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Congratulations



IMA Pune Lifetime Achievement Award

was recently conferred to **Dr. Avinash Bhutkar**, who is a Renowned Gynaecologist. Dr. Avinash is Chairman of Trust Board IMA Pune & Building Committee. He was Past President of IMA Pune.

He is an administrative wizard. Dr. Avinash Bhutkar has given his dedication and devotion in whole of his career to the welfare of IMA Pune.





Honours & Award

Congratulations to all

- ★ **Dr Bhakti Datar and Dr Sameer Datar** received third prize of Rs 2000 cash and certificate from Nashik in a Lok Kala competition organised by Mrutyunjay Organ Foundation & Rotary Club of Nashik Nine Hills.
- ★ **Dr. Shrikant Wagh** passed M.A. Sanskrit examination held in May 2020 by Tilak Maharashtra Vidyapeeth. His performance is graded as "Outstanding".

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नर्सिंग असिस्टंट स्टाफ उपलब्ध

मिटकॉन पुणे तर्फे

मुशिक्षित बेरोजगार युवतींचा आत्मविश्वास वाढवून त्यांचा समाजिक व आर्थिक विकास साधण्यासाठी कौशल्यावर आधारित नर्सिंग असिस्टंट प्रशिक्षणाचे आयोजन मोफत केले आहे.

आमच्याकडे हॉस्पिटल, मल्टिस्पेशलिटी व क्लिनिक यांच्यासाठी प्रोफेशनल परिपूर्ण शिक्षित

✓ नर्सिंग असिस्टंट स्टाफ उपलब्ध

✓ क्लिनिकल असिस्टंट स्टाफ उपलब्ध

✓ केअर टेकर स्टाफ उपलब्ध

✓ बेबी केअर स्टाफ उपलब्ध



आयएस / आयएसओ ९००१:२०१५ प्रमाणित

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संपादकीय

नवा संकल्प

डॉ. सुहास नेने

९८२२११५३३५



संक्रांतीपूर्वी पतंग उडवण्याचे, दीपावली जवळ दिव्यांची आरास करण्याचे जसे ठरलेले ठाशीव संकेत असतात ,तसाच एक संकल्प करण्याचे हमखास मनात येते ,वर्षाच्या सुरुवातीला किंवा सरत्या वर्षाला निरोप देता देता !! काही तरी स्वतः साठी, स्वतःपुरते ,सकारात्मक बदल करण्याचे किंवा करून दाखवायचे कुठेतरी वाटते आणि मग त्या वर्षासाठीचा संकल्प जन्माला येतो .हा दरवर्षी नवीन असतो!जुन्या चा कंटाळा येतो किंवा त्यांचे उद्दिष्ट साध्य झालेले असते म्हणून हा नवा !

आपल्या सवयी किंवा वागण्याच्या पद्धतीत काही बदल घडायला हवा, काहीतरी जास्त चांगले घडविण्यासाठी प्रयत्न करावा, वैयक्तिक स्तरावर काही ध्येय ठरवून ते प्राप्त करावे अशी आकांक्षा मनात येते. बऱ्याच वेळा त्यामध्ये गेल्या वर्षातल्या आपल्या वागणुकीतील ज्या चुका किंवा प्रमाद झाले असतील ते पुन्हा होऊ नयेत यासाठी चा प्रयत्न असतो किंवा आणिक चांगले घडावे यासाठी चा हा एक प्रामाणिक प्रयत्न असतो. बऱ्याच वेळा स्वतःच्या मनात आले म्हणून किंवा कुणाचं ऐकून ,कोणाचे पाहून, किंवा कुणीतरी असे करायला पाहिजे म्हणून मागे लागल्यामुळे याची सुरुवात होते.

प्रयत्न असल्यामुळे त्यात काही खाचाखोचा राहतातही. ही प्रदीर्घ वाटचाल असल्याने त्यात टप्प्याटप्प्याने जाणे फायद्याचे ठरते,म्हणजे गोष्टी सुलभ होतात.संकल्प ठरवताना तो खूप मोठ्या प्रमाणावर नको आणि एका झटक्यात किंवा 'डोक्यात गेल्यासारखाही 'ठरवायला नको कारण या दोन्ही गोष्टी तुम्हाला तुमच्या ध्येयाकडे नेण्यास उपयोगी ठरणार नाहीत.आपल्याला सोसेल ,रुचेल ,सहज करता येण्यासारख्या छोट्या स्तरावरील संकल्पांचा विचार करावा.तुमच्यासाठी कोणत्या गोष्टी जास्त महत्त्वपूर्ण आहेत त्या ठरवा. उगाच दुसरा करतो, त्याला जमते म्हणून मागे लागू नका.त्याची जीवनशैली वेगळी त्याला गाठायची शिखरे निराळी !!आणि अनेक संकल्प मनाशी येऊन धड एकही पुरा करू शकणार नसाल तर मग एकावरच नीट लक्ष दिलेले बरे.एकाकडेच लक्ष केंद्रित करा,फार तर पुढच्या वेळच्या दुसऱ्या संकल्पाचा संकल्प आता सोडून ठेवा!!

संकल्प कसा ,कधी ,केव्हा ,किती प्रमाणात पूर्ण करायचा याविषयी सुनिश्चित धोरण आखा.मेंढ्यांच्या कळपामधल्या मेंढ्यांसारखे डोळ्यावर झापडं ठेवून ठरवू नका.आपल्याला झेपेल एवढेच ध्येय ठरवून संकल्पाला मोजता येईल अशा परिमाणात संख्यात्मक स्वरूपात मांडता येईल असं बघा.जसे मी फक्त दोन तासच स्क्रीन टाईम वापरेन ! रोज व्यायाम म्हणून एक तास चालेन! दीड तास लिहीन वगैरे वगैरे.संकल्प ठरवून त्याप्रमाणे वागण्याने तुम्हाला समाधान किंवा आनंद मिळालाच पाहिजे.त्यामुळे मनस्ताप होत असेल तर साऱ्याच प्रयत्नांवर पाणी फिरेल .अंथरून पाहून पाय पसरावे कारण शेवटी हा 'प्रवास' तुमचा स्वतः चा असणार आहे त्यामुळे स्वच्छ खा प्या,व निरोगी राहा,निरोगी जगा.

