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INDIAN MEDICAL ASSOCIATION

HEADQUARTERS, NEW DELHI



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DR. J. A. JAYALAL
NATIONAL PRESIDENT



Honours & Award

Congratulations

- ★ **Dr Sudhir Bhate**, Cardiovascular Surgeon Ruby Hall Clinic Pune, has been conferred with the Life time achievement award for 2021 by the Indian association of Cardiovascular Surgeons (IACTS). This is in recognition for his contributions in the field of Cardiothoracic Surgery.
- ★ **Dr Sanjay Patil** is nominated as Director of Hospital Board of India, IMA HQ.
- ★ **Dr. Aarti Nimkar** received Dhanwantari Award on 20th February from Lokmat



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Dr. Aarti Nimkar
President, IMA Pune

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

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

Learning, Unlearning and Relearning



Alvin Toffler, the author of 'Future Shock' says, "The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn."

This quote stands true for the modern medical practice and we all have been following for generations. However, it got proved its importance differently during the last one year. In the shadows of Pandemic, the medical fraternity kept on unlearning & relearning a lot many lessons. Surprisingly the lessons in medicine were few and they were outnumbered by the tutorials we got from the government, the govt. administrators, police Dept, press people and the society at large.

I am aware that every one of us met with innumerable incidents. They were touching, surprising, revealing, shocking, painful, disheartening and agonizing.

Here are some derivations I got from the hard situations the doctors' community suffered. Mind well, these are not my opinions, but unfortunate conclusions of the desperate situations we all faced and have been facing.

1. The Govt. is a step-mother of the practitioners of Modern Medicines.
2. Whatever good humanitarian work we do, we are not worthy of a word of praise.
3. The doctors earn more than industrialist so tax them at every point.
4. Doctors charge a hundred times more than required, so cap their charges to 1 per cent.
4. The pandemic of Coronavirus is not a medical disease and it would be controlled by the experience in public administration.
5. The Marathi saying, 'Satte pudhe (Doctotaranche) Shahanpan Chalat Naahi.' should be the motto of every hospital.
6. AYUSH medicines are the best in the world, but the treatment of politicians has to be Allopathic.
7. The number of doctors and hospitals are more in the Private sector, 70 per cent of patients of COVID19 got admitted, cured and discharged from Private hospitals. But by the official statement by the Govt. Proclaims that Corona numbers are reduced by the Govt. decisions.
8. Doctors do not need money for their families and personal expenses, so even the Govt. doctors and residents need not be given their salaries and dues in time.
9. According to the Health Dept. of Govt. Of Maharashtra, all Private practitioners kept their clinics closed during an epidemic and those who succumbed need not be given Insurance benefit. This Insurance being under Prime Minister Garib Kalyan Yojana, the Private doctors who are rich, not eligible for the Insurance Benefit even after their death.
10. The small and medium level hospitals owned by the doctors themselves are a menace to the health sector and society. They should be wiped out, in a stepwise pattern, by some intelligently devised new rules and regulations



There will be many more derivations if we all unite and discuss. I pray almighty God that let this process of learning, unlearning and relearning gets imbibed by the Govt. And the policy makers about the health sector in India to change them dramatically. If it occurs, we all will be considered as Human Beings with some satisfaction and pride.



IMA Pune Building

Dr Nitu Mandke IMA House has completed 12 yrs, which was inaugurated in the year 2008. The building looks as new as ever due to stringent maintenance activities undertaken by **IMA Pune Building Management Committee** under the

Dr. Avinash Bhutkar, Chairman

Dr. Sanjay Patil, Secretary

Dr. Hemant Karandikar, Treasurer

Members : Dr. Jayant Navarange, Dr. Padma Iyer, Dr. Bhalchandra Dixit, Dr. Prakash Marathe, Dr. Anand Nigudkar, Dr. Dilip Sarda, Dr. Arun Halbe, Dr. Ambrish Shahade

We have restarted renting out our halls for programs complying with strict Govt. norms of Sanitisation, Social distancing and Masking.

All our 3 Halls

Our premium **Dr K H Sancheti Hall**(with capacity of 200 persons),

Dr B G Kelkar Hall (with capacity of 175persons) and

Manutai Paranjape Hall(with capacity of 80 persons)

All halls have state of the art facilities like A/C, fire extinguishers, excellent sound system with comfortable seats & uninterrupted power supply due to generator backup. We also have UPS battery backup for our lift, lights and fans of whole of the building.

Hence friends, our earnest request is to all of you to visit our building located in the heart of the city and see for yourselves the facilities provided to all of you as our esteemed members. Kindly use our halls for your personal, family and social functions at very competitive charges.

We also have 3 guest rooms exclusively for IMA members at reasonable rates.

For detailed information please contact IMA Building Committee Members.

Team IMA Pune Building Management Committee

From the President's Desk

Dr. Aarti Nimkar

Mob : 98223 04882



Dear friends,

This is my last communication as a IMA Pune President 2020-21, This is very memorable year for all of us. As I installed? there was no CME, no installation ceremony, no shower of blessings. Everywhere there is a silence, silence of lockdown, silence of fear, getting caught in draconian claws of covid 19 pandemic & getting infected, separation from the family, deaths of near dear ones. In that situation me & my team got the responsibility to serve for IMA Pune.

We activated to make ourself ready to face all adverse situations & had a mission with realistic & measurable goals. We looked for a thinnest ray of opportunity in every situation & experience something different each time. We learn from our experience, from our mistakes. We are students for life long & ready to learn new things. In this pandemic we learn to use Zoom, Google meet and many other online apps to conduct or join our meeting & communications. We have conducted 17 webinars, very successful & well appreciated. Multicon conference of 2 days with one day preconference workshops on 3D platform, virtual Yoga day performance & making of videos of Yoga poses of our IMA members, Two certificate courses 1) Physio-Nutrition -Nutricon2020 every Wednesday for 6 Wednesday for nutritionist & doctors 2) Medicolegal workshop with ILS low college, every Saturday -6 modules for Lawyers, Doctors, Medical & law students.

IMA Pune Hon. Secretary has taken CPR training for Amanora Fern club workers, blood donation camps at different places to fulfill the need in covid emergencies. WDW team is doing Mammography screening with the help D Y Patil hospital. We reach to help the people in peth & wasti by taking a mobile van for check up & gave them medicines, when they were unable to reach the clinic & hospitals in Pandemic. Now we are trying help our members to get vaccination who didn't pre-registered & not received it.

