



IMA PLUS

Indian Medical Association Pune Branch - Monthly Newsletter



94th Year

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Theme : Protect your Healers

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Dr. Sanjay Patil

This Month

17th July : Hybrid CME on
"Save Your Practice"
31st July : Rejuvenating Medical
Minds

Next month

15th Aug : Independence Day
Flag Hoisting & Art's Circle
programme
27th & 28th Aug :
EVECON 2022



12TH MAHARASHTRA STATE CONFERENCE OF IMA WOMEN DOCTOR'S WING

HOSTED BY

INDIAN MEDICAL ASSOCIATION
PUNE

EVECON 2022

THEME :

Women's Holistic Well-Being



**27TH & 28TH
AUGUST 2022**

VENUE : Royal Connaught
Boat Club, Pune

**OPEN FOR ALL
IMA DOCTORS**

Website : www.imapune.com

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5th June : Rangarang Programme



Surprise visit by
Dr Suhas Pingle IMA MS President



5th June - International Environment Day



12th June : Nutrition CME



PROCTOLOGY



Dr Ashwin Porwal
ColoRectal Surgeon.
MUHS Certified Professor in Proctology
Founder Healing Hands Clinic.

- Inventor of DLPL surgery For Complex Fistula.
- Inventor of Laser Haemorrhoidopexy for piles.
- Received Dadasaheb Phalke Award.
- Invented Laser Pilonidotomy for Pilonidal Sinus.
- Patented BEST device for Fistula and SMILE mesh for Hernia.
- Introduced MUHS Certified Proctology Fellowship for 1st time in India.
- Inventor TRRPCS: TransAnal Rectal Resection of Rectal Prolapse by Circular
- Got Best Paper award for DLPL surgery for complex fistula at ACRSICON.
- World Record of maximum Stapler Hemorrhoidopexies for Piles & STARR Surgery for constipation.
- Inventor of worlds first Anospray for piles and Patented Constac Laxative.
- Received Limca Book of World Record for treating the longest fistula of 110cm.



LASER VARICOSE VEINS



Dr Paresh Gandhi

M.B.B.S., D.N.B. Surgery, FCPS Surgery
Diploma in Proctology
Consultant Varicose Veins and
Hernia Surgeon

A culmination of hard work and sincerity, Dr Gandhi has gained mastery in **Laser Varicose Veins ablation**. The Leonardo Laser was first introduced in India at Healing Hands Clinic. Dr Gandhi has also undergone certified training in Wound Management from the Madeleine Flanagan University of Hertfordshire, UK.

3D MESH HERNIA



Dr Deepak Kulkarni

M.B.B.S., D.N.B. (Surgery)
Hernia specialist and GI Endoscopist

Dr Kulkarni specializes in **3D Mesh Repair for Hernia** and has successfully treated complicated cases of Obstructed and Recurrent hernias. Healing Hands Clinic has been certified 'Center of Excellence in 3D Mesh Hernia Repair' by Dr John Murphy, Ex-president of American Hernia Society. With his Fellowship in Endoscopy, Dr Kulkarni also looks after the Gastroscopy and Colonoscopy procedures at all the HHC centers in Pune.

LASER UROLOGY



Dr Himesh Gandhi

M.S., M.Ch. Urology
F.M.I.S. (Singapore)
Director Urology,
Consultant - Urosurgeon
Robotic & Kidney Transplant

Healing Hands Clinic introduced **India's First German Made Storz Rubina System for Urology**. It's 3D camera with 4K vision gives precision in performing complex Kidney Stone and Prostate Surgery. We introduced Laser For Prostate Surgery at Healing Hands Clinic. Dr Himesh Gandhi has to his credit first ever case of successful Robotic Radical Prostatectomy in Pune.



Only center in
India to have
Certified 1yr Fellowship
in Proctology



India's only
NABH accredited
Proctology Clinic, 2022

Urology and Laparoscopy



India's 1st German Storz Rubina
3D with 4K Vision System



India's 1st BK medical for
Endo Anal USG.



HHC has been awarded as
Limca book of world record for
treating 110cm Long Fistula, 2022

PUNE STATION

PUNE | MUMBAI | NASHIK | KOLHAPUR | LATUR | BENGALURU | HYDERABAD | SURAT | AHMEDABAD | LUDHIANA | JAIPUR | DUBAI

8888288884

19th June 2022 - Diabetes Course





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Honors & Awards

 Very Prestigious National Award by IMA HQ 'DOCTOR OF DECADE AWARD – 2022' is conferred upon Our Chairman Trust Board IMA Pune Dynamic, dedicated & inspirational leader **Dr Avinash Bhutkar** sir on the occasion of Doctor's Day 1st July 2022.

 **Dr Meenakshi Deshpande** and **Dr Ashutosh Jape** have been nominated for Authorisation Committee for Transplantation of Human Organs and Tissue Rules (THOTA), Pune District from June 22.

 **Dr Ashwin Porwal**, colorectal Surgeon, was awarded Idols of Maharashtra medal for performing more than 35000 laser surgeries and more than 10,000 fistula surgeries, by the Sakal group of media by the hands of Sakal Sri Sushil Jadhav and Actress Mrunal Kulkarni.

 **Miss Riyaa Kelkar**, daughter of Dr. Jai and Aditya Kelkar was selected for Khelo India and secured 6th position in Gymnastics. She scored 97% in the SSC board exam.

Prajakta Kulkarni passed MD Micro from sion hosp with 71% marks. 5th in MUHS.



WE ARE GLAD TO ANNOUNCE THAT HEALING HANDS CLINIC IS A PLATINUM SPONSOR OF IMA PUNE IN THIS YEAR 2022-23



INDIAN MEDICAL ASSOCIATION-MAHARASHTRA STATE SOCIAL SECURITY SCHEME



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jayant.navarange@gmail.com

Hon. Secretary

Dr. Sham Damle (2021-24)
M : 075882 87476 (Pune)
damleshan55@gmail.com

Ref: IMA/MS-SSS/GEN/11

Date: 23.06.2022

To,
Dear SSS Members,

Monsoon Greetings from IMA MS SSS!

From July 2017, GST was thrust upon our Scheme, as per opinion & advice of 7 out of 8 consultants in spite of absolutely benevolent nature of it, with principle of mutuality. We then consulted various GST advocates in Pune & Mumbai and discussed with GST Commissioners also. None so far has been able to give relief. Soon we will officially pleading to GST council HQ in New Delhi, for a change in GST Law, if required.

Till then, we appeal to all our members to come to help of our scheme by taking consultation of top officials, consultants, top influential leaders etc. in your contact; so as to get rid of GST burden.

GST is a huge, (& we feel unjustified) burden on all of us & the Scheme, with an average of Rs. 2000/- per year as reflected in FFC 2022 (it was Rs. 2232/- this year) and Scheme has to pay GST Rs. 1,23,96,528/- (over Rs. 1 cr already paid from April 2022 till now).

So anyone having special contacts as described above - please call us. Let's try to get rid of the ailment by legitimate means.

Thanking You,

Yours Sincerely,

Dr. Jayant Navarange
Chairman

IMA MS Social Security Scheme

Dr. Sham Damle
Hon. Secretary



Violence against the Doctors & Health workers



Violence against doctors has reached such an extreme in India that the medical staffs are afraid to come to work and they need a police presence in the hospitals where they work. More than 75% of the population of doctors have had to deal with some degree of violence or aggression directed at them, according to the Indian Medical Association (IMA). Those committing the violence are usually family members, friends or attendants of the patients and violent events peak during visiting hours. Almost half of all the violent incidents occur in intensive care units or when a patient is in recovery after a surgical procedure.

