



2026-27

# INDIAN MEDICAL ASSOCIATION NAGPUR BRANCH

## intIMate

Bulletin of IMA, Nagpur  
First Issue

**Dr. Sachin Gathe**  
President

**Dr. Manisha Shembekar**  
Chief Editor

**Dr. Anjali Bhandarkar**  
Hon. Secretary



*Our Passion Our Mission : Happier & Healthier Nation*

Our Presence :  [www.imanagpur.com](http://www.imanagpur.com)   [ima\\_nagpur](https://www.facebook.com/ima_nagpur)



## *Team - IMA, Nagpur (2026-27)*



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**Dr. Sachin Gathe**

Hon. Secretary  
**Dr. Anjali Bhandarkar**

Imm. Past President  
**Dr. Rajesh Sawarbandhe**

President Elect  
**Dr. Aniruddha Deoke**

Imm. Past Hon. Secretary  
**Dr. Jitendra Sahu**

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**Dr. Shubhangi Vairagade**

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**Dr. Sachin Makade**

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**Dr. Sanjay Jain**



2026-27

# INDIAN MEDICAL ASSOCIATION

## NAGPUR BRANCH

### IMA PRAYER

May everybody be happy  
May everybody be healthy  
May everybody be free from pain  
May everybody be free from sorrow  
May we be the healing cure  
Beyond every greed & lure

### FLAG SALUTATION

We, the members of Indian Medical Association stand here to salute our national flag.  
Its honour and glory shall be our light and strength and its course shall be our course.  
We pledge our allegiance to it and realizing our responsibilities as the accredited members of this national organization,  
We swear We will dedicate everything  
In our power to see it fly high in the comity of nations.

JAI HIND !

LONG LIVE IMA !!



2026-27

FROM THE EDITOR'S DESK



Dr. Manisha Shembekar



Dr. Prajakta Kaduskar



Dr. Shenaz Chimthanawala



Dr. Manisha Sahu



Dr. Vaishali Pawar



Dr. Trilok Patil



Dr. Sandeep Yadav

Dear Colleagues,  
Warm Greetings!

It gives me immense pleasure to present the first edition of INTIMATE, the newsletter of IMA Nagpur for the year 2026-27. I thank the President Dr. Sachin Gathe and Hon. Secretary Dr. Anjali Bhandarkar and team of office bearers for placing trust in the editorial team.

The theme for this year is - **Our Passion, Our Mission-Happier and Healthier Nation.**

In keeping with the motto, projects like Aao Gao Chale, Beti bachao, Beti padhao and many more such are being taken up.

This issue includes academic as well as non-academic articles. We have tried our best to put forth current health challenges that we face in our day-to-day practice. Recent advances in gastroenterology, Normal weight obesity, Adult Vaccination, Doomscrolling to Bloomscrolling, History of IVF, Dress Code are some of the articles that make for an interesting read. We have also included an article titled "Yoga - Decoding one's self" by a well-known Yoga trainer, Saurabh Bothra. There are two poems too by our own members.

I would like to mention here that senior Physician Dr. S. D. Suryawanshi has translated Shri Dnyaneshwari into English, so that the younger generation can experience and assimilate this legendary verse

IMA runs various schemes for its members, like Social Security Scheme and Professional Protection Scheme. Highlights and benefits of the scheme are also included in the issue.

The editorial team would be delighted to have more contributions from the members for our future issues.

Happy Reading!

Dr. Manisha Shembekar

Editor INTIMATE



2026-27

**MESSAGE FROM INCOMING PRESIDENT****Dr. Sachin Gathe**

President (2026-27)

Indian Medical Association Nagpur Branch

Dear Members,

It is a privilege and honour to serve as the President of the IMA Nagpur Branch for the year 2026–27. I express my sincere gratitude for the trust and confidence reposed in me.

I extend my heartfelt appreciation to the outgoing team for their dedication and commendable work. Their efforts have created a strong foundation for us to build upon.

In the coming year, our focus will be on strengthening unity within our fraternity, upholding the highest standards of medical ethics, and contributing meaningfully to the healthcare needs of our community. We aim to enhance Continuing Medical Education through regular academic activities, workshops, and knowledge-sharing platforms.

Member welfare will remain a priority, with initiatives designed to support both young and senior doctors. We will actively engage in community health through screening camps, awareness programs, and public health campaigns. Efforts will also be made to improve digital communication and engagement within the association.

We are committed to working closely with authorities to address professional challenges and to proactively support our members in medico-legal matters through guidance, awareness, and expert consultation.

Guided by our theme, **“Our Passion, Our Mission : A Happier and Healthier Nation,”** we will strive to align our initiatives towards this shared vision. **“When knowledge, compassion, and unity come together, healthcare transforms lives and strengthens society.”**

I look forward to the active participation, valuable guidance, and continued support of all our members in making this year meaningful and impactful.

Warm regards,

**Dr. Sachin Gathe**  
President 2026-27

IMA Nagpur



**MESSAGE FROM INCOMING HON. SECRETARY**



**Dr. Anjali Bhandarkar**

Hon. Secretary

Indian Medical Association Nagpur Branch

Dear colleagues & friends,

Greetings!

It gives me immense pleasure to present this first issue of Intimate, this souvenir from our Nagpur branch.

This publication is a reflection of the journey, achievements, academic endeavors so far, and our promise towards social commitment. IMA has always worked with dedication towards not only professional excellence and ethical medical practice, but also protection of rights of practicing members and their academic growth. As we pledge while accepting the medical profession, commitment to social connectivity and community service is our priority. May this souvenir serve not only as a record of our activities and accomplishments, but also as an inspiration to continue working together for the betterment of the medical fraternity and also our society. My special appreciation and thanks to the souvenir committee members for the hard work they have put in to bring innovative ideas into words. When a team of dedicated office bearers comes together with the same passion and same mission, no obstacles or difficulties can come in their way to achieve the common goal of a happier and healthier nation.

I take this opportunity to pray for all.

ॐ सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु । मा कश्चित् दुःख भागभवेत् ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

**Dr. Anjali Bhandarkar**

Hon. Secretary

IMA Nagpur (2026-27)



2026-27

CHIEF GUEST'S MESSAGE



**Hon'ble Shri Devendraji Fadnavis**  
Chief Minister  
Maharashtra State



मंत्रालय, मुंबई ४०० ०३२



देवेंद्र फडणवीस  
मुख्यमंत्री  
महाराष्ट्र

दिनांक: ३१ मार्च, २०२६

प्रति,

डॉ. सचिनजी गाधे

इंडियन मेडिकल असोसिएशन या वैद्यकीय क्षेत्रातील प्रतिष्ठित संघटनेच्या नागपूर शाखेचे अध्यक्ष म्हणून आपली निवड झाल्याबद्दल मनःपूर्वक अभिनंदन. डॉक्टरांचे वैद्यकीय ज्ञान अद्ययावत ठेवणे तसेच त्यांच्यातील कला गुणांना वाव देण्यासाठी आयएमए राबवित असलेल्या उपक्रमाची मला कल्पना आहे. विविध परिषदा घेत सातत्याने डॉक्टरांना विविध उपक्रमात सहभागी करून घेण्याचे कार्य आयएमए सातत्याने करित असते. सामाजिक जाणीव आणि सामाजिक संवेदना जपण्याचेही काम आयएमएने सातत्याने केले आहे. आता नागपूर शाखेचे नेतृत्व आपल्याकडे आले आहे. आयएमएची गौरवशाली परंपरा आपण आणखी पुढे न्याल, हा विश्वास आहे.

या जबाबदारीबद्दल आपले अभिनंदन आणि पुढील वाटचालीसाठी माझ्या मनापासून शुभेच्छा.

आपलाच

(देवेंद्र फडणवीस)



2026-27

**MESSAGE FROM GUEST OF HONOUR**



**Hon'ble Justice Shri Anil S. Kilor**  
Administrative Judge  
High Court of Bombay, Nagpur Bench

It gives me great pleasure to extend my warm greetings to the Indian Medical Association on the occasion of the installation of its new Executive Committee.

The Indian Medical Association is like a strong support system for every doctor who is always there for us when we need it the most. It brings each and every medical professional together, helps them learn from each other, and guides them when things feel uncertain. In difficult situations, it gives doctors the confidence to take the right decisions and stand strong.

It also supports doctors through training, shared knowledge, and a sense of unity. At the same time, it reminds each medical professional why they chose this profession in the first place to care for people, to serve society, and to make a real difference in people's lives.

May this new team work with unity and purpose, strengthening the bond between the medical fraternity and society at large. I wish them every success in their endeavours.

**Justice Anil S. Kilor**  
Administrative Judge  
High Court of Bombay, Nagpur Bench, Nagpur



2026-27

## MESSAGE FROM NATIONAL PRESIDENT



**Dr. Anilkumar J. Nayak**  
National President  
Indian Medical Association

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07.05.2026

**MESSAGE**

*Greetings from Indian Medical Association HQs!*

Thank you for your kind invitation to grace the Installation Ceremony of the new team of Office Bearers of IMA Nagpur for the year 2026–27 scheduled on 10th May 2026 at Nagpur.

IMA Nagpur has always remained one of the vibrant and committed branches of our Association, contributing significantly towards professional excellence, academic activities, public health awareness and the unity of the medical fraternity.

The Installation Ceremony is not merely a formal occasion, but also a moment to reaffirm our collective responsibility towards the profession, ethical medical practice and service to society.

I extend my heartfelt congratulations and best wishes to the incoming office bearers and all members of the branch for a productive and successful tenure ahead. I am confident that under the leadership of the newly elected team, the branch will continue to move forward with renewed enthusiasm and dedication.

I also request all members of IMA Nagpur to actively support the IMA Building Fund by contributing a minimum of ₹1000 per member under the inspiring campaign “Ek Eent Mere Naam” (एक ईंट मेरे नाम). Every contribution will help strengthen the foundation of our Association and create lasting assets for future generations of doctors.

My best wishes for a memorable and successful event!

With warm regards,

Dr. Anilkumar J. Nayak  
National President, IMA



2026-27

**MESSAGE FROM PATRON**



**Dr. Ashok Adhao**

**Past National President, IMA HQ  
Patron, IMA MS**

Dear Members,

Greetings from IMA, Nagpur!

**Please make your association strong.**

After working in IMA, it is my duty to request all modern medicine practitioners to join our mother organization IMA. In democracy the numbers are very important. Once all doctors become members, IMA will be a strong force to reckon with.

You must contribute something regularly and help in smooth running of associations. If you are busy practitioner and cannot give time for association activities, please contribute financially and help your association in management of finances. If you have time, please try to attend maximum activities in your branch. If you are interested join or take official positions and help IMA at Local, State and National level activities. If you are good in writing, please write articles on various medical issues or non academic issues and send it to IMA, so that if found fit, we can circulate to our members through our publications. We may send it to press for publicity to help general population at large

These are some of the suggestions from my side, you can have your own ideas for making our association strong. My final goal is to make our association strong. So this strong IMA will able to help its member in their all difficulties.

My best wishes to the New Team IMA, Nagpur!

Jai hind !

Jai IMA !!

**Dr. Ashok Adhao**

**Past National President, IMA HQ  
Patron, IMA MS**



2026-27

**MESSAGE FROM MENTOR**



**Dr. Milind Naik**

**Mentor**

**Indian Medical Association Nagpur Branch**

I Congratulate outgoing President Dr. Rajesh Sawarbandhe, Hon. Secretary Dr. Jitendra Sahu and their whole team for Successful tenure. This team has observed all National and International days related to health with full enthusiasm. IMA Nagpur has always been a front runner in all fields , may it be educational, community service, sports, cultural events.

In recent MMC Election IMA Nagpur played pivotal role and members were very enthusiastic.

Incoming President Dr. Sachin Gathe and Hon. Secretary Dr. Anjali Bhandarkar have already started working and organised few events. From bottom of my heart I wish them and their team all the success. I am confident that they will take Nagpur IMA to greater heights.

Jai IMA

Regards

**Dr. Milind Naik**

**Mentor**

**Indian Medical Association Nagpur Branch**



2026-27

**IMA MS VICE PRESIDENT'S MESSAGE**



**Dr. Archana Kothari**

**Vice President**

**Indian Medical Association Maharashtra State**

Dear colleagues and my dear friends of IMA,

Warm greetings!

I extend my Heartiest congratulations to the newly elected team of the Indian Medical Association, Nagpur, led by Dr. Sachin Gathe as President and Dr. Anjali Bhandarkar as Honorary Secretary for the year 2026-27.

May your leadership inspire unity, strengthen service to humanity, and uphold the noble values of the medical profession. Wishing the new office bearers a successful and meaningful tenure!

The theme of this year is **“Our Passion, Our Mission - A Happier and Healthier Nation”** As healthcare professionals, our passion is our strength and our mission is our duty - to heal, to care, and to promote well-being in every community we touch.

I would like to congratulate The Team 2025-26 led by President, Dr. Rajesh Sawarbandhe and Honorary Secretary Dr. Jitendra Sahu for their excellent tenure! The whole team of 2025-26 worked very hard to keep their commitment to serve with compassion, integrity and excellence!

Together, let us strive towards building a nation that is not only disease free, but truly healthier and happier. Once again congratulations and best wishes to the newly elected team.

With warm regards,

**Dr. Archana Kothari**

**Senior Vice President**

**Indian Medical Association Maharashtra State**

**Past President IMA Nagpur.**



2026-27

**IMA MS PRESIDENT ELECT'S MESSAGE**



**Dr. Manjusha P. Giri**

**President Elect**

**Indian Medical Association Maharashtra State**

Hearty congratulations to the newly installed Team 2026-27 of Indian Medical Association, Nagpur Branch.

Under the leadership of President Dr. Sachin Vimal Bhaurao Gathe and Hon. Secretary Dr. Anjali Bhandarkar, I am confident the team will uphold IMA's legacy and take the Nagpur branch to new heights.

Wishing the entire team great success in serving the medical fraternity and society.

Jai IMA

Long live IMA.

**Dr. Manjusha P. Giri**

**President Elect**

**Indian Medical Association Maharashtra State**



## MESSAGE FROM OUTGOING PRESIDENT



### Dr. Rajesh Sawarbandhe

President (2025-26)

#### Indian Medical Association Nagpur Branch

As my tenure of President IMA Nagpur 2025-26 comes to an end, I look back with immense pride, gratitude, and satisfaction on an unforgettable journey of service, teamwork, and progress. Serving as the President of IMA Nagpur branch has been the highest honour of my professional career.

Our tenure was defined by a commitment to the “**continuum of responsibility**”. Together, we have worked tirelessly to uphold the dignity of our profession, addressing the important professional and social issues concerning doctors and healthcare services, fight against Mixopathy etc. Some Key Highlights of the Year 2025-26 :

- Successfully represented our concerns to government authorities regarding issue of Hospital renewals and MPCB issues.
- **Community Outreach** : Strengthened our social bond through initiatives like conducting various health checkup camps, CRP training camps, Aao Gaon Chalen, Tree plantation, various awareness rallies, release of various informative videos on social media regarding multiple diseases, etc.
- **Academic Excellence** : Conducted IMA CON 26 and YOUTH CON, Medical Quizzes, Numerous CMEs and Workshops to ensure our members and medical students remain at the forefront of medical science.
- **Sports** : Successfully conducted Ganesha Cricket Premier league, Mansoon Box Cricket tournament, Started Table Tennis and Music classes for 60+ in IMA Premises.

None of this would have been possible without the unconditional support of my Executive Team and the guidance of our stalwarts. I extend my deepest gratitude to our Honorary Secretary Dr. Jitendra Sahu, all office bearers and every member who contributed their time and intellect to our cause.

I sincerely appreciate the heartfelt support of our Patron Dr. Ashok Adhao sir, Mentor Dr. Milind Naik sir, All Past Presidents, senior members, my colleagues and friends for their encouragement and assistance throughout the year. I congratulate newly elected President Dr. Sachin Gathe, all office bearers, and the executive members for their selection for the year 2026-27. I have full confidence that under their capable leadership, the IMA Nagpur will reach even greater heights. As I step down, I remain a humble soldier of this esteemed association and ready to stand any time with new team whenever needed.

Thank you

Long Live IMA! Jai Hind.

