



BIMA

BULLETIN OF INDIAN MEDICAL ASSOCIATION

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MUMBAI BRANCH



Forthcoming Events :

12th January 2025 :- HIV and Multi speciality CME

19th January 2025 :- Tata Mumbai Marathon

26th January 2025 :- Republic Day, Dr. J. J. Merchant Oration, Multispeciality CME and BIMA Elocution Competition

Dr. Girish Lad
President

Dr. Pragji Vaja
Hon. Secretary

Dr. Rajendra H. Trivedi
Editor - BIMA

Dr. Vijay Karanjkar
Secretary-BIMA

I.M.A. House, I.M.A. Chowk, 16, K. Khadye Marg, Haji Ali, Mumbai - 400 034. • Mob.: 75067 35383 / 89283 48578
Website : www.ima-mumbai.com • E-mail : ima_mumbai@yahoo.com / ima_mumbai1@rediffmail.com / imamumbaibranch@gmail.com

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EDITOR :-

DR. RAJENDRA H. TRIVEDI

@ 35980813
(M) 9833783382
drrhtrivedi@gmail.com

HON. SECRETARY – BIMA

DR. VIJAY KARANJKAR

(M) 8779659382
karanjkarv@gmail.com

ADVISORS :-

DR. HOZIE KAPADIA

(M) 9833793005
hozie.kapadia@gmail.com

DR. VIJAY C. PANJABI

(M) 9821061205
vijaypanjabi@yahoo.com

DR. AJOY KUMAR SAHA

(M) 9820151272
drajoysaha@rediffmail.com

MEMBER :-

DR. ARVIND PATEL

(M) 9869209449
drarvindpatel108@gmail.com

BUSINESS MANAGERS :-

DR. ANIL PACHNEKAR

(M) 9869001873
dranilpachnekar@rediffmail.com

DR. SHIVKUMAR UTTURE

(M) 9820089321
utture@yahoo.com

CIRCULATION MANAGER:-

DR. S. G. SHANBHAG

(M) 9619020962
drsgshanbhag@yahoo.co.in

PRESIDENT

DR. GIRISH LAD

(M)9820116390
(M) 9820116391
girishglad@gmail.com

HON. SECRETARY

DR. PRAGJI VAJA

(M) 9820482375
vajapragjis@yahoo.in

HON. TREASURER

DR. KASHYAP DAKSHINI

(M) 9930266077
kashyap.dakshini@gmail.com

Editorial



National Girl Child Day is observed on 24th January every year to spread awareness about the inequalities faced by girls in Indian society and also to promote awareness about the rights of the girl child and the importance of female education, health and nutrition. The day is in line with various campaigns and programs of the Indian government including Beti Bachao, Beti Padhao and save the Girl Child.

The objective behind celebrating National Girl Child Day is to provide support and opportunities to the girls of India. As we know in India, gender inequality is one of the major issues that need to be focused on and it exists in several areas including legal rights, education, medical care, marriage etc. Female foeticide is another major issue that further affects the demographic problems in India.

The step of the Government of India to celebrate National Girl Child Day is an improvement mission for young girls and also a promotion of the significance of girls as a child.

Theme-

The Indian government has not officially announced a theme for National Girl Child Day 2024. However, it is said that the celebration this year will be around the slogan, "Digital Generation, Our Generation, Our Time is Now- Our Rights, Our Future."

History -

National Girl Child Day was first initiated in 2008 by the Ministry of Women and Child Development. Nowadays gender discrimination in various fields and jobs is a major problem that girls and women face throughout their life.

Objectives -

- To increase the consciousness of the people and offer new opportunities to the girl child in society.
- To remove all the inequalities faced by the girl child since birth. Male child is preferred and welcomed and its birth is celebrated while girl child is ill-treated and deserted sometime. Illegal sex determination of the foetus and female foeticide practiced in some areas disturbs male-female ratio in the society. Girls are not sent to schools and colleges in the rural area.
- To ensure that the girl child should get all her human rights, respect and value in the country.
- To work on gender discrimination and to educate people, to give equal opportunities to women in all fields.

