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Chief Minister of Gujarat **Shri Vijaybhai Rupani** felicitated
Dr. Himanshu Bavishi and **Dr. Falguni Bavishi**,
on
"Shreshthi"
for their outstanding contribution in the field of infertility and IVF.

BAVISHI FERTILITY INSTITUTE
Ahmedabad - Opp. Mangal Murti Garden, Next to Adani CHS & Gajawala Flats, Paldi # Roads, Paldi, Ahmedabad-7
Ph. 079-6140 8648 M. 989756 272581

Mumbai
Ghatkopar - 1st Floor, Jayant Arcade, Rajawadi Signal, M. G. Road, Ghatkopar (E), Mumbai-77 Ph. 022-255 55553 M. 981672 0400
Borivali - 0215/2 04072 Andheri - 02204 50515 Dadar - 02204 50505 Thane - 0216/2 04078 Vashi - 0216/2 04018

Delhi - Darul Uloom Fertility Institute, RZ-7, N. Mohan Enclave, Nr. Dandia Park, Gurgaon, Delhi-40 Ph. 011-45554726 M. 981575 30134
Kolkata - Bhawanee Fertility Institute, Morehapur, 50, Main Ferozpur Road, Nr. Meenakshi Temple, Kolkata-40 Ph. 033-4085 1206 M. 98009 30327

Bangalore - Bavishi Fertility Institute, 9th Floor, Poojari Doctor House, Laxi, Dandekar, Station Road, Sarai 3, Ph. 080-2434201 M. 988755 73247

Toll Free No. : 1800 233 8434 | E-mail : cbavishi@mvfclinics.com | Web : www.mvfclinics.com
Technology • Trust

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ASHRAM ROAD, AHMEDABAD-380 009. **PHONE : 2658 87 75**

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AHMEDABAD MEDICAL ASSOCIATION

AHMEDABAD MEDICO NEWS

(Branch of Indian Medical Association)

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DR. MEHUL N. SHELAT
President - AMA



DR. KIRITKUMAR C. GADHAVI
Hon. Secretary - AMA

Imm. Past President - **DR. JAYESH P. SACHDE**

Vol.13

DECEMBER-2018

Issue-8



HIGHLIGHTS

- 02-01-2019 Walk for a Cause
- 05-01-2019 Chalo Ek Bar Phirse
- 06-01-2019 A.M.A. Young Forum
- 19-01-2019 The Guru Speaks
- 20-01-2019 Workshop
- 21-01-2019 Ladies Club Programme
- 22-01-2019 Senior Citizen Club Programme
- 26-01-2019 સર્વદેવ
- 21-01-2019 to 25-01-2019 & 28-01-2019 to 29-01-2019 } A.M.A. - AOGS PG Lecture Series
- 01-02-2019 Ladies Club Programme
- 03-02-2019 AMA Kid's Club Programme

"LOOK BACK & THANK GOD, LOOK FORWARD & TRUST GOD"

Message From President and Hon. Secretary Desk

Respected Seniors & Dear friends,
Namaste !

Winter is enter now. Healthy season for all. Let's pray to God for World's happiness.

Our kid's club 1st programme was grand success. Thanks to ISRO, Dr. Pankajbhai & all. Winter symposium with falicitation of Dr. Tejasbhai Patel made us proud feeling. Thanks to Shalby Hospitals for Symposium. Our sincere thanks to Dr. Pushpaben Multani for Yoga Shibir. Dr. Sapan Pandya gave us a classic CME. Also he promised for public seminar in coming months. Our try for adding entertainment in CME is acceptable by smile on every face. Thanks to Dr. Vineet Mishra for giving us special lecture of Dr. Ajay Rane (Australia) in Urogynaec Conference. They both are best human being & dedicated personalities for patients. Our second public seminar on Anxiety-Depression gave us stress free thoughts. Thanks to Dr. Nehal shah & Dr. Prachee Shah.

Now ready for coming programmes of January. Request all of you to send Medicines samples for Drug Bank.

Our special thanks to Dr. Mehul Shah & all past presidents for giving us best suggestions & continuous guidance for betterment of AMA.

Let's plan more community work, Public Awareness programmes. Without you all , we are nothing. Please give your valuable feedback & suggestions for programmes.

