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Congratulations on your selection

- *Dr. Avinash Bhondwe as Dean CGP HQ 2022*
- *Dr. Sanjay Patil as Jt. Secretary IMA HQ 2021-22*
- *Dr. Jayant Navarange Continued as Chairman IMA MSSS*
- *Dr Jayant Navrange selected in IMA HQ Standing Committee for Finance*
- *Dr. Padma Iyer nominated as Vice Chairman of HBI IMA MS with Dr. Disawal.*
- *Dr. Arun Halbe selected as a Chairperson of the Organ Transplant Sub Committee of IMA MS & Dr. Vinay Koparkar (Pune) is the Co-Chairman.*
- *Dr. Meenakshi Deshpande selected as Co Chairperson in IMA MS Mission Pink Health*

If any member has been selected by IMA HQ or IMA State, pl contact IMA Pune office.

Honours & Award

Congratulations

★ लॉप्रोस्कॅपिक बॅरियाट्रिक शस्त्रक्रियेचे भारतातील जनक असलेल्या **डॉ शशांक शहा** यांचा गौरव स्प्रिगनर या अंतरराष्ट्रीय नियतकालिकेत केला आहे. 'इंटरनॅशनल फेडरेशन ऑफ सर्जरी ऑफ ओबेसिटी' यांच्यातर्फे हे नियतकालीक प्रसिद्ध होते.

ओबेसिटी अँड मेटॅबोलिक सर्जरी सोसायटी ऑफ इंडिया यांनी **डॉ शशांक शहा** यांना 'फेलोशिप ऑफ मेंटबॉलिक अँड बेरियाट्रिक सर्जरी' (एफएमबीसी) हा पुरस्कार प्रदान करण्यात आला. हा गौरव झालेले ते देशातील पहिले बेरियाट्रिक सर्जन आहेत

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Editorial

Dr. Hillary Rodrigues
Mob : 9422301180

I read this article and was moved by it, it holds a deep significance in our profession, as doctors whatever field of practice we are in, we come across personal tales and experiences of our patients showing strong resilience, immaturity, helplessness, anger, frustration and disappointment when faced by a critical illness or grave diagnosis. We also see inner strength, determination, acceptance, a fighting spirit and unwavering family support. Compassion in both cases is what we always show and share with these families and patients, we are looked upon as the only hope they have left.... Compassion adds to the wellbeing of such patients and families....A big thank you and appreciation to my fellow colleagues for making the tears flow less, for bringing a smile to the sad faces, for showing them that all is not lost, for being compassionate and human. The lesson the person across you learns, will leave an everlasting impression on their minds and carry on the legacy of compassion further on.

Develop Your Compassion

Nothing helps us build our perspective more than developing compassion - for others. Compassion is a sympathetic feeling. It involves the willingness to put yourself in someone else's shoes, to take the focus off yourself and to imagine what it's like to be in someone else's predicament, and simultaneously, to feel love for that person. It's the recognition that other people's problems, their pain and frustrations, Are every bit as real as our own – often far worse. In recognizing this fact and trying to offer some assistance, we open our own hearts and greatly enhance our sense of gratitude.

Compassion is something you can develop with practice. It involves two things: intention and action. Intention simply means you remember to open your heart to others; you expand what and who matters, from yourself to other people. Action is simply the “what you do about it.”

You might donate a little money or time (or both) on a regular basis to a cause near to your heart. Or perhaps you'll offer a beautiful smile And genuine “hello” to the people you meet on the street. It's not so Important what you do, just that you do something. As Mother Teresa Reminds us, “We cannot do great things on this earth. We can only do small things with great love.”

Compassion develops your sense of gratitude by taking your attention off all the little things that most of us have learned to take too seriously. When you take time, often, to reflect on the miracle of life -The miracle that you are even able to read this book – the gift of Sight, of love, and all the rest, it can help to remind you that many of the things that you think of as “big stuff” are really just “small Stuff” that you are turning into big stuff.

◆◆

IMA WDW subcommittee, Pune

Dandiya / Garba 2020 Online Competition

Results

Online Dandiya / Garba 2020 competition was held in month of September and IMA members were asked to send videos

Two videos were recieved

1) Dr Vaishali Chavan - Solo Garba

2) Dancing Queens:

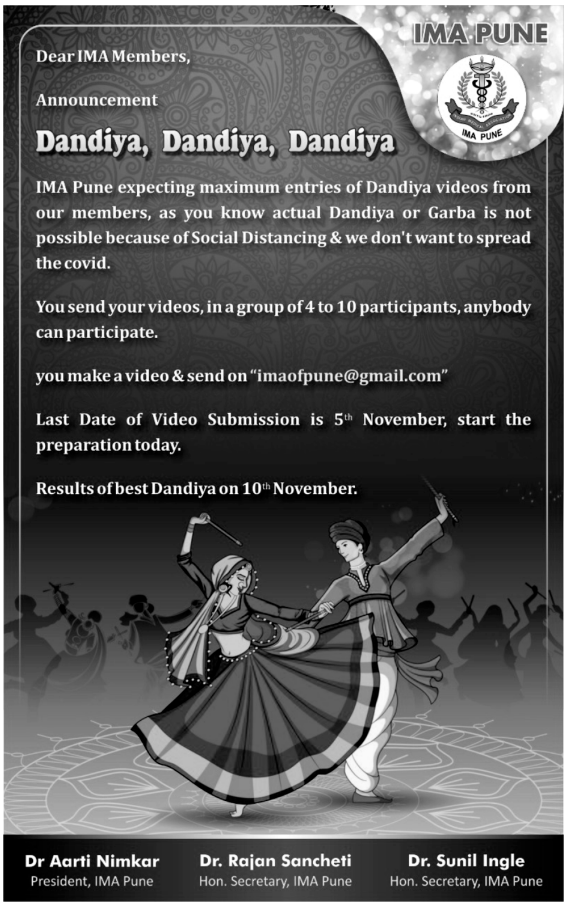
- Dr. Madhavi Chidgopkar
- Dr. Meenakshi Deshpande
- Jagruti kanekar
- Swati Dani
- Bhavana Sontakke
- Shreya Sudame
- Rajeeta Sahastrabhudhe

Choreographer : Deepali Joshi

Song Editor : Nikhil Gosavi

Videoshooting : Shantanu Sudame, Dr. Apoorva Deshpande

They will be felicitated with participation certificates in Mahila Din program to be held by WDW subcommittee IMA on 8th March 2021



Welcome New Members

Sr. No.	Name	Speciality	Contact
1	Dr. Atharva Bipin Sule	MBBS	9371175577
2	Dr. Kanchan Ganesh Suryakant	Pharmacologist	9527720211
3	Dr. Naresh Prabhakarrao Zanjad	Forensic Medicine	9764816306
4	Dr. Prathamesh Prakash Bongale	Radiologist	9763005500
5	Dr. Sethia Sarika Santosh	Ophthalmologist	9371934157
6	Dr. Ram Phal Bansal	Ophthalmologist	9810771387

From the President's Desk

Dr. Aarti Nimkar
Mob : 98223 04882

Theme of IMA Pune for 2020-21 is Health, Happiness, Harmony. We say Health is Wealth We speak of it, advocate it to others, with the gravity of Nestor advise our younger generation of it but prefer to remain callous and aloof of it.

This gross aloofness has been shaken from the grass root of late by the looming shadow of pandemic. This almost imperceptible diabolic virus (SARS-COV2-19) has steadily percolated into the very fabric of the society and has wreaked havoc shattering our very source of existence. Now, as a repercussion to this violent jerk to our prejudice we have all become unanimously conscious of "LIFE BEING SUPERIOR TO EVERYTHING ON EARTH".

Before Pandemic IMA Pune has started a sportfit club, about 60 IMA Pune members enrolled in it. Every month we had meeting, some well-known fitness personality we use to call to guide the members. Most of the our members are marathon runners, cyclist, athletes &players but those who wanted the guidance are very well benefited. Just before the lockdown we have started intermittent fasting regime.

Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods you should eat but rather when you should eat them. In this respect, it's not a diet in the conventional sense but more accurately described as an eating pattern.

The 16/8 method. The 16/8 method involves fasting every day for 14–16 hours and restricting your daily eating window to 8–10 hours. Within the eating window, you can fit in two, three, or more meals. This method is also known as the Lean- gains protocol and was popularized by fitness expert Martin Berkhan. It is a very popular health and fitness trend, with research to back it up. it is a very simple and effective way to restrict calories and burn fat, It's having metabolic health benefits, as it can improve various different risk factors and health markers, it can help protect against diseases, including heart disease, type 2 diabetes, cancer, Alzheimer's disease and others, it is an effective "life hack" that makes your life simpler, while improving your health at the same time. Humans are well adapted to fasting from time to time.

Modern research shows that As long as you stick to healthy foods, restricting your eating window and fasting from time to time can have some very impressive health benefits. Our members have experienced these benefits.

A most important thing is that with any diet pattern we have to do exercise. Experts say that 70% to 80% diet & 30% to 20% exercise is a must to get mental, physical &spiritual health. Being a doctor we know that if you don't use it, you will lose it. Keep your brain active to avoid Alzheimer's, Dementia like diseases which are the results of neurodegeneration, muscle wasting, joint pain are results of atrophic changes of not using these parts.

With the Health of healthcare takers- IMA Doctors, we have to Save Healthcare

system also by supporting “Save Healthcare system of India Movement” No To Mixopathy. Agitation against Mixopathy-Protesting the CCIM notification in the Gazette of Central Govt., allowingAyurved Post Graduate students to use 58 surgeries.

The IMA National President, Dr. J. A. Jayalal has announced a Relay Hunger Strike against Mixopathy from 1st to 14th February 2021. Protesting the CCIM notification in the Gazette of Central Govt., allowing Ayurved Post Graduate students to use 58 surgeries,From 1st February 2021 to 14th February 2021 there is nationwide Relay Hunger Strike by all the IMA members at their local branches.

On 1st& 2nd February2021 relay Hunger strike started at Delhi & followed by all IMA branches in India. In Pune IMA has done thisrelay Hunger strike on 9th& 10th February. we were very much delighted to welcome our NP Dr.J A Jayalal, has chosen Pune Branch for his visit to Maharashtra. Maharashra State president Dr. Ramkrishna Londhe & National Secretary IMA HBI HQ Dr. Mangesh Pate also joined him. It was a golden opportunity to have National & State President at a time on Dias for one event like agitation. This agitation was very successful. More than 200 colleague doctor associations leaders, Media& Newspaper reporters in big numbers for press conference were present. Dr. Mohan Agashe was also present for press conference. Chairman Trust Board Dr. Avinash Bhutkar and Executive Trustee Dr. Jayant Navarange along with Office Bearers and Past Presidents of IMA Pune participated in the protest.

National President Dr. Jayalal gave a very clear message that ,IMA is not against any system of medicine. All systems of medicine have right to grow in their purity. As a matter of fact if mixopathy is permitted as the official policy of the nation, traditional Ayurveda stands to lose much more than modern medicine.

This is a straight way encroachment, It is not correct Legally or ethically, by law cross practice is not allowed,1996 Ahwinpatel Vs Poonam varma case Supreme court Judgement, If India lacs in super specialty doctors in rural set up ,this is not a solution, increase the seats, correct U G P G ratio

An Ayurved PG student after completing this course can perform surgeries from various specialized branches of Modern Medicine. It means the same 'Vaid' can perform Appendicectomy, Kidney stones, Ear Surgery, can operate Cataract, is allowed to Gall Stone Surgery and is qualified to do Dental Extraction. Such wide choice is not allowed legally to even the General Surgeons of Modern Medicines. Any operative procedure is a delicate procedure which carries a thin line between life and death. It is dangerous for patients also to get operated from trained but unskilled surgeons

Moreover the Ayurved Vaids will be given M.S. Degree which will confuse the patients about his pathy. Most of Our society members are very ignorant about degree/qualification of which pathy the treating doctor is having they only see most of the time who is charging less, we have to do “Jan jagruti”

We want 1) The Notification of CCIM should be withdrawn.2) The 4 Committees of NMC should be dissolved immediately, which are formed for such MIXOPATHY. The end result of CCIM notification will be on the patient's life and health. So we will be doing sensitization of Community at large all over India

◆◆

IMA Pune: CME cum Tour to Kashmir

Seats almost full

IMA is arranging a CME / tour to Kashmir from March 11 to March 18 2021. Tour includes half day CME / site seeing in Shrinagar and visit and stay in the beautiful places like Gulmarg and Pehelgam. Tour is inclusive of all meals. The cost includes Pune to Pune airfare also. Stay & all meals in premium hotels. Excellent tour guidance from Pune to Pune.

The costing for the same will be around Rs. 60,000/-. Those who are interested in this trip are requested to contact:

1. Dr. Mohan Joshi – 9960362832 / 020-24470183
2. Dr. Jayant Navarange - 9890206303
3. Dr. Rajan Sancheti – 9823147882
4. Dr. Sunil Ingale– 9850036524

Thirty people will be included in the trip on first come first serve basis.

Dr. Aarti Nimkar
President, IMA Pune

Rajan Sancheti / Dr. Sunil Ingale
Hon. Secretaries, IMA Pune

Dr. Jayant Navarange
Executive Trustee, IMA Pune

Dr. Mohan Joshi
Chairman, CME Tours IMA Pune

Managing Committee Election - 2021 Results

The following 11 candidates are declared elected unopposed to the Managing Committee of Indian Medical Association, Pune Branch.

1. 10 posts are for the year 2021 to 2024 i.e. for 3 years
2. One post will be for 1 year 2021 to 2022

Sr. No.	Name of the member	Mobile	Email ID
1	Dr. Jayant Navarange	09890206303	jayant.navarange@gmail.com
2	Dr. Suhas Nene	09822115335	doctorsuhasnene@gmail.com
3	Dr. Sanjay Patil	09822520257	sanjaydpatil24@gmail.com
4	Dr. Nandkishor Mantri	09822845265	drnnmantri@gmail.com
5	Dr. Narayan Karne	09822036724	njkarne23@gmail.com
6	Dr. Anand Deshpande	09822013438	anand3662@yahoo.com
7	Dr. Sachin Lakade	09422029159	drsachinlakade@gmail.com
8	Dr. Virendra Ostwal	09823274756	virendraostwal@yahoo.com
9	Dr. Kedar Patil	09823017515	drkedarpatil09@gmail.com
10	Dr. Geetanjali Sharma	09822060433	eyedrgeeta@gmail.com
11	Dr. Anil Dudhbhate	08888621535	anildudhbhate9@gmail.com

Dr. Ambrish Shahade
Election Officer 2021, IMA Pune

INDIAN MEDICAL ASSOCIATION
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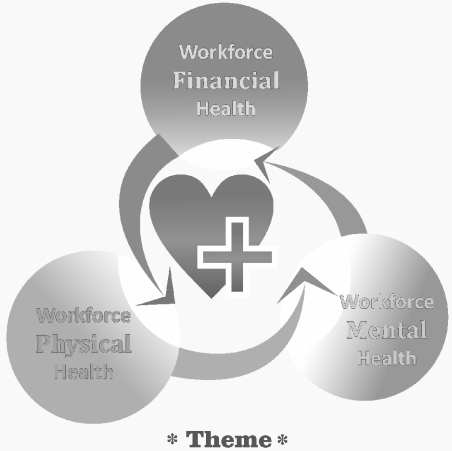
Financial Year Diary
2021 - 22



*** Theme ***

STEPPING TOWARDS COMPLETE WELL-BEING

- **Highlights**
- **Important Phone Numbers**
- **Helpline Numbers, Ambulance Numbers**
- **Privileges for IMA members**
- **Members' Birthdays**
- **Articles on "New Normal Post COVID"**
- **Articles on Financial Wellness**
- **Details about IMA**

Dear Sir/Madam,

Greetings from IMA Pune Diary Committee !