संकल्प मनातच ठेवायचा की लिहून ठेवायचा हे खरंतर ज्याच्या त्याच्या मर्जीचा प्रश्न असला तरी ते लिहून काढलेले जास्ती चांगले !कसे लिहायचे, कुठे लिहायचे कागदावर का इ मीडियात,लिहून भिंतीवर लावायचे का यासाठी वेगळा संकल्पही करायला हरकत नाही पण लिखापट्टी असली तर बरं कारण शेवटी आपण माणूस आहोत!विसरू शकतो!! होतं असं कधी कधी!!! प्रत्यक्ष दिसत राहिलं म्हणजे नक्की काय मिळवायचे ते डोळ्यासमोर रहाते.सारखी आठवण देत राहते ,कामाची 'ही 'भाऊगर्दी असली तरी आज विशेषत्वाने पहिले काय करायचे याची सारखी आठवण देत राहते.कधी आपण ध्येयापासून मागे पडत राहिलो ,काही कारणाने अडखळत चालत राहिलो तर

हे लिखित स्वरूपात असलं तर पूर्ण करण्यासाठीची 'ऊर्जा' देते.किती प्रमाणात पूर्ण झालं आहे हेही कळतं आणि किती मागं पडलं आहे याचे पण आकलन होते.उद्दिष्टपूर्तीपासून थोडं फार कमी जास्त होणं स्वाभाविक आहे असं समजलं किंवा मानलं तरी उशीर होत आहे लक्षात आल्यावर त्यासाठीचे नियोजन करून कुठं काय चुकलं, हे बघितलं तर परत योग्य रस्त्यावर येणं सोपं पडतं.

संकल्प स्वतः च्याच मनाशी करायचा की त्याची आपल्या नातेवाईक ,मित्रमैत्रिणी,हितचिंतक यांना कल्पना द्यायची हे शेवटी ज्याचे त्याने ठरवायचे आहे. पण एखादे झाड उन्मळून पडले रानामध्ये आणि तो 'आवाज' 'ऐकायला कुणीच नसले तर त्याला 'आवाज' झाला म्हणतात का ? नाही ना ? मग तुमचा संकल्प लोकांना वाजत गाजत कळू दे ना !!म्हणजे होईल काय तर तुम्ही विसरणार नाही व जाणता अजाणता त्याकडे दुर्लक्षही करणार नाही. अपराधीपणाची भावना ही स्वयंप्रेरणेपेक्षाही जास्त शक्तिशाली असते त्यामुळे लोक काय म्हणतील ही टोचणी सुद्धा तुम्हाला जास्त प्रेरित करेल .

जास्तीत जास्त लोकांनी त्यांच्या आवडीचे कोणते संकल्प पूर्ण करायचे ठरवले याचा विचार केला तर असे लक्षात येईल की प्रथम क्रमांक जातो ,यावर्षी मी व्यायाम करून सुदृढ बनेन, (त्याच्यातच मी वजन कमी करून दाखवेन, जंक फूड कमी खाईन,व्हेगन बनेन, दोनवेळाच जेवेन)याचा.यापुढचा संकल्प आवडीचा असतो तो मी पैसे वाचवेन आणि त्याचा सदुपयोग करीन.जास्त पैसे श्रम करून मिळवेन किंवा वायफळ खर्च कमी करेन, किंवा खर्च करणारच नाही ! यापुढचा आवडीचा संकल्प असतो की 'मी व्यसनांपासून दूर राहीन यात मी ड्रिंक्स कमी घेईन(घेणार नाही असं नाही) सिगरेट्स कमी ओढेन असा असतो.मी आता खूप वाचन करणार, माझी फिरायची हौस फेडायची आहे हे पण आवडीचे संकल्प .

मी घरच्यांसाठी आता वेळ द्यायचा ठरवला आहे. माझं जरा चुकलंच ,पैसा, करिअरच्या मागे लागलो आणि घरच्यांच्या कडे कमी लक्ष दिले ही चूक मला सुधारायची आहे मला आता पुरेपूर आयुष्य जगायचे आहे.मी शिस्तीत वागणार, चौकटीतले आयुष्य जगण्याचा प्रयत्न करणार आहे .हे पण प्रसिद्ध संकल्पांचे प्रकार!!

संकल्प नव्या वर्षी सोडायचा याची सुरुवात देखील खूप प्राचीन काळापासूनची आहे. रोमन लोकांच्या पूजेत एक देव होता. JNUS (जेनस) याला दोन तोंड आहेत एक पुढं आणि एक मागे. याला भूतकाळाचे भान आहे आणि भविष्याचे ज्ञान आहे.रोम मधल्या जनतेला खात्री होती या देवाला जर काही वस्तू, पैसे वाहिले तर हा देव त्यांच्या आधी झालेल्या चुका माफ करेल आणि पुढच्या वर्षाच्या भरभराटीसाठी आशीर्वादही देईल. अगदी बॅबिलोनियन संस्कृतीतही लोक 'कर्ज परत करेन, उसन्या वस्तू परत करेन' या बदल्यात देवाची स्तुती करून त्याला काही गोष्टींचे दान करत असत. त्यावेळी ही देवाणघेवाण पैसा आणि संपत्तीशी निगडित होती. काळ बदलला, माणसंही बदलली तशी संकल्पांची गाडी देखील आरोग्य, निरामय जीवन, नातेसंबंध, क्रियाशीलता ,करिअर याकडे वळली आहे. पण या सर्वांमागची संकल्पना एकच!एका वळणावर मागे वळून बघावे, सिंहावलोकन करावे, दुखावलेल्यांची क्षमा मागावी, चांगल्या स्मृतींची बीजे पेरवीत आणि नव्या जोमाने पुढे जाण्यासाठी बळकटी मिळावी, ऊर्जा मिळावी आणि पुढे प्रस्थान करावे.

संकल्प करणाऱ्यांची टक्केवारी सांगते की पस्तीस टक्के लोकांना वाटतं आपण साध्य न होणाऱ्या उद्दिष्टाचा पाठलाग करतो आहोत तेव्हा आता बास!ते थांबतात.०तेहेतीस टक्के लोक आपण संकल्पाकडे नीट लक्ष देत नाही हेही विसरतात म्हणून थांबतात.तेवीस टक्के लोक आपण संकल्प केला होता हे पण विसरून जातात.केवळ आणि फक्त केवळ दहा टक्के लोकच संकल्पाचा मनापासून पाठपुरावा करतात.

खरंतरं मी सुद्धा संकल्प केला होता की संकल्प या विषयावरती लिहायचे नाही !!!



From the President' Desk

Dr. Aarti Nimkar

Mob : 98223 04882

Bye Bye to 2020 & welcome to 2021.

