



# BIMA

**BULLETIN OF INDIAN MEDICAL ASSOCIATION**

**Vol. XL XXVII No. 1 / January 2026**

**MUMBAI BRANCH**



**Forthcoming Events :**

- 04<sup>th</sup> January 2026 :- Super Sixes Cricket Tournament
- 18<sup>th</sup> January 2026 :- Multispeciality CME
- 19<sup>th</sup> January 2026 :- Tata Mumbai Marathon
- 26<sup>th</sup> January 2026 :- Republic Day
- 8<sup>th</sup> February 2026 :- CME, Dr. J. J. Merchant Oration and BIMA Elocution Competition

**Dr. Girish Rajadhyaksha**  
President

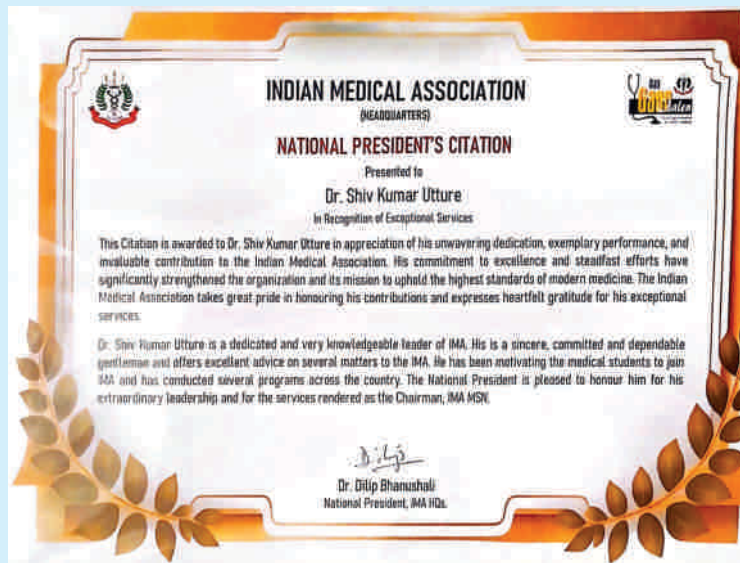
**Dr. Pragji Vaja**  
Hon. Secretary

**Dr. Rajendra H. Trivedi**  
Editor - BIMA

**Dr. Vijay Karanjkar**  
Secretary-BIMA

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# IMA NATCON 2025 - AWARDS



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National Girl Child Day is observed annually in India on January 24, dedicated to promoting awareness about the challenges and inequalities faced by the girl children in Indian society – especially in education, health, nutrition, rights and overall well-being. The day is a call to action for communities, caregivers, policymakers and clinicians to support girls to thrive with dignity and equal opportunity.

National Girl Child Day was first initiated by the Ministry of Women and Child Development, Government of India, in 2008 to highlight critical issues affecting girls – including gender discrimination, child marriage, education barriers and health inequalities.

The observance aims to celebrate the girl child's potential while educating society about gender bias and the structural challenges girls face. Each year, the day carries a theme to focus attention on different aspects of girls' empowerment, for example in 2025 the theme was "Empowering Girls for a Bright Future". Clinicians, educators and policymakers view this day as more than symbolic. It strengthens the drive toward equal access to healthcare, nutrition, education and protection from violence, laying the foundation for a healthier future generation.

In India, girls often confront systemic barriers that affect their survival, growth and development.

1. **Health and Nutrition Inequities** – Girls may receive lower priority for nutrition and healthcare compared with boys due to entrenched gender norms. This can lead to higher morbidity rates and long term health disparities that clinicians often encounter in practice.
2. **Education and Development Barriers** – Girls frequently face dropouts or limited access to quality education because of socioeconomic pressures or early marriage – hindering their cognitive, social and economic development.
3. **Child Marriage** – Child marriage remains a major public health and human rights concern. India continues to record significant numbers of girls married before the age of 18, despite legal prohibitions. According to health survey data, a considerable percentage of adolescent girls age 15–19 yrs

are married which adversely affects their education, reproductive health and lifelong wellbeing. Child marriage is associated with increased risks of maternal mortality, obstetric complications, early childbearing and psychological trauma, all of which clinicians see firsthand.

4. **Declining Girl Child Ratio** – India has struggled historically with a skewed child sex ratio due to gender biased practices like sex selective abortions and female infanticide. While efforts like awareness campaigns have helped, disparities persist in some regions.