We are delighted to invite you to join IMA Pune Financial Diary Project 2021-22. IMA Pune Branch is one of the most active and largest branches of IMA India. With the glorious and respectable standing of 93 years. The branch has a strength of 4900 members. For the last 33 years, we are conducting the prestigious project of Financial Diary for our members.

We bring out the Financial Diary every year from April to March (12 months) with a theme, enriched with latest knowledge and useful tips on various topics that serves as a ready reckoner on the desks of IMA members.

The advertisements in this diary will help you to reach a large group of well qualified and knowledgeable Doctors and Specialists & Superspecialists in various branches of medical fields.

The Diary will be circulated to Presidents and Secretaries of all 11 IMA Branches in Pune district and 214 branches in Maharashtra. This year the theme is **"STEPPING TOWARDS COMPLETE WELL-BEING".**

The diary is entirely supported by advertisements and the funds collected are utilized to fulfill the aims and objects of IMA, viz improving health care system by conducting Rural Health Camps, Cancer screening camps and Health Education and Counseling of the public by conducting Social Awareness programs at large etc.

The diary is also a source of saving important phone nos., details of authorities involved in giving permissions for hospitals, privileges of being IMA member and special birthday page for members.

We appeal to kindly give your wholehearted support in making this project a huge success. Kindly give us an appointment for a personalized meeting with IMA Pune Diary Committee members, according to your convenience as early as possible.

Yours Sincerely,

Mr. Shashishekhar Hiremath
CBO, Poonawalla Finance
Chairman, Diary Committee

Dr. Jayant Navarange
Exe. Trustee, IMA Trust Board
Co-Chairman, Diary Committee

Dr. Aarti Nimkar
President, IMA Pune

Dr. Meenakshi Deshpande
Secretary, Diary Committee
Vice President, IMA Pune
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Dr. Rajan Sancheti
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Hon. Secretaries, IMA Pune

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Co-Chairman	:	**Dr Jayant Navarange**
Secretary	:	**Dr Meenakshi Deshpande**
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Committee Mambers

Dr Avinash Bhutkar (Chairman Trust Board)	Dr Sharad Agarkhedkar (IMA Trustee)	Dr Anil Panse (IMA Trustee)
Dr Dilip Sarda (MMC Member)	Dr Padma Iyer	Dr Arun Halbe
Dr Vaijayanti Patwardhan	Dr Shreekant Kelkar	Dr Ashutosh Jape
Dr Suresh Gokhale	Dr Girija Wagh	Dr Suhas Nene
Dr Ambrish Shahade	Dr B. M. Dixit	Dr Hillary Rodrigues
Dr Maya Tulpule	Dr Sachin Sangamnerkar	Dr Avinash Bhondwe
Dr Bhushan Shukla	Dr Prashant Chaudhari	Dr Hemant Karandikar
Dr Nandkishor Mantri	Dr Ananta Kulkarni	Dr Ravindra Chajjed
Dr Prasad Agashe	Dr N.J. Karne	Dr Anand Deshpande
Dr Aruna Chaphekar	Dr Sameer Shah	Dr Tushar Panchnadikar
	Dr Virendra Ostwal	Dr Raviraj Gaidhankar

For further information

Dr. Nitu Mandke IMA House, 992, Shukrawar Peth,
Tilak Road, Pune 411 002.
Phone (020) **2446 4771 / 2443 0042**
E-mail : **imapunediary2017@gmail.com**
&/or **Dr. Meenakshi Deshpande** : 9922464365

IMA PUNE

Last Month in IMA [January 2021]

Dr. Rajan Sancheti / Dr. Sunil Ingale
Hon. Secretaries

MULTICON Pre-conference Workshop
This was conducted on 3D Virtual Platform

10th January 2020

There were two Pre-conference workshops which were inaugurated by President Dr Aarti Nimkar. The first Workshop was "Step by Step Practical Approach to Anorectal Disorders" from 9am to 12pm. Chairpersons were Ambrish Shahade and Dr. Padma Iyer. Dr Ashwin Porwal, Dr Paresh Gandhi and Dr Deepak Kulkarni discussed management of piles and various fistulae eg. rectovaginal fistula, fourth degree perineal tear repair etc with the help of videos.

Second Workshop was from 1pm to 4pm "Infertility Management for Family Physicians" by Dr Amol Lunkad and Dr Ramesh Gaikwad. Chairpersons were Dr. Meenakshi Deshpande and Dr. Alka Kshirsagar. Endocrinology of ovulation, induction of ovulation and recent advances in management along with few cases were discussed. Questions were asked on above topics and poll was taken which was appreciated by everyone. 300 participants attended the workshops.

MULTICON Conference
This was conducted on 3D Virtual Platform

16th & 17th January 2020

The Multicon conference was started on Saturday 16th January 2pm onwards. Scientific paper presentation started in Dr Anandibai Joshi hall and Poster presentation started in Dr B C Roy hall from 12 pm to 2 pm. There were 7 posters and 13 papers were presented by postgraduate students from medical colleges from all over India. Dr Ashutosh Jape, Dr Maya Tulpule and Dr Gauri Oka were judges for papers, while Dr Ravindra Chajjed, Dr Virendra Ostwal and Dr Meenakshi Deshpande were judges for posters.

From 2pm onwards Scientific sessions were started in both the halls. In Dr Anandibai Joshi hall chairperson was Dr. Sachin Sangamnerkar .Dr. Dipti Pujari explained about Allergy in childhood. Dr Shripad Pujari discussed neurological complications of Covid. While in BC Roy hall. Chairperson was Dr. Milind Khedkar. Dr Rakesh Borse told long term complications of Covid. Dr Ameet Dravid talked on Covid vaccines.

From 3pm onwards in Plenary hall 3 Keynote Addresses were delivered on "Working of IMA now & in future in normal and post Covid era" by Dr J. A. Jayalal, National President IMA, Dr Ravi Wankhedkar, National Past President IMA and Dr Jayesh Lele Hon. Secretary General.

IMA Pune Dr Nitu Mandke Oration was delivered by the eminent speaker Dr Chandrashekhar Ponde, on “Residual Cardiovascular Risk- The Concept and The Solution”. He is renowned Interventional Cardiologist from Mumbai. He was felicitated after the oration with Puneri Pagadi, Shawl and Shriphal and Memento. Dr. Alka Mandke also was felicitated. Video of Dr. Nitu Mandke was shown. This was conducted by Dr. Meenakshi Deshpande.

Scientific session continued in Anandibai Joshi hall. Chairperson was Dr. Maya

Tulpule. Dr Ashwin Porwal discussed Role of STARR Surgery in constipation and Dr Paresh Gandhi spoke on Laser in Varicose Veins. Dr Deepak Kulkarni with the help of videos showed 3D Hernia Surgery. Dr Manoj Durairaj spoke on Heart Transplant. Dr Ajit Kulkarni discussed on Feature of Lung Transplant. Dr Tushar Patil highlighted Lymphoma from a primary care physician's perspective.

Cultural Program - Dr. Ananta Kulkarni entertained all the delegates with his comic one.

छेट्या करोनाची मोठी पार्श्वभूमी

एका मागून एक विडंबन गाण्यांचा थाट
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भन्नाट कल्पना, वैचारिक दंगल
विनोदबुद्धी, शेरोशायरीची चंगळ
रंगली मल्टीकॉनच्या व्यासपीठावर
डॉ.अनंता कुलकर्णींची आगळीवेगळी मैफील
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छेट्या करोनाची मोठी पार्श्वभूमी
(डॉअलका क्षीरसागर यांची काव्यात्मक प्रतिक्रिया)

In BC Roy hall after 5 pm Chairperson was Dr. Ravindra Chajjed. Dr Laxmikant Yenge addressed on Post covid lungs sequelae. Dr Mahesh Kulkarni discussed myths and facts of joint replacement. Dr Kailash Patil spoke on Tackling Osteoarthritis during Covid19 time and Dr Miti Katakwar talked on 'Twin Rab' A Breakthrough in Rabies Prophylaxis. Lastly Dr Nitin Dalaya interacted with delegates on Psychological Challenges in 21st Century which was applauded by all the delegates.

