



# BIMA

**BULLETIN OF INDIAN MEDICAL ASSOCIATION**

**Vol. XL XXVII No. 6 / June 2025**

**MUMBAI BRANCH**



**Our forthcoming programme:**

- 5th June 2025 : "Environment Day" Celebration
- 15<sup>th</sup> June 2025 : "AMSCON" Conference 2025.
- 22<sup>nd</sup> June 2025 : "International Yoga Day".
- 29<sup>th</sup> June 2025 : "Oncology" CME at Krishna Palace Hotel, Grant Road.

**Dr. Girish Rajadhyaksha**  
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](http://www.ima-mumbai.com) • E-mail : [ima\\_mumbai@yahoo.com](mailto:ima_mumbai@yahoo.com) / [ima\\_mumbai1@rediffmail.com](mailto:ima_mumbai1@rediffmail.com) / [imamumbaibranch@gmail.com](mailto:imamumbaibranch@gmail.com)

# your prescription — to a healthier tomorrow

Endorsed by 6000+ doctors\* who  
are proud owners of TATA.ev

Save up to ₹4.5 lakh in 4 years\* while you make the most of:



Born automatic for superior driving comfort



Silent cabin for stress-free drives



Growing network of 12,000+ public charging stations\*

and a lot more.



Get benefits up to ₹85,000\* on TATA.ev range



**Punch.ev**

Price starts at ₹10.99 Lakh\*

**Nexon.ev**

Price starts at ₹14.49 Lakh\*

**Tiago.ev**

Price starts at ₹7.99 Lakh\*

For more details, connect us at :  
9560768590 | [ashish.sharma1@tatamotors.com](mailto:ashish.sharma1@tatamotors.com)

\*T&C apply



**EDITOR:**

**DR. RAJENDRA H. TRIVEDI**

© 35980813  
(M) 9833783382  
drhtrivedi@gmail.com

**HON. SECRETARY – BIMA**

**DR. VIJAY KARANJIKAR**

(M) 8779659382  
karanjikarv@gmail.com

**ADVISOR:**

**DR. HOZIE KAPADIA**

(M) 9833793005  
hozie.kapadia@gmail.com

**DR. VIJAY C. PANJABI**

(M) 9821061205  
vijaypanjabi@yahoo.com

**DR. AJAY KUMAR SAHA**

(M) 9820151272(M)  
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  
uttur@yahoo.com

**CIRCULATION MANAGER:-**

**DR. S. G. SHANBHAG**

(M) 9619020962  
drsgshanbhag@yahoo.co.in

**PRESIDENT**

**DR. GIRISH RAJADHYAKSHA**

(M) 9821695349

**HON. SECRETARY**

**DR. PRAGJI VAJA**

(M) 9820482375  
vajapragjis@yahoo.in

**HON. TREASURER**

**DR. AHUJA KAJAL**

(M) 9833110302  
drkajalahuja@gmail.com

## Editorial



The monsoon season with its refreshing rains and cooler temperatures, brings much needed relief from the summer heat. However it also brings in a surge of viral infections, making it crucial to take preventive measures to safeguard our health. The combination of increased humidity and stagnant water creates an ideal breeding ground for viruses and bacteria, heightening the risk of illnesses during the monsoon season.

### 1) DENGUE

Dengue fever is a viral infection caused by the dengue virus transmitted primarily through the bite of infected Aedes mosquitoes. It is prevalent in tropical and subtropical regions. Dengue fever can change from mild flu like symptoms to severe illness, including dengue hemorrhagic fever which can be life threatening if not treated promptly.

- **Symptoms-** High fever, severe headache, pain behind the eyes, joint and muscle pain(break bone fever),rash and mild bleeding. Dengue fever can be diagnosed by blood test to detect the presence of the virus or antibodies.
- **Treatment-** There is no specific anti-viral treatment for dengue fever. Management primarily focuses on relieving symptoms and preventing complications.
- **Prevention-** Preventing mosquito bites is crucial in reducing the risk of dengue fever. Elimination of stagnant water, use of mosquito repellents and nets, wearing protective clothing and installing insect screens in windows and doors will help in preventing dengue.

