Dr. Pavan Kallimath, Dr. Ramangouda and other IMA members were present. On account of world kidney day walkathon was organised by IMA Raichur in association with RKB foundation, to create awareness among the public regarding kidney diseases. Around 250 members including doctors, nursing students participated. DHO Dr Surendra Babu inaugurated the programme, IMA Secretary Dr. Shree Harsha Patil, Vice President Dr. Anirudh Kulkarni, Dr Vinay Badri, Dr Amarjeet Patil and others were present. Voluntary blood donation, eye donation and body donation camp was organised by IMA Raichur in Association with AIIMS horata samithi on Sunday 12th March at MG stadium. Office bearers of our branch with Secretary Dr Shree Harsha Patil, Vice president Dr Anirudh Kulkarni, RIMACT Chairman Dr SriShailesh Amarkhed & AIIMS Horatha Samathi Dr. Basavaraj Kalas, Ashok Kumar Jain and others were present. Secretary Dr. Shree Harsha Spoke regarding the Importance of blood donation, eye donation & body donation. 10 units of blood was collected, 60 people pledged for eye donation, 6 people pledged their bodies after death to RIMS anatomy department. The same was published in the news paper. On 14 March, 2023, EC meeting was held at IMA premises. Certificates were distributed by our president Dr. Prabhuraj Gaddikeri to the members enrolled for IMA KSSS Scheme.



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

On 26.02.2023 CME Programme was conducted. on the topic "CTVS – Potpourri" by Dr. Divakar Bhat & "GI Cancers – where are we now?" by Dr Girish S P – both from Aster RV Hospital, Bangalore. The various types of cases seen by a Cardiac surgeon were shown with case examples. The advent of Artificial intelligence and Machine learning in the field of GI cancer were discussed. On 28.02.2023 an interactive session of "First aid and CPR " was conducted at Jnanasagara institute of paramedical sciences, Sagar. Case scenerios on first aid & live demo of CPR were given by Dr Kishan Bhagwat in presence of President Dr B G Sangam, senior members DR Puttappa Bettur & Dr Shivayogi mandakki. 120 students were the beneficiaries of this initiative. On 12/03/23 CME programme was conducted on "Spectrum of cases in Pediatric neurology" By Dr Yateesha B L from Dhemahi child neurology & development centre, Shimoga. It was followed by a talk on common mistakes in Pediatric fever management by Dr Puttappa Bettur. A GBM of our branch was held to pass the constitution, rules & Byelaws.

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

On 16.2.2023, Secretary of IMA Dr. Raksha Rao in association with IMA WDW conducted antenatal classes on exercises in pregnancy for pregnant patients at Usha Nursing Home. On 24.2.2023 senior member Dr.A.Shivaramakrishna inaugurated a



program on Water Conservation with title "ಜಲ ಸಂರಕ್ಷಣೆ ನಮ್ಮೆ ಲ್ಲರ ಹೊಣೆ". A Jatha by IMA, Rotary and Abhiruchi organisations was held with students of NSS from many schools followed by interactive sessions at Kuvempu Rangamandira . IMA president Dr Arun MS also participated. On 24.2.2023, IMA WDW President Dr. Vinaya Srinivas spoke as resource person in zoom session by IMA KSB WDW on Blood and how much we know about it? Second in the series of Namaste IMA health awareness videos for the public by IMA WDW Shivamogga released on 28.2.2023. Topic- Post partum mental disorders by Dr. Preethi Pai. Interview by Secretary Dr. Raksha Rao. On 2.3.2023, IMA WDW conducted healthy lifestyle awareness session for high school kids of Vikasa School. Dr. Raksha Rao, Secretary IMA was resource person. It was truly an extravaganza of wide range of topics in the Endocrine CME on 5.3.2023 at IMA Hall Jointly organised by Karnataka Endocrine Society, API, Shivamogga and IMA shivamogga. On 08.03.2023- Women's Day program at IMA hall by IMA WDW was very meaningful with Dr. Shubha Maravante talking about women doctors of yester years of India - Dr. Anandi Bai and Dr. Kadambini Ganguly. Mrs. Srikala JayKumar Shetty accepted our felicitation and spoke about her inspirational journey as a organ donor (Liver donor) and called for people to enrol for and contribute to the field by enrolling for organ donation when need arises . Dr. Usha Ramesh very meticulously put forth views on challenges for a woman doctor and how to achieve a work life balance, and gave so many tips , much needed for young doctor parents. Under Namaste IMA series, we had the third health awareness video by WDW as part of World Glaucoma Day on March 12 th by Dr. Subhash , ophthalmologist. Interview done by Dr. Kousthuba Arun. On 11.3.2023, CME in association with Fortis Hospital was a huge success. The experts showcased how teamwork can help outcome in gastroenterology .The experts Dr. Ravindra, Dr. Kishore, Dr. Gurucharan Shetty, Dr. Piyush, Dr. Balaji held the interests of almost 80 members at Hotel Royal Orchid. On 16.3.2023, President Dr. Arun.M.S participated in PC PNNT workshop by DHO office for medical officers of PHC, nursing staff and Asha workers and addressed them. On 17.3.2023, Talk on Water and Sanitation by new member Dr. Bhagyashree , dept of community medicine at SUIMS conducted by IMA WDW at Rotary Club- east. On 18.3.2023, IMA WDW team participated in a women themed drama competition by Press club and won Special Jury award.