- To work against diminishing female child sex ratio in India and change the mindset of the people regarding girls as children.
- To increase awareness about the importance and role of the girl child in the family and society.
- To provide opportunities to girls and rights for their betterment.
- To educate people about the health and nutrition of a girl.
- To provide equal rights and allow them to move to any part of the country.

Rights of a Girl Child in India -

Various schemes are mentioned by the Government of India to make the living status of the girl child better. Some of the schemes are as follows:-

- The Determination of sex in clinics during pregnancy has been blocked by the government and it is punishable by law.
- Child marriages of girls are restricted now. Minimum legal age of girl for marriage is 18 years.
- To save a girl child a scheme namely "Save the Girl Child" has been introduced by the government.
- Free and compulsory education for both boys and girls till 14 years of age has improved the education of girl children.
- To fight malnutrition, high illiteracy, poverty and infant mortality in society, antenatal care has been made necessary for all pregnant women.
- Mid-day meal scheme has been organised for government schools to provide nutritious food to children and prevent anaemia and malnutrition.
- Many laws are made by the government like Anti-Sati and Anti-MTP to make women get employment and status to the women.
- "Ladki Baheen Yojna" started by Government of Maharashtra to give financial support to poor women.
- "Sukanya Samridhi Yojana" started by Government of India for girl child to encourage saving for better future of girl child.
- Five year plans have been made by the Government to look after the education status of backward states in India.
- The "Operation Blackboard" has been created by the Government for girls by which every teacher gets higher education for making students better in education.
- Several Balwadi creches have been opened by the Government for caring for babies and also making them visit primary schools.
- The Government has introduced Self Help Groups to make the livelihood better for rural girls.
- The Open Learning System has been established for the girls of backward classes, so they can study easily.

How is National Girl Child Day Celebrated?

Various events are organised all across the country to celebrate Girl Child Day to promote education, position, equal status etc. in society. Several campaigns are organised to highlight the inequalities and problems related to the girl child. Several advertisements are run by the Government on TV channels, local newspapers and radio stations giving the message "Save the Girl Child". Many NGOs like IMA take part in the celebration and spread awareness among society to treat girl children equally and educate them.

Educating one girl child means educating an entire family, never underestimate a girl. On the auspicious occasion of National Girl Child Day let us promise ourselves to always work towards the safety and development of girl children.

Wish you all Happy New year.

DR. RAJENDRA H. TRIVEDI

Editor

IMA Mumbai Branch

From The President's Desk

My dear Embodiments of divine love, kindly accept my humble wishes for Happy & prosperous New Year to you all.

When I look back on 31st December every year, I try to locate my status compared to 31st December of previous year.

Have I evolved spiritually & health wise? Have I been of use to my colleagues, friends?

Have I done full justice to my patients?

Have I utilized my time for betterment of others or have I been selfish all throughout?



New Year comes with lot of promises and resolutions. Promise for yourself and promise for others.

Resolutions for the year comprise of resolutions for, service to mankind, self-escalation spiritually. Resolutions are not to be only made but to be executed throughout the year. Biggest resolution is to execute Resolutions.

True Happiness lies in helping others and then joyfully watching glow on the face of ailing patients, needy people & people in trouble.

God has given us two qualities one is to remember & other is to forget. Usually we remember what good, we have done to others & what bad, people have done to us. Also we forget what good, people have done to us & what bad, we have done to others.

For betterment of life we should just reverse this attitude of ours. This will make our life a Paradise of happiness & serenity.

While treating cohabitants we should have attachment for them, without which we cannot help them generously but alas, this might become the seedling for grief, despair & mortification.

Attachment with detachment is true divine love. This principle makes you happy & contented. Satisfaction is the true spice of life, enjoy it.

In the month of January we celebrate 26th January as Republic day, that commemorates the adoption of the constitution of India in 1950.

The constitution of India was adopted by the constituent assembly, on November 26, 1949 and came into effect from January 26, 1950.

Republic Day is celebrated with parades, Cultural events, political leaders' speeches and other ceremonies. We perform unfurling of our Tiranga the national flag on 26th January as against hoisting of tiranga on 15th August.

Let us all be united as true citizens of India and try to serve the nation.

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

Secretary Communicates

Dear Friends,

Wishing all our members a very Happy New Year!!!