With regards,

Jay IMA Jay AMA

Dr. Mehul N. Shelat

President

Ahmedabad Medical Association

Dr. Kiritkumar C. Gadhavi

Hon. Secretary

Ahmedabad Medical Association



AMA KID'S CLUB PROGRAMME - ISRO



AMA KID'S CLUB PROGRAMME - ISRO



YOGA SHIBIR



LADIES CLUB PROGRAMME



SCIENTIFIC PROGRAMME



UROGYNNAEC-2018





SCIENTIFIC PROGRAMME - WINTER SYMPOSIUM



SCIENTIFIC PROGRAMME - WINTER SYMPOSIUM



SCIENTIFIC PROGRAMME - WINTER SYMPOSIUM



GURU SPEAKS



DRUG BANK



EYE CHECK-UP & SWEATER DISTRIBUTION @ GURUKUL



SWINE FLU SEMINAR





ASSOCIATION CORNER

**Gujarat State TB Association
Organized 69th TB Seal Campaign
on 31st October, 2018**



The release of 69th TB seal was done by Dr. Bhaveshbhai Acharya, Chairman, Indian Red Cross Society GSB. The function was attended by office bearers, E. C. Members, Gen. Secretary IRCS. Representative from World Health Partner and Dr. Pillai from A.M.C.

B J MEDICAL COLLEGE



NAPCON - 2018



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**AHMEDABAD MEDICAL ASSOCIATION YEAR : 2018-2019****OFFICE BEARER**

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MANAGING COMMITTEE MEMBERS

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--	--	--



AHMEDABAD MEDICAL ASSOCIATION

&



PUBLIC AWARENESS COMMITTEE FOGSI

in association with

Smriti
NEW LEVELS OF CARE



invites you to join the



WALK FOR A CAUSE



Be the Torch bearer for a MEGA Event
with a strong pledge to

"SAVE THE GIRL CHILD-WALKATHON"



Date : 02-01-2019, Wednesday

Time : 7.00 to 8.00 am

Venue : Vallabh Sadan, River Front

Register @ 26588775 @ AMA

Dr. Mehul N. Shelat
President, AMA

Dr. Kiritkumar C. Gadhavi
Hon. Secretary, AMA

Dr. Rajal Thaker
Vice President, AOGS

Dr. Kamini Patel
Hon. Secretary, AOGS

AMA MEDICOS' LISTENERS' CLUB

ચલો એક બાર ફિર સે

(વર્ષ : ૨૦૧૭-૧૮ કાર્યક્રમ નં. ૪, સળંગ કાર્યક્રમ નં. ૪૪)

TITLE : આપ કી પરછાઈયા

Presentation : Dr. Gurudatt Thakkar

Anchor : Shree Rajnikumar Pandya

Conclusion : Dr. Ashok Patel

**Venue : A.M.A. Hall, Ashram Road,
Ahmedabad.**

Date : 05-01-2019, Saturday

Time : 8.30 p.m. onwards

Entry : For Registered Members only

AMA CULTURAL BOARD

Dr. Mehul N. Shelat
President, AMA

Dr. Kiritkumar C. Gadhavi
Hon. Secretary, AMA

WE WELCOME FOLLOWING NEW LIFE MEMBERS

- 9627 L DR. AGRAWAL KOMAL KANAIALAL
- 9628 L DR. LATHIYA HARSH HARISHBHAI
- 9629 LC DR. CHANDARANA MITESH VINODRAY
- 9630 LC DR. VALA EKTA BHAGVANBHAI
- 9631 L DR. MEHTA AASTHA RAJPAL
- 9632 LC DR. DAVE JAIRMIN NITINKUMAR
- 9633 LC DR. PATEL JAYANI DASHARATHBHAI
- 9634 L DR. TRIVEDI VAIBHAVI DEVANGBHAI
- 9635 L DR. THAKKAR HARSH R.



The Guru Speaks



A must attend program for

- Exam going students
- Parents

Why to attend?

- Make final strategy for final preparation
- The Role of Parents before & during the exams
- How to deal with anxiety of exams
- Give your best and use your potential fully
- Use your full petencial

: Topic :

"પાર્થને કહો ચટાવે બાણ, હવે તો યુદ્ધ એ જ કલ્યાણ"

Guru Speaker



Mr. Nandak Pandya
Corporate Mentor

Date : 19th January, Saturday

High Tea : 8.30 to 9.00

Time : 9pm to 10.30 pm

Venue : AMA Hall, Ashram Road

Dr. Pragnesh M. Vachharajani

Secretary

Dr. Jitendra N. Patel

Chairman

Dr. Mehul N. Shelat

President, AMA

Dr. Kiritkumar C. Gadhavi

Hon. Secretary, AMA



AMA YOUNG FORUM

PRESENTS

CARRIER SEMINAR

Date :- 06/01/2019, Sunday

Time :- 9.00 am to 1.00 p.m.

