



BIMA

BULLETIN OF INDIAN MEDICAL ASSOCIATION

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MUMBAI BRANCH



Forth Coming Events:-

14th September 2025:- Multi Speciality CME

28th September 2025:- World Heart Day CME

Dr. Girish Rajadhyaksha
President

Dr. Pragji Vaja
Hon. Secretary

Dr. Rajendra H. Trivedi
Editor - BIMA

Dr. Vijay Karanjkar
Secretary-BIMA

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**The 2nd State Executive Meeting of IMA Maharashtra State
was held at Chiplun Branch- 3rd August 2025**



Eye Checkup Camp - 31st August 2025



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Editorial



World Alzheimer's Day, observed annually on 21st September, serves as a global platform to raise awareness about Alzheimer's disease and related dementias. With a rapidly ageing population, the incidence of Alzheimer's is rising sharply, posing a major public health challenge. Alzheimer's disease is the most common cause of dementia, accounting for approximately 60-70% of cases worldwide. It is characterized by progressive cognitive decline, functional impairment, and behavioral disturbances. The disease not only impacts patients but also exerts an intense psychological and financial burden on caregivers and society. World Alzheimer's Day 2025 emphasizes the urgent need for early diagnosis, comprehensive management and preventive strategies.

According to the World Health Organization (WHO), over 55 million people currently live with dementia globally and this number is projected to reach 139 million by 2050. In India, an estimated 4 to 5 million individuals are affected, with prevalence doubling every 20 years due to increased life expectancy. Alzheimer's is now recognized as one of the top five causes of disability and dependency in the elderly. It affects about 6% of people 65 years and older and women more often than men. The disease is named after German psychiatrist and pathologist Alois Alzheimer, who first described it in 1906. Alzheimer's financial burden on society is large, with an estimated global annual cost of US dollar one trillion. Alzheimer's and related dementias are ranked as the 7th leading cause of death.

Early Signs and Symptoms

Recognition of prodromal and early Alzheimer's is essential for timely intervention. The first symptoms are often mistakenly attributed to aging or stress. Detailed neuropsychological testing can reveal mild cognitive difficulties up to 8 years before a person fulfills the clinical criteria for diagnosis of Alzheimer's disease. These early symptoms can affect the most complex activities of daily living. The most noticeable deficit is short-term memory loss. Older memories of the person's life and implicit memory are affected to a lesser degree than new facts or memories. Language problems are mainly characterized by a shrinking vocabulary and decreased word fluency leading to a general impoverishment of oral and written language.

- Short-term memory impairment like forgetting conversations, misplacing items.
- Difficulty in problem-solving, planning and managing finances
- Disorientation in time and space
- Behavioral and psychological symptoms like irritability, apathy, anxiety and social withdrawal

Diagnosis

The diagnosis of Alzheimer's disease is clinical, supported by cognitive testing and ancillary investigations.

- **Neurocognitive assessments:** Mini-Mental State Examination (MMSE) and Montreal Cognitive Assessment (MoCA).
- **Laboratory tests:** Thyroid function, Vitamin B12, Syphilis serology,

HIV and Metabolic screening.

- **Neuroimaging:** (MRI/CT) to exclude secondary causes, hippocampal and medial temporal lobe atrophy are supportive findings.
- **Advanced biomarkers:** CSF amyloid- β and tau protein and PET imaging (amyloid / tau).

Risk Factors

- **Non-modifiable:** Age, Family history and APOE ϵ 4 allele.
- **Modifiable:** Hypertension, Diabetes, Dyslipidemia, Smoking, Obesity, Hearing loss, Social isolation, Depression, Traumatic brain injury and sedentary lifestyle.

Differential Diagnosis

- **Vascular dementia** – Stepwise cognitive decline, focal neurological deficits
- **Dementia with Lewy bodies** – Fluctuating cognition, visual hallucinations, parkinsonism
- **Frontotemporal dementia** – Early behavioral changes and language impairment
- **Reversible causes** – Hypothyroidism, Vitamin B12 deficiency, Neurosyphilis, Chronic infections and Depression (pseudodementia).

Management and Treatment

Pharmacological Interventions

- **Cholinesterase inhibitors:** (Donepezil, Rivastigmine, Galantamine)
→ Improve cognition and daily functioning in mild to moderate stages
- **NMDA receptor antagonist:** (Memantine)
→ Beneficial in moderate to severe stages
- **Emerging disease** – Modifying therapies
→ FDA approved monoclonal antibodies such as Lecanemab and Donanemab target amyloid pathology through accessibility and long-term benefits remain under evaluation.
- **Symptomatic treatments:** SSRIs for depression and low-dose antipsychotics for severe behavioral disturbances.