On the occasion of Road Safety Month and World Cancer Day, Universal Cancer Conquest in association with Indian Medical Association Pune and Pune City Traffic Police organized a Motorcycle Rally to spread awareness about Road Safety and Cancer among citizens of Pune

WDW IMA Pune subcommittee celebrated Woman's day on Hybrid platform at Neetu Mandke IMA House

This year our annual trip is going to Kashmir, we will have small CME there & immediately after coming back there will be release of IMA Pune Financial year Diary. All programs going on with taking care of all Pandemic Norms. Our halls are opened with taking all safety precautions.

Throughout the year we had a very good communication with local & PMC authorities, Police Commissioners as well as IMA MS & HQ. IMA MS SSS office is in Pune IMA premises & work is boomed up under the able leadership of Dr. Jayant Navrange & efforts taken by his team.



During this year many members achieved award & posts for their contribution, heartiest congratulations to them

We know that peak performers have more than goals, they make sure each step taken in present will lead them on a road of future

We tried to remain very patient, cool, gentle & compassionate with all who came in contact with us & tried to help them. If unknowingly we hurt anybody I owe apology for that.


Very few days are remaining to end my tenure as a president. I would like to thank IMA trustees, Managing committee members, subcommittee chairman & members, IMA Pune members, IMA staff, printer Prathmesh, my family members & friends for helping & supporting me. My special thanks to Dr. Sanjay Patil for taking a responsibility of Action committee & remaining as a shadow in every step, Dr. Padma Iyer & Dr. Jayant Navrange DrAvinash Bhutkar for guiding me, also thanks to my secretaries & O Bs.

I simply say that in this pandemic & even in other adverse situation IMA members outside managing committee think that it's only responsibility of IMA Pune MCs &OBs to work for them. I request all IMA Pune member to come forward & help voluntarily in IMA working at their convenience. IMA need your involvement to share the workload. Don't stand on the bank of river jump in to swim.

I wish all the best for our next president Dr. B.L. Deshmukh& his team of IMA Pune 2021-22

Good Bye, see you all in IMA
Jai IMA





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Indian Medical Association, Pune
Under the aegis of
Kamalnayan Bajaj Academic Center
in association with
A.G Diagnostics Pvt. Ltd.

CME on "Lab Diagnostics - New Challenges, New Frontiers"

Venue : Webinar – Online **Date :** Sunday, 21st March 2021
Time : 8.00 am to 4.00 pm,

Topics

- | | |
|--|--------------------------------|
| • The 'Pandemic'- Pitfalls, Pressures, Progress...! | Dr. Madhuwanti N Abhyankar |
| • Introduction to Oration Late "Dr. Jayant R Abhyankar Memorial Oration" "Private Healthcare in COVID Pandemic-Beyond Profit & Loss" | Dr. Dhananjay Kelkar |
| • COVID Monitoring & Immunity - Lab aspects | Dr. Awanti Golwilkar Mehendale |
| • Questions & Answer | |

Speaker

IMA Pune Financial Diary 2021-22 Release - 11am to 1pm

Chief Guest : Dr. Adar Poonawala & Mr. Abhay Bhutada

Guest of Honor : Dr. Shivkumar Utture

- | | |
|---|--------------------------------|
| • Multiple Myeloma Workup - Beyond Serum Protein Electrophoresis | Dr. Vinanti Golwilkar Patankar |
| • Allergy & Food Intolerance - The New Pandemic ! | Dr. Manisha S Patwardhan |
| • Diabetes - Role of The Laboratory | Dr. Venkatesh Keralaapurkar |
| • Thalassemia & Hemoglobinopathy screening – Time to wake up | Dr. Bhavana Jadhav |

Registration charges

Online Attendance – Rs. 200/-
For IMA members Rs 350/- Spot Rs 500/- Non Members Rs. 900/-
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For Registration Contact: IMA: 020-24464771/ 24430042

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Hon. Secretaries IMA, Pune

Registration link will be sent by Email / Whatsapp



श्री गुरुकृपा काय नोहे

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२८ फेब्रुवारी १९९० आमच्या लग्नाचा पहिला वाढदिवस, त्या करिता माझे आई-बाबा पुण्याला आले होते. दुपारची जेवण झाल्यावर त्यांना स्वारागेट बसस्थानक परिसरात सोडून आम्ही दोघे आमच्या हिंदुस्तान ट्रेकर जीपने पांचगणी येथे आजी कडे गेलो. रात्री आजीकडे मुक्काम करून दुसऱ्या दिवशी दिनांक १ मार्च रोजी सकाळी ९ वाजता न्याहारी करून महाबळेश्वर येथे २ दिवस राहण्या साठी निघालो. घाटातून हळूहळू वेडीवाकडी वळणे घेत साधारण ८ ते ९ किमी अंतर पार करत असताना काही कळायच्या आतच अचानक समोरून वेगाने येणारी टॅक्सी जोरदारपणे आमच्या जीपवर येऊन आदळली.

धडमधूड आवाज झाला. खरंतर आम्ही रस्त्याच्या कडेला होतो. तो आमच्या बाजूला साडेतीन फूट आला होता. श्री अतुल लगेच गाडीतून उतरून माझ्या बाजूला आले व त्यांनी मला उतरायला सांगितले.

जीपची पुढची काच फुटून त्याचे तुकडे तुकडे झाले होते. ह्यांच्या नाकाच्या बाजूने, भुवयातून रक्त येत होते. माझे हात पाय सारेअंग आवळल्या सारखे झाले होते. महत् प्रयासाने एखाद्या स्प्रिंगला ताणावे तसे हात बाजूला केले अन्पोटाचे स्नायूही ताणावे लागले. माने भोवती रक्त रक्त झाले होते. माझ्या मानेवर फुटलेल्या काचां मुळे अनेक छेद्या छेद्या जखमा झाल्या होत्या. मी पुढे असलेल्या आडव्या दांड्याला उजव्या हाताने धरले होते. ह्यांनी मला बाहेर काढून बाजूला बसवले. एकंदरीत दोघांचे हातपाय शाबूत असून दोघेही पूर्ण शुद्धीत होतो.

एव्हाना आजुबाजूच्या परिसरातील अनेक गावकरी जमा झाले होते. समोरच्या टॅक्सीतील चौघांपैकी एक मुलगी खूप रडत होती. तिच्या डाय्या मनगटावर सूज दिसली. फ्रॅक्चर असावे असे लक्षात यायला मला वेळ लागला नाही. लगेच तिच्या मनगटावर माझा रूमाल बांधून दिला. दोन्ही नव परिणीत जोडपी घाबरून गेली होती. चौघांना मी धीर देत होते. टॅक्सी ड्रायव्हर उतरून समोरच्या झाड खाली बसले होते. तोंडाला दारूचा दुर्गंध येत होता. आमची गाडी नसती तर त्यांची टॅक्सी दारूच्या नशेत समोरच्या मोठ्या झाडावरच आदळली असती.