Venue :- **AMA Hall**, Ashram Road,
Ahmedabad

Chief Guest :- **Dr. Maheshbhai Patel**
Dean, Medical Faculties,
Gujarat University.

Guest of Honour :- **Dr. Parimalbhai Desai**
AMA Past President

Programme Co-ordinator :- **Dr. Mehul Shah**

Programme Highlights

09.00 to 09.30 am - **Break-fast / Tea**

09.30 to 10.00 am - Subject : **Prospects in Engineering**

Speaker : **Dr. Rupesh Vasani**
Director,
SAL Educational Campus

10.00 to 10.30 am - Subject : **Liberal Studies & Arts**
- A best future

Speaker : **Prof. Pradeep Malik**
HOD, School of Liberal Studies,
Pandit Dindayal Petroleum
University

10.30 to 10.45 am - **Inauguration Function**

10.45 to 11.15 am - Subject : **Science & Medicine**
- A Choice of all

Speaker : **Mr. Chintan Shah**
Carrier Counsellor for
Science & Medicine

11.15 to 11.45 am - Subject : **Foreign Education**
- A Choice of Students

Speaker : **Ms. Neha Dave**
Head of Counselling
Uniconnect Overseas
consultancy

11.45 to 12.15 pm - Subject : **IAS or IPS ?**
- How can i do ?

Speaker : **Dr. Jagdish Patel**
Carrier Counsellor,
Liberty Carrier Academy


12.15 to 12.30 pm - Subject : **My Top 10 Dreams**

Speaker : **Mr. Bhanubhai Mehta**
Carrier Counsellor, Mumbai

12.30 to 13.00 pm - **Question - Answer Session**

Registration Fees Rs. 50/- Please register your name
on Phone : 26588775 before 4-1-2019.

KIT OF KITES will be given to every participants

Courtesy by : 

Dr. Mehul N. Shelat
President, AMA

Dr. Kiritkumar C. Gadhavi
Hon. Secretary, AMA



WORKSHOP ON COMMUNICATION SKILLS FOR DOCTORS



Date : 20-01-2019, Sunday
Venue : AMA Hall, Ashram Road, Ahmedabad
Time : 09.30 am to 04.00 pm
(Breakfast, Lunch & High Tea)
Co-ordinator : (1) Dr. Chetanaben Desai
 HOD, Pharmacology Dept. BJMC
 (2) Dr. Kirit Kharsadia
 Tutor, Biochemistry Dept., BJMC

Programme Highlights

- (1) Workshop format
 - Highly interactive with discussions based on case scenarios, role plays and use of movie clips.
 - Experiential learning
 - **Topics :**
 - Need for effective communication skills
 - Essential components of communication (verbal and non verbal)
 - Barriers to effective communication
 - Written Communication
 - Handling aggressive patients
 - Breaking bad news.
 - **Faculty :**
 - Senior Experienced faculties from Communication Skills Team at B.J. Medical College, Ahmedabad.

Reg. Fee - Rs. 50/- **Pl. register @ AMA on 26588775**
Certificate will be given to each Delegates.

Please register your name at **AMA Phone No. 26588775** before **18-01-2019**.

Dr. Mehul N. Shelat
 President, AMA

Dr. Kiritkumar C. Gadhavi
 Hon. Secretary, AMA

AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB

Dear friends,

We are coming with an interesting program. We all will discuss on a social issue. We all know that now a days many parents are living alone without their children. Their children either are abroad or living separately in the same or other city.

PROGRAMME

Date : 22-1-19, Tuesday
Time : 4-00pm onwards
Venue : Ahmedabad Medical Association
Topic : A changing social scenerio :
 blessings or pity?
Moderator : Dr. Shilin Shukla
 Senior Onco Physician

So, you all come prepared with your opinion and participate. All the senior members of our Association are also invited in the program and share their opinion. Please register at our office for better arrangement.

The best participant will be given prize.

The programme will be followed by High-Tea.

