



BIMA

BULLETIN OF INDIAN MEDICAL ASSOCIATION

Vol. XL XXVII No. 11 / December 2024

MUMBAI BRANCH



INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH

Forthcoming Event :

8th December 2024 – World Diabetes Day CME.

Dr. Girish Lad
President

Dr. Pragji Vaja
Hon. Secretary

Dr. Rajendra H. Trivedi
Editor - BIMA

Dr. Vijay Karanjkar
Secretary-BIMA

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Editorial



Every breath we take depends on the health of our environment, but pollution is making it harder for our planet to thrive. National Pollution Control Day, observed every year on December 2nd, reminds us to take action against pollution. It also pays tribute to those who lost their lives in the Bhopal Gas Tragedy in 1984. This year let us make a difference by choosing cleaner and greener ways of living. Together, we can create a safer healthier future for everyone.

Pollution is a major problem faced by the world. As per the National Health Portal of India, around 7 million people across the world die due to air pollution every year. We can define pollution as the addition of any substance whether solid, liquid or gas or any form of energy like heat, sound etc. to the environment. Various factors are responsible for causing pollution like the bursting of crackers, carbon emissions by vehicles, bomb blasts, burning of parali or stubble by farmers, construction activities, smoking and leakage of toxic gases by industries. Nowadays the problem of pollution is increasing day by day and it is the duty of respective government and also the people to reduce the level of pollution.

India faces a severe pollution crisis as a result of its ranking as the world's second most polluted country. Fine particulate matter (PM 2.5) in the air drastically impacts public health, cutting the average Indian's life expectancy by 5.3 years compared to WHO guideline of 5ug (nano gram)/m³. In Delhi, the world's most polluted city, this figure rises to 11.9 years. At present every person in Delhi including new born and children breathes such polluted air that it is like smoking 20 cigarettes per day. All 1.3 billion Indians live in areas exceeding the WHO guideline for PM 2.5 and 67.4% reside in areas surpassing India's own air quality standard of 40ug/m³. PM 2.5 pollution is the leading health risk in India, reducing the life expectancy more than cardiovascular diseases (4.5 yrs) and malnutrition (1.8 yrs). From 1998 to 2021 PM 2.5 levels increased by 67.7%. India accounted for 59.1% of the global pollution increase between 2013 and 2021. Prolonged exposure to polluted air increases cases of lung cancer.

Bhopal Gas Tragedy-

The Bhopal Gas Tragedy was a chemical leak from a pesticide plant in Bhopal. The horrific incident occurred on December 2, 1984, which turned the city into a gas chamber and killed about 25,000 people immediately after the toxic methyl isocyanate (MIC) gas leaked and spread in the atmosphere. More than 5 lakh people suffered

numerous health issues including respiratory problems, reproductive health issues, blindness etc. Even after 40 yrs after the incidence, survivors continue to experience nervous system disease and reproductive health issues.

The theme for National Pollution Day 2024 is "Clean Air, Green Earth-A Step towards Sustainable Living".

Objective of National Pollution Control Day-

1. Raising Awareness - Educating citizens about the harmful effects of air, water and soil pollution.
2. Encouraging Compliance - Maintaining and enforcing industries to comply with existing environment regulations.
3. Promoting Innovation - Encouraging the use of eco-friendly technologies and sustainable practices.
4. Strengthening Laws - Supporting stricter enforcement of pollution control laws in India to protect public health and the environment.

Pollution Control Laws in India-

India has implemented many laws and policies to combat pollution and ensure environmental sustainability.

1. The (Air Prevention and Control of Pollution) Act -1981
2. The water (Prevention and Control of Pollution) Act -1974
3. The Environment Protection Act 1986
4. The Plastic Waste Management Rules 2016
5. The National Green Tribunal (NGT)-2010
6. The National Clean Air Programme (NCAP)-2019

There are many more laws formed. Despite these efforts, the availability of reliable air quality data remains a significant challenge. The need is to enforce these laws to industries and other various sectors to prevent them from polluting air, water and soil.

In 2019, India launched the National Clean Air programme (NCAP) to address the escalating pollution crisis.

1. Initial Goals - Reduce the particulate pollution by 20-30% relative to 2017 levels by 2024, targetting 102 non-attainment cities.
2. Revised Goals - In 2022 the target was increased to 40% reduction by 2025-26.
NCAP demonstrates India's commitment to tackling pollution but the lack of easily accessible and timely air quality data hinders the program's effectiveness. Improved data transparency is critical for citizen participation and accountability.