महाबळेश्वर कडून येणाऱ्या गाड्यां मधून आम्ही सर्वजण पांचगणी येथे एका दवाखान्यात पोहोचलो परंतु त्याकाळी पांचगणी मध्ये हाडांचे डॉक्टर नसल्याने प्रथमोपचार घेऊन वाई येथील मिशन हॉस्पिटल मध्ये जाऊन क्षकिरण तपासण्या करून घेतल्या. अतुलना स्टिरिग व्हील वर तोंड आपटल्याने डाय्या भुवईवर तसेच डाय्या नाकाला टाके घालावे लागले.

वाई कडे जाताना माझ्या मनगटाला ठणका लागला होता व सूजही दिसू लागली होती. मानेवर झालेल्या छोट्या छोट्या जखमांतील रक्ताने गुलाबी साडी माखली होती.

उजव्या मनगटाला छोटे फ्रॅक्चर (fracture medial end of the radius) असल्याने फक्त प्लास्टर घालण्यात आले. तेथील उपस्थित ऑर्थोपेडीक सर्जननी तत्पर व योग्य ती वैद्यकीय सेवा दिली. आता पर्यंत नातेवाईकांनी आजीला व आई-बाबांना कळवले होते. रात्रीच्या गाडीने पुन्हा आई-बाबा पांचगणीला यायला निघाले होते.

मुख्य म्हणजे मी १८ नोव्हेंबर १९८९ ला D&C Diagnostic laparoscopy करून घेतली होती व डिसेंबर महिन्यात गोळ्या व इंजेक्शन घेतल्याने प्रेग्रंसी राहिली होती. तीन महिने नुकतेच होणार होते. स्त्रीरोगतज्ञ असल्याने एकसरे वेळी रेडिएशन पासून प्रोटेक्शन साठी लेड शीट आठवणीने मागून घातले होते. दुसऱ्या दिवशी पुण्याला आलो असता आमचे अवतार पाहून सासू सासऱ्यांना धक्का बसला कारण त्यांना आम्ही अपघाताविषयी काहीच कळवले नव्हते.

त्या प्लास्टरच्या हाताने तिसऱ्या दिवशी गाडी खाना मंडई येथे तात्पुरत्या स्वरूपात कामावर रुजूझाले व कामाला सुरुवात केली (तिथल्या इन्चार्ज मॅडमना डाय्या दंडाच्या हाडांचे फ्रॅक्चर झाले असल्याने त्या सुट्टीवर गेल्या होत्या.) महत्वाचे असे की १ मार्च १९८५ रोजी आमचे गुरुदेव स्वामी उमानंद सरस्वती यांचे निर्वाण झाले होते. अपघातावेळी माझ्या हातातील सामोसा पर्स मध्ये असलेल्या मंदिराच्या बिल्याला ध आकाराचे तडे गेले परंतु तडे मात्र त्यावर असलेले स्वामी नित्यानंद, स्वामी मुक्तानंद आणि स्वामी उमानंद सरस्वती यांच्या फोटोंच्या आजूबाजूने पडले होते.

भल्या मोठ्या संकटातून आमच्या दोघांची सही सलामत सुटका झाली होती, दुसरा जन्म जणू,

ही अवघी गुरु कृपा ! ही अवघी गुरुकृपा !!



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Indian Medical Association, Pune
Under the aegis of
Kamalnayan Bajaj Academic Center
in association with
Sahyadri Hospitals

CME on Spectrum of Liver Diseases and It's Management in 2021

Venue: Dr. K. H. Sancheti Hall, IMA House, Tilak Road, Pune-2 **Date:** Sunday, 4th April 2021

Time: 8.00 am to 4.00 pm **Registration & Breakfast: 8.00 am to 9.00 am**

**Installation Ceremony of IMA Pune President Dr. B. L. Deshmukh & Office Bearers
2021-22 from 11 am to 1 pm.**

Chief Guest – Dr. Arvind Natu, Faculty – IISER Pune

Guest of Honor – Dr. Ramkrishna Londhe, President IMA MS

Topics

1. Spectrum of Liver Diseases and role of Liver Transplant in management of liver diseases
2. Liver Diseases in children & its management
3. Critically ill Liver patient-how do we manage?
4. Role of Radiological Interventions in Liver Diseases
5. Spectrum of Kidney diseases in patients with liver failure and their management
6. Challenges in Liver Transplantation Surgery
7. Pancreas Transplant
8. Liver Transplantation : Is it accessible, available & affordable in today's era?

Speaker

Dr. Sheetal Mahajani,
Transplant Hepatologist, Sahyadri Hospitals
Dr. Snehavardhan Pandey,
Paediatric Hepatologist, Sahyadri Hospitals
Dr. Manish Pathak,
Transplant Anaesthetist, Sahyadri Hospitals
Dr. Kaurabhi Zade,
Interventional Radiologist, Sahyadri Hospitals
Dr. Manan Doshi,
Nephrologist, Sahyadri Hospitals
Dr. Dinesh Zirpe,
Liver & Multi Organ Transplant Surgeon,
Sahyadri Hospitals
Dr. Uday Phadke,
Endocrinologist, Sahyadri Hospitals
Dr. Bipin Vibhute,
Liver & Multi Organ Transplant Surgeon,
Sahyadri Hospitals

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वेगळ्या वाटा

डॉ. मनीषा देशमुख

फोन: ९८२३१२९३८०

काही वर्षापूर्वीची गोष्ट ! आम्ही चेंघे एका चायनीज रेस्टॉमध्ये जेवायला गेलो होतो. अजूनही चांगलं आठवतं. समीर तेव्हा इंजिनियरींगच्या दुसऱ्या वर्शाला होता आणि त्याला मार्क्स फार चांगले पडले नव्हते. तो तेव्हा चांगला गिटार वाजवायला लागला होता आणि मित्रांनी मिळून एक बॅंड काढला होता. एक C.D. पण रेकॉर्ड केली. त्यांचे कार्यक्रम पण ठिकठिकाणी व्हायला लागले होते. पण एका मध्यमवर्गीय, उच्चशिक्षित कुटुंबाचे लक्ष असते ते शेवटी शिक्षणातील ग्रेड वर! त्याला एक महागडा laptop पाहिजे होता. तो त्याच्या बाबांना म्हणाला, “मला laptop घेऊन देता का म्हणजे मला बऱ्याच गोष्टी करायला सोप्या होतील.” त्यावर त्याचे बाबा म्हणाले, “ओके. देतो. पण काहीतरी चांगलं करून दाखव.” त्यावर समीरचं उत्तर आम्ही अवाक होऊन ऐकत होतो. समीर म्हणाला, “बाबा चांगलं म्हणजे काय हो ? फर्स्टक्लास B.E. करून एक चांगली नोकरी पकडली आणि लग्न करून २ मुलं झाली म्हणजे झालं चांगलं, हो ना ?” तेव्हा आम्ही खूप हसलो. समीर पण हसला. पण त्याचे हे उत्तर आम्हाला अंतर्मुख करून गेले. खरच आपल्या चांगल्याच्या कल्पना किती साध्या आहेत.