Non-Pharmacological Interventions

- Cognitive rehabilitation, memory aids, and structured routines.
- Physical activity, balanced diet, music therapy, occupational therapy.
- Patient and caregiver education, psychological support, and community engagement.

Supportive and Palliative Care

As the disease progresses, multidisciplinary care becomes crucial, focusing on fall prevention, nutrition, management of comorbidities and caregiver burnout prevention

Prevention and Risk Reduction: Evidence suggests that up to 40% of dementia cases may be preventable through risk factor modification.

Preventive strategies include:

- Optimal control of hypertension, diabetes and cholesterol
- Regular physical exercise
- Adherence to Mediterranean / DASH diet
- Addressing hearing impairment early with aids.
- Encouraging lifelong learning, social interactions, and mental stimulation
- Promoting mental health and head injury prevention

World Alzheimer's Day 2025 underscores the urgent need for clinician-driven awareness, early diagnosis, and comprehensive management of Alzheimer's disease. Although curative treatment remains elusive, a combination of pharmacological therapy, lifestyle interventions, and caregiver support can significantly improve quality of life. Collaborative efforts involving healthcare providers, policymakers, and society are vital to reduce the growing burden of this devastating disease.

DR. RAJENDRA H. TRIVEDI

Editor

IMA Mumbai Branch

From the President's Desk



Food is essential for survival & plays a vital role in maintaining optimal health & well-being. Balanced diet, regular exercise and good sleep are crucial in prevention of many non-communicable diseases such as cardiac ailments, diabetes, hypertension & even cancer.

National Nutrition Week is commemorated in India from 1st to 7th September. It aims to educate people about importance of nutrition, balanced diet and right food choices in achieving and maintaining good health.

Friends, during the month of August, office bearers and senior members of IMA Mumbai attended the second state Executive meeting at Guhagar, Ratnagiri. Important issues affecting the practitioners of Modern medicine were thoroughly discussed during the meeting.

On 10th August, 2025 we organised International Youth Day programme (AMYGDALA 2025) to celebrate leadership, Reflection and Growth among future doctors. It was in association with IMA MSN + IMAJDN, Maharashtra. The aim of the event was "Unplug: Reflect: Reconnect". It offered a dynamic, transformative experience for over 70 medical students from across the city.

AMYGDALA 2025 was designed as a sanctuary beyond the boundaries of traditional medical education and urged future doctors to pause, think, share & truly listen - not just as students but individuals navigating a complex, hyper connected world.

SOCIAL 2-0 - a dynamic & interactive team building workshop was at the heart of AMYGDAIA 2025. It was more than just an event. It was a heartfelt invitation for young medical minds to slow down, speak openly & reconnect with the humane aspect of Medicine.

On 15th August 2025 we celebrated 79th Independence day of our nation at the IMA ground. I felt fortunate to get the opportunity to do Flag Hoisting on this occasion. We emphasized the value of freedom and democracy and remembered the sacrifice given by our freedom fighters and revolutionaries for getting independence.

As a part of our tradition, we felicitated our three past presidents Dr. Rajendra Trivedi, Dr. Yogesh Shah and Dr. Salim Sachani as a gesture of gratitude towards their contribution to the IMA during their tenure and thereafter.

Towards the end of the month we are welcoming the God of Wisdom Ganpati Bappa. I pray to Bappa to give good health and prosperity to everyone.

Jai Hind Jai IMA

DR. GIRISH RAJADHYAKSHA
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.

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

Secretary Communicates



Dear Friends,

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

3rd August 2025: 2nd State Executive Committee meeting of IMA Maharashtra State was held at Guhagar on August, hosted by IMA Chiplun Branch. Various burning issues such as registration of homeopathy candidates completing short course of Pharmacology with MMC was discussed in detail and it was decided to oppose it by all means including political liasoning and awareness amongst general public regarding how it will be dangerous for common people's healthcare delivery. It was also decided that some kind of disciplinary action should be taken on candidates who contested against official IMA nominated candidates during MMC elections. It was decided to have dialogue with the Maharashtra state government regarding amendments of Nursing Home act so that small Nursing Homes which are the backbone of healthcare delivery will survive. The venue of the meeting was fantastic and the hospitality provided by IMA Chiplun branch was appreciated by one and all. 13 members from our branch attended this meeting

10th August 2025: "Multi Specialty CME" was organized by IMA Mumbai Branch. The eminent speakers were Dr. Chintan Vyas spoke on "Managing Malignant Hematological disorders and role of HSCT", Dr. Vijayashree Murthy spoke on "Surgical management of Breast cancer", Dr. Swapnil Sharma spoke on "Liver Transplant: case based discussion" and Dr. Sheetal Goyal spoke on "Multiple Sclerosis".