Shockingly, a large proportion of doctors don't report such incidents, believing them to be a part of the job so the true figures are likely to be higher. Incidents vary from minor verbal abuse all the way through to the murder or attempted murder of staff.

Murder of a Staff Member

In 2012, a grieving and irate husband in Chennai reportedly used a sword to stab to death a surgeon he blamed for his pregnant wife's death during an operation that the surgeon had carried out.

In the same year, a group of disgruntled relatives reportedly restrained and beat up six doctors after a female patient died. Surprisingly, the beatings weren't inflicted because she

had died, but because the doctors had attempted to give her cardiopulmonary resuscitation and this was deemed by the relatives as inappropriate sexual touching.

Bouncers Hired to Protect Doctors

Some hospital administrators have begun to hire muscular looking bouncers, whose imposing presence deters patients' relatives from aggressive behaviour. The Maharashtra government has taken it one step further and has reportedly pledged to provide all hospitals in its region with bouncers to protect doctors.

Why Do Patient's Kin Attack Doctors?

There are multiple reasons for the deterioration in the doctor-patient relationship and the escalation of violence against doctors.

- Delay in attending the patient is one of the main reasons that relatives become angry,
- Not including them in decision-making processes about patient care.
- The profit driven set up of modern medicine also plays a role. As medical school and city life is so expensive, some doctors order more tests than are needed, to booster their wages. This means that it is not uncommon for patients to be subjected to unnecessary



laboratory investigations or radiology and to experience unintended side-effects from those procedures, triggering anger in their loved ones.

- They may also be angry at the doctor's involvement with drug companies — including pharmaceutical company incentives such as lunches, tours abroad and expensive gifts. These benefits are not given to patients who are involved in research and the patient will typically have to pay a lot more for a medication than the doctor does. For instance, an anti-clotting agent may cost Rs 27,000 to a patient but only Rs 21,000 to a doctor who ordered it. For patients who can ill afford their treatment and who have no choice in an emergency, this can feel like exploitation.
- Requesting advance payments before agreeing to any treatment can cause considerable tension as can refusing to release a body from the morgue until the bill has been settled. This practice only adds to the grief that families feel on the death of their loved one.
- The problem, however, isn't only how doctors financially manage the practice of medicine. Those in receipt of the service can be equally to blame. Violent attacks are common in private hospitals and aggression more likely after a death because relatives feel they have paid for a service and if the patient dies, they didn't get what they paid for.
- Unfortunately, no amount of money will save a person who is beyond repair. If a well-known patient dies, such as a politician or a journalist — doctors can expect retaliation. When Shiv Sena leader Anand Dighe was admitted to a hospital with a leg fracture and subsequently died of cardiac arrest from a probable pulmonary embolus, a mob of angry Sena supporters allegedly arrived at the hospital to smash up equipment and furniture as punishment for his death.
- Politicians have also been known to interfere with a doctor's admissions process for political reasons and to make scapegoats of doctors when high profile patients die.

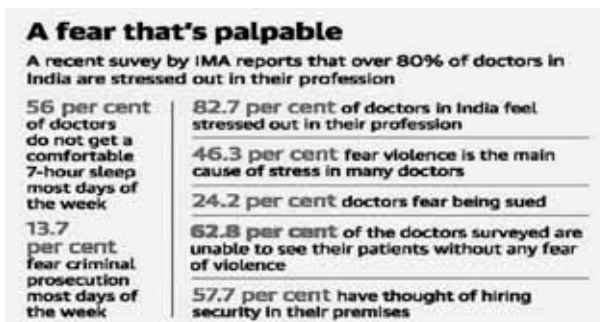
Curbing Violence against Doctors

While security needs to be better, strengthening the doctor-patient relationship is undoubtedly the most important factor in reducing violence. The tense situations may be diffused if the relatives and attendants of the patient are involved and informed about the decisions regarding the patient's treatment. Today's patients are more aware of their rights and more assertive as a result.

Improving the quality of medical facilities and reducing the financial burden on patient's families is also important as large payments may be catastrophic for poorer people and if they then encounter poor facilities too, this may engender a feeling of corruption.

While it may be difficult for doctors to distance themselves from drug companies, since they often sponsor medical conferences and frequently 'educate' doctors about new drugs, it may be possible to choose what incentives they accept and avoid

conflicts of interest. Accountability and openness will lead to a restoration of trust and that is what is missing in today's doctor-patient relationship.





From the President's Desk

Dr. Meenakshi Deshpande

Mob : 9922464365

Dear Members , friends , Corona Warriors
Namaskar !

First of all, it is a very Proud moment for all of us at IMA Pune and we are happy to share that The prestigious National award by IMA HQ.-- DOCTOR OF DECADE AWARD – 2022 is conferred upon Our Chairman Trust Board **Dr. Avinash Bhutkar Sir**. IMA Pune is really very proud of Sir , who is dynamic, dedicated & inspirational leader and a lighthouse for many aspirants .



Heartiest Congratulations also to all the young graduate Doctors who have passed their postgraduate exams with flying colours, and kudos to their proud parents. It was a very tough time for them and we appreciate their grand success ! We hope they join hands with our Junior Doctors Network (JDN) of National IMA , Maharashtra State Branch. Currently Pune Zonal Coordinator for IMA JDN is Dr Aditya Rodge (Cell : 9850359353) and Dr. Ajoy Saha is Chairman, JDN Maharashtra State, (Cell: 098201 51272).

We have received many accolades and appreciative messages from all over Maharashtra for the successfully conducted grand events of 94th IMA Pune Foundation Day right from 29th May 22 till 5th June 22 Rangarang Programme. Credit goes to the whole Team IMA Pune Co-ordinators and participants for this success. I thank Dr. Suhas Pingle Sir, IMA MS President, from bottom of my heart for his overwhelming best wishes & Special letter of Appreciation and congratulations .

The culmination of the 12 module online IMA Pune Certificate Course, on Evidence based DIABETES MANAGEMENT was by a full day hybrid Diabetic Foot workshop, on 19 th June. We have received loads of Appreciation not only from all delegates, but also from MMC President Dr. Shivkumar Utture, with demand for more such Certificate courses. Happy & satisfied to share I had planned this course right from November 21 and Three Cheers for Convener Dr. Arati Shahade, who with all faculties have done a commendable job with perfect vision and enlightening talks. Special thanks to Dr Geetanjali Sharma, Secretary IMA Pune, for ably assisting in conduction of the whole course so tirelessly, meticulously and painstakingly and to Dipen Mehta of Digishield who handled technological logistics.

We have celebrated three international Days with various programmes 1) World No Tobacco Day, with a hybrid CME and social awareness lectures 2) World Environment Day 5th June was celebrated by taking Oath to save the earth by taking specific precautions at Paryavaraan Shilp at Mitra mandal Chowk, Parvati Paytha. 3) World Yoga Day on 21 st June morning with theme Yoga For Evolution .

