



IMA FOCUS

Vol. 14 Issue - 2 November - 2023, Place Bengaluru, Monthly, English, Pages - 40, Price. 1/-

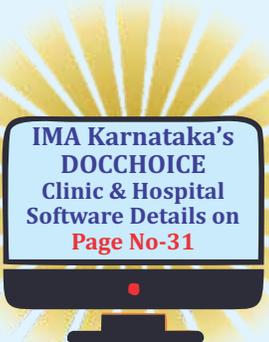


2nd December
**NATIONAL
POLLUTION
CONTROL DAY**



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

Meeting ID : 594 076 5774
Passcode : imaksb



**IMA Karnataka's
DOCCHOICE
Clinic & Hospital
Software Details on
Page No-31**



SUGUNA[®]
HOSPITAL
Tender Loving Care



WHEN EVERY MINUTE MATTERS...

We offer a full array of Cardiology Services provided by a team of highly skilled Cardiologists and Clinicians. Suguna Hospital also has the latest and most advanced Philips Azurion 7 CathLab

FULL SCOPE OF MEDICAL AND DIAGNOSTIC SERVICES UNDER ONE ROOF



MEDICAL

- General Medicine
- Cardiology
- Orthopaedics
- Nephrology
- Gastroenterology
- Obstetrics & Gynecology
- Paediatrics & Neonatology
- Urology
- Ophthalmology
- ENT

SURGICAL

- Orthopaedics & Joint Replacement
- Renal Transplant Surgery
- Peripheral Vascular Surgery
- Neuro Surgery
- Surgical Oncology
- Obstetrics & Gynecology
- General & Laproscopic Surgery
- Plastic Surgery
- ENT
- Cosmetic & Reconstruction Surgery

DIAGNOSTIC

- CT Scan
- Ultrasound
- X-Ray
- Bio Chemistry
- Pathology
- Haematology
- Microbiology & erology
- Histopathology

“A vision to strengthen healthcare in the communities we serve and empower patients to make informed choices is the genesis of Suguna Hospital”.

SUGUNA HOSPITAL

1A/87, Dr. Rajkumar Rd. 4th 'N' Block, Rajajinagar, Bengaluru - 560 010, Karnataka
info@sugunahospital.com | 080 40194444 / 23327777

www.sugunahospital.com

EDITORIAL BOARD**PRESIDENT**

Dr. S Srinivasa
93412 38129
drsrinivasa7@gmail.com

EDITOR

Dr S M Prasad
98451 05122
smprasad63@gmail.com

SECRETARY IMA FOCUS

Dr. Siddalingappa G
9845319315
siddalingappa1234@gmail.com

HONORARY TREASURER

Dr Vijayasaradhi A
95351 56734
dravs73@yahoo.com

EXECUTIVE EDITORS

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

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

CO-EDITORS

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

EDITORIAL BOARD

Dr Ravindra R
98450 34546
dravindra@sugunahospital.com

Dr. Aravind Patel
9448918764
draravindpatel@gmail.com

Dr. Soumya Y J
9845222245
soumyayjis@gmail.com

Dr. Dinesh Hegde
9448153406
mahalaxmisrs@yahoo.com

Dr. Harish Delanthebattu
9844025552
drharishad@gmail.com

Dr. ShriShailesh Amarkhed
944815525
drshishailesh@yahoo.co.in

Dr. R. Jyothi Swaroop
9844190463
drswaroop@yahoo.com

Dr. Mallikarjun Panshetty
9243230100
mpanshetty@gmail.com

STATE OFFICE BEARERS

Dr. V.V. Chiniwalar
9448122978
drvc2011@gmail.com

Dr. M.N. Rajagopal Setty
9448052256
drajagopalsettymn@gmail.com

Dr. Kiran Deshmukh
9845279693
drkirandeshmukh8@gmail.com

Dr. Pavankumar Patil
6364149150
drpavanpatil@gmail.com

Dr. A. Savithri
9448237716
savithrilakshmi.kanth@gmail.com



Editorial

From the Desk of
Prof. Dr. S.M. Prasad

Dear Esteemed IMA members,

Greeting from IMA Focus Committee!!

This month of November 2023 is with lots of activities at various IMA branches of Karnataka with the new team of IMA KSB.

Under Presidentship of Dr. Srinivasa S, Hon State Secretary Dr. Karunakara B P and Hon Treasurer Dr. Vijayasaradhi IMA KSB celebrated Kannada Rajyothsava at IMA House, Bangalore on the 1st day of their office and also, by the new teams at many local IMA branches. IMA KSB President has visited 6 IMA local branches in November month and installation programs of elected office bearers at different IMA local branches. IMA KSB request all the IMA branches to make appeal to its IMA member to contribute Rs.700/- (per member) by QR code sent to their what's app.

This month delighted to know that the long standing stay on KMC election results have been vacated and many of our responsible and our IMA members have taken charge. I congratulate Dr. Honne Gowda, Dr Yogananda Reddy, Ravindra H N, Dr Ravindra R, Pavankumar N Patil, Dr Veerabadraiah T A, Dr Soragavi V Ramappa, Dr Sharanabasappa S, Karabhari, Dr Sudhir R Jambhagi, Dr Ravi K, Dr Ravi N and Dr Shantesh Patil.

We are happy to inform that Dr. G. Bidanahal has participated in IMA National Sports meet at Vijayawada for above 60 years category. We congratulate him for representing for athletics from IMA Karnataka winning gold medals in 200 mtrs running and 4th Gold medal 100 mtrs relay.

We are unfortunate to inform that 6 doctors who were serving the humanity namely Dr. Chandrashekar Madinur, Dr. H S Prabhakar, Dr. Laxman Prabhu, Dr. M B Rampur, Dr.Waman Rao and Dr. Prathibha Arun are no more with us. I pray god to give strength to family members to bear the loss.

Though many of as IMA members, know the legal consequences and public anger of many of the recent incidences regarding the duty of emergency care, improper patient referrals and denial of treatment in reputed hospitals still our medical fraternity need to gear up for more commitment for patient care. It is not just the legal issues but also ours being a noble profession, we need maintain the sanctity of the reputed profession. Otherwise, no doubt that anytime we need to face the assault and more due to ire of the public in different ways as a medical practitioner.

We need to know for Emergency Medical Care:

- **No Arbitrary Refusal:** A physician cannot arbitrarily refuse treatment to an emergency patient.

- **Immediate Response:** In case of an emergency, a doctor **must promptly render medical care** before considering payment or other factors.
- **Certification and Transfer:** Emergency physicians have a duty to **properly certify a patient for transfer** if needed.
- **Patient Welfare:** The primary professional responsibility is to **embrace patient welfare**.
- As encourage more medical professionals we can be considered for trial either in civil court or consumer court or criminal court, criminal court or Karnataka Medical Council / NMC etc.

Also, in the recent media, they have projected doctors

in the feticide rackets in some places though “doctor” word is misused and misinterpreted whenever the issues happen related to medical or hospital issues by alternate systems of medicine. But public may not know whether allopathy or other Ayush professionals.

Now the time has come for us to alert people we know or public whenever we are giving interview at TV programs regarding the usage of doctor by many unrelated people for their personal gain.

Kindly encourage more medical professional to become member of IMA and the related benefit health schemes of IMA KSB. “Each One, bring One” is our motto.

Jai Hind

Jai Karnataka

Long Live IMA



National Health Summit on violence against hospitals and the facilities held at New Delhi 3.12.2023. President Dr. Srinivas S & Hon State Secretary Dr. Karunakara BP attended the conclave. The meeting was attended by nearly 300 delegates including state/branch Presidents & Secretaries and other senior IMA members. Various aspects on the topic were discussed by eminent speakers and finally, a declaration draft was released. IMA Declaration will be shared with GOI, media and others. One of the main aspect of the declaration was asking GOI to introduce central law.

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 ರಾಷ್ಟ್ರಧ್ವಜಕ್ಕೆ ವಂದನೆ ಸಲ್ಲಿಸಲು ಇಲ್ಲಿ ನಿಂತಿದ್ದೇವೆ.
ಅದರ ಗೌರವ ಮತ್ತು ವೈಭವವೇ ನಮ್ಮ ಬೆಳಕು ಮತ್ತು ಶಕ್ತಿ ಮತ್ತು ಅದರ ಪಥವೇ ನಮ್ಮ ಪಥವು.
ಈ ರಾಷ್ಟ್ರೀಯ ಸಂಸ್ಥೆಯ ಮಾನ್ಯತೆ ಪಡೆದ ಸದಸ್ಯರಾದ ನಾವು ನಮ್ಮ ಜವಾಬ್ದಾರಿಗಳನ್ನು
ಅರಿಯುವ ಮೂಲಕ ಅದಕ್ಕೆ ನಮ್ಮ ನಿಷ್ಠೆಯನ್ನು ತೋರಿಸುವ ಪ್ರತಿಜ್ಞೆ ಮಾಡುತ್ತಿದ್ದೇವೆ.
ದೇಶಸಮೂಹಗಳ ನಡುವೆ ನಮ್ಮ ರಾಷ್ಟ್ರಧ್ವಜವು ಉನ್ನತ ಮಟ್ಟದಲ್ಲಿ ಹಾರಾಡುವ
ಸಲುವಾಗಿ ನಮ್ಮ ಅಧಿಕಾರದಲ್ಲಿರುವ ಎಲ್ಲವನ್ನೂ ಅದಕ್ಕೆ ಸಮರ್ಪಿಸುವ ಪ್ರಮಾಣ ಮಾಡುತ್ತಿದ್ದೇವೆ..

ಜೈಹಿಂದ್

ಐ.ಎಂ.ಎ. ಚಿರಾಯುವಾಗಿರಲಿ



President's Message

Prof. Dr. Srinivasa. S

Greetings from IMA KSB.

Happy KANNADA RAJYOTSAVA AND DEEPAVALI To all my esteemed IMA members of Karnataka.

First and foremost message is our IMA leaders winning KMC court case, assuming the charge on 27.11.2023. On behalf of IMA Karnataka State Branch President I congratulate all IMA leaders for occupying the most prestigious Quasi judiciary Governing council member post of Karnataka Medical Council. We are very fortunate to see all our IMA leader's in KMC.

After assuming charge I have visited Yelahanka, Gangavathi, Tumkur IMA branches for installation and Kannada Rajyotsava ceremony, I am very much thrilled to see our Kannada fans, they have performed very well especially our little kids whose performance was amazing.

1. We came across other peculiar problems regarding post graduates about harassment complaint by a post graduate from Srinivasa Medical College Mangalore. Even though a little problems are common among doctors, staffs, juniors, seniors...this particular issue was quite viral one of the post graduate from the same college made it viral all over India, our National IMA president elect Dr.R.V.Asokan asked to me to evaluate the situation. I have contacted Head of the Department Dr Edwin, Senior Post Graduate, and Co post graduates also. Ultimately suffered postgraduate kept silent and started attending classes. I also had a conversation with suffered postgraduates and their family about this issue. After the complete analyzation we came to a conclusion that this was could have

been sorted out with some patience. Also these issue was being discussed in IMA MSN (medical student network) Committee and Dr.K.S.Shubratha chairman of MSN committee wanted to conduct a study regarding HARASSMENT IN KARNATAKA among postgraduates.

2. Mysore Cheluvamba hospital episode. Where FIR booked on doctors, this was discussed in detail with Dr.M.S.Jayanth, President, IMA Mysore Branch and pediatric HOD Dr Savitha where one 12 years old cerebral palsy with Quadriplegic child expired after 10 days of PICU treatment at Cheluvamba Childrens's Hospital at Mysore. This problem could have been settled if there was a good communication among the postgraduate and the senior doctors in the hospitals. Still no one is been arrested, This may settle amicably. IMA strongly objects these kind of actions. Patient care our priority. it is our duty to provide maximum service to all kind of patients.
3. We are very unfortunate to express about Mysore episode were sex determination racket busted at Mysore ayurvedhic hospitals with feticides >900. Since everyone know about this news... I dont want to go deep into it... As a pediatrician and IMA president, district advisory committee chairman PCPNDT of Bangalore urban district i would definitely oppose this. Children are our future, Nations pride irrespective of sex.
4. We have conducted 872nd SWC meeting on 19.11.2023 at IMA-KSB Dr.M.A.Narasimhachar Auditorium, IMA House Chamarajpet,

Bengaluru discussed about sub-committees, Nominated / Appointed woman Vice-President Dr.ASavithri, Dr.M.N.Rajagopal setty was made Senior Vice-President, all appointments were ratified by the SWC members.

I like to congratulate and appreciate Dr. Dinesh Hegde for his great gesture towards accident victims at sirsi.

5. Congratulations to our Past President of IMA-KSB Dr.G.B. Bidinahal for getting 3 gold medals at National IMA sports meet at Vijayawada.
6. My sincere condolences to the friends and family members of Dr.Mallikarjun Basappa

Rampure from Koppala, Dr Laxman Prabakar H.S, from Mangaluru, Dr.Chandrashekar Madinur from Gangavathi, Dr.Mamana Rao from Raichur and Dr. Pratibha Arun from Raichur who departed us...May their soul rest in peace. I request all doctors to take care of health. We doctors will take care of others mental and physical health and neglects to take care of our own health.

My sincere request to all esteemed IMA members to promote membership drive,and let more IMA members enroll in KSSS, KSHS, and KPSS

Let all our IMA members utilise the services of the above schemes.

LONG LIVE IMA



IMA-KSB President Inaugurated Kannada Rajyotsava Celebration at Tumkur



IMA-KSB President Visit to Gangavathi Branch



IMA-KSB President Visit to Whitefield Branch



IMA-KSB President Visit to Dharwad Branch



Secretary's Message

Dr. B P Karunakara

Dear esteemed members of IMA KSB!

Greetings from the state branch!

The month of November started with celebrations! THE IMA KSB started the month with celebrations of Kannada Rajyotsava! The day was celebrated with enthusiastic participation of the members. President hoisted the state flag and spoke on the historical importance and contributions of many in carving out the Karnataka state and also spoke about works done by IMA KSB and its branches to the people of the state. The members participated songs praying, appreciating Kannada and Karnataka! Subsequently, President Dr. Srinivas S interacted with the office staff, instructed in the works and gave guidance on functioning of the office.

SWC meeting: The SWC first meeting of the new team lead by Dr. Srinivas S, which took over the reins at MEDICON 2023, Bidar, conducted its first SWC meeting at the IMA KSB House at Bangalore. In a well participated meeting President announced nominations to the various committees, which were unanimously approved by the members. The meeting also chose the senior vice President and Co-opted the woman vice President.

President speech: The first episode of the year was done on 23/11/23, continuing the most important activity started in the previous year. President Dr. Srinivas S spoke on his visits to branches, members issues sorted out and the important works and the activities for the year. Members well appreciated

and interacted with the President. The sessions will he continued all along the year on 23rd of every month.

Local branches conducted various activities in the month and notable ones are Medicos Melody, the singing competition held for the doctors by the Gangavati branch and the Kannada Habba by IMA Yalahanka as part of Kannada Rajyotsava celebrations. The members enthusiastically participated and exhibited their talents.

The team of IMA KSB members led by Dr. Honne Gowda, Dr. Yogananda Reddy and others won a long legal battle on elections and were instated to Karnataka medical council. The team includes many past Presidents of the state branch and other prominent members. IMA KSB congratulated and wished them for a fruitful tenure.

The new team has started working on various issues and will work towards solving important issues of the association.

We are looking forward to attending the national health summit on violence against hospitals and health care facilities to be held in New Delhi on 3/12/23 and by INA HQ.