10th August 2025 – On the occasion of *International Youth Day*, IMA Mumbai Branch, in association with IMA MSN Maharashtra and IMA JDN Maharashtra, successfully organized **AMYGDALA 2025** on Sunday, 10th August 2025, at IMA Mumbai, Haji Ali, with the theme "Unplug: Reflect: Reconnect". The event offered a dynamic, transformative experience for 70 medical students from across the city, focusing on leadership, self-awareness, and emotional well-being in the demanding world of medicine.

Designed as a sanctuary beyond the boundaries of traditional medical education, AMYGDALA 2025 urged future doctors to pause, think, share, and truly listen — not just as students, but as individuals navigating a complex, hyperconnected world. The event was inaugurated by President, Dr. Girish Rajadhyaksha, Hon. Treasurer, Dr. Kajal Ahuja, Chief Guest, IMA National Vice President, Dr. Hozie Kapadia and Chairman of International Youth Day Programme, Dr. Ajoy Saha. It was successful event.

15th August 2025: Independence Day Celebration was celebrated at IMA Ground, IMA Mumbai Branch. Flag Hoisting Ceremony was done by the hands of President Dr. Girish Rajadhyaksha which was followed by National Anthem & Vande Mataram song. President Dr. Girish Rajadhyaksha & State Hon. Secretary Dr. Anil Avhad in their speech, they emphasized the value of freedom & democracy & remembered the sacrifices given by our freedom fighters for getting Independence. They also touched upon the burning issues of our fraternity like MMC election, Mixopathy and others. They appealed all members to support IMA in fight against the Mixopathy.

As a part of IMA tradition felicitation of our three past Presidents Dr. Rajendra Trivedi, Dr. Yogesh Shah & Dr. Salim Sachani was done as a part of gratitude towards their contributions to the IMA during their tenure and thereafter. They thanked the IMA for their honour and assured to continue their cooperation. Dr. Shivkumar Utture gave details about the progress of our fight against Mixopathy. He praised the work done by Dr. Anil Avhad Hon. State Secretary. Hon. Secretary Dr. Pragji Vaja thanked Dr. Akshay Sevak Chairperson IMA Independence Day Committee for his efforts in making the flag hoisting ceremony successful and also thanked all present members.

24th August 2025: "ONCOLOGY CME" was organized by IMA Mumbai Branch. The eminent speakers were Dr. Jitendra Sakhrani spoke on "Renal Tumours: Diagnosis & Management", Dr. Rahul Wakankar spoke on "Pulmonologist perspective in Lung Oncology", Dr. Kunal Goyal spoke on "Basics of CAR-T, Real World Data & Case based outcomes", Dr. Gajanan Rodge spoke on "Barett's esophagus – diagnosis & management, Dr. Vrunda Karanjgaokar spoke on "Overview of Gynaecological Cancers, Dr. Rohit Pai spoke on "Immunotherapy - A new paradigm for Cancer Treatment" and Mr. Akshay Jain spoke on "Dubai Property Investment Exclusive payment plan for Doctors".