Co-ordinators

Dr. K. R. Sanghavi

Dr. Abhay Dikshit

Dr. Mehul N. Shelat
 President - AMA

Dr. Kiritkumar C. Gadhavi
 Hon. Secretary - AMA



AMA – AOGS

P G LECTURE SERIES



Date : 21-01-2019 to 25-01-2019 &
28-01-2019, 29-01-2019
Time : 7.00 p.m. to 10.00 p.m.
Venue : Shri Jagmohan Parikh Hall, 1st Floor,
AMA House.

PROGRAMME

Date : 21-01-2019, Monday
Time : 7.30 to 8.30 pm
Subject : GTD
Speaker : Dr. Ava Desai
Time : 8.45 to 9.45 pm
Subject : Male Infertility Diagnosis & Management
Speaker : Dr. C. B. Nagori

Date : 22-01-2019, Tuesday
Time : 7.30 to 8.30 pm
Subject : ART
Speaker : Dr. Kamini Patel
Time : 8.45 to 9.45 pm
Subject : Difficulties in LSCS
Speaker : Dr. Parul Kotdawala

Date : 23-01-2019, Wednesday
Time : 7.30 to 8.30 pm
Subject : CA Ovary
Speaker : Dr. Pariseema Dave
Time : 8.45 to 9.45 pm
Subject : PCOS
Speaker : Dr. Manish Banker

Date : 24-01-2019, Thursday
Time : 7.30 to 8.30 pm
Subject : Vulva Non Malignant & Malignant Lesions

Speaker : Dr. Shilpa Patel
Time : 8.45 to 9.45 pm
Subject : Adolescent problems & Varius Programs of
Government

Speaker : Dr. Rajal Thaker

Date : 25-01-2019, Friday
Time : 7.30 to 8.30 pm
Subject : CA Cervix
Speaker : Dr. Meeta Mankad
Time : 8.45 to 9.45 pm
Subject : Pelvic Floor
Speaker : Dr. Amiya Mehta

Date : 28-01-2019, Monday
Time : 7.30 to 8.30 pm
Subject : Ca Endometrium
Speaker : Dr. Bijal patel
Time : 8.45 to 9.45 pm
Subject : MTP PC-PNDT
Speaker : Dr. Geetendra Sharma

Date : 29-01-2019, Tuesday
Time : 7.30 to 8.30 pm
Subject : Rh Negative Mother
Speaker : Dr. Prashant Acharya
Time : 8.45 to 9.45 pm
Subject : Instrumental Delivery
Speaker : Dr. Haresh Doshi

Registration free but compulsory on Phone : 26588775

Program Co-ordinators

Dr. Rajal Thaker - Dr. Shashwat Jani

Dr. Munjal Pandya - Dr. Kamlesh Jagwani

Dr. Jayprakash Shah
President - AOGS

Dr. Kamini Patel
Hon. Secretary - AOGS

Dr. Mehul N. Shelat
President - AMA

Dr. Kiritkumar C. Gadhavi
Hon. Secretary - AMA



દવજવંદન



ભારત માતાનું પૂજન

તારીખ : ૨૬-૦૧-૨૦૧૯, શનિવાર
સમય : સવારે ૯.૦૦ કલાકે
સ્થળ : એ.એમ.એ. હાઉસ, અમદાવાદ.

ડૉ. મેહુલ એન. શેલત

પ્રમુખ

અમદાવાદ મેડીકલ એસોસીએશન

ડૉ. કીરીટકુમાર સી. ગઢવી

માનદ્ મંત્રી

અમદાવાદ મેડીકલ એસોસીએશન

DRUG BANK

Concept by : Dr. Mehul Shah

- આપની હોસ્પિટલ / ક્લિનિકમાં સેમ્પલની દવાઓ / ઈન્જેક્શન / ટ્રેસીંગ મટીરીયલ્સ AMA Drug Bank માં આપ આપી શકો છો. ખાસ ધ્યાન રાખશો કે જેમાં **Expiry Date** વાળી દવાઓ ન આવે.

જેનો સદુપયોગ અમદાવાદ અને અમદાવાદ બહાર ચાલતી ચેરીટી સંસ્થા/ ક્લિનિકમાં અમે પહોંચાડીશું.