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

Celebrated Holi Festival with all the members of the IMA family , it was a colorful event with various activities for all the kids and members. Celebrated International women's day and had a privilege to host the president during his visit to sindhanur branch.



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

Calicut on paraovarian cysts. On 11.03.2023 Workshop at Puttur on health awareness. On 12.03.2023 IMA Mangalore President IMA KSB visit program as Divisional co-ordinator. Heamatology CME Inaguration program On 17.03.2023 Talk on Endoscopy In Infertility by Dr.Ravikanth, organized by Nova IVF Fertility in Puttur.

On 24.02.2023: Talk on Blood Donation awareness for the general public by Dr Navya B. N. and Dr. Vinaya Srinivas. On 03.03.2023 On occasion of World Hearing Day, free auditory health check up was done. On 05.03.2023 Belthangadi speech by Dr.Veena. On 08.03.2023 International Womens Day in KVG Medical College. On 11.03.2023 participated in FOGSI South Zonal Conference in

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



On 08.03.2023 Awareness program related to Uses of Menstrual Cup at Shri Shridevi Medical College Auditorium, Tumkur. Dr. Girija Sanjay, Chairman, WDW briefly explained the uses of Menstrual Cup and Menstrual Hygiene to Primay Health Care staff, the program was conducted in association with District RCH Program, Dist Health and Family Welfare, Tumkur.

On 08.03.2023: International Womens Day was observed at IMA Auditorium. Program inaugurated by the Chief Guest Mrs. Rashmi Srinivas, Educationist and Ex-principal of TVS School Academy, Pandithanahalli, Dr. Chandrashekar, Honourable President of IMA tumakuru, Dr. Prabhakar; Director, IMA AKN Sinha Institute, Dr Girija Sanjay, Chairman WDW, Dr. Nalini Yeshwanth and other WDW members present in the program. Dr. Lata Narayan, Entrepreneur and Dr Padmavathi T, CMO Maskal have been honored on this day for their service in their occupation. On 10.03.2023 & 11.03.2023 Exhibition Cum Sales mela was held to strengthen WDW IMA Tumakuru at IMA Premises. Exhibition of Sarees and other textile items, Jewelries were there. Many people shopped in this occasion. On 12.03.2023: Holi Festival celebration in IMA Auditorium. On 18.03.2023 CME Programme was conducted at Tumkur Urban Resort In association with Apollo Cancer Centres, Bengaluru and Association of Physician of India and Association Surgeons of India, Tumkur city Chapter. Topic: "Advances of Oncology".



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

IMA Udupi Karavali in association with Hitech Medicare Hospital Udupi conducted Health Education TV programme telecasted live on 11.02.2023. Our Member Dr. Sharathchandra Rao, Gynaecologist delivered Public awareness health talk on Antenatal check-ups. February 12th , 2023- Cardiac Health

checkup camp: conducted on 12.02.2023, at Jnanajyothi Bhajana Mandira Malpe. Our member Dr. Ashok Kumar Y S was the resource person. 140 members were benefitted by camp. February 14th, 2023- Programme on examination anxiety: IMA Udupi Karavali conducted programme on examination anxiety at T A Pai English Medium School on 14.02.2023 for 10th standard students. Our President Dr. P V Bhandary was the resource person for the programme. February 19th , 2023: CME: CME was conducted on 19.02.2023 at 7.00PM at IMA Bhavan, Udupi in associated with Adarsha Hospital Udupi. Dr. Megha Pai, Consultant Nephrologist delivered a lecture on "Diabetic kidney disease- Early detection and its management ". Dr Srikanth Krishna Consultant Cardiologist spoke on "Recent trends in Management of Dyslipidaemia " . Dr. Sudeep Shetty, Consultant Physician presented "Interesting cases for discussion". Dr. P.V Bhandary, President, IMA Udupi Karavali presided over the programme. Above 100 delegates attended the CME. February 20, 2023 –Drugs and youth - Nasha Mukth Bharath Abhiyan was conducted in association with Nethra Jyothi institute of Health Science Udupi and Lions club of Udupi. Dr. Krishna Prasad K, Medical Director, Prasad Nethralaya Udupi inaugurated the programme. Lion Sri Divakar Shetty Presided over the programme. Dr. P.V Bhandary, President IMA Udupi Karavali was the resource person for the programme. Programme was attended by about 250 students. February 21, 2023 –stress management for Doctors was conducted at Dr. A V Baliga Charity, Salikere, Harady in association with Dr. A V Baliga Memorial Hospital Udupi, Kamala Baliga charitable Trust Mumbai and District Mental health programme Udupi . Dr. Nagabhushan Udupa H was the inaugurator of the programme. Dr. Keshav Nayak, Secretary, IMA Udupi Karavali, Dr. Latha Nayak, Dr. Manu Anand were the chief guests. Dr. P.V Bhandary, President IMA Udupi Karavali was presided over the programme. Programme was attended by about 250 government doctors. February 25, 2023: Health Checkups for grand parents was conducted at Trinity English Medium School, Udupi. Our member Dr. Shruthi Ballal was the resource person for the programme. Programme was attended by about 250 grand parents. February 25, 2023: Health Education Programme in association with Hitech Medicare Hospital Udupi conducted the Health Education TV programme telecast live on 25.02.2023. Our Member Dr.