The most important single ingredient in the formula of success is knowing how to get along with the people. - Theodore Roosevelt

Wishing everyone an advance Happy New Year 2024! May the New Year bring the best of everything to you!

Jai Hind!

Jai Karnataka!

Long live IMA!



Vice President's Message

Dr Kiran Deshmukh

Dear Esteemed IMA Karnataka members,

Greetings from the State Branch

First of all I would like to express my sincere thanks to all the IMA leaders, senior members and well wishers for giving me an opportunity to serve this esteemed organization as the vice president.

I will work hard under the guidance of all the senior IMA leaders and will put all my efforts to address the various issues concerned to our fraternity.

My key focus would be increase in membership specially the young doctors, motivate more members to enroll and take benefit of various schemes of IMA and the issue of quackery.

I once again thank you all for giving me this opportunity and assure that I will work Under the leadership of our president Dr.Srinivas and the senior leaders of IMA for welfare of all the IMA members of Karnataka .

LONG LIVE IMA

Scan to download Membership application forms

 IMA KSB APPLICATION FORM	 IMA KSSS APPLICATION FORM	 IMA KPSS APPLICATION FORM	 IMA KSHS APPLICATION FORM
---	--	--	--

Circular regarding Membership amount payable to IMA-KSB & IMA HQ From 01/02/2023.

Two separate cheques has to be sent. The mentioned amount includes 18% GST

Sl No.	Share Amount to	Chq/DD In favor of	SL	CL
1	IMA-HQ	"IMA LIFE MEMBERSHIP FEE" (Payable at New Delhi) Only online payment	8928/-	13384/-
2	IMA-KSB	"IMA -KSB" (Payable at Bangalore)	4079/-	6122/-
3	IMA Local Branch	As per the branch policy		

Account Details for online payment as given below (Google pay, Phone pe, Neft)

IMA-KSB Account details

A/C Name : IMA KARNATAKA STATE BRANCH
 Ac no : 67070532832
 IFSC Code : SBIN0070242
 Bank : State Bank of India, Saving Bank Account
 Branch: Chamarajpete Bangalore

IMA HQ Account details

A/C Name: IMA LIFE MEMBERSHIP FEE
 AC NO: 90672140000432,
 IFSC CODE: CNRB0019067, Bank: Canara Bank
 Branch: IP Marg New Delhi.

Please Note: - Kindly send payment receipts of IMA-KSB & IMA- HQ along with applications.

INDIAN MEDICAL ASSOCIATION

Karnataka State Branch List of Divisional Co-Ordinators and Dist. Representatives with Respective Branches for the year 2023-24

Division	Name of the Vice-President	Name of the Divisional Co-Ordinator	Name of the Districts	Name of the District Representatives
KALABURGI				
Division-1	Dr. Kiran Deshmukh M-9845279693	Dr.Vaidyanatha Tugave M-9449139369,	Bidar	Dr.Mahesh Patil 7019694445
			Kalburgi	Dr.Anand S. Garampalli 9482842580
Division-2	Dr.Kiran Deshmukh M-9845279693	Dr. Ravishankar Sajjal, M-9448070139	Koppal	Dr.Madhusudhan V. Hulagi, 9448022584
			Bellary	Dr.Renuka Manjunath M-7406700800
			Vijaya nagara	Dr.Salia Dharmayath M-9448132014
Division-3	Dr.Kiran Deshmukh M-9845279693	Dr.Hunakunti Gurubasappa. D M-9448042294	Yadgiri	Dr.Pradeep Reddy M-9591527700
			Raichur	Dr.Sanjeev Chetty M-9844272327
BELAGAUM				
Division-4	Dr. Pavan Patil M-6364149150	Dr. Jaspalsingh H. Tehalia Cell: 9448139330	Belagaum	Dr. Devegowda M-8904126936
			Bagalkote	Dr.Vikas Doddenavar M-9448103126
			Vijayapura	Dr.Dayanand G. Gannur, M-9448035930
Division-5	Dr. Pavan Patil M-6364149150	Dr. Vijaya Gadagkar	Dharwad	Dr.S.R.Ramanagoudar
			Gadag	Dr.Shruthi Bhavi Patil M-9480407256
Division-6	Dr. Pavan Patil M-6364149150	Dr. Ravikumar Kulkarni	Uttarakannada	Dr.VISHWAPRAKASH M.K. M-8884218555
			Haveri	Dr. Mruthunjaya Turakani M-9844120750
MYSORE				
Division-7	Dr. M.N.Rajagopal Setty M-9448069977	Dr.Anitha N.Rao M-9448007119	Dakshina Kannada	Dr.Venugopal. D M-9448112929
			Udupi	Dr. Vasudev. S M-9663556409
			Chikkamagaluru	Dr.Yogesh.K.S, M-9886672499
Division-8	Dr. M.N.Rajagopal Setty M-9448069977	Dr.T.N.Marigowda M-9449809608	Hassan	Dr.Kirana.K.V M-934399917
			Kodagu	Dr.H.K.Somasekhar M- 9448047859
			Mandya	Dr.B.S.Kakkilaya , M-9591384543
Division-9	Dr. M.N.Rajagopal Shetty M-9448069977	Dr.Rajapur Parashuram M-9844401020	Chamarajanagar	Dr. L.Samsan M-9743929957
			Mysore	Dr.Aravindappa.V M-9448602997
BENGALURU				
Division-10	Dr.Savithri. A M-9448237716	Dr.R.N.Malavegouda M-9448461704	Bangalore Urban	Dr. K.N.Pradeepkumar M-9738284545
			Bangalore Rural	Dr.Nagaraj M-9880417317
			Ramanagara	Dr.Madhusudhan. S.N M-9945345126
Division-11	Dr.Savithri. A M-9448237716	Dr.Subratha.K.S. M-9448149927	Davanagere	Dr.Akhil M Kulkarni M-9008735596
			Chitradurga	Dr.Manjunatha .D.N M-9886203536, 9448947939
			Shimoga	Dr.Sunil. M.P M-9480542719
Division-12	Dr.Savithri.A M-9448237716	Dr.Shantha Kumar.P.N M- 9845218253	Tumakuru	Dr. K.P.S.Bhushan M-9980232425
			Kolar	Dr.D.Vijayakumar M-7349506939
			Chikkaballapur	Dr.Manjula Reddy Manjula M-9480239101

INDIAN MEDICAL ASSOCIATION

Sub Committees under IMA-KSB for the year 2023-24

IMA KSB President Prof. Dr. S.Srinivasa will be the President, Hon. State Secretary, Dr.Karunakar.B.P will be the convener and President Elect Dr. V.V.Chiniwalar will be the member for all the Sub-Committees of IMA KSB for the year 2023-24.

SN. Name Place Mobile No. Designation

1) Finance Sub Committee

1	Dr. A.S. Saravesha Raje Urs,	Hunsur	9448434261	Chairman
2	Dr.Yogananda Reddy.Y.C	Bellary	9844085120	Member
3	Dr.Honnegowda	Hassan	9448118299	Member
4	Dr. Shivakumar B. Lakkol	Ron	9448560400	Member
5	Dr. Jambunathgouda	Gangavathi	9448145035	Member
6	Dr.A.Vijayasaradhi	Bengaluru	9535156734	Member
7	Dr.S.Rajendraprasad	Nelamangala	9844021211	Member

2) Rules and Bye-Laws Sub Committee

1	Dr. Madhusudhan Kariganur	Shiraguppa	9448237145	Chairman
2	Dr. A.S. Saravesha Raje Urs	Hunsur	9448434261	I.P.Chairman
3	Dr.Honnegowda	Hassana	9448118299	Member
4	Dr.M.Venkatachalapathy	Chikkaballapur	9448985567	Member
5	Dr.Uma Sheshgiri	Bengaluru	9900098736	Member
6	Dr.Harisha Delanthabettu	Bhadravathi	9844028852	Member
7	Dr.B.Veeranna	Bengaluru	9448250685	Member

3) Subject Sub Committee

1	Dr. Veeranna. B	Bengaluru	9448250685	Chairman
2	Dr.G.K.Bhat	Mangaluru	9448475196	Member
3	Dr.SriShaila Amarkhed	Raichur	9448115525	Member
4	Dr.G.B.Bidinahal	Gadag	9591387087	Member
5	Dr.Vani Kori	Shimoga	9845901110	Member
6	Dr.Jaspalsingh H. Tehaliah	Bijapur	9448139330	Member
7	Dr.Rajashri R. Anagol	Belgaum	9448157444	Member

4) Awards Sub Committee

1	Dr. Geeta Doppa	Sullia	9448003477	Chairman
2	Dr. Arvindapatel	Ballari	9448461704	IP Chairman
3	Dr. S.M.Prasad	Bengaluru	9845105122	Member
4	Dr.Honnegowda	Hassan	6363026500	Member
5	Dr.Anitha N. Rao	Koppa	9113547909	Member
6	Dr.K.G.Shankarnarayan	Yalahanaka	9845065527	Member
7	Dr.Manpreeth Kaur	Bijapur	8867033222	Member

5) Legal Sub Committee

1	Dr.Y.C.Yoganand Reddy	Bellary	9844085120	Chairman
2	Dr.Honnegowda	Hassan	6363026500	Member
3	Dr.Sandeep Prabhu	Dharwad	9343401934	Member
4	Dr.Praveen Ramachandrappa	Yelahanka	7795323949	Member
5	Dr.K.S.Karant	Kundapur	9448328030	Member
6	Dr.Pavan Patil	Gadag	6364149150	Member
7	Dr. Arjun.C	Tumkur	9538699188	Member

6) Membership Drive Sub Committee

1	Dr.G.K.Bhat	Mangaluru	9448475196	Chairman
2	Dr.M.Venkatachalopathy	Chikkaballapura	9448985567	I.P.Chairman
3	Dr.Y.M.Shivakumar	Mysore	9448407400	Member
4	Dr. Mahesh.G	Tumkur	9916043635	Member
5	Dr.K.V.Kirana	Hassan	9448614384	Member
6	Dr.Raveendra R. Anagol	Belgaum	9481003882	Member
7	Dr.Surendar	Whitefield	9743379099	Member

7) Hospital Board of Karnataka (HBK) Sub Committee

1	Dr.Sreedhar Kurdagi	Gadag	7829233009	Chairman
2	Dr.R.Ravindra	Bengaluru	9845034546	Member
3	Dr.Pavan patil	Gadag	6364149150	Member
4	Dr.Y.C.Yogananda Reddy	Ballari	9844085120	Member
5	Dr.Madhusudhana Kariganoor	Siruguppa	9448237145	Member
6	Dr.Suri Raju.V	Yelahanka	9902011037	Member
7	Dr.Shivakumar.H.B	Yelahanka	9845009961	Member

8) Anti Quackery Sub Committee

1	Dr. Sandeep Prabhu,	Dharwad	9343401934	Chairman
2	Dr.D.Vijayakumar	KGF	9448713921	Member
3	Dr.C.Ananda Rao	Bidar	9448109565	Member
4	Dr.Girish N. Hadli	Yelahanka	7899917517	Member
5	Dr.Mohan Appaji	Coorg	9845471569	Member
6	Dr.K.Gangamma	Siruguppa	9448717620	Member
7	Dr. M.N.Tejus Rao	Whitefield	8197980765	Member

9) Sub Committee on prevention of Harassment on Doctors

1	Dr.Suri Raju.V	Yelahanka	9902011037	Chairman
2	Dr. Prakash Harishchandra	Mangaluru	8748897248	I.P.Chairman
3	Dr. Gurulingappa Patil	Kalaburgi	9481002895	Member
4	Dr.Ganeshprasad Mudraje	Puttur	9448624924	Member
5	Dr.Teashvi.H.J,	Hassan	8147824157	Member
6	Dr.K.Sathish Ramanna	Bengaluru North	8310753870	Member
7	Dr.Ashalatha Matta	Whitefield	8105356666	Member

10) Women Doctor's Wing Sub Committee

1	Dr.B.K.Soumya Mani	Hassan	9844159635	Chairman
2	Dr.Manpreeth Kaur	Bijapur	8867033222	I.P.Chairman
3	Dr. Y.J.Soumya	Chikkaballapur	9845222245	Member
4	Dr.Vidyavathi Vaidya	Ranebennur	9448590651	Member
5	Dr. Sulochana Chiniwalar	Gangavati	9448382080	Member
6	Dr.K.Sathyavathi,	Bengaluru	9886205341	Member
7	Dr.S.Anusuya Dhanpal	Bengaluru	8618809127	Member

11) Sports Sub Committee

1	Dr.G.B.Bidinahal	Gadag	9591387087	Chairman
2	Dr.Dinesh Hegde	Sirsi	9448153406	IPP.Chairman
3	Dr.Arvind Karigannavar	Gadag	9448383604	Member
4	Dr.Arvinde Naik	Mudhol	9980400995	Member
5	Dr.Yathish	Bengaluru	9741333320	Member
6	Dr.Vishruthraj	Bengaluru	9740057365	Member
7	Dr.Arun Gowda	Bengaluru	8098781238	Member

12) Academic and Medical Education Sub Committee

1	Dr. Shanthala R. Koujalagi	Bidar	9449010313	Chairman
2	Dr. Sanjana Tallur,	Gulbarga	9448585094	I.P.Chairman
3	Dr.Prasad.S.M	Bengaluru	9845105122	Member
4	Dr. Harisha Delanthabettu	Bhadravathi	9844028852	Member
5	Dr.Animesh Jain	Mangaluru	9845032334	Member
6	Dr.Diwakar Gaddi	Ballari	8618522794	Member
7	Dr.Thirthankar Mukherjee	Bengaluru	9980188793	Member

13) Doctors Against Sex Selection Sub Committee (DASS)

1	Dr.Thimmappa.M	Bengaluru	9845216327	Chairman
2	Dr. K.S.Subhratha,	Shimoga	9448149927	Member
3	Dr. Anita D.,	Chikkaballapur	9880104151	Member
4	Dr. A.Vijaysaradhi	Bengaluru	9535156734	Member
5	Dr.Shivakumar F. Kumbar	Dharwad	9448114421	Member
6	Dr.Sanjana Tallur	Gulbarga	9448585094	Member
7	Dr.Rajashri R.Anagol	Belgaum	9448157444	Member

14) Digital and Medical Software Sub-Committee

1.	Dr.Jaspalsingh H. Tehalia	Bijapur	9448139330	Chairman
2	Dr. Madhusudhan Kariganur	Sirguppa	9448237145	Member
3	Dr.Pavan Patil	Gadag	6364149150	Member
4	Dr.Naaz Saliya Dharmayath	Hospete	9980719753	Member
5	Dr.Gaddi Diwakar	Ballari	7760992203	Member
6	Dr.Veena.N.	Sullia	9448215940	Member
7	Dr.Mahesh Karigoudar	Bijapur	9448383604	Member

15) Pharmaco Vigilance Sub Committee

1	Dr. Manjunath G.N.	Tumkur	9880183458	Chairman
2	Dr. Kiran L.J,	Davanagere	8884781555	I.P. Chairman
3	Dr.Asha,B	Chikkaballapura	9686071177	Member
4	Dr.Mruthyunjaya Mirje	Gadag	9945885883	Member
5	Dr.Sathish Aithal	Sullia	9448857961	Member
6	Dr.Nagaraj Prasad Sai	Shimoga	9483349365	Member
7	Dr.Jayashree V.Nagaral	Hassan	9481981405	Member