**Celebration and Observance** – National Girl Child Day is marked across India through

- Awareness campaigns in schools, colleges and communities.
- Health and education drives, including free check-ups, nutrition counseling and seminars.
- Panel discussions and media outreach focusing on gender equality and girls' rights.

**Recognition of achievements by girls in academics, sports, arts and community service-**

These activities are often led by NGOs, government departments and institutions - and for clinicians, the day offers an opportunity to advocate for girls' health services, counseling and preventive care. This is being done regularly and sincerely by IMA Mumbai branch through our "Aao Gaon Chalen Team" since many years and we have received many accolades for the same.

**Inequalities and Social Injustices** – Gender bias and social norms – Despite progress, deeply rooted patriarchal norms continue to undervalue girls, influencing decisions around family investments in health and education.

**Violence and Exploitation** – Girls face a higher risk of physical, sexual and emotional abuse – issues that health professionals must identify and address within clinical practice.

**Socioeconomic barriers** – Poverty and cultural practices often limit girls' access to healthcare, sanitary products and safe environments affecting their mental & physical development.

**Government Efforts – Laws and Schemes** – Multiple laws and government schemes in India aim to protect and empower the girl child.

- i. The Prohibition of Child Marriage Act 2006 – prohibits marriage under 18 for girls and 21 for boys.
- ii. Protection of Children from Sexual Offences (POSCO) Act 2012 – provides robust protection for children against sexual abuse.
- iii. Juvenile Justice (Care and Protection of Children) Act, 2015 – focuses on care, protection and rehabilitation of children.

**Major Government Initiatives -**

- **Beti Bachao, Beti Padhao** – A flagship programme launched in 2015 targeting the declining child sex ratio and promoting education and empowerment of girls.
- **Schemes for Adolescent Girls (SAG) and National Scheme of Incentive to Girls for Secondary Education (NSIGSE)** – support education and life skills.
- **Sukanya Samridhi Yojana** – a savings scheme encouraging families to invest in a girl's future.
- **Poshan Abhiyan** – focuses on nutrition for children, adolescents and mothers.
- **Integrated Child Protection Scheme (ICPS)** – strengthens child protection services.

These initiatives alongside community health programmes help clinicians integrate preventive care, screening for abuse, counseling immunization drives and adolescent health education into clinical practice.

Preventive Steps and the Clinicians' Role – Clinicians – pediatricians, obstetricians, family physicians and community health workers- play a crucial role in safeguarding and promoting girl child health.

- i. Early and Regular Health Screening – Regular checkups can detect growth issues, nutritional deficiencies, anaemia and mental health concerns early.
- ii. Health Education for Families – Educating parents about the importance of girls' health, immunization, nutrition and development helps change discriminatory practices.
- iii. Advocacy Against Child Marriage – As trusted voices, clinicians can talk to families and communities about the health risks associated with early marriage and pregnancy and refer at-risk girls to social services.
- iv. Support for Mental Health – Addressing trauma from abuse, discrimination or social exclusion is essential. Clinicians can provide or refer to counseling and psychosocial support.
- v. Collaboration with School and NGOs – Partnering with schools and community organisations expands the reach of health awareness on topics like hygiene, sexual and reproductive health and gender equality.

National Girl Child Day is a reminder that the health and empowerment of girls' benefits society as a whole. From a clinician's viewpoint, the day reinforces the need for equitable healthcare, protective legislation, educational encouragement and community support. By understanding and acting on the medical and social determinants of girls' wellbeing, healthcare professionals can be powerful advocates for a future where every girl thrives with dignity and opportunity.

**DR. RAJENDRA H. TRIVEDI**

Editor

IMA Mumbai Branch

### **CRICKET FEVER GRIPS IMA MUMBAI BRANCH ONCE AGAIN!!**

“**SUPER SIXES CRICKET TOURNAMENT**” will be held on **Sunday, 4<sup>th</sup> January 2026** 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 RAJADHYAKSHA**  
President

**DR. PRAGJI VAJA**  
Hon. Jt. Secretary

**DR. PRAKASH BORANA**  
Chairperson

**DR. KIRAN DESAI/DR. AJAY SAHA**  
Co- Chairpersons

**Sport Sub- Committee**



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IMA/HSG/2025

Date: 25.12.2025

## PRESS RELEASE

### **Indian Medical Association (IMA) Expresses Serious Concern Over Allowing Ayurvedic Doctors to Perform Surgeries**

The Indian Medical Association is deeply concerned regarding the recent developments allowing Ayurvedic practitioners to perform surgical procedures.