### 2) MALARIA

Malaria is a life threatening disease caused by Plasmodium Parasites, transmitted to humans through the bites of infected female Anopheles mosquitoes.

- **Symptoms-** Fever and chills in cyclic episodes, profuse sweating, severe headache, nausea and vomiting, muscle and joint pain, bodyache, fatigue and weakness.
- **Diagnosis-** Blood smears test to detect the presence of Plasmodium parasites and Rapid Diagnostic Tests (RDTs) to detect antigens. These tests help in diagnosing vivax and falsiparum malaria.
- **Treatment-** Antimalarial drugs like chloroquine, artemisinin based combination therapies (ACTs) and others; hydration, rest, monitoring symptoms and follow up to ensure complete iredication of the parasites and manage potential complications.
- **Prevention-** Avoid mosquito bites by using insect repellent drugs, antimalarial drugs while travelling and environmental control.

### 3) **CHIKUNGUNYA**

It is a viral disease transmitted to humans by infected Aedes mosquitoes, the same type responsible for spreading dengue and Zika viruses.

- **Symptoms**  
Sudden high fever, severe joint pain which can persist for few weeks or months, muscle pain and discomfort, rash, headache and fatigue.
- **Diagnosis**  
Diagnosis can be made by blood tests to detect the presence of the virus or antibodies.
- **Treatment**  
Pain relievers like acetaminophen or paracetamol, hydration and rest. Avoid NSAIDs and aspirine as they may increase the risk of bleeding.

### 4) **LEPTOSPIROSIS**

Leptospirosis a bacterial infection caused by the Leptospira bacteria, commonly transmitted through contact with water or soil contaminated by the urine of infected animals.

- **Symptoms**  
High fever, severe headache, chills, muscle aches in lower back and calves, vomiting, jaundice and red eyes.
- **Diagnosis**  
Diagnosis can be made by blood and urine tests to detect the presence of bacteria or antibodies. H/o wading through flood waters.
- **Treatment**  
Antibiotics like doxycycline or penicillin, hydration, rest and other symptomatic treatment.

### 5) **TYPHOID**

It is a bacterial infection caused by Salmonella typhi, primarily transmitted through contaminated food and water.

- **Symptoms**  
Prolonged fever for several weeks, weakness and fatigue, abdominal pain and discomfort, persistent headache, loss of appetite, rose coloured spots on the abdomen and chest, and diarrhoea or constipation.
- **Diagnosis**  
Blood cultures, stool tests and serological tests to detect the presence of Salmonella typhi bacteria or antibodies.
- **Treatment**  
Antibiotics like ciprofloxacin or azithromycin, hydration, rest and symptomatic treatment.
- **Prevention**  
Safe drinking water, avoid raw or undercooked food, hand hygiene and vaccination.

### 6) **Cholera**

Cholera is an acute diarrhoeal illness caused by the bacterium Vibrio Cholerae which spreads through contaminated water and food.

- **Symptoms**  
Severe diarrhoea often described as "rice water stools", vomiting, dehydration, reduced urine output, lethargy, rapid heart rate and muscle cramps.
- **Diagnosis**  
Stool sample analysis shows presence of Vibrio Cholerae bacteria.
- **Treatment**  
Rapid rehydration by I.V.fluids , oral rehydration solutions, zinc supplements and antibiotics.

### 7) **Gastroenteritis**

It is an inflammation of stomach and intestines caused by viral, bacterial or parasitic infections. It spreads through contaminated food and water.

- **Symptoms**  
Diarrhoea, vomiting, abdominal pain, fever and dehydration.
- **Treatment**  
ORS, hydration, rest, diet.

## 8) JAUNDICE (HEPATITIS A AND E)

It is a viral infection that affects the liver causing high level of bilirubin in the blood characterised by the yellowing of the skin and eyes.

- **Symptoms**  
Yellowing of skin and eyes, dark urine, fatigue, discomfort or pain in right upper side of abdomen, loss of appetite, fever, nausea or vomiting.
- **Diagnosis**  
Blood tests to detect the virus or antibodies, liver function tests, and sonography or CT of abdomen.
- **Treatment**  
Symptomatic and liver function supporting treatment, rest, hydration and balanced diet.
- **Prevention**  
Safe drinking water, food hygiene, hand hygiene and vaccination.