Sharathchandra Rao, Gynaecologist delivered Public awareness health talk on Infertility. February 26, 2023 – Cancer Awareness Programme: WDW Udupi Karavali conducted a Cancer awareness Programme for Members of Bramhashree Sanjeevini Okkuta, Kallianapura grama Panchayath at Samudhaya Bhavan Nejaru. Dr. Indira Shanbhag, Treasurer Women's Doctor Wings was the resource person of the programme. March 4, 2023 – Cancer Awareness Programme and free anemia blood checkup WDW Udupi Karavali conducted a Cancer awareness and free anemia blood checkup Programme for Anganavadi Workers on at Hindu School Anganavadi Kendra, Kallianapura. Dr. Rajalakshmi, President Women's Doctor Wings was the resource person of the programme. March 5, 2023 – Women's Day Programme: Women's Day Programme was conducted by WDW Udupi Karavali at IMA Bhavan Udupi. Various competitions and cultural programme were arranged for Women Doctors, spouses and children of doctors. Dr. Shubhageetha Senior Gynaecologist stressed on the importance of Gender equality and women empowerment in her inaugural speech. Dr. Indira Shanbhag Treasurer spoke on vision and missions of women's wing. March 5, 2023 – Women's Day Programme: Formal inauguration of Women's wing of Udupi Karavali branch was done on 05.03.2023 by senior members Dr. Sudha Kamath, Dr. Krishna Bai Shanbhag, Mrs, Shobha Sukanand Shenoy and Mrs. Shantha Gopalakrishna Acharya. Dr. Dhamayanthi and Dr. Geetha Puthran unveiled the banner of the women doctor wing.



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

On 24.02.2023 A unique programme was held on - scientific temperament and critical thinking. The rising prominence of misbelief and quackery in the medical field is certainly a cause of concern. Not only does it divert resources away from effective treatments, but it also can be directly harmful to people's health. The problem of people believing in supposed "miracle cures" is especially worrying, as it can easily lead to individuals putting their faith in unproven remedies that have no scientific basis. In some cases these treatments have even been directly responsible for devastating illnesses and even death. Well known Rationalist Dr Narendra Naik gave live demonstration and video presentation on this topic. On the same day CME was successfully conducted in association with Apollo hospital, sheshadripuram.

Guest speakers Dr. Aditya Murali, Dr. Darshan Jain and Dr. Manohar T, spoke on Oncological emergencies, problems of hand & elbow and Urological advances respectively. On 25/02/23 WDW of IMA Yelahanka organized a free health camp at a girls hostel run by a charitable trust. 30 girl students were screened for anaemia & thyroid disorders. Health awareness talks were given by President Dr Suriraju, Secretary Dr Nalina, Chairman WDW Dr Renukadevi & Paediatrician Dr Shanthala Girish. Member hospitals of IMA Yelahanka, Navachethana hospital & Regal hospital conducted walkathon & other activities on account of International Women's day. On 08/03/23 WDW of our branch celebrated Women's day with a grand programme at Hotel Attide. Programme began with talks by Dr Rama Shankar, Senior Gynaecologist on Omega 3 fatty acids & women health and by Dr Renukadevi, Chairman WDW on micronutrients & women health. Chief Guests Dr Sujani, HOD of OBG, MS Ramaiah medical college spoke on women empowerment – relevance in our profession & Dr Anuradha Paramesh spoke on women health – womb to tomb. This was followed by cultural programme which had ramp walk in ethnic wear, talent show and skit programme by members of WDW and their children.

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

IMA STATE PRESIDENT VISITED Yadgir brach on 4/3/23. We had organised and discussed various ima activities and president sir gave talk on ima schemes



President Visit to Various Branches



Ankola



Bhatkal



Honnavar



Karkala



Kumta



Kundapur



Mangaluru



Tumkur

President Visit to Various Branches



Udupi-Karavali



Thirthahalli



Mysore East



President's Address at JSS Medical College, Mysore



Mysore



President's Address at MMC & RI, Mysore



Saragur



Hunsur

President Visit to Various Branches



K.R. Nagara



Nanjanagud



Chamarajanagar



President's Address at CIMS, Chamarajanagar



Bangalore South



ಡಾ. ಶಿವಕುಮಾರ ಲಕ್ಷ್ಮಿ ರವರಿಂದ "ಬಿಚ್ಚಿದ ಜೋಳಿಗೆ" ನಾಟಕ ಉದ್ಘಾಟನೆ



"ಬಿಚ್ಚಿದ ಜೋಳಿಗೆ" ಪ್ರಸ್ತುತ ಬಿಡುಗಡೆ



ಡಾ. ವಸಂತಕುಮಾರರವರಿಗೆ ಸನ್ಮಾನ

27-03-2023 Black Day Protest against Rajasthan RTH Act By Various Branches in Karnataka



Career Guidance

Opportunities for MD Pharmacology graduates

- Dr. N. Someshwara

Medical Officer, ITC Ltd, Bangalore

MD Pharmacology is a medical specialty that focuses on the study of drugs and their effects on the human body. It is a field that integrates pharmacology, physiology, and therapeutics to develop new drugs, study their pharmacokinetics and pharmacodynamics, and determine their efficacy and safety. MD Pharmacology is a highly specialized field that requires extensive education, training, and expertise.