IMA Mumbai branch had following activities during the month of December 2024:

8th December 2024- World Diabetes Day; CME was organized by IMA Mumbai Branch. The speakers and their topics: Dr. Sanjay Vaidya- How to prevent Diabetic Foot Wounds by regular clinical foot assessment, Dr. Siddharth Lakhani- Case based discussion in Nephrology, Dr. Dhruvin Sangoi- Charcot Foot - Causes, Symptoms & Treatment, Dr. Anil Boraskar- Art & Science in management of Diabetes, Dr. Gaurav Gupta- Recent Advances in Liver Transplant, Dr. Subhaprakash Sanyal- Low platelet - Different Shades, Dr. Jayesh Sardhara- Change in the trends in current era : Glimpse of advance Neuro & Spine Surgery.



26th December 2024: "Diabetes" Webinar was organized by IMA Mumbai Branch. The Speakers and their topics: Dr. Tushar Godbole- Blood glucose monitoring in Pediatric diabetes - Benefits, Challenges and best practices, Dr. Nikhil Lohiya- Transitioning from Pediatric to adult diabetes care - challenges and strategies for success, Dr. Saba Samad Memon: Role of Medical Nutrition Therapy and Lifestyle Modifications in Comprehensive Diabetes Management.

IMA NATCON 2024 was held on 27th & 28th December, 2024 hosted by IMA Hyderabad City Branch at Hyderabad. Dr. Dilip Bhanushali was installed as National President, IMA HQ, 2024-25. Honorable Governor of Telangana State Shri. Jishnu Dev Varma had presided as the Chief Guest and Dr. Nageshwar Reddy had graced the ceremony as the Guest of Honor. Dr. Hozie Kapadia Sir from our IMA Mumbai Branch was installed as the National Vice President IMA HQ. Dr. Dilip Bhanushali, National President IMA HQ, thanked all for showing faith in him for this respectable post. He also assured to do the best for the IMA and medical community at large during his tenure.

Outgoing President IMA HQ Dr. R.V. Ashokan and Chief IMA Patron Dr. Ketan Desai congratulated and welcomed the new team. They also spoke on the burning issues of medical fraternity and also assured to continue their cooperation to the new team..

Dr. Shivkumar Utture National Vice President gave very informative talk on National Medical Commission. From IMA Mumbai Branch following members had attended NATCON 2024. Dr. Shivkumar Utture, Dr. Anil Pachnekar, Dr. Vijay Panjabi, Dr. Hozie Kapadia, Dr. Sujatunnisa Attar, Dr. Pankaj Bandarkar, Dr. Girish Lad, Dr. Pragji Vaja, Dr. Mangala Gomare and Dr. Sunil Jain.

IMA Mumbai Branch was awarded Best IMA Local Branch Rotating Trophy of Gujrat State Branch at IMA NATCON, 99th All India Medical Conference.

Overall arrangements, lectures, Installation Ceremony, food and hospitality were good. It was a memorable event.

Forthcoming Events :

12th January 2025 :- HIV and Multi speciality CME

19th January 2025 :- Tata Mumbai Marathon

26th January 2025 :- Republic Day, Dr. J. J. Merchant Oration, Multispeciality CME and BIMA Elocution Competition

LONG LIVE IMA!

DR. PRAGJI VAJA
Hon. Secretary
IMA Mumbai Branch



INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH, ANNOUNCES CME ON “HIV AND MULTI SPECIALITY”

DATE: Sunday, 12th January 2025

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
Acute Gastroenteritis	DR. PUSHKAR SHIKARKHANE
Managing Non-Maglinant Hematological Disorders and Role of HSCT	DR. CHINTAN VYAS
Minimal Invasive Cardiac Surgery: What the Patient and Clinician should know	DR. (COL) MRITYUNJAYA V KALMATH
Early Detection -The Key to Breast Cancer survival	DR. DARSHIT SHAH
Navigating Semaglutide for Obese patients with Type 2 Diabetes	DR. AVAIS PATHAN
Interesting cases in HIV AIDS	DR. SABNIS KIRTI CHANDRASHEKHAR
HIV in Gastroenterology	DR. SAIPRASAD LAD
Vote of Thanks	DR. KAJAL AHUJA Hon. Jt. Secretary
Lunch	