16) Disaster Medical Management Brigade Sub Committee

1	Dr. Honnegowda	Hassan	9448119299	Chairman
2	Dr.Vivek Dorai	Bengaluru	9449999989	Member
3	Dr.Mahesh K. Mahadevappa	Bengaluru	9986112661	Member
4	Dr.S.S.Karabari	Gulbarga	9845072005	Member
5	Dr.N.Dhanpal	Bengaluru	9342161266	Member
6	Dr.Sureshkumar.P.A.	Ballari	8310554720	Member
7	Dr.Srikanth.K.N	Bengaluru	9845183599	Member

17) IMA Kannada Vaidya Barahagarara Upasamithi

1	Dr.Veena N.	Sullia	9448215940	Chairman
2	Dr. Shivanand Kubsad	Mudhol	9448012767	IP. Chairman
3	Dr.N.Someshwar	Bengaluru	9880465661	Member
4	Dr.Gaddi Divakar	Ballari	7760992203	Member
5	Dr.K.Shivaraj Patil	Sindhanur	9535830729	Member
6	Dr.Srinivasa Harapanahalli	Hubli		Member
7	Dr.Vinaya Srinivas	Shimoga		Member
8	Dr.R.Indira	Doddaballapur	8970821216	Member

18) Public Health Sub-Committee

1	Dr.Padma A. Prakash	Yelahanaka	7204342290	Chairman
2	Dr.Aravind Karinagannavar	Gadag	9886699958	I.P. Chairman
3	Dr.Suresh Kagalkar	Bijapur	8884792610	Member
4	Dr.A.A.Pangi	Athani	9448493900	Member
5	Dr.P.R.Bhasme	Byadgi	9880061871	Member
6	Dr.M.S.Jayanth	Mysore	9448325885	Member

19) Medical Student Network- IMA MSN Karnataka

1	Prof. Dr.S.Srinivasa	IMA-KSB	9341238129	President
2	Dr.Karunakara.B.P	IMA-KSB	9845263322	Hon. State Secretary
3	Dr.A.Vijayasaradhi	IMA-KSB	9535156734	Hon. Treasurer
4	Dr.K.S.Shubratha	Shimoga	9448149927	Chairman
5	Dr.Mithun.M	GIMS Gadag	9591525287	IMA-Co-Ordinator
6.	Ms.Krupa R. Kumar	KIMS, Bengaluru	8197175351	Convener
7	Harsha Kapor	KIMS, Hubl	7259849638	Co-Convener
8	Hampi Sadashiv	Vydehi Medical College, Bengaluru	8296465222	Co-Convener
9	Farzeen Arfa	RajaRajeshwari Medical College, Bengaluru	9483933548	State General Secretary
10	Gaurav Jayadev	Basaveshwara Medical College, Chitradurga	7022408203	National Council Member
11	Aisiri Deepak	BGS Medical College Bengaluru	8296098832	Jt. Secretary-1
12	Shreyesh Reddy	BRIMS, Bidar	8088061073	Jt. Secretary-2

20) IMA KSB, Bangalore IMA JDN Karnataka

1	Prof. S.Srinivasa	IMA-KSB	9341238129	President
2	Dr.V.V.Chiniwalar	IMA-KSB	9448122978	President-Elect
3	Dr.Shivakumar B. Lakkol	IMA-KSB	9448560400	Imm. PP
4	Dr.Karunakara.B.P	IMA-KSB	9845263322	State Secretary
5	Dr.A.Vijayasaradhi	IMA-KSB	9535156734	Hon. Treasurer
6	Dr.Thejaswi.H.J	Hassan	8147824157	Chairman

IMA-KSB Working Committee Meeting, on 19-11-2023 at Bangalore

BRANCH ACTIVITIES



Branch : Bengaluru
President : Dr. L. Madhushankar
Secretary : Dr. M. Mohan Kumar

On 29th October 2023: IMA Bangalore Branch Women's wing chairperson Dr. Anusuya S participation in Breast cancer awareness program on Sunday 29.10.2023. at BGS Gleneagles Global Hospital Kengeri Bangalore. Walkathon of 5kms, free screening for Breast cancer awareness given regarding Breast cancer. On 1st November 2023: Kannada Rajyothasava was celebrated by IMA Bangalore Branch, under the leadership of Dr. Srinivasa S IMA Karnataka State Branch President and Dr. B.P Karunakar, Hon. State Secretary IMA KSB Dr. Madhushankar L, IMA Bangalore Branch President and Dr. Mohan Kumar M, Hon. Secretary IMA BB Dr. Anuradha Paramesh V, IMA BB Past President and EC Members. flag hoisting was done Nadageethe and five Kannada folk songs were sung Dr. S Srinivas IMA KSB was felicitated by IMA Bangalore Branch President Dr. Madhushankar L, and Hon. Secretary Dr. M Mohan Kumar

at IMA Bangalore Branch office. On 4th November 2023: IMA HQ's CME was successfully conducted by IMA Bangalore Branch Physical CME along with "Procter & Gamble on 4.10.2023. Topic – Dialogue Unplugged on "Diabetic peripheral Neuropathy Practice pearls colloquy on the occasion of world Diabetes Day Co-ordinating with you from IMA HQs on 4th November 2023 Dr. Madhushankar L IMA Bangalore Branch President & Dr. Mohan Kumar M Hon. Secretary IMA BB Dr. AnanthaRamaiah T, Treasurer IMA BB and Dr. Venugopal K, Past President and EC members Participated in the program. On 16th November 2023: IMA Bangalore Branch celebration Children's Day along EC meeting Dr. Madhushankar L IMA Bangalore Branch President & Dr. Mohan Kumar M, Hon. Secretary Dr. Tirthankar M Joint Secretary IMA BB Dr. Anantha Ramaiah T Treasure IMA BB and EC members also Presented. On 7th November 2023: Breast Cancer awareness program have been conducted in Srinivasam cancer center Bangalore by Dr. Pradeep Kumar K N. under collaboration with IMA Bangalore Branch women's Doctor's wing more than 30 women's were present, prevention screening done Breast cancer kits were distributed to 20 patients WDW Coordinator Participated chairperson Dr. Anusuya S chairperson WDW congratulates the team of IMA Women's wing.

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

On 20.10.2023 CME Program was conducted at IMA Bhavan. In Association with CYTECARE Hospitals. Topic (1). "Fatty Liver and HCC" by Dr Adithya V Naragund. Topic (2). "Recent advances in Oncology" by Dr Harish P. On 17.11.2023 CME Progrmme was conducted. In Association with Manipal hospital, Old Airport road, Bengaluru. Topic (1). "Robotic Spine Surgeries" by Dr S. Vidyadhara. Topic (2). "Cochlear Implant, the changed scenario for Pediatric hearing loss" by Dr Subramanya Rao.



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

Dussehra celebration with dandiya was organised by our IMA Chikkamagaluru ladies wing at IMA hall with families. Was a well decorated, joyful and a pleasant evening for all. On November 18 CME was conducted, Topic being PET CT and its Indication. Dr Sumeet Melapure HOD of Nuclear Medicine addressed our doctors regarding the same. Event was sponsored by KMC Manipal.



As part of the “ Cancer Awareness Week “ IMA Chickballapur conducted a Live Colposcopy Workshop” in Sri Sathya Sai Memorial Hospital Muddenahalli on 5th

Branch : Chikkaballapura
President : Dr. K.R. Anath
Secretary : Dr D.R. Narasimha Murthy

November 2023. The Women's wing of IMA Chickballapur Conducted a Health camp for the Women staff of Nagarjuna Institute of Management Studies and also created awareness among the girl students regarding Self Breast examination on 8th November 2023. The program was attended by Dr Anitha, Dr Savitha, Dr Sunitha, Dr Rajani, Dr Harini & Dr D R Narasimha Murthy.

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

On 27.10.2023 CME was conducted. In association with by Narayana Health City Bengaluru. Topic (1). “As a doctor, What should i know about coronary artery disease” by Dr. K.V.Srikanth, (2). “Basics of Kidney Transplantation” by Dr. Vinod Nagesh.



IMA Dharwad Branch in association with Bosch Company, Indian Red Cross Society, Dharwad, Dr M M Joshi Eye Institute, The Karnataka Cancer Therapy and Research

Branch : Dharwad
President : Dr. Satish Irkal
Secretary : Dr. Kiran Kulkarni

Institute, Navanagar, Organized Free Blood sugar, BP & Eye check-up program for Drivers, Attenders & Families of JSS School and College on 21.10.2023 at Utsava Hall, JSS Campus, Dharwad. IMA President Dr Irkal, Sec Dr Kiran Kulkarni, Treasurer Dr Sapan along with DWD members Dr Kavitha, Dr Pallavi & team, Dr Ajit Prasad Secretary of JSS Organisation, Drs from MM Joshi Eye Hospital, Drs from Cancer Hospital and representatives from Red Cross Society & Bosch Company were present. IMA Dharwad

Branch in association with IMA WDW Dharwad branch conducted a Mega Health Check Up Camp for HESCOM employees. The specialties that were part of the check-up were - Gen. med, ObGyn, Skin, ENT, Ortho and Dental. The beneficiaries also underwent BMD testing and lab testing for Hemoglobin, Blood Glucose screening and Thyroid Profile. A Total of 150 employees took the benefit of the Camp. Grateful thanks to all the doctors who spared their valuable time for the Health Camp - Dr. Vijaya Nadkarni, Dr. Gouri, Dr. Vani, Dr. Namrata, Dr. Nisha, Dr. Bhavana, Dr. Siddaganga, Dr. Parinitha, Dr. Jyoti, Dr. Sushma, Dr. Gauri Tavargeri, Dr. Kartik, Dr. Sapan and Dr. Neelkanth. Dr Satish Irkal President & Dr Kiran Kulkarni Secretary overlooked the organization. A Wonderful workshop on Craft and Candle making was organized by IMA - Women Doctors wing in Association with IMA Dharwad to celebrate Deepavali festival with delicious snacks and fun games for children. WDW members Dr. Kavita, Dr. Pallavi and team along with Dr Sandhya Kulkarni headed the event. Dr Satish congratulated the team & Dr Kiran proposed vote of thanks. November 4th – CME Talk was organized by IMA Dharwad on the Topic: Facing Adolescent Challenges & Changes, Speaker Dr Sugyani Devi Patil, Consultant Child Psychiatrist from Dharwad spoke on this Topic interacting with the audience. IMA Dharwad's Senior most Doctor Dr S R Kavalgud whose Journey as a Gen Surgeon of about 65 years was invited to speak to IMA members and give his guidance, November 4th - On behalf of IMA Dharwad Felicitation was done to Dr. Y. N Irkal Senior Surgeon and Dr. Kiran Kulkarni Sports Medicine Specialist for receiving 'HDMC Dheemant Award from Hubli - Dharwad Municipal Corporation on Karnataka Rajyotsava Day. IMA Dharwad celebrated World Diabetes Day on 16th November in association with District Civil Hospital, Rotary Club of Dharwad Midtown, Shreya College of Nursing & Pharmacy, Dharwad Zilla Panchayat, and a Walkathon was organized

around Dharwad City to sensitize the public and create awareness about Diabetes. Free RBS tests were conducted in various places for the public and the walkathon concluded in Kalabhavan with concluding talk by Dr Sandhya Kulkarni Senior Diabetologist and Dr Sashi Patil DHO of Dharwad Dist. Flag off by DHO Dr Sashi Patil to the Walkathon organized on the occasion of World Diabetes Day in Kalabhavan, Dharwad on 16th November. IMA Dharwad President Dr Satish Irkal, Secretary Dr Kiran Kulkarni, Vice President Dr Jagdesh Nirdi felicitating DHO Dr Sashi Patil. A mega rally with over 300+ participants attended the walkathon. Achievements of Doctors of IMA Dharwad: 1) Dr Kiran Kulkarni, Secretary of IMA Dharwad, a Consultant in Sports Medicine and Chairman of All India Football Federation was selected by FIFA and AFC to attend "FIFA Advanced Emergency Medical Course" in Kuala Lumpur Malaysia from Oct 23-26. Dr Kiran was one amongst 12 Doctors selected across Asia and only Indian Dr to attend this course conducted by FIFA for the 1st time in Asia. 2) Dr Shivakumar Kumbhar has been elected to be the President of Karnataka State Anaesthological Society for the year 2023-24. 3) Dr Y N Irkal and Dr Kiran Kulkarni both from IMA Dharwad were Awarded with the prestigious Dharwad District Karnataka Rajyotsava Award for their meritorious service to the society on Nov 1st. Dr Y N Irkal – Awarded in Medical category. IMA Secretary Dr Kiran Kulkarni – Awarded in Service category: 4) IMA Dharwad President Satish Irkal and Dr Vani Irkal participated in TSD rally organized by Rotary Club of Hubli Vidyanagar and decorated his Car with the theme *Sikshit Bharat Suvarna Bharat* with the aim of making Bharat a 100% literate and help in economic growth. Along his car rally from Hubli to Goa he along with his family creating awareness among the villagers about importance of Education on 28th October.



On 01. 11. 2023 50 years of Kannada Rajyotsava Day was Celebrated along with IMA Gadag Women's Wing. About 20 kids participated in various kannada activities like Kannada singing, speaking, writing and other various activities, conducted by IMA Ladies wing. For adults various activities like singing Kannada Songs, Ashu Bashana, that antha heli was conducted by Dr. Jamadarr, Dr.

Branch : Gadag
President : Dr. G. S. Palled
Secretary : Chandrashekhar R. Bellary

Palled and Dr. Radhika Bellary, Nada geete was displayed from the projector. Programme was followed by dinner. FIRST CME ON HEAD AND NECK CANCER AND RADIOLOGICAL IMAGING CONDUCTED ON THE EVE OF "NATIONAL CANCER AWARENESS DAY" ON 07-11-2023. Conducted our tenure 1st CME in association with Hubli on 7th November at 8:30 pm at IMA Hall, by the guest speakers Dr. Jagadish Tubachi, Consultant Head & Neck and Skull Base Surgeon, gave a talk on Head & Neck cancers, its treatment, prevention, risk factors and Avoiding it. Dr. Bharath Jain, consultant Radiologist gave the talk on Imaging in Head & Neck Cancer. CME was attended by about 52 IMA members & PG Sutendts of GIMS & CSI, Gadag.

Branch : Gangavathi
President : Dr. Veena A Satish
Secretary : Dr. Archana Patil

November 1st karnataka rajyotsava celebrations were held at IMA Gangavathi in the presence of Dr. Srinivas and Dr. Yoganad reddy. November 3rd - under the guidance of Dr. Megharanjini and her team Diya and Lantern making workshop wasa held at IMA Gangavathi. November 4th - IMA installation programme was conducted in presence of IMA KSB president Dr. Srinivas and past president Dr. Yoganand Reddy with new office bearers taking up the responsibility of IMA Gangavathi. November 7th - Child & Adolescent Health week held under the aegis of IAP VIJAYANAGARA & Lions club at Government Girls High school, Gangawati. Children were asked to draw on the topic "Dare to Dream " &were awarded for the same. Held an interactive session with children highlighting various issues on health hygiene, screen time, Nutrition. Thanks to Dr Archana Patil for giving her valuable time. November 8th - Awareness on Heart & Heart related issues at IMA for Lions High school students in association with science club of Lions school & Lions club. Special thanks to Dr Mithun Shelgi who educated the children with a vivid Ppt presentation & to our IMA Beeshma Dr G Chandrappa sir for enlightening talk. November 10th - Child & Adolescent Health week held under the aegis of IAP VIJAYANAGARA & Lions club at Good shepherd high school, Gangawati. Children were asked to draw on the topic "Dare to Dream " & were awarded for the same. Held an interactive session



with children highlighting various issues on health hygiene, screen time, Nutrition & efforts required to nurture & achieve their dreams. November 11th - Child & Adolescent Health week held under the aegis of IAP VIJAYANAGARA & Lions club at Janata Seva Education Society, Gangawati. Children were asked to draw on the topic "Dare to Dream " &were awarded for the same. Held an interactive session with children highlighting various issues on health hygiene, screen time, Nutrition & efforts required to nurture & achieve their dream. November 14th - Child & Adolescent Health week held under the aegis of IAP VIJAYANAGARA & Lions club in association with Old students association of Ramkrishna Ashrama, Mysore. General knowledge competition was held for 180 students from different schools of Gangavathi Interactive session was held emphasising the importance of "Guru- Shishya parampare", self belief & confidence. November 19th - On the day of ICC world cup tournament match screening was arranged in the IMA hall.