31st August 2025:-Indian Medical Association organized an **"Eye Checkup Camp"** from **10.00 am to 2.00 pm at Navjivan Society Ganesh Mandal, Mumbai Central**. Chairperson IMAAMS Mumbai Chapter Dr. Arjun Ahuja, Treasurer Dr. Kajal Ahuja & Retina Specialist Dr. Ashish Ahuja & their team had put their best efforts to make it a grand success. President Dr. Girish Rajadhyksha, Hon. Secretary Dr. Pragji Vaja, Past President Dr. Pankaj Bandarkar, Dr. Sujatunissa Attar & IMA MAH State Joint Secretary Dr. Arvind Patel had participated in the camp. President Dr. Girish Rajadhyksha, Chairperson IMAAMS Chapter Dr. Arjun Ahuja, Treasurer Dr. Kajal Ahuja, President Elect Dr. Mangala Gomare, Dr. Sachin Patherkar, Dr. Sujatunissa Attar & many others had signed up Eye Donation Pledge forms. Many people had taken the benefits of the camp. Free specks & eye medicines were distributed to the needy. Chairperson IMA AMS Mumbai Chapter Dr. Arjun Ahuja, Treasurer Dr. Kajal Ahuja & Retina Specialist Dr. Ashish Ahuja & their team had put their best efforts to make it a grand success. President Dr. Girish Rajadhyksha, Hon. Secretary Dr. Pragji Vaja, Past President D. Pankaj Bandarkar, Dr. Sujatunissa Attar & IMA MAH State Joint Secretary Dr. Arvind Patel had participated in the camp. President Dr. Girish Rajadhyksha, Chairperson IMA AMS Chapter Dr. Arjun Ahuja, Treasurer Dr. Kajal Ahuja, President Elect Dr. Mangala Gomare, Dr. Sachin Patherkar, Dr. Sujatunissa Attar & many others had signed up Eye Donation Pledge forms. Many people had taken the benefits of the camp. Free specks & eye medicines were distributed to the needy.

Forth Coming Events:-

14th September 2025 :- Multi Speciality CME

28th September 2025 :- World Heart Day CME

LONG LIVE IMA!

DR. PRAGJI VAJA
Hon. Secretary
IMA Mumbai Branch

79th Independence Day Celebration - 15th August 2025



Felicitation of Past President
Dr. Rajendra H. Trivedi

Felicitation of Past President
Dr. Salim Sachani



Felicitation of Past President
Dr. Yogesh Shah

Flag Hoisting



Group Photo

International Youth Day Programme - 10th August 2025



Multispeciality CME - 10th August 2025



**Felicitation of Speaker
Dr. Chintan Vyas**



**Felicitation of Speaker
Dr. Sheetal Goyal**



**Felicitation of Speaker
Dr. Swapnil Sharma**



**Felicitation of Speaker
Dr. Vijayashree Murthy**

24th August 2025- Oncology CME



Felicitation of Speaker Dr. Gajanan Rodge



Felicitation of Speaker Dr. Kunal Goyal



Felicitation of Speaker Dr. Rahul Wakankar



Felicitation of Speaker Dr. Rohit pai



Felicitation of Speaker Dr. Vrunda Karanjgaokar



Felicitation of Speaker Mr. Akshay Jain



Felicitation of Speaker Dr. Jitendra Sakhrani



IMA MUMBAI BRANCH, IMA CGP MUMBAI SUB-FACULTY ANNOUNCES CME ON “MULTI SPECIALITY”

DATE: Sunday, 14th September 2025

TIME: 9.00 am Onwards

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

TIME	TOPIC	SPEAKER
8.30 am to 09.20 am	Registration & Breakfast	
09.20 am to 09.25 am	Welcome Address	DR. SUNIL JAIN Asst. Director, IMA CGP Mumbai Sub-Faculty
09.25 am to 09.30 am	Presidential Address	DR. GIRISH RAJADHYAKSHA President
09.30 am to 10.00 am	Success stories of Personalised Precision Oncology	DR. SACHIN TRIVEDI
10.00 am to 10.30 am	Interesting Cases in Trichology	DR. SHANKAR SAWANT
10.30 am to 11.00 am	Current therapy of Resistant Heart Failure	DR. AJAY CHAURASIA
11.00 am to 11.30 pm	One STEP ahead: How can we unlock benefits beyond weight loss With Semaglutide 2.4 mg?	DR. AASIM MALDAR
11.30 pm to 12.00 noon	To be announced	To be announced
12:00 noon to 12:05 am	Vote of Thanks	DR. SACHIN PATHARKAR Asst. Secretary, IMA CGP Mumbai Sub-Faculty
12:05 am onward	Lunch	

- 1 Credit Point applicable
- Registration is free but compulsory

Dr. Girish Rajadhyaksha
President

Dr. Pragji Vaja
Hon. Secretary

IMA Mumbai Branch



INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH ANNOUNCES CME ON “WORLD HEART DAY”