Dr. Rajesh Sawarbandhe

President 2025-26

IMA Nagpur



2026-27

**KNOW YOUR TEAM**

**President**



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**KNOW YOUR TEAM**

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2026-27

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Patron, IMA MS & Nagpur  
Past National President, IMA HQ



**Dr. Milind Naik**  
Mentor  
Past President, IMA MS



**Dr. Y. S. Deshpande**  
CWC Member  
Past President, IMA MS



**Dr. Manjusha Giri**  
President Elect IMA MS  
& CWC Member



**Dr. Archana Kothari**  
Sr. Vice President IMA MS  
& Alt. CWC Member



**Dr. Rajesh Sawarbandhe**  
Jt. Secretary, IMA-MS  
& Alt. CWC Member



**Dr. Sanjay Deshpande**  
Alt. CWC Member



**Dr. Vandana Kate**  
Alt. CWC Member



**Dr. Ashish Disawal**  
Chairman  
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**Dr. Vinky Rughwani**  
Administrator  
Maharashtra Medical Council



**Dr. R. J. Malani**  
Member - IMA CGP State  
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& Alt. CWC Member



**Dr. Kush Jhunjunwala**  
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Dr. Chandak Ridhima



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Dr. Kadam Satish



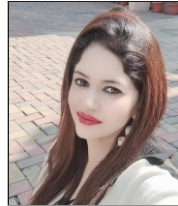
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Dr. Nayyar Musfera



Dr. Patel Neerav



Dr. Patil Naina



Dr. Patil Trilok



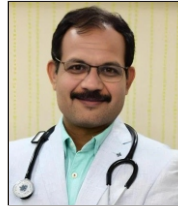
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Dr. Raut Anil



Dr. Sahu Jitendra



Dr. Sarda Mahesh



Dr. Shahane Sameer



Dr. Shirbhatte Pramod



Dr. Sunde Ashish



Dr. Sunde Sonal



Dr. Ugemuge Sarita



Dr. Upadhya Vijay



Dr. Vairagade Pravin



Dr. Yadav Sandeep



Dr. Yelne Sagar



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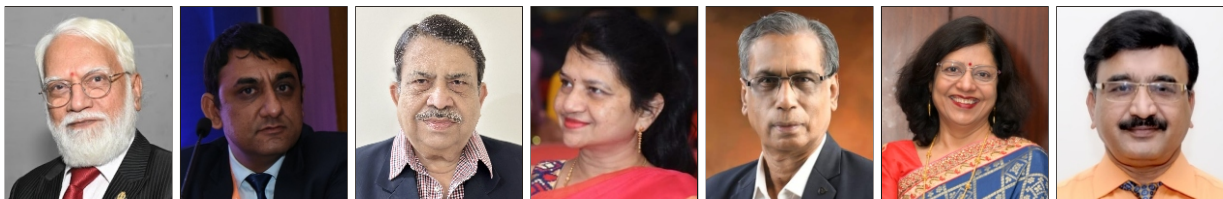
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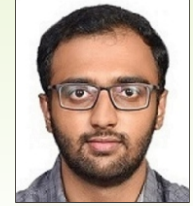
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Dr. Chandak Pritam



Dr. Dakhore Sanjay



Dr. Deshpande Ameya



Dr. Deulkar Shweta



Dr. Deulkar Snehal Gathe



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S.N.	Name of Sub-committee	Chairman / Chairperson
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36.	Public Awareness Committee	<b>Dr. Shankar Khobragade</b> Dr. Anjali Bhandarkar Dr. Ujawala Gahukar Dr. Sanjay Madankar
37.	Organ Donation Committee	<b>Dr. Manish Shrigiriwar</b> Dr. Anjali Bhandarkar Dr. Vaishali Khandait Dr. Sameer Jahagirdar Dr. Shailesh Gahukar
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39.	Anti quackery Committee	<b>Dr. Manisha Rathi</b> Dr. Anil Laddhad Dr. Anil Raut Dr. Sanjay Deotale
40.	C.P.R. Committee	<b>Dr. Sachin Makade</b> Dr. Kamalakar Pawar Dr. Vikram Alsi Dr. Sanjay Jain Dr. Aditya Parihar
41.	Safe Motherhood & Breast Feeding Awareness Committee	<b>Dr. Sandeep Mogre</b> Dr. Anjali Bhandarkar Dr. Manisha Sahu



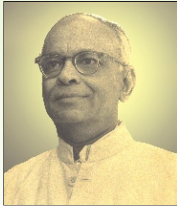
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S.N.	Name of Sub-committee	Chairman / Chairperson
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**Dr. K. B. Bhiwapurkar**  
1947-48



**Dr. S. Gayaprasad**  
1948-49



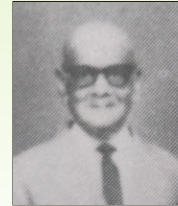
**Dr. G. K. Gan**  
1949-50



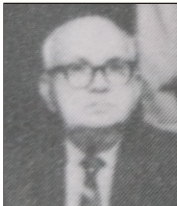
**Dr. B. K. Vinchure**  
1950-52



**Dr. N. R. Pande**  
1952-53



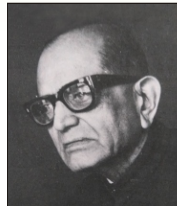
**Dr. A. M. Upasani**  
1953-55



**Dr. G. Sahu**  
1955-56



**Dr. D. G. Mokadam**  
1956-58



**Dr. P. N. Pradhan**  
1958-60



**Dr. Y. B. Mangrulkar**  
1960-62



**Dr. Mrs. Sushila Balraj**  
1962-63



**Dr. Y. B. Mangrulkar**  
1963-64



**Dr. G. K. Gan**  
1964-65



**Dr. P. S. Pendse**  
1965-66



**Dr. K. V. Trivedi**  
1966-67



**Dr. S. U. Joshi**  
1967-68



**Dr. B. S. Choubey**  
1968-69



**Dr. D. W. Hardas**  
1969-70



**Dr. H. S. Bhargava**  
1970-71



**Dr. M. T. Paithankar**  
1971-72



**Dr. M. K. Khandelwal**  
1972-73



**Dr. R. T. Lakhe**  
1973-74



**Dr. H. R. Deshmukh**  
1974-75



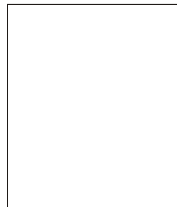
**Dr. O. L. Rathi**  
1975-76



**Dr. V. K. Khare**  
1976-77



**Dr. B. R. Akre**  
1977-78



**Dr. V. S. Kashikar**  
1978-79



**Dr. S. L. Shiohare**  
1979-80



**Dr. V. D. Choudhary**  
1980-81



**Dr. S. V. Sule**  
1981-82



**Dr. A. K. Mukherjee**  
1982-83



**Dr. D. N. Agarwal**  
1983-84



**Dr. B. P. Gupta**  
1984-85



**Dr. Gopal Dube**  
1985-86



**Dr. Pradeep Sengupta**  
1986-87



**Dr. Nirmala Mokadam**  
1987-88



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1988-89



**Dr. Manmohan Daga**  
1989-90



**Dr. Satish Muley**  
1990-92



**Dr. Ram Tajpuriya**  
1992-93



**Dr. Shyam Babhulkar**  
1993-94



**Dr. Kamal Poogalia**  
1994-95



**Dr. Vivek Gadge**  
1995-96



**Dr. Suneel Deshpande**  
1996-97



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1997-98



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1998-99



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2000-01



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2001-02



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2002-03



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2004-05



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2005-06



**Dr. Anand Kate**  
2006-07



**Dr. B. K. Sharma**  
2007-08



**Dr. Rajesh Ballal**  
2008-09



**Dr. Anil Laddhad**  
2009-10



**Dr. Prashant Nikhade**  
2010-11



**Dr. Pradeep Rajderkar**  
2011-12



**Dr. Harish Chandak**  
2012-13



**Dr. Warsha Dhawale**  
2013-14



**Dr. Sanjay Deshpande**  
2014-15



**Dr. Ajay Kate**  
2015-16



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2017-18



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2019-20



**Dr. Archana Kothari**  
2020-21



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2021-22



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**Dr. Manjusha Giri**  
2024-25



**Dr. Rajesh Sawarbandhe**  
2025-26



## Recent Advances in Gastroenterology, Hepatology, and Endoscopy : A Brief Clinical Review



### Dr. Prashant Bhandarkar

MD, DM, DrNB (Gastroenterology)

LGI Hospitals, Nagpur

### 1. Introduction :

The past two years have witnessed rapid and practice-changing advances across gastroenterology, hepatology, and endoscopy. Key developments include the integration of artificial intelligence (AI) into endoscopic practice, expansion of therapeutic endoscopy, emergence of disease-modifying therapies for metabolic liver disease, and evolution in biologic treatments for inflammatory bowel disease (IBD).

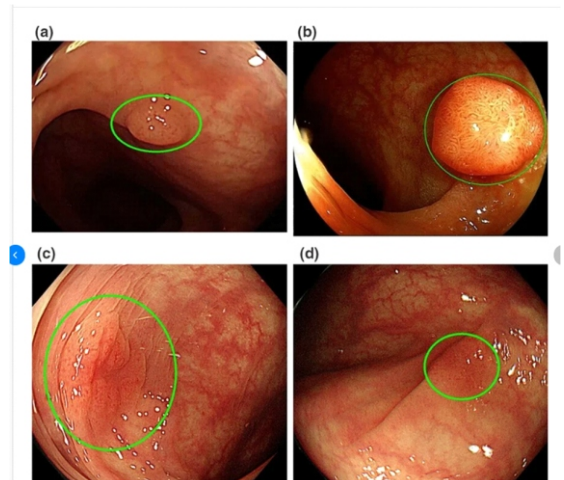
Gastroenterology has evolved from a largely diagnostic specialty to a therapeutically driven field. Innovations in endoscopic techniques, targeted pharmacotherapy, and digital technologies are reshaping patient care. This review summarizes the most clinically relevant updates with emphasis on real-world applicability.

### 2. Advances in Artificial Intelligence (AI)

#### Endoscopy and AI :

AI-assisted colonoscopy improves adenoma detection rates. The application of Artificial Intelligence (AI) in gastroenterology has transitioned from a research concept to a practical clinical tool, primarily enhancing diagnostic precision and optimizing procedural workflows. Its most important use is in computer-aided detection (CADe) and diagnosis (CADx), where machine learning algorithms assist physicians in identifying subtle lesions, staging cancers, and personalizing treatment plans.

- **Polyp Detection :** AI-based endoscopy systems highlight polyps, significantly increasing the Adenoma Detection Rate (ADR) by approximately 7.5% to 14% compared to conventional methods.
- **Cancer Staging :** AI models can differentiate between superficial and invasive gastric or esophageal cancers with high accuracy (over 90%), helping to determine if a patient needs endoscopic resection or surgery.



Automated polyp detection. In this practical application of AI in gastrointestinal endoscopy. The CNN-based real-time CADe system detected the colon polyps displaying by marking the location loci of the lesion by flag and sounding an alarm. a 4 mm adenomatous polyp (non-polypoid type), b 12 mm adenomatous polyp (polypoid type), c 10 mm adenomatous polyp (non-polypoid type), d 5 mm adenomatous polyp (non-polypoid type). CNN convolutional neural network, CADe computer-aided detection



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### **Hepatology and AI :**

AI can help in better detection liver fibrosis, better HCC risk stratification and optimising timing of liver transplant

### **Administrative & Training Benefits of AI**

Workflow Efficiency : Natural Language Processing (NLP) tools act as help in automatically documenting procedures and reducing the administrative load on physicians.

Simulation Training : GI Simulators provide high- fidelity virtual environments for trainees to practice complex endoscopic procedures without patient risk.

### **Inflammatory Bowel Disease (IBD)**

AI helps in automatic scoring of endoscopic and histologic activity in ulcerative colitis removing inter-observer variation. It can help in predicting and assessment of response to biological treatment.

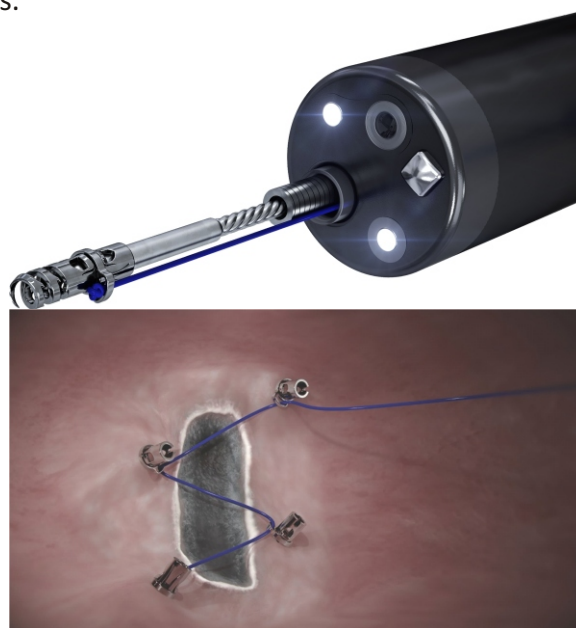
### **Capsule Endoscopy**

AI can analyse over 50,000 images of video-capsule endoscopy in minutes than hours giving quick diagnosis.

### **3. Recent Advances in GI Endoscopy :**

Third-space endoscopy (POEM, G-POEM, Z-POEM) are now well established. Advanced resection techniques such as Endoscopic submucosal dissection (ESD) and underwater EMR (endoscopic mucosal resection) and underwater ESD are recent advances in therapeutic endoscopy.

New tools like over-the-scope clips (OTSC), X-tac device and endoscopic suturing devices help in treatment of GI fistulas and perforations.

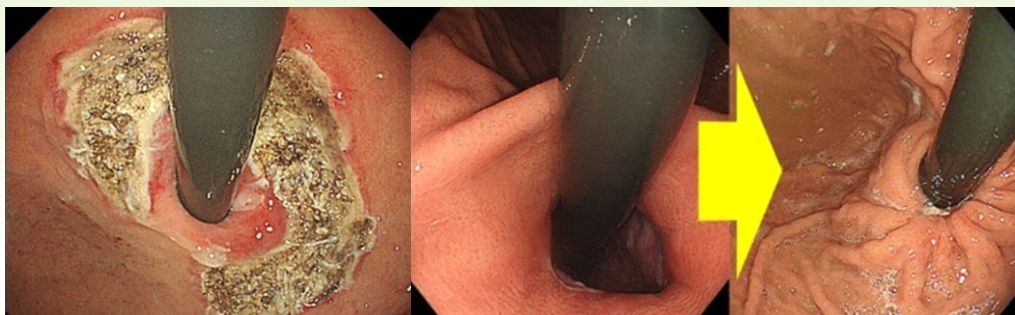


**X-Tac Device for closure of GI Defects**



## Intimate

**Hemostatic powders** improve GI bleeding outcomes in special situations. **Bariatric endoscopy** (Endoscopic sleeve gastroplasty or ESG) and **GERD therapies** (TIF, ARMS, ARMA) are gaining acceptance.



**ARMA** Anti reflux mucosal ablation

**Therapeutic Endoscopic Ultrasound (EUS)** enables biliary drainage and gallbladder drainage. EUS-gastrojejunostomy is an important alternative to surgery in selected cases.

### 3. Advances in Hepatology

Nomenclature of non-alcoholic fatty liver disease or NAFLD is now changed to **MASLD i.e. Metabolic-dysfunction Associated Steatotic Liver Disease**. Drugs like **THR-beta agonists** (resmetirom) and **GLP-1 agonists** (semaglutide, tirzepatide) are showing promise in management of MASLD. Non-invasive fibrosis assessment is reducing biopsy need. HCC treatment now includes immunotherapy combinations. Statins and early TIPS are being explored in portal hypertension.

### 4. Advances in Luminal Gastroenterology

IBD management now emphasizes early targeted therapy using **IL-23 inhibitors** (risankizumab, mirikizumab), and **JAK inhibitors** (tofacitinib, upadacitinib). Microbiome therapies like **fecal-microbiota transplant (FMT)** are mainstay of treatment for recurrent *C. difficile* infection. Functional GI disorders focus on gut-brain interaction. Liquid biopsy is emerging in GI oncology, and EUS advances are improving pancreatic disease management.