The warkari free medical checkup camps and the Pune- Saswad Dindi under IMA Pune banner turned out very well this year (after a gap of 2 years). We also had a Hybrid CME with Indian Dietetic Association on Nutrition and Metabolic disorders. All the programmes and activities were very aptly planned and well executed by Dr. Alka Kshirsagar with Dr. Kedar Patil and Dr. Virendra Ostwal.

On the occasion of National Doctor's Day July 2022, a BLOOD DONATION CAMP was arranged at ABBOTT OFFICE, Wakdewadi, Pune. This IMA HQ initiative propagated by



HSG Dr Jayesh Lele Sir, all over India. We inaugurated this camp at Abbott office, Pune campus. We are happy to declare that total 18 blood bottles were collected. Also IMA Pune will be awarding Doctor's Day Awards 22 to five eminent practising IMA doctors on 10 July. Another Blood Donation camp with Jankalyan Blood Bank is also planned. We are supported by Dr.Sanjay Patil, Dr Jayant Navarange, Dr. Sunil Ingale, Dr. Padma Iyer, Dr. Arati Nimkar, Dr. Raju Varyani, Dr Rajan Sancheti, Dr B.L. Deshmukh, Dr. Mohan Joshi, Dr.Mantri, Dr. Ananta Kulkarni, Dr. Hillary Rodrigues and Dr. Halbe. Special thanks to Dr. Dilip Sarda Sir, who has helped us immensely

Dear friends ,

Draft of NMC Regulations, 2022 was put into public domain by the National Medical Commission for suggestions and comments were to be sent to them on or before 22nd June, 2022. National IMA constituted a Committee under the Chairmanship of Dr. Vedprakash Mishra, Dean, IMA Academic and Accreditation Board. Accordingly, the Draft Regulations has been critically evaluated and analysed and upon the same, a table of observations were brought out. We have circulated this response to all our members by mail and whatsapp to send personally from their individual e-mailids to emrb.ethics@nmc.org.in

Similarly regarding THE MAHARASHTRA NURSING HOMES REGISTRATION (AMENDMENT) RULES, 2022, IMA Maharashtra State has given a letter to Dr .Rajesh Tope Hon. Health Minister MS. Summary of that letter is that the retrospective applications of these rules on already existing hospitals will have serious impact on functioning of these hospitals & in turn will jeopardize the healthcare of the state. The new amendment rules are not falling in lines with the interests of much needed serving healthcare hospitals.

Recently the goods and services tax (GST) council decided to impose a 5% tax on hospital room rents over ₹5,000 a day is unfortunate and unfair for people of the country. This decision without input tax credits is going to raise the healthcare cost.

नीरक्षीरविवेके हंस आलस्यम् त्वम् एव तनुषे चेत् ।

विश्वस्मिन् अधुना अन्यः कुलव्रतं पालयिष्यति कः ॥

So here in the above subhashita, just like how a swan has an unique capability to separate milk and water, then similarly people with right understanding and with bright intellect and skills should keep on doing the good work as is expected from them. It is the responsibility of the bureaucrats, doctors, engineers, farmers, soldiers, writers ,poets , artists ,thinkers ,saints of the nation to do their job with the best of their abilities, or else how will the nation progress?

So , let us keep on doing our good work , in spite of all difficulties .

Lastly Dear All, thank you All for registering at Early Bird Concessional rates for EVECON 22, hosted by IMA Pune, at the grand venue of Royal Cannought Boat Club on 27 and 28 August. **We have crossed 100 registrations.** THIS IS A CONFERENCE WITH A DIFFERENCE.....FUN + ACADEMICS + ENTERTAINMENT + 4 MMC POINTS + Free Papers and Posters & Essay competition. Highlights are inter- IMA teams Competitions of different cities, Solo Dances competition, Solo karaoke singing competition, Poetry kavtavachan competition, Ramp walk with fashion with Fitness show. Gents IMA doctors can participate in Essay Competition, Fashion Show, Ramp walk competition. Participation is FREE for all registered Delegates.A non-MBBS person can register as an



Accompanying Delegate.

All participants will be getting a certificate and medal for participation . Many Prizes to win.

Please register fast and also send to your friends and colleagues to encourage Registrations and participation.

Please text us on personal WhatsApp for the E - brochure.

With warm regards , .

Jai IMA



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President, IMA Pune

Dr. Alka Kshirsagar / Dr. Geetanjali Sharma
Hon. Secretaries, IMA Pune

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WELCOME NEW MEMBERS

Sr. No.	Name	Speciality	Contact
1	Londhe Garishma Balasahab		9503851093
2	Murumkar Vivek Shriram	Interventional Radiology	9004709561
3	Munde Yadav Waghaji	Interventional Radiology	9850504601
4	Katakdaur Nilesh Laxman	Intensivist	9822637263
5	Chavan Kalyani Suraj	Consultant Ob Gy	9552878780
6	Darira Amit Prakash	Consultant Physician	9780260757
7	Tated Sushrut Pradeep	Consultant Plastic Surgeon	9503677646
8	Jagtap Pallavi Sumeet	Private Practitioner	8308881032

IT'S TIME TO PACK UP

It's time to pack up my pride, my
ego, my greed and my lust
I can't share it with anyone but my
bag is full.

It's time to pack up my frustration,
my love, my hatred and jealousy.
I can't share it with anyone 'cause
they have their own baggage.

It's time to pack up my happiness,
my belongings, my land and my
house
I can't take it all, but I must travel
light for the long journey alone.

~ Dr. Sanjay Dharmadhikari
MS(ENT)

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नेत्रतज्ज्ञपुणे, ७८७५८९६९४६

विसरुनी सारी भूक तहान
भक्तीत देह हा दंगला
जयघोष विठुराया तुझा
जीव तुझ्यात रंगला

टाळ मृदुंग पडता कानी
तालात नाद मनी धुंदला
परमानंदा लागे टाळी
जीव तुझ्यात रंगला

जीवन माझे एक वारी
कामात जीव हा गुंतला
निरपेक्ष कर्मच हरीभक्ती ही
जीव तुझ्यात रंगला

लढत राही मी दिनरात रोज
विश्वास ना मम दुभंगला
रुग्णात पाहिले रूप तुझे
जीव तुझ्यात रंगला

ऊन पावसी खेळ जीवनी
मार्ग खडतर जरी लाभला
तारुनी नेशी पैलतीरी मज
जीव तुझ्यात रंगला

आय एम ए पुणे
भारतीय स्वातंत्र्याचा अमृत महोत्सव
१५ ऑगस्ट २०२२



झेंडा वंदन सकाळी ८ वा

आय एम ए पुणे आर्ट्स सर्कल सादर करत आहे
भारतीय स्वातंत्र्यसमर : एक गीतमय सफर
सकाळी ८.३०

पंचाहत्तराव्या स्वातंत्र्य दिनानिमित्त राष्ट्रभक्तीपूर्ण संगीतमय सकाळ
भारताच्या स्वातंत्र्य संग्रामात आपल्या प्राणांची आहुती देणाऱ्या
स्वातंत्र्य वीरांचे स्मरण.....गीत संगीतातून

संकल्पना लेखन सादरीकरण
सौ. मंजिरी मोहन जोशी
गीतमय साथ विद्या कुलकर्णी आणि सहकलाकार

डॉ. मीनाक्षी देशपांडे
अध्यक्ष, आय एम ए पुणे

डॉ. अलका क्षीरसागर
सचिव, आय एम ए पुणे

डॉ. मोहन जोशी
चेअरमन, आर्ट्स सर्कल
आय एम ए पुणे

डॉ. गीतांजली शर्मा
सेक्रेटरी, आर्ट्स सर्कल
आय एम ए पुणे



Indian Medical Association Pune

EVECON 2022

THEME : Women's Holistic Well-Being

27th & 28th
AUG. 2022

@ Royal Connaught
Boat Club, Pune

PAPER / POSTER PRESENTATION FOR EVECON 2022

ABSTRACT

Abstracts are invited from students & consultants from any specialty or sub-specialty. Abstracts will be assessed for their novelty, relevance in clinical practice and endeavor to address current and pressing issues.