All the speakers and chairpersons were felicitated virtually by IMA Uparna by President Dr. Aarti Nimkar.

On 17th January 2021

Dr Anandibai Joshi hall -

Chairpersons Dr. Ashutosh Jape & Dr. Hillary Rodrigues

Dr. Suraj Goyanka - Dr Suraj Goyanka discussed Immune Thrombocytopenia-evaluation and Treatment options. Dr. Rajiv Sethi's speech on “Management of Heart Failure - Recent Advances”

In Plenary Hall

From 10-11 am

IMA Pune NIO Oration - Dr Sundeep Salve a well-known Scientist and pulmonologist spoke on “When and How should doctors in practice Do Research?”. It was a very unique discussion with new aspects to know and the delegates were impressed by the small examples he gave to initiate to go for research. He was felicitated after the oration.

IMA Pune Dr M J Joshi Oration -11-12am Dr Rajendra Badwe, Director, Tata Memorial Hospital spoke on “Cancer and Covid - Two big Cs to Tackle”.He with the scientific data showed how to overcome various problems with Cancer and Covid. Dr Rajendra Badve

was felicitated by Dr Madhuri Lokapur and Joshi family in person. The video was shown of felicitation by Puneri Pagadi, Uparane, shawl, shreephal, memento and flower bouquet.

Inauguration Ceremony - Chief Guest was Hon. Lieutenant General (Dr) Madhuri Kanitkar, AVSM, VSM. She spoke very well on situation before and after Covid. She appreciated work done by IMA during Covid19 Pandemic and she was felicitated virtually by flower bouquet, special IMA Uparane and Memento. G O H Dr. Ramkrishna Londhe, President IMA MS gave the best wishes for conference.

Dr Dadasaheb Maindad discussed on Post Covid Gastrointestinal and Hepatic Manifestations. The talk was appreciated by all the delegates. Lastly Dr.Sumant Patil spoke on paediatric Multisystem Inflammation Syndrome.

Dr B C Roy Hall - Chairpersons Dr. B. L. Deshmukh & amp; Dr. Meenakshi Deshpande

Dr Tushar Godbole talked about case approach to short stature. Dr Aniket Kumbhojkar spoke on Growth Hormone treatment in Growth Disorders whom to treat. Dr Vaishali Deshmukh discussed changes in the treatment of Growth Disorders after Covid.

There was IMA Pune NIO Oration, IMA Pune Dr M J Joshi Oration followed by Inauguration Ceremony In **Plenary Hall**

Post lunch in Dr Anandibai Joshi Hall-chairperson Dr. Aniket Joshi

Dr. Shashank Shah's spoke on "**Obesity and Immunity**"

Dr. Varsha Shinde's speech on **"Basic Life Support for Healthcare Professionals"**

Dr. Dadasaheb Maindad's speech on **"Post Covid Gastrointestinal & Hepatic Manifestations"**

Dr. Sumant Patil's talk on **"Paediatric Multisystem Inflammatory Syndrome"**

Dr. B. C. Roy Hall - post lunch chairperson **Dr. Sachin Lakade**

Dr Rahul Sawant discussed management of Acute Heart ailments during Covid19. Dr Rahul Patil spoke on Impact of Covid on the Heart and chronic Heart problems with Covid. Dr Neeraj Adkar enlighted us about Recent Advances in Orthopaedics and Robotic Joint Replacement Surgery. Dr Dhanesh Kamerkar spoke on Athero Thrombosis - What's the Latest Trial- Compass and Voyager PAD.Dr Adwait Kothurkar discussed on Covid and Arterial Thrombosis. Dr Nupur Sarkar discussed Covid and Venous Thrombosis. Dr Rajiv Sethi spoke on Management of Heart failure - Recent Advances.

President Dr. Aarti Nimkar and Secretaries Dr.Rajan Sancheti and Dr. Sunil Ingale thanked Chief Guest, Guest of Honour, Trust Board members, all the dignitaries, faculties, delegates, sponsors, technical support team, Pune IMA office Bearers and Staff.

The conference ended with the auspicious valedictory function and prize distribution for posters and paper presentation, feedback from past IMA presidents, faculties & audience. Lastly national anthem.

22nd January 2020

Mammography Camp in Amanora

Mammography camp was conducted in Amanora Park and 104 females were assessed out of which 24 females were referred to D. Y. Patil Medical College for further investigation. 4 females were doubtful and had been advised for further follow-up. Total

50 females have been checked for mammography. Mr. Vivek Kulkarni from Amanora, President Dr. Aarti Nimkar, Dr.Vaijayanti Patwardhan, Dr. Alka Kshirsagar, Dr. Meenakshi Deshpande, Dr. Rajan Sancheti, Dr. Sunil Ingale from IMA Pune and Dr. Brig. Amarjeet Singh sir, Dr. Hemant Deshpande, Dr. Mrs. Reshma Puranik, Mrs. Chitra, Mrs. Tasleem Maner from D. Y. Patil Medical College played a key role in this project.

26th January 2020

Flag hoisting ceremony

On the auspicious occasion of 26thJanuary 2021, 72nd Republic Day at 8 am Flag was hoisted IMA President Dr Aarti Nimkar in the presence of all office bearers, members and trust board. It was followed by Arts Circle Programme. Shri Pandurang Balkavade, Senior Historian and well-known Shivcharitra expert spoke on 'स्वराज्य सुराज्य आणि संविधान'

All the members appreciated the lecture very much.WDW subcommittee Essay Competition Prize Distribution was done before this lecture.

29th January 2020

CPR Workshop

CPR activity was done for the Staff of Amanora Club in which Dr. Yashwant Mane, Dr. Ladkat and Dr. Rajan Sancheti were the instructors for this project. Dr. Sanjay Patil, Action Committee Chairman took keen interest in this activity which was done with the help of NIO. Mr. Vivek Kulkarni and Staff of Amanora supported this important lifesaving activity.

◆◆

IMA SPORTS 2020-21
SCHEDULE FOR SPORTS EVENTS 2020-21

SR	DAY & DATE	EVENT &TIME	VENUE	COORDINATORS	PH. NO
1	Sunday, 14th February 2021	Walking 7:00 am to 8:00 am	Sarasbaug	Dr. Jayant Navarange Dr. Milind Khedkar	9890206303 9689931102
2	Thursday, 18thFebruary 2021	Parvati Climbing 7:00 am to 8:00 am	Parvatri paytha	Dr. Jayant Navarange Dr. Milind Khedkar	9890206303 9689931102
3	Sunday, 28thFebruary 2021	Chess 9:30 am to12:00 am	IMA Pune	Dr. Arun Halbe	9423586343
4	Sunday, 28thFebruary 2021	Carrom 9:30 am to12:00 am	IMA Pune	Dr. Hemant Karandikar	9422080686

1. Participate in large numbers (IMA member and their family members) 2. Pre Registration Compulsory
3. Please pay registration fees Rs. 100/-
4. To be paid at - a. IMA Office Pune b. To any chairperson

Please register your entry as early as possible to organize in better way

Dr. Aarti Nimkar	Dr. MilindKhedkar	Dr. Sancheti Rajan / Dr. Sunil Ingale
President, IMA Pune	Chairman Sport committee IMA Pune	Hon. Secretaries IMA Pune

MeFy
Healthier Together

20th Feb 2021
4 PM to 7 PM

IMA Pune along with MeFy Care Pvt. Ltd. and Mission Pink Health Committee is Organizing a Webinar on Tech Changing Everything, What's Coming Next?