એરીયા કો-ઓર્ડિનેટર્સ

ડૉ. ધીરેન સાણંદીયા	સાબરમતી	૯૮૨૫૬૩૩૮૮૯
ડૉ. મનીષ શાહ	મણીનગર	૯૦૯૯૯૬૨૦૯૪
ડૉ. જ્યોતિન્દ્ર મહેતા	પાલડી-વાસણા	૯૮૨૫૦૩૯૬૫૩
ડૉ. જયેશ સચદે	સિવિલ	૯૮૨૪૦૧૮૮૪૮
ડૉ. સાહિલ શાહ	નવરંગપુરા	૯૪૨૮૫૦૧૪૧૨

or Contact : AMA Office 2 to 6 pm : 26588775

DISCLAIMER

Opinions in the various articles are those of the authors and do not reflect the views of Ahmedabad Medical Association. The appearance of Advertisement is not a guarantee or endorsement of the product or the claims made for the product by the manufacturer.





AMA KID'S CLUB



Presents

KID'S TALENT EVENING

Members, do not miss this opportunity to show
Your Kid's talent



Date : 03/02/2019, Sunday
Time : 6 pm onwards
Venue : AMA Hall, Ashram Road,
Ahmedabad



Concept & Managed by
Dr. Mona Desai



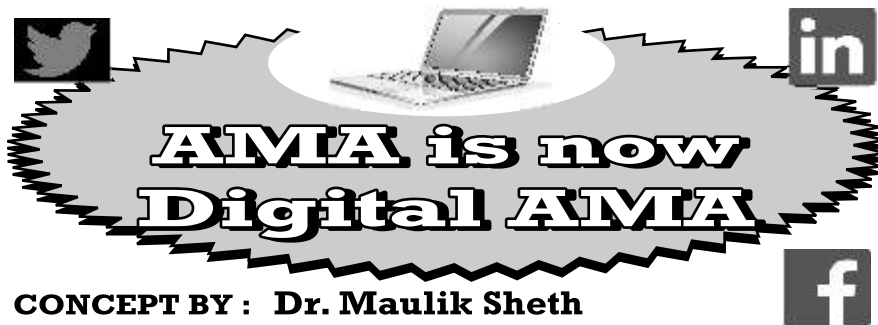
:: PROGRAMME HIGHLIGHTS ::

- For kids up-to 18 years can participate
- Talent Showcase **(a)** Dancing - solo / group **(b)** Group Skit, **(c)** Singing **(d)** Mono-acting & Music...
- Each event will be scrutinised by the committee and then allowed to showcase
- Time duration : less than 5 minutes
- **Last date for entry 20 January, 2019**
- participation Fee Rs. 100/- per participant
- Entry Pass Rs. 100/- each for members, Rs. 200/- for guests
- Entry for participants - Free
- Passes will be available at AMA office from 5th January, 2019
- Token gift will be given to each participant
- The Programme will followed by dinner

KID'S CLUB CO-ORDINATOR : DR. DEVAL PANCHAL

Dr. Mehul N. Shelat
President, AMA

Dr. Kiritkumar C. Gadhavi
Hon. Secretary, AMA



**CONCEPT BY : Dr. Maulik Sheth
Dr. Pragnesh Vachharajani**

Dear Members,
Keeping pace with time we are @AMA are also going digital.

- We are updating our website www.ahmedabadmedicalassociation.com
- The website will have member login facilities and activity management.
- "e"news letter and "e"bulletin
- Event Registration management, online payment facilities
- Reaching out to society via social media like face book.(please follow page of Ahmedabad Medical Association on face book)
- Event updates on social media for members

We welcome your suggestions.

OBITUARY

We send our sympathy & condolence to the bereaved family.
May his/her soul rest in eternal peace.



Dr. HARSHAD P. MEHTA

Date of Birth : 09-10-1936

Date of Death : 25-11-2018

AMA INITIATIVE

For...



- Health Check-Up
- Sweater Distribution
- Blanket Distribution

(1) KOTESHWAR GURUKUL, KOTESHWAR.

Date : 19-12-2018, Wednesday, 8.00 am

- 'Eye Check-up' done by Dr. Manish Joshi M.S. (Opth.), Sharda Eye Hospital, Sabarmati
- 'Sweater Distribution' done for needy students.

(2) NARANGHAT, SHAHIBAUG.

Date : 30-12-2018, Sunday, 11.00 am

- Health-Hygiene Tips by Dr. Rachit Patel
- 'Sweater Distribution' for needy people.