CATEGORIES AND THEMES

1. **Students** - (UG/PG of any Faculty)
2. **Consultants** - Themes : 1) Women's Holistic Health 2) Miscellaneous

ABSTRACT CONTENT GUIDELINES

1. Maximum word count : 250 words
2. The abstract should have a title (not exceeding 15 words). No abbreviations in the title
3. Abstract should follow these headings : Introduction, Methods, Results, Conclusions / Interpretations
4. Abstract should be typed using "Times New Roman" font, size 12
5. Abstract should not contain tables, graphs or figures
6. Abbreviations should be explained in brackets whenever used for the first time
7. No references needed in the abstract
8. Abstract should be **Submitted as MS Word file only and not as PDF**
9. All correspondence will be with the first author through email only. Please provide current email address and mobile number of first (corresponding) author
10. Only one abstract can be submitted as first author
11. Please write the subject of your email as "EVECON 2022 abstract" and send to : **imap.communication@gmail.com**
cc : **drvpatwardhankem@gmail.com** and **drumawankhede@rediffmail.com**

AWARDS

Exciting awards for winners & runners-up in the oral & poster presentation categories. Certificates will be given to all participants.

ABSTRACT SUBMISSION GUIDELINES

1. Abstract should be submitted as an email attachment only. No hard copies required

..... PTO

2. By submission of the abstract, the author agrees to transfer copyright to the organizing committee of EVECON for publication of the abstract / presentation / poster in print or electronic media
3. After review by scientific committee, the selected presenting authors will be notified regarding acceptance of their abstracts via email
4. No telephonic enquiries regarding abstract selection, please
5. Please refer to "Important dates" for timelines

ELIGIBILITY AND IMPORTANT DATES

- UG students (II year onwards), all PG students and consultants
- Entries restricted to registered delegates only. The abstract along with receipt of Registration should be submitted during the stipulated time lines
- Last date for abstract submission : 30 July 2022
- Best 10 Oral presentations and 20 poster presentations will be selected.
- Acceptance of abstracts for presentation will be notified by 15th August 2022 via email
- Poster and paper presentation date : 27 August 2022, 9.00 am to 11.00 am

POSTER GUIDELINES

- Follow headings : Introduction, Methods, Results, Conclusion & Discussion / Interpretation and References
- Tables, graphs & figures should be appropriately labeled with legends & data labels in place. All abbreviations should be explained. Standard units of measurements should be used
- Font type, size and colors should be chosen so as to enhance clarity and ease of reading
- Poster size - 3'x 2' feet

ORAL PRESENTATION GUIDELINES

- The PowerPoint presentation should be including slides for author details and references.
- Each oral presentation will be allocated 8 minutes (6 for presentation and 2 for Q&A)
- Follow headings : Introduction, Methods, Results, Conclusion & Discussion / Interpretation, and References
- Tables, graphs & figures should be appropriately labeled with legends & data labels in place. All abbreviations should be explained. Standard units of measurements should be used
- Font type, size and colors should be chosen so as to enhance clarity and ease of reading
- Please carry the PPT on a virus-free pen drive for uploading on the EVECON 2022 laptop

Contact : IMA office : Ph 020-24464771 / 24430042

Dr Uma Wankhede : 9923977231 / Dr Vijayanti Patwardham : 7588521492

Dr Meenakshi Deshpande
President, IMA PUNE

Dr Alka Kshirsagar
Secretary, IMA PUNE

Dr Geetanjali Sharma
Secretary, IMA PUNE



Indian Medical Association
Pune

**EVECON
2022**

THEME : Women's Holistic Well-Being

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AUG. 2022**

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IMA MS STATE Conference Hosted by IMA Pune EVECON 2022

- THE PHOTOGRAPHY COMPETITION -

- RULES N REGULATION -

- Open for all registered delegates only.
- Theme for this photography contest is "Nature Photography"
- Participation charges will be Rs. 300 per member. (not per painting).
Please register as per schedule, pay Rs. 300/- extra and inform transaction I'd with your details to imap.communication@gmail.com
- Participants should capture beautiful snaps of nature. Last date for submitting names : 10th August 2022 ; Online Submission : 15th August 2022.
- Participants shall submit hard copies of their photographs in A4 size only.
- Each participant can submit a maximum of two images.
- Each participant must write their name, mobile number, IMA city on the backside of every photograph...
- For each image participant must provide a title for the image, one liner information about each image, time and place where image was captured, participant's name and mobile number.
- Please do ethical editing of images if necessary. Do not edit images to distort the reality of the images. Only basic enhancements such as sharpening, contrast adjustment, rotation or simple cropping will be allowed.
- Do not put any water marks on the photograph.
- The organizer reserves the right to reject images with incomplete details / manipulated images or in case of any pilfering.
- The file name for each image should be clearly labeled.
- The judges will evaluate the images. The judges' decision is final.
- Participant should send their Photographs to imap.communication@gmail.com

CONTACT DETAILS - Dr Jyoti Chidgupkar : 9422067415

- CONFERENCE SECRETARIAT -

IMA Pune : Ph 020-24464771 / 24430042

Cell No. : Only WA : 7588521492 / 9823054242

Dr Meenakshi Deshpande
President, IMA PUNE

Dr Alka Kshirsagar
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Dr Geetanjali Sharma
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- PAINTING EXHIBITION -

: GUIDELINES TO PARTICIPATE :

- Registration for EVECON 22 is compulsory.
- Participation charges will be Rs. 300 per member. (not per painting).
- Please register as per schedule, pay Rs. 300/- extra and inform transaction I'd with your details to imap.communication@gmail.com
- Limited to 10 participant
- Each member can display 2 artworks.
- Any artwork like Pastel / Acrylic / Oil / Watercolour / Sketch / Portrait / Landscape / Floral / Abstract will be accepted.
- The size should not more than 2 feet x 2/3 feet.
Either Vertical or Horizontal, Framed or Unframed (Mounted)
- The space will be provided at the conference venue by organisers but the responsibility of display lies on Owner / Artist.



Kindly Feel free to ask any queries.