## 9) CONJUNCTIVITIS

Inflammation of conjunctiva caused by viral or bacterial infections.

- **Symptoms**  
Redness and persistent itching in one or both eyes, watering eyes, thick, yellow or green discharge that can crust over the eyelashes after sleep, and swelling of eyelids.
- **Treatment**  
Viral conjunctivitis usually resolves on its own within a week or two. Relieve symptoms with cool compresses and artificial tears. Bacterial Conjunctivitis may be treated by antibiotic eye drops or ointments. Allergic conjunctivitis can be treated by allergy medications or anti-inflammatory eye drops.

## 10) RESPIRATORY INFECTIONS- COLD AND FLU

These are prevalent during the monsoon season due to increased humidity and fluctuations in temperature which can compromise the immune system. These infections are highly contagious.

- **Symptoms**  
Common cold , runny or stuffy nose, sore throat, cough, sneezing, fever, and fatigue.

## 11) FUNGAL INFECTIONS

Fungal Infections are common during monsoon due to increased humidity and damp conditions and can affect skin, nails and respiratory system.

- **Symptoms**  
Skin infections can cause itching and redness, rash , circular or ring shaped rash(ringworm) or small red bumps or blisters. Nail infections can cause discoloration, thickening, cracking or separation of the nails. Respiratory infections present with persistent cough sometimes producing mucus, shortness of breath, wheezing fever and chest pain.
- **Diagnosis**  
Clinical examination and laboratory tests like skin scrapings, culture tests and chest X- rays or CT scans.
- **Treatment**  
Topical or oral antifungal medications, antifungal shampoos and hygiene.

**DR. RAJENDRA H. TRIVEDI**

Editor

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.

**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/-**

**“Cheque to be drawn in favour of “Indian Medical Association Mumbai Branch”**

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

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

## *From the President's Desk*

My dear Brothers & Sisters,

We strongly condemn the killing of innocent tourists in Pahalgam by the terrorists. The Paradise on the earth got lost. The Government of India conducted 'Operation Sindoor' to counter this cowardly act of terrorism. Let us join hands and contribute to the progress of Kashmir. Let us make a collective effort to regain the lost Paradise.



Mumbai is witnessing heavy showers since few days. The roads got flooded and the underground metro train witnessed the monsoon for the first time. It was not encouraging, few of the underground tracks and railway station got flooded. We have to accept this hazards and try to find permanent solutions. Any flooding happening in underground metro can be catastrophic.

As we approach the monsoon season, it is crucial to be aware of the pre-monsoon showers and the potential dangers of monsoon related diseases.

The pre-monsoon showers have brought relief from intense heat, but we must be prepared for the monsoon related health concerns.

The increased humidity and water stagnation can create conditions conducive to the spread of various diseases. COVID cases are increasing especially in Mumbai. Though the virus is not as virulent as during 2020 pandemic, a few deaths are reported during last week. It is necessary to use mask and maintain strict hand hygiene to stay safe.

The important waterborne diseases are typhoid and Gastro-enteritis, so water should be filtered or boiled before drinking.

Let us follow the thumb rule 'Prevention is better than cure.' Ensure safe drinking water by using filtered or boiled water because waterborne diseases like typhoid, gastroenteritis and jaundice tend to rise during this season.

There can be increase in vector borne diseases like malaria, dengue and chikungunya primarily due to the breeding of mosquitoes in stagnant water.

Remove all the garbage around our house and buildings. Avoid stagnant water around our homes to reduce mosquito breeding.

The damp and humid environment can exacerbate respiratory conditions such as asthma, bronchitis and other seasonal allergies. Avoid crowded places to prevent respiratory infections.

Let us make conscious collective efforts. Let us remain vigilant and take necessary precautions to ensure health and safety of our community during this monsoon season.

Let us enjoy the monsoon as we can.

Jai Hind  
Jai IMA!

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

## **Report of Family Welfare and Vasectomy CentreSub Committee for the month of May 2025.**

It gives me great pleasure to submit the report of our above Centre for the period 01/05/2025 to 31/05/2025.

