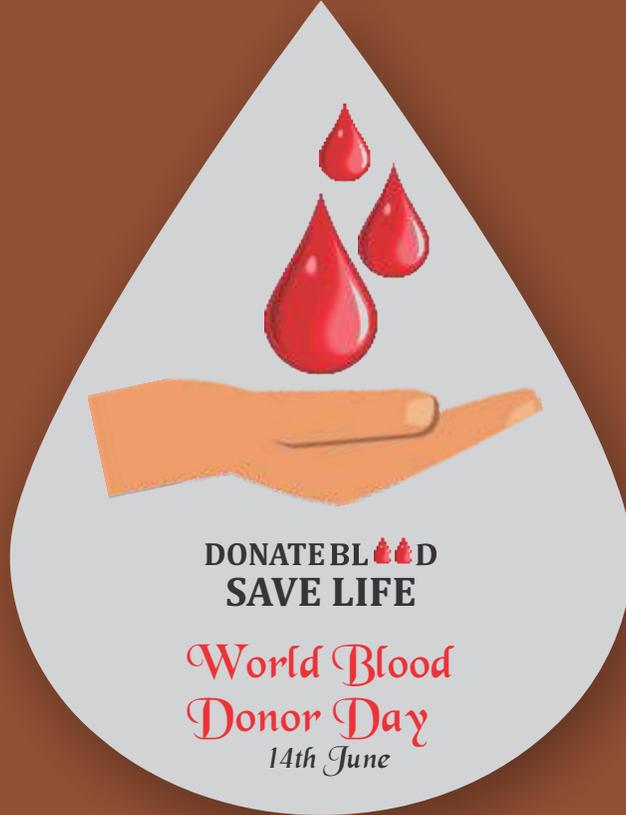




IMA FOCUS

Vol. 13 Issue - 8 May - 2023, Place Bengaluru, Monthly, English, Pages - 36, Price. 1/-



World
Environment
Day
5th June



**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,

Happy to share with you all that an opportunity to increase our strength has come in the form of a limited period membership discount for new members announced by IMA Headquarters, IMA KSB and the local branches. A 25 % discount offer during the period from 1st June 2023 - 5th July 2023 should increase our membership base atleast by around 10 %. I request all the branch Presidents and Secretaries to utilise this scheme & enroll new members to this esteemed organisation.

It was my privilege & duty to attend the State Council meeting held at Belagavi on 30th of April. I was impressed by the protocol & systematic conduct of the meeting. The founding fathers of this organisation have established a very good system which needs to be emulated not just by all the branches but even by other associations also.

A new column on NUTRITION is being introduced from this issue with an inaugural article on the benefits of the simple and common fruit - Banana. In addition, all the other regular columns continue to enrich this issue too. I would also like to mention about Majethia foundation which is running a Hospice centre at Hubballi which provides free accomodation, medicines & food for 20 patients.

I would like to thank the sponsors of this issue – Aster CMI Hospital, Suguna Hospital, Canara Bank, Divisha Arthritis centre & Majethia foundation 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 Jun – Jul 2023,

5th June – World Environment Day	1st July - National Doctors day
8th June – World Brain Tumour Day	11th July - World Population day
14th June – World Blood Donor day	28th July - World Hepatitis day

LONG LIVE IMA



PRESIDENT'S MESSAGE

Dr. Shivakumar B Lakkol

Dear Esteemed members,

"Without labour, nothing prospers." - Sophocles.

1st May started with celebration of Labour's day. May all workers and labours be recognized for their hard work and dedication, and receive fair compensation for their efforts.

Improving IMA office is always a good way to gain more equity and lift its members spirits. A new looking hall just makes you feel accomplished, more at home, and is a great way to express our style. On 13th May I visited Gangavathi for the inauguration of renovated IMA building which beautiful renovated & well-furnished. IMA KSB PRO Dr. Pavan Patil, Asst Secretary Dr. L D Bakale and IMA KSB President Elect Dr. V V Chinivallar, Chairman KSHS Dr. Jambunath Gowda, President IMA Gangavathi Dr. Maddhusudhan K N, Secretary, Women doctors wing Chairman and all the members of IMA were part of the celebrations.

On 19th May attended the IMA Headquarters President & Secretaries meet on virtual platform. We had discussions on the Avo Gav Chale programme, membership drive, GST and many other issues in detail. Myself and Secretary Dr. Karunakaran B P attended & we requested our the National president to visit our state who readily accepted our invitation. He is touring Karnataka on 20th to 22nd June. Arrangements are on the way to make this visit a memorable and fruitful one.

On 23rd of this in the monthly President speech we discussed about many issues including the NMC guidelines, KMC and ABARK.

On 24th we had MSN programme on "Read Review

and Reward" competition which was very well conducted by Dr. Shakuntala as the Judge which was sponsored by Keshma trust of Shivamogga. The winners were rewarded & honoured. Dr. Subratha.K.S. the IMA KSB MSN State Convener and IMA KSB MSN State Chairman Dr. Arjun attended the programme.

On 25th Morning visited Savanoor branch Bankapura, Shikarapura & in the evening we visited Koppa branches. On 26th Morning we visited Chikkamangaluru, Belathangadi afternoon Bantwal, Puttur, in the evening visited Sullia branches. Dr. Veena N and her son performed Yakshagana it was unique and marvellous at Sulkia.

On the 27th morning visited KVG Medical college & met its Director Dr. Chidanand and Founder President of IMA Sulia Branch, Dean Dr. Nelambike Natrajan, Dr. Geetha Doppa Dr. Veena N, Dr. Ravikanth. Faculty and students were present. Later myself addressed the students & highlighted about IMA and welfare schemes of IMA. Later we visited Madikere branch. During the branch visits we had very good interaction on many issues.

As IMA Head quarters had announced the concession 25% its share of the IMA membership fee as part the membership drive, on 28th we had our IMA KSB 866th State Working Committee meeting on virtual platform to discuss on the issue. The house anonymously accepted 25% reduction in our State Branch contribution also & requested the IMA KSB Local branches to extend 25% concession in their share also. It is a limited period offer from 01-06-2021 to 05-07-2023. The membership fee for Single life is Rs 9818/- & for Couple life is Rs 14728/- I

request all of you to avail this benefit to enrol more members to join the IMA.

On 31 May 2023, WHO and public health champions around the world will come together to celebrate World No Tobacco Day (WNTD). This year's theme is "Grow food, not tobacco". It will aim to expose the tobacco industry's efforts to interfere with attempts to substitute tobacco growing with sustainable crops, thereby contributing to the global food crisis. Many local IMA KSB branches actively participated in this campaign against the ill effects of tobacco usage.

On 9th of June Medico legal conference will be held at IMA KSB auditorium organised in association with IAP Bangalore. We request you to make use of it.

The doctor's day will be celebrated on 1st July at Bengaluru. In this regard IMA KSB has invited nominations from the local IMA branches for the "IMA KSB Doctors Day Award 2023". All the branches are requested to send the eligible candidates from their branches to the IMA KSB within 15th June 2023. All of you are cordially invited to attend this celebration in large numbers.

UNITY IS OUR STRENGTH

LONG LIVE IMA



Indian Medical Association Karnataka State Branch



*President and Members of the IMA Karnataka State Branch
Cordially invite you to the function of*

DOCTOR'S DAY CELEBRATION

On Saturday the 1st July 2023

All are welcome



*Dr. Shivakumar B. Lakkol
President*



*Dr. B.P. Karumakara
Hon. State Secretary*



Note : Invitation will be sent shortly

All the local branches are requested to attend the function



SECRETARY'S MESSAGE

Dr. B P Karunakara

Dear esteemed members,

Greetings from IMA KSB!

IMA KSB expresses deep condolences to the people who died in the tragic train accident on 2/6/2023 in Balasore, Orissa. We pray to the almighty God to give eternal peace to the departed souls and strength to the bereaved families to overcome the grief and the tragic loss of the loved ones.

IMA Orissa is actively participating in the relief works and the IMA headquarters is coordinating and guiding the relief works.

Meeting with Parliamentary committee on health & family welfare: The parliamentary team visited Bangalore on 25 and 26 May to review the status of Ayushman Bharath scheme implementation in Karnataka. An invitation was extended to IMA KSB through President to give inputs. On behalf of President, Honorary State secretary and state branch attended the meeting. Many issues were presented and discussed by the officials of the state government. However, due to time constraint, we could not get time give our inputs and suggestions. There are many issue related to the program which warrants serious deliberations and decisions from IMA KSB. We need to discuss the issues and give our input and suggestions to the new government.

Doctor's representation in Karnataka state assembly: In the recently held elections many of our members have been elected as members of legislative assembly, Karnataka. IMA KSB congratulates all the elected members and wishes them well. Hope they will help in addressing the professional concerns.

Membership drive: IMA HQ has initiated a month long membership drive to encourage and mobilize new

membership and increase the strength of the organization. As a part of the initiative, IMA HQ has decided to give 25% discount across the shares of national, state and local branch levels. IMA KSB held special SWC meeting on 28/5/23 and agreed in principle to extend the offer and looking forward to significant new members to the state branch.