CONTACT DETAILS - Dr Maya Bhalerao : 9822113203

- CONFERENCE SECRETARIAT -

IMA Pune : Ph 020-24464771 / 24430042

Cell No. : Only WA : 7588521492 / 9823054242

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- ESSAY COMPETITION -

OPEN TO ALL	TOPIC Domestic Violence, a social disease	LANGUAGE मराठी / English	WORD LIMIT 1000 words
ONLY FOR REGISTERED DELEGATES	TOPIC Effect of Environment on women's health	LANGUAGE मराठी / English	WORD LIMIT 1000 words

RULES N REGULATION

1. There is no entry fees. Only 1 entry per person.
2. The entries are to be submitted in typed form or Scanned copy of clean handwritten essay on the specified email id provided below.
3. Entries to be submitted online only. No hard copy will be accepted.
4. The last date of receiving online entries is **30th JULY 2022, 5.00 PM.**
5. Participant should mention the name, contact no, address in the covering letter and send the entries as attachment. Subject to be mentioned in the email - Entry for Essay Competition (Open / Registered Delegate). Send to : **imaofpune@gmail.com** & CC : **drvpatwardhankem@gmail.com**
6. The entries will be ranked by juries selected by organizing committee.
7. The winners will be given prizes in Public Programme of IMA, the dates of which will be declared subsequently. Certificates will be awarded to all.
8. The decision of organizing committee will be final and binding on the participants. No dispute will be entertained.
9. By submission of entry online it will be considered as consent of the participants to the rules and regulations and no separate consent will be required for processing / using the selected matters in official publications by IMA.
10. No personal communications will be allowed for the competition.

CONTACT DETAILS Dr. Vaijayanti Patwardhan : 9890840026 : drvpatwardhankem@gmail.com
Dr. Vaishali Biniwale : 9823054242 : vaishalibiniwale@yahoo.com

- CONFERENCE SECRETARIAT -

IMA Pune : Ph 020-24464771 / 24430042 Cell No. : Only WA : 7588521492 / 9823054242

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- RECIPE COMPETITION -

- RULES N REGULATION -

- Open for all Registered delegates only.
- Theme for this Recipe Competition
पौष्टिक टिकाऊ पदार्थ
- Participants should get the recipe along with container & necessary decoration.
- Last date of submitting names 15th August 2022
- Each Participant can submit only one recipe.
- Each Participant must write their name, mobile number, IMA City, recipe name, preparation time, ingredients and nutritive value and procedure.
- The Organiser reserves the right to reject recipe in case of doubt about preparation.
- The judges will evaluate the recipe by testing, decoration and asking few questions related to procedure.
- The judges' decision is final.
- Fees - Rs. 300/- per participant per recipe.

- CONTACT DETAILS -

Dr Uma Wankhede : 9923977231 / Dr Shubhada Jathar : 9823017357

- CONFERENCE SECRETARIAT -

IMA Pune : Ph 020-24464771 / 24430042 Cell No. : Only WA : 7588521492 / 9823054242

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- EVECON 2022 : SOUVENIR -

Dear All,

Evecon 2022 is proud to publish a keepsake in the form of an elegant souvenir

EVECON 2022 is a IMA Maharashtra State conference, hosted by IMA Pune, held on 27th and 28th August 2022 at Royal Connaught Boat Club, Pune. This Woman Doctor's Wing conference encompasses many cultural activities, an enchanting Cultural Extravaganza, besides Academics related to Women's Holistic Health.

We will be creating a memorable magazine, like a coffee table booklet, with lots of take home messages, abstracts of Recent Advances and research papers, various Articles related to the Theme : Women's Holistic Wellbeing.

We solicit your involvement and participation in this endeavour. Please find below the advertisement rates :

BLACK & WHITE

Full | 12000 /-

Half | 6500/-

COLOUR

Page 4 | 28000/-

Page 2/3 | 22000/-

Inner page | 15000/-

All charges inclusive of GST @ 18%.

KINDLY NOTE BANK DETAILS :

- Bank Account Name : IMA Pune Branch
- Bank Account Number : 50100072559221
- Bank Name & Branch : HDFC Bank, Tilak Road, Pune
- IFSC Code Number : HDFC0003649

Inform your transaction details and send your advertisement

to : imap.communication@gmail.com

CONTACT DETAILS - Dr. Suhas Nene : 9822115335 / Dr. Padma Iyer : 9373305154

Dr Meenakshi Deshpande
President, IMA PUNE

Dr Alka Kshirsagar
Secretary, IMA PUNE

Dr Geetanjali Sharma
Secretary, IMA PUNE



12TH MAHARASHTRA STATE CONFERENCE OF IMA WOMEN DOCTOR'S WING

HOSTED BY

INDIAN MEDICAL ASSOCIATION PUNE

EVE CON 2022

Theme :
Women's Holistic Well-Being

27th & 28th August 2022

Venue : Royal Connaught Boat Club, Pune

OPEN FOR ALL IMA DOCTORS

REGISTRATION FORM

RECEIPT NO : (FOR OFFICE PURPOSE ONLY)

NAME :

ADDRESS :

IMA BRANCH : CITY :

MMC REG. NO :

LAND LINES :

CELL : EMAIL :

ACCOMPANYING PERSONS - [NAME / AGE] :

PAYMENT DETAILS :

CASH AMOUNT :

CHEQUE NO : DATED :

BANK :

**TO COMPLETE REGISTRATION FILL THIS GOOGLE FORM
PLEASE CLICK HERE**

https://docs.google.com/forms/d/e/1FAIpQL5fpYT3Nyr7ptF2n1uslu9VsO0alGYyoh3zNpgjNr4vK9_GDw/viewform?usp=pp_url

REGISTRATION CHARGES :

Dates	Upto 30 th June 2022	1 st July - 31 st Jul 2022	1 st Aug. 2022 onwards	Spot Registration
Delegate Charges	Rs. 3000/-	Rs. 3500/-	Rs. 4500/-	Rs. 5000/-
Accompanying Person	Rs. 2500/-	Rs. 3000/-	Rs. 3500/-	Rs. 4000/-

For Free Papers	Students	Only Participation	Rs. 1000/-
& Posters	& Interns	Presentation + Conference	Rs. 2500/-
Consultants & Practitioners			As per above schedule



Last Month in IMA ***[June 2022]***

Dr. Alka Kshirsagar / Dr. Geetanjali Sharma
Hon Secretaries IMA Pune

5th June 2022

International Environment Day was celebrated by taking Oath to save the earth by taking specific precautions at Paryavaraan Shilp at Mitramandal Chowk, Parvati Paytha. Dr. Meenakshi Deshpande, Dr. Alka Kshirsagar, Dr. Arun Halbe & Dr. Rajkumar Shah were present for Pooja of the Paryavaraanshilp.

5th June 2022

Recipe Competition with theme - Cooking with out Fire

Dr AartiNimkar, Dr AlkaKshirsagar, dr.VaijayantiPatwardhan, Dr Bhakti Datar and Mrs Nanda Kanekal presented their recipes.

Art Exhibition was inaugurated by Chairman Trust Board, Dr. Avinash Bhutkar and Dr. Mrs. Vijaya Bhutkar.

It was followed by Rangarangvividh Gunadarshan program in the evening.

Rangarang, a talent show by doctors and for doctors was organised by IMA Pune Arts Circle as celebration of

94th Foundation Day of IMA Pune.

On 5th June 2022 at Dr. Sancheti Auditorium at Dr. NituMandke IMA House, Tilak Road, Pune

More than 50 IMA members participated in song dance and stand up comedy show.

Everybody liked and enjoyed it.