In India, MD Pharmacology is a popular course, with several reputed medical colleges offering this program. This program is designed for students who have completed their MBBS and wish to specialize in the field of pharmacology. The course typically lasts for three years and includes a combination of theory and practical sessions. Students are required to complete coursework, attend seminars and conferences, and conduct research projects as part of their studies.

The curriculum for MD Pharmacology in India includes a wide range of topics related to the study of drugs and their effects on the human body. Some of the key areas of study include pharmacokinetics, pharmacodynamics, toxicology, drug development, drug interactions, and clinical trials. Students also learn about the principles of drug therapy, drug safety, and drug regulation.

There are many medical colleges in India that offer MD Pharmacology courses. Here are some of the top colleges:

- All India Institute of Medical Sciences, New Delhi
- Jawaharlal Institute of Postgraduate Medical Education and Research, Puducherry
- Christian Medical College, Vellore
- Post Graduate Institute of Medical Education and Research, Chandigarh
- King George's Medical University, Lucknow
- Kasturba Medical College, Manipal
- Seth GS Medical College and KEM Hospital, Mumbai
- St. John's Medical College, Bangalore
- Institute of Medical Sciences, Banaras Hindu University, Varanasi
- Armed Forces Medical College, Pune

One of the benefits of pursuing an MD Pharmacology degree in India is the availability of several job opportunities. India has a large and growing

pharmaceutical industry, and the demand for qualified pharmacologists is high. Graduates of this program can find employment in a range of organizations, including pharmaceutical companies, hospitals, research institutions, and regulatory agencies.

Some of the job opportunities are:

One of the most common job opportunities for MD Pharmacology graduates is in the pharmaceutical industry. Pharmaceutical companies are always in need of highly skilled professionals who can develop new drugs and bring them to market. MD Pharmacology graduates can work in different departments such as research and development, clinical trials, medical affairs, and regulatory affairs. In research and development, they can help identify and validate new drug targets, design and conduct pre-clinical and clinical studies, and analyse data. In clinical trials, they can help oversee the design and execution of clinical trials, monitor the safety and efficacy of drugs, and ensure compliance with regulatory requirements. In medical affairs, they can work closely with healthcare professionals, provide medical information and education, and help develop and implement medical strategies. In regulatory affairs, they can help prepare and submit regulatory applications to health authorities and ensure compliance with regulations and guidelines.

Another job opportunity for MD Pharmacology graduates is in research institutions. Research institutions, such as universities, government agencies, and non-profit organizations, conduct research on drug discovery, drug development, drug safety, and drug efficacy. MD Pharmacology graduates can work as researchers, research coordinators, or research administrators. As researchers, they can conduct basic, translational, or clinical research, publish their findings in scientific journals, and present their work at conferences. As research coordinators, they can help oversee research projects, manage budgets, and coordinate with research teams. As research administrators, they can help manage research programs, secure funding, and ensure compliance with regulations and guidelines.

Academia is another potential job opportunity for MD Pharmacology graduates. Many universities and colleges offer pharmacology courses as part of their medical programs. MD Pharmacology graduates can work as professors, lecturers, or instructors, teaching courses in pharmacology, physiology, and therapeutics. They can also conduct research and publish their findings in scientific

journals, mentor students, and participate in academic activities such as conferences and seminars.

Finally, MD Pharmacology graduates can also work in healthcare. In healthcare, they can work as medical science liaisons, medical writers, medical directors, or pharmacovigilance specialists. As medical science liaisons, they can provide scientific and medical information to healthcare professionals, develop and deliver scientific presentations, and collaborate with cross-functional teams. As medical writers, they can write and edit scientific documents such as regulatory submissions, manuscripts, and medical communications. As medical directors, they can oversee the medical strategy and operations of a healthcare organization, ensure compliance with

regulations and guidelines, and collaborate with cross-functional teams. As pharmacovigilance specialists, they can monitor and evaluate the safety of drugs, report adverse events, and ensure compliance with regulations and guidelines.

In conclusion, MD Pharmacology graduates have a wide range of job opportunities available to them in the pharmaceutical industry, research institutions, academia, and healthcare. With their extensive knowledge of pharmacology, physiology, and therapeutics, they can contribute to the discovery, development, and delivery of safe and effective drugs, and make a significant impact on the healthcare industry.

Welcome the Girl Child

- Dr Anita N Rao

Chirman DASS Committee

"Now more than ever, we must renew our commitment to work together so that girls enjoy and exercise their rights and can play a full and equal part in their communities and societies. Investing in girls is investing in our common future"

UN Secretary - General Antonio Guterres.

Children are God's most beautiful creations. Life on earth would not have been possible without the existence of both sexes. However in our country, still today a girl child is regarded as a curse and a burden to the family which has led to female foeticide or abortion. **National Girl Child Day** is being celebrated by the Ministry of Women and Child Development on 24th January every year since 2008 to promote awareness about the rights of the girl child to bridge the gender divide and to lay emphasis on the importance of girls' education, health and nutrition. Slogan for the NGCD 2023 is "Digital Generation, Our Generation". It aims to bring changes in the mindset, attitude, behaviour and approach towards the girl child in India.

Beti Bachao Beti Padao (BBBP) is a joint initiative of Ministry of Health & Family welfare and Dept of School education & Literacy and it aims to address declining CSR by preventing gender biased sex selective elimination, ensuring survival & protection of the girl child and ensuring education & participation of the girl child.