IMA has always stood for the welfare of medical professionals as well as the safety and well-being of the general public. While the Association respects all systems of medicine and acknowledges the role of Ayurveda and other traditional pathies in preventive and promotive healthcare, performing surgical procedures requires rigorous, structured, and specialized training that is integral to modern medical education.

Surgery is not merely a procedural skill; it involves comprehensive knowledge of human anatomy, physiology, pathology, anesthesia, emergency management, and post-operative critical care, which are taught in depth during the MBBS and postgraduate surgical training programs. Allowing practitioners without equivalent training and exposure to perform surgeries poses a serious risk to patient safety and public health.

IMA firmly believes that such decisions are not in the best interest of the people of India and may compromise the standards of healthcare delivery. Instead of strengthening healthcare systems, this move may create confusion, legal complications, and erosion of trust among patients.

The Indian Medical Association urges the authorities to:

- Reconsider and review such policies in the interest of patient safety
- Maintain clear boundaries between different systems of medicine
- Strengthen healthcare infrastructure by increasing seats, training, and opportunities in modern medicine rather than diluting standards

IMA reiterates its commitment to ethical medical practice, evidence-based medicine, and safeguarding the health of the nation.

Patient safety must remain paramount.

**Dr. Dilip Bhanushali**  
National President, IMA

**Dr. Sarbari Dutta**  
Hony. Secretary General, IMA

## *From the President's Desk*



Dear friends wish you all a very happy and prosperous new year 2026.

This year was very satisfying for me as well as our branch. We could arrange various academic and other events successfully during this year. Icing on the cake was our annual conference which was one of the most memorable and successful one.

During this month we had 2 successful CMEs on the occasion of World AIDS Day and other one on oncology. During last week we attended 100<sup>th</sup> NATCON at Ahmedabad. Our branch won many awards during the inaugural ceremony that added to our joy.

As we welcome the new year, we are eagerly waiting for the Box Cricket Tournament to be held on coming Sunday i.e. 4<sup>th</sup> January 2026. This is a highly popular event of our branch that is attended in a large number by our members and their families.

On 18th January, we have organised a CME. In addition, some of our members are participating in the Tata Mumbai Marathon in the morning. Marathon participation motivates us towards physical fitness, which is so essential as we are transforming from a developing nation to a developed one.

Traditional infectious diseases are slowly decreasing in number, thanks to efficient "National Immunisation Programmes". However, excessive eating and sedentary lifestyle is causing alarming rise in the prevalence of NCDs i.e. Non Communicable diseases.

Diseases like hypertension, diabetes, non alcoholic fatty liver disease, obesity, obstructive sleep apnoea, coronary artery disease, chronic kidney disease and strokes are rising quite significantly.

Balanced diet, Meditation and Physical exercise including Yoga is the Mantra of healthy life. I always tell my patients to eat less, eat slowly, sleep well (atleast 7 hours), avoid tobacco and alcohol and daily exercise will keep you healthy.

Most of us know this Mantra but it is equally true that we can't always practice what we preach.

So let us resolve to lead this healthy lifestyle and encourage our patients to do so.

At the end I also invite you for our 77<sup>th</sup> Republic Day event at the IMA house on 26<sup>th</sup> January 2026 for unfurling of our national flag and to salute our flag.

Jai Hind ! Jai IMA !