Reduction of Pollution-

Everyone has a role to play in controlling pollution.

- Reducing vehicle use - Opt for carpooling, cycling or public transport.
- Proper Waste Disposal - Segregating waste and avoiding littering.
- Planting trees.
- Energy Conservation - Using energy efficient appliances and reducing electricity consumption.

Long Live IMA!

DR. RAJENDRA H. TRIVEDI

Editor

IMA Mumbai Branch

From The President's Desk

My dear brothers and sisters,

Heartfelt greeting for pleasant healthy winter and Merry Christmas.

Recently on 24th of November 2024 all of us enjoyed the 54th IMA Annual Conference at ITC Grand Central. It was appreciated by majority of delegates due to its ambience, array of speakers, content of the lectures and tongue tickling delicious food. I am grateful to all the speakers and delegates who are instrumental in making it a grand success.



Hot atmosphere is being gradually pushed aside by pleasant winter resulting into cold nights and pleasant dawn making us bit lazy getting up early. But be alert, Air pollution in Mumbai is typically at its worst in the winter months of November to February. This is due to many factors including

- Less rainfall which acts as a cleanser for the air, so more pollution.
- Cold air is denser than Warm air, so it traps pollution and doesn't move it away as quickly and pollution lingers in place for a longer span of time. How to reduce it? Solutions are -
- Vacuuming dust laden areas.
- Sprinkling water on unpaved surfaces and areas with loose soil.
- Using green walls, Screens and other Vegetarian barriers.

We gauge Air Pollution in Mumbai as Real Time Air Quality Index (AQI). Mumbai has currently AQI of 185 with maximum of 208.

Toxicity in Mumbai's air is higher due to increasing concentration of toxic pm 2.5 caused by automobile, industries, construction activities and garbage burning.

Delhi is most polluted city with AQI of 232 whereas Bishnupur is the least polluted town near Imphal City with AQI of only '5'.

Let us all take an oath to reduce the pollution by using least amount of air polluting vehicles by maintaining proper PUC Certificate, using bicycle or walking to reach the destination.

Now let us look at new mission of our IMA, to support our national mission of supporting Prohibition of Child Marriage Act 2006. It came in force on 1st November 2007 in India. It forbids Child Marriage and protects and provides assistance to the victims of Child Marriages.

The amendment to this act was introduced in the Lok Sabha in December 2021 by Mrs. Smriti Irani, Union Minister for Women and Child development. This bill was endorsed by Government of India under the recommendation by the 'Jaya Jaitly Committee' to bring uniformity in marriageable age of women at par with men i.e. age of Twenty one years. This act aims to -

- Prohibit Child marriages.
- Protect and provide relief to victims.
- Punish those who promote, abet, or solemnize child marriages with rigorous imprisonment for up to two years and a fine of up to one lakh Rupees.
- Custody and maintenance of children born of child marriages.
- Determining the legitimacy of children born of child marriages. So let us all work hard in getting rid of such inhuman and illegal activities. We as doctors can do much more than others in this context.

Regards,

Wish you all Merry Christmas and Happy New Year 2025 in advance.

Jai Hind!

Jai IMA!

DR. GIRISH LAD
President
IMA Mumbai Branch

WHY BECOME A MEMBER OF INDIAN MEDICAL ASSOCIATION (IMA)?

Dear colleagues,

Indian Medical Association (IMA) is the largest and the fastest growing non-government organization (NGO) of over two and half lakhs health care providers. It spans across the country and has over 1800 branches. It attracts a variety of physicians from MBBS doctors, specialists and super specialists from urban, sub-urban and rural India and a wide age span. The primary mission of IMA is to unite the medical fraternity under one banner and ultimately advance the medical science for the betterment of the masses. Simultaneously, it seeks to safeguard the interest of the medical fraternity in this ever changing milieu of medical profession.

In the light of this ever changing field, Medical Council of India (MCI) has recently recognized the importance of continuous medical education (CME). It has now become mandatory that the medical fraternity comply with the CME credit hours regulation to renew their medical registration. IMA is accredited by the MCI to grant credit hour points to doctors and has taken the onus of advancing this complex field by hosting regular conferences, CME's which are very well received.