"Welcome the Girl Child" is a flagship program of IMA. Dear colleagues, kindly promote the Program by arranging the following events at branch level.

- Support a girl child by announcing a scholarship of Rs 500/ month for education or skill development activities. Deposit Rs 1.5 lakhs in a bank and deposit its interest to the girl child's bank account till she becomes 18.
- Support a girl child for health ailments like heart surgery with the help of Headquarters.
- Adopt a Girls' school , arrange for health check up camps, Distribute Iron folic acid supplements to eradicate anemia and arrange for free sanitary napkin supply.
- Create awareness about the child sexual abuse.
- Participate in campaign 950 : to bring the CSR of 950 girls to 1000 boys.
- Kindly expose blacksheep in our medical fraternity who are indulging in female foeticide.

The Government has banned the detection of sex during pregnancy in India. It provides free and mandatory education to both boys and girls till 14 years of age. Child marriage is banned in India.

Daughters are Angels sent from above to fill our Hearts with unending Love. Don't kill a Girl in womb when she might bring country to gloom.

Personal Finance

EXCHANGE TRADED FUNDS (ETFs)

By Dr. Channa Hubli

Wealthcon's TMP Graduate, IMA Hospet

ETFs are Exchange-traded funds. They are a type of pooled investment security that operates much like mutual funds but are traded in NSE and BSE Exchanges.

Like shares, one needs a Demat account to buy or sell ETFs. ETF share prices fluctuate all day, as ETFs are bought and sold. ETFs can contain all types of investments including stocks, commodities or bonds.

ETFs offer low expense ratios and fewer broker commissions than buying mutual funds and stocks individually.

What are Nifty BeEs and Junior BeEs?

Nifty BeEs invest in the same stocks as the Index-Nifty and in the same percentage. (According to the highest market capitalization of the first 50 stocks)

Junior BeEs invest in Next 50 stocks according to market capitalization, as that of Next Nifty 50, and in the same percentage.

So by investing in Nifty BeEs and Junior BeEs, one can have exposure to Top 100 stocks.

WHICH NIFTY BEES OR JUNIOR BEES ARE BETTER?

There are many mutual fund houses which offer ETFs, but, while considering ETFs, it is better to look at ease of availability, the ease of buying and selling and least expense ratio. NIPPON INDIA Mutual fund offers NIFTY BEES AND JUNIOR BEES WHICH ARE MOST TRADED.

WHY NIFTY BEES AND JUNIOR BEES?

1. India is a fast-growing Country, Index will never become Zero.
2. Nifty Bees and Junior Bees invest in the top 100 companies, hence the risk is minimal.
3. No need for tracking each stock.
4. If some stock is not performing well, SEBI will take action and drop that stock from the index and add the new one, so that even Nifty Bees and Junior Bees will also remove that stock and add the same new stock.



<https://wealthconindia.com/>

5. Most mutual fund managers are not able to beat the index. So investing in Nifty Bees and Junior Bees directly has the advantage of more returns.
6. Even a small amount can be invested in ETF as the price of Nifty Bees and Junior Bees is almost 1/100th of the Index.
7. Expense Ratio is minimal for Nifty Bees and Junior Bees. (Expense Ratio of mutual funds will pull down returns of Mutual funds)
8. Nifty Bees give more return than Index as dividend is added to the price of Bees
9. Tracking Error of mutual funds is more than the ETFs.
10. Alpha of ETFs is always Positive. (Alpha is the excess returns relative to market benchmark for a given amount of risk taken by the scheme).

WHO CAN INVEST? (TARGET)

- **T**- If the Time horizon is more than 7 year
- **A**- Age less than 60 Years
- **R**- Risk appetite is minimal.
- **G**- Goal (Like Retirement, Children's Education, Children's marriage Etc)
- **E**- Experience - No experience is needed to invest in ETFs.
- **T**- Tracking - Tracking is not needed in ETFs.

HOW TO INVEST IN ETFs.

One can invest in ETFs via a Demat account in the form of a Systematic investment plan (SIP) for more than 7 years and add on DIPS (Invest More when Nifty falls by 10%, 20%, 30%, 40% Etc). Add more on

special occasions like birthdays, wedding anniversaries, Etc.

ADVANTAGES OF INVESTING IN ETFs

1. Indian GDP is at 6%, FD rate is 6-7%, and Equity returns are almost double that of FD rates.
2. Easy to invest.
3. No need to track the market
4. Even a small amount can be invested
5. Investing in ETFs take hardly a few minutes in a month. And if we create a basket, allocating 50% in Nifty Bees and 50% in Junior bees and fixing a date for investment, one need not look at it at all.

RETURNS FROM ETFs :-

Nifty BeEs had given 10-12% annulised returns when invested for more than 7 years.

Junior BeEs had given 12-15% annulized returns over long term.

WHEN TO EXIT FROM ETFs

1. One can exit based on Time, like more than 7-8 years.
2. Based on Target Amount, If one achieves his target, he can exit.
3. Goal- If one achieves his goal, like children's education, marriage, or retirement corpus then one can exit.
4. After the age of 65-70 years, one can shift to Debt Funds.

ALWAYS THINK ABOUT THE PURPOSE OF EXIT AND PLAN TO USE THE FUNDS ACCORDINGLY.