New office bearers of IMA Hassan were installed on 25.10.2023. Dr Devdasu H R as President, Dr Dinesh B as Secretary and Dr Shweta Nadig as Treasurer took over charge. IMA WDW office bearers were also installed in the month of October. On 01.11.2023 Kannada Rajyotsava was celebrated. 50th Kannada Rajyotsava was celebrated by IMA Hassan in association with IAP Hassan District Branch at IAP Bhavana. This was the first event organised by the new IMA office bearers of 2023-24. Flag hoisting was followed by singing of Naada Geete by the members. Dr Devdas, President IMA Hassan and Dr Sudheer Bangalore,

Branch : Hassan
President : Dr. Devdasu H R
Secretary : Dr. Dinesh B

President IAP Hassan addressed the gathering. Dr Dinesh B, Secretary, IMA Hassan enlightened everyone gathered about the history of Karnataka and the importance of celebrating this day. Dr Vishalakshi, President, IMA and senior IMA member Dr Rangalakshmi spoke on the importance of taking pride in our language and inculcating the usage of our mother tongue, especially with the younger generation and in our clinical practice. Dr Shweta Nadig Prabhu, Treasurer IMA Hassan, Dr Bhavika YM Secretary IMA WDW, Dr Sushma H P Treasurer, IMA WDW were present for the celebration. 30 IMA Members attended the event. Breakfast that followed were local delicacies that were enjoyed by all. Breast Cancer Awareness - Walkathon 4-11-2023. IMA Hassan, IMA WDW Hassan and Hassan Society of Obstetricians and Gynecologists jointly conducted a Breast Cancer Awareness Walkathon in association with Red Cross Youth Wing of AVK Women's College Hassan. Walkathon covered

the busy market area of Hassan, City Bus stand N R Circle and culminated at Hemavati Statue. Breast Self Examination information pamphlets were distributed during the Walkathon to the general public and cancer prevention related slogans were raised. Dr Girija B S, President of HSOG spoke on the burden of the disease, the importance of early detection of breast cancers and how medicine has evolved to provide effective treatment for breast cancer and reduce mortality. Walkathon received

media coverage and also generated a lot of interest among the general public. 12 IMA members joined the Walkathon along with 60 students of AVK Women's College. Dr Devadasu HR, President IMA Hassan was the chief guest at Hemophilia Society's Self Infusion Training and Physiotherapy camp held on Saturday 18th November in Hassan. He spoke on the need for increased awareness regarding the condition and benefits of early detection of Hemophilia.

Branch : Hubli
President : Dr. Venkatesh M. Mulimani
Secretary : Dr. Anand V. Varma

22nd October 2023: Installation Ceremony of IMA Hubballi Branch-2022-23 was held at IMA House, Bailappanavar Nagar, Hubballi. Chief Guest was Dr. Shyamsundar K. Joshi Pro Vice Chancellor (Academics) Shri Dharmasthala Manjunatheshwara University, Dharwad. Chief Guest inaugurated the function by watering the plant and installed the office Bearers of IMA Hubballi Branch 2023-2024 and IMA Women's Doctors Wing, Hubballi 2023-2024. Outgoing President Dr. Subhas G. Babruwad handed over the charge to Incoming President Dr. Venkatesh Mulimani, Outgoing Secretary Dr. Vivek S. Patil handed over the charge to Incoming Secretary Dr. Anand V. Varma, Outgoing Treasurer Dr. Shashidhar K. handed over the charge to Incoming Treasurer Dr. Sheetal Hiregoudar. Chief Guest Dr. S. K. Joshi in his keynote address stressed the importance of unity among IMA members and requested all doctors to contribute in the activities of IMA. He also spoke on India's rich contribution to world's culture and heritage. 150 Members attended the function. 28th October 2023: IMA, Hubballi branch in association with GVCT & other associations successfully organized workshop for Caregivers of Cerebral Palsy to commemorate National Cerebral Palsy Day at Chinmaya Vidyalaya, Bhavani Nagar, Hubballi. Around 50 CP children & their caregivers participated in the workshop. 29th October 2023: IMA, Hubballi branch in association with Kshamata Seva Samsthe, Hubballi organised a Mega Health check-up camp at Shalavadi Village, Taluq Annergeri. Camp was inaugurated by Shri Pralhad Joshi Union Minister of Parliamentary Affairs, Coal and Mines, Govt. of India. Dr. Sachin Revankar, Dr. Vivek Patil and other IMA members actively participated in this camp. More than 500 people were examined and free medicines were distributed. 29th October 2023: On the occasion of World Stroke Day IMA Hubballi in Association with Shri Balaji Institute of Neuro Sciences & Trauma & IMA WDW Hubballi organised a Walkathon from Balaji Hospital to Channama Circle. Dr. Venkatesh Mulimani, President, IMA Hubballi, Dr. S. Kranti Kiran Chairman Balaji Hospital, Dr. Anand V. Varma, Secretary, IMA Hubballi, Dr. Bharati Bhavikatti



Chairperson, IMA WDW participated in the Walkathon. More than 500 students and doctors participated. 5th November 2023: IMA, Hubballi branch in association with Asha Diabetic Trust & Research Foundation conducted a Diabetes Awareness Drive on the occasion on World Diabetes Awareness Month at S. T Bhandari Sabhagraha, Keshwapur, Hubballi. Dr. G. B. Sattur gave a talk on Diabetes Awareness. President Dr. Venkatesh Mulimani, Secretary Dr. Anand Varma, Treasurer Dr. Sheetal Hiregoudar and other members participated. Around 250 people were screened for Diabetes. 7th November 2023: IMA Hubballi branch conducted monthly CME at IMA House at 9.00 p. m. Dr. Nagesh V. R. Consultant Cardiovascular and Thoracic Surgeon, Vihaan Heart and Super Speciality Hospital, Hubballi spoke on "CABG - CURRENT Dilemmas" and Dr. Junaid Ahmed Jamadar Consultant Interventional Radiologist and Fetal Medicine Specialist, Vihaan Heart and Super Speciality Hospital, Hubballi spoke on "Beginning of a New Era : Interventional Radiology and Fetal Interventions". Around 100 members attended the CME. 7th November 2023: IMA Hubballi 1st Monthly meeting for the year 2023-2024 was held at IMA House at 8.00 p. m. Around 50 members attended the meeting. 16th November 2023: On the occasion of World Diabetes Awareness Month, IMA Hubballi branch in association with Jayapriya Eye Hospital, Hubli conducted Free Blood Sugar & Eye Checkup Screening camp at IMA House, Hubballi. President Dr. Venkatesh Mulimani, Secretary Dr. Anand Varma, Dr. Venkatram Katti and other doctors participated in the camp. Eye check-up screening and Blood sugar screening was done for around 250 persons. 17th November 2023: On the occasion of World Diabetes Awareness Month, IMA Hubballi branch in association with

Tatwadarsha Hospital, Hubballi conducted Free Diabetes Screening camp at Tatwadarsha Hospital. President Dr. Venkatesh Mulimani, Secretary Dr. Anand Varma and others participated. Diabetes screening was done for around 150 persons. 17th November 2023: IMA Hubballi branch in association with Tatwadarsha hospital, Hubballi

conducted a lecture on Cervical Cancer Prevention on the occasion of World Health Organization (WHO) Cervical Cancer Elimination Day of Action at Tatwadarsha Hospital, Hubballi. Dr Sheetal Kulgod participated as resource person & around 50 nursing staff attended the program.



On 11.11.2023 IMA Hunsur branch in association with Apollo hospital conducted CME program. Topics;

Branch : Hunsur
President : Dr. Vrushabendraswamy
Secretary : Dr. Keerthikumar S.K.

(1). "Multiple Myeloma Oncology" by Dr Naveen Jayaram Anvekar, Consultant Medical Oncologist, Apollo BGS Hospitals, Mysuru and (2). "Biliary Emergencies: Case Based Discussion" by Dr Rajkumar P. Wadhwa, Chief Gastroenterologist & HOD, Institute of Gastroenterology, Apollo BGS Hospitals, Mysuru. 39 members attended the program.

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

On 26-10-2023 CME on "Diabetes Management" by Dr. Avinash Patil. On 28-10-2023 Talk on "Emergency treatment and CPR" at local Nursing College. On 01-11-2023 Participation in Rajyotsav Day Celebration. On 14-11-2023 "World Diabetes Day" Observed.



Branch : Koppa
President : Dr. Anita N. Rao
Secretary : Dr Sania Sabahi



On 18.11.2023 "Women and Health" - Interactive session was conducted by Dr Anita N Rao at Vipra Mahila Vedike, Koppa. More than 200 women attended the program. Baby

girl promotion gifts were distributed to female neonates by Dr Nataraj R Rao to promote "Save the Girl Child" campaign. On 25.11.2023 CME was conducted. Topic: "Management of Depression in Clinical practice" by Dr Harisha Delanthabettu, Prof & HOD Dept of Psychiatry, Subbaiah Institute of Medical Sciences. 30th Wedding Anniversary of Dr Amarshekar was celebrated on the same day.

Branch : Kundapur
President : Dr Pramila Nayak
Secretary : Dr. Mahima Acharya

On 23.11.2023 IMA Kundapura Branch monthly CME was conducted. In association with Indiana Hospital & Heart Institute Ltd Mangalore. Dr Yusuf A Kumble, Chief Interventional Cardiologist & Managing Director of IHHI spoke about New Perspective in the field of Cardiology. Dr

Apoorva Srijayadeva, Senior Consultant, Medical Gastroenterology, discussed about interesting cases in Gastroenterology. Dr Shyam K Ashok, Senior Consultant, Cardio Thoracic and Vascular Surgery, spoke about Mitral Valve Repair.



On 06 Nov 2023 Dr Marigowda, President IMA Mandya Branch, other office bearers and IMA members attended district tobacco control program at DC office Mandya They

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

discussed regarding complication of tobacco use and ways to prevent it. It was decided to put a board in front of all clinics and nursing homes regarding the ill effects of tobacco use. On 14 Nov 2023 On the occasion of "World Diabetes Day", Dr Marigowda, President IMA Mandya Branch, Dr Vinay Secretary other office bearers and IMA members conducted free Blood sugar and BP checkup for about 180 people and gave health education to people regarding various aspects of diabetes including diet, regular checkup, complication prevention etc.

Branch : Mysuru
President : Dr.M.S.Jayanth
Secretary : Dr. Shivashankar. B.N

On 24.11.2023 on the occasion of World Diabetes Day a Continue Medical Education Programme was conducted. Topic: "Current & future of Diabetes Management" by Dr. Praveen Kumar. N. S, Endocrinology. The programme was successful and followed by fellowship and dinner.



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

On 06.10.2023. CME programme was Conducted. Topic: (1) "Precision Medicine - The Next Big step in Oncology" by

Dr. Viswajith Pai, Consultant Medical Oncology, HCG, Bangalore, (2) "Robotic Surgery in Gastrointestinal Cancer" by Dr. Jagannath Dixit, Chief Consultant GI Oncology, Robotic & Laproscopic Oncosurgery, HCG, Bangalore and (3) "Recent Advances in Radiation Oncology" by Dr. Lohith Reddy, Consultant Radiation Oncology, Clinical Director Immuno RAD, Clinical lead - Radiomics and AI, HCG, Bangalore.

Branch : Raichur
President : Dr. Arun K N
Secretary : Shree Harsha Patil

Condolence meeting was held in fond memory of beloved respected members of our Association Dr. Waman Rao who passed away on 22-09-2023, and Dr. Pratibha Arun on 12-11-23, Condolence Meeting was held at IMA premises. IMA Raichur Participated in farmers protest at seventh mile on 05-11-2023 for the release of water through Tungabhadra left Kanel Dam. IMA members, President Dr. Arun K N and Secretary Dr. Shree Harsha Patil participated and supported for a good cause. A blood donation camp



organized by Malabar Gold & Diamond on 01-11-2023, total of 20 units of blood was collected.



Branch : Shimoga
President : Dr. Ramesh C
Secretary : Dr. Aravindan R

20-10-23: Durga pooja Dandiya celebration: Though none of are dancers and last dance we put was probably in our 3rd yr MBBS for for college fest. we, around 50 doctors -couples- kids joined for Dandiya dance was nostalgic, in IMA premissis we enjoyed dancing to our rhythms and steps,not bothering about what, who, how. On 28-10-23 awareness program on biomedical waste management- organised by Sushruta BMW Society in association with IMA Shimoga. Morning session was attended by around 70-80 health care professionals and trained on biomedical waste management. Evening we had a talk regarding govt rules on bio medical waste management by shri chandrababu, regional director followed by very good informative talk on needle prick injuries and post exposure prophylaxis by Dr Ramya. On 29-10-23 on the occasion of world stroke day a walkathon and public awareness Jatha was undertaken in morning. IMA Shimoga joined hands with Sahyadri Neuro psychiatric academy and Karnataka neurosciences academy. Our esteemed member DR Shivaramakrishna briefed the gathering about the signs and symptoms of stroke and the importance of the golden time of four and a half hours after the onset of symptoms. The chief guest Dysp sri Basavaraju was honoured by our president DR Ramesh C and SNPA president DR Harisha Delanthabettu. DYSP flagged off the Jatha. The Jatha after passing through the main roads of Shimoga ended with the vote of thanks by DR Shivaramakrishna. On 29-10-23: Bidar IMA KSB Conference:

It was a memorable day for IMA Shimoga, Receiving Best branch Award at Bidar in IMA state conference. Dr. Raksha, Dr. Arun, Dr Vinaya, Dr shubratha & office bearers involved in the conference and received the award. Dr. S. B. Hegde is honoured by IMA-KSB On 3, 4-11-2023: Urology Conference : The Association of Urologists of Shivamogga (AUS) hosted and the annual state conference of Karnataka Urology Association held in Shivamogga. The conference is being held on 3rd, 4th and 5th of November at Kimmene Golf Club, with 4 KMC CME credit points. We had 300 urologists from across the state visited our city on these days and enjoying the hospitality of Shivamogga. Many IMA colleagues registered as delegates/ associate delegates, and actively participated In conference. On 4.11.2023: Nariya Nadige : 41 of IMA family - doctors along with spouses of IMA Shimoga members under the banner of WDW- IMA Shimoga are participating in the walkathon 'Naadige naariya nadige' organized by rotary mid town and Samanvaya trust as a part of Kannada Rajyotsava celebrations. It is a walk of 2 km and a stage presentation for 2 mins in ambedkar bhavan. The theme chosen is - 'weaves of Karnataka ' and are using this opportunity to create awareness on gender sensitization, female education. On 8-11-23: Installation ceremony We had a special day in Shimoga IMA. We had an installation of new office bearers function held in IMA hall with Shree Shree vireshananda Saraswathi swamiji as a chief guest. Our president Dr Ramesh C welcomed the gathering, vice president Dr Ravish spoke on road map of ima Shimoga, swamiji gave a talk on importance of stress free, service directed life. Dr vinaya and Dr Hamsaveni compared the program and secretary Dr Aravindan gave vote of thanks. The function was well attended full house.