बहुतेक घरांमध्ये ही अपेक्षा असते नाही ? मुलांनी एखादं चांगलसं (शक्यतो नेहमीचं ठरलेलं, डॉक्टरच्या मुलांनी डॉक्टरकीच केली तर फारच चांगलं) वगैरे करियर करावं.

छान भरपूर अभ्यास करावा, चांगले मार्क पाडावे, चांगल्या स्कूल, कॉलेजमधून ग्रॅज्युएशन आणि जमलच तर abroad शिक्षण घेऊन छानसा जॉब. पुढचं आता नको बोलायला.

पण आमची दोन्ही मुलं इथे अपवाद ठरली.

समीर आज जपानमध्ये super computing मध्ये Ph.D. करत आहे. त्याने पूर्णपणे स्वतःच्या जोरावर तिथपर्यंतचा प्रवास कसा केला हा एका वेगळ्या लेखाचा विषय आहे.

आज मी लिहिणार आहे आमच्या धाकट्या कन्येच्या प्रवासाबद्दल.

प्रत्येक मूल कसं वेगळं असतं नाही ? आमच्याही दोघांमध्ये बराच फरक आहे. मयूरीने जेव्हा आम्हाला सांगितले की मला climbing मध्ये करियर करायचे आहे, मी climber होणार तेव्हा आम्ही उडालोच. डॉक्टर, इंजिनियर, C.A. आर्किटेक्ट वगैरे किंवा पेंटर, सिंगर, डान्सर पण हे climber काय असतं ? हा काय प्रकार आहे इथपासून सुरुवात ! आणि “हे सगळं मजा, हॉबी म्हणून ठीक आहे पण यात कोणी करियर करतं का ?”

आधी तिचं थोडं background सांगते. मयूरी ही अगदी लहानपणापासून athlete आहे. मी तिला अगदी एक वर्षाची असताना सुंदर sports shoes आणले होते. ती खूप लवकर चालायला, पळायला लागली होती. सगळे जेव्हा बसून गप्पा मारत, तेव्हा ती सोप्यावर, दारांवर वगैरे चढत असायची. ती एका ठिकाणी शांत बसलेली आम्हाला कोणालाही आठवत नाही. समीरला जिथं ग्राउंडवर जाण्याचा कंटाळा तिथं ती अतिउत्साहात ग्राउंडवर जाऊन सर्व प्रकारच्या कवायती सहजपणे करायची. त्या संपूर्ण ग्राउंडला ती भरपूर पळून चक्कर मारायची आणि तिला त्याचे काहीच वाटायचे नाही.

माझा पण खूपच अड्डाहास असायचा की मुलांना physical activities पाहिजेच. मग आमची कधी टेकडी, कधी swimming, कधी cycling चालू असायचे. बास्केटबॉल तीने बरेच वर्ष खेळले. तिथं पण ४-४ तास ग्राउंडवर असायची. बाबांच्या हजुरपायी भरतनाट्यम क्लासला घातले. फिजिकली strong असल्यामुळे ती खूप सुंदर नृत्य करायची. आईच्या आग्रहास्तव गाणं पण शिकायला जायची. तिचे सूर अत्यंत सुंदर लागतात. त्यातही

तिला चांगली गती होती.

१२व्या वर्षी तिने कुठेतरी क्लायंबिंग (climbing) बद्दल वाचले आणि झाले स्वतःच शोध सुरु केला. हल्ली मुलांना आपली गरज कमीच लागते या साठी. तिला पुण्यात एक climbing wall आहे असे कळले. स्वतःच सगळी माहिती काढून तिने तिथं जायला सुरुवात केली. त्याचं तिला अक्षरषः वेड लागले. त्या ध्यासापायी तिचं नृत्य आणि गाणं पण मागे राहिलं. कारण एकाच वेळी नृत्य आणि climbing करणे शारीरिकदृष्ट्या अशक्यच आहे. तिचं म्हणणं होतं की भरतनाट्यम ही पूर्ण वेळ करण्याची गोष्ट आहे, एवढं अफाट आहे. तीच गोष्ट गाण्याची! आम्हाला हा सगळा प्रकार पूर्ण नवीन होता. त्या climbing wall वर बरेच holds असतात आणि हाताच्या बोटांनी ते धरून पायाच्या बोटांनी (एक विशिष्ट ब्रुट घालून) खालच holds पकडत वर जायचे असते आणि मग हात सुटले की धपकन खाली गादीवर पडायचे.

तिची बोटं अक्षरषः रक्तबंबाळ व्हायची, सगळे joints सुजायचे, पायांची बोटं सुद्धा आवळल्यामुळे सुजायची. मी तर हैराण आणि हतबल होऊन बघत रहायचे. किती तरी वेळा तिला डॉ. रणजित देशमुख कडे घेऊन गेले, अरे ही बोटं बघ किती कशी सुजली आहेत, पुढे जाऊन काही होणार तर नाही ना? पण एवढे होऊनही मजाल आहे की ही मुलगी कधी तक्रार करेल, रडेल तर! तषीच बोटंवर चिकटपट्ट्या लावून climbing ला जाणार म्हणजे जाणार! हल्लीपणा तर दोघांमध्ये आहेच. त्यातच आम्हाला कळलं की याच्या स्पर्धा होतात. मग डिस्ट्रीक्ट, झोनल आणि मग नॅशनल पर्यंत पोहोचली. ज्युनियर नॅशनल चॅम्पियनशिप जिंकली. ते ही Bouldering आणि Lead climbing दोन्ही प्रकारांमध्ये आणि मग World Junior Climbing Championship मध्ये भारताचे न्युकेलेडोनिया मध्ये नेतृत्व पण केले.