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.ಎಂ.ಐ. ಚಿರಾಯುವಾಗಿರಲಿ

FLAG SALUTATION

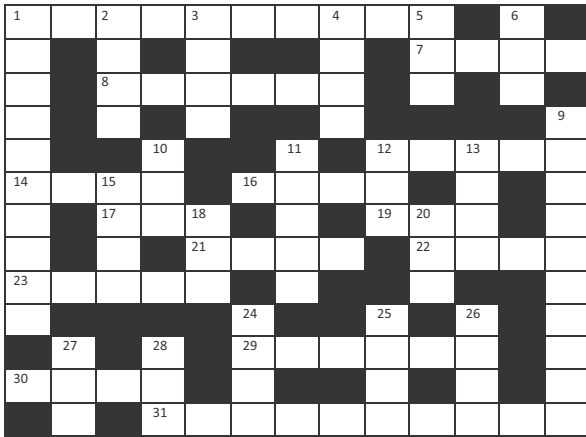
We, the members of Indian Medical Association stand here to salute our national flag. Its honour and glory shall be our light and strength and its course shall be our course. We pledge our allegiance to it and realizing our responsibilities as the accredited members of this national organization, we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

Jai Hind



Long Live IMA

Medi-Crossword - 02



Clues Across:

1. Polymyalgia ----- (10)
7. The body of a neuron (4)
8. This is a part of Accommodation reflex (6)
12. - - - - typing is helpful in identifying the strain of bacteria (5)
14. The period of greatest intensity of any symptom (4)
16. A type of antibody detected in autoimmune disorder. Abbr (4)
17. Its secretion could be inappropriate also sometimes. Abbr (3)
19. Cat or any other - - - that may be used for scanning. Abbr (3)
21. Strange, a flower in the eye! (4)
22. ---- focus is a primary lesion Tuberculosis (4)
23. A stroke or a fit (5)

29. A journal for a surgical instrument? (6)
30. A cosmetic causing granuloma? (4)
31. May be a part of Klippel-Feil deformity (10)

Clues Down:

1. Medical term for pain in the vertebral column (10)
2. A desperate procedure to keep the circulation going. Abbr. (4)
3. A celestial body between Laurence and Biedl (4)
4. A type of subaortic stenosis. Abbr (4)
5. Mitral stenosis with this causes Lutembacher syndrome. Abbr (3).
6. Does this chemical messenger occur cyclically? Abbr. (3)
9. A vascular abnormality that may be cavernous. (10)
10. Does the colour of this nucleus indicate that it is dangerous? (3).
11. A blacksmith's tool in the ear? (5)
12. A smear to detect cervical malignancy? Abbr (3)
13. A hormone produced by anterior pituitary. Abbr (4).
15. Type of cells found in urticaria pigmentosa (4)
18. Whose bundle is this? (3)
20. What is that that comes between Id and Superego? (3)
24. Mistura - - - - was a common prescription for constipation. (4)
25. What covers an abrasion as it heals (4)
26. A suffix to indicate inflammation (4)
27. There are greater and lesser of this in the abdomen (3)
28. A type of pneumonia in immunodeficient people. Abbr (3)

Solution to the Medi-Crossword : Page-30

Scan to download Membership application forms



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APPLICATION FORM**



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APPLICATION FORM**

My Hobby My Passion

Art

By Dr. Vidya Vasudevamurthy
IMA Ranibennuru



I am practicing obg since 35 years and I am now 57 years old. At this juncture I reduced my practice especially after Covid and thought I would start refreshing my old hobbies like classical music, painting and tailoring. It is difficult for anyone to spend time after so many years of busy stressful work schedule. So, now I spend half day with my patients and half day with recreating my hobbies. I started going to classical Hindustani music classes thrice a week. Rest of the time I do painting or tailoring. I am not professional in tailoring. But in Covid lockdown time I just collected old unused pants, dresses and started stitching cloth bags. I stitched around 200 cloth bags and kept them in medical shop. We used them for supplying medicine instead of plastic or paper bags. When I saw patients carrying cloth bags I felt very happy. After that patients started demanding for cloth bags which were made up of jeans and good pants. Then I kept one box from snehadeep blind school and ask patients to pay 5 or 10rs for 1 bag. Bcos the demand was more I again stitched bags and collected 800 Rs and the money was handed over to blind school.



Now about music, I learnt few classical ragas and songs and presented my favorite malakounsa raga at Sangeeta Sambrama program.

Now about painting, last year I went to USA where my both children live. I had to stay in USA for 2 months. It was very hard to spend time without any work. My children used to be busy with work. Only week ends we would go out. My daughter suggested me to do painting and son got all materials. So started painting few land scapes, seeneries, flowers etc. painting really kept me busy and I didn't know how 2 months over.



We really enjoy when we indulge with our passion. So are my hobbies and my passion.