There is concern with GST payment on membership. Since February itself GST has been charged for new members. However, there is serious concerns about paying GST retrospectively since its implementation, which amounts to huge amount. IMA is addressing the issue to get relief on retrospective payment and suitable decision will be taken as and when the time comes. The membership drive will help in resource mobilization, besides bringing more members to its fold.

Milestone moment for Kannada Vaidya Barahagarara Samiti! It's time to appreciate the tireless work of the samiti: The samiti has conducted its flagship weekly program continuously and on the verge of reaching a milestone with 100th program. It's a remarkable work and commitment to encourage medical literary works in Kannada. IMA KSB is proud of the samiti's work and extends warm wishes and support for the future works.

IMA National President's visit to the state: National President has expressed interest to visit Karnataka and interact with the students and boost the membership and motivate student and junior doctors for active participation in the IMA and encourage young leadership. Efforts are on to make necessary arrangements.

Bye-Laws ratification: IMA HQ sent circular to all branches including the state branch to ratify their bylaws in accordance with the national bylaws. IMA KSB

bylaws has been ratified. Hope, the all local branches have ratified their bylaws. The process highlights the need for adherence to national bylaws and follow them accordingly.

The new guidelines for IMA KSB awards has been ratified in the recently held council meeting at Belagavi and it will be implemented from this year Doctors day celebrations awards. The new guidelines are expected to bring transparency and genuinely to IMA KSB awards.

World No Tobacco day celebrations: As per the directive issued on f the headquarters, branches across the state celebrated with message to the public about the ills and health risks of smoking. Activities like seminars and walkathons were held.

The IMA KSB strongly condemned the brutal murdering of a young lady doctor in Kerala and sent condolences to the bereaved family. Letter of solidarity has been sent to the IMA Kerala branch. IMA Kerala has taken up the issue and hope the system give justice to the departed soul and the bereaved family.

LONG LIVE IMA



IMA HQ is planning to re-launch its prestigious "Aao Gaon Chalen" program on 25/6/2023 and has suggested to adopt at least one village. IMA KSB will participate in the launching of the program and explore the mechanisms to take forward the project in the state.

IMA KSB is gearing up to celebrate the most important professional day; Doctors day on 1 July 2023. IMA KSB is looking forward to celebrate the dedicated professional service and acknowledge the services of eminent professionals.

Virtual meeting of President and secretaries of the state branches: Attended the meetings and given our inputs to the national President and the secretary.

Letters have been given to government authorities for fire safety concerns, KPME, quackery and other concerns.

Successful organizations understand the importance of implementation, not just strategy, and moreover, recognize the crucial role of their people in the process!

Jeffrey Pfeffer: An American Professor or organizational behavior at the Graduate School of Buisiness, Stanford University, USA.

VICE-PRESIDENT'S MESSAGE



Dr ShriShailesh Amarked

Dear members,

IMA Karnataka State Branch has been in the forefront in managing various issues and problems related to the medical fraternity. The work has been recognized and appreciated at the national level also.

The office bearers have been involved actively in various virtual meetings being held at frequent

intervals. Many issues are being streamlined and information is being sent to all the branches. Many branches are actively performing their duties at their branch level.

It is my earnest request to register for the forthcoming Medicon – 2023 to be held at Bidar during the month of October.

LONG LIVE IMA





INDIAN MEDICAL ASSOCIATION

KARNATAKA STATE BRANCH

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Hon. State Secretary

Dr. B.P. Karunakara

Ref: IMA/KSB/Discount Membership/760/2023

Date: 28th May 2023

To

The President / Honorary Secretaries, Local Branches of IMA in Karnataka.

Dear Sir / Madam,

Subject: Membership drive with special discount offer

Greetings from IMA KSB!

AS per the decision of IMA HQ at 229th CWC meeting & 866th IMA-KSB SWC meeting held on 28.05.2023, a limited period special membership drive has been planned from **01.06.2023 to 05.07.2023**, with a discount of **25% from Head quarter contribution, 25% IMA KSB contribution and 25% from the local branch share**. Accordingly, following is the new limited period membership fee. We request all local branches and members to make use of this offer, pass on the benefits to the members and mobilize large number of doctors to become members.

Membership period 01.06.2023 to 05.07.2023

Sl.No.	Particulars	Amount including 18% GST
01.	Single Life	Rs. 9818/-
02.	CoupleLife	Rs.14728/-

(Saving: Single life Rs: 3189/- and Couple life Rs: 4777/-)

All local branches to give 25% discount from their branch share

Dully filled IMA-KSB Membership Application form should be submitted alongwith recent passport size photograph and Xerox copy of KMC Certificate.

Membership fee can be paid either by DD or cheque in favour of "IMA KARNATAKA STATE BRANCH" or online by Google pay, Phone pe or NEFT/RTGS (mention transaction details for verification and confirmation).

During the membership drive period, local branches are suggested to collect only either SINGLE CHEQUE or DD for IMA KSB. *To collect local branches share as per prevalent practice of the branch*.

Account Details as given below:

A/c. Name: "IMA KARNATAKA STATE BRANH"
A/c. No.: 67070532832
IFSC Code: SBIN0070242
Bank & Branch: State Bank of India, TSP Road Branch
A/c. Type: Saving Bank

Thanking you,
Yours sincerely,

DR.SHIVAKUMAR B. LAKKOL
President,

DR.B.P.KARUNAKARA
Honorary State Secretary

BRANCH ACTIVITIES



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

1. YES, YOUR VOTE MATTERS ! Date: April 20, 2023: IMA Bellary branch in association with the Women Doctor's wing did a door to door campaign and made the public understand their fundamental right as voters. The doctors explained people on how the importance of voting & choosing the right candidate helps in the progress of their state of nation. People were motivated as they got to know that their vote matters in

building a nation and providing a sustained development of their state. 2. CME BY A TEAM OF EXPERTS Date: April 29, 2023: IMA Bellary branch in association with Trust well hospitals conducted a CME Scientific session with lectures on newer topics in Gastroenterology & Neurology by eminent speakers from Trustwell hospitals. Emphasis was laid on the non-surgical methods of weight loss and advances in minimally invasive neurosurgery. 3. DISCUSSION WITH THE POLITICAL LEADERS. Date: May 5, 2023: Team IMA Bellary met the prominent leaders of different political parties of Bellary city. Explained them the issues being faced by the doctors. It was discussed that peace at work place was essential for doctors in order to discharge their duties in an efficient manner. Assurance was given that the issues will be resolved and safety will be highly prioritized in the interest of the Doctors community. IMA in association with District Hospital, Family welfare, District Judiciary services Organized the Jatha on May 31 at Inview of No Tobacco day Theme of the year is we need food, Don't need Tobacco Chief guest Rajesh Hasmani flagged off the event Glimpses of the event

Branch : Bagalkot
President : Dr. Srikanth Telsang
Secretary : Dr. Samarth Yogappanavar

IMA KSB President Dr S B Lakkol visited our branch on 28/04/23. Discussed about branch activities and future plan for the year 2023-24. Discussed the importance of KSSS & KPPS schemes.



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

8th clinical meeting was conducted on 29th April 2023 at hotel Adarsh palace belgavi, topic of meeting was suture material and wound healing. Guest speaker Dr Satish dhamankar spoke on suture material in OBG and wound healing. Second speaker Dr Sanket spoke on different types of mesh used in general surgery. Meeting was attended by more than 100 delegates. 30th April state council meeting of

IMA was hosted by IMA belgavi branch, at IMA house & was attended by more than 75 people from various places of karnataka. Meeting started with morning breakfast at 10am followed by official programme which started at 11am, was presided by state President Dr S B Lakkol and state Secretary Dr. Karunakar ,it was also attended by all the council members of various districts, past presidents and president elect. Many issues were discussed based on the agenda and was well conducted by our President. It was followed by lunch, meeting ended at 3pm. Clinical meeting of our branch was held on 3rd may at our IMA house , was attended by more than 40 people, various topics were discussed.



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

On 21st April 2023: Special General Body Meeting held on 21.4.2023, at IMA House, Bangalore. On 3rd May 2023: Bangalore Branch President Dr. Venugopal Karigowda & IMA WDW Chairperson Dr. Mamatha M conducted a webinar on the occasion of world Parkinson's Disease Day, on 11 April 2023. Organizers: Dr. Mamatha M IMA

WDW Chairperson Dr. Rajasree M B, Co- Chairperson IMA BB WDW Dr. Sathyavathi, Vice President IMA BB Dr. Jayanth Consultant Neurologist, Apollo Hospital, Sheshadripuram, Dr. Sharan Srinivasan, Prof. renowned stereotactic and Functional Neurosurgeon, Bhagawan Mahaveer Jain Hospital and PRS Neurosciences & Mechatronics Research Institute Bangalore spoke on: Neurosurgery for Parkinson's Disease and other movement Disorders. A total 50 people participated in the webinar. On 17th May 2023: World Hypertension Day conducted at Gopalpuram. Awareness given by Dr. Sathyavathi to all the people regarding Hypertension and correct life style. Theme for 2023 was enumerated "Measure your Blood Pressure accurately, control it and live longer". Around 122 people were screened. 4 people were found to be newly detected Hypertensive and were counselled accordingly. Free medicines were distributed. On 19th May 2023: IMA WDW conducted a camp at Mahalaxmi Old Age home in association with FPAB. Attended by Dr Sathyavathi, Dr. Priti, Dr. Manju Soneja and Dr. Seethalaxmi. No. of pts treated- 30 Health Awareness talk was given and the senior citizens sang Bhajans. On 21st May 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, IMA House Bangalore. This program was attended by 40 persons including IMA Bangalore Branch President Dr. Venugopal K, Dr. H C Ramesh Treasurer Dr. Rajshree, Dr. A S Venkatachalapathy, Dr. Hemalatha B M. Number of speakers: 2 Dr. A S Venkatachalapathy Family Physician Bangalore, gave a talk on: "Senior citizen: Lifestyle, Dr. Hemalatha B.C ophthalmologist Minto Eye Hospital Bangalore gave a talk on: "Approach to Retinal Vascular occlusions".