भारतात climbing अत्यंत प्राथमिक स्वरूपात असून चांगले coaching पण नाही. मी थोडा प्रयत्न पण करून पाहिला की तिला Tennis, Badminton मध्ये काही रुची झाली तर बरय! (आपली नेहमीची वृत्ती – माहितीच्या वाटा... हा हा) पण.... तिला climbing च करायचं होतं. आम्ही तिला Delhi, Bangalore, Mumbai ला पण पाठविलं ट्रेनिंगसाठी.

या सगळ्यां बरोबर आमचा अभ्यासाचा तगादा तर चालू असायचाच. मग आपल्या देशात जसं होतं तसंच काहीतरी खेळातलं राजकारण सुरु झालं आणि हिने ठरवून टाकले की आता मी नॅशनल स्पर्धांमध्ये भाग घेणार नाही. आत्ताच सांगितल्याप्रमाणे bouldering आणि lead climbing असे दोन प्रकार असतात. त्यातला lead climbing हा प्रकार खूपच साहसी खेळ आहे. ते पाहताना पोटात अक्षरषः गोळाच यायचा. पण अत्यंत उत्कंठावर्धक तसाच शारीरिक दृष्ट्या खेळाडूच्या तंदुरुस्तीची कसोटी लावणारा हा क्रीडाप्रकार आहे. याचा प्रत्यय मला तिच्या बरोबर न्युकेलेडोनियाला आला.

तिथं सगळ्या देशांच्या टीम्स होत्या. प्रत्येक टीम मध्ये २०-३० खेळाडू होते. आम्ही मात्र एकटेच होतो.

त्या मुलांचा फिटनेस, त्यांचं ट्रेनिंग बघून डोळ्यांचे पारणे फिटले. खूपच thrilling experience होता. तेव्हा वाटलं की आपण मुलांना किती घाबरवत असतो लहानपणापासून. त्यांना खूपच बंधनं घालून देतो. तिथली आमची ट्रीप बऱ्याच कारणांमुळे लक्षात राहिली. आम्ही मुंबई वरून उड्डण केले आणि मयुरीला high grade ताप भरला. पुर्ण अत्यंत लांबचा २ विमाने बदलून झालेला प्रवास हिच्या तापात आणि मला अंगावर शहारे आणणारा ठरला! तिथं पण ताप लवकर गेला नाही. मी तर म्हटलं आता काय चढणार पण या मुलीनं डोळ्यात एकदाच फक्त पाणी आणलं तेही जेव्हा ताप पहिल्यांदा आला तेव्हा. नंतर तिने combiflam घेऊन आपला turn complete केला. मला किती भरून आलं सांगू शकत नाही.

तर, ... त्यानंतर राजकारणांमुळे स्पर्धांमध्ये भाग घेणार नाही पण outdoor climbing करणार असे म्हटल्यावर आमचे धाबे दणाले! अगं काय म्हणते! मग कुठे, सिंगडावर, ताम्हिणी घाटात, हम्पी, बदामी येथे उंच उंच दगडावर climbing अगं कुठे पडली, लागलं, मोडलं तर? पण ऐकतील ती आमची मुलं कुठली? तिचं चालूच राहिलं. तिला एक छान ग्रुप मिळाला. त्यात २-३ मुली पण होत्या मग आम्ही तिला मूग गिळून कां होईना पाठवायचो. तिचे बाबा मात्र इथे काळजी करत बसायचे, ती सुखरूप परत येईस्तोवर!

पण त्या खूपच physically demanding game मुळे आणि पुरेशी rest न घेतल्यामुळे तिच्या खांद्यांना काहीतरी दुखणे सुरु झाले. खूप प्रकार झाले. किती तरी डॉक्टर्स, फिजिओथेरेपी, एम.आर.आय., पण काही सापडले नाही. मग तिने स्वतःच शोध लावला की माझं बहुतेक न्यूट्रिशन आणि ट्रेनिंग मध्ये काहीतरी चुकतय! आणि तिने एक फिटनेस न्यूट्रिशन चा कोर्स करायचं ठरवलं. या पुवी घरात भरपुर भांडणे होऊन तिने arts मध्ये प्रवेश घेतला. पण एका अटीवर की maths तरी ठेवायचंच. मग तिने आत्ताच B.A. Economics केले. ते ही आमच्यावर उपकार म्हणून... हा..हा..

त्या फिटनेस कोर्स मध्ये तिने अत्यंत मन लावून अभ्यास केला. माझ्याबरोबर खूप discuss करायची आणि मला सुखद आश्चर्य वाटले जेव्हा मी बघितलं की हा कोर्स शास्त्रीय दृष्ट्या खूपच उच्च दर्जाचा आहे. Insulin glucagon पासून metabolism, carb, protein, fats चे, muscle anatomy physiology वगैरे त्यात होतं. त्यात तिला खूपीपही हतंकम मिळाली.

तेव्हाच मला पण शोध लागला की apple च्या I-Pad मध्ये एक अतिशय सुंदर App आहे. त्यात सगळ्या शरिराच्या muscle चे origin तसेच nerve supply वगैरे अत्यंत सुंदर व सजीव पद्धतीने दाखविले आहे. मला आठवले ते first year चे दिवस जेव्हा आपण ते सगळे रटायचो.

मी अगदी खरं सांगते, यात एक षब्दही खोटा नाही की आपले shoulders तिने स्वतःच बरे केले. प्रॉपर न्यूट्रिशन आणि स्ट्रॅन्थ ट्रेनिंग हे त्याचे उत्तर आहे.

आम्हाला एव्हाना कळून चुकले होते की ही आता यातच career करणार. म्हणून घरीच पुढच्या अंगणात तिने एक gym उभारलं. पण पावसात वाट लागली. मग आता नविन जागा शोधायचा विचार झाला. आधी विरोध पण नंतर आजोबांच्या परवानगीने आता घराच्या मागच्या मोठ्या जागेत तिला सुसज्ज gym उभारायला आम्ही मदत केली. Dynamic Fitness या नावाने जंगली महाराज रोडवर संभाजी पार्क शेजारी तिचं gym आत्ताच सुरु होत आहे. लॉकडाऊन मुळे त्याला काही काळ खीळ बसली. पण कौतुकच आहे आजच्या जनरेशन चे. ते अजिबात निराश वगैरे होत नाहीत. नेहमी पॉझिटिव्ह विचारच करतात.

माझ्या पेशंटना ही ती Nutritionist आणि Physical Trainer म्हणून बघायला लागली आहे.

तिच्यातला उत्साह आणि positive attitude सगळ्यांना खूपच भावतो. त्याच gym मध्ये तिने एक climbing wall पण करायचे ठरवले आहे आणि लवकरच ती सुरु होईल.