Hello every one and Happy New year to you all. Last year also we were waiting for New year, planning for so many new things. We were unaware that destiny is laughing at us. Year 2020 was very cruel to entire world with the stretch of unfortunate events kicking off in 2020. Deadly Corona virus made havoc, claimed lives of our near and dears. Because of Global Pandemic, an overactive Hurricane season, national wide protest over racial injustice and contentious presidential election dominated this year. Time magazine has dubbed 2020 **The Worst Year Ever.**



THE YEAR LIKE 2020 where first two digits match second two digits, this happens only once in a century and that is the only year you are likely to live through wherein first two digits match second two digits. that way who are alive in 2020 are lucky. 2020 is also a beginning of new decade 2020s where Covid 19 pandemic spread around the world causing global socioeconomic disruption. Everyone is hoping that 2021 will bring relief from the COVID-19 crisis.

We have to be grateful the world reminds us of our challenges, of how broken we are. We need reminders. All of us do. Certainly it was terrified the sight of migrant laborer walking for miles on the highways in the scorching summer heat, but we understood they were headed home, to rural hamlets, to be with family.

For 2021 to be a year truly different from 2019 or years past, and for 2020 to be a year which isn't altogether wasted. We must acknowledge our vulnerability and dependence on one another.

Let's begin 2021 with a pledge to think beyond ourselves. These nations, however different their make-up, are all together affecting the life of the planet Earth. When we understand this, that moment, that day, will be our aha moment when we realize what it really means to live in a global village, no matter where we have a house, what flag we salute, what language we speak.

In post covid Neo Normal new ideas will be born in 2021, ground breaking discoveries will be made in science, health & technology. the best is yet to come.

In 2021 more companies will follow through on their responsibilities to care the financial health of their employees. This movement will carry us into better & more equitable future.

Pandemic made educational inequality much worse, middle class & poor children will lose almost a full year we will need educational equity movement to demand investment, funding from unconventional sources such as wealth tax.

Healthcare industry needs step-up & speak up to help build a more equitable system we should know one thing: Health is the most valuable treasure that money can't buy, even if you own the Golden Hill. Money, fame and social status are transient. Do not trade your life for it. May we be healthy, safe, happy, always ...

Never give up. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine.





72nd Republic Day

**Indian Medical Association,
Pune Branch**

Flag Hoisting Ceremony

**On 26th January 2021,
Tuesday at 8.00 am**

Dr. Aarti Nimkar
President, IMA Pune

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

Flag Hoisting program will be followed by
Arts Circle programme

ज्येष्ठ इतिहास तज्ञ आणि शिवचरित्राचे गाढे अभ्यासक

श्री पांडुरंग बलकवडे यांचे

‘ स्वराज्य सुराज्य आणि संविधान ’

या विषयवरील व्याख्यान

Time : 8.30 am to 9.30 am

Venue : Dr. K. H. Sancheti Hall, Tilak Road, IMA Pune.

Dr. Aarti Nimkar
President, IMA Pune

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

Dr. Mohan Joshi
Chairman, Arts Circle

IMA Pune: CME cum Tour to Kashmir

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. 58,000/-. 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

Dr. Jayant Navarange

Executive Trustee, IMA Pune

Rajan Sancheti / Dr. Sunil Ingale

Hon. Secretaries, IMA Pune

Dr. Mohan Joshi

Chairman, CME Tours IMA Pune



भक्तीरूपी शक्ती करी कोरोना मुक्ती

या छोट्याशा चाळीस पानी पुस्तिकेतून डॉ शिरीष पटवर्धन समाजाला महामारीपासून वाचवण्यासाठी त्यांच्या खास पध्दतीत संदेश देतात. मास्क, सुरक्षित अंतर, सॅनिटायझरने स्वच्छ हात धुणे या सध्याच्या प्रचलित त्रिसूत्री बरोबरच भक्ती, चांगले हिमोग्लोबिन आणि साफ मन, आत पोटा रोग बाहेर या त्रिसूत्रीच्या पालनासाठी पण ते आग्रही राहतात.

आत्मविश्वास, जीवनाची अनित्यता, नीती, देहबुद्धीच्या पलीकडे, मौन, क्रोध स्वार्थ संशय, स्वःवर्तन_वागणूक या विषयावरील निवडक मनाचे श्लोक डॉक्टर शिरीषने निवडले आहेत. आणि त्यांना अनुसरून स्वतःचे विचार अतिशय प्रभावीपणे मांडले आहेत. ही मूलभूत

तत्त्वे अंगिकारली तर कुणाची भीती राहणार नाही असा त्यांना आत्मविश्वासच नव्हे तर दृढ विश्वास आहे. आणि तो वाचकांच्या मनात उतरावा यासाठी ते प्रयत्नशील आहेत.

पोटाचा घेर व हिमोग्लोबिनचे प्रमाण यावर आधारित दरिद्री, मध्यमवर्गीय, लखपती व करोडपती अशी विभागणी आरोग्याच्या दृष्टिकोनातून करण्याच्या त्यांचा विचारांचे विशेष कौतुक करावेसे वाटते.

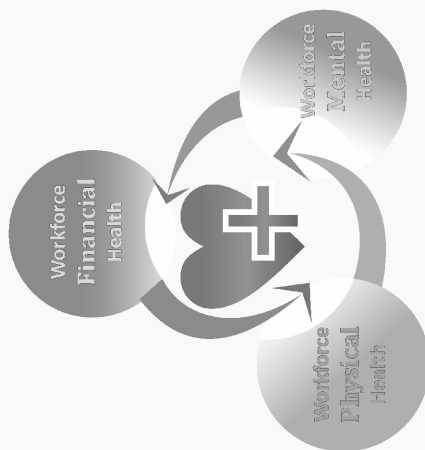
विषयानुरूप छोटी रेखाचित्रे आशय कळण्यासाठी उपयुक्त आहेत. एक यशस्वी स्त्री आरोग्यतज्ज्ञ खूप कळवळीने जनमानसाला सोप्यापद्धतीने मूलभूत आरोग्याची काळजी घेण्यासाठी उद्युक्त करतो आहे ही अभिमानास्पद गोष्ट आहे.