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 May 2025. Total no. of cases done by us till end of May 2025 are 1266.

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

## **ANNOUNCEMENT**

**INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH  
"DOCTORS DAY CELEBRATIONS"  
FELICITATION OF DISTINGUISHED DOCTORS**

**&**

**"CME"**

**Sunday 6<sup>th</sup> July 2025 at 9.00 am onwards**

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

**Dr. Girish Rajadhyaksha**  
President

**Dr. Hozie Kapadia**  
Chairperson  
Doctors Day Celebrations Committee

**DR. Pragji Vaja**  
Hon. Secretary



## MULTISPECIALITY CME - 11TH MAY 2025



**Felicitation of  
Dr. Hunaid Hatimi**



**Felicitation of  
Dr. Mohammad Ismail Attar**



**Felicitation of  
Dr. Fahad Afzal Shaikh**



**Felicitation of  
Dr. Seema Jagiasi**



**Ms. Apoorva, daughter of our President  
Dr Girish Rajadhyaksha felicitated by the  
IMA Mumbai branch for securing All India  
Rank 1st in highly competitive CAT Exam  
2024 and got selected by the prestigious  
IIMA- Indian Institute of Management for  
MBA program.**



## WORLD ASTHMA DAY PUBLIC AWARENESS PROGRAMME AT DHARAVI - 13TH MAY 2025





## AAO GAON CHALEN AT SONALE VILLAGE - 18TH MAY 2025



**DR. SHARAD  
DEORUKHKAR**



**DR. SUNITA  
SHANBHAG**



**TEAM OF  
AAO GAON CHALEN  
SUB COMMITTEE**



## WORLD NO TOBACCO DAY STREET PLAY AT WORLI NAKA - 31ST MAY 2025





## Secretary Communicates



Dear Esteemed Members,

IMA Mumbai Branch had following activities during the month of May 2025.

**11th May 2025:** Multi Specialty CME was organized by IMA Mumbai Branch. The speakers and their topics: Dr. Mohammad Ismail Attar - A New Hope for BPH patients, Dr. Fahad Afzal Shaikh - Immunotherapy in Oncology- Harnessing our immune system, Dr. Gaurav Choubal - Treatment of HCC and Dr. Seema Jagiasi - Common Hematological Disorders.

**13<sup>th</sup> May 2025:** World Asthma Day Public Awareness Program on World Asthma Day was organized by the Indian Medical Association at Dharavi on 13th May 2025 from 8.30 pm onwards as a part of our ongoing community outreach initiative. The objective of the program was to educate the general public about asthma awareness, prevention, and management.

The event was graced by the presence of the Senior Police Inspector (PI) Shri Raja Bidkar of Dharavi. He praised the work done by IMA for the better health of public. He also specifically appreciated the work done by Dr. Anil Pachnekar for Dharavi people. It was also graced by Dr. Anil Avhad- Hon. State Secretary IMA Maharashtra, Dr. Girish Rajadhyaksha -President, Dr. Girish Lad- Past President, Dr. Pragji Vaja- Hon. Secretary of IMA Mumbai Branch.

IMA Mumbai branch President Dr Girish Rajadhyaksha gave very good medical tips about healthy lifestyle to avoid deadly diseases like asthma and tuberculosis. He urged people not to spit on the roads and follow Trisutri of good diet, regular exercise and mental peace. Eminent local doctors like Dr. Sanjeev Khosla and Dr. H. S. Shingan had given educative talk on Asthma with demonstration of Asthma treatment gadgets which was well acknowledged by all.

Dr. Anil Pachnekar- Chairman World Asthma Day who have been actively involved in public health efforts in the Dharavi area gave introductory talk emphasizing the importance of community participation in managing chronic diseases like Asthma.

Live demonstrations on the correct use of inhalers and peak flow meters was showcased by MR from Cipla Pharma.

A large number of residents, including women, children, and elderly individual, actively participated in the program.