या सगळ्या लेख प्रपंचाचा उद्देश्य हाच की वेगळ्या वाटा चोखाळताना बरेच खाचखळगे येणार, येतातच. पण मार्गक्रमण करत राहिल्यास वाट सापडते. मुलांमध्ये खूप उत्साह व उर्जा असते. आपण पाठिंबा मात्र द्यायला हवा. मयूरीची वेबसाइट - www.livfitclimb.com



Remembering Centenarian Dr. Leela Gokhale

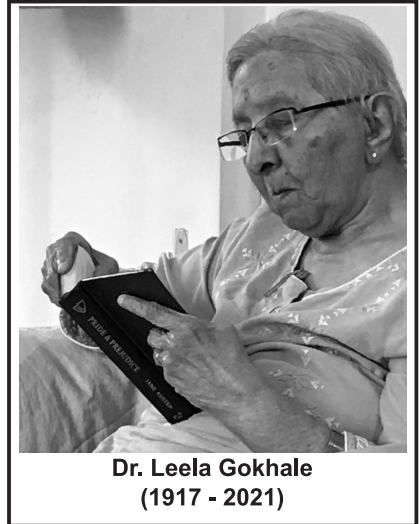
The grand old lady of Pune medical fraternity passed away a few weeks ago at the age of 103. Dr. Leelatai Gokhale was in excellent health and was active in various activities till the last day. Born in 1917 in the well-known industrious and cultured Ranade family, she secured admission at Grant Medical College, Mumbai in 1936 after her school and college education in Pune. Having graduated in 1941, she worked at Cama and Albless Hospital, Mumbai for her M.D. in Obstetrics and Gynecology which she obtained in 1945.

Leelatai had made up her mind to have her private practice in Pune but before that she worked with Dr. Jerusha Jirhad, a noted gynecologist and in the surgical unit of Dr. Joglekar at J.J. Hospitals. Mumbai witnessed a huge blast at Mazgaon docks on 14 April 1944 wherein about 1000 persons including 68 firemen died and about 1600 persons were severely injured. She describes what happened this in graphic details in her book. She and her colleagues in surgical units in J.J. Hospitals worked tirelessly. She used to say that this stint of work at J.J. sharpened her skills and gave her a very good foundation in surgery.

While Dr. Leela Ranade and Balkrihana alias Bandu Gokhale, a communist activist, were planning to get married, he was taken into custody by the government on some pretext. But they managed to obtain parole for marriage and were married in a simple registered marriage.

Dr. Leela Gokhale started her medical practice as an Obstetrician and Gynaecologist in Pune in 1953. She got an appointment as Honorary Gynecologist at Seth Tarachand Ramnath Hospital where she soon became Head of the department and a Professor at Tilak Ayurveda Mahavidyalaya. She was an examiner at M.B.B.S examinations when I appeared for my final examination. She worked in an honorary capacity at "Sutika Seva Mandir" on Laxmi Road and other nine institutions for many years. She established her Hospital on Gopal Krishna Gokhale Road (F.C. Road) opposite Vaishali in 1953 and practised there for thirty-three years till closing it in 1986 at the age of 69. Later on she did only consulting practice till 1992 when she finally retired from medical field at the age of 75.

Leelatai was very active in Pune's medical as well as social world, being a member of Indian Medical Association (which felicitated her two years ago) and Poona Women's



Dr. Leela Gokhale
(1917 - 2021)



Council. She used to conduct health checkup camps for women in nearby villages. Dr. Leela Gokhale was a strong lady, firm on her principles of ethical practice and was against carrying out termination of pregnancy. In this context she has written in her autobiography about the dilemmas faced and the decisions taken by her at various times.

At the age of fifty, she joined Pune University's Ranade Institute for studying Russian language and obtained Higher Diploma. Later she joined courses to pass the "Sahitya Pradnya" examination of Maharashtra Sahitya Parishad at the age of 82. During her last years of life she was attending an online class on Sanskrit offered by Tilak Maharashtra Vidyapeeth. During the last twenty years of her life Leelatai engaged herself in reading, knitting and working with croche. She authored a book on her experiences in life and titled it "अनुभवाचे बोल". Her hundred and first birthday was marked by publication of her 240 page autobiography in Marathi titled "माझी गोष्ट".

Her husband Balkrishna Gokhale passed away when Leelatai was eighty. She is survived by three children, Anita Benninger, Atul Gokhale and Anupama Oak and their families. It was my privilege to have known Leelatai and her family. I have with me the small pouch knitted by her and gifted to me on her hundred and first birthday.

Dr. Subhash S. Kale,
Mob : 98220 82030

Highly Respected Dr. Leela Balkrishna Gokhale was most adorable, multifaceted social personality besides being a Gynec. & Obstretician.

Till her last days, she had very clear & vivid memory. She has written two books- "अनुभवाचे बोल" later "माझी गोष्ट" after age 90yrs. She read her research Paper on 'Primary Dysmenorrhoea' at IMA National Conference at Kolkata. She was felicitated at IMA Pune 6yrs back even when She was wheelchair ridden!

She very well accepted my suggestion in anaesthesia - like changing her latex rubber tubing I.V.sets to new sterile plastic sets, Use of spinal needles 27-29 gauge, when no.18 gauge were in use, Changing Ether anaesthesia to Trilele / Halothane!

Dr.Arun Halbe,
Mob : 9423586343



Last Month in IMA ***[February 2021]***

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

2nd February **2021**

Webinar by Cipla Palliative Care and Training center

Webinar by Cipla Palliative Care and Training center, Pune. Welcome Address was given by Dr. Aarti Nimkar. Dr Nivedita Page, Head Medical Services and Outreach and Mrs Akhila Koparkar Senior MSW, Cipla Palliative Care and Training Center, Pune discussed the following Topics

- 1) Introduction to Palliative Care
- 2) Outreach Program and Pain Management.

Vote of Thanks was given by Dr Rajan Sancheti.