डॉ. सुहास नेने

INDIAN MEDICAL ASSOCIATION PUNE BRANCH



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. Shashishekhhar 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
(9922464365)

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

Advertisement Tariff (Inclusive of GST)

Inside Cover 3B	Rs. 1,40,000/-
Full Page 4 Colour (Glossy Paper)	Rs. 60,000/-
4 Colour 2 adjacent or otherwise	Rs. 1,00,000/-
Half Page 4 Colour	Rs. 35,000/-
Full Page B/W	Rs. 17,000/-
Double Spread B/W	Rs. 30,000/-
Half Page B/W	Rs. 9,000/-
Sponsored Articles B/W 1 page	Rs. 15,000/-
2 pages	Rs. 25,000/-

Birthday wishes with B/W photo of IMA Pune Members Rs. 2000/-
(Please pay and send information to imaofpune@gmail.com before 31st January 2021)

Customised Advt. are available.

Diary Details

Diary Year	: 1/4/2021 - 31/3/2022
Release Date	: 21/3/2021 (subject to change)
Diary Size	: 18 cm x 25 cm
Print Size	: 15 cm x 21 cm
Printing Process	: Offset
Binding	: Hard Bound
No. of Copies	: 4800+
Advertisement Matter should be Typed / CDR file / PDF / Email	

Payment Details: In response to your appeal, we are pleased to release our Advertisement in your Diary 2021-22

Cash DD
Cheque No NEFT
Bank
Amount

Signature & Stamp

Bank details for NEFT:

A/C Name. : Indian Medical Association, Pune
Bank : Central Bank Of India, Tilak Road
Type of A/C : Saving
A/c No : 3141156911
IFSC Code : CBIN0280663

Or Please draw cheque in favor of "Indian Medical Association, Pune"
Please inform Transaction details if paid by NEFT / RTGS by email to IMA

Diary Committee

Chairman : Mr Shashishekhar Hiremath
Co-Chairman : Dr Jayant Navarange
Secretary : Dr Meenakshi Deshpande
Treasurer : Dr Raju Varyani
Imm. Past Diary Sec. : Dr B.L. Deshmukh

Office Bearers

President : Dr Aarti Nimkar
IPP : Dr Sanjay Patil
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: Dr Sunil Ingale
Hon. Jt. Secretary : Dr Pradeep Khinvasara
Asst. Secretary :
Cum Jt. Treasurer : Dr Alka Kshirsagar

Committee Members

Dr Avinash Bhutkar (Chairman Trust Board)	Dr Sharad Agarkhedkar (IMA Trustee)	Dr Anil Panse (IMA Trustee)
Dr Dilip Sarda (IMMC Member)	Dr Padma Iyer	Dr Arun Halbe
Dr Vajjyanti Patwardhan	Dr Shreekant Kelkar	Dr Ashutosh Jape
Dr Suresh Gokhale	Dr Girija Wagh	Dr Suhas Nene
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Dr Prasad Agashe	Dr N.J. Karne	Dr Anand Deshpande
Dr Aruna Chaphekar	Dr Sameer Shah	Dr Tushar Panchnadkar
	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 : imapunedary2017@gmail.com

&/or Dr. Meenakshi Deshpande : 9922464365



Last Month in IMA [December 2020]

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

**6th December
2020**

Webinar on Cardiology Update

Dr Sachin Yadav spoke on Improvement in care and outcomes for patients with ST elevation - Myocardial Infarction. Dr Krishna Dhoot discussed Recent Advances in management of antiplatelets Post angiography. Dr Akash Motgi spoke on use of Novac in management of DVT and pulmonary Embolism. Dr Omkar Thopte spoke on cardiologist view and experience with Covid19 and MI. Dr Sachin Kakade spoke on Recent Advances in management of Heart failure - Role of SGLT2i (Dafagliflozin).

**11th December
2020**

Protest against Mixopathy

Clinics and hospitals were closed except emergencies and Covid cases on 11/12/2020 from 6 am to 6 pm for routine work to protest against Mixopathy.

**14th December
2020**

Nutricon Certificate Course

Arranged by Precise Clinic in association with IDA Pune chapter and IMA Pune Physio Nutrition. Dr Vishnu Biradar, Dr Vinay Thorat, Dr Parimal Lawate, Dr Vinit Shah discussed topics like absorption and Malabsorption, diseases

**21st December
2020**

Nutricon Certificate Course

Dr Sunil Ingale and Mrs Sumedha Satawalekar were moderators. Dr Geetanjali Bhide spoke on Nutraceuticals and Ergogenic Aids. While Dr Geeta Dharmatti talked on Immuno-nutrients

**28th December
2020**

Nutricon Certificate Course

Dr Ajay Khurana and Mrs Ambika Nair moderated the webinar. Mrs Salome Benjamin and Dr Prashant Jedge discussed Enteral nutrition and Parenteral nutrition.

**30th December
2020**

IMA Pune Awards

IMA stalwarts were honoured with prestigious awards who have given their excellent service. Life Time Achievement Award was conferred to Chief trustee Dr Avinash Bhutkar sir. Academic Excellence and Research award in the memory of late Dr M G Shahade was conferred to Renowned Urologist Dr Shivdeo Bapat sir. Community and Social Service award was given to Dedicated ENT Surgeon Dr Avinash Wachasundar. Young Achiever's award was given to Dr Shardul Date a well-known endovascular surgeon and Researcher.





Covid 19 Vaccine

Dr. Aarti Nimkar

Mob : 98223 04882

As we step up in 2021, with the tenuous promise of a suite of vaccines, A vaccine needs to not only be effective, but also durable — meaning the protection lasts for an extended period of time. And people must be willing to take it.

As the world awaits the arrival of a safe and effective coronavirus vaccine, a team of researchers have come forward with a provocative new theory; that masks might help to crudely immunize some people against the virus.

It is inspired by the age-old concept of variolation, the deliberate exposure to a pathogen to generate a protective immune response

Masked exposures are no substitute for a bona fide vaccine. But data suggest that masks, by cutting down on the number of viruses that encounter a person's airway, might reduce the wearer's chances of getting sick. And if a small number of pathogens still slip through, the researchers argue, these might prompt the body to produce immune cells that can remember the virus and stick around to fight it off again.

You can have this virus but be asymptomatic,” said Dr. Monica Gandhi, an infectious disease physician at the University of California, San Francisco, and one of the commentary's authors. “So if you can drive up rates of asymptomatic infection with masks, maybe that becomes a way to variolate the population.”

The world has eradicated only one human infection: smallpox.

So the novel coronavirus isn't likely to disappear from the population completely — even if a vaccine is quickly developed, approved, and distributed.

Scientists are racing to develop and deploy safe and effective vaccines.

Vaccines save millions of lives each year. Vaccines work by training and preparing the body's natural defenses --- the immune system--- to recognize and fight off the viruses and bacteria they target. If the body is exposed to those disease-causing germs later, the body is immediately ready to destroy them, preventing illness.