- 2 MMC Credit Points Applied
- Registration free but compulsory

DR. GIRISH LAD
President

DR. PRAGJI VAJA
Hon. Secretary

IMA Mumbai Branch

8th December 2024 - World Diabetes Day CME



Speaker Dr. Anil Bhoraskar



**Speaker
Dr. Dhruvin Sangoi**

**Speaker
Dr. Gaurav Gupta**



8th December 2024 - World Diabetes Day CME



Speaker
Dr. Jayesh Sardhara



Speaker
Dr. Sanjay Vaidya



Speaker
Dr. Siddharth Lakhani

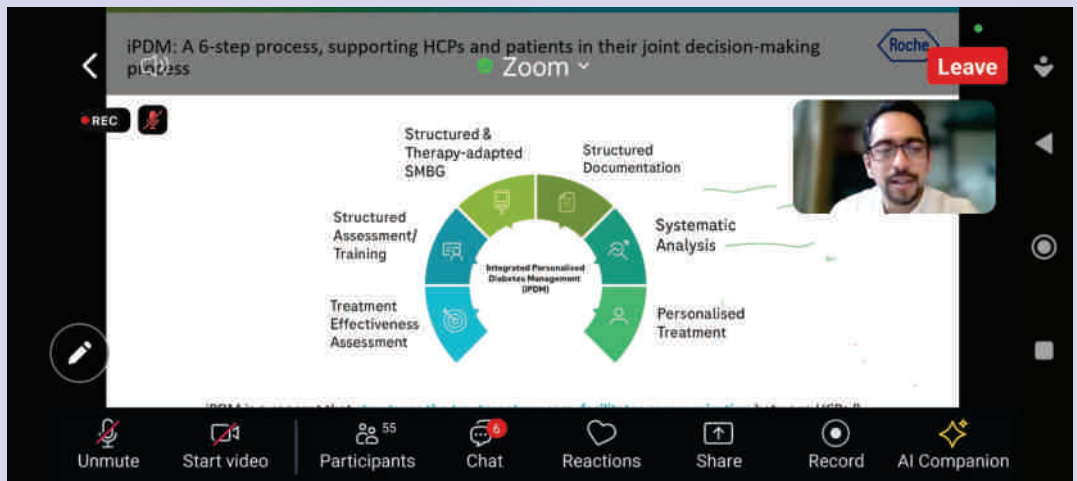


Speaker
Dr. Subhaprakash Sanyal

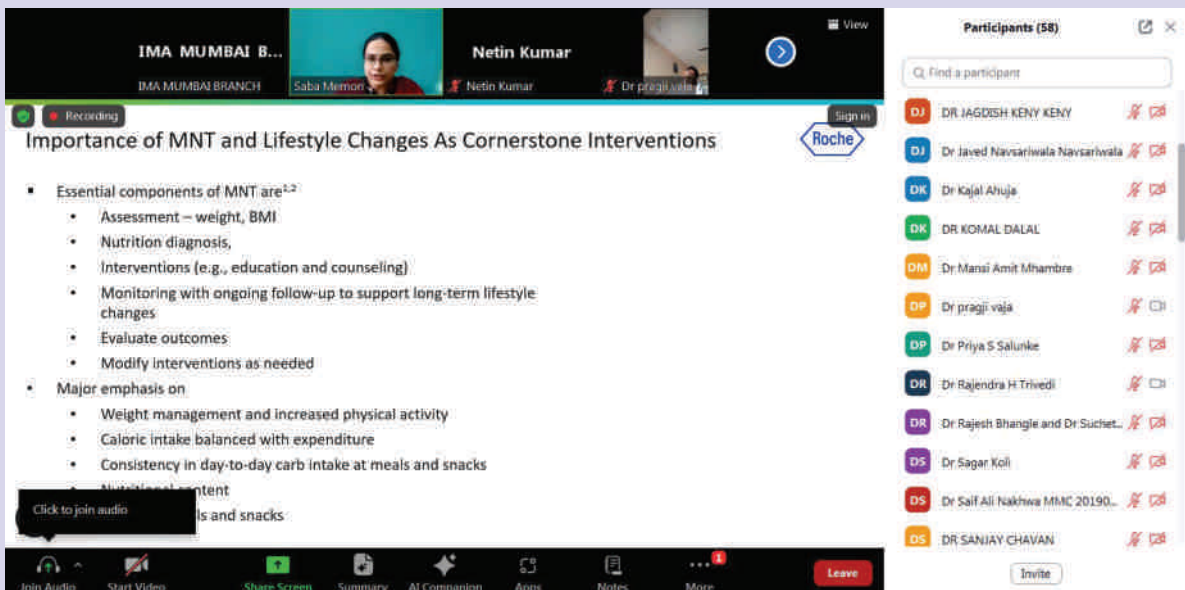
26th December 2024 Diabetes Webinar



Speaker Dr. Saba Samad Memon



Speaker Dr. Tushar Godbole



Webinar

27th & 28th December 2024 - IMA NATCON 2024 at Hyderabad





**IMA MUMBAI BRANCH, BIMA EXTEMPORE ELOCUTION COMPETITION
FOR "DR. V. H. SALASKAR ROTATING TROPHY"
"DR. J. J. MERCHANT ORATION" AND "MULTI SPECIALTY" CME**

DATE: Sunday, 26th January 2025

TIME: 9.00 am onwards

TOPIC	SPEAKER
Flag Unfurling	DR. GIRISH LAD President - IMA Mumbai Branch
Breakfast	
Welcome Address	DR. PRAGJI VAJA Hon. Secretary
Presidential Address	DR. GIRISH LAD President - IMA Mumbai Branch
Precision Oncology: Personalized Care in Cancer	DR. BHARATSINHA BHOSLE
To be announced	To be announced
Dr. J. J. Merchant Oration	DR. PANKAJ BANDARKAR
BIMA Elocution Competition	YOU ALL - IMA MEMBERS
Vote of Thanks	DR. VIJAY KARANJKAR Secretary – BIMA
Lunch	

Note: • 1 MMC Credit Point applied • Registration free but compulsory

Dr. Girish Lad