4th February **2021**

On the occasion of Road Safety Month and World Cancer Day, Universal Cancer Conquest in association with Indian Medical Association Pune, Pune City Traffic Police organized a Motorcycle Rally from Canara Bank Bibvewadi IMA Pune to spread awareness about Road Safety and Cancer among citizens of Pune. The Programme ended at Dr. K. H. Sancheti Auditorium, were in Chief Guest were Dr. Brg. Amrajeet Singh, CEO DY Patil medical College, Dr. Sanjay Lalwani, Director Bharati Medical College and Hospital, President IMA Pune Dr. Aarti Nimkar, Executive Trustee Dr. Jayant Navarange, Secretary Dr. Rajan Sancheti. Mr. Ajay Balai, CEO Universal Cancer Conquest was instrumental for this program

7th February **2021**

Blood Donation Camp

Camp was held on 7th February 2021 at Delta High/Square Project, Bhugaon. It was arranged by Svasti Mahajan Realtors by Mr. Amit Dhulekar, CEO Mrs. Jyoti Inamdar. The function was inaugurated by at the hands of President Dr. Aarti Nimkar. Action Committee Chairman Dr. Sanjay Patil did 16 km run and join the event. President Elect Dr. B. L. Deshmukh, IMA Secretaries Dr. Rajan Sancheti and Dr. Sunil Ingale were present.

9th & 10th February **2021**

Relay Hunger Strike

Relay Hunger Strike - 9th and 10th February 2021: According to the call from IMA HQ nationwide Relay Hunger Strike called from 1st Feb to 14th Feb 2021. Pune IMA observed Relay Hunger Strike on 9th and 10th February 2021, 10 am onwards. All the Trust Board, Past Presidents and IMA managing committee Members participated in this Hunger Strike for agitation against Mixopathy. About 200 members including POGS, IAP and POS members participated in this agitation.

National IMA President Dr. J. A. Jayalal visited IMA Pune on 9th February at 4 pm. He addressed to 25 to 30 press reporters about the agitation against the Mixopathy all over India. State President Dr. Ramkrishna Londhe also came to IMA Pune for this agitation. Dr. Mangesh Pate, State Chairman HBI and Dr. Ravindra Kute were also present. President, Secretaries and OBS from IMA PCB were also came & supported. Action committee chairman Dr. Sanjay Patil, Dr. Padma Iyer put great efforts to make it a successful event. Dr. Jayant Navarange appreciated IMA Pune team work.

There was a press conference at 5.0 pm Marathi & English news paper reporters were



present in big number, This was very nice interactive session between press reporters and IMA Leaders.

On 14th Feb. was a last day of Relay Hunger Strike which was observed by all over India by IMA branches. In IMA pune in board room Dr Aarti Nimkar, Dr Jayant Navarange, Dr. Avinash Bhutkar, Dr Padma Iyer, Dr Sanjay Patil, Dr B L Deshmukh, Dr Rajan Sancheti, Dr Sunil Ingale, Dr Meenakshi Deshpande, Dr Raju Varyani, Dr Alka Kshirsagar, Dr. Arun Halbe, Dr. Dilip Sarda, Dr. Ananta Kulkarni, Dr. Mohan Joshi, Dr. Khinwsara, Dr Sachin Sangamnerkar have their presence for Hunger strike

**14th February
2021**

IMA Walking Competition at Sarasbaug

IMA Pune Sports event was held on 14th Feb 2021 by Walking Competition at Sarasbaug. Dr. Milind Khedkar was Chairman of this event. Executive Trustee Dr. Jayant Navarange, President Dr. Aarti Nimkar, PP Dr. Padma Iyer and Dr. Sunita Khedkar were present.

**18th February
2021**

IMA Parvati Climbing event

2nd Sport Event was held on 18th Feb 2021 early morning. President Dr. Aarti Nimkar, Dr. Sanjay Patil, Dr. Mohan Joshi, Dr. Padma Iyer, Dr. B. L. Deshmukh, Dr. Sunil Ingale and Mrs. Jyoti Patil were present.



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

| SR | DAY & DATE | EVENT & TIME | VENUE | COORDINATORS | PH. NO |
|--|----------------------------|-------------------------------|----------|-----------------------|------------|
| 1 | Sunday, 21th March 2021 | Chess 9:30 am to 12:00 am | IMA Pune | Dr. Arun Halbe | 9423586343 |
| 2 | Sunday, 21th March 2021 | Carrom 9:30 am to 12:00 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. Milind Khedkar Dr. Sancheti Rajan / Dr. Sunil Ingale President, IMA Pune Chairman Sport committee IMA Pune Hon. Secretaries IMA Pune | | | | | |

WELCOME NEW MEMBERS

| Sr. No. | Name | Speciality | Contact |
|---------|-----------------------------|---|------------|
| 1 | Dr. Pagade Sachin Gajanan | Eye Surgeon | 9822872292 |
| 2 | Dr. Pagade Sanika Sachin | Family Physician | 9657729363 |
| 3 | Dr. Gupte Akshay Ashok | MBBS | 9822008434 |
| 4 | Dr. Thorat Aditi Vijaysinh | General Practitioner | 9819902959 |
| 5 | Dr. Darekar Mangesh Mohan | Con. Orthopaedic & Jt. Replacement Surgeon | 9422321739 |
| 6 | Dr. Darekar Supriya Mangesh | Gynaecologist | 9423003250 |



Medico Legal Corner

Dr Jayant Navarange

Co-chairman Medico Legal Committee

Dr.Meenakshi Deshpande

Chairperson MedicoLegal committee

Following important points were discussed in Monthly MedicoLegal committee meeting on 6.3.21 at IMA Pune Board Room..

1) Social media defamation , Facebook defamatory posts .ideal action to be taken is to send a strong notice email to Manager , Delhi office to immediately remove that particular post otherwise proper legal action would be taken..

Normally ,then that post would be removed .

2) Now there is no 100% responsibility on whatsapp admin regarding harmful posts put by other members. It is on admin , members forwarding and propagating the message .

3) Landmark judgement given by Madras HC on 1.2.21 on 2016 Case,which gave a verdict with long term consequence. It is said that even if there is no Medical negligence and a death occurs in unlikely circumstances in a govt. hospital, some compensation should be paid in such unlikely accidental deaths which occur in Hospital setups. In TN, some such funds are created from doctors and staff payments ,so that some minimal payment can be given such deaths not related to misdiagnosis or mistreatments. Right to health is everyone's right .So we suggest some corpus fund be formed in each and every hospital termed as NoFault Fund ,for benefit of all, something like no fault insurance claim .

4) Case of missing anomaly on USG ,in a baby born at Hyderabad,in TN .. District/ State Forum has awarded compensation. ..So we suggest to take patients sign on a consent form, also take patients relatives sign , mentioning anomaly scan can miss anomalies if baby's position not proper .and if adequate time is not allotted .So patient should be ready to shell out n pay more charges for thorough anomaly scans .They should also come on time within limits .In spite of this 5 percent anomalies can be missed . Above that ,it would become a palpable mistake amounting to actionable negligence .