There are currently more than 50 COVID-19 vaccine candidates in trials. WHO is working in collaboration with scientists, business, and global health organizations through the ACT

Three Vaccines are completed the trials safely & got approval

Pfizer-Biotech vaccine which was approved in early December.










A vaccine developed by Oxford - Astrazeneca is now also being rolled out in the UK, and the Moderna vaccine has just been approved.

According to NEGVAC's recommendation on prioritised population groups, the distribution of Covid vaccines should go in this manner: three groups have been identified who will receive the vaccine on the priority basis.

The first group will include health workers from government and private hospitals, workers on daily wages, and those employed with integrated child development services. The health workers will be further divided into nine groups to smoothen the process.

The second group will include frontline workers such as the police, armed forces, home guards, and civic security services along with employees of the municipal

How the three vaccines compare

Company	Type	Doses	Storage
 Oxford Uni- AstraZeneca	Viral vector (genetically modified virus)	 x2	 Regular fridge temperature
 Pfizer-BioNTech	RNA (part of virus genetic code)	 x2	 -70C
 Moderna	RNA	 x2	 -20C

Source: Respective companies, WHO

BBC

corporations and volunteers with the disaster management system.

The third group will include citizens above 50 years and those below 50 years with illnesses.

The eventual aim is that as many people as possible over the age of 18 receive a Covid-19 vaccine.

It won't be compulsory,

Everyone needs two doses, that would certainly be enough for every adult both vaccines Pfizer - Biotech vaccine & Oxford - Astra Zeneca are very effective.

Anyone with a previous history of allergic reactions to the ingredients of the vaccine should not receive it, but those with any other allergies such as a food allergy can now have the vaccine.

The medical regulator, the MHRA, says anyone due to receive their vaccine should discuss any medical history of serious allergies with their healthcare professional beforehand.

Women who are breastfeeding can be given the vaccine.

There are no specific safety concerns with the vaccines - but they were not tested on pregnant women during the trials.

Pregnant women are likely to be low down the list of priority groups because of their age, and may only be offered a vaccine in the second phase in 2021.

As with all the vaccines being developed against coronavirus, we don't know yet how long does it protect against Covid

It may be that people need annual vaccinations, as happens with the flu jab

Process of collecting database of health care workers has started across all States and UTs and Central Ministries. This data is being uploaded on CO-WIN software and will be verified,"

- PMC have collected Data of Healthcare providers & frontline workers from Government, Semi Government & Private Hospitals & clinics.
 - Preregistration for vaccination is compulsory without Pre-Registration you will not get vaccination. Areawise PMC ward officers are helping for pre-registration .If you need any help please call IMA Pune office
 - There are so many vaccines are on trials but vaccines are not interchangeable. With 21 to 28 days interval two doses of same vaccine will be given
 - It's important to maintain cold chain with conditioned ice packs.
 - There will be Electronic Vaccine Intelligence Network to track COVID-19 vaccine .
 - The entire E VIN to COVIN system being repurposed for tracking Covid-19 vaccine delivery which ensure last-mile delivery of Covid vaccine, which would be available on time. All movement of stock can be digitally tracked, and those receiving vaccines can also be traced after two to three weeks if the vaccine requires two shots. This will ensure last-mile vaccine delivery.
 - The process of vaccination will run like a voting procedure. Booths will be set up and only those who are registered will be allowed to enter, along with an identity card. The person concerned will get a message on their phone and a certificate with QR code on completion of vaccination,” the official said.
 - Health workers will be vaccinated at primary health centres while those from the second group will receive the vaccine at government or private hospitals, schools, or social centre. The third group will be vaccinated at hospitals, schools, grampanchayat office, or civic body office.
 - One team of 5 persons will work for 100 delegates
 - 1) Security
 - 2) Verifier of Documents
 - 3) Vaccinator will be Doctors, interns, dentist, pediatricians, pathologist, Gynecologist, ANM sisters, pharmacist in emergency
 - 4) post vaccination observer
 - 5) certificate with Q R Code provider. for all these persons technical training is essential. We assure the help of IMA Pune at every step.
 - There will be waiting room, Vaccination room & observation room
 - For 200 delegates one vaccinator will be added
 - People who get the COVID-19 vaccine will be given a vaccination card.
 - The main purpose is for an individual to keep track of which vaccine they received and the dosage.
 - It can also serve as a reminder on when to get a second dose.
 - The card could be important as proof of a vaccination.
- If you choose to get a COVID -19 vaccine when it's available, you will receive a complimentary vaccination card after your first dose.
- You can use this card thereafter to recall important health information, including the type of COVID-19 vaccine received and the dates of first and second doses.



Result of Essay competition

Result of Essay competition held by WDW subcommittee IMA Pune

A) IMA Member Group-

1st prize - Dr. Padma Iyer

B) Non IMA Members Group -

1st prize - Padmini Pathak

Consolation prizes-

1) Dr. Ashish Arbhat 2) Dr. Girish Honrao

WDW congratulates all winners

Judges- Dr. Alka Kshirsagar, Mrs. Meenakshi Kendhe

WDW subcommittee is thankful to judges

The prizes will be given on 26th Jan 2021 after Flag hoisting ceremony at IMA Pune

Dr. Vaijayanti Patwardhan, Chairman, WDW Cell IMA pune



REVISED IMA PLUS TARIFF

(w.e.f. From 1st October 2020 inclusive of GST @ 18%)

S.No.	Particulars	Amt. (Rs.)
1	Insertion up to 25 words (For IMA Members only)	1100/-
2	Quarter Page (Approx. 7cm x 9cm) (Black and White only)	3600/-
3	Half Page (Approx. 15 cm x 9cm) (Black and White only)	6600/-
4	Full Page Black & White (Approx. 15cm x 20cm)	12,100/-
5	Full Page 4 Color Inner Pages (Approx. 15cm x 20cm)	15,600/-
6	Cover Page 2 or 3 - Four Color	29,100/-
7	Cover Page 4 - Four Color	31,900/-
8	Advertisement at specific page in four color	16,500/-
9	Sponsored Article	7700/-

Terms & Conditions:

- For consecutive 5 advertisements 6th advertisement will be given free (Provided payment is received in advance)
- For 10 paid advertisements 2 will be given free.
- IMA Financial year, total number of 6 advertisements will be printed at the cost of 5 advertisements.
- 10% discount given to any IMA member for his profession related advertisement other than insertion.
- Advertisement in IMA Plus & IMA website at 10% extra. (For one month Advertisement).
- Cheque should be drawn in favour of "IMA Pune Publication"