For acid suppression beyond proton pump inhibitors, **potassium-competitive acid blockers (P-CABs)** like vonoprazan and fexuprazan are emerging therapies for acid-peptic disorders, GERD and *helicobacter pylori* infection.

### 5. Key Practice-Changing Themes

AI integration, therapeutic endoscopy expansion, MASLD pharmacotherapy, targeted IBD treatment, and reduced reliance on surgery are the most impactful trends.

### 6. Conclusion

Recent advances are transforming clinical practice through minimally invasive techniques and precision medicine. Adoption of these innovations is essential for modern gastroenterology practice.



## Adult Vaccination : Why It Matters and What to Do..



### Dr. Swapna Khanzode

Consultant Physician, Diabetologist and Intensivist  
Nagpur

Adult vaccination is often overlooked and underutilised. Childhood vaccines have reduced infections and mortality in children, however serious illness and deaths from vaccine-preventable diseases (VPDs) have been observed in adults<sup>1</sup>. As our knowledge regarding the role of vaccines in the prevention of infectious diseases has increased, the importance of adult vaccinations has become more evident. Globally, the World Health Organization recommends a life-course approach to immunization, that means protection should not stop after childhood<sup>2</sup>. In India, infections coexist with chronic diseases like diabetes and heart disease, increasing the risk of severe illness.

#### Why Adults Are at Risk

- Immunity declines with age (immunosenescence)
- Protection from childhood vaccines reduces over time
- Many adults were never vaccinated
- Comorbidities increase severity of infections

These factors significantly increase the risk of severe infection and complications. This is why even common infections like influenza can lead to severe disease in older or high-risk patients. High mortality due to influenza-associated respiratory illness (51.1 deaths/100,000) was reported among adults above 65 years in India (2010-2013)<sup>3</sup>. Cervical cancer is the second-leading cause of cancer-related death in India, with a mortality of about 60%<sup>4</sup>.

#### Which Vaccines Matter Most

In routine practice, focus on a core group (see Table 1) :

- Influenza
- Pneumococcal
- Hepatitis B
- Td/Tdap
- Herpes zoster
- COVID-19

Guidelines from bodies like the Centers for Disease Control and Prevention also emphasise these vaccines for adults, especially those at high risk<sup>5</sup>. Influenza and pneumococcal infections remain major causes of hospitalisation and mortality in adults<sup>6</sup>. Newer options like high-dose influenza vaccines and PCV20 provide better protection in elderly patients<sup>1</sup>.



Table 1 : Practical Adult Vaccination Guide

Vaccine	Who should get it	Schedule	Practical Tip
Influenza	All adults; $\geq 50$ yrs, comorbid, HCWs	Annual	Give before flu season
Pneumococcal	$\geq 50$ yrs, diabetes, CKD, COPD, heart disease	PCV $\pm$ PPSV23 ( gap of 6-12 months)	PCV20 simplifies schedule
Hepatitis B	All unvaccinated adults, HCWs	0, 1, 6 months	Check titres if high-risk
Td/Tdap	All adults	Booster every 10 yrs	One-time Tdap
Herpes Zoster	$\geq 50$ yrs	2 doses	Prevents neuralgia
COVID-19	All adults	As per updates	Boosters for high-risk
HPV	Selected adults	2-3 doses	Cancer prevention

Adapted from Indian consensus guidelines<sup>7</sup>

HPV (Human papillomavirus): Recommended for females (and males) ideally at 9-14 years; in adults, give as catch-up up to 26 years, and consider up to 45 years based on individual risk.

### Who to Prioritise in Practice

Start with :

- Elderly ( $\geq 50-60$  years)
- Patients with diabetes, CKD, COPD, heart disease
- Immunocompromised individuals ( malignancy, chemotherapy, steroids )
- Healthcare workers

They get benefitted the most from vaccination.

### What Stops Us From Vaccinating Adults

- No routine habit of asking vaccination history
- Patients believe vaccines are only for children
- Cost concerns
- Lack of structured national programs

These barriers are widely recognised in the Indian context<sup>6</sup>.

### What You Can Do in Practice

1. Ask vaccination history during OPD visits
2. Identify high-risk patients
3. Offer vaccines during routine care
4. Keep key vaccines available



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Even starting with influenza and pneumococcal vaccines can reduce hospitalisations.

### Conclusion

Adult vaccination is simple, effective, and underused. The evidence is clear, but consistency and awareness in practice will help in proper implementation of adult vaccination programme. Start with small steps, focus on high-risk patients and make vaccination a part of routine care. Routine adult vaccination can definitely change lives for better.

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## Normal Weight Obesity : The Hidden Epidemic



### Dr. Ajay V. Kaduskar

MD (Medicine)

Diabetologist and Metabolic Diseases Consultant

Niramay Diabetes and Heart Care Centre, Nagpur

### Introduction

Normal weight obesity (NWO) describes individuals with a normal body mass index (BMI 18.5-24.9 kg/m<sup>2</sup>) but excess body fat, particularly visceral adiposity. Despite appearing healthy by BMI, these individuals carry significant cardiometabolic risk. This phenotype is especially relevant in South Asians, who tend to accumulate higher body fat and central adiposity at lower BMI levels. As a result, BMI alone underestimates risk in a large proportion of the Indian population.

Closely related is the metabolically obese normal weight (MONW) phenotype, characterized by insulin resistance, dyslipidaemia, hypertension, and impaired glucose metabolism despite normal BMI.

### Epidemiology

Emerging evidence suggests that NWO is highly prevalent in India, with over one-third of normal BMI individuals having excess adiposity. Central obesity is particularly common, especially among women.

### Clinical Significance

NWO is associated with increased risk of type 2 diabetes, cardiovascular disease, hypertension, dyslipidaemia, and chronic kidney disease. The underlying mechanisms include insulin resistance, chronic inflammation, and visceral fat accumulation.

### Diagnosis

Diagnosis requires assessment beyond BMI.

Body fat thresholds:

Men : >25%

Women : >35%

Assessment methods include DEXA, BIA, waist circumference, and metabolic screening.

### Management

*Exercise :*

Resistance training improves lean mass and insulin sensitivity.

Combined aerobic and resistance training provides best outcomes.

*Nutrition :*

Caloric deficit of 500-750 kcal/day.

Protein intake: 1.0-1.2 g/kg/day during intervention.



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### Protein in Vegetarian Diets

Challenges include lower protein quality.

Sources include lentils, soy, dairy, nuts, and quinoa.

Combining cereals and pulses ensures complete protein intake.

#### *Integrated Approach :*

Screening with waist circumference and metabolic tests.

Low-cost exercise programs.

Culturally adapted dietary advice.

### **Conclusion**

NWO is a significant but underrecognized risk state in India. Early identification and lifestyle interventions focusing on resistance training and adequate protein intake are essential.

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## Doomscrolling To Bloomscrolling



### Dr. Mrs. Prajakta A. Kaduskar

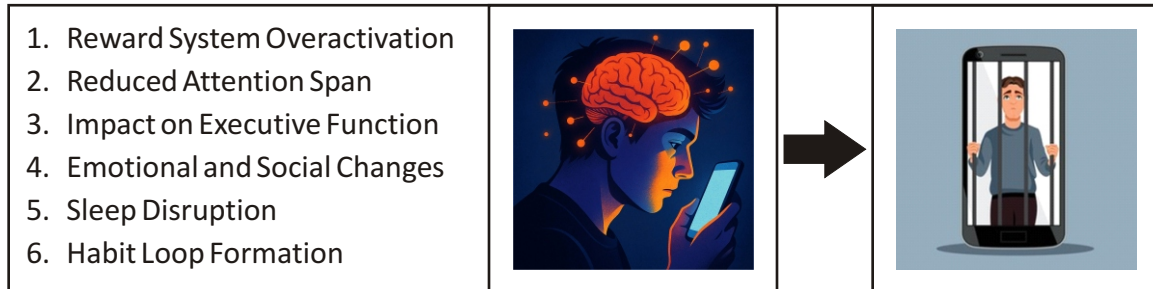
MBBS; DCH; PGDAP; MA (Clinical Psychology)

Consultant Adolescent Health;

'Blooming Buds' Child & Adolescent Care Centre, Dhantoli, Nagpur.

Adolescent brains are especially sensitive to media overuse because they're still developing. What people often call "brain rewiring" isn't literal damage—it's changes in how neural pathways strengthen through repeated behavior, a concept known as neuroplasticity.

Here's how Clicks, Likes, and Brain Rewiring causes The Teen Media Trap...



**1. Reward System Over activation :** The brain's reward circuit especially involving dopamine gets repeatedly triggered by likes, notifications, and new content.

- Frequent "quick rewards" train the brain to seek instant gratification
- Reduced motivation for slower, effort-based tasks (studying, reading)
- Increased risk of compulsive use or addictive patterns

**2. Reduced Attention Span :** Constant switching between apps and short videos affects sustained focus.

- Weakening of deep concentration pathways
- Difficulty focusing on long lectures or textbooks
- Preference for fast, stimulating content

**3. Impact on Executive Function :** The prefrontal cortex is still maturing during adolescence.

- Poor impulse control (checking phone repeatedly)
- Difficulty with planning, time management, decision-making
- Increased distractibility

**4. Emotional and Social Changes :** Social media affects how teens perceive themselves and others.

- Increased comparison → low self-esteem
- Fear of missing out (FOMO)
- Heightened sensitivity to feedback (likes/comments)



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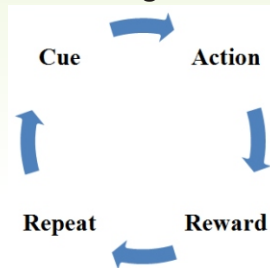
**5. Sleep Disruption** : Late-night screen use interferes with circadian rhythm.

- Blue light suppresses melatonin
- Poor sleep quality → affects memory, mood, and learning

**6. Habit Loop Formation** : Repeated behavior forms strong neural loop :

Cue - Action - Reward - Repeat

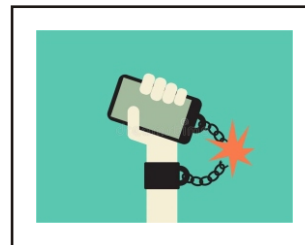
This makes checking the phone automatic, even without conscious intention.



**The Important aspect is it's Reversible** because of neuroplasticity, these changes are not permanent.

Healthy habits can “rewire” the brain again : **Doomscrolling To Bloomsrolling.**

- Limiting screen time
- Practicing deep work (reading, problem-solving)
- Physical activity and outdoor play
- Face-to-face social interaction
- Digital detox periods



**Media addiction doesn't destroy the adolescent brain but it shapes it towards Fast rewards, Short attention, Higher impulsivity but with awareness and balanced habits, the brain can shift back towards focus, control, and emotional stability.**





## HISTORY OF IVF



**Dr. Chaitanya Shembekar**

Omega Hospitals, Nagpur

*“Let us not underestimate the problem,  
but let us also not overestimate our capability to do something about it.”*

**Barrack Obama**

**24 / 11 / 2008**

This statement holds particular relevance in the treatment of subfertile couples. The birth of the world’s first baby through in vitro fertilization (IVF) was by no means a chance event; rather, it marked the culmination of a long and evolving journey in reproductive science. Today, human reproduction - once entirely natural - is, to a significant extent, under scientific control. Almost all forms of infertility can now be addressed using IVF and its associated technologies.

As early as the 5th century BC, it was believed that both males and females produced “seminal fluids” that combined to form a new life. In the subsequent century, Aristotle proposed that the origin of a human being lies in the female “egg.” Much later, the discovery of spermatozoa by Antonie van Leeuwenhoek revolutionized the understanding of human reproduction.

In 1786, John Hunter performed the first recorded artificial insemination. His patient suffered from hypospadias, making intercourse difficult. Hunter collected semen in a warmed syringe and inseminated it into the patient’s wife, successfully achieving pregnancy - an extraordinary milestone for that era.

The second half of the 20th century witnessed rapid advancements in reproductive biology. In 1954, Thibault achieved the first successful in vitro fertilization in rabbits. By 1959, scientists were able to obtain live births in rabbits following the transfer of embryos fertilized outside the body. These breakthroughs laid the foundation for human IVF.

During this period, interest in infertility grew significantly among gynecologists worldwide. The first International Congress on Infertility was held in New York City in 1959, marking the beginning of organized scientific collaboration in this field.

Amid these developments, one scientist was persistently working to translate animal IVF success into humans. Through rigorous experimentation, unwavering confidence, and relentless dedication, Robert Edwards emerged as a central figure in the development of human IVF.



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Edwards, a PhD researcher in developmental genetics, conducted extensive work on mammalian embryos. While working at Johns Hopkins Hospital, and later in Cambridge, he collaborated with his student Barry Bavister. In 1969, they successfully fertilized human oocytes in the laboratory - an extraordinary achievement at the time.

Despite this progress, Edwards struggled to find clinical collaborators willing to provide human oocytes. The turning point came with his chance meeting with Patrick Steptoe at a conference in London. Steptoe, a pioneer in laparoscopy, agreed to retrieve oocytes directly from the ovaries, enabling practical application of Edwards' laboratory work.

This collaboration between Edwards and Steptoe proved historic. However, their journey was fraught with challenges. Edwards worked in Cambridge while Steptoe practiced in Oldham, requiring Edwards to undertake frequent 180-mile journeys. Early attempts at embryo transfer began in 1971 but were unsuccessful. In 1975, they achieved a pregnancy, which unfortunately turned out to be ectopic. Their work faced significant criticism, with some accusing them of unethical practices.

Despite repeated failures and intense scrutiny, their perseverance eventually paid off. On 25 July 1978, the first successful IVF birth was achieved with the delivery of Louise Brown, marking a historic milestone in medicine.

In 2008, Louise Brown herself gave birth to a healthy child conceived naturally, providing strong evidence that individuals born through IVF are reproductively normal.

In recognition of his pioneering work, Robert Edwards was awarded the Nobel Prize in Physiology or Medicine in 2010, cementing his legacy in the field of reproductive medicine.





## Socialisation of Medical Profession is the Need of Time



### Dr. Y. S. Deshpande

Past President  
IMA MS

Medical Profession was Noble & Doctor was God!!

In olden days Doctors enjoyed great prestige in society, Doctors were treated almost like God, these sentiments are declining today, whole scenario is fast changing.

Nowadays medical practice has become difficult, Doctors' sacrifices have no value, their dedication to profession is not recognised, he/ she is subjected to endless oppressive legal formalities, so called Social thinkers misguide the society. Media also paints black picture of Doctors.

Social miscreants pressurise them for recovering contribution & at times assault them, police force also exploit them. Medical Practitioners have lost mental & physical stability.

Those Doctors who are dedicated to continuous service of patients & who many a times neglect their family members for saving life of patients have no protection today.

Present situation calls for "Central Doctors' Protection Law"

The Doctor community must organise solidity for changing this situation.

There are different Social Organizations in Society and Speciality Organisations of Medical Professionals, these are necessary but I feel all Allopathy Doctors must come under umbrella of IMA since IMA is the only representative organization of Doctors for protecting their interests.

Doctors are also human beings & they could commit mistakes during treatment of patients, if due to negligence of Doctors Patients are harmed they deserve punishment, there are enough laws in our country, it is not necessary to invoke acts like CPA for punishing Doctors!

The Doctor community must organise solidity for changing this situation.

The Indian Medical Association (IMA) stands as a pivotal institution in the Indian healthcare landscape, offering far more than just a platform for social interaction among medical professionals. Its significance extends beyond mere socialization, encompassing crucial roles in advocacy, professional development, and safeguarding the rights and interests of medical practitioners.

- **Advocacy and Protection of Doctors' Rights**

The IMA serves as a formidable advocate for the medical community, addressing the challenges and adversities faced by doctors in their professional lives. In an era where medical practice has become fraught with legal complexities and societal misunderstandings, the IMA steps in as a necessary defender of doctors' rights. From combating the unfair application of consumer protection acts against medical professionals to standing against the imposition of heavy taxes and regulatory overreach, the IMA's role is critical in ensuring that the voice of the medical community is heard and respected.



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- **Battling Misrepresentation and Misinformation**

The IMA actively counters the negative portrayal of doctors in the media and society. By providing accurate information and advocating for the profession, the IMA helps to repair and maintain the image of medical practitioners, ensuring that their dedication and sacrifices are recognized and valued by society.