Branch : Sirsi
President : Dr. G. V. Madukeshwar
Secretary : Dr. Suman Hegde

A Blood donation camp was held at Banavasi where 24 blood donations were received. Dr Mamta Hegde, blood bank officer gave awareness regarding advantages of blood donation. 'Vachana Nirvachana', a unique blend of Vachana

recital and interpretation was held on the occasion of 'Kannada Rajyotsava' on Nov 1st at Nayana Sabhangana. Kannada barahagarara Balaga took the lead role. Pandit Vishwanath Hiremath sang beautiful vachanas of various composers to which Dr KN Hosmani gave meaningful analysis. Dr KV Shivram, Chairman of KBS presided over the function. A discourse on 'Secrets of Ultimate Living' was rendered by His Highness Dr Sachin Parab, a renowned Corporate trainer and Psychiatrist Counselor of International repute and associate of Prajapita Brahmakumari University. The event was organized in memory of a senior Doctor of sirsi late Dr Narayan Bhat on 4th of November. A Blood donation camp was conducted at Siddapur Polytechnique college where 31 units were collected on 10th of Nov. Childrens Day celebration was observed with great enthusiasm on Nov 14th. Chocolates, Cakes and Toys were distributed to children. IMA office bearers and members personally wished and celebrated Birthday of a senior Doctor and past IMA President Dr GM Hegde and Dr Suphala on 14th of Nov. In association with

CS Chapter, Blore, a career guidance programme was held at 5 different colleges benefitting more than 2,500 students. Students were guided regarding Company Secretary course and the job opportunities available. 10 Company Secretaries of various companies guided them. Dr Dinesh Hegde participated. CME on 'Diabetes Mellitus – an overview and recent developments' was held on 18th of Nov. The resource person was our own IMA member, an endocrinologist Dr Dwijaraj Hegde. This initiative was undertaken to offer platform to our own IMA members to share experiences/cases and make aware of the newer trends in various fields of medicine, also to build camaraderie and fellowship. 9. Free Health check up and Blood donation camp were held at Tattisara group seva sahakari sangha, Melina Onikeri, Sirsi. 9 Doctors of various specialities checked more than 250 pts with free distribution of medicines, did 9 dental extractions, free 78 GRBS done, BP checked for free and 24 blood donations received. Dr Jnanaprakash Karant, Physician examining a patient.

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

On 05.11.2023 organised a first of its kind music and singing festival for the doctors "Doctors medley". A day long event of singing and music for the doctors which was inaugurated by Dr Chiniwalar IMA elect president KSB. The event was attended by more than 40 participants from raichur, Lingsugur, Bellary, Belagavi. A great event which was a great opportunity for all doctors to show their talent and experience the retreat.



On 27th-29th Octoer 2023 the following Members participated 89th MEDICON-2023 at Bidar Dr. Rangaswamy HV, President IMA Tumakuru, Dr. Mahesh G, Secretary, IMA Tumakuru, Dr. Veerabhadraiah TA, Dr. Prabhakar GN, Dr Jyothi Swaroop R, Dr. Lakshmikanth J, Dr. Arjun U A, attended the conference on behalf of IMA Tumakuru Branch, Tumakuru. On 01-11-2023 Kannada Rajyotsava was celebrated. Dr. Rangaswamy H V, President inaugurated the program, Dr. Bharathraj, Dermatologist gave speech on "Kannada Nadu,

Branch : Tumkur
President : Dr. Rangaswamy.H.V.
Secretary : Dr. Mahesh.G

Nudi and Samskruthi". Dr. Mahesh G, Secretary, Dr. Anitha B Gowda, WDW Chairman, Dr. Shruthi K, WDW Secretary, Dr. Sanjay M, Dr. Girija Sanjay, Dr. Subhash Chandra Gulur, Dr. Veerabharaiiah T A, Dr. Ramya N R, State Council Member, Dr. Usha, Dr. Jyothi Shivakumar were present in the program. On this occasion, Rangoli "Hesarayitu Karnataka, Usiragali Kannada" drawn and Nada geete & other songs sang. On 05-11-2023 Bevara Hani Daily News Paper 6th anniversary program. Kannada Bhavana, Tumakuru. Dr. Rangaswamy H V, President IMA Tumakuru Branch, attended the program as Chief Guest. On 18-11-2023 Panel discussion with primary and high school teachers of Kora hobli. Topic: "Life style modification and Prevention of Diabetes" by Sri Kalidasa PU College Premises, Tumakuru. Dr Rangaswamy H V, President IMA Tumakuru branch briefed about the prevention and control of diabetes with lifestyle modifications. Dr Anitha B

Gowda, chairman WDW Tumakuru briefed about how an active lifestyle can prevent occurrence of diabetes at younger age and Dr Jyothi Shivakumar stressed on the need of exercises, stress management and diet in the management of diabetes. Mr. Manjunath K, DDPI (Development-DIET) Tumakuru, BEO of Tumakuru Taluk Dr. Suryakala were also present in the program. All Kora Hobli School Teachers were present in the

program. On 18-11-2023 Drawing competition for Kids and Anthyakshari Competition was arranged at IMA Tumakuru Premises, Tumakuru On the Occasion of Children's day and Kannada Rajyothsava drawing competition to kids below 15 yrs, around 60 kids participated in competition and WDW conducted anthyakshari to WDW members, 8 teams (3 members in each team) participated in program.

Branch : Udupi-Karawali
President : Dr. Rajalakshmi
Secretary : Dr. Archana Bhaktha



A colourful and vibrant Dandiya Night was organized on 21/10/2023 marking the auspicious Navaratri occasion. The festivities had numerous activities including the Bhajans, Selfie Corners, colourful decoration and many more. The Lady members were dressed in the Lehenga Choli or Gujarati Saree Drapes. The team danced to the Dandiya Raas. Dr Vinutha and Dr Akshatha won the best dressed prize. Delicious chats were also served on the occasion. Ms Viya won the best dressed kid prize. On 26/10/2023- Session on 'Menstruation and Hygiene': Dr. Akshatha Rao was invited as a resource person to deliver a session on 'Menstruation and Hygiene' by St. Marys English Medium School, Kannarpady, Udupi wherein she addressed the students of sixth and seventh standard. She also stressed upon the use and disposal of sanitary products in an environmental friendly manner. On 27/10/2023-Life Style Management and importance of Exercise for ladies. Dr. Shruthi Ballal was invited as a special guest to deliver a session at Manipal Mahila Samaja, Manipal which was scheduled on 27/10/2023. Dr. Shruthi Ballal addressed on the Life Style Management and importance of Exercise for ladies. The event witnessed a very good interaction and was attended by over 60 members of the Mahila Samaja. On 29. 10. 2023: Scientific meeting: Indian Medical Association Udupi - Karavali is associated with Manipal Obstetrics And Gynecological Society conducted a scientific meeting on 29. 10. 2023 at 7. 30PM at IMA Bhavan Udupi. Dr Shaweez Faizi, Fertility Specialist, Nova IVF, Mangalore talk about the rising trends in male infertility. Dr Pratap Kumar, Prof and Head Dept of Reproductive medicine and Surgery, KMC Manipal talk about the hidden dangers of endocrine disruptors in reproductive health. Dr. Rajalakshmi President IMA-UK presided over the programme. On 05. 11. 2023 : Walkathon: On 05. 11. 2023 Indian Medical Association Udupi Karavali in association with Women Doctor's Wing, IMA UK, Manipal OBG Society and Lions Club Manipal conducted Walkathon from IMA Bhavan to Janardhana Mahakali Temple Ambalpady followed by awareness session on the occasion of Diabetes Awareness Month at

Janardhana Mahakali Temple Ambalpady. Sri. Dr. Vijay Ballal Dharmadarshi, Sri Janardhana Mahakali Temple Ambalpady, was the Chief Guest of the programme. After walkathon scientific sessions for nursing students were held. Dr Shruthi Ballal spoke on Food for diabetic patients, Dr Sneha Acharya spoke on exercises in Diabetes, Dr Vinutha spoke on PCOS and Prediabetes, Dr Indira Shanbhag spoke on Gestational Diabetes and Dr Anjali Mundkur conducted the scientific sessions and gave concluding remarks. 200 students were participated. On 18. 11. 2023: Diabetic Awareness program for primary health care officers and camp and screening around 70 auto rickshaw driver and their family: Diabetic Awareness program for primary health care officers on 18. 11. 2023. Dr Y S Rao spoke on diabetic foot. Dr Sulatha Bhandary spoke on Diabetes and eye care and Dr Shashikiran Umakanth spoke on Management of Diabetes. 90 primary health care officers participated in this program. Later 70 members of autodrivers and their family were screened for Hb, RBS, ECG, Routine eye test and Fundoscopy. 18. 11. 2023: Diwali celebration: Diwali celebration done by IMA Women Doctor's wing on 18th November 2023. Video contest on Diwali decoration was held on this occasion. Prize was Distributed to Winners of video contest. 19. 11. 2023: mega walk for diabetic awareness programme: IMA UK members participated in the mega walk for diabetic awareness in 19th November jointly organised by IMA Udupi Karavali, API Udupi Manipal chapter, District hospital Udupi, Lions club Udupi district and Adarsh group of Institutions Udupi The walk passed through the arterial roads of Udupi creating awareness regarding complications and management of Diabetes through talk, skit and street Play.



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

On 21. 10. 2023 CME programme was conducted. In association with R.S.S Hospital Raichur. The speaker were Dr Sanjeev M. Patil (Surgical Gastro Enterologist) and Dr Prasad (Surgical Gastro Enterologist). Both the speakers spoke on "Recent advances in GI Surgery. the sessions were chaired by Dr VBR, Dr Hunakunti, and Dr Basavaraj S.

Branch : Yelahanka
President : Prof. Dr. Pavan Kumar. M
Secretary : Dr.Shylakumar. H.K.

Monthly CME and 2023-24 office bearers installation ceremony was held on 20-10-23 Friday evening at Attide Hotel, CME sponsored by HCG hospital. Guest speakers from HCG hospital- (1) Medical oncologist Dr Murali Subramanian highlighted about recent advances in medical oncology. (2) Dr. Prabhu Nesargikar, Senior Consultant, GI and Peritoneal Cancer Surgery highlighted about recent surgical procedures in surgical oncology. (3) Dr Krithika Sekar, Radiation Oncologist spoke about Radiation Oncology, Immuno-Rad, Metabolomics, Artificial Intelligence & treatment of cancers in the head & neck region, breast, prostate and brain After CME installation ceremony started with IMA prayer and flag salutation by Dr Shanthala & Prayer by Dr Archan & team. Dr Sharanappa conducted the installation ceremony. Dr Suriraju welcomed all guests to Dias and President elect IMA KSB Dr Srinivas who was the installation officer administered the oath to Dr Pavankumar as President, Dr Shylakumar as Secretary, Dr Krishna Naik as treasurer, President elect Dr Shanthala & Vice president Dr Nalina. All the EC members, both state & central committee members were introduced to the audience. Later Dr Srinivas spoke about IMA activities at state level. Chief guest Dr Prabhakar G N, Director, AKN Sinha Institute spoke about schemes and insisted to all the members to enroll as early as possible to

get maximum benefits. After installation our new president Dr Pavankumar spoke about his ideas during his tenure to implement various initiatives to IMA yelahanka members & social activities. Function concluded with vote of thanks by Dr Shylakumar. Celebrated Kannada rajyotsava on 1 st November 2023 at IMA office Yelahanka, President Pavan Kumar spoke about the history behind the celebration, Dr Shyla kumar also spoke about kannada rajyotsava. Activities of Womens Wing, IMA Yelahanka: Observing Deafness Week - IMA Yelahanka Women's Wing, conducted Hearing Screening for small children on 06-10-2023 at Diyaghar - A Preschool for Migrant community. 30 children were screened for hearing loss with OAE test. Dr. Shanthala Girish (Pediatrician) and Dr. Archana Muralidharan (ENT Specialist) did ENT examination of kids. Fortunately all children passed OAE, all had normal hearing. Many kids had ASOM and URTI. They were treated with free medicine samples. Parents are construction workers, they shared that none of them have got hearing test done till date. Ms. Seby Manuel (Audiologist) from Amplifon Centre gave tips about detection of hearing loss in preschool kids. President Dr. Pavan kumar and all the office bearers explained about personal hygiene, prevention of hearing loss and advantages of early detection of hearing loss. Blankets and Snacks were distributed to the kids. Camp was completed successfully. Breast awareness camp IMA Yelahanka Women's Wing organised a Breast Cancer awareness camp with Walkathon, Warrior and Plank challenge in association with Cytecare hospital on 26-10-2023.



Congratulations to IMA Leaders taking Charge of KMC



You can't pour from an empty cup. Take care of yourself first.



IMA-Academy of Medical Specialities Karnataka State Chapter



IMA-Academy of Medical Specialities (IMA-AMS) was established in the year 1979 under the auspices of IMA headquarters with a vision to provide a forum to specialists and super specialists of all branches of Medicine to discuss multi-disciplinary matters of academic interest.

Advantages of joining IMA-AMS - to get updates on recent developments of Medicine ,apply for fellowship of IMA-AMS, FIAMS, Senior members are awarded Hon Professorship, to join fellowship certificate courses of IMA-AMS, AMS organises All India Annual Conference, Zonal conferences, State Conferences. Regular workshops and CME are organised, these give credit hours to the members.

IMA-AMS life membership fees is Rs 250 plus 18% GST - total Rs. 295. Mode of payment : DD / Cheque in favour of IMA-AMS payable at Hyderabad.

Eligibility Criteria for Life Members : All members of IMA possessing the postgraduate qualification recognised by MCI / NMC or any postgraduate qualification awarded by NMC or any IMA member possessing FCGP by passing the examination.

Eligibility Criteria for IMA-AMS Fellowship: Life membership of IMA and IMA AMS, practice in the specialty atleast 10 years, Academic achievement, professional distinction, publication of scientific papers, research and teaching experience.

Procedure for Nomination For Fellowship : Nomination for fellowship of the Academy shall be made on the prescribed form supplied by Academic Headquarters duly filled in all respect by atleast two Fellows of the Academy or by the Governing Council of State Chapter or of a Branch Chapter where existing or by State Working Committee of IMA, In a state where no state

chapter is established or by Governing Council of the Academy.

Guidelines for Honorary Professorship of IMA-AMS: Registered MD / DM, MS / DCH or equivalent qualifications conferred by National Board of Examinations. Minimum 15 years of teaching experience of which 5 years should be as a recognised Postgraduate Teacher/Doctoral Degree Supervisor or 15 years of Professional Experience in the concerned specialty after acquiring Postgraduate Degree/Diploma qualification as the case may be. Minimum 3 scientific publications in Indexed/Peer Reviewed National/International Journals of repute preferably Scopus, PubMed, Medler, Web of Science etc. Must be a member of IMA AMS for 10 years. Contributions for the advancement of Medical Education and active participation in IMA AMS, and have delivered orations, accredited lectures or served as faculty in IMA-AMS events. Willing to serve in the dissemination of knowledge and skills through IMA-AMS platform.

Application Forms available in our IMA-AMS website : <https://ima-ams.org>

Required Documents : MBBS and PG Diploma Certificates, MCI Registration Certificates, IMA Life Membership IMA-AMS Life Membership Certificate (For Fellowship), Passport size color photo. Requesting all members to become IMA-AMS members. If a branch has more than 20 AMS members it becomes an AMS Chapter.