Branch : Bengaluru North
President : Dr. Sreedhar G.
Secretary : Dr. Satish Ramana K. S.



On 29.04.2023 CME programme were conducted at IMA Bhavan In association with Saphthagiri Hospital, Bengaluru. Topics - (1) "Current management of Benign prostate enlargement" by Dr Nagaraj H K, senior Consultant Urologist, (2) "Interesting case in Neuro surgery" by Dr Keshav, Neuro surgeon, (3) "Common pediatric surgical problem an overview" by Dr Venkatachalapathy, pediatric surgeon and (4) "Pancreatic calculi the menace which can be eliminated" by Dr Manoj Gowda, Consultant Medical Gastroenterology. On 09/05/23 CME programme was held in association with Manipal Hospital, Millers road, Bengaluru. Topics- (1) "ABO Incompatible kidney transplantation" by Dr Partha Pradeep Shetty, (2) "Spine Surgery in Geriatric patients- Benefits and challenges" by Dr Amrithpal A Mascarenhas and (3) "Recent advances in management of Acute MI" by Dr Prasad M Bhat.

On 22nd April 2023 - by IMA Bhadravathi, WDW Bhadravathi free BMD (Bone Mass Density) detection camp and awareness camp about osteoporosis was conducted at Aradhya Ortho Clinic. More than 75 people were screened and awareness talk on how to keep Good

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

Bone and Muscle health was given by IMA President Dr Prashanth Bhat, IMA secretary Dr Arun and WDW President Dr Veena S Bhat to common public. World Asthma Day was celebrated on 2nd May 2023 at Nayana Sabhangana. Awareness talk was given about preventive measures for asthma and allergic respiratory problems by Dr Veena Bhat, Dr Arun. Dr Kumarswamy P R and Dr Asha Participated. Dr Veena Bhat participated in free awareness and health check up camp at Subash Nagara, Bhovi Colony and gave awareness about women's health.



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(Transcatheter 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.

Branch : Chitradurga
President : Dr. Lokesh S.D.
Secretary : Dr. Rakesh

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

On 05.05.2023 CME PROGRAMME were conducted. Topic: (1) "Interesting Cases In Nephrology" by Dr Venkatesh Moger, Prof. & HOD of Nephrology KIMS HUBBALLI, CHAIRPERSON: DR C SOLOMON, Senior Consultant Physician GADAG. On 18/05/2023, another CME was conducted. Topics: (1) "LIVER TRANSPLANTATION" by Dr. Rommel S, Consultant Hepato Pancreato Biliary & transplant surgeon, Chairperson: Dr Shivakumar Pawadshettar, Consultant Medical Gastro-Enterologist, Gadag. (2) "Approach To Common Haematological Disorders: Case Based Discussion" by Dr Sunil Udgire Consultant Hematologist, Oncologist & BMT Physician, SPARSHA Hospital Bengaluru, Chairperson ; Dr Venkatesh Ginigeri, Asso. Prof. Dept of Paediatrics, GIMS, Gadag. No of people attended : 50.



On 30.04.2023 IMA president elect Dr V V Chinivalar and branch secretary Dr M G Pattanashetty attended the SWC meeting at Belgaum. On 12.05.2023: To commemorate the opening ceremony of our newly renovated IMA Bhavan, we conducted Sri Ganapathi and Sri Satyanarayan Pooja. It was attended by more than 45 families. On 13.05.2023: IMA KSB President Dr.S.B.Lakkol along with Dr Bakale and Dr Pavan Patil visited our IMA branch. The official program went on well and he appreciated the unity and contribution of our IMA members in bringing up this beautiful IMA Bhavan and also

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

the various activities conducted by our branch. Dr Pavan patil also spoke on the occasion. INAUGURATION OF IMA HALL : DR S B LAKKOL first unfurled the embedded granite stone in memory of the inauguration of IMA Bhavan, and then the official inauguration was done by cutting the ribbon and lighting the lamp. On 13.05.2023 We celebrated world earth day by plantation in and around the newly built IMA hall. CME ON HYPOTHYROIDISM BY DR SANDEEP DONAGAON, Endocrinologist from Hubli on Interesting endocrine cases , was held on the same day. About 50 members attended the function and was a grand success. WDW Activities: On 22.04.2023 : world earth day was celebrated. IMA president Dr K N Madhusudhan and WDW president Dr Sulochana Chiniwalar gave a talk on "world Earth Day " to raise awareness about environmental issues and promote conservation efforts to protect our planet .About 50 people attended the gathering. On 27.04.2023: we the office bearers of WDW Gangavathi were invited for installation of new Office bearers of IMA WDW Koppal. Our president Dr Sulochana chiniwalar made the new office bearers to take oath and talked about the importance of WDW and their duties. About 70 IMA members of Koppal with their families were present at the event.



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

From 14.11.22 to 16.11.2022, IMA Harihar branch, in association with PINCC (Prevention international: No cervical cancer, USA), and PSCF (Poorna Sudha cancer foundation), arranged 3 day mega camp for early detection of cervical cancer and breast cancer, in Harihar Taluk, from 14th November to

16th November 2022. 10 doctors from USA and two doctors from Bangalore, screened the patients. 211 cases were screened, 28 positive for Cervical cancer and were treated on the spot, and in 2 cases, biopsy was taken sent for histological report. And 115 mammograms done, cancer was detected in 2 cases, and the reports are awaited. Our Taluk health officer and the staffs and ASHA workers helped in reaching this information to the maximum people. The overall response was very good, and above all, this camp created an awareness amongst people in general. All the members of IMA Harihar branch participated in the camp from the beginning. IMA Harihar had arranged for press meet well before the camp, and all the newspapers covered the news about the camp.

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

On 08.05.2023: IMA Hubballi Branch observed World Thalassaemia Day and World Red Cross Day at KLE Nursing College, Vidyanagar Hubballi at 4pm. Dr Subhas Babruwad President and Dr Suneel Gokhale spoke on Red Cross Day and Thalassaemia. More than 80 BSc nursing students attended the program. On 19.05.2023: IMA Hubballi Branch observed World Family Doctor's Day which was arranged at Dr. Khargekar's Clinic, Near Kumbar Oni, Hubballi. President Dr. Subhas Babruwad explained the Importance of Family Doctor in the community to the public on this occasion. Dr Subhas Babruwad, President IMA Hubballi , Dr Manjunath Nekar, President General Practitioner Association, Hubballi and Dr C.K. Khargekar were present.





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

On 28-04-2023 Official Visit of IMA - KSB President Dr. Shivakumar Lakkol along with Dr. Madhusudhana Kariganoor, Dr. Bakale and Dr. M Venkatachalapathy. On 17-05-2023 World Hypertension Day was observed at Daddi Hospital in association with BLDEA's Nursing College. Dr. Daddi spoke on Hypertension.

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

A CME was organised on 04/04/23, Dr Devraj NC, Secretary IMA Kolar welcomed the audience.

Dr Arun Mishra, advocate supreme court was the invited speaker. He made a detailed presentation on common medicolegal issues for doctors and the solutions. He stressed on documentation of records, patient consent and

the importance of medical indemnity. 55 doctors participated in the CME. The CME was moderated by Dr M Narayanaswamy President & he thanked the speaker, doctors and the sponsors.



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

On 06.05.2023: CME programme was conducted. Topic: "The art of Ovulation induction" by Dr Naveen chandra Nayak, Dr Nayak's fertility center, Mangalore, Dr Naveen Chandra Nayak gave a very impressive and informative presentation on the topic of ovulation induction, also shared his experience in the art of ovulation induction which made the programme very interactive and interesting.

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

On 06.05.2023 CME Programme was conducted In association with KMC Manipal. Topic: "INTERVENTIONAL RADIOLOGY" by Dr Harshith Kramadhari, Assistant Professor in Department of Interventional radiology and Dr Mithun Shekar, Assistant Professor in Interventional Vascular and Neuro imaging were guest speakers who spoke on various interventional modalities in vascular and neurological conditions and various procedures performed at their institute.



On 17.05.2023: Free hypertension detection camp held by Dr Marigowda and Dr Vinay.