With the advent of technology that has impacted every part of our life. From transportation to communication. We are seeing technology slowly but steadily change our healthcare systems. MeFy along with IMA Pune is organize a virtual seminar on how technology is changing, while showcasing what's coming next.

Welcome by **Dr. Rajan Sancheti**, Hon. Secretary, IMA Pune / **Dr. Sunil Ingale**, Second Secretary

Address by **Dr. Aarti Nimkar**, President, IMA Pune

Agenda

Programme Coordinator

From IMA
Dr. Meenakshi Deshpande
9922464365

From MeFy
Abhishek Gupta
8956632312

- AI wheels & Pedal form in Diagnostics and consultation
- Microfluidics and How it is reducing size,weight and cost of medical devices
- How instant diagnosis can change consultation outcome
- Tech Changing Everything, What's Coming Next?
- Is India Heading towards hypertension capital of the world
- How Mefy can change Diagnostics Landscape in India
- Hormonal disorders of Adolescent

Speaker

IMA

Dr. Aniket Joshi
Physician

Dr. Sushma Lad
Pathologist

Dr. Rahul Jahagirdar
Paediatric Endocrinologist

MeFy

Sanjay Sinha
Founder & CEO

Dr. Anirban Sinha
Doctorate in Nano Technology & Microfluidic

Dr. Ankit Singh
MD Radio diagnosis
Junior Resident

Shronika Kannan
Clinical Research Analyst

Women Doctor's Wing (WDW) IMA Pune presents

"Celebration of World Woman's Day"

"ABHANG"

(All for Being Healthy and Happy- Admire, Nourish, Groom
(Tribute To womanhood)

Sunday, 7th March 2021 Timing: 2.00 pm to 8.00 pm
Venue: Dr. Sancheti Auditorium, Dr. Nitu Mandke IMA Hall, Tilak Road, Pune

Programme Highlights -

Public Programme - 3.30 to 6.30 pm (in marathi)
Lecture Topics
1. How to be Healthy at all ages
2. Choosing healthy lifestyle for Fitness
3. lock down, stress sexuality and much more

Panel discussion: Balancing Professional and Personal Life

Felicitation of WDW Volunteers & Women Icons in Health Care & Sakhi Experts

Cultural Programme - 7 pm to 8 pm

Recipe competition
Registration: Fees 100/- for participation in Recipe Competition & Dance (each)
RSVP: IMA Pune (020-24464771)
only WA : Dr. Vaijayanti Patwardhan (09890840026), Dr. Alka Kshirsagar (09822525121), Dr. Rajan Sancheti (09823147882)

Recipe Competition details:
IMA: Happy to announce Healthy Recipe Competition for all 2 categories -
Topic : 1. Healthy Tiffin 2. One dish meal

Rules and regulations -

- Open to all - IMA Members/non members
- Recipe should be prepared at home and displayed at IMA on 7th March between 2 pm to 3 pm along with details of contents and method, and expenses / highlights and personal details, contact number - typed or neatly handwritten on a paper.
- The registration numbers will be given on the spot which will be displayed along with recipe
- No entry fees. But registration mandatory with IMA Office
- The decision of judges will be final and will be a binding on the participants
- IMA reserves the right to accept/ reject entries without reasons.
- Result will be announced during programme on the same day along with prize distribution.
- No personal communication will be done about the competition related matters.

Dr. Aarti Nimkar
President, IMA Pune
Dr. Vaijayanti Patwardhan
Chairman, WDW

Dr. Rajan Sancheti / Dr. Sunil Ingale
Secretaries, IMA Pune
Dr. Alka Kshirsagar
Secretary, WDW

IMA HBI Pune Subchapter

Dr. Sanjay Patil
(Chairman, IMA HBI Pune Subchapter)

Hi, Everyone,
Seasons Greeting,

IMA Pune HBI had organised a meeting on 20thJan 2021 to discuss very important issues like renewal of registration, Fire NOC, service tax notices and Bio medical waste.The list of required documents for renewal of registration of hospital by PMC was discussed.

This year as far as fire NOC is concerned they are going to accept B certificates as an continued process of fire NOC. This is as per notification issued by Central Ministry. Mr.Jagtap from PMC Fire department,who attended that meeting said that hospitals can collect B certificates for 3 yrs and get Fire NOC once at the end of 3 yrs!Futher,in the view of the tragedy that happened at Bhandara,He urged to keep critical patients at 1 st and 2nd floors so that rescue operation becomes easy. He also stressed importance of regular maintenance and keeping all fire equipment ready and well organised. One important point I would like to highlight here is,for Operation Theatre, CO2 fire extinguisher are advisable over ABC type as after it's use chemical residue damages delicate and costly electronics equipments.ABC type is required at other places in hospitals and clinics.

Secondly, issue of required qualified nurses in hospital was discussed.

It is well known that in BNHRA nowhere it is mentioned that qualified nurses are mandatory for renewal of hospitals registration.We had represented this to all authorities and Minister from time to time mainly at the time of last renewal in 2018!
So,we decided to write letter to PMC in this regard. Meanwhile GOM has issued notification on 14th Jan 2021 as Maharashtra Nursing Home Registration rules 2021.
There are many questionable and impractical issues in these rules,and,IMA MS and HBI are working on this .After detailed study we will represent this to authorities.Till then I request everyone to apply for renewal in time.

Many of our members have received service tax notices as well as show cause notices,we have represented this to Hon MP Shri Girishji Bapat. We are going to meet GST commissioner soon.Regarding this IMA MS has sent a well drafted letter to central GST commissioner

Also Dr.Jayant Navarange our Executive Trustee has drafted reply to these notices as we are a healthcare service and we do not come under ambit of service tax and our services are exempted.

According to rules by pollution control board it was made compulsory to install STP/ETP plant for more than 10 bedded hospitals.But after herculean efforts by IMA HBI HQ especially our Sec General IMA HQ Dr.Jayesh Lele and Dr.Mangesh Pate, CPCB has dropped this clause for cities having common facilities.We congratulate our Central IMA team for this achievement. ◆◆

INVITATION

Indian Medical Association, Pune

Under the aegis of

Kamalnayan Bajaj Academic Center

in association with

A.G Diagnostics Pvt. Ltd.

CME
&
IMA Pune Financial Diary 2021-22 Release

Venue: IMA House, Tilak Road **Date :** Sunday,21st March 2021
Time: 8.00 am to 4.00 pm, Lunch 1 pm to 2 pm
Registration & Breakfast: 8.00 am to 9.00 am

CME with IMA Pune Financial Diary Release

Registration charges
For IMA members Rs 350/- Spot Rs 500/- Non Members Rs. 900/-

For Registration
Contact: IMA: 020-24464771/ 24430042
For online Booking: www.imapune.com

2 MMC Credit Points Awaited

Dr. Aarti Nimkar
President IMA Pune

Dr. Rajan Sancheti/ Dr. Sunil Ingale
Hon. Secretaries IMA, Pune

Dr. Meenakshi Deshpande
IMA Pune Diary Secretary

IMA WDW *तर्फे आयोजित निबंध स्पर्धेतील द्वितीय क्रिमांक विजेत्या (विभागून) स्पर्धकाचा लेख. गट : वैद्यकीय व्यवसाय स्पर्धक*

माझा साक्षात्कारी कोविड–१९ लॉकडाऊन

डॉ. गिरीश होनराव
मो. ९८२२२९३२०४

कभी सोचा नहीं था
ऐसे भी दिन आयेंगे
छुट्टियां तो होंगी पर मना नहीं पायेंगे
रास्ते खुले होंगे
पर कहीं जा नहीं पायेंगे
जो घर लौटने की राह देखते थे
वो घर में ही बंद हो जायेंगे
क्या है तारीख कौनसा वार
ये भी भुल जायेंगे
कॅलेंडर हो जायेंगे बेमानी
बस यूँही दिन रात बितायेंगे
साफ हो जायेगी हवा
पर चैन की सॉस न ले पायेंगे
नहीं दिखेगी कोई मुस्कराहट
चेहरे मास्क से ढक जायेंगे !