DATE: Sunday, 28th September 2025

TIME: 8.30 am Onwards

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

TIME	TOPIC	SPEAKER
8.30 am to 9.20 am	Registration & Breakfast	
9.20 am to 9.25 am	Welcome Address	DR. PRAGJI VAJA Hon. Secretary
9.25 am to 9.30 am	Presidential Address	DR. GIRISH RAJADHYAKSHA President
9.30 am to 10.00 am	Advancement in Aortic Surgery	DR. RITHIN RATNAKAR
10.00 am to 10.30 am	CABG & valve Replacement – A super speciality within subspeciality	DR. VIDYADHAR LAD
10.30 am to 11.00 am	Device therapy in Heart Failure	DR. SAMEER PAGAD
11.00 am to 11.30 am	To be announced	DR. AJIT MENON
11.30 am to 12.00 noon	To be announced	DR. ANVAY MULEY
12.00 noon to 12.30 pm	To be announced	To be announced
12.30 pm to 12.35 pm	Vote of Thanks	DR. USHA SHAH
		Hon.Jt. Secretary
12.35 pm onward	Lunch	

- 1 Credit Point applicable
- Registration is free but compulsory

Dr. Girish Rajadhyaksha
President

Dr. Pragji Vaja
Hon. Secretary

IMA Mumbai Branch

Report of Family Welfare and Vasectomy Centre Sub Committee for the month of September 2025.

It gives me great pleasure to submit the report of our above Centre for the period 01/08/2025 to 31/08/2025.

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 September 2025. Total no. of cases done by us till end of September 2025 are 1356.

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
IN ASSOCIATION WITH INDIAN CANCER TREATMENT CENTRE
ANNOUNCES CME ON "ONCOLOGY"**

ANNOUNCEMENT

**INDIAN MEDICAL ASSOCIATION MUMBAI BRANCH
"MULTI SPECIALITY" CME**

Sunday 14th September 2025 at 9.00 am onwards

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

Dr. Girish Rajadhyaksha
President

Dr. Pragji Vaja
Hon. Secretary

IMA Mumbai Branch

ANNOUNCEMENT

**55th Annual Conference, MAHA CGPCON & National West Zone CGPCON
of IMA Mumbai Branch**

**THEME – "ADVANCING MEDICINE,
TRANSFORMING LIVES"**

**Venue: The ITC Grand Central, Parel, Mumbai.
Date - Sunday, 12th October 2025**

Upto 30th September 2025

**Rs. 1,000 /-
(Inclusive of GST)**

After 30th September 2025

**Rs. 1,500 /-
(Inclusive of GST)**

DR. GIRISH RAJADHYAKSHA
President

DR. PANKAJ BANDARKAR
Org. Secretary

DR. PRAGJI VAJA
Hon. Secretary

DR. SUJATUNNISA ATTAR
Org. Chairman

DR. JITESH MEHTA
Org. Co. Chairman

IMA Mumbai Branch

55th Annual Conference, MAHA CGPCON & National West Zone CGPCON

**55th Annual Conference, MAHA CGPCON & National West Zone CGPCON
of IMA Mumbai Branch
on Sunday 12th October 2025**

**At
ITC Grand Central
287, Dr. Babasaheb Ambedkar Road, Parel, Mumbai 400012.**

To,
The Organizing Secretary,
55th Annual Conference, MAHA CGPCON &
National West Zone CGPCON of IMA Mumbai Branch

Name: _____
Age : _____ Sex : _____ Qualification : _____ MMC No. _____
Address (Correspondence): _____

Contact Nos., with STD code:

Clinic: _____ Resi.: _____

Mobile: _____ E Mail : _____

IMA Membership No.: _____

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Place : _____ Date : _____

Signature

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Our Banking Details

Bank Name: Bank of India

Branch Name: Mahalaxmi Branch

IFSC Code: BKID0000028

MICR Code-400013034

A/c Name: Indian Medical Association Mumbai Branch

A/c No. 002810100017110

Venue: ITC Grand Central

287, Dr. Babasaheb Ambedkar Road, Parel, Mumbai 400012.

Note: Please send DD or cheque drawn in favour of "Indian Medical Association Mumbai Branch".

To,
IMA MUMBAI BRANCH
Add.: IMA House, IMA Chowk, 16 K. Khadye Marg, Haji Ali, Mumbai – 34.
Phone: 7506735383/8928348578
Email id: ima_mumbai1@rediffmail.com/ima_mumbai@yahoo.com

**55th Annual Conference, MAHA CGPCON & National West Zone CGPCON
of IMA Mumbai Branch on 12th October 2025
at ITC Grand Central**

287, Dr. Babasaheb Ambedkar Road, Parel, Mumbai 400012.