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



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

On 12.05.2023 Monthly CME meeting was conducted at IMA Hall. Dr. Pradeep Pereira, Associate Professor of Cardiology, Father Muller Medical College spoke on "Recent updates on Hypertension Management". Dr. Pradeep gave an "Update of the diagnosis, evaluation, and the management guidelines for hypertension". This was followed by interactive discussion with the members and clarification of the doubts regarding

hypertension management. On 12.05.2023 A condolence meeting was arranged in memory of IMA Life member Late Dr. D K Abdul Hameed at IMA hall Mangalore. Dr. Hameed, MBBS, DTCD, FICA, consultant chest physician was an active member of IMA Mangalore. He expired on 10 May 2023. IMA Mangaluru also condoled the sad Demise of our young doctor from Kerala, Dr. Vandana Das. Members Of IMA stood in silence in respect of the departed souls. **WORD HYPERTENSION DAY:** On the occasion of World Hypertension Day on May 17, 2023, members of IMA Mangalore attended various awareness programmes conducted all over the city. They also participated in panel discussions, radio talks and camps. **WORLD LUPUS DAY:** World Lupus Day is commemorated every year on May 10th to raise awareness about this critical condition. This year's theme was Make Lupus Visible. Our member Rheumatologists participated in radio talks, and seminars on awareness. **MANGALORE TRIATHLON 2023:** Members of IMA Mangalore actively participated in Mangalore triathlon 2023 on April 9th 2023. The event was organised in aid of the Tapasya Foundation for Palliative Care. IMA Mangalore president Dr. Venugopala D, along with senior members headed the medical team for care during the event. **WOMEN DOCTORS WING ACTIVITIES:** Dr. Amritha Bhandary hosted a talk on TV about prenatal care on April 19th. She also gave a talk on health and hygiene to inmates of Sri Ramakrishna Vidyarthini Bhavan on 25th April. **WHO Hand hygiene day** was celebrated at Father Muller Hospital where Dr. Jessy Maria Dsouza was the chief guest. She gave a talk regarding the same. **WHO world health day** was celebrated on April 14th where two nurses were honoured for their services in the ICU during COVID. On 23rd April, IMA members and non-members together made a visit to Hiriyara Mane in Porkodi, Bajpe where a few essentials and grocery items were donated. Lunch was also arranged for the inmates.

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

On 01-05-2023, on account of *World Labour Day celebration*, a talk was given by Dr Annadani Meti addressing the Drivers, conductors & mechanics of NWKSRTC depot of Mundargi about occupational hazards of labourers & regarding how to be away from diseases. About 100 workers (Drivers, conductors & mechanics) of

NWKSRTC were present. On 02-05-2023 (first Tuesday of May) *World Asthma Day* was observed by educating about 20 asthmatics by Dr Laxmipati regarding the self care of asthmatic children during the attacks. About 20 parents were also present. On 12-05-2023, *World Nurses' Day* was observed in a simple way by Garlanding to the portrait of *Florence Nightingale*. Also a CME program was simultaneously arranged. A talk on Artificial Intelligence & role of Nurses in medical science was given by Dr Meundi. On 17-05-2023 *World Hypertension Day* was celebrated by arranging a *CME* talk for doctors by Dr L S Pujar (physician) for regarding importance of early detection, treatment & management of Hypertension. On 19-05-2023, ***World Family Doctors* Day* was observed. A health check up camp for children was organised with help of Mother Theresa Yoga Kendra. About 60 children were examined. After the health check up a talk was given by Dr Gonesh, Dr Laxmipati (paediatricians) about healthy food practice & nutrition for children. About 60 parents were present.

On 17.04.2023 International Haemophilia Day was celebrated. The programme started with lighting of the lamp by Dr. Ravishankar. A.G, Former President, IMA Mysuru Branch who gave a talk on International Haemophilia Day. On 26.05.2023 CME Programme was conducted In association

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

with Manipal Hospital, Millers Road, Bengaluru at Hotel Le-Ruchi The Prince, Mysuru. Programme presided by the President Dr. Y.M. Shivakumar. Topics: (1). "Surgical Management of Epilepsy by Dr. Kalyani Dilip Karkare with Chairperson Dr. L. Mahendra, (2). "Metabolic Surgery for Metabolic Diseases" by Dr. Moinoddin. G with Chairperson Dr. Dinesh. H.N, (3). "Gas Geysers Syndrome by Dr. Venugopal Krishna. KS with Chairperson, Dr. Vamadeva. G.M and the programme was followed by fellowship and dinner.



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

on 28.04.2023 CME programme was conducted. Topic: (1). "Current Management of Benign Prostate enlargement" by Dr. Nagaraj H.K. Consultant Urologist, Saphthagiri Hospital, Bangalore. (2). "Interesting Cases in Neurosurgery" by Dr. Keshav, Consultant Neurosurgeon, Saphthagiri Hospital, Bangalore, (3). "Pancreatic Calculi the Manace which can be eliminated" by Dr. Manoj Gowda, Consultant Medical Gastroenterology, Saphthagiri Hospital, Bangalore.

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

On 24.03.2022 Woman's day was celebrated at IMA hall, Raichur in association with ASI. Dr. Shivaraj Patil, senior IMA member of Raichur consecutively won third time as MLA of Raichur urban in Karnataka Assembly Election held on 10 May, 2023. On 18/05/23, blood donation camp was conducted at RTPS hospital, Shakthinagar. Secretary Shree Harsha Patil and Medical Officer Dr Ravi rajeshwar were present. 64 units of blood were collected.



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



On 20.4.2024, IMA President Dr. Arun MS addressed participants at valedictory function of summer camp organised by BGS school. KNAICON 2023 organised a CME in association with IMA at Harsha the Fern, Shivamogga on 28.4.23. CME was well attended by delegates and IMA members. Dr.Janardhan GS spoke on Acute Stroke. Dr.

Ravishankar Naik spoke on Acute flacid paralysis, Dr. Maharaja Gadwal spoke on head injury and Dr.Mohisin Zarer Ahamad spoke on brain tumors. Public awareness talk by experts as part of KNAICON 2023 with IMA Shivamogga held on 30.4.23 at

IMA hall and was a success with Dr. Umashankar 's talk on Stroke- prevention and treatment and Dr. Sunil Malagi's talk on Head Injury - causes and treatment. They created awareness with simple talk and PPT presentation and also took questions from audience . Well attended by public , member of Rotary club and Shimoga helping hands association and a few bystanders of stroke patients. WDW President Vinaya Srinivas anchored the session .Dr. Harish Delantabettu, President of SNPA delivered the preamble for the program .On 7.5.2023, IMA Shivamogga and WDW along with KLive news presented the fifth health awareness Namaste IMA series- Laser in Skin diseases by Dr. Prerana Abhilash. Interview by Secretary IMA Dr. Raksha Rao and the link was widely propagated in public groups. On 8.5.23, Team IMA visited Dr. Subbanna's house , EC member and very senior IMA member to bid him farewell as he is shifting to Bengaluru. He is a senior ENT specialist of more than 45 year's experience in government set up . Very simple man and highly active in IMA programs and EC meetings. Sir always tried to voice opinion of medical fraternity by writing articles on current issues in local dailies along with Dr. Chandraprakash in times of protests by doctors and other doctor patient conflict issues. On 14.5.23 and occasion of Mother's Day, representing IMA WDW , WDW President Dr. Vinaya Srinivas and IMA secretary Dr. Raksha Rao visited Kote PHC2 at Kumbaragundi and addressed Antenatal mothers and Anganwadi workers , ASHA workers on care in pregnancy and busted myths related to nutrition in pregnancy. Fresh fruits and juice was distributed to everyone and anganwadi kids in association with Lifecell. On 16.5.23, IMA conducted Cycle Jatha on occasion of world Dengue Day for prevention of dengue fever in association with district health office and cycle club. President Dr Arun MS, DHO Dr Rajesh Surgihalli, THO Dr. Chandrashekhar , Dr Gudadappa Kasbi, Dr Mallappa district Surveillance officer and Dr Shashidhar, Treasurer IMA participated in a 8 km city ride through Main Roads.



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

Dr Geetha Doppa participated in the State Council meeting held on 30th April 2023 at Belagavi. On 19.05.2023: IMA Sullia celebrated International Nurses Day , Dr.Veena – President of IMA Sullia branch and Dr. K.V.Chidanada attended as chief guest.

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

Monthly CME was conducted on 16.04.2023 at 7.30PM at IMA Bhavan, Udupi in association with Kasturba Hospital Manipal. Dr. Harshith Kramadhari, Assistant Professor, Interventional Radiology, KMC Manipal and Dr. Mithun Shekar, Assistant Professor ,Interventional Radiology, KMC Manipal were guest speakers. They spoke on application of interventional radiology in clinical practice. Dr. P.V Bhandary, President, IMA Udupi Karavali presided over the programme. Above 100 delegates attended the CME.