Regards

Dr. Geeta Doppa,

Chairman, IMA-AMS Karnataka State Chapter

For any queries message on 9448003477

Email - drgeetadoppa@gmail.com

GUIDELINES TO START AMS FELLOWSHIP COURSES

- How to conduct Fellowship Courses in Respective States.
- All Long term fellowships Courses duration: 1 year
- All Short term Fellowships Courses duration: 4 Months

Eligibility criteria:

Must be IMA Life Member and IMA AMS Life Member, Post-Graduation completed in their respective field.

Course Fee: Fee structure depends on respective State, Course fee Share as 30% towards Headquarters share, 40% towards Hospitals or training Centre's share and 30% IMA AMS Respective State Share.

About 20 students can be admitted as per the facilities and infra-structure available in the Centre conducting the course. (More students may be permitted, subject to the facilities and infra-structure available).

IMA-AMS State Branch shall assess the facilities and infra-structure available in the Centre.

- Two Theory & two Practical Classes have to be conducted every month i.e. one class a week by the respective Centre. Due importance shall be given for clinical sessions.
- A minimum of 80% attendance shall be maintained by students.
- Monthly attendance and updates about classes shall be sent to IMA AMS of respective State.
- One assignment quarterly i.e. one every 3 months may be arranged for students.
- "Theory examination" shall be conducted by IMA-AMS of respective State on day One. Theory paper will be corrected by the concerned faculty, who had conducted the courses.
- "Practical examination" i.e. Clinicals, log book discussions and general viva shall be conducted by respective Centre on day Two.
- Examination results shall be announced within one week of the exam and shall be informed to the Hqrs.

- A convocation fee has to be collected from the students by IMA-AMS Chapter of respective State.
- State shall conduct graduation ceremony and invite AMS National Chairman & National Secretary for this function. IMA-AMS Hqrs will be responsible for arranging the certificates for distribution to the students.

The pattern of question paper as follows:

Theory Examination (TOTAL 100 Marks)

Consisting of Two long Questions each carrying 20 MARKS.

Six short Questions each carrying 5 Marks Thirty MCQ's each carrying 1 Mark (30 MCQ'S)

Practical Examination (Total 250) consisting of One long case carrying 50 MARKS Two short cases each case carrying 25 Marks 10 Spotters each Spotter Carrying 5 marks Log Book, 10 different Cases, each case carrying 5 Marks General Viva carrying 50 marks If any State willing to conduct Fellowship Courses, kindly provide the following details:

1. Modules of the Training
2. The time of the training period
3. The Name of Hospital / Center and Hospital History
4. Faculty Details

Kindly send your consent letter & above details to IMA-AMS Hqrs. After the provision of the above information, a team will inspect the facilities to grant permission as per the Constitutional Guidelines of IMA-AMS Hqrs.

Important Note:

1. These courses are to improve skill & Knowledge and to render better service to the people.
2. These courses are not recognized by MCI.
3. Don't put as consultant after name after passing the exam.

Thanking you,

Team of IMA-AMS, HQRS.

ಮಕ್ಕಳು ಮತ್ತು ಪಾಲಕರ ಬಾಂಧವ್ಯ



– ಡಾ. ಸುಲೋಚನಾ ಚಿನ್ನವಾಲರ
ಗಂಗಾವತಿ

ಮಕ್ಕಳು ನಮ್ಮ ಮುಖೇನ ಹೊರಜಗತ್ತಿಗೆ ಬರುತ್ತಾರೆ ಅಂದ ಮಾತ್ರಕ್ಕೆ ಅವರು ನಮ್ಮ ಸ್ವತ್ತು ಎಂದು ಪರಿಗಣಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ ಪಾಲಕರಾಗಿ ನಾವು ಅವರ ಪಾಲನೆ ಪೋಷಣೆ ಮಾಡುವ ಜವಾಬ್ದಾರಿ ಅವರಿಗೆ ಒಳ್ಳೆಯ ಮಾರ್ಗದರ್ಶನ ನೀಡಿ ಅವರು ರೂಪಿಸಿಕೊಳ್ಳುವ ಗುರಿ ಮುಟ್ಟಲು ಬೇಕಾಗುವ ಎಲ್ಲಾ ಸಾಧನ ಒದಗಿಸಿಕೊಟ್ಟು ಮಾರ್ಗದರ್ಶನ ನೀಡುವ ಮಾಧ್ಯಮ ಮಾತ್ರ. ಮುಂದೆ ಅವು ತಮ್ಮ ಕಾಲಮೇಲೆ ನಿಂತು ಒಳ್ಳೆಯ ನಾಗರಿಕರಾಗುವ ಎಲ್ಲ ವೇದಿಕೆಗಳನ್ನು ಒದಗಿಸಿಕೊಡುವುದೇ ನಮ್ಮ ಕರ್ತವ್ಯವಾಗಿದೆ.

ಒಂದು ಮಗು ಕುಟುಂಬದಲ್ಲಿ ಜನಿಸಿತೆಂದರೆ ಅದು ಹೆಣ್ಣಿರಲಿ - ಗಂಡಿರಲಿ ಸಮ ಚಿತ್ತದಿಂದ ಸ್ವೀಕರಿಸುವ ಮನೋಭಾವ ಪಾಲಕರಾದಾಗಬೇಕು. ಒಂದು ಮನೆಯಲ್ಲಿ ಒಂದು ಹೆಣ್ಣು ಒಂದು ಗಂಡು ಮಕ್ಕಳಿದ್ದರೆ ಇಬ್ಬರಿಗೂ ಸಮಾನ ಅವಕಾಶ ನೀಡಿ, ಬೇಧಮಾಡದೆ ಇಬ್ಬರಿಗೂ ಸಮಾನ ಶಿಕ್ಷಣ ಅಭಿವ್ಯಕ್ತಿಗೊಳಿಸುವ ಸ್ವಾತಂತ್ರ್ಯ ನೀಡಿ ಬೆಳೆಸಿದಾಗ ಗಂಡು ಮಗು ಕೂಡ ಹೆಣ್ಣುಮಕ್ಕಳ ಬಗ್ಗೆ ತಾತ್ಕಾಲಿಕ ತಾಳದೆ ಗೌರವಯುತವಾಗಿ ನಡೆದುಕೊಳ್ಳುವ ಮನಸ್ಸಿತಿ ಬೆಳೆಸಿಕೊಳ್ಳುತ್ತದೆ. ಆಗ ಸಮಾಜದಲ್ಲಿ ಹೆಣ್ಣನ್ನು ನೋಡುವ ದೃಷ್ಟಿಕೋನವೇ ಬದಲಾಗಿ ಹೆಣ್ಣಿನ ಮೇಲೆ ಆಗುವ ಅತ್ಯಾಚಾರ ಕಿರುಕುಳ ತಗ್ಗಿಸಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ.

ಹಿಂದಿನ ದಿನಮಾನಗಳಲ್ಲಿ ಅವಿಭಕ್ತ ಕುಟುಂಬದಲ್ಲಿ ಹುಟ್ಟಿದ ಮಕ್ಕಳು ಮನೆಯಲ್ಲಿ ಹಿರಿಯರ ಅನುಭವದ ಅಮೃತವನುಂಡು ತಂದೆ ತಾಯಿ, ಚಿಕ್ಕಪ್ಪ-ಚಿಕ್ಕಮ್ಮ ಅವರ ಮಕ್ಕಳೊಂದಿಗೆ ತಾರತಮ್ಯ ಇಲ್ಲದೆ ಹಂಚಿಕೊಂಡು ತಿನ್ನುವ ಮನೋಭಾವ ಹುಟ್ಟಿದಾಗಿನಿಂದಲೇ ಮೈಗೂಡಿಸಿಕೊಂಡು ಬೆಳೆಯುವ ವಾತಾವರಣ ದೊರಕುತ್ತಿತ್ತು. ಆದರೆ ಪ್ರಸ್ತುತ ದಿನಮಾನಗಳಲ್ಲಿ ಒಂಟಿ ಕುಟುಂಬಗಳಲ್ಲಿ ಜನಿಸಿದ ಮಕ್ಕಳು ತಂದೆ ತಾಯಿ ಇಬ್ಬರು ಕೆಲಸಕ್ಕೆ ಹೊರಗಡೆ ಹೋಗುವುದರಿಂದ ಮಕ್ಕಳು ಮನೆಯಲ್ಲಿ ಕೆಲಸದವರ ಹಾರೈಕೆಯಲ್ಲಿ ಬೆಳೆದು ಮೂರು ವರ್ಷದವರಾದೊಡನೆ ಬೇಬಿ ಸಿಟಿಂಗ್ ಮುಂತಾದವುಗಳಲ್ಲಿ ಸೇರಿಸಿ ಪಾಲಕರ ಹಾರೈಕೆಯಿಂದ ವಂಚಿತರಾಗಿ ಬೆಳೆದು ಮುಂದೆ ಶಾಲೆಗೆ ಸೇರಿಸುತ್ತಾರೆ. ಆಗ ಇಬ್ಬರು ಕೆಲಸಕ್ಕೆ ಹೋಗುವವರಾಗಿ ಇರುವುದರಿಂದ ಮನೆಗೆ ಬಂದಾಗ ಮಗುವಿಗೆ ಸಮಯ ನೀಡಲು ಸಾಧ್ಯವಾಗದೆ ಮತ್ತೆ ಕೆಲಸದವರ ಸುಪರ್ಧಿಯಲ್ಲಿ ಬೆಳೆಯುವಂತಾಗುತ್ತದೆ. ಇನ್ನು ಇತ್ತೀಚಿನ ದಿನಮಾನಗಳಲ್ಲಿ ಮಕ್ಕಳು ಮನೆಯಲ್ಲಿದ್ದರೆ ಟಿವಿ, ವೊಬ್ಲೆ ನೋಡುವ ಚಟಕ್ಕೆ ಬಲಿಯಾಗುತ್ತಾರೆಂದು ಅವರನ್ನು ಶಬಲ್ ಬ್ಯಾಂಡ್ಲಿಂಗ್ ಮುಂತಾದ ಆಟಕ್ಕೆ ಕಳಿಸುತ್ತಾರೆ ಅವನ್ನು ಮುಗಿಸಿ ಬಂದಮೇಲೆ ತಾಯಿ

ತಂದೆಯರೊಂದಿಗೆ ಊಟ ಮಾಡಿ ಶಾಲೆಯಲ್ಲಿ ಕೊಟ್ಟ ಹೋಂ ವರ್ಕ್ ಮುಂತಾದವುಗಳನ್ನು ಮಾಡಬೇಕಾಗುತ್ತದೆ. ಈ ಎಲ್ಲ ಜಂಜಾಟದಲ್ಲಿ ಪೋಷಕರು ಮಕ್ಕಳೊಂದಿಗೆ ಕಳೆಯುವ ಸಮಯ ಎಷ್ಟು? ಅವರು ತಮ್ಮ ಶಾಲೆಯಲ್ಲಿಯೇ ಆಗು ಹೋಗುಗಳ ಬಗ್ಗೆ ಭಾವನೆಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳಲು ಅವಕಾಶವಿಲ್ಲದೆ ಸರಿ-ತಪ್ಪುಗಳನ್ನು ತಿದ್ದಿಕೊಳ್ಳುವ ಅವಕಾಶವಿಲ್ಲದೆ ತಮಗೆ ಸರಿ ಎನಿಸಿದ್ದನ್ನು ಮಾಡುತ್ತಾ, ಮುಂದೆ ಶಾಲೆಯಲ್ಲಿ ಇರುವ ಸ್ನೇಹಿತರ ಹತ್ತಿರದವರಾಗಿ ಬಿಡುತ್ತಾರೆ. ಅದೃಷ್ಟವಶಾತ್ ಒಳ್ಳೆಯ ಸ್ನೇಹಿತರು ಸಿಕ್ಕರೆ ಮತ್ತು ಮಕ್ಕಳ ಬಗ್ಗೆ ಕಾಳಜಿ ವಹಿಸುವ ಶಿಕ್ಷಕರು ದೂರತು ಸನ್ಮಾರ್ಗದಲ್ಲಿ ನಡೆಯುವಂತಾದರೆ ಅಂತಹ ಮಕ್ಕಳು ಅದೃಷ್ಟವಂತರೆಂದೇ ಹೇಳಬಹುದು.

ಪಾಲಕರ ನಡೆ ನುಡಿ ಮಕ್ಕಳ ಮೇಲೆ ಹೆಚ್ಚು ಪ್ರಭಾವ ಬೀರುತ್ತದೆ. ನಾವು ನಮ್ಮ ಹಿರಿಯರಿಗೆ ಗೌರವ ನೀಡಿ ಅವರನ್ನು ಸರಿಯಾಗಿ ನೋಡಿಕೊಂಡರೆ ಮಕ್ಕಳು ಕೂಡ ಅನುಕರಣೆ ಮಾಡುತ್ತಾರೆ ಇಲ್ಲವಾದಲ್ಲಿ ನಮ್ಮ ಇಳಿವಯಸ್ಸಿನಲ್ಲಿ ವೃದ್ಧಾಶ್ರಮಗಳೇ ಗತಿ ಎನ್ನುವಂತಾಗುತ್ತದೆ. ನಾವು ಮಕ್ಕಳಿಗಾಗಿ ದುಡಿದು ಆಸ್ತಿ ಮಾಡಿ ಹಣಗಳಿಸುವುದೊಂದೇ ಗುರಿಯಾಗಿಸಿಕೊಳ್ಳದೆ ಅವರಿಗೆ ಅಮೂಲ್ಯವಾದ ಸಮಯ ನೀಡಿ ಅಭಿವ್ಯಕ್ತಿಗೊಳಿಸುವ ಸ್ವಾತಂತ್ರ್ಯ ನೀಡಿ ಸರಿತಪ್ಪುಗಳನ್ನು ತಿದ್ದಿದಾಗ ಮಕ್ಕಳು ಸರಿದಾರಿಯಲ್ಲಿ ನಡೆಯಲು ಸಾಧ್ಯ. ನಾವು ಮಕ್ಕಳು ಕೇಳಿದ ಎಲ್ಲವನ್ನು ಒದಗಿಸುವ ಹಣ ನೀಡಿ ಬೆಲೆ ಬಾಳುವ ವಸ್ತುಗಳನ್ನು ಕೊಡಿಸಿ, ಪ್ರತಿಷ್ಠಿತ ಶಾಲೆಗಳಿಗೆ ಕಳಿಸಿದರೆ ನಮ್ಮ ಜವಾಬ್ದಾರಿ ಮುಗಿಯುವುದಿಲ್ಲ. ಅವರು ಶಾಲೆಯಲ್ಲಿ ಶಿಕ್ಷಕರೊಂದಿಗೆ, ಸಹಪಾಠಿಗಳೊಂದಿಗೆ ವ್ಯವಹರಿಸುವ ರೀತಿ ನೀತಿಗಳ ಮೇಲೆ ನಿಗಾ ಇಡಬೇಕು ಆಗಾಗ ಶಾಲೆಗೆ ಹೋಗಿ ಶಿಕ್ಷಕರೊಂದಿಗೆ ವಿಚಾರಿಸಬೇಕು. ಅವರ ಗೆಳೆಯರ ಬಗ್ಗೆ ಕೂಡ ನಿಗಾವಹಿಸಬೇಕು, ಇದಕ್ಕೆಲ್ಲ ಪಾಲಕರು ಸಮಯ ನೀಡಬೇಕು.