**18<sup>th</sup> May 2025:** Team Aao Gaon Chalen comprising of Dr. Sunita Shanbhag, Dr. Hemant Haldavnekar, Dr. Jyotika Kaku, Dr. Neela Haldavnekar and Dr. Devrukhkar. The team left Mumbai at 6 am and reached village Sonale at 10.15 am. Work on Pantapradhan Gramin Awas Yojana was going on in the village so, the patients were less and came late. We examined 37 patients out of them 2 were pregnant, 4 had fungal skin infection, 3 had cough, 4 had back ache and joint pain, Hemoglobin was estimated in 6 patients out of them 4 were anaemic. Medicines were disturbed for each patient. Health education was given regarding menstrual hygiene and reusable sanitary pads were distributed. Next camp is planned on 22nd of June.

**31<sup>st</sup> May 2025:** 'World No Tobacco Day'. We had organised Street Play as an Awareness Programme at

1) Worli Naka, Near Shivsena Shakha, Worli - 3.00 pm onwards.

2) F/South BMC Office, Parel Naka Mumbai from 4.00 pm onwards under the banner of World No Tobacco Day Committee, Chairman of World No Tobacco Day Committee Dr. Kishor Khushale had put great efforts to make it successful.

Artists team of Rachna Kala Kendra and Akhil Bhartiya Natya Parishad had performed fabulous message spreading kit. It was well appreciated and acknowledged by the audience. Team of DD Sahyadri had done the coverage to telecast on their channel. At both the venue President Dr. Girish Rajadhyaksha and Dr. Kishor Khushale had given informative public awareness speech to the crowd. Past presidents, Dr. Girish Lad, Dr. Pankaj Bandarkar, Dr. Ajoy Saha, Dr. Rajendra H. Trivedi and Dr. Sachin Patharkar had graced the event with their presence.

Hon. Secretary Dr. Pragji Vaja thanked all the participants and the audience with special thanks to Dr. Kishor Khushale.

#### **Our forthcoming programme:**

5th June 2025	:	<b>"Environment Day"</b> Celebration
15 <sup>th</sup> June 2025	:	<b>"AMSCON"</b> Conference 2025.
22 <sup>nd</sup> June 2025	:	<b>"International Yoga Day"</b> .
29 <sup>th</sup> June 2025	:	<b>"Oncology"</b> CME at Krishna Palace Hotel, Grant Road.
1 <sup>st</sup> July 2025	:	<b>"Blood Donation"</b> Camp.
6 <sup>th</sup> July 2025	:	<b>"Doctors' Day"</b> Celebration.
12 <sup>th</sup> July 2025	:	<b>"Blood Donation"</b> Camp.
13 <sup>th</sup> July 2025	:	<b>"Monsoon Marathon"</b>
20 <sup>th</sup> July 2025	:	<b>"Monsoon Related Diseases"</b> CME

**LONG LIVE IMA!**

**DR. PRAGJI VAJA**

Hon. Secretary  
IMA Mumbai Branch



**IMA MUMBAI BRANCH**  
**Organizes**  
**IMA MAHARASHTRA STATE AMSCON 2025**



Date: Sunday 15<sup>th</sup> June 2025      Time: 8.00am onwards  
Venue: IMA House, IMA Chowk, 16. K. Khadye Marg, Haji Ali, Mumbai - 400034