- **United Stand Against Quackery**

One of the IMA's significant contributions is its fight against quackery. By leading initiatives like the Anti-Quackery Cell, the IMA protects the public from fraudulent medical practices and maintains the integrity of the medical profession. This not only safeguards patients but also upholds the reputation of qualified medical practitioners.

- **Promotion of Academic and Professional Excellence**

Beyond social benefits, the IMA plays a key role in the academic and professional growth of doctors. Through various workshops, seminars, and conferences, it facilitates continual learning and skill enhancement. This commitment to academic enrichment ensures that doctors remain abreast of the latest advancements and techniques, ultimately benefiting patient care.

- **Emotional Support and Well-being**

The emotional and social support provided by the IMA is invaluable, especially in a profession marked by high stress and emotional strain. The association offers a platform where doctors can share their experiences, discuss challenges, and find solace in the camaraderie of their peers. This support system is crucial in preventing burnout and promoting mental well-being among medical professionals.

- **Preserving the Sanctity of Diverse Medical Practices**

The IMA's opposition to practices like crosspathy underscores its dedication to preserving the distinct identities and integrity of different medical systems. This not only protects the standards of medical practice but also ensures that patients receive care that is authentic and reliable.

- **Cultural and Recreational Opportunities**

The IMA recognizes the importance of a balanced life and offers various cultural and recreational activities for doctors. These events provide an outlet for stress and contribute to the overall well-being of its members.

- **Strengthening Resilience**

In the face of adversity, resilience is a healthcare provider's most invaluable asset. Socialization within medical associations provides a safe space for individuals to acknowledge their vulnerabilities, seek advice, and draw inspiration from the success stories of their colleagues. It reinforces the belief that they are not alone in their struggles and encourages them to persevere through the most challenging of times. These interactions within the medical community inspire individuals to face adversity with determination and to navigate through the intricate, and often emotionally taxing, landscape of healthcare!!!

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः

is the aim of organization & seeks cooperation & time from all for strengthening the Organization!!

Socialisation of Medical Profession is the need of time!!!!



## Dnyaneshwari



### Dr. S. D. Suryawanshi

Sr. Physician

Nagpur

### *Om Shri Dnyaneshwar Mauli Prasanna*

My beloved friends

We have been blessed and motivated by **Parmpoojya Dnyaneshwar Mauli** to translate, rather transliterate and edit the original Marathi **Dnyaneshwari** in English.

Shri Dnyaneshwari is the intact, original and oldest, nearly 800 years old, Marathi Mahakavya.

Sant Dnyaneshwar wrote a commentary on the original Sanskrit Holy Shrimad Bhagavad Gita in contemporary Marathi language for the common people of that era.

The task of translation has been challenging for two reasons.

First being enigmatic in meaning, and convoluted in framing, each of the 9030 "ovees" or two liners of the sacred Grantha are not easy to comprehend.

The second being, the formidable task of finding appropriate English words and phrases for each of the Prakrit Marathi words in these "ovees" that would truly reflect the meaning and knowledge intended to be conveyed by Dnyaneshwar Mauli.

Finally, the task was accomplished by His grace after five revisions, intense discussions and reviews of relevant literature. It took us five years.

But why was it felt necessary to translate Daneshwari in English? There were many pressing reasons. We are mentioning a few of them.

Firstly, the younger generation is gradually drifting away from intricacies, accuracies and nuances of the literature available in the mother tongue Marathi. The global language of day to day transactions is English, replacing many of the colloquial languages.

Secondly, many non-marathi devotees of Shri Vitthal and Dnyaneshwar Mauli wanted it in a language familiar to them, like English.

Some of the older generations and many of the younger generations have moved to foreign countries. The parents and parent societies are worried, rather afraid that their children separated from Indian culture and parent religions will get distanced from the Sanatan religion. Also they will become indifferent to the vastness



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and depths of the teachings contained in these sacred Grathas including Vedas, Upanishadas, Shrutis and Smrutis, including Bhagwad Geeta and Dnyaneshwari.

Hence to keep them connected and versed with the religious works, the beauty in them and the deep practical and spiritual knowledge contained, we felt it necessary to translate this Gantha in a globally comprehended language, English.

Having said this, the intention of the Editors would be fulfilled if the readers read it with the same dedication and intensity with which the Editors have accomplished this task.

My request is to read the two Editorials to begin with, and then enter the limitless ocean of Dnyaneshwari.

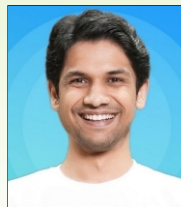
We wish you fruitful and enlightening reading.

Thank you very much.





## Yoga - Decoding one's self



**Mr. Saurabh Bothra**

Government-certified Yoga Trainer

Open your WhatsApp right now and imagine you haven't checked it in three weeks.

Hundreds of unread messages. Missed check-ins. Important updates buried under forwards and memes. The inbox didn't stop filling just because you stopped looking. It just piled up, quietly, waiting.

Your body works exactly the same way.

Every hour of unaddressed stress, every night of broken sleep, every afternoon of sitting hunched over a laptop - your body logs it. Not metaphorically. Physiologically. Tight hip flexors from sitting eight hours a day. A compressed thoracic spine from craning toward a screen. Shallow chest breathing that keeps your nervous system in a low-grade state of alert, even when there is no actual emergency. The body keeps a meticulous record of everything the mind chose to ignore.

Yoga, at its core, is not just a fitness practice. It teaches you to read your body before it becomes a crisis.

### **Stress Is Not a Mental Problem**

One of the most common misconceptions about stress: that it lives in the mind.

But it lives in the entire body.

Stress can be a difficult conversation, a looming deadline, a moment of fear. Your body activates the same ancient survival system it used when humans were running from predators. Cortisol and adrenaline flood the bloodstream. Heart rate climbs. Muscles tighten, ready to fight or flee. Digestion slows. Breathing becomes shallow.

The predator leaves. But in modern life, the stress doesn't. Your body activates the same system dozens of times a day - emails, traffic, news, conflict - and rarely gets the signal that the threat has passed. So it stays partially activated. Cortisol stays elevated. Muscles stay braced. The nervous system hums at a frequency slightly high, all day, every day.

Over months and years, this is not discomfort. This is damage. Chronic elevated cortisol is linked to impaired immunity, disrupted sleep, digestive disorders, cardiovascular disease, and significant deterioration in mental health. The body was designed for acute stress followed by recovery. It was not designed for the chronic, relentless pressure that defines modern life.

This is the problem yoga was built to solve, long before we had the science to explain why.



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### **What Yoga Actually Does to Your Nervous System**

When you move through a yoga sequence with conscious breath, something specific happens neurologically. Slow, deliberate breathing, particularly extended exhales, activate the parasympathetic nervous system. This is the branch responsible for rest, digestion, and recovery. The counterweight to fight-or-flight. Scientists call it the vagal brake. It is the mechanism by which the body signals to itself that the threat has passed and it is safe to recover.

This is why you feel different after a yoga session than after a run. A run elevates cortisol and adrenaline. It is, in biological terms, a controlled stressor. Yoga, when practiced with breath awareness, does the opposite. It actively downregulates the stress response. It is not just exercise. It is nervous system maintenance.

Research now confirms what practitioners have observed for centuries. Regular yoga reduces cortisol levels measurably. It improves heart rate variability, one of the most reliable markers of cardiovascular and autonomic health. It also reduces the risk of chronic disease. In clinical studies, yoga has shown outcomes comparable to medication for mild to moderate anxiety and depression - not as a replacement for medical care, but as a meaningful intervention in its own right.

The ancient yogis didn't have cortisol assays or MRI machines. They had direct observation, passed across generations. Modern science is not discovering something new. It is catching up to something old.

### **Learning to Read the Signals**

Here is what makes yoga different from most physical practices : it demands attention, not just effort.

In a yoga pose, you are not just moving a muscle. You are being asked to notice where you are compensating for weakness with tension elsewhere, where you have been holding stress in your body for so long that it has started to feel like your default posture.

Tight hips are rarely just tight hips. In most desk-bound adults, they are the accumulated residue of thousands of hours of sitting, combined with the physical manifestation of unprocessed anxiety, because the hip flexors are among the first muscles to contract in a stress response and among the last to release.

Yoga does not just stretch these patterns out. It makes them visible. And what becomes visible can be addressed.

### **The Practice Prescription**

You do not need an hour a day. You do not need a studio, a perfect mat, or an advanced practice.

You need consistency over intensity. A 20-minute morning practice done every day will do more for your body and nervous system than an intense 90-minute session done twice a month. Like compound interest, the returns are not dramatic on any single day. They are transformative across months and years.

Think of it this way - you wouldn't let your WhatsApp inbox go unread for three weeks and expect things to be fine. Your body deserves at least the same attention you give your phone.

The messages have been coming in for a long time. Yoga is simply how you finally read them.





## Intimate

### Dress Code



**Dr. Manisha Shembekar**

Omega Hospitals, Nagpur

Your attire says a lot about your personality and your taste. Not so long ago, Indian women would wear a saree after a certain age and that would be their outfit for all occasions, be it home, a casual outing or some celebration like wedding. However, the texture or the weave differed. They would have a small collection of sarees to choose from and shopping used to be nothing less than a ceremony. Gradually circumstances changed and more and more women ventured out to earn money. They were now independent financially to shop till they dropped. With globalisation, we were introduced to the fashion world. And knowing the “brands” became a matter of prestige.

Our ancestors firmly believed in reduce, reuse and recycle...and thus the carbon footprint on Earth was kept in check by default. Let me explain. The elder sibling got new clothes and when he outgrew them, they were passed on to the younger one who would happily accept it without making any hue and cry. And finally the rags were used for dusting, cleaning and mopping. Period.

Fast forward to the present era, you get up and plan to go for a walk or zumba or workout at the gymnasium. First thing you have to do is change into appropriate attire and put on sports shoes, carry water bottle or an energy drink in a smart bottle. A wrist band and a smart watch to calculate the calories burnt will complete the look. You quickly come home shower and get ready to start your day at the office with a formal attire which may be formal shirt and trousers or a suit and a tie with a trendy leather bag to hold your belongings. The shoes have to be polished and shiny. Back home after a long day as you retire for the night, you have to wear comfy and soothing night suit.

Now, if you are invited for a party, all hell is let loose. It begins with what 's the occasion, theme and venue. One has to rack the brains to decide on the outfit or may have to dash to the market to find a suitable ensemble as it is prudent to accessorise wisely not to look out of place but to stand out in the crowd. Phew! Quite a stress!

If you are on a vacation, your wardrobe has to be revamped because you can't post the pictures on social media wearing same clothes you had worn on your previous outing. Or be ready to receive some such comments. The destination has to be taken into account too. If it's a beach location, the accoutrement would include a beach hat and slip ons. But if it's a hillside destination with cold weather then it would be logical to carry the woollens, mittens etc. A trek would mean an entirely different baggage for the travellers.

All said and done the Indian saree remains a charming outfit for all occasions. A lady in a glam world would wear it enticingly, a lady in a public life would make a bold statement with her choice and weave of saree while some choose to display an austere look in agreement with their profession. Moreover there are numerous ways to drape this six yards grace. It may not be an everyday garment for the new age woman but it definitely has a place in each woman's heart.

Whatever apparel one chooses to wear, the body language, the attitude and the confidence speaks volumes about the personality.

It's aptly said *“Ek noor admi das noor kapda aur hazaar noor nakhra”*



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## Autistic Spectrum Disorders Lifestyle Effects : Facts & Myths



### Dr. Sandeep M. Yadav

Consultant Paediatrician  
New Health City Hospital, Nagpur

*“Every child deserves a chance to shine, regardless of their challenges.” - A scholar from Kerala.*

This statement perfectly reflects the journey of children living with Autism Spectrum Disorder (ASD)

Recent analyses (2025 estimates) suggest ASD prevalence of approximately 1.12% - 1.5% among children aged 2-9 years, translating roughly to 1 in 35 to 1 in 100 children worldwide.

### Understanding Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) represents a group of **neurodevelopmental conditions** characterized by differences in :

- Social interaction
- Communication abilities
- Behavioural patterns
- Sensory processing

### Why Does Autism Occur?

ASD does **not arise from a single cause**. It results from a complex interaction between **genetic susceptibility and environmental influences**.

Autism is considered a **polygenic condition**, meaning multiple genes contribute to vulnerability rather than one defective gene.

### Risk Factors in Genetically Predisposed Children

Certain factors may increase risk when genetic susceptibility already exists:

#### Parental & Prenatal Risk Factors

- Advanced parental age
- Parental affective disorders, depression, or bipolar illness
- Maternal nutritional deficiencies :
  - Folate, Calcium, Vitamin D

#### Perinatal & Post-Natal Factors

- Fetal distress or birth asphyxia
- Multiple gestation pregnancies, Antepartum hemorrhage (APH)
- Preterm birth, Low birth weight (LBW) / SGA
- Congenital malformations
- Pathological neonatal jaundice (hyperbilirubinemia)

*Important :* These are **risk associations**, not direct causes.

### Screen Time and Early Brain Development

Emerging research indicates that :

- Screen exposure **before one year of age**
- Excessive digital media use during early childhood may worsen social communication development in children already predisposed to ASD.



## Intimate

### The Pandemic Effect

Post-COVID years witnessed increased developmental concerns due to :

- Reduced peer interaction
- Increased screen dependency
- Social isolation during critical developmental periods

While the pandemic did not cause autism, it likely **amplified developmental vulnerabilities**.

### Early Red Flags Parents Should Watch For

Early recognition is crucial. Seek developmental evaluation if a child shows :

- Limited or inconsistent eye contact
- Not responding to their name
- Delayed speech (no single words by 16 months)
- Lack of pointing, waving, or communicative gestures
- Repetitive movements (hand-flapping, rocking)
- Difficulty engaging socially or sharing interests

**Early concern is never overreaction - it is proactive parenting.**

### Preventive Lifestyle Measures During Pregnancy

Although autism cannot always be prevented, healthy maternal environments support optimal neurodevelopment.

Recommended practices include :

1. Avoid tobacco and alcohol exposure
2. Minimize exposure to air pollution and industrial chemicals
3. Avoid passive smoking ,aerosol air fresheners
4. Reduce exposure to harsh cleaning chemicals such as bleaches and degreasers
5. Maintain emotional well-being and a low-stress environment
6. Ensure adequate prenatal nutrition and medical supervision

### Facts vs Myths About Autism

#### Myth 1 : Higher parental education causes autism

**Fact :** Higher education levels are associated with **earlier diagnosis**, milder severity, and better developmental outcomes - not increased risk.

#### Myth 2 : All children with autism have intellectual disability

**Fact :** Autism does not equal developmental delay. Many individuals possess average or superior intelligence.

Public figures such as **Bill Gates** and **Elon Musk** have spoken about being on the autism spectrum, demonstrating that neurodiversity can coexist with extraordinary achievement.

### How Autism is Diagnosed

Diagnosis is clinical and developmental, guided primarily by **DSM-5** criteria.

Common screening and assessment tools include :

- Modified Checklist for Autism in Toddlers, Revised with Follow-Up (M-CHAT-R/F)
- Ages and Stages Questionnaire (ASQ)
- Childhood Autism Rating Scale (CARS)

### Why Early Detection Matters

The human brain shows maximum **neuroplasticity** during the first **three years of life**.