या आशा भावना प्रत्येकाच्या मनात लॉकडाऊनच्या काळात येत होत्या आणि त्याचे पडसाद सोशल मीडियावर आजूनही उमटत आहेत. आपल्याला माहीत आहेच संपूर्ण जगाप्रमाणेच भारतातही कोव्हीड १९ म्हणजेच कोरोना ह्या महामारीने तुफान वेगाने वेगवेगळ्या भागात पसरायला सुरुवात केली म्हणून त्याला आटोक्यात आणण्यासाठी कठोरपणे प्रशासनाला लॉकडाऊन करणे भाग पडले.आणि आपण तो स्विकारलाही. पण प्रत्येकाच्या आयुष्यात पहिल्यांदाच अनुभवलेल्या ह्या लॉकडाऊनचा आपल्या जिवनावर आपल्या जिवनशैलीवर काय परीणाम झाला कींवा तो संपूर्ण भारताने कसा अनुभवला ते पाहूयात.

ह्या लॉकडाऊनमध्ये बरेचसे चांगले आणि काही अनुचित प्रकार पण घडलेत हे आपल्याला माहीत आहेच.परंतू येथे आपण कोव्हिड १९ लॉकडाऊन मुळे काय चांगले घडले आणि सकारात्मक बदलांचा काय साक्षात्कार आपल्याला पहायला मिळाला त्याचा विचार करुयात.

आज सगळं जग कोरोनाच्या विळख्यात सापडले असतांना भारत मात्र अजुनही ठामपणे पाय रोवून उभा आहे.तर काय आहे असे विशेष भारताकडे.....

भारताकडे बदलत्या परिस्थितीनुरूप (सामाजिक, आर्थिक, राजकीय, कौटुंबिक कोणतीही) स्वत:ला

यशस्वीपणे घडवण्याची आणि तगून राहण्याची क्षमता ! आपणा भारतीयांसाठी हा विशेष गुण अतिशय महत्वाचा ठरतोय. इतर अनेक देशांनी या परिस्थितीसमोर सपशेल गुडघे टेकले आहेत, भारत मात्र अजूनही ठामपणे उभा आहे. आपल्या सरकारी यंत्रणा, पोलीस, वैद्यकीय सेवा ह्या सगळ्यांनी दाखवलेलं धैर्य असामान्य आहेच पण ह्या सगळ्यांमगे आपला भारतीय समाज खंबीरपणे उभा आहे. भारतीयांना अडाणी, अंधश्रद्धाळू, गावंढळ, बेशिस्त, म्हणून सतत हिणवणारे पाश्चात्य जग आज त्याच भारताकडे अचंबित होऊन बघताहेत.

लॉकडाउन सुरू होऊन इतके दिवस झाले, पण आपण सगळे शांत आहोत. एकमेकाला धरून आहोत. जमेल तसे रोजचे व्यवहार करतोय, जे करू शकत नाही तिथे पर्याय शोधतोय. आपल्या आजूबाजूचे एकटे दुकटे, ज्येष्ठ नागरिक, रुग्ण ह्यांना जमेल तशी मदत करतोय. नेमून दिलेल्या वेळेत, आखून दिलेल्या चौकोनात शांतपणे उभे राहून आपापला किराणा, भाज्या, औषधे खरेदी करतोय. अगदी मुलांना सुद्धा आपण घरात बसवलंय. टिव्हीवर चला हवा येऊ द्या, महाराष्ट्राची हास्यजत्रा इत्यादी विनोदी कार्यक्रम बघून खळखळून हसतोय, झालं तर युट्युबवर मनपसंत सिनेमे नाटकं बघुन करमणूक करून घेतोय. Whatsapp वर गप्पा मारतोय, रोज वेगवेगळ्या रेसिपीज करून बघतोय...

ह्याचा अर्थ आपल्याला घटनेचं गांभीर्य कळलं नाहीये अस नाही. अवघ्या जगाला ग्रासून राहिलेली अनिश्चितता, असुरक्षितता, अगतिकता, चिंता, अपरिहार्यता आणि आजूबाजूला वावरणारी अदृश्य पण भयंकर मृत्यूची सावली आपल्याला घाबरवते आहेच की. आपल्या शेजारची, रोजच्या वाटेवरली एखादी इमारत किंवा गल्ली सील केली की आपल्या काळजात चर्र होतं. रुग्णांचे वाढते आकडे आपल्याला अस्वस्थ करतात...

हे सगळं मान्य करूनही आपण उभे राहतो. कारण आत्ता ते अपरिहार्य आहे. आपण आपल्या भावना दडपून ठेवलेल्या नाहीत, आपण फक्त त्यांना आवरून धरलंय. पिढ्यानपिढ्या आधी परकीय सत्तेमुळे आणि नंतर स्वकीय सत्तेमुळे सुद्धा आपण सतत प्रतिकूलतेशी संघर्ष करतच जगतोय. त्यातूनही आपण प्रचंड प्रगती केली आहे. आपला संयम, मनोधैर्य हे ओढून ताणून आणलेले नाही. तो आपल्या मानसिक यंत्रणेचा एक अविभाज्य घटक आहे. आणि त्यामुळेच आपण ह्याही संकटातून तरून जाऊ.

हे सोप्प नाहीच, आणि आपल्याला ह्याची जाणीव आहे. ह्या संपूर्ण कालावधीत आपल्या मानसिक ऊर्जेचा प्रचंड साहस होणार आहे, ते स्वाभाविक आहे. पण आपल्या नैसर्गिक लवचिकतेमुळे आपण निभावून नेऊ शकू. आपण आपल्या मनाची काळजी घ्यायचीच आहे. टाळ्या वाजवून, दीपोत्सव करून, रोज संध्याकाळी रामरक्षा म्हणून, रोज पूजा पाठ करूनशंख फुंकून... काहीही असो. जे काही आपल्याला आपली मानसिक ऊर्जा परत मिळवण्यासाठी मदत करतंय ती सगळी थेरपीच आहे. आणि आपण ते सगळं केलंच पाहिजे.

बाकी विचार करण्याची गरज नाही. तुकाराम महाराजांनी दिलेला मंत्र मनात सतत म्हटला तरी पुरेसे आहे..

ठेविले अनंते तैसेचि राहावे, चित्ती असू द्यावे समाधान !!

हे सर्व जरी खरं असलं तरी लॉकडाऊन मुळे एक चांगलीच सणसणीत चपराक मात्र आपल्याला बसली आहे

माणुसकी, स्वच्छता, निस्वार्थीपणा, कुटुंब व्यवस्था, पैशांचा दुरुपयोग, विलासीपणा, ऐशारामी जीवन, विनाकारण केले जाणारे प्रवास, देवस्थानांचे वाढलेलं प्रस्थ, श्रीमंती, माजमस्ती, उद्धटपणा, गुंडगिरी, जगण्याचा अर्थ, मरणाची भीती, केलेल्या वाईट कृत्यांची आठवण, समारंभात केलेला पैशांचा अपव्यय, निकृष्ट जीवन शैली, अशा अनेक गोष्टी शिकवायला आलेला हा लॉकडाऊन आहे.

कधीतरी वाट्टेल तेव्हा अंथरुणातून उठून 'शॉवर' खाली दोन मिनिटं उभारणाऱ्या पिढीला, आता दोन दोन मिनिटाला हात धुवावे लागत आहेत. घरात, कापूर , उदबत्ती , देवापुढे दिवा ह्या सगळ्या गोष्टींना अंधश्रद्धेच् सोईस्कर नावाने फाटा दिला गेला होता. आता त्याच कापरासाठी मॉल मध्ये लाईन लागलीय. संध्याकाळची उदबत्ती लावून म्हटलेली रामरक्षा ही वरदान ठरतेय. घरी आल्यावर चपला बुटासह बेडरूम मध्ये घुसणाऱ्या आजकालच्या पिढीला आधी पायावर पाणी घेणारी आपली संस्कृती दिसून येत आहे. धूप, दीप, नैवेद्य, आरतीमुळे प्रसन्न होणारं घरातलं वातावरण आता सगळ्यांना हवंहवंसं वाटु लागलंय.