IMA KSB Membership Fee (HFC) Details

	IMA HQRS	IMA KSB
SINGLE	Rs. 8,928	Rs. 4,079
COUPLE	Rs. 13,384	Rs. 6,122

Solution to the Medi-Crossword -02:

Clues Across: 1. Rheumatica 7. Soma 8. Miosis 12. Phage 14. Acme 16. ANCA 17. ADH 19. PET 21. Iris 22. Ghon 23. Ictus 29. Lancet 30. Talc 31. Platybasia

Clues Down: 1. Rachialgia 2. ECMO 3. Moon 4. IHSS 5. ASD 6. AMP 9. Hemangioma 10. Red 11. Anvil Pap 13. ACTH 15. Mast 18. His 20. Ego 24. Alba 25. Scab 26. Itis 27. Sac 28. PCP



Meghalaya - the abode of clouds

By Dr. Rashmi Salgar
IMA, Kalaburgi

I, Dr Rashmi Salgar, a freelancing anaesthetist and an entrepreneur, in Kalaburgi, am delighted to share my recent travel to the most beautiful part of India. The land which is covered with beautiful mountains, flowing rivers, crystal clear lakes and hanging bridges. Yes, I hope you got it right. The North- East region and the state we visited was Meghalaya. Visit to Meghalaya was planned as we had our National Anaesthesia conference, ISACON 2022 at Shillong, the capital of Meghalaya. My friends and I had our academic and scientific presentations which made us plan this exciting trip to Meghalaya. Megha in Sanskrit means "cloud". Meghalaya means an "abode of clouds". The beauty of the place as the name describes, is in the clouds which we walk into.

Life shouldn't always be about having a plan. Sometimes, its the happy, unexpected surprises along the way that can change everything. Though the trip was planned, it was full of surprises.

Day 1-After landing in Guwahati on 22/11/2022, at 12 noon, we were welcomed by Major of the army and transferred to the Assam Rifles Guest house where we stayed overnight. The experience which we had here is



just respectful and a great privilege. Though there is a lot to be told and known about Assam Rifles, I wish to put it in few nice words about the Assam Rifles.

Indeed a privilege to be housed at the Assam rifles...
We were in the heart of the army's archivals...
They have won wars n fought manybattles...
A lifetime experience it was for ourselves...
In the mind, a sense of patriotism arouses...
State of deep respect for the soldiers arrives...
History of this place to be known, is in piles...
Being there was like honouring the braves...
A pleasurable moment covered all the skies...

The Assam Rifles is a central paramilitary force responsible for border security, counter-insurgency, and maintaining law and order in Northeast India. It guards the Indo-Myanmar border. The Assam rifles is

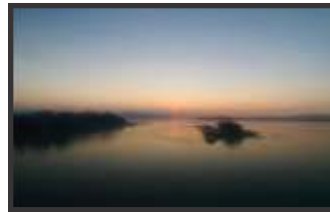
the oldest paramilitary force of India. It got its present name in 1917. Over the course of its history, the Assam Rifles have served in a number of roles, conflicts and theatres including World War I, they served in Europe and the Middle East, and World War II, where they served mainly in Burma. The surprise of the trip came when we were having our lunch. We were destined to travel to Shillong and stay during the major part of our trip but as there was a shoot at Assam-Meghalaya border, all the movements of vehicles were stopped and we were asked to stay in Guwahati for security reasons. With this we got an extra time to explore Guwahati and the mighty river Brahmaputra. There are no words for me to explain about this beautiful, mighty yet calm river Brahmaputra.

The mighty Brahmaputra

The panorama of the mighty Brahmaputra...

For Thy eyes, what a visual orchestra...

Though read in the books about it's spectra...



Was difficult to rebrush it from the claustra...

Lucky we were, to have this river Yatra...

We visited the mighty Brahmaputra...

The richness in this region is bcoz of this

putra...

Everything about this river is an Ultra...

The divineness one get witnessing, is extra...

Travelling n enjoying life has to be one's sutra...

Day 2 - As we stayed in Guwahati, we planned and visited the famous Kamakhya Temple. It is the famous temple in this region, also called Shakti Peetha. One of the 51 Shakti Peethas to worship Sathi.

As the tension in the region had not completely eased, we were escorted by the army and who saw that we were taken to Shillong safely. En route to Shillong we had been to Elephant falls and Umium lake.

The beauty of Shillong I would love to summarise in this short poem.

Heaven on earth is the beauty of Shillong...

To Nature as we always belong...

The secret of everyone's life, is to prolong...

Dancing n Singing the local melodious song...
 Our attachment to this world grows strong...
 This is how we keep ourself young...



Day 3 - We visited a place called Dawki and Umngot River. The cleanest river in Asia. The bottom of the river, deep down 20 feet can also be seen through. Such crystal clear was the river and its waters. Did boating in the river and also visited the Indo-Bangla border.

The major attraction of Meghalaya is the living root bridges. This is the single living root bridge. There are also double decker living root bridges which we could not visit due to the curfew so also Chirapunji.

Mawlynnong is the cleanest village in Asia.



Indo-Bangla, real border is just a line of pebbles n stones.

Umngot river. The cleanest river with crystal clear water.

The beauty of the Umngot river is described in few nice words.

Bright Sunny day on a life to Live forever...

On this trip our Heart wants to get sillier...

You want to climb mountains n swim the river...
 Sometimes life delivers more than it has to offer...
 Travelling long to boat in the Umngot river...
 Green blue water is always so pure n crystal clear...
 Seeing ourselves in the water, like a mirror...
 Sun rays kissing the surface appear silver...
 Process of Cleansing body n soul starts to simmer...
 Freshness in our skin starts to glitter...
 Beauty is the only wealth which makes everyone richer...
 Always wish everyone lives younger n longer...

The beauty Meghalaya and the mountains. It's like the earth literally meeting the heaven.



Day 4 and 5 - We attended the conference and the scientific sessions and ready with our return journey.