**Prof. DR. GIRISH RAJADHYAKSHA**  
President  
IMA Mumbai Branch



## INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH ANNOUNCES CME ON “MULTI SPECIALITY”

**DATE:** Sunday, 18<sup>th</sup> January 2026

**TIME:** 8.30 am Onwards

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

TIME	TOPIC	SPEAKER
08.30 am to 9.40 am	Registration & Breakfast	
09.40 am to 09.45 am	Welcome Address	<b>DR. PRAGJI VAJA</b> Hon. Secretary
09.45 am to 09.50 am	Presidential Address	<b>DR. GIRISH RAJADHYAKSHA</b> President
09.50 am to 10.20 am	T2D + ≥3 RF : Extra Care for High Risk T2D	<b>DR. ALTAMASH SHAIKH</b>
10.20 am to 10.30 am	Context setting	<b>DR. GIRISH RAJADHYAKSHA</b> President
10.30 am to 11.00 am	Indications for Anticoagulation	<b>DR. SAURABH KAMAT</b> Dr. Bharat Shivdasani (Cardio) Dr. Fali Poncha (Neuro)
11.00 am to 11.30 am	Controversies regarding oral anticoagulation for stroke prevention in atrial fibrillation	<b>DR. ABHIJIT BORSE</b> Dr. Bharat Shivdasani (Cardio) Dr. Fali Poncha (Neuro)
11.30 am to 12.00 noon	Anticoagulation induced bleeding: How to Manage	<b>Intensivist / Haematologist</b> Dr. Haresh Mehta (cardio) Dr. Abhay Bhawe (Hemat)
12.00 noon to 12.30 pm	Panel Discussion: Anticoagulation in High-Risk Patients: A Case Based Approach	<b>DR. LAXMI PATIL</b> Dr. Girish Rajadhyaksha Dr. Abhay Bhawe Dr. Haresh Mehta Dr. Rakesh Singh
12.30 pm to 01.30 pm	Case Presentations on anticoagulation & discussions (quizzes ECG & 2D Echo)	<b>DR. SAURABH DESHPANDE</b> Dr. Girish Rajadhyaksha (Cardio CP) Dr. Vibhor Pardasni (Neuro)
01.30 pm to 01.35 pm	Vote of Thanks	<b>DR. USHA SHAH</b> Jt. Secretary
01.35 pm onwards	Lunch	

- 1 MMC Credit point Applied
- Registration free but compulsory

**Dr. Girish Rajadhyaksha**  
President

**DR. Pragji Vaja**  
Hon. Secretary

**IMA Mumbai Branch**

## Secretary Communicates



Dear Friends,

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

IMA Mumbai branch had following activities during the month of November and December 2025:

**30<sup>th</sup> November 2025: "Aao Gaon Chalen"** team visited village Tara and did ashram Shala Students' check up. We visited boys and girls of ashram shala and examined 96 girls and 88 boys. A total of 184 children from 5<sup>th</sup> till 12<sup>th</sup> std were examined. They gave health education on personal hygiene to all students. Girls were briefed about care during menstruation and importance of hygiene during menstrual periods. Ms. Anoushka Rohan Desai a student of Trinity School Florida USA studying in 10<sup>th</sup> standard collected funds and through these funds towels were distributed to 200 students of the ashram shala. Morbidity pattern were as follows URTI 47, Tenia 21, Scabies 15, Menstrual problems 17, Leukoplakia 1, Umbilical discharge 1, Earache 3, Stunted growth 2. As the children were in growing age iron and calcium tablets were distributed for a month course to all the students.

**14<sup>th</sup> December 2025 : "Aao Gaon Chalen"** team visited village Sarsai situated near Tara village. The team comprised of Dr. Kiran Desai, Dr. Sunita Shanbhag, Dr. Dinesh Prabhu and Dr. Jyotika Kaku. This was a total tribal block comprising of 11 Padas, we examined 78 patients. Blood Sugar was examined in 10 patients out of which 2 of them had high blood sugar.

**14<sup>th</sup> December 2025 : "Multi Speciality CME"** was organized by IMA Mumbai Branch. The speakers and their topics: Dr. Lancelot Pinto - Prioritizing the Need for adult Immunization in Chronic Respiratory Disease Patients, Dr. Kunal Sinkar - Manage HK or Maintain Optimal RAASi - Tackling the Dilemma of HF Treatment, Dietician Kavita Bhatia: Bariatric Nutrition for Long-Term Success: 10 Non-Negotiables, Dr. Pankaj Agarwal - How can I Keep my Brain Healthy, Dr. Nitin Dange - New advances in Treating Brain problems and Dr. Priti Mehta - Managing Non-Malignant Hematological Disorders and role of HSCT.

**21<sup>st</sup> December 2025 : "Multi Speciality CME"** The Indian Medical Association – Mumbai Branch, in collaboration with the Indian Cancer and Treatment Centre, successfully organized a Scientific Symposium on Cancer at Krishna Palace Hotel, Grant Road (W), Mumbai. The Speakers and their topics: Dr. Prashant Pawar - Improving Cosmetic Outcomes in Early and Advanced Head Neck Cancer Patients, Dr. Nilesh Doctor - Obstructive jaundice, Dr. Avya Bansal: Adult Vaccination Guidelines, Dr. Rohit Pai - Ovarian Cancer Update, Dr. Viraj Nevrekar - Economics of Cancer and Dr. Saiparsad Lad - GI malignancy - Gastroenterologists perspective.