ಇನ್ನು ಮಕ್ಕಳು ಆಟ ಪಾಠಗಳಲ್ಲಿ ಹಿಂದುಳಿದಾಗ ಅವರಿಗೆ ನೀನು ಹೀಗೇ ಎಂದು ನಿಂದಿಸದೆ ಅವರಿಗೆ ಯಾವ ಸಮಸ್ಯೆ ಇದೆ ಎಂದು ತಿಳಿದುಕೊಂಡು ಸಮಾಧಾನದಿಂದ ತಿಳಿಹೇಳಿ ಸರಿಪಡಿಸುವ ಪ್ರಯತ್ನ ಮಾಡಬೇಕು. ಅತಿಯಾದ ನಿರೀಕ್ಷೆ ಇಟ್ಟುಕೊಂಡು ಓದಲು ಒತ್ತಡ ಹೇರದೆ ಅವರ ಅಭಿರುಚಿಗನುಗುಣವಾಗಿ ಅವರ ಗುರಿ ರೂಪಿಸಿಕೊಳ್ಳಲು ಮಾರ್ಗದರ್ಶಕರಾಗಬೇಕು. ಪರೀಕ್ಷೆಯಲ್ಲಿ ನಿರೀಕ್ಷಿತ ಫಲಿತಾಂಶ ದೊರೆಯದಿದ್ದಾಗ ಸೋಲನ್ನು ಒಪ್ಪಿಕೊಳ್ಳುವ ಮನೋಭಾವ ಬೆಳೆಸಬೇಕು. ನಾವು ಕೂಡ ಅವರನ್ನು ನಿಂದಿಸದೆ ಸೋಲೇ ಗೆಲುವಿನ ರಹದಾರಿ ಎಂದು ತಿಳಿಹೇಳಬೇಕು, ಅಂದಾಗ ಮಕ್ಕಳಲ್ಲಿ ಮನೋಬಲ ಹೆಚ್ಚಿಸಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಇದರಿಂದ

ಮಕ್ಕಳು ಖಿನ್ನತೆಗೆ ಒಳಗಾಗಿ ಆತ್ಮಹತ್ಯೆ ಮುಂತಾದವುಗಳಿಗೆ ಬಲಿಯಾಗುವುದನ್ನು ತಪ್ಪಿಸಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಮಕ್ಕಳಿಗೆ ದುಡ್ಡಿನ ಬೆಲೆ ತಿಳಿದಿರುವಂತೆ ಮಾಡುವುದು ಕೂಡಾ ಅಷ್ಟೇ ಮುಖ್ಯವಾಗಿರುತ್ತದೆ, ಬೇಡಿದ್ದನ್ನೆಲ್ಲ ಕೊಡಿಸುವುದು ಕೇಳಿದಾಗಲೂ ಹಣ ಕೊಡುವುದು ಸರಿಯಲ್ಲ. ಮಕ್ಕಳು ತಪ್ಪುದಾರಿ ಹಿಡಿಯಲು ರಹದಾರಿ ತೋರಿಸಿದಂತಾಗುತ್ತದೆ. ಅನಾವಶ್ಯಕ ವಸ್ತುಗಳ ಬೇಡಿಕೆ ಇಟ್ಟಾಗ ಇಲ್ಲವೆಂದು ನಯವಾಗಿ ತಿಳಿಹೇಳಿ ಅರ್ಥವಾಗುವಂತೆ ಮಾಡುವುದು ಕೂಡಾ ಮುಖ್ಯವಾಗುತ್ತದೆ.

ಮಗುವಿಗೆ ಆಹಾರದ ಮಹತ್ವ ತಿಳಿಸಿ ಹೇಳುವುದು ಕೂಡ ಮುಖ್ಯ. ಮನೆಯಲ್ಲಿ ಮಾಡಿದ ಅಡಿಗೆ ತಿನ್ನುವ ಅಭ್ಯಾಸ ಮತ್ತು ಎಲ್ಲಾ ತರಹದ ಆಹಾರವನ್ನು ತಿನ್ನಲು ಕಲಿಸಬೇಕು. ಅದು ಕೇಳಿದ್ದನ್ನು ಮಾಡಿ ತಿನ್ನಿಸುವ ಬದಲು ಪೌಷ್ಟಿಕ ಆಹಾರದ ಬಗ್ಗೆ ತಿಳಿಹೇಳಿ ಎಲ್ಲತರಹದ ಆಹಾರದ ರೂಡಿ ಮಾಡಿಸಬೇಕು. ಇನ್ನು ತಾಟಿನಲ್ಲಿ ಹಾಕಿಸಿಕೊಂಡು ತಿನ್ನದೆ ಹಾಳುಮಾಡುವ ಪ್ರವೃತ್ತಿ ಬೆಳೆಸಿಕೊಳ್ಳದಂತೆ ಎಚ್ಚರಿಕೆಯ ಮಾತುಗಳಿಂದ ಆಹಾರದ ಮಹತ್ವ ಮತ್ತು ಜಗತ್ತಿನಲ್ಲಿ ಎಷ್ಟೋ ಮಕ್ಕಳು ಊಟ ಇಲ್ಲದೆ ಪರದಾಡುವ ಬಗ್ಗೆ ಮನವರಿಕೆ ಮಾಡಿ ತಿಳಿಹೇಳಬೇಕು. ಹೊರಗಿನ ತಿಂಡಿ ಅಪರೂಪಕ್ಕೊಮ್ಮೆ ಕೊಡಿಸುವುದು ಒಳಿತು.

ಪಾಲಕರಲ್ಲಿ ಮೂರೂ ರೀತಿಯ ಪಾಲಕರನ್ನು ಕಾಣುತ್ತೇವೆ. ಮೊದಲನೆಯವರು ಮಕ್ಕಳನ್ನು ಅತಿಯಾಗಿ ಸ್ವಾಧೀನ ಸ್ವತ್ತು ಎಂದುಕೊಳ್ಳುವವರು, ಒಂದೇ ಮಗು ಇರುವವರಲ್ಲಿ ಹೆಚ್ಚು ಕಂಡು ಬರುತ್ತದೆ. ಇವರು ಮಗುವನ್ನು ಅತಿ ಕಾಳಜಿವಹಿಸಿ ಅದಕ್ಕೆ ಸ್ವಂತಿಕೆಯನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳಲು ಬಿಡದೆ ಎಲ್ಲವನ್ನು ತಾವೇ ಮಾಡುತ್ತಾ ತಮ್ಮ ಮೇಲೆ ಎಲ್ಲಾ ವಿಷಯಕ್ಕೂ ಅವಲಂಬಿತರನ್ನಾಗಿಸುವುದು. ಅತೀ ಪ್ರೀತಿ ಮಗುವಿನ ಭವಿಷ್ಯಕ್ಕೆ ಮಾರಕವಾಗುತ್ತದೆ. ಮಗು ಬೇಡದೆ ಎಲ್ಲವನ್ನು ಅತಿಯಾಗಿ ತಂದು ಕೊಡುವುದರಿಂದ ಅದಕ್ಕೆ ವಸ್ತುವಿನ ಬೆಲೆ ಇರುವುದಿಲ್ಲ. ಮೌಲ್ಯಗಳು ತಿಳಿಯದೆ ಹೋಗಿ ಬೇಕಾಗಿದ್ದು ಸಿಗದೇ ಹೋದಾಗ ಖಿನ್ನತೆಗೆ ಒಳಗಾಗಿ ಬಳಲುವ ಸಾಧ್ಯತೆ ಇರುತ್ತದೆ. ಮಗುವನ್ನು ಇನ್ನೊಂದು ಮಗುವಿನೊಂದಿಗೆ ಸ್ಪರ್ಧೆಗೆ ಇಳಿಸದೆ ತನ್ನ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಲು ಪ್ರೋತ್ಸಾಹಿಸಬೇಕು. ಇನ್ನು ಎರಡನೆಯ ವರ್ಗದ ಪಾಲಕರು ಮಕ್ಕಳನ್ನು ಶಾಲೆಗೆ ಕಳಿಸಿದರೆ ತಮ್ಮ ಕೆಲಸ ಮುಗಿಯಿತು, ಇನ್ನು ನಮ್ಮ ಮಕ್ಕಳು ಶಿಕ್ಷಕರ ಜವಾಬ್ದಾರಿಯೆಂದು ಕೈ

ತೊಳೆದುಕೊಳ್ಳುತ್ತಾರೆ. ಮಕ್ಕಳ ಜವಾಬ್ದಾರಿ ತಮ್ಮದೂ ಇದೆ ಎಂದು ಬಾವಿಸುವುದಿಲ್ಲ. ಮೂರನೆಯವರು, ಮಕ್ಕಳನ್ನು ಹದ್ದು ಬಸ್ತಿನಲ್ಲಿ ಇಟ್ಟುಕೊಂಡು, ಹೇಳಿದ ಗೆರೆ ದಾಟದಂತೆ ಬೆಳೆಸಿ ಅವರು ಸ್ವಂತ ವಿಚಾರ ಬೆಳೆಸಿಕೊಳ್ಳದಂತೆ ಮಾಡುವವರು. ಮಕ್ಕಳ ಭವಿಷ್ಯದಲ್ಲಿ ಪಾಲಕರ ಪಾತ್ರ ಹೆಚ್ಚಿನದಾಗಿರುತ್ತದೆ. ಮಕ್ಕಳನ್ನು ಬೆಳೆಸುವುದು ಕೂಡ ಒಂದು ಕಲೆ. ಏಕೆಂದರೆ ಇಂದಿನ ಮಕ್ಕಳೇ ಮುಂದಿನ ನಾಗರಿಕರು, ಭದ್ರ ಬುನಾದಿ ದೊರಕುವುದು ಮನೆಯಿಂದಲೇ. ಇನ್ನು ಕೆಲವರು ಭಿನ್ನಾಭಿಪ್ರಾಯವುಳ್ಳ ದಂಪತಿಗಳ ಮಕ್ಕಳು ತಂದೆ ಹೇಳಿದ್ದಕ್ಕೆ ತಾಯಿ ವಿರೋಧಿಸಿ ಮಕ್ಕಳ ಪರ ಮಾತಾಡುವುದು ತಾಯಿ ಹೇಳಿದ್ದಕ್ಕೆ ತಂದೆ ವಿರೋಧಿಸುವುದು ಮಾಡಿದಾಗ ಮಕ್ಕಳು ಇದರ ದುರುಪಯೋಗ ಪಡೆದು ತಂದೆಯ ಮುಂದೆ ತಂದೆಯಂತೆ, ತಾಯಿಯ ಮುಂದೆ ತಾಯಿಯಂತೆ ಮಾತಾಡಿ ತಮ್ಮ ಕಾರ್ಯ ಸಾಧಿಸುವ ದಾರಿ ಹಿಡಿಯುತ್ತಾರೆ, ಅದಕ್ಕಾಗಿ ಪಾಲಕರು ಮಕ್ಕಳ ಮುಂದೆ ಭಿನ್ನಾಭಿಪ್ರಾಯ ತೋರಿಸದೆ ಒಂದೇ ವಿಚಾರದವರಾದರೆ ಮಗು ಸರಿಯಾದ ದಾರಿಯಲ್ಲಿ ನಡೆಯುತ್ತದೆ. ಇನ್ನು ಕೆಲವು ಪಾಲಕರು ಮಕ್ಕಳ ಮೇಲೆ ಅಂಧ ಪ್ರೀತಿ ಇಟ್ಟುಕೊಂಡು ಅವರು ಬೇಕಾಬಿಟ್ಟಿ ಬೆಳೆಯಲು ಬಿಟ್ಟು ಕೇಳಿದ್ದನ್ನೆಲ್ಲ ಕೊಡಿಸುತ್ತಾ. ಅವರು ತಪ್ಪು ಮಾಡಿದಾಗ ತಿದ್ದದೆ, ಮಕ್ಕಳ ಪರವಹಿಸಿ ಶಿಕ್ಷಕರನ್ನು ನಿಂದಿಸುವುದು ಕೇಳಿದಾಗಲೂ ಹಣ ನೀಡುವುದು ಅವರು ಮಾಡಿದ ತಪ್ಪನ್ನು ಮುಚ್ಚಿ ಹಾಕುವುದನ್ನು ಮಾಡಿದರೆ ಅಂತಹ ಮಕ್ಕಳು ಮುಂದೊಂದು ದಿನ ಅವಿಧೇಯಕ ಪೋಲಿ ಹುಡುಗರಾಗಿ ಬೆಳೆದು ಪಾಲಕರಿಗೆ ಸಮಸ್ಯೆಯಾಗಿ ಪರಿಣಮಿಸುತ್ತಾರೆ. ಇನ್ನು ಇಂದಿನ ಮೊಬೈಲ್ ಯುಗದಲ್ಲಿ ಹೆಚ್ಚು ಹೆಚ್ಚು ಸಮಸ್ಯೆಗಳು ಕಂಡುಬರುತ್ತಿವೆ. ಮಕ್ಕಳು ಅತಿಯಾದ ಮೊಬೈಲ್ ಬಳಕೆಯಿಂದ ಮೆದುಳಿನ ಕ್ಯಾನ್ಸರ್ ಮುಂತಾದವುಗಳಿಗೆ ತುತ್ತಾಗುತ್ತಿದ್ದಾರೆ. ಇದರ ಅತಿಯಾದ ಬಳಕೆಯಿಂದ ವ್ಯಸನಕ್ಕೆ ತುತ್ತಾಗಿ ನರದೋಷ ಮುಂತಾದವುಗಳಿಗೆ ಬಲಿಯಾಗಿ ಈ ಚಟದಿಂದ ಮುಕ್ತಗೊಳಿಸಲು ಮೊಬೈಲ್, ಅಡಿಕ್ಷನ್ ಸೆಂಟರ್‌ಗಳಲ್ಲಿ ಚಿಕಿತ್ಸೆ ಕೊಡಿಸುವಂತಾಗುತ್ತಿದೆ. ಪಾಲಕರು ಕೂಡಾ ಮಕ್ಕಳ ಮುಂದೆ ಅತಿಯಾದ ಮೊಬೈಲ್, ಟಿವಿ ವೀಕ್ಷಣೆ ಮುಂತಾದವುಗಳಿಗೆ ಕಡಿವಾಣ ಹಾಕಿದರೆ ಒಳಿತು. ಮಕ್ಕಳು ನಮ್ಮ ಅನುಕರಣೆ ಮಾಡುವುದು ಸಹಜ. ಎಚ್ಚರವಿರಲಿ, ಬಿಡುವಿನ ವೇಳೆ ಅವರೊಂದಿಗೆ ಆಟವಾಡುವುದು ಮುಂತಾದ ಅಭ್ಯಾಸ ಬೆಳೆಸಿಕೊಂಡರೆ ಮಕ್ಕಳಿಗೂ ತಮಗೂ ಋಷಿ ನೀಡುತ್ತದೆ.