Early identification allows :

- Speech therapy, Occupational therapy, Behavioural interventions, Parent-guided developmental stimulation



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## रजोनिवृत्ती.... स्त्री ची मानसिक घालमेल



### डॉ.रागिणी मंडलिक

स्त्रिरोग व प्रसूती विशेषज्ञ

पुरुष सेवेतून निवृत्त होतात तेव्हा त्यांना सन्मान देतात....  
त्यांचा सत्कार करून शाल व श्रीफळ ही देतात....  
मग स्त्री जेव्हा रजोनिवृत्तीकडे वळते....  
तिला का न समजून घेतले जाते?  
तिला सन्मानाने त्यावेळी का न वागवले जाते?  
तिची त्यावेळी होणारी मानसिक घालमेल तिला ही नकोशी होते....  
पण तिच्या हाती काहीही नसते....  
एकटेपणा, चिडचिडेपणा, शरीराची लाहीलाही होणे....  
किती अवघड असते हे सोसणे?  
परी त्यावेळी कोणास ही तिला समजून घ्यावे असे न वाटते....  
उलट तिचे वागणे सर्वांना खूपते....  
मुलांना तिचे वागणे चमत्कारिक वाटते तर नवर्याला त्याचे आश्चर्य वाटते....  
एकच सांगावे वाटे मज तिला....  
जपलेस तू नेहमी इतरांना, आता जपणे गरजेचे स्वतःच्या भावनांना....  
कधी रडावं वाटलंच तर मनसोक्त अश्रूंना वाट करून दे,  
कधी चिडावं वाटलंच तर शब्दांना बाणासारखे सोडून दे....  
कधी एकटं वाटलं तर स्वतःशी मैत्री करून तर बघ....  
आयुष्य तुला खुणावतंय, स्वतःच्या मनासारखं जग असं म्हणतंय....  
स्वच्छंदी बन असं सांगतंय, बघ असं वागून, असं जगून....  
तुझ्या रजोनिवृत्तीला तुच साजरं करायचंय....  
स्वतःच्या इच्छेला तुलाच मानानी सांभाळायचंय....  
सर्व जवाबदार्या तूच निवृत्ती कडे वळायचंय....  
तुझ्या राजाचं मन सांभाळून स्वतःसाठी आनंदाने जगायचंय.





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## मोकळ श्वास



### डॉ. वन्दना अनिल डांगे

बधीरीकरणशास्त्र तज्ञ

माझ्या हृदयात सल  
तुझ्या काळजात काटा  
समूळ उपटून काढूया  
तो होण्याआधीच नायटा

माझ्या अंतरात आग  
तुझ्या जिगरात जाळ  
त्याचा भडका उडवी  
अविश्वासाचे वादळ

नको घालूस आगीत तेल  
गैरसमजाचे ते गरळ  
निष्पापांच्या स्वप्नांना गड्या  
पोहोचेल त्याची झळ

तुझ्यातला पशू आता  
निद्रीस्तच राहू दे रे  
पशू माझ्यातला जोवर  
गाढ झोपलेला आहे

मित्रा, तू एक माणूस  
मी ही माणूसच तरी  
देव, धर्म, जातीतली  
का रुंदावली दरी?

देव तुझा, देव माझा  
मुका-बहिरा च राही  
आंधळ्याच्या काठीला जशा  
दिशा सारख्याच दाही

ठेव जपून वापरू ती  
क्रांतीच्या ज्वाळांसाठी  
ठिणगी जी माझ्या उरी  
नि तुझ्या मनीची चिंगारी

काळेखाच्या गर्भात एक  
प्रकाशाचा कवडसा  
दीप विझू पाहतो तू दे  
गोड आठवांचा आडोसा

मंदावल्या ज्योतीला आता  
ये नवी धग, नवे प्राण देवू  
नव्या प्रकाश पर्वाच्या  
स्वागता सज्ज होऊ

ये नंदनवन फूलवू  
या विझलेल्या राखेतून  
ह्या मायभूमीत आणूया  
स्वर्गालाच बळे खेचून

चंद्र-सूर्याच्या साक्षीने  
चल मुक्तिचे गीत गाऊ  
सौहार्दाच्या ताकदीने आता  
ये, एक ठठमोकळ श्वास घेऊ





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**Dr. Manisha Sahu**  
Consultant Gynaecologist, Nagpur



## Intimate

# Why Join IMA??

Friends,

### Medical profession was noble and Doctor was God

In old golden days doctors enjoyed great prestige in society. Doctors were treated almost like God. These sentiments are declining today. The whole scenario is fast changing. Now-a-days medical practice has become difficult. Doctor's sacrifices have no value, his dedication to profession is not recognized. He is subjected to endless oppressive legal formalities. The so-called social thinkers misguide the society. Media also paints a very black picture of the doctors. The social miscreants pressurize him for recovering contributions and at times assault him. The police force also exploits him. The medical practitioners have lost mental and physical stability. Those doctors who are dedicated to continuous service of patients and who many a time neglect their family members for saving the lives of patients, have no protection today. The present situation calls for **"Doctors' Protection Law"**. The doctor community must organize solidity for changing this situation.

Indian Medical Association is an organization of qualified medical doctors. It includes professional medical practitioners, doctors working in government medical hospitals and allopathic doctors working in different medical institutions.

### Why join IMA ?

There are different organizations of allopathic doctors according to their specialization. These are necessary. But all allopathic doctors must come under umbrella of Indian Medical Association, since; IMA is the only representative organization of doctors for protecting their interest. We strongly desire that all the qualified allopathic doctors should become life members of IMA. Chairman Membership Drive & his team are constantly trying to increase the membership of state branch of IMA to make it 100 percent. For achieving this dream, co-operation of all is absolutely necessary then only the organization will become strong & problems could be handled at appropriate level.

Doctors are also human beings and they could also commit mistakes during treatment of patients. If due to negligence of doctors, patients are harmed, they deserve punishment. For this, there are enough laws in our country. It is not necessary to invoke acts like consumer protection act for punishing the doctors. The media like newspapers should avoid depicting distorted pictures of medical profession.

There are many quacks and bogus doctors in society, because of them the entire community of doctors is unnecessarily defamed. IMA has taken lead (Anti-quackery Cell of IMA) to save people from the clutches of the cancer of bogus doctors.

- **Crosspathy** : Political leaders in their vested interest are favoring the crosspathy which is not only detrimental to the society but would be a major hindrance for the development of pathies like ayurveda and homoeopathy. IMA's crusade against crosspathy is remarkable.

**Doctors are burdened with taxes / acts / laws.**



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- At present doctors are rendering their services under the pressure of heavy taxes and many Acts. Normally, it is expected that the law should be used for correcting social structure, protecting the good citizens and punishing the evil elements. The present Acts relating to medical profession are doing exactly the opposite.
- Consumer Protection Act is being misused for defaming the doctors and recovering heavy amounts from them.
- In spite of the fact that Supreme Court has given the decision that it is not necessary to apply the Bombay Shop Establishment Act 1948 to doctors, the Govt. administrators are compelling the doctors to register under this Act.
- M.P.C.B. sends threatening notices to Doctors. The issue can be settled only through IMA.  
304, 304-A : Serving patients is the religion of doctors. Doctors do not treat the patients for killing them. Then how far it is appropriate to apply these clutches of the Act to doctors?
- Maharashtra Clinical Establishment Act.
- Water Tax, Surcharge on Electricity, Commercial Tax etc. are likely to exploit the medical practitioners and can lead to corruption.
- Renewal of Registration of Nursing Homes by NMC is a burning issue. The issue remain pending for last 1½ years. IMA Nagpur under the leadership of its President is intensely concerned and making all the efforts to sort out the issues.

We must all collectively oppose these oppressive and unjust provisions. For this strong organization is necessary.

### **United we stand !**

- 'Unity is Strength'. For increasing the strength of the organization, it is necessary to increase membership. IMA had demonstrated its strength and as a result clinical establishment act bill was set aside.

### ***Privileges of Members at branch level.***

- Members have the right to attend and take part in discussion in all general, clinical meetings, lectures, demonstrations, refresher course and organized continuing medical education activities in the Association.
- Members have the right to attend medical conferences organized by the Association or any of its branches on such terms as laid down in the bye-laws.
- Members are entitled for Local Branch magazine, which guides the members through articles on Medico legal and social issues & developments in the medical field, service enterprises, which are beneficial to doctors.
- IMA also provides platform for sports and cultural activities. Annual Sports meet, Marathi, Hindi & English Drama, Kavi Sammelan, Diwali Pahat, Musical Programmes are regular annual features of many IMA Branches.
- IMA is on forefront to fight and protect the interest of Residents, Medical Teachers, Practitioners and students aspiring to become doctors.



- IMA, Nagpur recently fought battle to increase P.G. Seats in Govt. Medical Colleges.
- IMA also joins hands to fight against the injustice on the society in collaboration with social organizations.
- Medical Insurance Policy, Doctors Indemnity Insurance, Medico Legal cell, these are useful to doctors.

#### ***Privileges of membership through IMA Maharashtra State.***

Can become Representative on Executive Committee, IMA Maharashtra State.

- Members can join **Social Security Scheme**, and **Professional Protection Scheme** for the welfare of members floated at State level with the objective of providing assistance to their family members in the event of their death and legal problems arising during professional practice, gives protection to Doctors in real sense.
- Members are entitled for various Awards (details of which are made available in MAHIMA mouth piece of IMA Maharashtra State).
- Members can participate in the various sports events, organized at the state level.

#### ***Privileges of Membership Central IMA***

(for more details, please contact Secretary General, IMA, HQ.)

- By being Representative on Central Council of IMA, HQ. Can participate in Central Council and Working Committee of Association & raise various issues effective medical profession & for health of society.
- Can join study tours organized within and outside country for professional interaction.
- Can enjoy IMA, Guest Houses facility along with family at various places in the country.
- Can join National Social Security Scheme.
- Can avail special training programs and become eligible for purchase of equipments at subsidized rates.
- IMA has Benevolent fund to help dependents, members are entitled to secure loans from benevolent fund to meet some unpredictable exigencies.
- Members are entitled for scientific publication, monthly journal of Indian Medical Association, JIMA which is of high academic standard & enjoys international reputation & reorganization.
- IMA provides platform to work in projects like RNTCP, ANEMIA FREE INDIA, AAO GAON CHALE & "SAVE THE GIRL CHILD"
- IMA has joined hands with international colleagues & enjoys the privileges being a part of "World Medical Association" (WMA).
- IMA, Nagpur has become a role model branch in the Country since it is on forefront to fight against various problems under the leadership of Past National President, Dr. Ashok Adhao, Past State President Dr. Milind Naik & Chairman, Maharashtra Medical Council Dr. Kishor Taori.

#### ***Friends ...***

I.M.A. is not only an organization for arranging, conferences, seminars and study classes. It is an organization, which protects the prestige of the medical practitioners, maintains a high place and dignity of doctors,



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struggles for their development, fights for their rights and coordinates the relations between doctors and patients.

**सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः**

is the aim of our organization. All of you must give full co-operation & time for strengthening the organization.

To summarize ... We should be proud to be an IMA member because

- IMA is a forum recognized Nationally & Internationally.
- IMA is a forum of Friendship
- IMA is a forum for Learning
- IMA is a forum for Community Service
- IMA is a forum for Family get together and establishing family bonds.
- IMA is a forum for Professional Protection
- IMA is a forum for fighting Quackery.
- IMA is a forum recognized for Peace of Mind.
- IMA is a forum for Social Security and offer health insurance.
- IMA helps for renewal of Registration (MMC, NMC & MPCB) and help you for paying various taxes.

**IMA protects your rights if you are right !**

We appeal to all the allopathic doctors to become life members of IMA & appeal the members to encourage allopathic doctors to join the fold of IMA, which is the need of the hour.

Thanks.

Jai Hind, Jai IMA

**Dr. Y. S. Deshpande**

- CWC Member, IMA HQ
- Past President, IMA MS
- Former Director, IMA AKN Sinha Institute of Medical Sciences

M : 98230 83841



## How to Transfer IMA Membership?

### TRANSFER FROM BRANCH TO BRANCH IN MAHARASHTRA

1. Member should give written application to original local branch (branch ABC), the intention of transfer to new local branch (branch DEF), requesting for NOC and transfer the branch share of Life membership to new local branch (branch DEF). Send a copy to IMA - Maharashtra State office.
2. Member to give fresh membership application form duly filled in at new branch. Attach the copy of letter written to original local branch (branch ABC).
3. Original local branch (branch ABC) has to transfer the branch share of LM fees retained at the time of his joining the IMA to new local branch (branch DEF) along with NOC for transfer, and send the intimation to IMA-MS office.
4. New local branch (branch DEF) will confirm the receipt of branch share of LM fees, confirm the Membership - may collect the difference of branch share, if any from the member and inform the IMA - MS office.
5. New local branch (branch DEF) to collect the HQ - Life Membership Certificate and ID card from the member and send it to IMA MS office.
6. IMA MS office has to send the certificate and ID card to HQ for cancellation of old certificate & issue of new certificate & ID card.

### INTER STATE TRANSFER TO MAHARASHTRA STATE

1. Member should give written application to original local branch (branch ABC), the intention of transfer to new local branch (branch DEF), requesting for NOC and transfer the branch share of Life membership to new local branch (branch DEF). With a similar letter to original State Branch for NOC and to transfer State share of LM fees to Maharashtra State branch.
2. Member to give fresh membership application form duly filled in at new branch. Attach the copy of letter written to original (branch ABC).
3. Original local branch (branch ABC) has to transfer the branch share of LM fees retained at the time of his joining the IMA to new local branch (branch DEF) along with NOC for transfer, and send the intimation to IMA-MS office. Original State Branch also to transfer State share to Maharashtra State office.
4. New local branch (branch DEF) will confirm the receipt of branch share of LM fees, confirm the Membership - may collect the difference of branch share, if any from the member and inform the IMA - MS office.
5. New local branch to collect the HQ - Life Membership Certificate and ID card from the member and send it to IMA MS office.
6. IMA MS office has to send the certificate and ID card to HQ for cancellation of old LM-number and issuance of new LM Certificate and ID card - after receiving the State share with additional amount of difference of State share.



## PROFESSIONAL PROTECTION SCHEME



Professional indemnity is an insurance plan to financially safeguard medical practitioners against legal costs and claims for compensation by the patients in case of a legal row. Legally, it is an exemption from liabilities for damages. It covers any legal case arising due to injury or death of a patient due to the omission, negligence or error of the insured. The premium depends on the limit of indemnity, risk group of the doctor and ratio of limits.

The PPS scheme by IMA National was first started in the state of Kerala and was very successful. The IMA's Maharashtra State Professional Protection scheme was started on Doctor's day 1st July 2008, the founder members being Dr Krishna Parate and Dr Anand Kate, and has completed fourteen years of its existence. The scheme has its head office at Nagpur and the membership has grown to 3100 members.

### I. Aims & Objectives

During the practice of a medical practitioner if he lands up in any legal altercation with the patient, like 1. Police complaint, 2. Complaint to the medical council, 3 Cases in the consumer forum, 4. Cases in the civil courts. The scheme will provide all the necessary legal remedies to the member.

### II. Eligibility

All life members of the Indian Medical Association are eligible to become the members of the Scheme.

### III. Membership

Now IMA MS PPS has become a fully digital and paperless scheme. On digital login, member will receive unique login credential and will be able to enroll or upgrade directly on the digital platform. The enrollment fees will be paid online. Members will be able to check their coverage, raise request and many more features are available on online platform. Renewal reminder and enrolment process are available online. The committee of PPS has appointed Policyera insurance agency as official agency to facilitate PPS related work in our state. Members are requested to visit <https://www.ima.policera.com> or [imams.pps@gmail.com](mailto:imams.pps@gmail.com) or call 07122563846 (6 pm - 8 pm) and 7045021897 (Milind) for details about the new formatted scheme.

### The scheme provides :

- Individual indemnity coverage from 20 Lacs upto 5 Crores, at a very competitive special rates to the members.
- Hospitals coverage including cover for their qualified and unqualified staff from 50 lacs upto 25 crores.

We request you to propagate New IMA MS PPS Schemes amongst your friends to make its stronger and healthy to serve you better. Please intimate and discuss any problem or suggestion for member friendly working of the schemes since it is a scheme by the doctors for the doctors.

**Dr. Kush Jhunjunwala**

Chairman, IMA MS PSS  
M : 97643 73366

**Dr. Dinesh Agrawal**

Co-chairman, IMA MS PSS  
M : 93256 50008

**Dr. Shirish Modi**

Finance Director, IMA MS PSS  
M : 93731 03232

For any other help please contact : Mr. Abhishek (M : 93220 58753) or Mr. Ritesh (M : 95955 01340)



## STATE SOCIAL SECURITY SCHEME



Dear esteemed members of IMA Maharashtra, hope you are in good health!

The sole purpose of the scheme is to help the family after loss of bread winner immediately and monetarily. Each of the strong posse of approximately 8400 members of the scheme contribute a miniscule amount of money which becomes a big lot in the hands of the unfortunate family.