**27<sup>th</sup> & 28<sup>th</sup> December 2025 - IMA NATCON 2025** was held on 27<sup>th</sup> & 28<sup>th</sup> December 2025 at Ahmedabad and hosted by IMA Ahmedabad Branch. Dr. Anil Kumar Nayak was installed as National President 2025-26. Home Minister of India Shri. Amit Shah presided as the Chief Guest & Shri. Bhupendra Patel, Chief Minister of Gujarat as the Guest of Honour during installation ceremony. Chief Patron of IMA Dr. Ketan Desai, Chairman of BCCI Mr. Jay Shah and many other MLAs of

Gujarat State graced the occasion.

Home Minister of India Shri Amit Shah and Chief Minister of Gujarat Shri Bhupendra Patel appreciated the work done by IMA for the citizens of the country and also assured to safeguard the interest of the medical fraternity.

National President Dr. Anil Kumar Nayak thanked all for having faith in him for the prestigious post of National President. He also assured to do the best for IMA & medical community at large during his tenure using his resources & contacts. Dr. Dilip Bhanushali, outgoing President congratulated & welcomed the new team, and assured his full cooperation to them.

Dr. Shivkumar Utture presented National President's Citation on Mixopathy / Crosspathy, in the Central Council meeting which was very well appreciated by all the delegates. This National President's Citation was awarded to him for his Exceptional Services.

From our branch Following members attended the NATCON:

Dr. Girish Rajadhyaksha, Dr. Mrs. Anjali Girish Rajadhyaksha, Dr. Pragji Vaja, Dr. Shivkumar Utture, Dr. Anil Pachnekar, Dr. Hozie Kapadia, Dr. Anil Avhad, Dr. Pankaj Bandarkar, Dr. Sujatunnisa Attar, Dr. Sunil Jain, Dr. Mangala Gomare and Dr. Girish Lad.

Our branch received following IMA National Awards at 100th NATCON:

1. Dr. Girish Lad received - IMA National President's Appreciation Award for Best adjudged Hony. Secretary of a Local Branch.
2. IMA Mumbai Branch received - IMA Publication Award for IMA News Bulletin (Branch). Editor BIMA, Dr. Rajendra H. Trivedi
3. Dr. Shivkumar Utture, in recognition of his Exceptional Services was honoured to present National President's Citation.
4. Dr. Anil Avhad received - IMA National President's Appreciation Award for Best adjudged Hony. State Secretary.

### **Forthcoming Events :**

- 04<sup>th</sup> January 2026 :- Super Sixes Cricket Tournament  
18<sup>th</sup> January 2026 :- Multispeciality CME  
19<sup>th</sup> January 2026 :- Tata Mumbai Marathon  
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LONG LIVE IMA!

**DR. PRAGJI VAJA**  
Hon. Secretary  
IMA Mumbai Branch

# Multi Speciality CME - 14th December 2025



President Dr. Girish Rajadhyaksha



Hon. Secretary Dr. Pragji Vaja



Speaker Dr. Lancelot Pinto



Speaker Dietician Kavita Bhatia



Speaker Dr. Kunal Sinkar



Felicitation of Speaker Dr. Pankaj Agarwal



Felicitation of Speaker Dr. Nitin Dange



Felicitation of Speaker Dr. Priti Mehta

## 14th December 2025 - Aao Gaon Chalen at village Sarsai



# Multi Speciality CME - 21st December 2025



Felicitation of Speaker Dr. Aya Bansal



Felicitation of Speaker Dr. Nilesh Doctor



Felicitation of Speaker Dr. Prashant Pawar



Felicitation of Speaker Dr. Rohit Pai



Felicitation of Speaker Dr. Saiprasad Girish Lad



Felicitation of Speaker Dr. Viraj Nevrekar



Audience

# NATCON 2025 at Ahmedabad - 27th & 28th December 2025



IMA Mumbai Branch received -  
IMA Publication Award for IMA News Bulletin



Dr. Shivkumar Uttre, in recognition of his Exceptional Services  
was honoured to present National President's Citation.



Dr. Shivkumar Uttre Speech



Dr. Anil Avhad received - IMA National President's  
Appreciation Award for Best adjudged Hony. State Secretary



Dr. Girish Lad received - IMA National President's  
Appreciation Award for Best adjudged Hony. Secretary of a Local Branch.

# Aao Gaon Chalen at village Tara - 30th November 2025



**Republic Day Celebration  
Monday 26<sup>th</sup> January 2026**

**Programme :**

- 9.00 am sharp : Flag Hoisting by President Dr. Girish Rajadhyaksha followed by his address
- 9.15 m to 9.45 am : Breakfast
- 9.45 am onwards : Patriotic songs by our own members.