Obituary



Dr. Chanrashekar Madinur
Gangavathi



Dr. H.S.Prabhakar
Yelahanka



Dr. Lakshman Prabhu
Mangaluru



Dr. Mallikarjun B.R
Koppal



Dr. Waman Rao
Raichur



Dr. Pratibha Arun
Raichur



Indian Medical Association Karnataka State Branch Digital Software Sub-Committee



Presents :

IMA Karnataka's - DOCCHOICE

A Clinic & Hospital Software - Developed by the Doctors for the Doctors



Inaugurated and launched in 89th MEDICON
at Bidar by Dr. R.V. Asokan, National President Elect, IMA HQ

Please Scan the above QR Code for
Registration, Installation and Payments

Software details

Clinic Basic	BEST VALUE! Clinic Plus	Clinic Pro									
<p>FEATURES Appointments Token System / OPD Billing Insurance / Corporate Doctor Schedule Prescription OPD Case Sheet Financial Reports</p> <p>6000 + GST / One Time</p> <p>Single Specialization</p>	<p>FEATURES Appointments Token System / OPD Billing Insurance / Corporate Doctor Schedule Prescription OPD Case Sheet Basic Labs Financial Reports</p> <p>7000 + GST / One Time Pharmacy: Add on Package 1000.00 + GST/One time 500.00 + GST / Year</p> <p>Single Specialization</p>	<p>FEATURES Appointments Token System / OPD Billing Insurance / Corporate Doctor Schedule Prescription OPD Case Sheet Basic Labs Financial Reports</p> <p>8000 + GST / One Time Pharmacy: Add on Package 2000.00 + GST/One time 500.00 + GST / Year</p> <p>Multiple Specialization</p>									
Hospital Basic	BEST VALUE! Hospital Plus	Hospital Pro									
<p>FEATURES Basic OPD Basic IPD Basic Labs Discharge Summary Financial Reporting Additional Charges based on Service and Modules</p> <p>Plus GST</p> <table border="1"> <tr><td>8000.00</td></tr> <tr><td>9000.00</td></tr> <tr><td>10000.00</td></tr> </table>	8000.00	9000.00	10000.00	<p>FEATURES Basic OPD Basic IPD Basic Labs Discharge Summary Financial Reporting Additional Charges based on Service and Modules 1000 Rs / sp after 2nd specialization Plus GST</p> <p>Plus GST</p> <table border="1"> <tr><td>8000.00</td></tr> <tr><td>9000.00</td></tr> <tr><td>10000.00</td></tr> </table>	8000.00	9000.00	10000.00	<p>FEATURES Basic OPD Basic IPD Basic Labs Discharge Summary Financial Reporting Additional Charges based on Service and Modules 1000 Rs / sp after 2nd specialization Plus GST</p> <p>Plus GST</p> <table border="1"> <tr><td>8000.00</td></tr> <tr><td>10000.00</td></tr> <tr><td>12000.00</td></tr> </table>	8000.00	10000.00	12000.00
8000.00											
9000.00											
10000.00											
8000.00											
9000.00											
10000.00											
8000.00											
10000.00											
12000.00											

Prof. Dr. Srinivasa S
President

Dr. B.P. Karunakara
Hon. State Secretary

Prof. Dr. Jaspalsingh H. Tehalia
Chairman Digital Software Sub-Comm.

For enquiries contact : Mr. John, 9986595897 | Mrs. Sridevi, 9448077944



Trekking Expedition - Roopkund

- Dr. Dinesh Hegde, Sirsi

Continued to from previous issue

We started our journey to Bhagava Bass from Kalua Vinayaka. It was small descent with Rocky terrain. We have to walk on stone laden trail which appears easy but not so easy as we thought. We were seeing the camp site from distance but we were not reaching the target. After a long wait and patient walk we reached Bhagava Bass camp before it is dark. It was getting colder and colder. We were wearing all the protection for cold that we were carrying. Still it was numbly and very windy weather. We were greeted with hot Maggi and hot chai. Then we did some stretching exercises and went to our tents. We took all precautions by wearing Thermals. Took beautiful pictures all around the camp. We could visualise the majestic Thrihoola Parwatha in the background. What a beautiful view it was!

It was getting cold very fast as it was becoming dark. We were wearing 4 layers, still it was not possible to tolerate. Already many of our teammates were having trouble. Some were having headaches, nausea, loss of appetite, tired look and difficulty in breathing. We were asked stay inside the tents only. We had a meeting in dining tent and were given the briefing about next day summit ascent. We were given clear cut instructions and we're supposed eat dinner and go to bed early as our wake up call will be at 2 am. We celebrated 71st birthday of our team member Shri N S Bhat. Then we had our dinner. Many of us were not having appetite and we ate forcefully to gain some energy for next day's summit climbing.

Once we came out of Dining tent, it was very chilly and we were literally having chills and rigors. We collected hot water and rushed to our tents. Many members were having



trouble in getting sleep. Somehow we slept on the stone beds on which our tents were erected.

Next was our D day. We had prepared for this from 3 months. We had dreamt of doing this from many days. Finally the day had arrived. We were determined to do the summit come what difficulty/ obstacles may be. With that in the mind we had slept in the night. Early morning 2 am we were given wake up call. Washed our face with hot water which ready in the hot container and finished our morning rituals and were ready to go for summit. At exactly 3.00 am with headlights on, with all protection for cold weather, 13 of us started our journey to go for Summit that is Roop Kund. We started in the darkness and started climbing up with a gradual ascent. Then came the final assault. Last one kilometre was steep ascent with rocks all the way. There were some areas with gravels. It was quite slippery. Breathing was difficult. We used to take 10 steps and take rest. Slowly slowly our whole team ascended the hill and reached final destination at 6.30 am. It was full bright sunshine at that time. It was celebration time for us. We rejoiced, all were excited and shouting. We walked around the Roopkund and took some pictures. Then all of got down to Roopkund lake and walked around to see many hundreds of Human bones and some mummified body parts.

We took some pictures and videos there and came out. While coming out it was very difficult as the oxygen levels were low and we were getting tired with each step. After coming up we took a group photo and did a pooja in the temple there on the top.

After spending around one hour in Roopkund we started our journey back with a steep descent. It was quite slippery and scary as well. Because we were wearing Trekking boots with very good grip we could negotiate well. After the dangerous descent we came to a relatively comfortable trail as it was slow descent with water springs in between.



She believed she could, so she did.

Whole trail was filled with rocks. Carefully, slowly we came down. On the way we took a break to eat our breakfast. By 9.30 we were back in our base camp and joined our friends who were waiting for us.

On the way we took some pictures of beautiful ice cladded mountains. After seeing our team doing summit so easily and coming back so early our trek leader felt that we can go down today itself to Garoli Pathaal which is 14 kms down. As per our plan we were supposed to go down to Pathar Nachouni and stay in the camp and then climb down to Wan next day.

Our trek leader convinced us that it is safe and comfortable to do camping in forests of Garoli Pathaal as we get good oxygen there and temperatures are also tolerable. So we took risk and had our lunch at 10.30 am and started our way back. It was a gradual ascent again to Kalua Vinayaka. And from there steep descent to Pathar Nachouni. We took a break there and started moving again. There was network connectivity in some areas and from where we communicated with our friends and family to inform them that we were safe.

It was terrible and tedious journey and by the time we reached Garoli Pathaal it was 6.00 pm and was getting dark. With our headlights on we descended the final steep, curvy path to reach our camp in the thick forest. Every one was irritated and furious. We had woken up at 2 am and started trekking at 3.00 am and reached our target at 6.00 pm. 15 hours of walking to cover 23 kms was too much for many of us. Straight away we took our dinner and went to sleep. Most of us had a sound sleep and were very much fresh on next day morning.

Now we were happy that we took that risk to come to safe area. We got up at 6.00 am in the morning in Garoli Pathaal. We were feeling fresh and energetic. After finishing morning rituals we had a small meeting with all our supporting staff. We could see all of them face to face. There were 3 Trek guides (one had already left with our team members) 3 Cooks, 8 mule handlers, 8 mules and one dog called Basya. (we named it like that) We thanked them all and gave them some mementos as a token of gratitude. We had our breakfast there. Took our packed lunch and started our journey from Garoli Pathaal. It was a steep, curvy, treacherous trail laden with stones. Slowly we climbed



down the mountain to reach a free flowing clean and crystal clear river called Neel Ganga River.

Some of us took a dip in Neel Ganga river. It was ice cold water and we were shivering from core. Took some time to take photos and videos. Dressed up again for the last leg of trekking.

It was steep ascent again for 2 kms and then a flat course to reach Wan village. We saw Devi temple on the way. Had our lunch which we carried in our backpack. Vehicles were waiting for us. Immediately we boarded the vehicles and traveled 15 kms on rough terrain to reach Lohajung from where we started our journey.

After seeing our team doing summit so easily and coming back so early our trek leader felt that we can go down today itself to Garoli Pathaal which is 14 kms down. As per our plan we were supposed to go down to Pathar Nachouni and stay in the camp and then climb down to Wan next day.

Our trek leader convinced us that it is safe and comfortable to do camping in forests of Garoli Pathaal as we get good oxygen there and temperatures are also tolerable. So we took risk and had our lunch at 10.30 am and started our way back. It was a gradual ascent again to Kalua Vinayaka. And from there steep descent to Pathar Nachouni. We took a break there and started moving again. There was network connectivity in some areas and from where we communicated with our friends and family to inform them that we were safe.

It was terrible and tedious journey and by the time we reached Garoli Pathaal it was 6.00 pm and was getting dark. With our headlights on we descended the final steep, curvy path to reach our camp in the thick forest. Every one was irritated and furious. We had woken up at 2 am and started trekking at 3.00 am and reached our target at 6.00 pm. 15 hours of walking to cover 23 kms was too much for many of us. Straight away we took our dinner and went to sleep. Most of us had a sound sleep and were very much fresh on next day morning.



Now we were happy that we took that risk to come to safe area. We got up at 6.00 am in the morning in Garoli Pathaal. We were feeling fresh and energetic. After finishing morning rituals we had a small meeting with all our supporting staff. We could see all of them face to face.

There were 3 Trek guides (one had already left with our team members) 3 Cooks , 8 mule handlers, 8 mules and one dog called Basya. (we named it like that) We thanked them all and gave them some mementos as a token of gratitude. We had our breakfast there. Took our packed lunch and started our journey from Garoli Pathaal. It was a steep, curvy ,treacherous trail laden with stones. Slowly we climbed down the mountain to reach a free flowing clean and crystal clear river called Neel Ganga River.

Some of us took a dip in Neel Ganga river. It was ice cold water and we were shivering from core. Took some time to take photos and videos. Dressed up again for the last leg of trekking. It was steep ascent again for 2 kms and then a flat course to reach Wan village. We saw Devi temple on the way. Had our lunch which we carried in our backpack. Vehicles were waiting for us. Immediately we boarded the vehicles and traveled 15 kms on rough terrain to reach Lohajung from where we started our journey.

All were in celebration mode as we had completed the trek successfully without any problems. All members were hale and hearty. After 5 days we took bath , did shaving and freshened up. Then we went for and leisurely walk in the streets of Lohajung. We also did some shopping and came back to our Homestay. Had wonderful dinner in that night and slept well. Next day was our journey back to Dehradun.

Our friends from Bangalore were supposed to travel early to go to Karnaprayag. We sent them off with a small get together. With heavy heart 3 of them left Lohajung to go to Karna Prayag.

Next day early in the morning we had our breakfast and left for Dehradun on 2 vehicles. Once enjoying the journey with Anthaakshari, jokes, fun and frolics.

It was a terrific journey with heavy traffic and lot of traffic jams all along due to landslides and damage to Roads and bridges. We were supposed to reach Dehradun by evening. By the time we reached Dehradun it was 2.00 am.

Every one was tired and immediately went to sleep. Next day we had trip to Mussoorie. We had breakfast in Hotel itself and started our journey. One of our friend Dr Chowbey had sent a person to accompany us to site seeing. He guides very well to show us all places in Massourie. We visited Prakasheshwar Mahadev Mandira, Bhatta Falls, Cable car, fun activities, LBS national Academy for IAS , Company flower garden, Massourie International School, then grand shopping in Mall Road. We had our dinner there in Massourie Mall Road and came back to hotel in the night. A day well spent. Next day we had trip to Mussoorie. We had

breakfast in Hotel itself and started our journey. One of our friend Dr Chowbey had sent a person to accompany us to site seeing. He guides very well to show us all places in Massourie. We visited Prakasheshwar Mahadev Mandira , Bhatta Falls, Cable car, fun activities, LBS national Academy for IAS, Company flower garden, Massourie International School, then grand shopping in Mall Road. We had our dinner there in Massourie Mall Road and came back to hotel in the night. A day well spent.

One of my duty doctor Dr Chowbey who lives in UP Ramanagara District, contacted me after seeing my WhatsApp status. And he had sent his confidential person from Dehradun to help to explore Dehradun and Massourie. He was our guide and he planned very well to cover maximum places in Dehradun and Massourie. Next day he took us to Udipi hotel for breakfast. After long time we had South Indian breakfast. And started our City tour. Went Dear Park, Cactus Garden, Aquarium and then to Robber's Cave. Then we were to beautiful campus Forest Research Institute. It was a treat to see the marvellous architecture of the FRI and Museums in FRI were amazing with lot of collections. We had some photography sessions in the campus and then saw all the 5 museums and went for Lunch.

We had our Lunch in Ananda Bhavan and purchased some local sweets to carry to home.

It was already getting late for our flight . So straight away we went to airport with our bag and baggage which we had loaded in our vehicles in the morning itself.

We had a pleasant flight back to Goa. By the we reached Goa, Mopa airport it was 9 pm. Immediately we started our journey back home. Had our dinner in a Daba on the way. We changed hands in between among ourselves. And by the we reached Sirsi it 5 am. At last we came back successfully with full satisfaction and it was like a dream come true. Thanks to our team members for their wonderful company. Thanks to Dr Keshav Reddy for initiation. Thanks to Dr Vinay for accommodating our Sirsi group. Thanks our Trek organiser Shri Dinesh Unyal ji. Thanks to our trek guide and trek leader Santhosh ji. Thanks to our guides, cooks , mule handlers for all the help they have provided us during our journey.

Thanks to one and all.





केनरा बैंक
Canara Bank
A Government of India Undertaking



Together We Can

Quick and easy **banking**
anytime, **anywhere**



- Balance Enquiry
- EMI / RD Calculator
- Account Statement
- Mini Statement

...And many more

Canara ai1 Corporate



THE BUSINESS BANKING SUPER APP



360° Dashboard



Forex Transactions



Trade Finance for LCs, BGs, etc.



Bulk Payment Option

...And many more

Scan to download the app



Bank Smarter
Transact Faster



www.canarabank.com

1 Bank Number **1800 1030**





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. 19,07,000/-

Recent death claim New Silver Jubilee Scheme – Rs. 59,90,000/-



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

Today I will do what others won't, so tomorrow I can accomplish what others can't.



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-From 01-10-2023

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/-
GST 18%	Rs. 600/-
Grand Total	Rs. 3700/-
b) Fee details for subsequent years	
Annual subscription fee	Rs. 500/-
Demand fraternity contribution	Decided and intimated that year *
GST 18% on the demanded amount	

*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**



IMA-KSB President Participated Syndicate Meeting, RGUHS



IMA-KSB State Working Committee Meeting



IMA-KSB President & State Secretary Visit to Bangalore Branch



Your Mental Health Friend

OUR MENTAL HEALTH SERVICES

Psychiatric Intensive Care | General Adult Psychiatry | Substance Misuse-Disorders | Mental Health For Senior Citizens | Psychological Interventions
Child & Adolescent Psychiatry | Electro Convulsive Therapy (ECT)
Home Care / Outreach | Neuropsychiatry | Sleep Disorders
Assisted admissions (Retrieval) | Psychiatric Daycare Centre | Neuro Modulation-Treatment | Holistic Therapies (Art, Drama, Dance, Music, Yoga, Virtual Reality)

THE MAARGA DIFFERENCE



Safeguarding your Rights, Privacy and Confidentiality



Evidence based Protocols



Holistic Approach



Personalised Care



Internationally Trained Psychiatrists

www.maargamindcare.com | maarga@peopletreehospitals.com

24/7 Emergency / Retrievals

  **9741772233**

Maarga, 23/B, Sector
A, Yelahanka New Town,
Bengaluru 560064



Indian Medical Association

Karnataka State Branch IMA House, Near IMA Circle
Alur Venkata Rao Road, Bangalore- 560 018
Ph.: +91-80-26703255 | Email : imafocus@gmail.com
Web : www.imakarnataka.in