Having State IMA President Dr. Pingle sir attending the show and appreciating was icing on the cake. Dr. Bhutkar sir, chairman Trust board and Dr. Bhutkar madam attended from start to end and appreciated the art talent of all doctors and their family members

12th June 2022

Indian Medical Association Pune, Presize Clinic Pune , Indian Dietetic Association along with IMA CGP Pune conducted half day CME on Nutritional Management of Metabolic Syndrome and Disorders. CME was attended by IDA National President Dr Jagmeet Madan. Dr Tejas Limaye spoke on practical updates in Diabetes management. Mrs Ambika Nair talked about nutritional management of NAFLD. Dr Geeta Dharmatti elaborated on Nutritional management of Chronic kidney disease.

Dr Kedar Patil, Organiser and Convener of the program spoke on Dietary management guidelines pre and post Bariatric surgery and Obesity management.

Panel discussion was on Metabolic syndrome and disorders Panelists were Dr C R Rao, Dr Sunil Jawle, Dr Pavan Hanchnale, Dr Mahesh Thombare. It was attended by 70 Delegates Physically and 270 delegates online. IMA Pune President Dr Meenakshi Deshpande felicitated all speakers with Memento & Uparane.

19th June 2022

IMA Pune along with Diabetic foot Society of India conducted hybrid CME and workshop on Diabetic foot. Convener was Dr AratiShahade.

Dr Manisha Singh spoke on Relevant Anatomy.

Dr. AratiShahade spoke on pathophysiology.

Dr Amit Naghate spoke on Examination of Diabetic foot. Dr Vibhakar Vacharajani spoke on offloading of foot.

Dr Vinaya A. S. elaborated on Dressing of wounds. Dr Shrikant Bhoyar discussed about Diabetic foot infection. Dr Advait Kothurkar spoke on Peripheral Arterial disease in diabetes. Demonstration about neuropathy testing and Pedobarometry demonstration was done

Concluding session of IMA Pune's Online Certificate Course on Evidence Based Diabetes Management -

President Dr. Meenakshi Deshpande expressed her views regarding the course and thanked all faculties and delegates. Dr. Sanjay Patil shared his thoughts and appreciated the course and efforts by Team IMA.

Dr. Geetanjali Sharma coordinator gave presentation of all 12 modules in nut shell.



Dr. Padma Iyer madam spoke on behalf of delegates about how useful the course was for everyone.

Dr. Arati Shahade discussed all the questions asked in exit examination. She also appreciated the team work of IMA Pune about conducting the course with corporate style professional management skills.

Dr. Arati Shahade and other faculties were felicitated by IMA Pune.

Thus the first of its kind Online Certificate Course on Evidence Based Diabetes Management was completed successfully by

IMA Pune.

This was the concluding program for Evidence Based Diabetes Management Online Course.

Number of attendees - 70 Physical and 270 Online. IMA Pune President Dr Meenakshi Deshpande felicitated all speakers with Memento & Uparane.

21st June 2022

International Yoga Day was celebrated by Indian Medical Association Pune along with Pune Obstetric and Gynaecological Society and Menopause Society with the theme **Gait, Posture and Mobility** along with Yogasanas, Meditation and Pranayam on Tuesday, 21st June 22 at IMA House, Tilak Rd, Pune under the Guidance of Yoga Therapy Expert Dr. Nivedita Pingle.

22nd June 2022

Warkari Health Camp -

Computerised Eye Check-up was arranged at Saudamini Sabhagraha, Mangalwar Peth by IMA Pune, along with Jain social Group (JSG) Youth Pune Central and Jape Eye Care Clinic. Free medicines, eyedrops as well as reading glasses were distributed to around 250 warkaris. Dinner to 500 warkaris was arranged by Mr. Pawan Bhandari Past President JSG Youth Pune Central.

Medicines were contributed by Suresh Devray of Pooja Medical and Swapnil Mundada of Samruddhi Medical. Dr. Falguni Jape, Dr. Priyanka Kumbhar, Dr. Bhanushree Chitte, Dr. Shraddha, Dr. Jatin, Optometrist Mr. Kiran Trivedi, Mr. Tushar Wavare and Miss Gulshan Ingle volunteered their services. Dr. Ashutosh Jape and Dr. Ostwal were the key personnel to arrange.

22nd June 2022

Webinar on Diabetes and Cardio-renal complications was conducted in Association with Astrazeneca.

Dr Vinayak Harale spoke on treatment intensification with SGLT2 and DPP4.

Dr Jaideep Rewale talked on Preventing and Managing Cardio Renal risk of diabetic dyslipidemia.

Dr Nitin Patki elaborated on keeping the flow going on in an ACS patient's Heart with statins.

Dr. Sandeep Morkhandikar discussed about Non diabetic CKD management with Dapagliflozin. Dr Ajit Mehta spoke on latest evidences with Dapagliflozin and Ticagrelor-Implications to Practice.

Dr Pratibha Phadke talked about Rewriting the guidelines in management of diabetes and its complications by Dapagliflozin and there was a Panel discussion in the end.

IMA Pune President Dr Meenakshi Deshpande felicitated all speakers with Memento & Uparane.

23rd June 2022

Free health checkup and medicine distribution for 200 warkaries was carried out at IMA Pune premises. Following doctors were present Dr. Sanjay Patil, Dr. Aarti Nimkar, Dr. Ambarish Shahade, Dr. B. L. Deshmukh, Dr. Meenakshi Deshpande, Dr. Alka Kshirsagar, Dr. Sachin Sangamnerkar, Dr. Virendra Ostwal and volunteers from Jain Social Group.

At Market yard Health Checkup of over 1200 warkaris was done by around 60 doctors and interns in shifts. Free medicines were distributed to all.

This was organised jointly by IMA Pune, H.K.Welfare Foundation, Parakh Care Charitable Diagnostic Centre and APECT-Adi Parshwa Anand Charitable Trust. Mr Prakash Parakh, Director Parakh Foods provided the venue. Mr. Shashikant Kataria, Chairman APECT and Director Samnova, provided medicines and team of pharmacists. IMA Pune

President Dr. Meenakshi Deshpande, Secretary Dr Alka Kshirsagar, Executive Trustee Dr. Sanjay Patil, Dr. Sachin Sangamnerkar distributed Certificates to all doctors interns and pharmacists.

All the three camps were coordinated by Dr. Nupur Katariya under the guidance of Dr Virendra Ostwal.



24th June 2022

IMA Pune Dindi was conducted on 24th June from IMA Pune to Saswad and Health Check up camp was conducted at Saswad Rd.

Participants - Dr. Sanjay Patil, Dr. Sachin Lakade, Dr. Rajan Sancheti, Dr. Meenakshi Deshpande, Dr. Arati Nimkar, Dr. Padma Iyer, Dr. Jayant Navrange, Dr. Alka Kshirsagar, Mrs and Dr Raju Varyani, Dr Bhaskar Atram, Dr Sandhya Khaladkar and Dr Kunal Oswal, Dr. Sonali Bhojane, Mrs and Dr Rajesh Shrotri, Dr. Jigjinni, Mrs and Dr. Milind Khedkar and Mr. Aniket Shelke IMA staff. We are thankful to Parasmani Hospital, Hadapsar, Dr.Kunal Oswal & team and Chintamani Hospital, Saswad, Dr. Bhaskar Atram& team for their Hospitality and Support.

●●

एक मध्यमवयीन महिला बदकाच्या एका छोट्या पिलाला अगदी छातीशी धरून प्राण्यांच्या डॉक्टरांकडे आली. पिल्लू अगदी गलितगात्र झालेले दिसत होते. तिने त्या पिल्लाला टेबलावर ठेवले. तिने काही सांगायच्या आतच डॉक्टरांनी त्यांचा स्टेथोस्कोप पिल्लाच्या छातीवर ठेवला.