ACHIEVEMENTS OF IMA

1. There is an increasing threat to the safety of doctors especially the young ones. Because of constant representation of these concerns by IMA to the state government of Maharashtra, there is now a law in place to protect the doctors and its establishments.
2. Similar efforts are being undertaken by the IMA at the central government also.
3. IMA is successful in motivating the Standing Committee in Delhi to summarily reject the NCHRH Bill (National Council for Human Resource in Health).
4. The draconian CEA (Clinical Establishment Act) was strongly opposed by IMA. IMA was successful in drafting a Maharashtra specific CEA which is both doctor and patient friendly.
5. There are stringent rules set forth for renewing licenses for nursing homes, firefighting provision rule, FDA regulations and PCPNDT Act etc. IMA is engaged with the concerned agencies in streamlining the process and create a hassle free environment for medical profession.

BENEFITS AVAILABLE TO IMA MEMBERS

- 1) IMA is accredited by the MCI to grant credit hour points to doctors.
- 2) Medico-legal cell help round the clock for the members.
- 3) Profession Protection Scheme (PPS) (Indemnity – 10 Lakhs) at nominal fees.
- 4) Airing your views and grievances through BIMA (Bulletin of IMA)

Social Security Schemes popular as "Make your Nominee a Millionaire", gives benefits to the next of kin of the deceased life member.

Guest room facilities available in IMA branches all over India at highly concessional rates (List Available at IMA office).

50% discount on rent of IMA Hall (renovated) and Lawns.

Discounts on purchases of new car and on car insurance renewals.

Membership is transferable all over India.

The MCI recommends that every graduate be a part of a recognized medical association and IMA fulfils this mission perfectly. IMA is a perfect platform for all the practitioners, particularly for young practitioners who are still learning the nuances of medicine and work of this profession. The best part is that the IMA membership is transferable to any part of India. We welcome you all to share your interest with us.

Single Life Membership Fees - Rs. 14,865/- + Rs. 2,676/- (18% GST) = Rs. 17,541/-

Couple Life Membership Fees - Rs. 22,289/- + Rs. 4,012/- (18% GST) = Rs. 26,301/-

Cheque to be drawn in favour of "Indian Medical Association Mumbai Branch"

DR. Girish Lad
President
(M) 98201 16391

DR. Pragji Vaja
Hon. Secretary
(M) 98204 82375

**54th Annual Conference 2024 at Hotel ITC Grand Central,
Parel, Mumbai on Sunday 24th November 2024**



Lighting of Lamp



Dr. Girish Lad President IMA Mumbai Branch



**Dr. Pragji Vaja Hon. Secretary
IMA Mumbai Branch**



**Dr. Sujatunnisa Attar Organising Chairman
and Dr. Jitesh Mehta Co-Organising Chairman**



**Chief Guest Dr. Shivkumar Utture
National Vice President**



**Felicitations of Chief Guest
Dr. Shivkumar Utture**



**Guest of Honour Dr. Santosh Kadam
President IMA Maharashtra State**



**Felicitations of Guest of Honour
Dr. Santosh Kadam**

54th Annual Conference 2024 at Hotel ITC Grand Central,
Parel, Mumbai on Sunday 24th November 2024



Guest of Honour Dr. Anil Avhad
Hon. Secretary IMA Maharashtra State



Felicitation of Guest of Honour
Dr. Anil Avhad



Releasing Souvenir



Speaker Dr. Ajay Phadke



Speaker Dr. Anil D'cruz



Speaker Dr. Tushar D. Rege



Speaker Dr. Abhishek Mangeshkar



Speaker Dr. Bhavesh Popat

54th Annual Conference 2024 at Hotel ITC Grand Central,
Parel, Mumbai on Sunday 24th November 2024



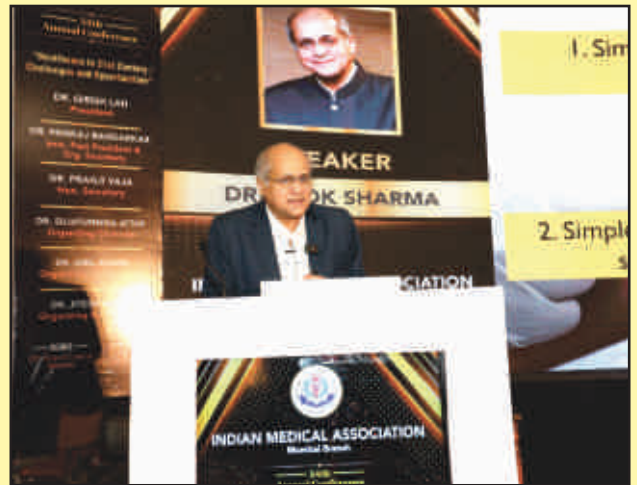
Speaker Dr. Sachin Trivedi



Speaker Dr. Tapankumar Saikia



Speaker Dr. Rashmi Saraf



Speaker Dr. Alok Sharma



Speaker Dr. Aabha Nagral



Speaker Dr. Aditi Dani

54th Annual Conference 2024 at Hotel ITC Grand Central,
Parel, Mumbai on Sunday 24th November 2024