ह्या बदलत्या परिस्थितीवर एक चांगला संदेश सोशल मीडियावर नुकताच वाचण्यात आला.

कृष्ण की ओर देखकर कोरोना वायरसने कहां...

'हे कृष्ण,देखो मैं कितना सुक्ष्म हूं, फिर भी मैंने आपके मंदिर के व्दारोंको बंद करवा दिया।।

कृष्ण मंद मंद मुस्कुराए और बोले....

'तुमने गौर नहीं किया ,मैंने हर घर को मंदिर में परिवर्तित कर दिया।।

अगदी बरोबर आहे , या लॉकडाऊनमुळे घराघरात सगळीकडे स्वच्छ पवित्र भक्तिमय वातावरण निर्माण झाल्याने घर हे एक मंदिरच झाले आहे.

एकंदरीत काय तर ह्या लॉकडाऊन दरम्यान जे सत्य समोर आले ते असे..

जगातील लोकांपेक्षा भारतीयांची रोग प्रतिकार शक्ती खूपच जास्त आहे !

आरोग्य कर्मचारी, पोलिस कर्मचारी, प्रशासन कर्मचारी,सफाई कामगार,सैन्यदले खरे नायक आहेत, क्रिकेटपटू, चित्रपट तारे आणि फुटबॉल खेळाडू हे नाहीत!

प्राणी आणि पक्ष्यांना प्रथमच असे वाटत आहे की हे जग देखील त्यांचे आहे !

जगातील बहुतेक लोक बाहेरील गर्दी टाळून आपले कार्य घरूनही चांगल्याप्रकारे करु शकतात!

स्वच्छ आणि शुद्ध जीवन जगणे कठीण काम नाही!

केवळ महिलांना अन्न कसे शिजवायचे हे माहित असते असे नाही.

भारतीय स्त्रीमुळे घराचे मंदीर बनते!

आज आपल्या डाळ भातालाही महत्व आहे..त्याने ही पोट भरते..

आणीबाणीची परिस्थिती भारतीय व्यक्ति योग्य पद्धतीने हाताळू शकते! एकट्या कुटुंबापेक्षा एकत्र कुटुंब पद्धतीची किंमत कळून येत आहे !

अणूबॉम्बपेक्षाही कोरोनासारखा अतिसूक्ष्म विषाणू किती घातक असतो त्याची जाणीव..

आपण सर्व या परिस्थितीतून बाहेर येवू , काळजी घ्या, सुरक्षित रहा.

हे ईश्वरा सर्वांना चांगली बुध्दी दे, आरोग्य दे

सर्वांना सुखात, आनंदात, ऐश्वर्यात ठेव.

जक्षावरील संकट टाळून सर्वांना उदंड आयुष्य दे

सर्वांचं भलं कर, कल्याण कर

रक्षण कर.

आणि तुझे गोड नाम सर्वांच्या मुखात अखंड राहू दे.

Stay Home & Stay Safe

◆◆

IMA WDW *तर्फे आयोजित निबंध स्पर्धेतील द्वितीय क्रिमांक विजेत्या (विभागून) स्पर्धकाचा लेख. गट : वैद्यकीय व्यवसाय स्पर्धक*

माझा साक्षात्कारी COVID-19 LOCKDOWN *चा अनुभव..*

डॉ. आशिष अरबट
ऑर्थोपेडिक सर्जन

COVID - १९चा अनुभव फेब्रुवारीपासूनच सुरू झाला होता. जानेवारी फेब्रुवारी मध्ये आमच्या एका टीम मेंबरला औट ऑफ इंडिया ट्रॅव्हल केल्यावर असेच काही सिम्प्टम्स आढळून आले होते, तीन आठवडे प्रचंड त्रास झाला होता आणि ते अंगावर काढलेले ..माहीतच नव्हतं ही कोविडची लक्षण आहेत किंबहुना आमच्या टीमला तरी कालांतराने कळलं की हा तर एक भीषण वायरस आहे आणि ज्याने पूर्ण जगाला, आणि हिंदुस्तानाला सुद्धा ग्रासले आहे.

मी स्वतः पुणे आणि मुंबई येथे कार्यरत असल्यामुळे आठवड्यातून एक फेरी तरी एक्सप्रेस हायवेवर होतेच.
ईश्वंराच्या कृपेने कधी काम थांबले नाही. लॉकडाऊनचा पहिला टप्पा बघितला, दुसरा टप्पाही बघितला.

रस्त्यावर एकही माणूस नाही हे देखील बघितले. एक्सप्रेसवे पहिल्यांदा इतका ओसाड बघितला. अख्खी मुंबई ओसाड पडलेली बघितली. अख्ये पुणे ओसाड पडलेले बघितलं. लोकांना घाबरलेले बघितलं. सामाजिक संकल्पना मधील फरक बदललेला बघितला.

मुंबई–पुणे प्रवास करत असताना एकटी गाडी चालवत असताना पोलिसांना हातभार देताना बघितले. पोलिसांना फळ वाटताना मी बघितलं. डोक्यावर मोल मजूर सामान घेऊन पायी चालताना मी बघितले.
हे सर्व बघत असताना, कुठेतरी माझे मुळ मला आठवली.

एम एस ऑर्थोपेडिक्स केईएम रुग्णालय, मुंबई, येथे करताना पण बरेच अनुभव आले होते. बॉम्बलास्ट असो, की मुंबईचे नेहमीचे पावसाळ्यातले विचित्र समुद्री करन असो, प्रकृतीला ज्याला वाचवायचे त्यालाच वाचतांना बघितले, प्रकृतीचा अजीबोगरीब खेळ अनुभवलाय.

माझा वैयक्तिक समाजाला बघण्याचा दृष्टिकोन हा वेगळा आहे. गिरी संप्रदायातले आमचे गुरु,वयाच्या पाचव्या वर्षापासून गुरुपरंपरेत वाढलेलो मी, या जागतिक महामारीला वेगळ्या नजरेने बघू लागलो.

लहान वयात मोठ्या गुरुंना भेटल्यावर, त्यांचे अनुभव, साक्षात्कार समज नसतानासुद्धा ऐकल्यावर, आज कळत होतं की, हे जे जागतिक वलय निर्माण झालंय, त्याकडे एका वेगळ्या दृष्टिकोनातून बघणं गरजेचं आहे.

माझ्या मायथॉलॉजी च्या प्रचंड अभ्यासावरून मला हे कळत होतं हे काहीतरी वेगळं आहे. याच्यात कुठेतरी प्रकृती आपल्याला काहीतरी सांगत आहे.

बऱ्याच गोष्टीत लोकांचा उद्रेक सुरू होता, ते खाणं–पिणं असो, पैसा व शक्ती उच्चांक गाठलेल्या कारण नसता च्या गोष्टी असो, मद्यपान असो, टॅक्स चोरी असो,
कुठेतरी आपण त्या परमात्म्याच्या मूलभूत स्वभावाच्या पलीकडे चाललो आहोत असे... या कलियुगात कळत होते.

एकदा गच्चीवर स्किपिंग करताना सतत विचार करत असताना हे आढळून आले की कोविड माता ही तर मूलभूत काली माता. महामारी किंवा देवीची उग्र रूप हेसुद्धा एक दैवी शक्ती आहे.

हळूहळू उलगडायला लागलं, साक्षात्कार व्हायला लागला "अरे ही तर स्वतः महामारी देवीचे उग्र रूप आहे. कोण थांबवणार हे वादळ?... थांबवणे अशक्य आहे. आपणच ओढून आणलेला हा प्रकोप आहे."
कलियुगामध्ये चे प्रकार घडत आहेत, उद्रेक होत आहेत, हे आता कालीमातेच्या एका छोट्याशा COVID – १९ रूपाने एका क्षणात पूर्ण जग थांबवलं.