May 4, 2023 –Delivered Talk on Women's Health: On 04.5.2023 IMA Udupi Karavali conducted programme on Women's Health at Government G Shankar College, Udupi. Dr. Rajalakshmi, President Women's wing IMA Udupi Karavali was the resource person for the programme. Programme was attended by about 250 students. May 14th , 2023- Talk on "How to improve your self-esteem": IMA Udupi Karavali in association with A V Baliga Memorial Hospital conducted Talk on "How to improve your self-esteem "for nursing students on 14.05.2023, at Kamala A Baliga Memorial Hall. Resource

Person of the programme was Dr. C R Chandrashekar, well known Psychiatrist and writer. Dr. Vasudev S consultant Psychiatrist was the chief guest for the programme. The programme was presided by Dr. P V Bhandary, President IMA Udupi Karavali. It was attended by about 300 nursing students.



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

"WORLD HEALTH DAY " was celebrated on 07/04/23 by our branch. The day started with a * WALKATHON in association with YIMS Yadgir and District F & W Association ,successfully creating awareness in the form of slogan posters. This was followed by lighting candle and felicitating health care workers of Yadgir. In the evening a CME

programme was held where Dr Vishwanath Reddy , Medical Gastroenterologist spoke on newer treatment modalities in the management of NASH (Non Alcoholic Steato Hepatitis).

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



On 21/04/23, CME programme was successfully conducted In association with Aster CMI hospital. More than 120 doctors attended this CME. Guest speakers Dr. Shailesh Shetty, Dr. Shashank, Dr.Prakash Doraiswamy gave very useful insights. Health care leaders Dr.Nitish Shetty, CEO, Aster DM Healthcare and Dr.Shashidhar were felicitated. Dr Nitish Shetty shared his views on this occasion about future of healthcare in collaboration between small and big hospitals. Dr.Shashidhar, Chief of Manasa Group of Hospitals was felicitated and IMA wished him great success in coming elections. Dr.Shankarnarayan briefed about state level cricket tournament and requested everyone to support. Dr.Chidananda briefed about rhinoplasty workshop details.

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Dr. B.V. Kotiwale Nippani



Dr. Bhujanga Shetty Bengaluru



Dr. Phaniraj Ballari



Dr. Venugopal K.S. Mandya



Dr. A. Surendranath Shetty Kundapura



Dr. V.K. Pattepur Badami



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Dr. Shahikalagowda Bengaluru

President Visit to Various Branches / Medical Colleges



IMA Savanur Branch



IMA Hanagal Branch



IMA Shikaripura Branch



IMA Koppa Branch



IMA Chikkamagalur Branch



IMA Belthangadi



IMA Bantwal Branch



IMA Puttrur Branch

President Visit to Various Branches / Medical Colleges



IMA Sullia Branch



Yakshagana at IMA Sullia Branch



KVG Medical College, Sullia



IMA Madikeri Branch

ಭಾರತೀಯ ವೈದ್ಯಕೀಯ ಸಂಘದ ಪ್ರಾರ್ಥನೆ

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



IMA PRAYER

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

ಧ್ವಜ ವಂದನೆ

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

ಜೈಹಿಂದ್

FLAG SALUTATION

ಐ.ಎಂ.ಎ. ಚಿರಾಯುವಾಗಿರಲಿ

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

Jai Hind



Long Live IMA



INDIAN MEDICAL ASSOCIATION

KARNATAKA STATE BRANCH

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Hon. State Secretary

Dr. B.P. Karunakara

Ref: IMA/KSB/Doctors Day/759/2023

Date: 25th May 2023

To:

The Presidents / Honorary Secretaries,
 Local Branches of IMA in Karnataka State

Dear Sir / Madam,

Sub: Inviting Nominations from the IMA KSB Local branches for the "IMA KSB Doctors' Day Awards 2023" for the eligible IMA KSB life members.

Indian Medical Association, Karnataka State Branch is organising Doctors' Day celebration on 1st July 2023.

On this occasion Indian Medical Association, Karnataka State Branch wishes to award and felicitate eminent doctors with outstanding achievements and contributions to the Medical Profession, public and IMA.

All Local Branches of IMA in Karnataka are requested to send names, with Bio-Data, Correspondence Address of the nominated member with E-mail ID to IMA KSB through e-mail only (imakspbpresident@gmail.com) with photo for consideration on or before 15th June 2023 by 5.P.M.

The Awards Sub-Committee of IMA Karnataka State Branch will scrutinise and select the doctors for the Awards and the list will be announced in the SWC Meeting going to be held on 18/6/23.

We request all the Local Branches of IMA KSB to send the nominations at the earliest on or before 15th June 2023 by 5.P.M. and co-operate.

The nominated member should be a life member of IMA and should be the member of the nominating branch.

Thanking you,
 Yours sincerely,

DR.SHIVAKUMAR B. LAKKOL
 President,

DR.B.P.KARUNAKARA
 Honorary State Secretary

Copy to:

- (1).Dr.S.Srinivasa, President-Elect, IMA Karnataka State Branch
- (2). Dr.Aravinda Patel, Chairman, Awards Sub-Committee of IMA-KSB for needful
- (3). Members of State Working Committee of IMA-KSB

Personal Finance

By Dr. V K Bhagavathi
Physician, IMA Haveri

Many a times, we have heard this sentence from our professional friends. We feel proud to say this, isn't it? It means you don't like money, for which you struggled so hard, day in and day out. Another slang phrase is " let the professionals handle it " ; Yes, professionals will handle it, but they are not bothered as much as you are about your hard-earned money.

Why to learn finance?

First of all let us understand why should we manage our finances when we are earning continuously? The answer is uncertainty in the present and apprehension about the future.

The most important thing is that you need to beat inflation (For example today & #39; s 50 Rs per kg of rice will cost you 56 to 60 Rs per kg next year). It can be put like this: you need to define or imagine your lifestyle after 65 years. How do you want it to be? Based on which you can rearrange your present behaviour to keep up your health and wealth.

How to invest?

Ultimately, it comes to the earnings, vital expenses, savings, investing, and later expenses for our wants. You need to buy suitable financial instrument (GRED - gold, real estate, equity, and debt funds) at a lower price, hold it for a long time, and sell it at a higher price after compounding. So what all you require for creating wealth? You need capital, multiplying factors, and a long time for compounding to happen. " ; Wealth = capital invested *(1+rate of



<https://wealthconindia.com/>

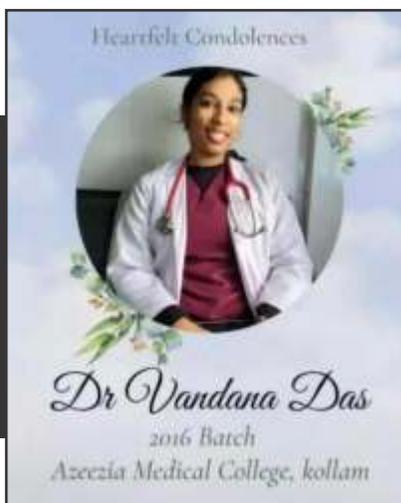
return)^ time & quot; This is the master equation for wealth creation. Here you must have capital and time (start early). The rate of return can be increased by acquiring knowledge and taking optimal risks.

The knowledge and the taxation benefits, etc., are dynamic and constantly changing, so you need to stay in a group of like-minded and knowledgeable people, so that you get updated information.

When to invest?

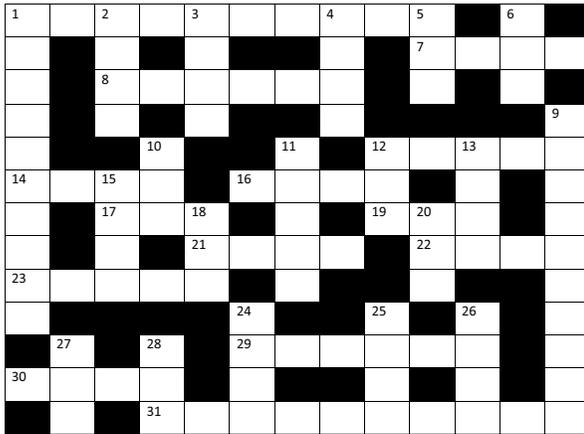
The best time was yesterday; if you haven't, then the best time is today. Start with risk-free investments like exchange-traded funds. Later, information will start flowing towards you.

You can start buying MPTDS and MDSPORT stocks with your own knowledge and understanding. You also need to educate your children about finances. Whether money is important in one's life or not can be argued later; let's create it first. Good luck with your financial journey.



IMA-KSB Urges State & Central Governments for a Stronger Act to Prevent Violence Against Doctors & Staff of Healthcare Establishments.