Dr. Aarti Nimkar
President, IMA Pune

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

Tel: 020-24464771 / 24430042 Email: imaofpune@gmail.com

IMA WDW तर्फे आयोजित निबंध स्पर्धेतील प्रथम क्रमांक विजेत्या स्पर्धकाचा लेख गट : वैद्यकीय व्यवसाय व्यतिरिक्त स्पर्धक

माझा साक्षात्कारी कोविड-१९ लॉकडाऊन

अॅड.(डॉ.) पद्मिनी सत्यजित पाठक

मो. ९८२२०२६९६४

लॉकडाऊन सुरु झाल्यानंतर माझ्या कॉलेज मधल्या मुलांना मी मोबाईलवर मेसेज न पाठवता एकमेकांशी प्रत्यक्ष तोंडाने बोलताना ऐकले आणि मला आनंदातिरेकाने हार्ट अटॅक येतो की काय असे वाटले. पण पाहा ना ! माझ्या मुलांना तोंडाने बोलताना ऐकण्यासाठी आख्ख्या देशाला लॉकडाऊन डिकलेअर करावा लागला ! हे तर काहीच नाही. आमच्या सोसायटी समोर नाश्याचे पदार्थ करून देणाऱ्या एका बाईची टपरी आहे. घरच्या पदार्थांची सगळ्यांना अॅलर्जी असल्याने माझी मुलं तिच्याकडून काहीबाही आणत असत. लॉकडाऊनमुळे तिची टपरी बंद पडली आणि तिची उपासमार सुरु झाली. माझ्या मुलांनी आपला पॉकेटमनी वापरून तिच्या घरचा एक महिन्याचा किराणा भरून दिला. आपल्या मोबाईल बाहेर न बघणारी ही पिढी अशी पण वागू शकते ?

माझ्या नवऱ्याने मला लॉकडाऊनच्या काळात स्वयंपाकघरात ओट्याशी बघितले आणि तो बेशुद्ध पडला. खरतर स्वयंपाकघराचे नांव आता 'स्विगीघर' करावे असे त्याचे स्पष्ट मत होते. आमच्या स्विगीघराला जोडलेली अगणित हॉटेल लॉकडाऊनमध्ये बंद पडली आणि मी झारा आणि कढई शोधायला सुरुवात केली तेव्हा त्याला अगदी गहिवरून आले. उलट नवऱ्याला भांडी घासताना बघून मला तर त्याला अगदी कुठे ठेवु नि कुठे नको असे झाले. पुरुषांना भांडी घासता येतात ? नवीनच शोध लागला. मी सुद्धा जाहिरातीतल्या बाईसारखी 'उसकी साडी मेरे साडीसे सफेद कैसी' असे म्हणत निरमा गर्ल सारखा गिरक्या घेत धुणी धुवु लागले. युट्यूबला हार घालून विविध पदार्थ टेबलावर विराजमान होऊ लागले. माझ्यातल पाककौशल्य बघून मीच थक्क झाले. नवऱ्या-मुलांच्या कौतुकाच्या नजरा झेलू लागले. याशिवाय ऑफिसचं 'वर्क फ्रॉम होम' चालू होतच. एक लाकडाऊन तो काय ! माझी सुपरवुमन करून गेला.

आमच्या खुडुस बॉसबरोबर झूम मिटींगांचा अनुभव तर काय वर्णावा ! एक झूम मिटींगमध्ये बॉसची बायको लाटणे हातात घेऊन कमरेवर हात ठेवून त्याच्याकडे रागारागाने पाहात असल्याचे बॉसच्या मागच्या आरशात दिसले. बॉसने मिटींग गडबडीने आवरती घेतली तेव्हा आपण बॉसला जितके घाबरतो त्याच्या कितीतरी पट अधिक बॉस आपल्या बायकोला घाबरतो हे लक्षात आले. देवाच्या घरी न्याय आहे याची जाणीव झाली आणि रात्री झोप शांत लागली.

समोरच्या बंड्याला करोना झाल्याचं निदान झालं. पण अमेरीकेचा प्रेसिडेंट ट्रम्प जर तीन दिवसात बरा होतो तर मी कां नाही असे म्हणून तीन दिवसातच तो परत हिंडायला लागला. ताप वाढला तेव्हा घरच्यांनी परत त्याला हॉस्पिटलमध्ये कोंबला. तेव्हा अमेरीकेच्या अध्यक्षांचाच करोना फक्त तीन दिवसात बरा होतो, सामान्य जनतेचा नाही, हा साक्षात्कार झाला.

लॉकडाऊनच्या काळात सर्व देवळे बंद होती. तेव्हा देवाचे नाही तर बंद दाराचे तरी दर्शन घ्यावे असे म्हणून

निघाले असता दारात पेपरवाल्याने पेपर टाकला. त्यावर कोरोना पेशंट्सची तपासणी करताना संक्रमित होऊन मृत्युमुखी पडलेल्या डॉक्टरांचे छापून आलेले फोटो पाहिल्यावर देवाचे दर्शन घेण्याऐवजी पेपरमधल्या डॉक्टरांच्या फोटोंनाच नमस्कार केला. देव फक्त देवळात नाही हे समजायला खर तर लॉकडाऊनच कशाला पाहीजे ? नाही कां ?

माणसे घरात राहिली की प्राणी रस्त्यावर येतात. लॉकडाऊनमध्ये जेव्हा मोर रस्त्यावर येऊन आणि डॉल्फिन किनाऱ्यावर येऊन साद घालू लागले तेव्हा समजले. माणसांना घरात लॉकडाऊन केल्यावर पृथ्वीवरची हवा स्वच्छ झाली, आकाश नितळ आणि पाणी निर्मळ झाले. त्यामुळे माणसासाठी लॉकडाऊन हा पृथ्वीच्या अस्तित्वासाठी एक वरदान असल्याचा शोध लागला.