AREAWISE LIST OF DOCTORS FOR REGISTRATION

AREA	NAME	MOBILE NO.
Agripada	Dr. Kaizer Barot	9869746446
Andheri	Dr. Sudhir Patil	9820303533
Antop Hill	Dr. Kishor Chandorkar	9987266459
Bhulabhai Desai Rd.,	Dr. Akshay Sevak	9821121244
Byculla	Dr. Hozie Kapadia	9833793005
	Dr. Salim Sachani	9892631484
Cumbala Hill	Dr. Vijay Panjabi	9821061205
Dadar/ Prabhadevi	Dr. Girish Lad	9820116390 / 9820116391
	Dr. Archana Wankhade	9987445158
	Dr. Hemant Haldavnekar	9869849030
	Dr. Manohar Satoskar	9820142313
Dharavi / Sion	Dr. Ajoy Kumar Saha	9820151272
Gamdevi Road / Kalbadevi	Dr. Jitesh Mehta	8879436443 / 9869006443
	Dr. Dinesh Prabhu	9821238757 / 07
	Dr. Kishor Gandeche	7021583842
Grant Road	Dr. Sharad Deorukhkar	9820222720
Ghatkopar	Dr. H. S. Shingan	9821287440
Girgaum	Dr. Yogesh Shah	9892160476
	Dr. Usha Shah	9322004145
Khetwadi	Dr. Jyotika Kaku	9969281689
Kurla	Dr. Anil Pachnekar	9869001873 / 8369224953
Lalbaug /	Dr. Anil Avhad	9867038430/
Cotton Green	Dr. Pragji Vaja	9820482375
	Dr. Sunil Jain	9867466044
Lamington Rd,	Dr. Arjun Ahuja	9820118832
	Dr. Arvind Patel	9869209449
	Dr. Kajal Ahuja	9833110302
Lower Parel	Dr. Prakash Borana	9892120638
	Dr. Dipak Desai	9867799023
Mahim	Dr. S. G. Shanbhag	9619020962
	Dr. Kiran M. Desai	9821221819
	Dr. S. M. Singnapurkar	9820033565 / 9221286250
	Dr. Sangeeta Velaskar	9820088086
Matunga	Dr. Rajendra H. Trivedi	9833783382
Mumbai Central	Dr. Sujatunnisa Attar	7506033993 / 9322995993
	Dr. Sachin Patharkar	9762226203
	Dr. Girish Rajadhyaksha	9821695349
Shivaji Park	Dr. Shivkumar Utture	9820089321
Sewri	Dr. Vijay Karanjkar	8779659382
	Dr. Jitesh Mehta	8879436443 / 9869006443
Sion	Dr. Jagdish Keny	9619585111
Tardeo	Dr. Pankaj Bandarkar	9820797320 / 7738297320
	Dr. Kavan P. Lakdawala	9820162238 / 9323850639
	Dr. Shankar Sawant	98215 35513
Worli	Dr. Sarita Devi	9820257727 / 9372754982
	Dr. Dakshini Kashyap	9930266077 / 7777089473

REPORT OF INTERNATIONAL YOUTH DAY PROGRAMME (AMYGDALA 2025): Celebrating Leadership, Reflection, and Growth Among Future Doctors.

10th August 2025 - On the occasion of *International Youth Day*, IMA Mumbai Branch, in association with IMA MSN Maharashtra and IMA JDN Maharashtra, successfully organized **AMYGDALA 2025** on Sunday, 10th August 2025, at IMA Mumbai, Haji Ali, with the theme “*Unplug : Reflect : Reconnect*”. The event offered a dynamic, transformative experience for 100 medical students from across the city, focusing on leadership, self-awareness, and emotional well-being in the demanding world of medicine.

Designed as a sanctuary beyond the boundaries of traditional medical education, AMYGDALA 2025 urged future doctors to pause, think, share, and truly listen-not just as students, but as individuals navigating a complex, hyper connected world.

A Glimpse into the Day

The event was inaugurated by President, **Dr. Girish Rajadakshya**, Hon. Treasurer, **Dr. Kajal Ahuja**, Chief Guest, IMA National Vice President, **Dr. Hozie Kapadia** and Chairman of International Youth Day Programme, **Dr. Ajoy Saha**.