Dr. Jayant Navarange is working as Chairman, Social Security Scheme. Other office bearers being, Dr. Prakash Marathe (Secretary), Dr. Suhas Nene (Treasurer) and Dr. Amrish Shahade (Joint Secretary). The scheme has been working from Pune IMA Premises, and is receiving a huge support from IMA Maharashtra State, IMA Pune Office bearers, IMA Pune Trustees, managing committee of IMA Maharashtra, SSS and IMA Pune and members across Maharashtra State. From last 3 years, annual reports and other communications are sent via soft copies and/or website. So please check your e-mails frequently for routine communications. We have made 24 groups of WhatsApp which will enable us to contact 5600 active members at one click. We earnestly request all of you to update your active (functioning) mobile number and email ID to [imamssspune@gmail.com](mailto:imamssspune@gmail.com). Presidents / Secretaries of all branches and MC members of IMA MS SSS are requested to help this good cause. Introduction of a fresh website ([www.imamssss.com](http://www.imamssss.com)) with so many useful links like online payment facility etc. is launched and is available for regular use. FAQs section is important too. Actually the trials are going on now and you will be getting a flawless experience while paying this year`s FFC. You will be getting acknowledgement / receipt right away. We request you to become members and spread the word to your colleagues. It`s a mutually beneficial and time tested financial scheme for doctors run by doctors! There is no prerequisite of medical examination, till the age of 55 years. After which these “senior” members will have to undergo some medical exams, and get a certificate from a local physician, proclaiming the status of the member`s health, whatever it is.

Some important Salient Features.

- 1) For disability benefit only 50% to be given when alive, remaining 50% will be given to nominee after death of a member.
- 2) For age groups 50-55 and 55-60, admission fee has been raised from Rs 4000 to 10000 and 5000 to 20000 respectively after 1st April 2021.
- 3) Retired members up to 1032 need not pay annual fee Rs 236 separately.
- 4) Exit policy that was declared in the past stands withdrawn.



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- 5) For early deaths between 1 to 3 yrs. of availing the benefits of this scheme 20% will be deducted from the assured sum.
- 6) For deaths between 3 to 5 yrs. of availing the benefits of this scheme 10% will be deducted from the assured sum.

Our Pune branch needs only a few members to become the first local branch, to enroll 1000 SSS members and next in line is Nagpur with 783 members.

### **Scheme Details**

**Eligibility :** Life Member of IMA Maharashtra State Branch through any local branch / direct up to the age of 60 years. Advance Fraternity Contribution: 12,000/- is paid as Advance Fraternity Contribution, which is returned (without interest) after death.

**Admission Fees :** Depending on completed age admission fees are paid as per below table. This is a onetime fee taken at the time of enrolment + 2 yrs Annual Subscription (i.e. Rs. 400/- total).

**Fraternity Fund Contribution :** Every year in the month of April a demand notice is sent with an amount calculated as 200/- multiplied by the total no. of deaths in a year will be paid by all member with annual subscription for 1 year with Rs. 200/-. But don't wait for any communication to pay your regular FFC. Enquire at IMA MS SSS office at Pune.

**Maturity and Benefit :** Members contribute for 25 FFCs. Benefit will be given on death / permanent physical or mental disability after 1 year of enrolment unless by accident. Those dying within 1 to 3 years of joining deduct 20% amount and 10% amount from those who die between 3 to 5 years of joining.

***Please feel free to contact -***

M : 75882 26610 | E-mail : ima\_nagpur@yahoo.com



## HOSPITAL BOARD OF INDIA (HBI)



IMA HBI is the special wing created to safeguard and help the interests of private hospitals. The IMA leadership over the years have realized the need for a specific body to look after the interests of hospitals and nursing homes at a local, state & national level.

### Aims & Objectives of HBI

- To assist and equip all healthcare institutions to provide quality healthcare by various means, including accreditation.
- To represent and safeguard the interests of all healthcare institutions and their personnel.
- To monitor and intervene in all legislations regarding hospitals being considered by the parliament or state legislatures.
- To represent and negotiate on behalf of the hospitals, issues of concern to hospitals, with governments and other appropriate local, state, national and international authorities.
- To develop, adopt and endorse standards and protocols for hospital services.
- Identify issues related to hospitals in various states.
- Segregate issues with national & state character.
- Study & organize discussions of various issues on HBI forums.
- Address guidelines for solutions of issues.
- Plan of action for addressing issues of HCEs.

Hence, it is essential to join HBI and unite to solve our day to day issues like MPCB, fire, violence, registration, medicolegal problems, insurance impanelment, Accreditation, availability of staff and certifications, common procurement of instruments, grievances against medical equipment manufacturers, helping members to start new hospital and so on.

Also to fight over-regulations by authorities and unjust amendments to laws applicable to healthcare. Kindly become a member of IMA HBI Subchapter. For details please visit [www.imahbi.in](http://www.imahbi.in)

**Please feel free to contact -**

M : 75882 26610 | E-mail : [ima\\_nagpur@yahoo.com](mailto:ima_nagpur@yahoo.com)



## IMA Academy of Medical Specialities Head Quarters



The main objective of IMA AMS is to update the recent advances in all specialities for better clinical judgment in their practice. It will also motivate specialists to actively participate in all the activities of the Indian Medical Association.

The membership of the Academy of Medical Specialities is open to all the Life Members of IMA who have speciality qualifications in any discipline of medicine. The Fellows of the College of General Practitioners who have passed the FCGP examination are also eligible to become members of the Academy of Medical Specialities, as they have specialised in the field of family medicine. The Academy of Medical Specialities also awards Fellowship to the senior members of the profession.

**Dr. Ajay Deshpande**

Chairman  
IMA AMS, Nagpur Chapter  
M : 94221 05156

**Dr. Shubhangi Vairagade**

Hon. Secretary  
IMA AMS, Nagpur Chapter  
M : 98602 76504

**Following is the provisional list of courses being offered by  
IMA Academy of Medical Specialities :**

1. Infertility
2. Fluorescein Angiography
3. Laser Photocoagulation in Retinal problems
4. Excimer, Laser & Lasik Surgery
5. Phacoemulsification
6. Training in Non-invasive Cardiology Techniques, Echocardiography and TMT
7. Critical Care Cardiology
8. Advanced Micro-Surgery of Ear
9. Functional Sinus Endoscopy
10. Laser in ENT
11. Rhinoplasty
12. Joint Replacement
13. Arthroscopy
14. Spine Surgery
15. Upper GI Endoscopy Colonoscopy
16. Basic Endoscopy
17. Laparoscopy - a. Basic b. Advanced
18. Rheumatology
19. Preventive Cardiology
20. Breast Oncology Surgery
21. G.I. Oncology Surgery
22. Head & Neck Oncology Surgery
23. Gynae Oncology Surgery
24. Oncology Pathology
25. Oncology Anesthesiology
26. Medical Oncology
27. Uro-Oncology Surgery



- |                                             |                                              |
|---------------------------------------------|----------------------------------------------|
| 28. Pediatric Hemato-Oncology               | 37. Neuro Critical Care                      |
| 29. Bone Marrow Transplantation             | 38. Molecular Diagnostics                    |
| 30. Oncology Radiology                      | 39. Bronchoscopy                             |
| 31. Cancer Re-Constructive Surgery          | 40. Diabetic Retinopathy Management          |
| 32. Interventional Pulmonology and Thoracic | 41. Bariatric Surgery                        |
| 33. Oncology                                | 42. Regenerative Medicine                    |
| 34. Oncology Orthopedics                    | 43. Sleep Medicine                           |
| 35. Interventional Radiology                | 44. Hematology & Bone Marrow Transplantation |
| 36. Pathology                               |                                              |

**IMA shall develop courses accredited by  
IMA Accreditation & Academic Council**

In the first phase following subjects shall be included,

- |                            |                                 |
|----------------------------|---------------------------------|
| 1. Primary Cardiology,     | 11. Occupational health,        |
| 2. Diabetology,            | 12. Asthma and COPD,            |
| 3. Hypertension,           | 13. Cancer,                     |
| 4. Coronary Heart Disease, | 14. Emergency Medicine,         |
| 5. Emergency Practice,     | 15. Child Sexual Abuse,         |
| 6. BCLS,                   | 16. Vector Borne Diseases,      |
| 7. ACLS,                   | 17. Antenatal Care,             |
| 8. Blindness Control,      | 18. AMR,                        |
| 9. Infectious Diseases,    | 19. Infection Control Strategy, |
| 10. Vaccination,           | 20. Basic Surgical skills etc.  |

**Guidelines of the Fellowship Courses**

- Long-term fellowship courses duration : 1 year
- Short-term fellowship courses duration : 4-6 Months
- **Eligibility criteria** : Must be IMA Life Member and IMA AMS Life Member and post-graduation completed in their respective field.
- **Course Fee** : Fee structure depends on respective state, that includes 30% towards headquarters share, 40% towards hospitals or training centre's share and 30% IMA AMS respective state share.
- About 20 students can be admitted as per the facilities and infra-structure available in the Centre where the course. (More students may be admitted, subject to the facilities and infra-structure available)
- IMA AMS state branch shall assess the facilities and infra-structure available in the Centre.
- IMA AMS state branch should
- Two Theory & two Practical Classes have to be conducted every month i.e. one class a week by the respective Centre.



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- Due importance shall be given for clinical sessions
- A minimum of 80% attendance shall be maintained by students.
- Monthly attendance and updates about classes shall be sent to IMA AMS of respective State.
- One assignment quarterly i.e. once in every 3 months may be arranged for students.
- **“Theory examination”** shall be conducted by IMA AMS of respective State.  
Theory paper will be corrected by the concerned faculty, who had conducted the courses.
- **“Practical examination”** i.e. Clinicals, log book discussions and general viva shall be conducted by respective Centre.
- Examination results shall be announced within one week after the exam and shall be informed to the Hqrs.
- If any student does not appear for the exam, there will be no supplementary exam. The candidate has to appear as a fresher candidate for the exam whenever the exams will be conducted.
- State shall conduct graduation ceremony and invite AMS National Chairman & National Secretary for this function.
- IMA AMS Hqrs will be responsible for arranging the certificates for distribution to the students.

**The patron of question paper as follows :**Theory Examination (Total 100 Marks) consisting of

1. Two long Questions each carrying 20 MARKS.
2. Six short Questions each carrying 5 Marks
3. Thirty MCQ's each carrying 1 Mark (30 MCQ'S)

Practical Examination (Total 250) consisting of

1. One long case carrying 50 MARKS
2. Two short cases each case carrying 25 Marks
3. 10 Spotters each Spotter Carrying 5 marks
4. Log Book, 10 different Cases, each case carrying 5 Marks
5. General Viva carrying 50 marks.

**The pattern of passing the examination (Theory & Practical):**

The candidates will appear for theory and practical examination on consecutive days. They need to secure minimum 50% marks in both theory and practical examination to be declared passed. Inability to clear either theory or practical will be deemed a failure. If they fail, they will have to reappear for both theory and practical examination with the next batch.

**IMPORTANT NOTE :**

1. These courses are to improve skill & knowledge and to render better service to the people.
2. These courses are not recognized by MCI/NMC.
3. Don't put as consultant after name after passing the exam.
4. This exam dose not equate with any post graduate degree.



## IMA CGP (College of General Practitioners)



To educate and update the General Practitioners, IMA started a College of General Practitioner in 1963. IMA College of GENERAL PRACTITIONERS, has established its Faculties / Sub Faculties all over country. It has been educating the GPs through various educational programmes, CME & refresher activities. Conducting Fellowship Exam (FCGP) and regular publication of Journal "Family Medicine India" are its most useful activities.

### Dr. Shankar Khobragade

Hon. Asst. Director of Studies  
IMA CGP, Nagpur Chapter  
M : 98231 77661

### Dr. Sanjay Jain

Hon. Asst. Secretary  
IMA CGP, Nagpur Chapter  
M : 98230 34085

### IMA CGP HQs is running the following courses -

- **Fellowship in Family Medicine (FFM) -**

Course Fee - Rs. 35400/- (Incl 18% GST); Duration - 8 months, monthly one direct class in Chennai and online class every Tuesday Night. At the end of the course there will be an exam.

- **Fellowship in Echocardiography -**

Course Fee - Rs. 47,200/- (Incl 18% GST)); Duration - 10 months, only one monthly direct class in Trichy. Hand on training also in Trichy.

Both courses are pan India.

### IMA Tamil Nadu State Conducting courses -

- **Fellowship Certificate in Diabetology (FCD) - Duration-1 Year**

- ▶ Course fee-Rs. 25000 + 18% GST
- ▶ Two Offline classes (First in starting and second at the end of the programme along with the final exam.)
- ▶ Online classes-Alternative weeks for two days each 2 hours.
- ▶ Hands-on training at Mohan Diabetes, Chennai for 5 days.



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- **Fellowship Certificate in Respiratory Disease (FCRM) - Duration-1 Year**
  - ▶ Course Fee - Rs. 25000 + 18% GST
  - ▶ Two Offline classes (First in starting and second at the end of the programme along with the final exam.)
  - ▶ Online classes-Alternative weeks for two days each 2 hours.
  - ▶ Hands-on training at Hindustan Hospital, Coimbatore.
- **Fellowship Certificate in Sexual Medicine (FCSM) - Duration-1 Year**
  - ▶ Course Fee - Rs. 25000 + 18% GST
  - ▶ Two Offline classes (First in starting and second at the end of the programme along with the final exam.)
  - ▶ Online classes-Alternative weeks for one day for 2 hours.
- **Fellowship Certificate in Diabetic Foot care (FCDFC) - Duration-1 Year**
  - ▶ Course Fee - Rs. 25000 + 18% GST
  - ▶ Two Offline classes (First in starting and second at the end of the programme along with the final exam.)
  - ▶ Online classes-Alternative weeks for one day for 2 hours.
  - ▶ Hands-on training for two days at Mowthi Hospital, Coimbatore.
- **Fellowship Certificate in Infectious Disease & Infection Control (FCIDIC) - Duration-1 Year**
  - ▶ Course Fee - Rs. 25000 + 18% GST
  - ▶ Two Offline classes (First in starting and second at the end of the programme along with the final exam.)
  - ▶ Online classes-Alternative weeks for one day for 2 hours.

With Regards,

**Dr. Amutha Karunanidhi**

Hon. Secretary - IMA CGP HQs, Chennai

IMA TNSB Building, Doctors Colony

2nd cross Street, Bharathidasan Nagar Extn,

Off. Mudichur Road, West Tambaram, Chennai - 600 045

M : 98844 54289 / 99402 07884 / 97890 14450

E-mail : sinduhospitals@gmail.com, cgpima@gmail.com



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**I.M.A. College of General Practitioners  
Head Quarters**

IMA TN State HQs Building, Doctors Colony, Via Bharathi Nagar 1<sup>st</sup> Main Road, Off: Mudichur Road, Tambaram (West), Chennai -600 045, Mob: 94426 12138 / 97890 14450



**APPLICATION FORM FOR LIFE MEMBERSHIP**

(The information will be treated as confidential)

**PLEASE WRITE CLEARLY**

1. Name (In Block Letters): Dr. ....
2. S/o, W/o .....
3. Address (In Block Letters)  
for: Correspondence:  
  
Contact No.....Email ID.....
4. Date of Birth: ..... Sex: MALE/FEMALE
5. Qualification(Degrees-**MBBS/MD/MS** & Diplomas)
  1. University.....Year.....3. University.....year.....
  2. University.....Year.....4. University.....Year.....
6. Registration with.....Medical Council Reg No.....
7. Member of IMA through.....Branch ..... State Branch
8. IMA Life membership No.....
9. Status: General Practice/Specialist Practice/Govt. Service/Teaching Service



I hereby give an undertaking that I shall abide by the rules and regulations of IMA CGP and uphold and promote the aims of the College to the best of my ability.