Speaker Dr. Sumeet Pawar



Speaker Dr. Shrinivas Desai



Speaker Dr. Shyam Rathi



Speaker Dr. Jeenam Shah



Speaker Dr. Nikesh Jain



Group Photo

Secretary Communicates

Dear Friends,

IMA Mumbai Branch had following activities during the month of November 2024:

24th November 2024:- 54th Annual Conference 2024 of IMA Mumbai Branch was held at ITC Grand Central, Parel, Mumbai. More than 300 delegates from Mumbai participated in this conference. Renowned and distinguished speakers expressed their expert opinion in their respective field of specialty. The speakers were :- Dr. Ajay Phadke, Dr. Anil D'cruz, Dr. Tushar Rege, Dr. Bhavesh Popat, Dr. Sachin Trivedi, Dr. Tapankumar Saikia, Dr. Rashmi Saraf, Dr. Alok Sharma, Dr. Aabha Nagral, Dr. Aditi Dani, Dr. Shrinivas Desai, Dr. Sumeet Pawar, Dr. Shyam Rathi, Dr. Jeenam Shah and Dr. Nikesh Jain.



The Inauguration ceremony started at 9.00 am. The Master of Ceremony was Dr. Jitesh Mehta and Dr. Sujatunnisa Attar. National Vice President Dr. Shivkumar Utture as a Chief Guest, IMA Maharashtra State President Dr. Santosh Kadam and IMA Maharashtra State Hon. Secretary Dr. Anil Avhad as a Guest of Honour graced the occasion. After IMA Prayer and IMA Flag salutation dignitaries on the dais and off the dais were welcomed with floral bouquet. Hon. Secretary Dr. Pragji Vaja read the Secretary's report & President Dr. Girish Lad delivered his presidential address. Souvenir of the Conference prepared by Dr. Rajendra H. Trivedi, Chairman Souvenir committee was released by Dr. Shivkumar Utture Chief Guest and Dr. Girish Lad President of IMA Mumbai Branch. Guest of Honor Dr. Anil Avhad in his speech thanked IMA Mumbai branch for his successful journey till date and he also assured to do the best for the welfare of the medical community during his tenure. Dr. Santosh Kadam appreciated the efforts put in by team IMA in organizing this conference in his speech. Chief guest Dr. Shivkumar Utture, Vice President IMA HQ spoke on all burning issues of the faculty and requested all to remain united under IMA umbrella for the safe future. The delegates appreciated the scientific deliberations and enjoyed gourmet delights. The collective efforts of all the members made this conference a grand success.

9th and 10th November 2024 :- MASTACON 2024 was held at IMA Thane Branch on 9th and 10th December wherein Dr. Santosh Kadam was installed as IMA State President with his team. From our branch Dr. Anil Avhad has been selected as Hon. Secretary, Dr. Pankaj Bandarkar as Vice President and Dr. Arvind Patel as Joint Secretary in his team. He also appreciated the arrangement, venue, food, scientific programme and hospitality of IMA Thane branch. He also informed that the State Executive and Council meeting were held on Saturday, 8th December 2024 wherein after the day long marathon deliberation and discussion by all the present members, fruitful decisions were taken for the upliftment of IMA and welfare of all IMA members. He also informed that our branch has been awarded with 4 prestigious State Awards as follows:

- 1) Dr. R. K. Menda Trophy to IMA Mumbai Branch, For Community Service Project.
- 2) President's Appreciation Award – Chairperson Geriatric Committee to Dr. Sujatunnisa Attar.
- 3) President's Appreciation Award to IMA Mumbai Branch for organizing successfully GERICON for the year 2023-2024.
- 4) President's Appreciation Award to JDN Chairman Dr. Ajoy Saha.

Overall it was a memorable MASTACON 2024.

Forthcoming Event :
8th December 2024 – World Diabetes Day CME.