All IMA members / spouses interested in singing and showcasing their talents are requested to grab this golden opportunity.

Kindly register your name before Monday 15<sup>th</sup> January, 2026 to  
Mob No: 8928348578 / 7506735383

**Dr. Girish Rajadhyaksha**  
President

**Dr. Akshay Sevak**  
Chairman  
Republic Day  
Sub- Committee

**DR. Pragji Vaja**  
Hon. Secretary

**Report of Family Welfare and Vasectomy Centre Sub Committee  
for the month of December 2025**

It gives me great pleasure to submit the report of our above Centre for the period 01/12/2025 to 31/12/2025.

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

We have performed 24 (Twenty Four only) vasectomies in the month of December 2025. Total no. of cases done by us till end of December 2025 are 1469.

Regular updates are given to our philanthropic sponsor, President, Secretary and Managing committee of our IMA, Mumbai branch. I, as a Chairman and my sub-committee members thank all for their co-operation.

**Dr. Girish Rajadhyaksha**  
President

**Dr. Aspi Raimalwala**  
Chairman  
Family Welfare and Vasectomy Centre

**DR. Pragji Vaja**  
Hon. Secretary

# INDIAN MEDICAL ASSOCIATION, MUMBAI BRANCH

## NOTICE

The Annual General Body Meeting of Indian Medical Association, Mumbai Branch for the year 2026-2027 will be held on **Sunday, 22<sup>nd</sup> March 2026** at 9.00 am 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, 23<sup>rd</sup> March 2025.
  - b. General Body meeting held on Sunday, 24<sup>th</sup> August 2025 at 10.00 am. (IMA-MS Election).
  - c. Urgent General Body meeting held on Sunday, 24<sup>th</sup> August 2025 at 3.00 pm (Amendments to the Constitution/Bye-Laws/Rules)
  - d. An Ordinary General Body meeting held on Tuesday, 25<sup>th</sup> November 2025. (Annual Accounts).
- 2) To adopt the 87<sup>th</sup> Annual Report of the Managing Committee for the period from 1<sup>st</sup> April 2025 to 31<sup>st</sup> March 2026.
- 3) To adopt the Audited Report of Statement of Accounts & the Balance Sheet for the year 2025-2026.
- 4) To appoint Scrutinizer for election.
- 5) To elect Office Bearers and other members of the Managing Committee for the year 2026-2027.
- 6) To elect Representative to the Central Council of IMA HQ for the year 2026- 2028 Regular and Alternate members of Central Council of IMA HQ.
- 7) To elect Representatives to the State Executive Committee I.M.A. Maharashtra State 2026-2027.
- 8) To appoint Auditors for the ensuing year to audit accounts of 2025-2026.
- 9) To consider the Amendments of the constitution if any.
- 10) To consider Resolutions other than Amendments of the Rules and Bye-Laws referred by the Managing Committee and sent by the members.
- 11) To consider any other business with the permission of the chair.
- 12) Vote of thanks.

**DR. PRAGJI VAJA**

Hon. Secretary  
I.M.A. Mumbai Branch

**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 Saturday 7<sup>th</sup> March 2026.**
- 2 **Nominations** are invited from the members of the association for the post of Central Council of IMA HQ (Regular Members and Alternate members) for the year 2026-2028, Members of 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 **Monday, 9<sup>th</sup> February 2026.** 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, 7<sup>th</sup> March 2026. Withdrawal** if any should be intimated in writing before **5.00 p.m. on Saturday, 14<sup>th</sup> March 2026.**
- 4 The elections for all the posts mentioned above are governed under Bye-Laws (a) in part of Rules and Bye - Laws of IMA Mumbai Branch and the decision of the presiding officer on the days of Annual General Body Meeting is final and is binding in all matters 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 22<sup>nd</sup> March 2026.