President

Dr. Rajendra H. Trivedi
Editor – BIMA

Dr. Pragji Vaja
Hon. Secretary

Dr. Vijay Karanjkar
Secretary – BIMA

IMA Mumbai Branch

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

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

It gives me great pleasure to submit the report of our above center for the period 1/12/2024 to 31/12/2024.

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

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

Total no. of cases done by us till end of December 2024 are 1116.

Dr. Girish Lad
President

Dr. Aspi Raimalwala
Chairman
Family Welfare and Vasectomy Centre

Dr. Pragji Vaja
Hon. Secretary

**STATE EXECUTIVE COMMITTEE MEETING HOSTED BY
IMA MUMBAI BRANCH ON 2ND FEBRUARY 2025**

All State Executive Members are requested to register for the 1st State Executive Committee Meeting hosted by IMA Mumbai Branch to be held on 2nd February 2025, at IMA Hall, IMA Mumbai Branch, Haji Ali, Mumbai - 400034.

Dr. Girish Lad
President

IMA Mumbai Branch

Dr. Pragji Vaja
Hon. Secretary

CRICKET FEVER GRIPS IMA MUMBAI BRANCH ONCE AGAIN!!

“**SUPER SIXES CRICKET TOURNAMENT**” will be held on **Sunday, 23rd February 2025** from **9.00 am onwards** at IMA House Lawn, Haji Ali, Mumbai. **Box Cricket**, underarm bowling, Six-a-Side; one lady and 5 gents IMA members per team

Make your winning team and register with IMA office Mob No. 7506735383 /8928348578

Attractive gifts for all winners.