DR. PRAGJI VAJA
Hon. Secretary
IMA Mumbai Branch



INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH
in Association with
S. L. Raheja (A Fortis Associate) Hospital
ANNOUNCES CME ON “WORLD DIABETES DAY”

DATE: Sunday, 8th December 2024

TIME: 8.30 am Onwards

VENUE: IMA House, IMA Chowk, 16 K. Khadye Marg, Haji Ali, Mumbai - 400034.

TOPIC	SPEAKER
Registration & Breakfast	
Welcome Address	DR. PRAGJI VAJA Hon. Secretary
Presidential Address	DR. GIRISH LAD President
How to prevent Diabetic Foot Wounds by regular clinical foot assessment	DR. ARUN BAL
Case based discussion in Nephrology	DR. SIDDHARTH LAKHANI
Charcot Foot - Causes, Symptoms & Treatment	DR. DHRUMIN SANGOI
Art & Science in management of Diabetes	DR. ANIL BHORASKAR
Recent Advances in Liver Transplant	DR. GAURAV GUPTA
Low platelet - Different Shades	DR. SUBHAPRAKASH SANYAL
Change in the trends in current era : Glimpse of advance Neuro & Spine Surgery	DR. JAYESH SARDHARA
Vote of Thanks	DR. KAJAL AHUJA Hon. Jt. Secretary
Lunch	

- 2 MMC Credit Points Applied
- Registration free but compulsory

DR. GIRISH LAD
President

DR. VIJAY PANJABI
World Diabetes Day
Chairman

DR. PRAGJI VAJA
Hon. Secretary

**Report of Family Welfare and Vasectomy Centre Sub Committee
for the month of November 2024.**

It gives me great pleasure to submit the report of our above centre for the period 1/11/2024 to 30/11/2024.

With the help of all dedicated IMA staff the centre is running smoothly and to our satisfaction.

We have performed 30 (Thirty only) vasectomies in the month of November 2024.

Total no. of cases done by us till end of November 2024 are 1086.

Dr. Girish Lad
President

Dr. Aspi Raimalwala
Chairman
Family Welfare & Vasectomy Centre

Dr. Pragji Vaja
Hon. Secretary

IMA NATCON - 2024

**(99th National Annual Conference of India Medical Association)
85th Annual Meeting of Central Council of IMA
230th Meeting of Central Working Committee of IMA**

Date: 27th & 28th December 2024

Organized by : Hyderabad, Telangana.

ANNOUNCEMENT

TATA Mumbai Marathon 2025

The above Marathon will be organised on 19th January 2025.
IMA Mumbai Branch will take part as a group entry in Senior Citizens Run (4.2kms).
Those members who are willing to take part in the Marathon are requested to
contact IMA Mumbai Branch office - 7506735383

**BIMA TARIFF
FOR ADVERTISEMENT IN BIMA
THE BULLETIN OF INDIAN MEDICAL ASSOCIATION, MUMBAI BRANCH**

BIMA, the mouth piece of IMA Mumbai branch reaches 5000 members per month, which includes leading Family Physicians, Consultants, Super Specialists and Hospitals of Mumbai and pan India.

Articles by specialists on current issues and trends in medicine make an interesting reading. BIMA has won the "Best Bulletin Award" for its educative, informative and presentable value from both IMA national and state offices.

The rates of advertisement in BIMA are very attractive. Pharmaceutical Companies, Hospitals, Nursing Homes, Diagnostic Centers, Poly Clinics, Pathology labs, Banks, Manufacturer of Hospital equipment, etc. can use this media for their wide spread publicity amongst the elite.

New reduced advertising rates effective from 1st December 2022

SPACE AND POSITION	SINGLE INSERTION	6 CONSECUTIVE INSERTIONS	12 ONSECUTIVE INSERTIONS
Ordinary Half Page (B/W)	1,260/-	6,300/-	12,600/-
Ordinary Full Page (B/W)	2,205/-	11,025/-	22,050/-
Special Full Pg. (4 colours)	4,095/-	20,475/-	40,950/-
Inside Cover (4 colours)	4,725/-	23,625/-	47,250/-
Back Cover (4 colours)	5,670/-	28,350/-	56,700/-
Centre Double page (4 colours)	9,450/-	47,250/-	94,500/-
Special Insertion	1,890/-	9,450/-	18,900/-

For Announcement: Birthdays, Marriage Anniversaries / Change of Address etc.