Medical Crossword - 04



Clues Across:

1. This occupational disorder may cause malignant mesothelioma (10)
7. This kind of blood vessel transports the blood towards the heart (4)
8. - - - - - cell anemia provides immunity against malaria? (6)
12. This type of typing helps to identify different species of bacteria (5)
14. This viral disease was first reported in US in 1981. Abbr (4)
16. A membership diploma offered in UK abbr (4)
17. Bacilli are - - - shaped bacteria (3)
19. Whose bundle is present in the heart? (3)
21. Control of - - - - is one of the first steps in treatment of diabetes (4)
22. These bodies are seen in cells of females (4)
23. A finger may also be called a - - - - (5)
29. This is an acidic stain (6)

30. This prefix means middle (4)
31. This type of treatment is offered to terminally ill patients (10)

Clues down:

1. Building blocks of protein (10)
2. Banting and - - - - are remembered for discovery of insulin (4)
3. - - - - sinus syndrome (4)
4. This kind of cells can differentiate into any type of cell line (4)
5. A type of tachycardia arising above AV node abbr (3)
6. It means twice daily abbr (3)
9. The malignancy is notorious for its - - - - - (10)
10. This titre is helpful in diagnosing Rheumatic fever abbr (3)
11. Hippocrates was a - - - - - physician (5)
12. One of the dangerous complications following delivery abbr (3)
13. - - - - cervicalis supplies infrahyoid muscles (4)
15. - - - - induced hepatitis is one of the important causes of hepatic failure (4)
18. This is used in the control of mosquitoes as well as lice abbr (3)
20. A functional disorder of G.I.systemabbr (3)
24. - - - - 's disease is caused by Leptospira icterohemorrhagica (4)
25. It is a mental health condition where the person may consume non food items (4)
26. Blue - - - - may turn malignant (4)
27. - - - - anserinus is the terminal branches of facial nerve in parotid gland (3)
28. One of the intra uterine foetal positions abbr (3)

Solution to the Medi-Crossword : Page-23

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Nutrition

Banana – The Health Treasure

By Dr. A. A. Pangi
IMA Athani

Banana - This attractive fruit is one of the fruit that contains all the nutrients available for all the twelve months and in every corner of the world at an affordable price even for the poor. Generally yellow in color, this fruit is available in some parts of the world with slight differences in color, flavor and taste. It is eaten by all, rich and the poor alike, but have little knowledge about the usefulness of this fruit and its beneficial effects on health. Some are reluctant to even touch it, while others devote it to God and refrain from eating this fruit. Many think that it increases weight and is considered unhealthy. It appears as though, the creator combined all the healthy nutrients in the earth and gave it an attractive yellow color and created this fruit with the message that everyone in the world should eat it and be healthy. Its botanical scientific name is *Musa accuminata* / *Musa bulbisana*. There are about a thousand species and subspecies of this fruit. Mainly these are of two types. Fruits that can easily be peeled and consumed anytime (Cavendish / Dessert Banana). They are popular in all parts of the world. Bananas grown in South America and some parts of East Asia are thick green, red and purple in color. They are high in complex carbohydrates and low in sweetness. It is customary to prepare various food items and eat them as food instead of eating them directly as fruits. These are known as food plantains. India and China are known to produce the maximum quantity in the entire world. Their cultivation may have started about ten thousand years ago. First the plant was cultivated for the cloth made from its fiber and not for the fruit. It belongs to a class of Herbs, the new shoots arise as modified stems in the ground without seeds. Another specialty of this fruit is the radiation emitted from it. Among these molecules called K-40, are radioactive. Their potency is very low and does not have any adverse effects on health.

Every year the third Wednesday of April is celebrated as

“National Banana Day”.

Bananas are divided into three types based on their length:

1. Short : 6 “ to 7” inches.
2. Medium : 7” to 8” inches.
3. Large : 8” to 9” inches.

Below is the list of nutrients in a medium sized banana.

Calories: 105 kcal

2. Carbohydrates 27 grams.
- A. Sugar content: 14 grams
- B. Complex Carbohydrates 11 grams (Complex Carbohydrates).
- C. Fiber 3 grams 4. Proteins 1 gram Tryptophan is an essential amino acid.
5. No fat and cholesterol (0)
6. Vitamin C : 10 mg and other important components of Vitamin B complex group.
7. Potassium: 422 mg. And other important minerals like magnesium, manganese, iron and other minerals.
6. Water content : 88gm.

Important Nutrients and their functions:

Carbohydrates and Sugars: Half of the total carbohydrates i.e. 14 grams are simple sugars (glucose, fructose and sucrose). The amount of glucose and fructose is more or less equal (5.5 g). Amount of Sucrose – 2.8gm. It can be digested quickly as it is a simple sugar. The other half of these carbohydrates are complex (13 grams) and contain fiber (3 grams). The maximum amount of fiber needed for men is 38 grams, and for women 25 grams. A medium-sized fruit provides 8-9% fiber. These prevent simple sugar units from being digested quickly. Complex carbohydrates and fiber (pectin) reach the large intestine undigested. They

Solution to the Medi-Crossword -04:

Answers: Across: 1. Asbestosis 7. Vein 8. Sickle 12. Phage 14. AIDS 16. MRCP 17. Rod 19. His 21. Diet 22. Barr 23. Digit 29. Eosine 30. Meso 31. Palliative

Down: 1. Aminoacids 2. Best 3. Sick 4. Stem 5. SVT 6. B.I.D 9. Recurrence 10 ASO 11. Greek 12. PPH 13. Ansa 15. Drug 18. DDT 20. IBS 24. Weil 25. Pica 26. Nevi 27. Pes 28 ROP

become food for the micro-organisms there. These are microorganisms that support gut health. These prevent intestinal diseases like IBS, ulcerative colitis, colon cancer. Since fiber retains large amounts of water without being digested, it increases the size of stools, facilitates bowel movements, and prevents constipation. As the fruit ripens, its sugar content increases, while the complex carbohydrate content decreases. So diabetics should not eat very ripe fruits. Fruits which are just changing from green to yellow color are good for diabetics.

Tryptophan: It cannot be produced by the body and must be supplied through the diet. It is necessary for the production of serotonin and dopamine, which are produced in the brain. Serotonin is helpful in inducing and enhancing mental relaxation and happiness. It also increases sleep, memory and sexuality. Another chemical produced by it is Dopamine – identified as the hormone of satisfaction and happiness. This is the reason for happiness after eating this fruit. Melatonin, is another important hormone produced in the brain from dopamine, It is produced after darkness. This is the hormone that induces good sleep. So consuming this fruit before going to bed helps in getting good sleep. Serotonin and dopamine together with minerals like magnesium and manganese with B vitamins (B 9 – folic acid) stimulate sex in men.

Minerals: Potassium, Magnesium and Manganese: potassium is more abundant than sodium. Hence helpful in proper control of blood pressure. Along with magnesium and manganese, it helps to give strength to the muscles of the body. Consuming this fruit after exercise relieves muscle pain and fatigue. Consuming this fruit after a more intense workout helps restore vitality in the body. Potassium is essential for proper functioning of the urinary system. One fruit contains 9% of the potassium required by the body. Patients suffering from kidney failure should not consume Bananas.

Vitamins C and B complex factors : These are essential for many daily biological functions of the body. Vitamin C is an important antioxidant and also essential for tissue repair. Flavonoids, polyphenols, amines and catechins and other antioxidants are also present in trace amounts. These neutralize free oxygen molecules and help prevent heart disease, heart attack, stroke, cancer and stroke and old age.

Can diabetics eat bananas? : Very often this question is asked by most diabetics. Definitely this fruit can be eaten by most people living with diabetes but many

things should be kept in mind before consuming it. The food that we eat should not raise the blood sugar too quickly specially so among diabetes. Foods that raise blood glucose slowly are called low glycemic index (GI) foods. (Glycemic Index - G I is an index of the ability to quickly raise blood glucose. According to this index system, a number is assigned to each food based on its ability to raise blood glucose. G I of Glucose is taken as 100. Low G I - less than 55, medium - 55 to 69 , high level - above 70). Diabetics should eat foods that are low in GI. The GI of banana is less than 55. It is a low GI diet. As the fruit ripens, its sugar content increases, so does its GI. (60-65). So diabetics should not consume over ripe fruits. Calorie content increases as fruit size increases. So eat small or medium sized fruits. Observe the amount of food consumed and the number of calories consumed at a given time and the total number of calories allowed and decide the quantity and time of consumption of this fruit. Care should be taken not to exceed the prescribed calories. Each person's physiology is different. Similarly, the increase in blood glucose level is also different. After consuming the fruit, check the blood glucose level and proceed as per the advice of your physician. By consuming other food items together can also slow down the glucose level. Dry nuts like nuts, cashews, almonds, whole grains, butter and creamy yogurt can be eaten with the fruit There is no fixed time to consume this fruit, it can be consumed with breakfast, after lunch, in the evening, after exercise, before going to bed at night for good sleep. Keeping all these facts in mind, if these fruits are eaten, there are less chances of high fluctuations of blood sugar. People suffering from this disease can eat banana without any worry and adding these fruits to the diet of diabetics can bring variety in the diet and eliminate monotony. Hence diabetes can be controlled without giving up bananas and other fruits.

Other parts of this plant like very attractive banana leaf, and fruit peel also contain many antioxidants like polyphenyl and flavonoid. These are good for hair and skin health. Their juice is used to treat various skin diseases and wounds.

This fruit, is always available at an affordable price, all the year round, hence it should not be bought and stored at once. It is advisable not to refrigerate it. It should be consumed before it turns completely black.

Everyone should consume fresh Bananas that are available in the market daily, at an affordable cost which provide essential nutrients, vitamin minerals and antioxidants. Eat Fresh bananas daily and keep yourself fit and healthy.