लॉकडाऊन मुळे घरात कोंडल्यासारखे झाले. खूप दिवसांपासून करायचे राहिलेले फोन लावायला सुरवात केली. एका मैत्रिणीचे खूप दिवसांपासून अभिनंदन करायचे राहिले होते. एका कथास्पधेत तिला बक्षिस मिळाले होते. पण माझा अहंकार आडवा आला. “ऊं... त्यात काय येवढं ? नवरा रग्गड श्रीमंतय. हाताखाली चार-पाच नोकर आहेत. मग काय झालं न लिहायला ? आमच्या सारखी ऑफिसमध्ये खड्ड्याशी आणि घरात धुणीभांडी करावी लागली असती ना, मग समजलं असतं,” असं म्हणून मी तिच्या लेखनाला कमी लेखलं होतं. पण लॉकडाऊन मुळे फोनला मुहूर्त मिळाला. फोनवर रडायलाच लागली ती. खूप दिवस वाट पाहात होती म्हणे माझ्या फोनची. कॉलेजच्या दिवसातल्या फुलपाखरी आठवणी पण सांगितल्या तिने. सगळे नकारात्मक विचार मी माझ्या मनातनं झटकून टाकले आणि माझ्या मनावरचं ओझं दूर झालं.

शेवटी सगळी काळजी घेऊनही आमच्या ह्यांना कोरोना व्हायचा तो झालाच ! हॉस्पिटलमध्ये चार दिवस काढल्यानंतर डॉक्टर म्हणाले आता घरी घेऊन जा आणि सगळेच क्वारंटाईन व्हा. घरी येऊन क्वारंटाईन झालो खरे, पण आता बाहेरून भाज्या, किराणा कसे आणावे ? स्वयंपाक कशाचा करणार ? तेवढ्यात दारावर थाप ऐकू आली. “जेवायला डबा बाहेर ठेवलाय हो वहिनी. संध्याकाळचा डबा देशपांडे काकू देणारेत बरका ! ” इति खरे काकू. पंधरा दिवस आमचा चौघांचा डबा सकाळ संध्याकाळ सोसायटीतल्या शेजाऱ्यांनी दिला ! न सांगता ! रक्ताची नाती काय वेगळी असतात ?

दुकाने बंद, सिनेमा थेटर्स बंद, मॉल बंद, हॉटेल बंद ! थोडक्यात काय तर खरेदी बंद ! आमची क्रेडिट कार्डे पोरकी होऊन पडली. अरेच्या ! पण खरेदी केल्या शिवाय गरजा कमी करूनही जगता येतं की !

पण काही म्हणा, कंटाळा आला या लॉकडाऊनचा. बाहेर जाणं नाही, सोशल लाईफ नाही, पार्टी, हॉटेलिंग, शॉपिंग, मूव्हीज, पार्लर, पिकनक्स.... काही म्हणजे काही नाही. निदान घराबाहेरच्या आवारात फेऱ्या तरी घालाव्यात म्हणून बाहेर आले, तर समोरच्या कुलकर्णीकडे चार डोकी दिसली. काय झालं म्हणून विचारलं तर कुलकर्णी काका गेले कोरोनाने म्हणून कळलं ! बापरे ! चार दिवसांपूर्वीच तर बघितलं होतं फिरताना !

माणसाचे जीवन व मरण यात अंतर किती ? एका श्वासाचे ! मग आयुष्यात महत्त्वाचे काय आहे ? पार्टी ? हॉटेलिंग ? शॉपिंग ? या गोष्टीसाठी आस लावून बसताना आयुष्यातली अनिश्चितता मी जमेस धरलीच नव्हती. महत्त्वाचा आहे तो फक्त श्वास ! हा श्वास चालू असण्याचं महत्त्व माझ्या इतके दिवस लक्षातच आलं नव्हतं. त्या श्वासाची आणि आयुष्याची महती जाणवुन देणारा तो कोरोना आणि तो लॉकडाऊन ! त्याला माझे शतशः प्रमाण !





IMA WDW तर्फे आयोजित निबंध स्पर्धेतील प्रथम क्रमांक विजेत्या स्पर्धकाचा लेख
गट : वैद्यकीय विभाग प्रथम पारितोषिक

Positive Experience of COVID 19 Lockdown

Dr Padma Iyer
9373305154

Introduction

Life was sailing smoothly nationally and internationally for most of us till the beginning of 2020. Suddenly out of the blue, COVID-19 Pandemic occurred due to SARS 2Beta Corona Virus spreading all over the world like wild fire. The Covid19 Pandemic had hit the world severely, representing the most severe threat to human health in more than a century. Can we uninstall 2020, as this version has a virus in it?

Here are the positive impacts and experience of this Pandemic, which we are seeing and we will see around us even after this Pandemic is over.

Helped you Build Genuine Relationships

What this pandemic has taught us is to free ourselves from things. It has never been so clear to us that we need very little to live. Due to lockdown, people spent quality time with their family, fulfilled their hobbies, learnt many new skills. Some of the menfolks learnt the skill of sweeping and swabbing the house, and cleaning dishes. People understood the importance of sanitation, hand hygiene and social distancing. You got to spend your time with your family and plan your work better. This actually helped you build a better future for both your work and family. Then we started to realize who our true friends are and the people we want to be with. This Pandemic has taught us how to sort out priorities and showed us reality. It also brings the message that we are one family. What happens to a human being in Wuhan has a reflection on the entire planet. We're all connected. As life slowed down we found ways to stay connected with people even if it is virtually. There are no walls, or walls that can separate people. The virus invited us to design a new future. What do we dream for ourselves as global humanity? We need to relax and appreciate what we have and live

The skies are bluer, the air is cleaner and the environment is greener

Nearly everyone witnessed the bluer sky, cleaner air, clearer moon and stars, louder bird songs, and images of cleaner rivers. The enhancement of the condition of the beaches and the reduction of environmental noise has also been highlighted as positive indirect results. This pandemic enforced the cancellation or postponement of multiple events, which lead to a reduction in travelling and subsequently there were fewer vehicles on the road, which lead to a decrease in air and water pollution. The emergence of wild animals on the streets of urban areas is mostly because there is peace and calm, which attracts these animals to the residential areas. Due to lockdown, there was a reduction in transportation and industrial activity which allowed Mother Nature to recharge and replenish.

Tele Medicine

Telemedicine involves the use of electronic communications and software to provide clinical services to patients without an in-person visit. Covid-19 virus and related lockdowns has nudged the government to provide legal sanctity to the telemedicine sector, and paved way for using remote monitoring solutions and non-contact technologies. Most of us are using Telemedicine consultation platform which has lot of advantages to patients. No transportation time or cost, Access to Specialists, Less Chance of Catching a New Illness, Advantageous to patients with co morbidities needing a prescription refill. Expedited transmission of MRIs or X-rays for a second opinion. Many doctors advise patients to keep 5

instruments(Thermometer, Oximeter, BP monitor, Peakflowmeter and Glucometer) at home. When they have any physical complaints, they can monitor their vitals and share it on telemedicine platform to enable their doctors to decide whether to advise admission or OPD treatment to the patient. This will alleviate their fear and avoid rushing to the hospital for not so serious complaints.