Rs. 630/- up to 35 words and there after Rs. 36/- for every additional word

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Cheques drawn in favour of **BIMA** should accompany the advertisement matter/ request.

Advertisement material other than typed material, tracings and positives will be charged extra

Rs. 630/- as processing charges.

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TIMINGS:

**MORNING: 10.00 A.M. TO 12.00 P.M.
(DR. MAHENDRA SHRESHTA)**

**AFTERNOON: 2.00 P.M. TO 3. 00 PM.
(DR. ASHISH SHAH)**



MUMBAI DISTRICT AIDS CONTROL SOCIETY



Marching towards an AIDS free city....

1 HIV PREVENTION

- Advocacy And Awareness Among Youth And General Population
- Targeted Intervention High Risk Groups & Migrants

HIV DIAGNOSTIC SERVICES

Through 234 Counseling and Testing Centers for

- Pregnant Women
- High Risk Groups
- General Population

HIV TREATMENT SERVICES

Free lifelong treatment to registered patients through 20 ART centres in Mumbai

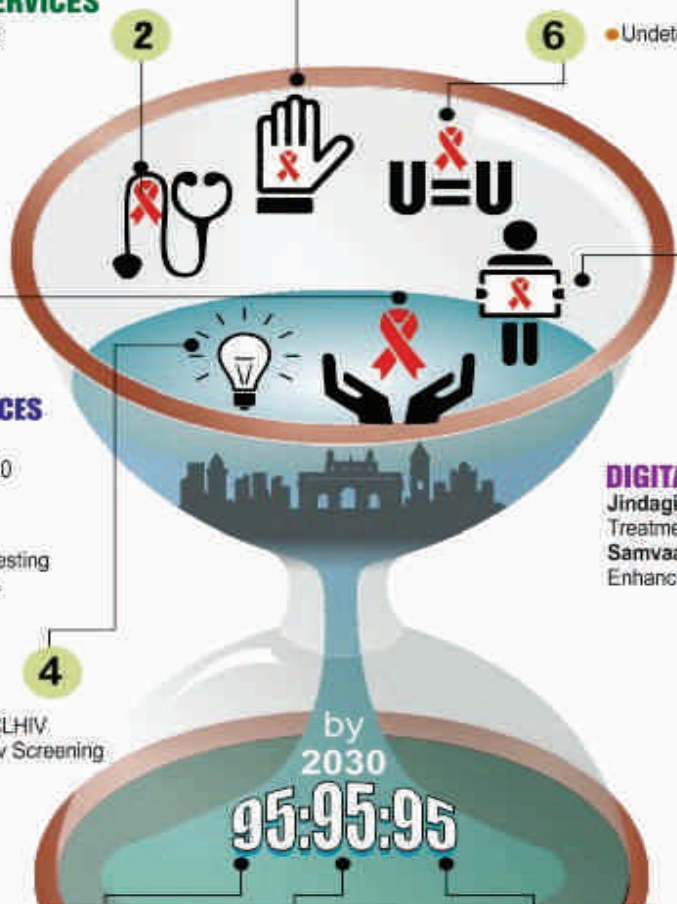
- Treat all
- Free drugs and viral load testing
- Counseling and follow - up

INNOVATION

- MITWAA platform for A / CLHIV
- Virtual Intervention For Hiv Screening
- Evening Clinic
- Tele SACEP
- E - Counsultation

U=U

- Undetectable = Untransmittable



95% of people living with HIV know their HIV status	95% of people diagnosed with HIV receive Antiretroviral Therapy	95% of people receiving Antiretroviral Therapy achieve Viral Suppression
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DIGITAL TECHNOLOGY

- Jindagi App
- Treatment Literacy Films
- Samvaad App-
- Enhanced Adherence Counseling

Scan QR CODE For HIV Case Notification



For any other information/ collaboration, reach us at - cstmdacs@gmail.com

www.mdacs.org.in



: 022 2410 0246/47 , 022 2410 0088 / 89



National AIDS Control Organisation
Ministry of Health and Family Welfare, Government of India



Mumbai District AIDS Control Society

MASTACON 2024 Held at Thane on 9th and 10th December 2024



Dr. R. K. Menda Award for Community Service Project



President Appreciation Award to IMA Mumbai Branch for organising successfully GERICON



President's Appreciation Award - Chairperson GERIATRIC Committee to Dr. Sujatunnisa Attar



President's Appreciation Award to JDN Chairman Dr. Ajay Saha



Receiving Dr. R. K. Menda Award for Community Service Project