**Signature of the Applicant**

FOR OFFICE USE ONLY	SUB-FACULTY IMA CGP
Forwarded to IMA CGP State Faculty	Membership Approved YES/NO
Membership fee remitted	
Date.....	<b>HON. SECRETARY LOCAL BRANCH/ HON. SECRETARY SUB-FACULTY, IMA CGP</b>

FOR OFFICE USE ONLY	STATE-FACULTY IMA CGP
Forwarded to IMA CGP HQs ,Chenna i	Membership Approved YES/NO
Membership fee remitted	
Date.....	<b>HON. STATE SECRETARY/ HONY. FACULTY SECRETARY, IMA CGP</b>

FOR OFFICE USE ONLY	HEADQUARTERS IMA CGP
Received on.....Form and Fee Rs..... By Cash/ Cheque / DD / Neft / IMPS/ UPI / No.....Date..... Bank.....	
Allotted Membership No.....	
Life Membership Certificate dispatched on.....	<b>Life Membership Fee for GP's and Other Specialists Rs: 1180 /-)</b>
(DD/Cheque in the Name of "IMA CGP HQRS" payable Chennai)	

**HON. SECRETARY  
IMA CGP HEADQUARTERS**



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**IMA COLLEGE OF GENERAL PRACTITIONERS  
(Under the auspices of INDIAN MEDICAL ASSOCIATION)  
Head Quarters**

IMA TNSB Building, Doctors Colony, Via.Bharathi Nagar, First Main Road, Off: Mudichur Road,  
Tambaram West, Chennai – 600 045.  
Mob: 94426 12138 / 97890 14450 Email:cgpima@gmail.com Website: imacgpindia.com

**PROFORMA NOMINATION FOR HONORARY FELLOWSHIP IMA CGP**

The Academic Council  
IMA College of General Practitioners  
Doctors Colony, (Via). Bharathi Nagar, 1<sup>st</sup> Main Road,  
Off. Mudichur Road, Tambaram West, Chennai - 45

Photo

Sub: **HONORARY FELLOWSHIP OF IMACGP NOMINATION FORM**

Dear Sir,

I have great pleasure in nominating Dr. .... resident of  
..... for Honorary Fellowship of the College.  
He is a life member of the College (Life membership No.....) and has a seniority of  
20 years in the profession or more. His particulars are appended as under.

1. Up-dated Bio-data
2. IMA CGP Membership application form (Applicable in case of new applicants only)

Proposed by: (fellow IMA CGP)

Seconded by: (Fellow IMA CGP)

Signature .....

Signature .....

Name .....

Name .....

Address .....

Address .....

.....

.....

Email: .....

Email: .....

Encl: as above

Date: .....

**TO BE FILLED BY THE NOMINEE**

I agree to my nomination being considered by the Academic Council IMACGP for award as Honorary Fellowship of the College.

I affirm that the decision of the Academic Council, IMACGP in this regard shall be final and it acceptable to me.

I enclosed a bank draft for Rs.11,800/- in favour of **IMA CGP HQRS**, payable at Chennai.

Please note that I am a life member of the College (L.M. No.....) and life member of the IMA (L.M. No.....). (If not IMA CGP LM for GP's- Rs: 295/- & Other Specialist Rs: 1,180/-).

Signature \_\_\_\_\_

Name (in capital) \_\_\_\_\_

Address \_\_\_\_\_

Mobile: \_\_\_\_\_

Email \_\_\_\_\_

Dated: \_\_\_\_\_

**VERIFIED AND FORWARDED TO THE COLLEGE HEADQUARTERS FOR THE NEEDFUL**

Signature

Hon. Secretary.....State Faculty IMA CGP.....



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**ENCLOSURE TO THE NOMINATION FORM**

**HONORARY FELLOWSHIP IMACGP- BIODATA OF NOMINEE**

1. NAME \_\_\_\_\_
2. QUALIFICATIONS (YEAR) \_\_\_\_\_
3. SPECIALITY PRACTICED General Practice/Family Medicine/ \_\_\_\_\_
4. PROFESSIONAL CAREER \_\_\_\_\_  
\_\_\_\_\_
5. CONTRIBUTION TO JOURNALS (name with titles)
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
6. CONTRIBUTIONS (Titles) TO CONFERENCES/SYMPOSIA/SEMINARS/BOOKS ETC.
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
7. ATTACHMENT TO HOSPITALS/CLINICS ETC
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
8. AWARDS/ DISTINCTIONS/PROFESSIONAL ACHIEVEMENTS ETC
9. MEMBERSHIP OF PROFESSIONAL ORGANIZATIONS
  - a) \_\_\_\_\_ B)
  - c) \_\_\_\_\_ D)
10. NAMES OF JOURNALS SUBSCRIBED
  - a) \_\_\_\_\_ B)
  - c) \_\_\_\_\_ D)
11. IMA COLLEGE OF GENERAL PRACTITIONERS a) L.M. No. \_\_\_\_\_  
 b) Offices held \_\_\_\_\_  
 c) Member teaching Faculty Hqrs. / State Hony. Professor of \_\_\_\_\_ at \_\_\_\_\_
12. INDIAN MEDICAL ASSOCIATION L.M. No: \_\_\_\_\_ through \_\_\_\_\_  
 branch under \_\_\_\_\_ State Branch.
13. OTHER ACADEMIC ACHIEVEMENTS

Signature: \_\_\_\_\_

**TO BE FILLED BY THE IMACGP SECRETARIAT**

- Nomination received on \_\_\_\_\_ along with all relevant documents.
- Recommendations of the Credential Committee \_\_\_\_\_ approved /keep pending/ not approved.
- Final recommendation of the Academic Council, IMACGP \_\_\_\_\_ nomination accepted/ Not accepted
- Hony. Fellowship Regd. No. \_\_\_\_\_  
 Scroll issued during convocation in the year \_\_\_\_\_

Honorary Secretary IMACGP  
 On behalf of Academic Council IMACGP

**Enclosure:**

1. IMA Life Membership Certificate
2. IMA CGP Life Membership Certificate
3. Recent Pass port Size Photo- 3 Nos
4. Personal Bio Data (Profile)
5. MCI Registration Certificate



1st April 2026

## CHARGE HANDOVER



The Indian Medical Association (IMA), Nagpur Branch, has elected its new team of office bearers for the year 2026-27. Dr. Sachin Gathe, a renowned diabetologist in the city, has been appointed as the President.

The newly elected office bearers are as follows :

- Dr. Anjali Bhandarkar, eminent Gynaecologist Hon. Secretary
- Dr. Aniruddha Deoke, MD (PSM), Epidemiologist President Elect
- Dr. Manisha Rathi, senior Gynaecologist, and Dr. Prajakta Kaduskar, Consultant Adolescent Pediatrician Vice Presidents
- Dr. Mukund Ganeriwal, well-known Consultant Physician Hon. Treasurer
- Dr. Pallavi Alsji, Ophthalmologist, and Dr. Aditya Parihar, Pulmonologist Hon. Joint Secretaries
- Dr. Shankar Khobragade, Hon. Asstt. Director, IMA CGP Nagpur Chapter
- Dr. Sanjay Jain, Hon. Asstt. Secretary, IMA CGP Nagpur Chapter
- Dr. Ajay Deshpande, Chairman, IMA AMS Nagpur Chapter
- Dr. Shubhangi Vairagade, Hon. Secretary, IMA AMS Nagpur Chapter

The newly elected team officially assumed charge on 1st April 2026.

The election process was conducted smoothly under the leadership of Dr. Krishna Parate, Chairman of the Election Commission, along with committee members Dr. Anand Kate and Dr. Pradeep Rajderkar. They extended their congratulations to the newly elected team.

The ceremony was graced by several esteemed members, including Dr. Rajesh Sawarbandhe, Imm. Past President, and Dr. Jitendra Sahu, Imm. Past Secretary, along with other office bearers of the 2025-26.

Prominent members present on the occasion included Dr. Ashok Adhao, Dr. Milind Naik, Dr. Y. S. Deshpande, Dr. Krishna Parate, Dr. Anand Kate, Dr. Prashant Nikhade, Dr. Anil Laddhad, Dr. Pradeep Rajderkar, Dr. Rajesh Ballal, Dr. B. K. Sharma, Dr. Warsha Dhawale, Dr. Sanjay Deshpande, Dr. Ajay Kate, Dr. Avinash Wase, Dr. Vaishali Khandait, Dr. Ashish Disawal, Dr. Kush Jhunjunwala, Dr. Archana Kothari, Dr. Sanjay Deotale, Dr. Prakash Deo, Dr. Vandana Kate, and Dr. Manjusha Giri, who also conveyed their best wishes to the new team.

The IMA Nagpur Branch looks forward to working towards the betterment of the medical community and continuing its service to society under the leadership of this newly elected team.



3rd April 2026

### 'AUTISM ANAND MELAWA' SUCCESSFULLY ORGANIZED IN IMA NAGPUR



The Indian Medical Association (IMA), in collaboration with AHA and AOP, successfully organized '**Autism Anand Melawa**' on 3rd April 2026 at IMA Hall, Nagpur.

The event witnessed an overwhelming response, with more than **400 parents of children with Autism** attending and actively participating. The program was marked by enthusiastic involvement from children, their families, and dedicated support from PROUDS CDC therapists.

The Melawa featured a variety of engaging activities including fun games, creative stalls, and vocational awareness initiatives aimed at empowering children and their parents. A special highlight of the event was the **positive affirmations session for parents**, which inspired hope, resilience, and emotional strength.

The program was graced by eminent dignitaries including :

- Dr. C. V. Chalapati Rao, Past Director NEERI, Nagpur
- Dr. Sachin Gathe, President, IMA Nagpur;
- Dr. Anjali Bhandarkar, Honorary Secretary, IMA Nagpur;
- Dr. Prajakta Kaduskar, Vice President, IMA Nagpur;
- Dr. Jitendra Sahu, Imm. Past Secretary, IMA Nagpur;
- Dr. Mukund Ganeriwal, Treasurer, IMA Nagpur;
- Dr. Kamlakar Deoghare;
- Dr. Shubhada Khirwadkar;
- Dr. Abhijit Bhardwaj (Past Chairpersons, AHA Nagpur);
- Dr. Nirav Patel, Honorary Secretary, AOP Nagpur;
- Dr. Dinesh Saroj, President, AHA, Nagpur
- Dr. Yash Banait, Honorary Secretary, AHA Nagpur.

The event beautifully reflected the spirit of **awareness, inclusion, and community support**. The smiles, confidence, and joy seen on every face truly made the occasion meaningful and memorable.

The organizers reaffirmed their commitment to continue such initiatives to promote understanding, acceptance, and empowerment for children with Autism and their families.



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5th April 2026

**IMA, NAGPUR & RCNI ORGANIZED SESSION ON INCOME TAX ACT 2025**

The Indian Medical Association (IMA), Nagpur Branch, in collaboration with Rotary Club of Nagpur Ishanya, organized an informative session on **“Income Tax Act 2025 : Insights, Readiness & Action Points”** at Hardas Hall, IMA premises, South Ambazari Road, Nagpur.

The session witnessed participation from over 60 attendees, including doctors, businessmen, chartered accountants, and professionals from diverse fields, reflecting strong interest in understanding the evolving tax landscape.

Renowned tax expert CA Pavan Khabiya delivered an insightful address, highlighting key amendments in the Income Tax Act 2025, compliance preparedness, and practical strategies for effective tax planning.

The program was skillfully anchored by Rtn. Atul Bhaiya.

Dr. Sachin Gathe, President, IMA Nagpur Branch, addressed the gathering and emphasized the importance of financial awareness and preparedness among professionals.

On this occasion, Dr. Manisha Rathi, President, Rotary Club of Nagpur Ishanya, welcomed the IMA President with a sapling, while Rtn. Vinamra Khemuka felicitated Dr. Anjali Bhandarkar, Honorary Secretary, IMA Nagpur Branch, with a sapling as a mark of respect and appreciation.

The event was graced by the presence of senior Rotarians and past presidents including Dr. Vandana Kate, Dr. Manisha Rathi, Dr. Pallavi Alsi, Dr. Mukund Ganeriwal, Dr. Alok Umre and many Doctors, Rotarians and invitees

The session concluded with an engaging Q&A segment, followed by a vote of thanks proposed by Rtn. Vinamra Khemuka.

This initiative by IMA Nagpur Branch, in collaboration with Rotary Club of Nagpur Ishanya, marks a significant step towards enhancing awareness and readiness among professionals regarding the new tax framework.



7th April 2026

### IMA & RST CANCER HOSPITAL OBSERVED WORLD HEALTH DAY



On the occasion of World Health Day, a special awareness programme was organized on 7th April 2026 at Rashtrasant Tukdoji Cancer Hospital & Research Centre, Nagpur.

The programme began with an introduction and garlanding of the portrait of Tukdoji Maharaj, paying tribute to his ideals of social service and community welfare.

During the programme, Mr. Shirang Ganeshe, presented important data related to cancer and health awareness. This was followed by an informative presentation on “10 Rules to Suspect Cancer” by Dr. Prashant Somkuwar, who urged the attendees that if they observe any of these warning signs in themselves or among their relatives, should immediately report to Cancer Hospital for proper evaluation and guidance.

The event was attended by office bearers of Cancer Relief Society including Shri. Suresh Sharma, Vice President, Shri. Anil Malviya, Hon. Secretary, Shri. Suresh Kewalramani, Hon. Treasurer, and Shri. Dnyaneshwar Rakshak,

Member along with several doctors including Dr. Kartar Singh, Dr. Madhuri Gawande and Dr. Harish Kela and Dr. Rashmi Raut.

Several distinguished dignitaries addressed the audience during the programme, including Dr. Sachine Gathe, IMA President, Dr. Anjali Bhandarkar, Hon. Secretary, IMA Nagpur.

Secretary along with Dr. Uday Bodhankar, Dr. Madan Kapre and Shri. Sourabh Mohta, Director of True form Techno Pvt. Ltd., who shared their views on the importance of collective efforts in improving public health and strengthening cancer awareness in society.

Shri. Suresh Sharma spoke about preventing tobacco consumption among children. Dr. Sachin Gathe emphasized combined efforts for cancer awareness.

Shri. Dnyaneshwar Rakshak highlighted healthy eating. Dr. Uday Bodhankar spoke about HPV vaccination, while Shri. Sourabh Mohta, stressed spreading awareness in villages.



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Various NGOs like Snehanchal, Hegdewar Blood Bank, Lions Club of Medicos, Shri. Gurudev Seva Mandal and many more attended the program.

The programme concluded with a vote of thanks by Dr. Prashant Somkuwar.

The event was successfully organized and conducted under the guidance of Dr. B. K. Sharma, Honorary Consultant, RST Cancer Hospital, Nagpur.

11th April 2026

**WORLD AUTISM AWARENESS DAY 2026**

IMA Nagpur, Silver Lining Pediatric Super Speciality Center & Foundation, in association with AOP Nagpur and the Neurodevelopmental Pediatrics chapter, organized a vibrant cultural event yesterday (April 11, 2026) at IMA Annex Dr. Dinkar Hardas Hall in Nagpur for World Autism Awareness Day 2026. The event, themed **“Nurturing Minds, Celebrating Differences - Autism and Humanity : Every Life Has Value”**, featured active participation from around 100 enthusiastic families.

**Event Highlights**

Children showcased their talents through various cultural performances, including an awareness drive by clinicians and parents, a fashion show by child duos, and a skit by therapists emphasizing parents' role as active leads in therapies while rejecting closed-door approaches. Fathers received special medals for their unwavering support during interventions. Chief guests from AOP and IMA felicitated the children and joined in cake cutting.

**Key Message :** Dr. Nirali Lohiya, developmental pediatrician and founder/director of Silver Lining Pediatric Super Speciality Center & Foundation, inspired parents to embrace children's unique strengths, shift focus from labels to functioning, and celebrate neurodiversity. The event ran from 3-5 PM with a blue dress code, followed by high-tea. Notable attendees included Dr. Sandeep Mogre (AOP President 2026), Dr. Sachin Gethe (IMA President 2026), Dr. Nikhil Lohiya, Dr. Nirav Patel (Secretary 2026), and Dr. Anjali Bhandarkar (IMA Secretary 2026).



19th April 2026

**IMA NAGPUR'S APPEAL TO HON'BLE CHIEF MINISTER TO SUPPORT AUTONOMY OF MMC**



Under the leadership of Dr. Sachin Gathe, President, IMA Nagpur, Dr. Milind Naik, Dr. Y. S. Deshpande, Dr. Sanjay Deshpande, and Dr. Abhijeet Ambhaikar have submitted a representation to the Hon'ble Chief Minister of Maharashtra, Shri Devendra Fadnavis to request to extend support to retain the election system in the Maharashtra Medical Council and seeking his kind intervention to ensure that the autonomy of the Council is maintained.