एखाद्याच मिनिटांनंतर डॉक्टरांनी त्यांची मान नकारार्थी हलवली आणि म्हणाले, मला खरंच वाईट वाटतंय पण तुमचं हे लाडकं पिल्लू आता जिवंत नाही.

त्या महिलेने विचारले डॉक्टर, तुम्ही नक्की खरंच सांगतात ना ?

डॉक्टर म्हणाले ,हो! मी अगदी खात्रीपूर्वक सांगतो की हे तुमचे पिल्लू मृत्यू पावले आहे.

महिला काही ऐकेचना. असे कसे तुम्ही इतकं खात्रीपूर्वक सांगू शकता ? तुम्ही त्याची कोणतीच तपासणीही केली नाहीत किंवा काहीच केले नाहीत. शक्यता आहे की हे माझे बछडे बेशुद्धावस्थेत असेल किंवा काय सांगावं इतरही त्याला काही झालं असेल !

डॉक्टर बोलले काहीच नाहीत. त्यांनी त्यांचे डोळे गरागरा फिरवले आणि वळून ते शांतपणे खोली सोडून बाहेर गेले.

दोन मिनिटांनी ते परतले त्यावेळी त्यांच्याबरोबर एक देखणा लॅब्रॉडॉर कुत्रा (लॅब) होता. आश्चर्यचकित होण्याची पाळी आता या महिलेची होती. या कुत्र्याने टेचात टेबलावर उडी मारली, पाठीमागच्या पायावर उभा राहून पुढचे पंजे अलगद टेबलावर ठेवले. वरपासून खालपर्यंत बदकाला हुंगले.हे झाल्यावर शांतपणे काही नाही असे दर्शवत त्याने मान हलवत डॉक्टरांकडे नजर फिरवली.तसंही त्याच्या डोळ्यात दुःख दाटले होते.डॉक्टरांनी लॅब्रॉडॉरच्या पाठीवरून प्रेमाने हात फिरवला आणि त्याला घेऊन ते खोली बाहेर पडले.

एखाद्या मिनिटांतच ते परत खोलीत परतले या वेळी त्यांच्यासोबत पोटाशी कवटाळलेले एक कॅट (मांजर) होते. डॉक्टरांनी त्याच्याकडे प्रेमाने पाहिल्यावर मांजराने टेबलावर अलगद उडी घेतली आणि नाजूकपणे बदकाला हुंगले. मग मागच्या पायावर ते बसले ,त्याने पण मान नकारार्थी हलवली, डॉक्टरांकडे पाहिले, एक बारीक आवाजात म्याव म्हटले आणि उडी मारून बघता बघता खोलीबाहेर पळाले.

डॉक्टरांनी महिलेकडे मान वळवली आणि म्हणाले, मलाही वाईट वाटतं ! पण मी मघाशी म्हणालो तेच खरे आहे! मला खात्री आहे की शंभर टक्के हे तुमचे पिल्लू कधीच आपल्याला सोडून गेले आहे.

डॉक्टर त्यांच्या टेबलाकडे वळले, त्यांनी त्यांचा लॅपटॉप उघडून त्यावरील दोन तीन बटणे दाबून एक बिल प्रिंटर वरती बनवले.आणि महिलेच्या हातात दिले .

महिलेचा अजून स्वतः वर विश्वास बसत नव्हता की तिचे हे पिल्लू मेले आहे.बिलावरील तीन हजार रकमेचा आकडा पाहून ती आणिकच रडवेली झाली. माझेच पिल्लू मेले आहे हे मलाच सांगायचे इतके रुपये!! काहीतरी भयंकर आहे हे सारे!!

डॉक्टरांनी खांदे उडवले आणि म्हणाले, क्षमा करा ,तुम्ही जर मी म्हणालो ते ऐकले असते तर बिल शंभर रुपयेच झाले असते! पण लॅब रिपोर्ट आणि कॅट स्कॅन धरून आता हे तीन हजार होतात!!

तुमच्या माझ्या आरोग्यव्यवस्थेची ही सध्याची स्थिती!!

जबाबदार कोण ? ?आपण दोघेही ना ? ?नक्की विचार करा.

(मूळ कल्पना, परकीय)



YOGA FOR EVOLUTION

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'HOMO SAPIENS'

This is what we call our species of human beings. The word originates from the word Homo-Latin for human. It is said that the branching of the human lineage from one of the great apes-primates took place in Africa 6-7 million years ago.

Homo sapiens is roughly 3,15,000 years old.

As we stand and breathe today, we have evolved over millions of years from the Quadruped to the Biped man.

The question is why do species evolve? What are the forces which force us to evolve?

What we eat, how we use our bodies, who we choose to have kids with, our interactions with the environment, pathogens, other sentient beings - all of these decide the direction in which any species evolves.

One major watershed moment in our human history is the transition from the nomadic herder to the farmer and industrial worker. As machines came in, intense physical and mental activity required for hunting and foraging took a backseat. This transition came with its own perils, although life became less dangerous. The levels of muscular activities reduced and hence overall strength of bones and muscles took a hit.

At this very moment in our history we are once again at the brink of another such BIG moment of change. We are experiencing drastic climate change, disintegration of our emotional fabric, stress like never before.

Technology is changing by the mile and minute, challenging the very way we live, eat, sleep, exercise, work, pretty much everything.

Artificial Intelligence and Virtual Reality became actual realities yesterday, no more are they pipe dreams. They are here to stay.

They are set to put our health on the roller coaster and hence the pressing need to evolve into a better-equipped and adapted, empathetic and compassionate human being.

This evolution can be efficiently facilitated by the practice of Yoga.

Yoga - human in evolution

As we all know, the fetus in utero is floating in an aqueous environment, just like a fish in the sea. Once born, the baby assumes a supine position and the spine unfurls to straighten the full flexion curvature. Gradually, it flips over and starts holding the neck and gets a better bearing of its surroundings. Now it begins to creep forward inch by inch like a reptile and starts to lift the body off the ground to crawl like a quadruped. The abdominal muscles and the psoas major develop in strength and size to propel the body forward. From here, the baby eventually learns to sit thereby developing lumbar lordosis, and then stand, walk, jump, run. The lower limb muscles develop along with the upper limb prehensile muscles.

The human structure is unique in that it we have an erect biped structure with the hands free to do things which other animals cannot. This bipedalism comes with a big price-the balancing of the whole body weight onto the small feet and the whole heavy chest and abdomen on a posterior staff of the spinal column. Repeated forward bending in daily activity causes the spinal discs to herniate and lead to a number of maladies.

From the fish, reptile and quadruped to the human was one evolution, and now it is time to go into the superhuman stage. This can be possible by practising Yoga which is at the cusp of the two.



Yoga is a mind-body science, a discipline which can be practised by anyone - young and old, fit or infirm; anywhere and with no external aids.

The body itself is the instrument - शरीरमाद्यं खलु धर्मसाधनम्. The word dharma here means natural actions of the body, not religion.

Yoga is an eight-fold path to unite the mind and body with one another and the individual consciousness with the supreme Parabrahman. It helps one attain to freedom from the limitations of the mind and body- that is EVOLUTION.