Dr. Girish Lad
President

Dr. Pragji Vaja
Hon. Secretary

Dr. Prakash Borana
Chairperson

Dr. Kiran Desai / Dr. Ajoy Saha
Co- Chairpersons

Sport Sub- Committee



INDIAN MEDICAL ASSOCIATION, MUMBAI BRANCH

NOTICE

The Annual General Body Meeting of Indian Medical Association, Mumbai Branch for the year 2024-2025 will be held on **Sunday, 23rd March 2025** at **9.00 a.m.** in I.M.A. Hall at the Registered Office to consider the following agenda

AGENDA

- 1) To confirm the minutes of:
 - a. The Annual General Body meeting held on Sunday, 17th March 2024.
 - b. Special General Body meeting held on Sunday, 01st September 2024. (IMA-MS Election).
 - c. An Ordinary General Body meeting held on Wednesday, 17th October 2024.
(Annual Accounts).
- 2) To adopt the 86th Annual Report of the Managing Committee for the period from 1st April 2024 to 31st March 2025.
- 3) To adopt the Audited Report, Statement of Accounts & the Balance Sheet for the year 2024-2025.
- 4) To appoint Scrutinizer for election.
- 5) To elect Office Bearers and other members of the Managing Committee for the year 2025-2026.
- 6) To elect Representatives to the State Executive Committee I.M.A. Maharashtra State 2025-2026.
- 7) To appoint Auditors for the ensuing year to audit accounts of 2024-2025.
- 8) To consider the Amendments of the constitution if any.
- 9) To consider Resolutions other than Amendments of the Rules and Bye-Laws referred by the Managing Committee and sent by the members.
- 10) To consider any other business with the permission of the chair.
- 11) Vote of thanks.

N. B.: If there is no quorum at the appointed time, the meeting shall stand adjourned for half an hour and same shall be held immediately after that time when the notified business shall be transacted and the decision there of shall be binding on all the members of the association.

IMPORTANT

- 1 Any member desiring to have clarification regarding items in the Annual Report, in the Audited Statement of Accounts or move any Resolution at the Annual General Body meeting should give them in writing to the Hon. Secretary, so as to reach him **before 2.00 p.m. on Friday 14th March 2025.**
- 2 **Nomination** is invited from the members of the association for the State Executive Committee of the Maharashtra State and Office Bearers & members of Managing Committee for the IMA Mumbai Branch. Nomination papers will be available at the office from **Thursday, 10th February 2025.** A separate nomination is needed for each post.
- 3 Nomination papers completed in all respects should reach this office not later than **5.00 p.m. on Saturday 8th March 2025.** **Withdrawal** if any should be intimated in writing before **5.00 p.m. on Saturday 15th March 2025.**
- 4 The elections for all the posts mentioned above are governed under Bye-Laws (a) in part of Rules and Bye – Laws of I.M.A. Mumbai Branch and the decision of the presiding officer on the days of Annual General Body Meeting is final and is binding in all matter bound for all purpose.
- 5 Candidates are hereby informed that it is obligatory for members of the Managing Committee of the Branch to attend all meetings and official functions of the Branch.
- 6 It is mandatory for all State Executive Committee Members to attend the State Executive Meetings.
- 7 The Ballot will be open from 10.00 a.m. to 2.30 p.m. on 23rd March 2025.

86th Annual Report and other Agenda papers are printed elsewhere in March-April 2025 BIMA issue. Please bring March-April 2025 BIMA for the AGM Meeting on 23rd March 2025.