TIME	TOPIC	SPEAKER
8.00 am to 9.00 am	REGISTRATION & BREAKFAST	
9.00 am to 9.30 am	INAUGURATION CEREMONY	
9.30 am to 9.55 am	Advancement in Cardiac Surgery	Dr. Neeraj Kamat
9.55 am to 10.20 am	Oral Cancer - Tailoring Guidelines to the Indian Context	Prof Dr. Anil D'cruz
10.20 am to 10.45 am	Shingles prevention -Time is now: A focused approach to Nephrology	Dr. Prashant Rajput
10.45 am to 11.10 am	How do I treat kidney disease in diabetes?	Dr. Tukaram Jamale
11.10 am to 11.35 am	Management of Retinal diseases (Diabetic retinopathy and retinal detachment)	Dr. Ashish Ahuja
11.35 am to 12.00 noon	Recent Advances in Breast Cancer Surgery	Dr. Ashutosh Kothari
12.00 noon to 12.25 pm	Rehydration	Dr. Ajay Kantharia
12.25 pm to 12.50 pm	Neurointervention in Stroke: achieving excellence	Dr. Vipul Gupta
12.50 pm to 1.15 pm	From Fertility to Femininity: IVF and Cosmetic Gynaecology Today	Dr. Tanushree Pandey Padgaonkar
1.15 pm to 2.15 pm	L U N C H	
2.15 pm to 2.40 pm	Minimal Invasive Cardiac Surgery (MICS) : Scope, Benefits and Outcomes "Smaller Incisions for Bigger Benefits : The future of cardiac care"	Dr. Mrithyunjaya Kalmath
2.40 pm to 3.05 pm	Robotic Knee Replacements- accurate and safe way to rapid recovery	Dr. Vaibhav Bagaria
3.05 pm to 3.30 pm	Heart Failure An elephant in the room	Dr. Ajit Menon
3.30 pm to 3.55 pm	Breast Cancer Awareness	Dr. Mubarakunnisa Tonse
3.55 pm to 4.20 pm	Nightmares in Cardiology	Dr. Brajeshkumar Kunwar
4.20 pm to 4.45 pm	Recent advancements in Intervention Neuroradiology	Dr. Nishant Aditya
4.45 pm to 5.10 pm	Keeping Arteries Open with Medicine on a Balloon: A Modern Heart Treatment	Dr. Kunal Praful Sinkar
5.10 pm to 5.35 pm	Unlocking the full potential of oral simaglutide: CKM benefits	Dr. Sunil Jain
5.35 pm to 5.40 pm	Vote of Thanks	Dr. Kavan Lakdawala

Registration Complimentary, but Compulsory.

Register early to avoid disappointment. Tel no: 7506735383 (M) / 8928348578 (M)

Email: [ima\\_mumbai1@rediffmail.com](mailto:ima_mumbai1@rediffmail.com) / [ima\\_mumbai@yahoo.com](mailto:ima_mumbai@yahoo.com)

CME Accreditation will be given as per MMC rules

Early Bird Gift, Delegate Gift, Lucky Dip after every Lecture

Late Bird Gift, Mega Lucky Dip at the end

**Dr. Girish Rajadhyaksha**  
President

**Dr. Pragji Vaja**  
Hon. Secretary

**Dr. Sujatunnisa Attar**  
Org. Chairman Amscon 2025

**Dr. Jitesh Mehta**  
Org. Co Chairman Amscon 2025

**Dr. Pankaj Bandarkar**  
Org. Secretary Amscon 2025



**INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH  
IN ASSOCIATION WITH INDIAN CANCER TREATMENT CENTRE  
ANNOUNCES CME ON “ONCOLOGY”**

**DATE:** Sunday, 29<sup>th</sup> June 2025

**TIME:** 8.45 am onwards

**VENUE:** Krishna Palace Hotel, 96/98, Naushir Bharucha Marg,  
Grant Road(W), Nana Chowk, Mumbai.

TIME	TOPIC	SPEAKER
8.45 am to 9.35 am	Registration & Breakfast	
9.35 am to 9.40 am	Welcome Address	DR. PRAGJI VAJA Hon. Secretary
9.40 am to 9.45 am	Presidential Address	DR. GIRISH RAJADHYAKSHA President
9.45 am to 10.15 am	Future of Oncology	DR. VIRAJ NEVREKAR
10.15 am to 10.45 am	Endoscopy in Oncology	DR. VIKAS PANDEY
10.45 am to 11.15 am	Breast cancer & advances in Breast cancer surgery	DR. RAJASHRI KELKAR
11.15 am to 11.45 am	Bronchoscopic diagnostic modalities in lung cancer	DR. PRAVIN TAWARE
11.45 am to 12.15 pm	PSA: When-How- Why?	DR. TARUN JAIN
12.15 pm to 12.45 pm	Oncology Quiz	DR. ROHIT PAI
12.45 pm to 12.50 pm	Vote of Thanks	DR. USHA SHAH Hon. Jt. Secretary
12.50 pm onwards	Lunch	

- 1 MMC Credit Point Applied • Registration free but compulsory

**Dr. Girish Rajadhyaksha**  
President

**Dr. Pragji Vaja**  
Hon. Secretary

IMA Mumbai Branch



## ALLERGIC CONJUNCTIVITIS AN OVERVIEW

Allergic conjunctivitis results from various factors, including genetics, inflammation, air pollution, atopy, pollen exposure, and contact with pets. Allergic conjunctivitis can convert to keratoconjunctivitis and may result in a visual decline.