**87<sup>th</sup> Annual Report and other Agenda papers are printed elsewhere in March-April 2026 BIMA issue. Please bring March-April 2026 BIMA for the AGM Meeting on 22<sup>nd</sup> March 2026.**



**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, 8<sup>th</sup> February 2026

**TIME:** 8.30 am onwards

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

<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKER</b>
08.30 am to 09.50 am	Registration & Breakfast	
09.50 am to 09.55 am	Welcome Address	<b>DR. PRAGJI VAJA</b> Hon. Secretary
09.55 am to 10.00 am	Presidential Address	<b>DR. GIRISH RAJADHYAKSHA</b> President
10.00 am to 10.30 am	Shingles in AIRD Approach to prevent pain and enhance care	<b>DR. SHAILAJA SABNIS</b>
10.30 am to 11.00 am	To Be Announced	To Be Announced
11.00 am to 11.30 am	Dr. J. J. Merchant oration - Art of Living or Leaving	<b>DR. GIRISH LAD</b>
11.30 am onwards	BIMA Elocution Competition YOU ALL - IMA MEMBERS	
	Vote of Thanks	<b>DR. USHA SHAH</b> Jt. Secretary
	Lunch	

- 1 MMC Credit point Applied
- Registration free but compulsory

**Dr. Girish Rajadhyaksha**  
President

**Dr. Pragji Vaja**  
Hon. Secretary

**IMA Mumbai Branch**

# CATARACT

## **STRUCTURE OF THE EYE:**

The construction of the human eye is just like that of a camera. Light rays are focussed through the cornea and the lens, on to the retina (The retina is a layer of light sensitive cells at the back of the eye like the photosensitive film of the camera). The retina then transmits the focussed images to the brain via the optic nerve. This is seen as a bright clear image.

## **WHAT IS CATARACT ?**

The normal crystalline lens of the eye is clear and transparent Whenever the lens develops cloudiness or opacity, it is called a 'cataract' which means "Waterfall" in Greek. This opacification obstructs light from being transmitted to the retina causing blurring of vision. This may be compared to a window that is frosted or fogged with steam.

## **MOST CATARACTS OCCUR AS A RESULT OF:**

- Increasing age (The normal process of ageing may cause the lens to harden and turn cloudy)
- Injuries to the eye
- Infections or inflammations within the eye. Certain medications
- Radiation
- Diseases such as diabetes
- Rarely Some children are born with cataracts - as a congenital abnormality
- In other instances, especially if there is a strong family history, cataract can occur at a much earlier age than otherwise expected, even as early as 30years
- Exposure to Sunlight
- Excessive Smoking

## **SYMPTOMS:**

### **AS THE CATARACT DEVELOPS:**

- There may be hazy and blurred vision.
- Presence of Haloes-Rainbow effect around the lights.
- Double vision and distortion of images may occur.
- The eye may be more sensitive to light and, making night driving difficult.
- Things may be seen brighter with one eye than the other.
- There may be a need to change glasses frequently.

## **WHAT WOULD HAPPEN IF CATARACT IS NOT REMOVED?**

Surgical removal is the only treatment of cataract. If not operated, a cataractous lens is advanced to maturity (becomes more cloudy) and the vision progressively deteriorates. When fully advanced the patient becomes almost blind. If still not operated upon, the lens material may cause a rise in pressure in the eye (glaucoma), intraocular inflammation and in some cases the support of the lens becomes weak, and the cataractous lens may move from its normal position. These complications may cause permanent damage and affect the final visual recovery after surgery and also make the surgery technically more difficult.

## WHEN SHOULD ONE BE OPERATED FOR CATARACT?

When a cataract causes enough loss of sight to interfere with the patient's routine work of life style, it is time to remove it. There is no scientifically proven medicine for reducing or dissolving cataracts and hence the only treatment remains is surgery at an appropriate time. Depending on individual needs, the patient and the ophthalmologist decide together when the cataract should be operated. At this point it may be important to mention that the concept of 'mature' or 'ripe' cataract for its removal is not necessary. In short, whenever a patient is visually handicapped to carry on his/ her daily activities, it is time to consider cataract surgery. Now a days cataract can be removed with different surgical techniques, depending upon the maturity of cataract.

## WHAT DO I NEED TO DO PRIOR TO CATARACT SURGERY & WHAT INVESTIGATIONS ARE REQUIRED?

- Control of Diabetes, Blood Pressure & Asthma.
- Blood, Urine and other check-up.
- Sonography : A scan to check power of the intraocular lens to be implanted.
- It is always best to inform your eye surgeon all the facts about your health even if you think that they are not related to the cataract operation.
- If you are allergic to any drug, bring it to the notice of your doctor.

## TYPES OF SURGERY:

**A. Corneo-scleral wound (CSW) :** Here 10 mm limbal incision is taken Hard nucleus expressed, hard PMMA intraocular lens introduced & wound sutured with stiches.