My Hobby My Passion

Art

Dr Lata Basavaraj Kelagar IMA Ranebennur, Karnataka

This was the day, which no Indian can forget, when the Prime Minister announced a nationwide lockdown in the view of rising number of COVID 19 cases. A complete shutdown of almost, continuous 150 days, was imposed by the Government, to contain the spread of the disease.

Fast moving life suddenly came to a complete standstill, which was unseen, unheard or unimaginable for a common man. Situation everywhere was so frustrating, physically, mentally and emotionally as well. Apart from household chores, Social media, TV and cinema, my mind was craving for doing something constructive with the limited, available resources at home, to keep myself engaged and to divert my mind from the negativity around.

Then I realized, I have not done so many things, which I used to love in my childhood or school days, since last so many years. Being a working woman, my life was just revolving around my hospital and home. Hardly I could spare enough time for my hobbies like drawing, painting, embroidery and so many other art forms.

I thought, this free time, I should utilize to resume my hobbies, for my own mental relaxation and recreation.

I started with practicing pencil drawing and shading, on my daughter's old science journals, to develop the skill and finesse. Then I did some pencil shading work on drawing sheets which boosted up my confidence.

To learn something new, I started working with marker pens and did some beautiful doodling. Slowly I started learning various folk arts like Warli, Madhubani, Saura, Mandala, Mandana, Hase Chittara, Kalamkari etc from social media.

During lockdown period, they used to open shops only in the morning, that too for limited hours. I used to rush to the stationary shops, to get the required material for my artwork. But because of lockdown, many times, I didn't get desired material, as the stocks were limited. Then I thought, I should explore some other media as canvas for my art, to get better results.

I bought some cement and plastic planters, painted some folk art on them.

To display these planters for home decoration, I needed some beautiful plants. Then I started learning about growing some indoor plants, their care, propagation also kitchen waste composting. I borrowed

some plant cuttings and saplings from the neighbourhood. With my homemade compost, I could grow some beautiful pathos, syngoniums, philodendrons, crotons, spider plants, aglonemas etc.

With my hand painted planters and beautiful plants, I decorated some corners of my sweet home. I was very much delighted and satisfied with my own creations and lovely makeover of various spaces, without any expensive showpieces.

These plants were not only air purifying but also giving a lot of positive vibes in the ambience. I always felt like, my kids are welcoming me with their open arms and smile on their faces.

Taking care of the plants, kept me occupied and seeing their growth, day by day, was such an immense happiness.

As the COVID 19 cases reduced, slowly the life returned to normal. And the same old routine followed. Now looking after my small garden, has become a part of my life. My paintings are adorning the walls of my home.

It feels so satisfying, that I could utilize my free time constructively, during the lockdown period, catching up with my hobbies and learning something new.

Encouraging words, by friends and relatives, appreciating my art, was like morale booster. All these hobbies were so relaxing to my mind, just like meditation. I could overcome the negativity due to COVID 19.

I am in love with all these art forms as they help me to forget my stress and worries and also they are great escape from the routine monotony, keeping my mind fresh and active.

Whenever possible, I just look forward to learn some new art. Nowadays I am trying my hands on embroidery and Sashiko.

I feel every one should have some or the other Hobby to keep ourselves occupied, for our own mental health and to make our lives interesting and enjoyable.



My Hobby My Passion

Bharatanatyam

By Dr. Nandita Odeyar, IMA Harugeri

2022 Nov 6 Greatest moment of my life as I was felicitated by Delhi Karnataka Sangh at New Delhi on the occasion of Kittur Utsav for my contribution to Art & Culture (PĀĒ ³ĀĀĀĀŪ ĀĀ ĀĪøw) as a Bharatnatyam performer. At Delhi I performed two dances one Guru Ashatakam written by Shri Shankaracharya (Sankrit language) & Basavanna s Vachan (in Kannada).Tears rolled as I was honoured , the function was inaugurated by MP Smt Mangala Angadi Belagavi & MP Smt Shashikala Jolle & MLA Annasaheb Jolle Belagavi.

Memories rolled back almost 45 yrs back as I started learning dance (not a classical once) at the age of may be at 6 yrs . But I was blessed by Guru at the age of 10 years by Smt Vijayanti Wamanacharya at Belagavi. Actually the journey started, when my mother saw my Guru's performance in a College's Annual Day function & she took it very seriously that if at all I learn dance I SHOULD learn from Her only (by my Guru). So she took me to the class, it was almost 5-6 km from our house by walk (in those days walking was the best option). I was not interested in learning the dance as the class was too far from my place & all my friends used to enjoy playing in the ground in the evening time, for me this was punishment. (I used to think as a child). My Mother (Amma) accompanied me every time for 2-3 months by walk to the class & once she was sure that I was serious about my Bharatnatyam Class she left accompanying me . After 3 months slowly I started taking interest & that became so much that I started participating in many competition & used to give THE BEST performance. I couldn't continue learning Bharatnatyam by my Guru as we used to get transferred every 2 yrs as my father was a Govt officer. But I continued learning one or the other form dance where we used go & always used to get the 1st (maximum times) or the 2 nd price in every dance competitions .

When I was doing my UG (MBBS) & PG (OBG) at JNMC Belagavi, always my performance used to be there on Annual Day, Ganesh Chaturthi & some other functions. I represented JNMC at Bangalore for the Cultural event, stood first at district level dance competition.

We started our 35 bed Polyclinic (Gynaecology Ophthalmology & Paediatric branch at Harugeri (rural place) in 1997 & there after I was busy with my practice & with our kids so I had left my passion for at least 25 yrs. There came a great opportunity to participate in a TV show 2008 (E TV Marathi) for the

competition of "SUPER WOMEN", I was among top 12 to the state , for which I had been twice to Ramoji Film City Hyderabad for the shooting. In that event I performed Bharatnatyam twice which was telecast. on National Television

From then onwards (2008) I started my every year performances at our STATE LEVEL OBG CONFERENCES . In 2016 I was felicitated at Bangalore "VAIDHYA RATNA NATIONAL AWARD "for my contribution to rural health care, on that event I performed a dance at Bangalore . In 2016 Aug 15 (Independence Day) I performed "Rang Pooje" candle dance at SINGAPORE on a cruise , where my dedication to the dance was appreciated by everyone . In 2019 in BMC (Banglore Medical College) BANGALORE, I was felicitated on occasion of Women Day by Dr.Smt.Vijaylaxmi Balekundri where I performed Mahisasurmardhini dance as Naari Shakti .

In 2019 we had been to COMBODIA, Angkor Wat where there is Biggest World's Hindu temple Lord Vishnu's, I performed Jay Sharade (Maa Saraswati Stuti) dance that was the most memorable performance by me as it was an instant performance in front of Lord Vishnu, (as I did not practice before performance) it was a first & final performance by me, as I was inspired by the architecture of huge temple. In covid times also I performed 4-5 dances in our house & temple complex near our place & I share them in You Tube. In 2020 during covid time I was invited by Global Basava Organisation Qatar to perform on line Bharatnatyam dance on Jagatjyoti Basavanna s Jayanti .

In 2022 Sep13 I had a severe accident , which lead to severe Disc prolapse at L5 S1 level, I was bedridden for 45 days, I was advised surgery but I followed B K S Iyengar Guruji s yoga session by a senior Iyengar teacher Dr Keshte, I was there at his institute for 45 days . In that low phase I thought it would not be possible for me to continue my PASSION my Bharatnatyam, but by grace of Guruji (B K S IYENGAR) & Best wishes from my family & friends I m back with my Passion. After this incidence my 1 st performance was at New Delhi on the occasion of Kittur Utsav, which is my most Memorable & Precious Moment of my life.

I Thank everyone in my life who directly or indirectly helped me to continue my Passion especially my mother & my husband who is an ophthalmologist. I believe everyone SHOULD have their own PASSION, which keeps you More Young at heart.





A SOJOURN TO MIRJAN FORT

By Dr. SATISH RAIKAR
IMA Gangavathi



We had a recent visit to Gokarna - the famous Southern Hindu Pilgrimage center; for a family get together and to attend the Navchandi Homa, at our native Home in Gokarna. After completing the our rituals we visited Sri Mahabaleshwar Temple in Gokarna. A 6 feet tall Shiva Linga (Atmalinga) is worshipped here. The Temple has been said to be as significant as Kashi, hence it also called as, DakshinKashi.

Next Day we started to visit nearby places, after discussion we planned to visit unseen MIRJANFORT. Situated about 22km from Gokarna, MIRJANFORT built in the 16th century, is an Architectural and Cultural marvel. It is a Majestic Master Piece of Architecture that one can find standing gloriously on the banks of River Aghanashini. The fort has many historical events associated with it which makes it a delight place for tourist destination.

It has four main entrances along with moats, secret passageways, and canals, providing a royal reminder of our vibrant history, built over an area of 10 acres . The fort also has several watchtowers, offering a birds-eye view of the surrounding areas. It has witnessed several battles and yet withstood the test of time. Tucked away in natures arm on the coastal belt, MIRJAN FORT is ideal place for a weekend getaway visit.