5) We should add in our Consent formA)If any unforeseen complication / accident occurs with or without anaesthesia ,it will be communicated to relatives or attendants by some senior staff, who need not be a treating doctor ,as they will be busy managing this unforeseen event . Acknowledgment should be given by such informed person....B) Any dispute arising out of the treatments with us will be subject to competent courts or commissions or any regulatory authorities in jurisdiction ofcity or district only.

6) We should add in Discharge Card : All summary of treatment/procedure and further instructions regarding treatment, further investigations, advice, diet, follow up, next appointment, contact details regarding any emergency etc have been well explained to me and my family attendants and understood by me/us. If we fail to observe the same, the responsibility of any consequences will be entirely mine/ours.

After signing discharge card, take a signature of patient on the discharge card—have 1 copy



attached to your case notes.

7) When Relatives ask for copy of indoor papers , they should be given within 72 hours , after taking appropriate charges and sign on the paper that no other close relative will be asking from them/ Hospital . It will be their responsibility to share official copies to others .

8) Punjab State Consumer Commission: Chandigarh case 23-1-2021 [2014 case]---Rs.1.4 Cr compensation awarded as ROP not prevented in twins with birth wt of 700gms and 1200 gms—late referral, late diagnosis and late Rx.

Doctors said, parents had gone LAMA and all counselling was done and notings were done on OPD paper which are with the parents , now are concealed by parents. The case papers of the second twin who remained in NICU much longer before being taken against medical advice which revealed were dismissed by the commission for reasons like absence of page number on the page. This infant was taken away without even allowing the cannula to be removed without settling the bill. After LAMA both the twins were not shown or examined by ophthalmologist till the age of 6 months age when ROP (Retinopathy of Prematurity)was already advanced and irrevocable..This was callousness of patient parents .What after all does the judiciary expect of the superhuman pediatricians and ophthalmologists;should they forcibly go and do the ROP follow-ups and screenings at their places of residence? ...Independent witness who was mother of another premature child admitted during the time gave evidence regarding her own child's ROP screening and followup and treatment done by opposite parties resulting in good outcome. But , This affidavit of this witness was not considered reliable evidence because medical records of this baby was not produced in court.

In one more similiar case, ROP occurred in a neoate—29 weeker preterm baby , was in NICU for one month .Patient claimed emphatic advise was not givenchild is blind at 3 months.

So , it is very important to be careful while discharging preterm baby and discuss about emphatic advice given regarding ROP followup and proper notes on discharge card.



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IMPORTANCE OF FITNESS IN WOMEN'S LIFE

Mrs Prajkata Yelwatkar

PINKFIT fitness program Creator
9881235170

"Being a healthy women isn't about getting on a scale or measuring your waistline. We need to start focusing on what matters- on how we feel and how we feel about ourselves.

~ Michelle Obama

This is exactly what I believe in and that's exactly what reflects through her fitness program.

IMPORTANCE OF FITNESS IN WOMEN'S LIFE -

Fitness is not just a physical exercise, it's more like a therapy. Fitness should not be about your body measurements or the numbers on a weighing scale but it should be more about your immune system, stamina ,healthy mind and body and your glowing skin.

Regular fitness must top your priority list as it-

- keeps your body disease-free
- improves your cardiovascular and respiratory health
- increases your bone density
- and reduces your risk for some cancers.

Sweating it out every single day and working on yourself gives you a new confidence and makes you feel even better about yourself ,it marks your self love journey.

Studies have proved that regular workout produces-

- happy hormones
- eliminates negative thoughts
- reduces your anxiety, stress and depression issues making your life more beautiful and worth living.

But today there are n number of workout forms available in the fitness industry and every women usually gets really confused and struggles to find the right kind of workout that would suit her body and more importantly that she would love doing .

Many women think that doing household chores will save them a trip to the gym but they might want to think again as household chores are not intense and long enough to be considered as a form of exercise .

Women should always choose the form of exercise according to her body type. Body type basically includes your bone structure , height, body weight and body stamina .

There are three different types of female bodies-

1) ECTOMORPH-

- They are naturally lean and strong
- They should do strength training to promote muscle growth .

2) ENDOMORPH-

- They have higher levels of body fat and can add muscle relatively easily.
- They should focus more on fat loss and hence should opt for cardio, HIIT or circuit training.

3) MESOMORPH-

- They are in between of the ectomorphs and endomorphs.

▪ They should opt for strength training, may be just twice a week rather than three, four or five times a week .

Women should do workout at least 5 times a week if the chief aim is weight loss and three times a week if they want to maintain healthy weight .

Weekends must be your recovery period as recovery of your muscles is as important as doing regular workout and consuming healthy nutritious food.

Along with body type your interest and your liking is equally very important because it will act as a motivating factor in your fitness journey .If you do something that you don't like or don't feel like doing then you will most probably cease doing it and we don't want that.. right?

That one hour must be your happy hour which you will look forward to every day.

An ideal workout regime should be a perfect combination of cardio+body toning+strength training as it will suit and work for all the female body types.

FITNESS DURING 'THOSE' 5 DAYS -

Women usually tend to avoid doing any kind of workout during their menses is because they have a pre- conceived notion that it will increase their menstrual pain ,cramps and blood flow. But studies have found that doing regular work out even during menses can -

- reduce your cramps and menstrual pain
- will improve your uterus health
- helps to reduce stress, anxiety and depression issues
- it will resolve your PCOD/PCOS, thyroid, hormonal imbalance and elevate your mood .

You just have to avoid doing upside down positions ,high intensity workout ,fast cycling and running, skipping and high jumps during your menses .

Easy yoga poses ,any kind of dance, dance fitness is advisable to do .

After studying all these above factors for 12 whole years Mrs.PRAJAKTA YELWATKAR came up with 'PINKFIT' which is a unique fitness program made especially for women body, her hormones ,her body fat percentage and her liking .

It has 16 different dance fitness+body toning+strength training flavour+nutritional guidance.

The different props used like DAFALI SOUND, GHUNGAROO AND DANDIYA BEATS acts as a therapy on your mind and body.

Pinkfit is not only a fitness program but it is an emotion. Pinkfit is made for all the women body types.

Because of pinkfit and nearly 30,000 women have resolved that stress anxiety and depression issues, they experience positivity in their life and feel more productive.

PINKFIT has also helped many beautiful women out there to Naturally conceive without any medications and has also resolved their PCOD /PCOS , thyroid and diabetes issues in a fun and healthy way .

I always preach that workout which you like,during which if your mind is thoughtless and after that if you experience a meditative state that is called your favourite workout form which suits you and your body.