**B. Small incision cataract surgery (SICS) :** Here 6mm scleral tunnel is made which is self sealing. Hard nucleus is removed in smaller pieces by manual fragmentation. Hard PMMA or Foldable intraocular lens is introduced.

**C. Phacoemulsification:** It is a new technique to remove the cataract through a small 3 mm incision in the eye. The cataractous lens is broken into fragments and each of these is then liquified (emulsified) using ultrasound energy. This is then aspirated out through the small incision. Traditional (old) cataract surgery required a bigger incision and needs to be closed with stiches. In phacoemulsification the incision is self sealing and hence may not require stiches and a standard or special foldable intraocular lens may be implanted successfully.

## 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.

**Increase Membership fees from 6th April 2025**

**For Single Life Membership Fees - Rs. 19,259/-**

**For Couple Life Membership Fees – Rs. 28,875/-**

**For to be Clubbed Membership Fees - Rs. 10,559/-**

**“Two Cheques to be drawn as shown in the next page.”**

**Dr. Girish Rajadhyaksha**  
President - (M) 9821695349

**DR. Pragji Vaja**  
Hon. Secretary - (M) 9820482375

## IMA LIFE MEMBERSHIP CHARGES

**Two Cheques to be given separately for IMA Life Membership fees as shown below from 6<sup>TH</sup> April 2025**

### FOR SINGLE LIFE MEMBERSHIP FEES

1. Rs. 12,159/- + 2,188/- (18% GST) = **Rs. 14,344/-**  
Cheque should be drawn in favour of “**IMA Maharashtra State**”

2. Rs. 4,165/- + 750/- (18% GST) = **Rs. 4,915/-**  
Cheque should be drawn in favour of “**Indian Medical Association Mumbai Branch**”

### FOR COUPLE LIFE MEMBERSHIP FEES

1. Rs. 18,222/- + 3,280/- (18% GST) = **Rs. 21,502/-**  
Cheque should be drawn in favour of “**IMA Maharashtra State**”

2. Rs. 6,248/- + 1,125/- (18% GST) = **Rs. 7,373/-**  
Cheque should be drawn in favour of “**Indian Medical Association Mumbai Branch**”

### INCLUSION OF SPOUSE OF EXISTING IMA MEMBER (CLUBBED MEMBERSHIP FEES)

1. Rs. 6,858/- + Rs. 1,235/- (18% GST) = **Rs. 8,093/-**  
Cheque should be drawn in favour of “**IMA Maharashtra State**”

2. Rs. 2,090/- + Rs. 376/- (18% GST) = **Rs. 2,466/-**  
Cheque should be drawn in favour of “**Indian Medical Association Mumbai Branch**”

#### ATTACHMENT :

2 passport size photos, 2 Xerox copies of MMC Registration Certificate, 2 Xerox copies of degree certificate, Pan Card, Aadhar Card  
2 Xerox copies for Couple Members marriage certificate.

**DR. GIRISH RAJADHYAKSHA**

President  
(M) 9821695349

**DR. PRAGJI VAJA**

Hon. Secretary  
(M) 9820482375

**DR. S. G. SHANBHAG**

Chairman  
(M) 9619020962

**DR. RAJENDRA H. TRIVEDI / DR. MANGALA GOMARE**

Co- Chairpersons  
Membership Promotion Committee  
(M) 9833783382 (M) 9833898688



# 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

**U=U**

• Undetectable = Untransmittable

2

6

3

5

### 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

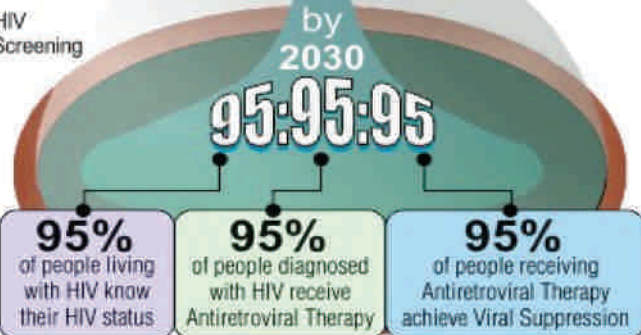
### DIGITAL TECHNOLOGY

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 - Counsultation



Scan QR CODE For HIV Case Notification



For any other information/ collaboration, reach us at - [cstmdacs@gmail.com](mailto:cstmdacs@gmail.com)

[www.mdacs.org.in](http://www.mdacs.org.in)



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National AIDS Control Organisation  
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