Allergic conjunctivitis is a common eye condition that occurs when the conjunctiva becomes inflamed due to an allergic reaction. It is often seasonal but can also be perennial, depending on the allergen.

### ► **Causes**

Allergic conjunctivitis is triggered by allergens that irritate the eyes. Common triggers include:

- Pollen (from trees, grasses, and weeds)
- Dust mites
- Pet dander
- Mold spores
- Contact lens solutions or eye drops
- Cosmetics or environmental irritants (e.g., smoke, perfumes)

The condition results from the immune system's over reaction to these substances, releasing histamine and other chemicals that cause inflammation and symptoms.

### ► **Types of Allergic Conjunctivitis**

- Seasonal Allergic Conjunctivitis (SAC)  
Occurs during specific seasons (spring, summer, or fall). Typically caused by airborne pollen.
- Perennial Allergic Conjunctivitis (PAC)  
Occurs year-round. Often triggered by indoor allergens like dust mites and pet dander.
- Vernal Keratoconjunctivitis (VKC)  
A more severe form, mostly affecting boys and young men. More common in warm climates.
- Atopic Keratoconjunctivitis (AKC)  
A chronic and potentially vision-threatening form. Associated with eczema or atopic dermatitis.
- Contact Allergic Conjunctivitis

Caused by reactions to eye drops, contact lenses, or cosmetics.

### ► **Symptoms**

- Red, itchy eyes.
- Watery eyes.
- Burning sensation.
- Swollen eyelids.
- Sensitivity to light (photophobia).
- Mucous discharge (in more severe cases).
- Symptoms often affect both eyes and may worsen after exposure to the triggering allergen.

### ► **Diagnosis**

Diagnosis is based on:

- Patient history (seasonal patterns, exposure to allergens).
- Physical examination of the eyes.
- Allergy testing (skin or blood tests) in recurrent or severe cases.

### ► **Treatment**

- Lifestyle and Home Remedies.
- Avoid known allergens (keep windows closed, use air filters).
- Use cold compresses to reduce swelling and itching.
- Rinse eyes with sterile saline solution.

- Avoidance of Allergens.
  - Stay indoors when pollen counts are high.
  - Use air purifiers and keep windows closed.
  - Wash hands and face after being outdoors.
- **Medications**
- Antihistamine eye drops – Reduce itching and swelling.
  - Mast cell stabilizers – Prevent the release of allergic mediators.
  - Dual-action drops – Combine antihistamines and mast cell stabilizers.
  - Oral antihistamines – Help with overall allergy symptoms.
  - Corticosteroid eye drops – For severe cases (short-term use only due to side effects) monitored treatment by Ophthalmologist.
  - Artificial tears – Help dilute and flush out allergens.
- **Prevention**
- Use protective eyewear outdoors.
  - Keep pets out of bedrooms.
- **When to see an ophthalmologist**
- Symptoms persist despite treatment.
  - Vision is affected.
  - There is pain, discharge, or extreme redness

**DR. SAYALI TENDOLKAR LAD**

Consultant Ophthalmologist

Cornea and Phaco Refractive Surgeon

Shushrusha Citizens Co-operative Hospital, Dadar

### **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**

<b>SPACE AND POSITION</b>	<b>SINGLE INSERTION</b>	<b>6 CONSECUTIVE INSERTIONS</b>	<b>12 ONSECUTIVE INSERTIONS</b>
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).**



# MUMBAI DISTRICT AIDS CONTROL SOCIETY



## 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

2

6

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

4

5

### DIGITAL TECHNOLOGY

Jindagi App  
Treatment Literacy Films  
Samvaad App-  
Enhanced Adherence Counseling

### INNOVATION

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

by  
2030

95:95:95

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

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)



: 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



## WORLD NO TOBACCO DAY STREET PLAY AT F-SOUTH WARD OFFICE, NEAR HOTEL KIRTI MAHAL, PAREL- 31ST MAY 2025