Road traffic accidents and crime rate had come down.

Fewer cars are crashing, street crimes like assault and robbery are down significantly,

Entire Lifestyle Changes to Practice Better Hygiene

Being hygienic is no longer just a good habit, but the very skill you need for survival. From shaking hands to namaste, we all have had a lifestyle change for the good. We are going to remember, to advocate universal masking, to cover our mouths when we cough, to sanitize our hands after touching anything else because we know what can happen if we don't. Beyond the disease reducing effects of social distancing, children and families are taking advice on hand washing, personal hygiene, and other prevention measures seriously. People have realized the importance of lifestyle changes like healthy diet, exercise, pranayam, sleep and meditation to boost up their immunity to fight any kind of viral diseases

Innovations to Stay Connected & Help Each Other

This quarantine welcomes ideas, tips, & tricks to beat the lockdowns & help our communities. Companies across the world have started thinking about coming up with product & service ranges that enable you to be as connected as you are with your teams and also your loved ones. This may as well lead to many breakthroughs & innovations,

Remote working turning main stream.

Companies are getting into the culture of trusting the integrity of employees' commitment, even if there is no one to look over your shoulder.

A New Wave of Tools & Software

New online Tools & Softwares have been designed which can help one to make this shift to digital classrooms & virtual office spaces seamless like Zoom, Webex and Google meet to name a few.

Internet and Online marketing

Internet is not our enemy. Digitalization is a good process and in times like this, it can actually be incredibly valuable for our economy. Lot of companies are able to work from home office and sell their products and services through E commerce and also connect with their customers on an online platform.

Boosting localism

Until the beginning of 2020, it was all about internationalization and globalization of businesses. Right now, it's all about staying home, enquiring about the health of your neighbors, leaving home only to buy locally and boosting the local community.

Education gets digitalized and affordable.

Online classrooms take over which can save over institution's infrastructural and overhead expenditure.

Practice Gratitude

Be thankful to God for yours and your family's health. Practice gratitude for the people and things that are currently in your lives.

Blue-chip Stocks Becoming the Safe Bet to Invest

Even if the economy comes to a standstill, blue-chip stocks become somewhat a relatively safe harbor. Wise investments are one of the ways to ride the COVID-19 economic crisis, safely.



Conclusion

COVID-19 made every person on earth sit down and see how fragile our lives and lifestyles are on the one hand, and how volatile and strong natural hazards are on the other. A tiny virus has kneeled down the world's leading economies. Covid-19 pandemic has been an urgent wake-up call for many developed and rich countries, in terms of their failure to stop this pandemic and save the lives of their citizens, as a result, has brought forth their fragile healthcare systems. The complexity of disasters will be better understood, triggering higher preparedness levels.

A major beneficiary of Corona Pandemic is **Planet Earth**. Decrease in air pollution level, environmental noise pollution reduction and immaculate beaches. This global lockdown has allowed birds and wildlife to flourish and enjoy all the freedom of nature.

This Pandemic crisis has caused people to question their priorities and how much they are willing to give up to protect their lives and those of their loved ones, and this increased awareness may be the driving force towards healthier habits.

One day in near future we will be telling our future generation kids, bed side stories about this Pandemic and how we emerged as survivors conquering and controlling it. Of course we don't want them to listen to the painful and shocking experience of losing few of our friends, colleagues, batch mates, near and dear ones who were not as lucky as we were. It means, how much ever we progress in science and technology no one can predict the future which is controlled by Almighty & Nature. It is easy to lose hope and brood over the negatives of any event, but remember the title of Robert Schullers book, "Tough times never last, but Tough people do". Like the previous catastrophes on the planet Earth, the humans, who are a race of survivors will win over this pandemic also in due course of time.

So let us not lose hope and remember, the darkest hour is just before the dawn. ◆◆

ONLINE CERTIFICATE COURSE OF LAW & MEDICAL PROFESSION of I.L.S with IMA Pune

Please note that this course will be commencing from Saturday, 30th January 2021 .
Kindly take note of changed schedule and dates .

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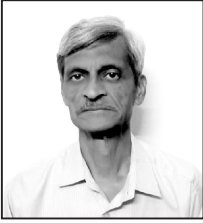
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Thanks and regards,
TEAM IMA PUNE



IMA MAHARASHTRA STATE LIFE TIME ACHIEVEMENT AWARD TO DR. DILEEP DEODHAR

- Dr Avinash Bhondwe

Dr Dileep Deodhar was recently given '**Life Time Achievement Award 2020**' by Indian Medical Association Maharashtra State . This is the highest award to a member doing meritorious service in the field of Medical Service as a professional, Social Work and the work in IMA.

Dr. Dileep Deodhar is BAM&S, MBBS, FCGP and has been working devotedly as a **Family Physician** in Pune for last 49 years and is respected by more than 1 lakh families he treated as a Family Doctor. With the aim to provide medical service to the poorest of the poor, he has been practicing in Indiranagar, Bibwewadi , Parvati Slum and Sadashiv Peth.

He is a Chief Trustee of **Sutika Seva Mandir**, a charitable trust which works for underprivileged women for Ante Natal, Natal, Post Natal Care, at the most minimal hospital charges.

As a collateral aim of the trust '**Sahjeevan**' is working as old age home having capacity of seventy five people, at two places namely Bawdhan & Narayan Peth in Pune, giving services to old ,fragile, incapacitated senior citizens.

Dr Deodhar has also done **Diploma in Journalism**, Pune University and has been managing as a writer and editor of a Marathi Magazine '**Arogya Tethe**' since 1987. The magazine has published 400 issues till today. He has written around 4000 health related articles making the society aware of preventive and curative health. Dr Deodhar has also penned 12 books on the preventive health and Geriatric Problems.

He has also been an avid **sportsman**, a hockey player and was instrumental in training many sportsmen through his trust devoted for the Sports.

Dr. Dileep Deodhar was **Honorary State Secretary** of IMA Maharashtra State for 7 years. He was also the **President and Hon. Secretary of IMA**, Pune Branch, He received the national awards for his work as the Best State Secretary and the Best Local Branch President as well as the Best Local Branch Secretary during his respective tenures.

Dr. Dileep Deodhar is a role model for the young doctors and the award is given to him with the intention that the doctors of the current and next generation should know how a Family Doctor can devote his life to the selfless service to the society.