A beautiful place to visit with many lakes and rivers. Best time to visit is early winter. We had a wonderful trip. Our trip would be incomplete if I don't mention Director General of Assam Rifles Lt Gen P C Nair for all his help and support during our stay in Guwahati n



Shillong, especially during the shoot out and curfew times. We had also the privilege to visit the army museum at Shillong and also meet his wife at his

house. We were delighted by their kind gesture and always grateful.

The Army staff at the army guest house were so cooperative and kind. The guest house was fantastic with a hill top view and food in the army canteen was delicious. We wholeheartedly thank him and the staff for making the trip a memorable one.

ಕೆನರಾ ಬ್ಯಾಂಕ್ ಕೆನರಾ ಬೆಂಕ್ Canara Bank

ಭಾರತ ಸರ್ಕಾರದ ಒಂದು ಉದ್ಯಮ

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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

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Registration Fees

Category	Upto 24.06.2023
Delegate	2500
Delegate (+ CGP New Membership)	2750
PG / Intern	1500

**24th 25th
JUNE-2023**

Venue :
Gadag Institute of Medical
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Contact :
Dr. Pavankumar Patil
National IMA J.T Secretary CGP
+91 6364 149 150

Dr. Shridhar Kuradagi
Organising Secretary
+91 78292 33009



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

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



IMA KARNATAKA PROFESSIONAL PROTECTION SCHEME (R)

IMA KPPS

IMA House, Alur Venkata Rao Road, Chamarajpet, Bengaluru 560 018
 Reg. No.DRB-2/SOR/179/2019-20
 Email : imakpps@gmail.com | Phone No 080 -26705447, 8197330598

NEW SCHEME

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

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

FEE DETAILS

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

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

Dr. Honnegowda
 Chairman
 M. 9448118299

Dr. N. Dhanapala
 Hon. Secretary
 M. 9342161266

Dr. J. Sharanappa
 Hon. Treasurer
 M. 9448924466



IMA'S KARNATAKA STATE HEALTH SCHEME

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 st Year)	The Amount to be paid every year (2 nd Year onwards)
Children below 25 yrs	Rs. 4000.00	Rs. 3000.00
Below age of 35 yrs	Rs. 5000.00	Rs. 4000.00
Below age of 45 Yrs but above 35 Yrs	Rs. 7000.00	Rs. 5000.00
Below age of 55 Yrs but above 45 Yrs	Rs. 9000.00	Rs. 6000.00
Below age of 65 Yrs but above 55 Yrs	Rs. 11,000.00	Rs. 7000.00
Below age of 75 Yrs but above 65 Yrs	Rs. 13,000.00	Rs. 8000.00
Below age of 85 Yrs but above 75 Yrs	Rs. 15,000.00	Rs. 9000.00

LOCK IN PERIOD

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

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

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

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

Chairman
Dr Jambunath Gouda
094481 45035

Secretary
Dr Madhusudhan K N
094481 40003

Treasurer
Dr Hanumantappa A
99456 05974

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



Cancer
Centres

Our **Experts** hold a lifetime
of excellence and they **Never Give Up.**
So, your cancer **Will.**

We are proud to welcome them to our
Cancer Management Team.



Dr. Srimanth B S
Orthopaedic Oncologist

Dr. Poonam Maurya
Medical Oncologist

Dr. Ravi Chandran
Uro Oncologist

Dr. Vikram Malya
Sr. Radiation Oncologist

Dr. Kumara Swamy
Lead-Radiation Oncology

Dr. Vijay Agarwal
Lead-Medical Oncology

Dr. Neema Bhat
Sr. Haemato Oncologist

Dr. Aditya Murali
Sr. Medical Oncologist

Dr. Prathyusha E
Medical Oncologist

Dr. Kirankumar S
Medical Oncologist

No two cancers are the same, hence we believe that every cancer type deserves a personalized and precision treatment designed specifically for that particular cancer. The reason why, our **Cancer Management Team** consists of a diversity of **highly skilled experts**, each dedicated to treat site-specific cancer.

When a patient comes to us with a specific cancer type, they are rest assured to be under the care of an expert who has **dedicated a lifetime**, to **proficiently treat that cancer type**, giving you a better chance to Win over cancer.



Know more

#WinningOverCancer

Bannerghatta Road | Sheshadripuram | Jayanagar | Mysore

• Cancer Care Helpline: 1800 203 1066 • apollocancercentres.com • apollocancercentres@apollohospitals.com

Apollo Cancer Centres [apollocancercentres](https://www.instagram.com/apollocancercentres)



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- Child and Adolescent Health
- Cardiac Sciences
- Gastro Sciences
- Surgery & Allied Specialities
- Integrated Liver Care
- Multi Organ Transplant
- Urology & Nephrology
- Orthopaedics
- Women's Health

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in
INDIA

ALL INDIA MULTISPECIALITY HOSPITALS RANKING SURVEY 2023
by Times of India

We thank you for the trust and confidence in us.

Aster CMI Hospital, #43/2, New Airport Road,
NH 7, Sahakara Nagar, Hebbal, Bangalore-560092.
www.asterhospitals.in

Ph : 080 4342 0100 / 2214 7147



Aster
CMI HOSPITAL

We'll Treat You Well

Indian Medical Association

Karnataka State Branch IMA House, Near IMA Circle
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Web : www.imakarnataka.in