डोळे मिटले आणि त्या महामारीला मी वंदन केले. मी म्हटले माते मी तर एक वैद्य. एक सामाजिक कार्य करणारा माणूस. तुझा सतत जप करणारा माणूस.

आजवर तू सगळं दिलं. माझा नतमस्तक प्रणाम आता स्वीकार कर. जे जे तुला नतमस्तक झाले आहेत त्यांना वाचव.

जे तुझा हव्यास करतात त्यांना संपव. जे तुझी टिंगल करतात त्यांना धडा शिकव आणि जे तुला घाबरत आहेत त्यांना अद्दल घडव.

कबूल आहे हा एक वेगळाच दृष्टिकोन आहे. पण 'साक्षात्कार' सुद्धा म्हणावा लागेल.
तो दिवस आणि आजचा दिवस आहे. आज ही काली रुपी महामारीला मी रोज वंदन करतो.
भारतात सर्वात जास्त corona चेरुग्ण असलेल्या दोन्ही रुग्णालयात मी रोज काम करतो. रोज त्या मातीला नमन करतो. मला आजही त्या महामारीने मला कधीही हे दर्शन दिलं नाही... यामागे काही मोठा कौल असणार.
काम तसंच सुरूराहिलं. अजून लोकं भेटत गेली. मोठ्या सेंटरची अटॅचमेंट वाढली. इज्जतीचे लोक मिळू लागले.
याच दरम्यान वेळ मिळाल्यामुळे खूप सारे ग्रंथ मी वाचले.
'Hawaiian Ho opnopono' ही मेडिटेशनची टेक्निक शिकलो.
'झीरोलिमिट्स,' हे पुस्तक वाचल्यामुळे प्रत्येक घडणीला आपणच कारणीभूत असतो याचा साक्षात्कार झाला.
प्रत्येक आयुष्यातल्या गोष्टींना जर आपण नतमस्तक होऊन देवाला.. माझी चूक झाली, मी कृतांर्थ आहे, मी तुझ्यावर अतिशय प्रेम करतो, आणि मी नतमस्तक आहे, हे जर म्हणायला लागलो तर साक्षात्कार होणे काहीच कठीण नाही.. हे कळले.

प्रचंड गर्व आहे मला आज या covid –१९ LOCKDOWN मध्ये डॉक्टर, पोलीस, सफाई कर्मचारी यांच्यासाठी जे एक वेगळे स्थान लोकांच्या मनात आज निर्माण झाले आहे याला covid-१९ चा आशीर्वाद म्हणावा लागेल.

किंबहुना covid –१९ ला मी कालिका माता समजून रोज प्रणाम करतो आणि तिने ज्यांना वाचवायचे त्यांना बरोबर वाचवले आणि ज्यांचे मूल्यमापन करायचे त्यांचे बरोबर केले.

निसर्गाच्या नियमावलीचे भान ठेवून जर आपण वागलो तर त्या क्षणाला मात्र थोडा त्रास होऊ शकतो मात्र त्याचा परिणाम हा नेहमीच चांगला सात्विक सुसज्ज व चिरकाल टिकणारा असतो.

माझा अनुभव, माझा साक्षात्कार आणि माझा निसर्गावर देवावर असलेला जो अतूट विश्वास होता तो आता प्रचंड वाढला आहे. आज प्रत्येक कामासाठी प्रत्येक माणसाला भेटताना मी पहिले नतमस्तक होतो. आज आपण जिवंत आहोत, श्वास घेतो आहोत, निरोगी आहोत याचा बिलकुल गर्व न करता, एक कृतज्ञता मनात बाळगून पूर्ण आयुष्य काढू याचा सतत ध्यास ध्यानीमनी ठेवून वागणं हाच माझा साक्षात्कार.

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Save Healthcare S stem Say No To Mixopathy

Dr. Aarti Nimkar
Mob : 98223 04882

Recently a notification has been released by Central Council of Indian Medicine (CCIM)in December 2020 “These regulations may be called the Indian Medicine Central Council (Post Graduate Ayurveda Education) Amendment Regulations, 2020.” The regulation confers the official right to the PG SCHOLARS of Ayurveda stream of medical education to conduct surgery - “During the period of study, the PG scholar of Shalya and Shalakya shall be practically trained to acquaint with as well as to independently perform the following activities so that after completion of his PG degree, he is able to perform the following procedures independently…. MS (AYURVED) SHALYA TANTRA– (GENERAL SURGERY) and MS (AYURVED) SHALAKYA TANTRA (DISEASES OF EYE, EAR, NOSE, THROAT, HEAD, ORODENTISTRY.

Actually shalya tantra and shalakya tantra are ancient old surgical technics. However, evolution, modification, research and advanced application of applied science are the key features of human's capability to adopt to the changing and challenging times

Thousands of dedicated scholars round the world have dedicated and are dedicating their full time effort to make surgery less painful, more safe and are trying to lessen the postoperative time of recovery so that the patient may return back to normal life and perform normal day to day chores as efficiently as he used to do before his illness. May I be allowed to lay down the rigorous and long way that a surgeon needs to traverse before he is allowed to officially work independently. The saga starts like this-- After completion of 10th grade most students determine if they want to choose a track that will lead them to becoming physicians. Following 12th grade, students take part in an entrance exam to gain acceptance into medical school. After completion of medical school, junior doctors take another competitive exam to gain entry into post graduate degree in Surgery which can be followed by super specialty training if needed. The combination of 5½? years (medical school), 3 years (post -graduation) and 2–3 years (super specialty) adds to an approximate total of 10–12 years of training to practice as a Surgeon. As we know quality and expertise are complementary to each other and thus the decision making authorities must consider and reconsider their decisions umpteen number of times before its execution. One of the clearest lessons the pandemic has taught us is the consequences of neglecting our health systems.

Fallacies in CCIM Notifications-

1. The Modern medicine surgical procedures are dubiously renamed in Sanskrit and claimed falsely that they are original Ayurved surgeries.

2. An Ayurved PG student after completing this course can perform surgeries from

various specialized branches of Modern Medicine. It means the same 'Vaid' can perform Appendicectomy, Kidney stones, Ear Surgery, can operate Cataract, is allowed to Gall Stone Surgery and is qualified to do Dental Extraction. Such wide choice is not allowed legally to even the General Surgeons of Modern Medicines.

3. The Ayurved Vaids will be given M.S. Degree which will confuse the patients about his pathy.

Our Stand

Any operative procedure is a delicate procedure which carries a thin line between life and death.

The modern medical surgeon takes deep studies in Anatomy, Physiology, Biochemistry, Pathology and Anaesthesia. He does hundreds of surgeries under his experienced and wise professors in the surgical streams before getting his post Graduate degree. To perform Gastrointestinal Surgeries and Laparoscopic surgeries he spends few more years, which cannot be compared with the Ayurved curriculum where the basic concepts are different.

“This mixing of allopathic surgeries with Ayurveda will hamper the growth and very existence of the ancient branch of Ayurveda”, said National IMA President Prof. Dr. J. A. Jayalal.

Our Demands

1. The Notification of CCIM should be withdrawn.

2. The 4 Committees of NMC should be dissolved immediately, which are formed for such MIXOPATHY.

Our Action

1. The end result of CCIM notification will be on the patient's life and health. So we will be doing sensitization of Community at large all over India.

2. From 1st February 2021 to 14th February 2021 there is nationwide Relay Hunger Strike by all the IMA members at their local branches.

3. IMA Maharashtra State President Dr. Ramkrishna Londhe said “IMA Leaders from various states have been going to IMA Headquarters at Delhi to represent their states”.

4. The undergraduate and Post Graduate Medical students are participating actively in this agitation.

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