The day began with **PULSE**; a captivating series of solo talks by JDN doctors, **Dr. Digvijay Jadhav**, **Dr. Virbhadra Thakkar**, **Dr. Subhasri Subhadarsini** and **Dr. Pooja Agarwal**, covering thought-provoking themes such as the price of for cedambitions, bridging communication gaps in relationships, fostering multilateral cooperation through technology and partnerships, and empowering India's underutilized youth. President (Elect), **Dr. Mangala Gomare** moderated this session. Each talk was delivered with clarity and conviction, leaving a lasting impact on the audience. This was followed by **UNFILTERED**; a candid panel discussion led by MSN leaders, **Dr. Kunal Shah**, **Meghana Date**, **Simran Badgujar** and **Pranjal Shenolikar**, who reflected on challenges faced as medical students — from identity crises and lack of safe community spaces to digital addiction and youth wellness. Their heartfelt stories and unique perspectives kept the delegates deeply engaged throughout.

At the heart of AMYGDALA 2025 was **SOCIAL 2.0-a dynamic and interactive team building workshop**, beginning with lively icebreakers and progressing into creative social games and structured spontaneous banter. These activities encouraged participants to connect, express themselves freely, and forge lasting bonds. The workshop culminated in a high-energy JAM session, hosted by **Meghana Date**, where teams competed for points based on wit, creativity, and spontaneity.

AMYGDALA 2025 became more than just an event. It was a heartfelt invitation for young medical minds to slowdown, speak openly and reconnect with the human side of medicine, away from the constant pull of screens and societal expectations.

The success of AMYGDALA 2025 was led by **Dr. Ajoy Saha**, Chairman of International Youth Day programme and **Shafaan Maknojia**, State Joint Secretary of IMAMSNMH and Organizing Secretary of AMYGDALA 2025. The event was also supported by the medical students of the IMA MSN Maharashtra State committee.

Dr. Girish Rajadhyaksha
President

Dr. Ajoy Saha
Chairman
International Youth Day Programme

Dr. Pragji Vaja
Hon. Secretary



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The PGDIM Course is designed for giving students a firm grounding on the fundamentals of Insurance Marketing, familiarizing them with different Distribution Channels & Agency Management System.

Suitable for - Fresh Graduates, Sales Advisors & Managers, Working Professional in Insurance Industry, Broking Firms & Banks

Highlights

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- Fees includes Coaching, Study Material, Examination Fees, Library.
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- Placement Assistance for Freshers.

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Dr. Bhavin Visariya, Sr. Consultant - Radiation Oncologist: **Brain, Lung and Prostate Tumour**

Dr. Vaibhav Sonwani, Sr. Consultant- Radiation Oncologist: **Brain, Lung and Prostate Tumour**

Dr. Durva Kurkure, Consultant – Radiation Oncologist: **Breast**

Dr. Wasim Phoplunkar, Consultant – Radiation Oncologist: **Brain, Liver, Prostate Tumour**

Dr. Riddhijyoti Talukdar, Consultant – Radiation Oncologist: **Brain Tumour, Gynaecological Malignancies**

Dr. Namrata Bhagat, Consultant – Radiation Oncologist: **Brain Tumour**

Benefits of Cyberknife

- ✦ No Incisions/ Surgery
- ✦ No Anaesthesia
- ✦ Outpatient Procedure
- ✦ Few visits to hospital (upto five)
- ✦ For Delicate/ Inoperable/ Complicated Tumours

Following Organ specific tumours with clinical symptoms can be treated with Cyberknife:

Brain

- Meningioma
- Pituitary adenoma
- Acoustic Neuroma
- Trigeminal Neuralgia
- AVM
- Parkinson's disease

cancer (NSCLC) [Inoperable small tumours]

Liver

- Liver metastases
- Primary Liver Cancer (Hepatocellular Carcinoma) [Inoperable]

Prostate

- Localized prostate cancer with curative intent

Kidney

- Renal cell carcinoma, particularly in inoperable patients

Lung

- Metastatic Lung Tumours
- Early-stage non-small cell lung

Pancreas

- Especially in patients who are not surgical candidates

Recurrent or Residual

- Especially in previously irradiated areas where conventional radiotherapy is too risky.

OPD Timing: Monday to Saturday - 10:00 AM to 6:00 PM

FOR APPOINTMENT, CONTACT: 63 58 888 821 | 93 55 222 346

HCG ICS Khubchandani Cancer Centre

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