Yoga - Bahiranga sadhana

* YAMA- the first step is a code of social conduct which expands the limits of our mind by teaching non-violence, compassion, truth.

* NIYAMA- set of rules for personal conduct like purity of thought, speech, contentment, surrender.

Yamas and niyamas are to be practised as one's way of life.

* ASANA- the most practical and spectacular aspect practised at a given time. Asanas are postures designed to stretch the limits of our body by performing actions which push the boundaries of the normal ranges of motion of different joints. Asanas afford the body with flexibility and suppleness.

* PRANAYAM - is the practical science of breathing mindfully. It is the link between the somatic and autonomous nervous system as well as the mind and body. The emotions in the mind have a respiratory signature; sighing when sad, hyperventilation in anger or happiness, etc.

चले वातं चले चित्तं निश्चलं निश्चलं भवेत्

If one can still the breath, the mind can automatically be stable.

* PRATYAHAR- This limb of yoga teaches moderation in intake by the six senses, so as to be able to focus on the Antaranga Sadhana which is the real goal of Yoga.

* DHARANA- the practice of concentration on a specific object, helps focus the mind.

* DHYANA- Effortless concentration becomes Meditation.

* SAMADHI- the highest state of consciousness in which one is unaffected by external or internal influences like the sky which remains calm, formless and shapeless, come storm or peace.

On this path of exploration and evolution one acquires some unique capabilities called Siddhis like ability to become small or huge, light or heavy, to acquire whatever is desired etc.

But in today's modern age, the Siddhis we need to attain to are

* good appetite, proper food digestion, absorption and excretion

* peaceful and timely sleep

* fitness and freedom from disease

* healthy personal and social relationships

* success in professional life

* freedom from stress

All this and more can be achieved by the practice of Yoga which is a holistic discipline rooted in the sutra

हेयं दुःखम् अनागतम्

Yoga helps to annihilate the pain which has yet to come, in other words Prevention is better than cure.

ॐ तत् सत्





Rejuvenating Medical Minds

Dear All,

We are happy to invite all doctors along with their families to participate in a unique Medical Conference on Rejuvenating Medical Minds scheduled on

Date: Sunday 31st July 2022 **Time:** 9:30 am to 2:00 pm (followed by Lunch- Brahma Bhojan)

Venue: Brahma Kumaris, Jagdamba Bhawan, Jagdamba Bhawan Marg, (Lane near Ambekar hotel), Katraj-Hadapsar bypass, Pisoli, Pune - 60. **Google Navigation:** <https://jb pune.tk/map>

Programme Schedule

Topic

1. Conference Inauguration
2. Experience Sharing with Spirituality
3. Values In Healthcare a Spiritual Approach (VIHASA)
4. Rejuvenation through Rajyoga Meditation
5. De-stress the distress
6. Rajyoga Meditation Practical Demonstration

Presenters

Dr Meenakshi Deshpande
President, IMA, Pune
Dr Ravindra Kute, President Elect
(Maharashtra branch of IMA)
Dr Ashok Mehta, MS, FICS, FRCS
Dr Sachin Parab
Dr Manoj Matnani
Brahma Kumari Sunanda Didiji,
In-Charge, Jagdamba Bhawan

Free Registration Link: <https://jb pune.tk/register>

1. The conference is meant for all medical and paramedical professionals along with their families.
2. Registration is free but compulsory. Please register separately for each participant.
3. All the sessions would be mainly in the English language for communication with a mix of Hindi where necessary.
4. The programme would be a blend of lectures, meditation sessions and creative activities.
5. Small children below 12 years are not allowed so as to avoid any possible disturbance to other participants.

Please note that Brahma Kumaris do not charge for any of their sessions, food or usage of their conference halls/campus for this programme. Hence participants may generously consider to volunteer donations at their campus, if they feel benefited from this event.

We would encourage all the medical professionals to register for this conference and take this opportunity to rejuvenate yourselves.

Dr. Meenakshi Deshpande
President, IMA Pune

Dr. Alka Kshirsagar / Dr. Geetanjali Sharma
Hon. Secretaries, IMA Pune

Obituaries

- 1) Dr Vijay Karnik renowned family physician from Bopodi passed away at the age of 81 years
- 2) Dr. Digambar Damodar Bodhe, Age 89 years, of Nigadi Pune, Ex. faculty member, Anatomy Dept. of B. J. Medical College & Sassoon Hospital, Pune
- 3) Dr R D Lele, clinician, teacher, pioneer of Nuclear Medicine in India and medical researcher and philosopher par excellence. End of an era. Brilliant, witty, encyclopedic and curious to the end, author, mentor, teacher of teachers, true internist

भावपूर्ण आदरांजली

21st June - Yoga Day



23rd June Medical Camp



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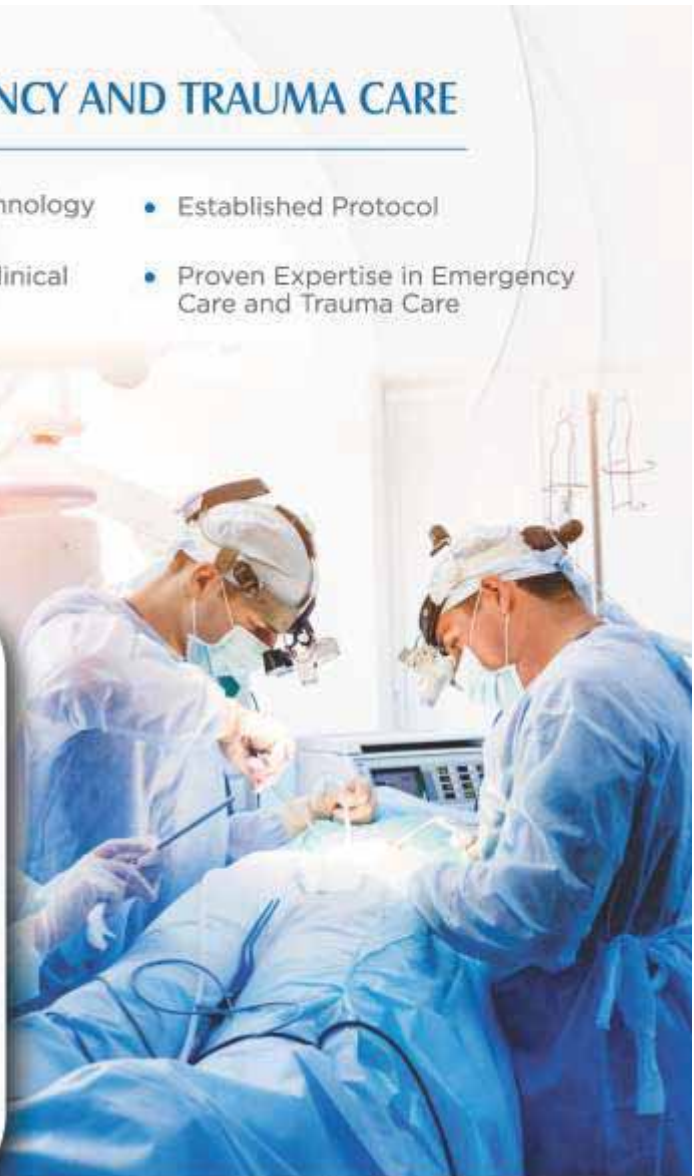
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