HISTORY

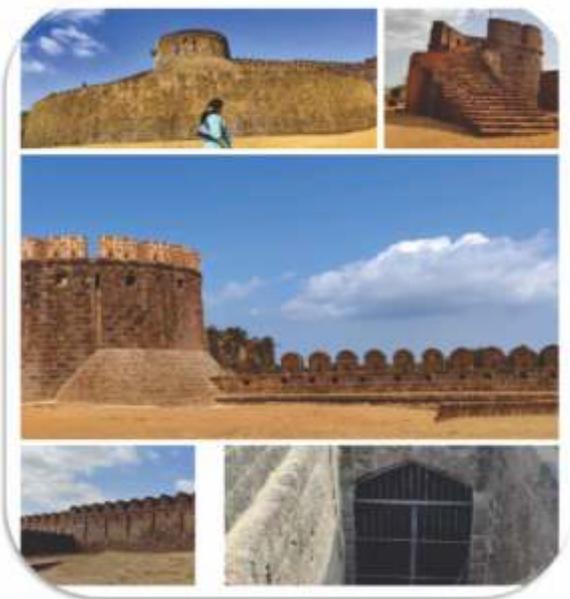
MIRJAN FORT has a rich history and there are many versions of the origin of the Fort. According to one version, the fort was built in the 16th century by Chennabhairav Devi, Queenof Gersoppa, a subordinate

of the Vijayanagar kings. Her reign was one of the longest in the history of female domination in Indian history, from 1552 - 1606. It is believed that this fort was used as a market place for the trade of rice, pepper, cardamom and other spices . The Queen was also fondly known as the Queen of Spices. The fort has few remains of rooms, dwellings and kitchens. There are many secret tunnels, staircases, wells, which are all locked up now. The fort holds many mysteries and secrets which cannot seem to be unearthed. The queen seems to have left the fort after the battle of Talikota. After the battle of Tallikota in 1565, the territory was attacked by Bijapur Sultans. In 1757, the Marathas gained control of the fort and later it was seized by the British in 1784.

The fort has seen many battles during the reign of the Queen, the Bijapur Sultans and finally the Britishers . What remains today are just the walls of the fort and the story of it, the significance of which got lost over time.

Quick Facts

- TIMING: 8 am to 6 pm
- ENTRYFEE: Free entry
- BESTTIMETOVISIT: September to February
- The average time taken for a visit: 1-2 hours





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- ◆ General Ward (Free) : Male 10 Rooms & Female 10 Rooms
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Dr. V B Nitali
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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 :

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Sri. Amaresh Hipparagi, Secretary
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Indian Medical Association Karnataka State Branch

26th Dr. Somanna Memorial State Level Annual

IMA - KSB Shuttle Badminton Tournament 2023

Host: IMA Mangaluru



**12th & 13th
AUGUST 2023**



Venue
**Father Muller Indoor Stadium,
Kankanady, Mangaluru**

Dr. Venugopala D
President,
IMA Mangaluru

Dr. Archith Bloor
Secretary,
IMA Mangaluru

Dr. Sathish Chandra
Organising Chairman,
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Dr. Nandakishore B
Organising Secretary,
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INDIAN MEDICAL ASSOCIATION KARNATAKA STATE BRANCH



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

Date: 12th and 13th 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



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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 12th 2023 and the players should produce age proof Certificate on demand.

Entries can be sent to: 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'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

- i) **Founder member** :- shall have the benefit of the scheme **six months** after joining the scheme or immediately after launching the scheme whichever is longer.
- ii) 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.
- iii) 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**

DR. VIJAY KR RAO

Consultant Rheumatologist
MBBS, MRCP (UK), MRCP (UK) Rheumatology,
FRCP (UK), CCT in Rheumatology (UK)
Post-CCT Fellowship in SLE and
Rheumatic diseases in Pregnancy (UK)



Appointment Number : 9916770444

DIVISHA ARTHRITIS AND MEDICAL CENTER

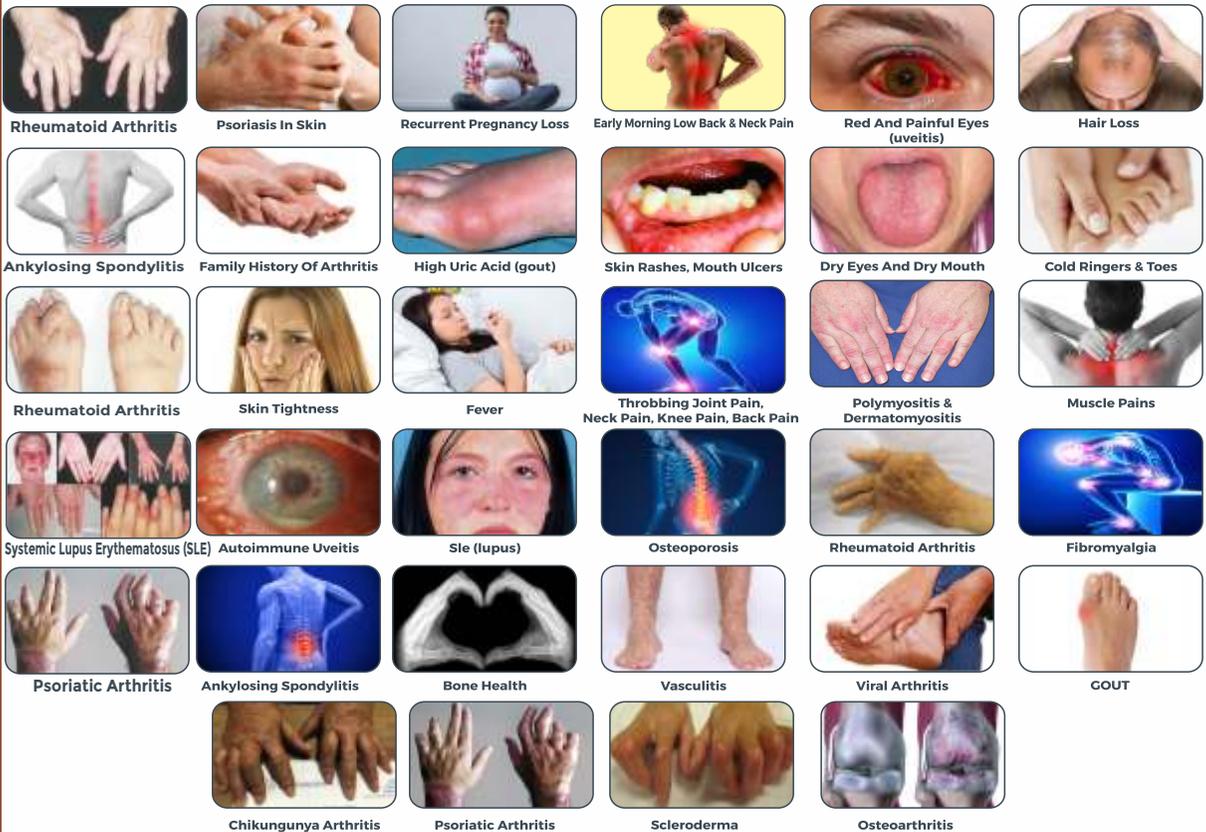
No. 500/A, 1st 'G' Cross, 8th Main Road, 4th Block, 3rd Stage, Basaveshwarnagar, Bengaluru – 560079.

Landmark : opp. Daily Mart Hyper market, 8th Main, Basaveshwarnagar, Bengaluru.

Watch for the **3S** : Seek expert advice from Dr Vijay KR Rao for

- S**oreness (pain)
- S**welling
- S**tiffness in the joints, particularly worse in the mornings.

if you have **joint pains along** with any or more of these symptoms



Seek Advice from DR. VIJAY K.R. RAO

If you have joint Pains along with any of these symptoms :

- Psoriasis in Skin
- Early Morning Low Back & Neck Pain, Body Pain, Heel Pain
- Family History of Arthritis
- Skin Rashes. Mouth Ulcers
- Hair Loss
- Fever
- Recurrent Pregnancy Loss
- Red & Painful Eyes (Uveitis)
- High Uric Acid (Gout)
- Dry Eyes & Dry Mouth Skin Tightness
- Cold Fingers & Toes

Expert Consultation For :

- Throbbing Joint Pain, Neck Pain, Knee Pain , Back Pain
- Muscle Pains • Rheumatoid Arthritis
- SLE (Lupus) Vasculitis
- Ankylosing Spondylitis Psoriatic Arthritis
- Gout • Scleroderma
- Polymyositis & Dermatomyositis • Autoimmune Uveitis
- Osteoporosis • Bone Health
- Fibromyalgia • Chikungunya Arthritis
- Viral Arthritis • Osteoarthritis



ASTER CMI HOSPITAL, BANGALORE IS RANKED AMONG THE TOP.

We thank all our patrons for their
Support and trust in us.

Bengaluru Ranking



South India Ranking



All India Ranking



Aster CMI Hospital, #43/2, New Airport Road,
NH 7, Sahakara Nagar, Hebbal, Bangalore-560092,
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Ph : 080 4342 0100 / 2214 7147



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CMI HOSPITAL
We'll Treat You Well

Indian Medical Association

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Web : www.imakarnataka.in