Importance of Sleep for Health

1. Though sleep is one of the basic needs of a living being, we humans are grossly neglecting it in current times especially due to advancement of science, availability of artificial light and over ambitiousness / greed. Screen addiction is a seriously increasing issue. Problems like Mosquito menace, municipal water supply being released to many localities at odd night hours disturb sleep of many.
2. Sleeping at a stretch for 7 to 9 hours every night in physiological hours (around 10pm to 7am) is important for good health.
3. Having fragmented sleep or sleeping for less time or sleeping late night can cause many illness like high blood pressure, diabetes, heart attack, brain stroke, fatty liver leading to cirrhosis, acidity (GERD), accident proneness, dementia, Parkinson's, Infertility, PCOD, Obesity, Addictions (tobacco, alcohol etc.), Anxiety, Depression, Erectile dysfunction, frozen shoulder, Allergies, Hair loss, Glaucoma etc. Chance of catching infections including COVID increases due to poor sleep.
4. Obstructive sleep apnea or OSA (choking of throat in sleep causing blockage of breath multiple times leading to drop in blood oxygen level making the person awoken from sleep leading to poor quality sleep) is the major cause of sleep disturbance.
5. People with OSA suffer from excessive sleepiness, lack of sleep, snoring, choking in sleep, need to get up from sleep to pass urine, unrefreshing sleep, morning headaches, fatigue, giddiness, lack of concentration etc.
6. OSA can start in early childhood due to structural defects in the jaw bones or nasal passage or tonsils. Children can present as attention deficit disorders, poor academic performance, obesity etc.
7. OSA is diagnosed by doing a 'SLEEP STUDY' which is a simple non invasive, non painful test done at one's own residence for one night. Persons having symptoms or diseases described above should get the sleep test done.
8. Prevention and treatment of OSA includes diagnosing it early in childhood and doing 'Airway orthodontic' treatment or tonsillectomy as indicated. In adults, Weight reduction, Myofunctional exercises of tongue & face, Yog, Pranayam, Using Positive Airway Pressure machine (commonly known as CPAP) and/or using mandibular advancement device while sleeping and sleeping for 7 to 9 hours form the mainstay of treatment. Having early dinner and avoiding screen (TV, mobile) for at least 1 hour before going to bed is important

DR. PUSHKAR A. SHIKARKHANE
MD, DNB (Med)
Consulting Physician
9821013878

**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 ONSECUTIVE	SINGLE INSERTION Rs.	6 CONSECUTIVE INSERTIONS Rs.	Rs.12 INSERTIONS Rs.
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

Subscription: Rs. 630/- Yearly, For Non Members of IMA (Mumbai Branch).

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.

PRINTING DETAILS OFFSET PRINTING: PRINT AREA 150 MM (W) X 200 MM (H).



Marching towards an AIDSfree city....

1 HIV PREVENTION

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

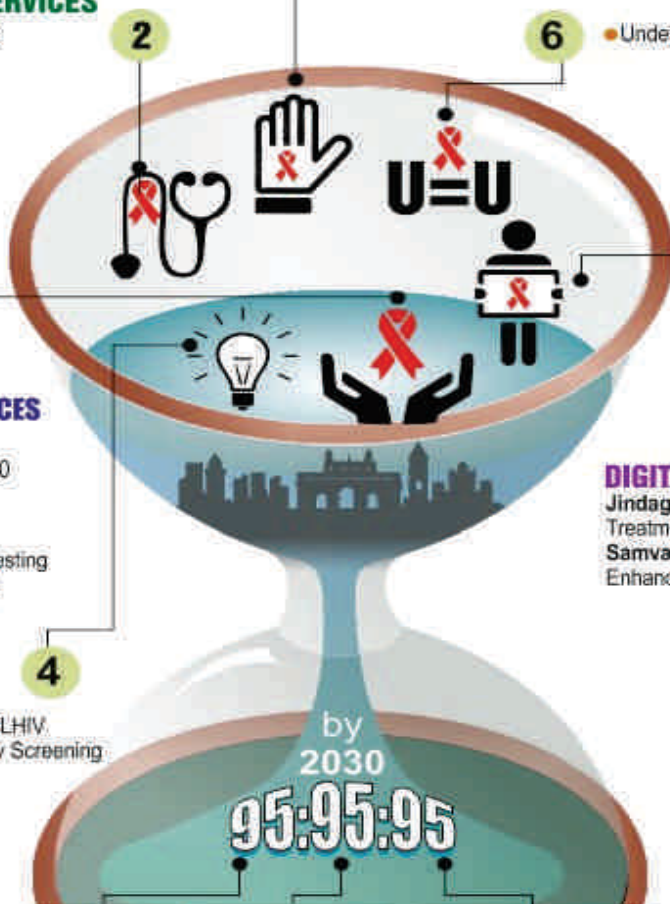
HIV DIAGNOSTIC SERVICES

Through 234 Counseling and Testing Centers for

- Pregnant Women
- High Risk Groups
- General Population

U=U

- Undetectable = Untransmittable



3

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

5

DIGITAL TECHNOLOGY

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

4

INNOVATION

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

Scan QR CODE For HIV Case Notification



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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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



Mumbai District AIDS Control Society

MASTACON 2024 Held at Thane on 9th and 10th November 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. Ajoy Saha