26th April 2026

**BLOOD DONATION CAMP ORGANIZED BY IMA NAGPUR AND SAKHE SOBATI FOUNDATION**



The Indian Medical Association (IMA), Nagpur, in collaboration with Sakhe Sobati Foundation, successfully organized a Blood Donation Camp on 26th April 2026 in memory of Late Dr. Shyam Chhadi, Radiologist from GMC Nagpur.

This noble initiative was conducted jointly with the 1986 Batch of GMC Nagpur, GMC Nagpur Blood Bank, VAPM, ASN, and CSI. The event was graced by Dr. Purushottam Puri, Assistant Director, State Blood



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Transfusion Council, Mumbai, Maharashtra, who attended as the Chief Guest.

The camp received an overwhelming and enthusiastic response from donors and volunteers alike, resulting in the collection of 232 units of blood, thereby making a significant contribution to the community's healthcare needs.

The event was attended by several distinguished members, including :

- Dr. Sachin Gathe, President, IMA Nagpur
- Dr. Anjali Bhandarkar, Hon. Secretary, IMA Nagpur
- Dr. Sanjay Deotale
- Dr. Tulsi Chhadi
- Dr. Deepak Sane
- Dr. Sheetal Sane
- Dr. Pramod Gandhi
- Dr. Anupama Gupta
- Dr. Deepa Jahagirdar

Their gracious presence and active support greatly motivated the donors and volunteers, contributing to the grand success of the camp.

29th April 2026

**DR. SACHIN GATHE PRESIDENT IMA FELICITATED DR. SANJAY DESHPANDE**



Dr. Sachin Gathe, President of IMA Nagpur, felicitated Dr. Sanjay Deshpande on being elected to the MMC Panel.



29th April 2026

## “THE POWER OF SILENCE” - INTERNATIONAL NOISE AWARENESS DAY



In a collective effort to combat the rising levels of urban noise pollution, “IMA Nagpur and AOI & HNS Vidarbha” successfully organized a “public awareness rally” on the occasion of “International Noise Awareness Day” (29th April 2026). The event aimed to educate the public on the physiological and psychological impacts of excessive noise and to advocate for a quieter, healthier environment.

The rally commenced at 7:30 AM from the IMA Building. A significant number of senior consultants, ENT surgeons, and IMA office bearers marched alongside enthusiastic postgraduate students, carrying placards and banners highlighting the “ill effects of noise”.

Following the march, a public address session was held where Dr. Ashish Disawal, Senior ENT Surgeon and Chairman National Initiative for Safe Sound, IMA Maharashtra Chapter, Dr. Ajay Deshpande, President AOI & HNS Vidarbha, Dr. Sachin Gathe, President IMA and Dr. Anjali Bhandarkar, Secretary IMA and briefed the gathering on how noise pollution contributes to hearing loss, hypertension, and sleep disorders.

Dr. Ajay Deshpande also stated that the purpose of the rally is to serve as a powerful reminder that silence is not just a luxury but a necessity for public health, and a means of driving the message of noise awareness to a wider audience.

The success of the event was made possible by the leadership of, IMA office bearers, Dr. Selokar (Chief NMC Health Officer) and Dr. Kadu (Nodal Officer), whose guidance and coordination were invaluable.

The presence of senior ENT surgeons such as Dr. R. B. Deshmukh, Dr. Samir Thakare (National AOI Treasurer), Dr. Kanchan Tadke, Dr. Gauri Kapre Vaidya, Dr. Gaurav Agarwal, Dr. Pratik Parma, Dr. Vandana Mohta and Dr. Kapil Gahukar along with a high turnout of postgraduate students, added significant energy and momentum to the cause.

Additionally Dr. Naresh Agrawal significantly boosted the campaign’s reach with a viral YouTube video titled ‘HORN NOT OKAY PLEASE’. Dr. Agrawal showcased his immense talent by writing the lyrics, providing the vocals, and delivering a fantastic performance that resonated widely online.



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Furthermore, AOI HNS Vidarbha members Dr. Vishwas Dange from Pusad and Dr. Siddheshwar Naringe from Brahmapuri also spearheaded noise awareness efforts in their respective regions.

The event received coverage from UCN News. The event was graciously sponsored by Soft Hear.

The march concluded back at IMA hall, where participants gathered for a post-event interaction over tea and snacks. Vote of thanks was given by Dr. Disha Methwani, Secretary AOI & HNS Vidarbha.

AOI & HNS Vidarbha and IMA Nagpur extend their heartfelt gratitude to all members and students who participated in making this initiative a resounding success.

1st May 2026

### CLINICX TOUR 2026 SUCCESSFULLY CONDUCTED IN NAGPUR



Nagpur witnessed a highly impactful and skill-oriented medical workshop series, 'CLINICX Tour 2026', organized through a collaborative effort between IMA Nagpur and IMA-MSN Maharashtra (Medical Students Network) The program was conducted on 1st May 2026 at IMA Hall. The event aimed to bridge the gap between theoretical knowledge and practical clinical skills among budding medical professionals.

The entire event was planned executed under the guidance of Dr. Sachin Gathe President and Dr. Anjali Bhandarkar Hon. Secretary, IMA Nagpur.

The program commenced with participant registration, followed by an engaging Orthopaedic Workshop from 9:30 AM to 11:00 AM, conducted by Dr. Alok Umre, who provided valuable insights and hands-on guidance to participants. Parallel arrangements ensured smooth registration of BLS participants, along with refreshments for attendees.

The Basic Life Support (BLS) Workshop was conducted from 11:00 AM to 12:30 PM under the expert leadership of Dr. Sachin Makade and his team, equipping students with essential life-saving skills and real-time emergency response training.



The Inauguration Ceremony was held from 12:30 PM to 1:00 PM, graced by esteemed dignitaries from IMA Nagpur, including : Dr. Sachin Gathe President, Dr. Aniruddha Deoke President-Elect, Dr. Anjali Bhandarkar Hon. Secretary, Dr. Prajakta Kaduskar Vice-President, IMA Nagpur.

Post lunch, the Suturing Workshop from 2:00 PM to 3:30 PM was conducted by Dr. Devesh Hedaa, along with Dr. Jaskaran, offering hands-on training and enabling participants to develop precision and confidence in suturing techniques.

The event concluded with a closing address and vote of thanks, marking the successful completion of a day filled with learning and practical exposure.

It was efficiently organized by : Parth Pannase (State Convener), Chaitrali Thalkari (General Secretary) and Shivansh Nigam. Kartik Khetade and Aditi More with strong support from Paras Chamalwar, Rituraj Deshmukh, Tanishka Dhonge, Mahek Noorani, Shreya Thalpate, Ishika Karpe, Rutuja Shinde, Lavanya Ingole, and Siddhant Bochare.

The organizers expressed their sincere gratitude to IMA Nagpur for providing the platform and constant support to IMA-MSN Maharashtra to successfully host this event in Nagpur. This collaboration reflects a shared vision of enhancing clinical competency among medical students and young doctors.

CLINICX Tour 2026 stands as a testament to the growing emphasis on hands-on learning and collaborative medical education initiatives.

4th May 2026

### VISIT OF TEAM IMA TO MAHAMETRO NAGPUR OFFICE



Team IMA Nagpur visited Mahametro Nagpur office to meet Shri Shrawan Hardikar IAS and requested him to consider for incorporating the name “IMA Nagpur” into the existing “Institution of Engineers” Metro Station, which is located adjacent to the premises of IMA Nagpur.



2026-27

6th May 2026

**NMC SABHAPATI & CORPORATORS VISITED IMA**

The Indian Medical Association, Nagpur Branch organized an interactive session with Corporators Shri Sunil Hiranwar, Mrs. Dhanashree Deshpande (Sabhapati) and Shri Vinay Dani on 6th May 2026 at IMA House, Nagpur.

Dr. Sachin Gathe, President, and Dr. Anjali Bhandarkar, Hon. Secretary of IMA Nagpur, warmly welcomed the dignitaries. Dr. Gathe briefed the corporators about the various initiatives undertaken by IMA Nagpur, including public health awareness programs and medical camps conducted for the benefit of the general public.

During the discussion, the corporators and IMA office bearers expressed their commitment to working collaboratively for the betterment of public health services and for supporting healthcare workers associated with the Nagpur Municipal Corporation.

Dr. Gathe also highlighted certain issues faced by the medical fraternity, to which the corporators assured their cooperation and support.

At the conclusion of the session, Dr. Sachin Gathe, President, and Dr. Anjali Bhandarkar, Hon. Secretary, IMA Nagpur, extended an invitation to the corporators for the upcoming Installation Ceremony of the new team of IMA Nagpur on 10th of May 2026 at 5:30 pm at IMA Hall.

The session witnessed the presence of several prominent members including Dr. Aniruddha Deoke, Dr. Manisha Rathi, Dr. Prajakta Kaduskar, Dr. Mukund Ganeriwal, Dr. Pallavi Alsi, Dr. Aditya Parihar, Dr. Abhijeet Ambhaikar, Dr. Shankar Khobragade, Dr. Sanjay Jain, Dr. Y.S. Deshpande, Dr. Anil Laddhad, Dr. Sanjay Deshpande, Dr. Ajay Kate, Dr. Vandana Kate, Dr. B.K. Sharma, Dr. Avinash Wase and Dr. Archana Kothari.



# विश्व स्वास्थ्य दिवस पर राष्ट्रसंत तुकडोजी कैसर अस्पताल एवं अनुसंधान केंद्र में जागरूकता कार्यक्रम

# IMA, Rotary Ishanya holds session on IT Act 2025

■ Staff Reporter

THE Indian Medical Association (IMA), Nagpur Branch, in collaboration with Rotary Club of Nagpur Ishanya, organised an informative session on 'Income Tax Act 2025: Insights, Readiness and Action Points' at Hardas Hall, IMA, South Amb...

the gathering and emphasised the importance of financial awareness and preparedness among professionals.

On this occasion, Dr Manisha Rathi, President, Rotary Club of Nagpur Ishanya, welcomed the IMA President, while Vinamra Khemuka...



(सदस्य) सहित कई चिकित्सक जैसे डॉ. करतार सिंह, डॉ. बच्चों में की आय डॉ. सार्वजनिक डॉ. हरीश केला

दरबंग स्वर

नागपुर। विश्व स्वास्थ्य दिवस 7 अप्रैल 2026 के अवसर पर राष्ट्रसंत तुकडोजी कैसर हास्पिटल एंड रिसर्च सेंटर, नागपुर में एक विशेष जागरूकता कार्यक्रम आयोजित किया गया। कार्यक्रम की शुरुआत तुकडोजी महाराज के चित्र पर माल्यार्पण कर उनके सामाजिक सेवा एवं जनकल्याण के आदर्शों को नमन करते हुए की गई। कार्यक्रम के दौरान श्री श्रीरंग गणेशे ने कैसर एवं स्वास्थ्य जागरूकता से संबंधित महत्वपूर्ण आंकड़े प्रस्तुत किए। इसके पश्चात डॉ. प्रशांत सोमकुंवर ने 'कैसर के निवारण पर

## New body of Indian Medical Association formed

THE INDIAN Medical Association (IMA), Nagpur Branch, has elected its new team of office-bearers for the year 2026-27. Dr Sachin Gathe, a renowned diabetologist in the city, has been appointed as the President.

The newly elected office bearers are: Dr Anjali Bhandarkar, eminent Gynaecologist...



Secretary, along with other office bearers of the IMA Nagpur Branch.

## नव्या पिढीला असांसर्गिक आजाराची देणगी बदलत्या जीवनशैलीने चाळिशीपूर्वीच व्याधीच्या विळख्यात

■ सकाळ वृत्तसेवा

नागपुर, ता. ७ : खाण्यापिण्याच्या, बसण्याच्या अयोग्य सवयी, व्यायामाचा अभाव, बदलत्या जीवनशैलीत कपडे घुण्यापासून तर पोष्या लाटण्यापर्यंत यंत्र आले. श्रम कमी झाले, यामुळे जेन डी पिढीला जणू आजारांची देणगी मिळाली आहे. ही पिढी 'गुगल' सर्च करून डॉक्टरांचा सल्ला घेतात. या पिढीतील शंभरात १०



जीवनशैलीतील बदलाने जेन डीला या आजारांसह दूर राहणे शक्य आहे. भारतीय संकुलित आहार, नियमित व्यायाम, वेळेवर जोप यामुळे मानसिक समाधान मिळवण्याकडे लक्ष देण्याची गरज आहे. जेन डी मध्ये 'गुगल' सर्च करून डॉक्टरांचा सल्ला घेण्याची सवय रुढ झाली. शंभरात १० जण हा सल्ला घेत आहेत. ही जोखीम ते स्वीकारत आहे.

LOKMAT TIMES

## Dr Gathe elected as new IMA Nagpur prez

Dr Anjali Bhandarkar is new secretary

LOKMAT NEWS NETWORK NAGPUR

The Nagpur branch of the Indian Medical Association (IMA) has elected its new of...



Dr Sachin Gathe



Dr Anjali Bhandarkar

ducted under the leadership of Dr Sachin Gathe...

# सुरक्षेचा कायदा आला, अंमलबजावणी हवी

'सोशल कनेक्ट'मध्ये आयएमएची अपेक्षा; डॉक्टरांवरील हल्ले थांबविण्याची मागणी



- डॉक्टरांना सुरक्षा पुरविण्यासाठी राज्य प्रोफेशनल अँड विलिंगनल एज्युकेशन बोर्डाला कायदा मिळाले. 'सोशल कनेक्ट' या संस्थेच्या माध्यमातून सुरक्षेची मागणी करण्यात आली.
- डॉक्टरांच्या सुरक्षेसाठी राज्य सरकारने कायदा बनवला आहे. या कायद्यामुळे डॉक्टरांच्या सुरक्षेची मागणी करण्यात आली.
- डॉक्टरांच्या सुरक्षेसाठी राज्य सरकारने कायदा बनवला आहे. या कायद्यामुळे डॉक्टरांच्या सुरक्षेची मागणी करण्यात आली.

## IMA Nagpur conducts event for autistic children, parents

■ Staff Reporter

THE INDIAN Medical Association (IMA), in collaboration with Adolescent Health Association (AHA) and Academy of Paediatricians (AOP), organised 'Autism Anand Melawa' at IMA Hall for children suffering from autism and their parents.

The event witnessed an overwhelming response, with more than 400 parents of children with Autism attending and...



Dr Sachin Gathe, Dr Anjali Bhandarkar, Dr Mukund Ganeriwal, Dr Shubhada Khirwadkar, Dr Yash Banait and others at the event.

aimed at empowering children and their parents. A special highlight of the event was the positive affirmations session for...

Dr Anjali Bhandarkar, Honorary Secretary; Dr Prajakta Kaduskar, Vice President; Dr Jitendra Sahu, Imm. Past Secretary; Dr Mukund...

## स्वास्थ्य दिवस पर रा.तु.म. कैसर अस्पताल में जागरूकता कार्यक्रम



को विश्व स्वास्थ्य दिवस पर राष्ट्रसंत तुकडोजी कैसर एंड रिसर्च सेंटर, नागपुर विशेष जागरूकता कार्यक्रम रचिला गया। कार्यक्रम की शुरुआत तुकडोजी महाराज के चित्र पर माल्यार्पण कर उनके सामाजिक कार्यकर्ता के आदर्शों को नमन करते हुए की गई। कार्यक्रम के दौरान श्रीरंग गणेशे ने राष्ट्रसंत तुकडोजी महाराज के चित्र पर माल्यार्पण कर उनके सामाजिक सेवा एवं जनकल्याण के आदर्शों को नमन करते हुए की गई। कार्यक्रम के दौरान श्री श्रीरंग गणेशे ने कैसर एवं स्वास्थ्य जागरूकता से संबंधित महत्वपूर्ण आंकड़े प्रस्तुत किए। इसके पश्चात डॉ. प्रशांत सोमकुंवर ने 'कैसर के निवारण पर' विषय पर जानकारी देते हुए...



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