(3) PASHUPATINATH TEMPLE, ODHAV.

Date : 03-02-2019, Sunday, 9.00 am to 11.00 am

- Mega Camp by specialists
- 'BLANKET' Distribution for needy people.

વૈદિક-કલા

યત્ર નારી પૂજ્યતે તત્ર રમન્તે દેવતા

મારી વ્હાલી સખીઓ,

'અર્બન ધ હોટલ' માં ડૉ. રવિભાઈ સોની દ્વારા 'વૃદ્ધત્વને સુંદર કેવી રીતે બનાવવું' તે મોટી સંખ્યામાં બહેનોએ જાણ્યું અને સુંદર ભોજન માણ્યું.

YMCA ક્લબમાં આપણા ટાઈ-અપ રેડિઓ સીટી સાથે ખૂબ જ મોટી સંખ્યામાં બહેનોએ ઉમળકાભેર ભાગ લીધો. RJ એ ગેમ્સ રમાડી, આકર્ષક ઈનામો આપ્યા અને સુંદર ભોજન માણ્યું.

દરેક સ્ત્રી સરળ જાત તપાસ દ્વારા જ કેન્સર જેવા ભયંકર રોગથી કેવી રીતે દૂર રહી શકે તે HCG કેન્સર સેન્ટરના ડૉક્ટર્સ સમજાવશે.

વિષય : Early detection of Gynec Cancer

સ્પીકર : ડૉ. કલ્પનાબેન કોઠારી ગાયનેક કેન્સર સર્જન
HCG Cancer Centre

વિષય : Breast Cancer awareness... Myths & Facts

સ્પીકર : ડૉ. માનસીબેન શાહ MD Cancer Physician
HCG Cancer Centre

સ્થળ : હોટલ હયાત રેજન્સી, આશ્રમ રોડ

તારીખ : ૨૧ જાન્યુઆરી, ૨૦૧૯

લંચ : બપોરે ૧.૩૦ થી ૨.૩૦ કલાકે

લેકચર : બપોરે ૨.૩૦ થી ૪.૦૦ કલાકે

રજીસ્ટ્રેશન ૧૫ જાન્યુઆરી

'વા' એટલે શું?

'વા' ના અલગ-અલગ પ્રકાર

'વા' ના દર્દ માં શું કરવું અને શું ના કરવું તે જાણીએ.

સ્પીકર : ડૉ. અનુજભાઈ શુક્લા

MD, DM Clinical Immunology (SGPGI)

સ્થળ : હોટલ મની મેન્શન,
મહેંદી નવાઝ જંગ હોલની પાછળ, પાલડી.

તારીખ : ૦૧ ફેબ્રુઆરી, ૨૦૧૯

લંચ : બપોરે ૧.૩૦ થી ૨.૩૦ કલાકે

લેકચર : બપોરે ૨.૩૦ થી ૪.૦૦ કલાકે

રજીસ્ટ્રેશન ૨૫ જાન્યુઆરી

શ્રીમતી કીલુબેન એચ. શાહ
પ્રમુખ
૯૮૨૫૩૧૬૨૨૨

શ્રીમતી દર્શનાબેન એ. શાહ
માનદ્ મંત્રી
૯૭૮૦૯૭૦૮૨૧

ડૉ. મેહુલભાઈ એન. શેલત
પ્રમુખ, એ.એમ.એ.
૯૮૨૫૩૯૮૮૯૧

ડૉ. કિરીટકુમાર સી. ગટવી
માનદ્ મંત્રી, એ.એમ.એ.
૯૯૯૮૩૭૦૩૫૩



AMA INITIATIVE

SWASTHYA
સ્વાસ્થ્ય
2019

INTERNATIONAL CONFERENCE ON
METABOLIC DISEASE

12-13 January 2019

📍 Pandit Dindayal Upadhyay Auditorium, Ahmedabad

“A Journey from Traditional to Clinical”



(Take your selfie @ Tobacco free zone)

ACTIVITY REPORT

- (1) Public seminar on Swine Flue on dated 24/11/2018 with Bajkhedawal Brahmin samaj was grand success. It was attended by more than 350 person and doctors
- (2) Guru speaks by Brahmakumari sister Shivani organised with Academy of paediatrics Gujarat, Ahmedabad and Brahmakumari Medical Wing on 25/11/2018. It was well attended by 1400 doctors & family
- (3) Visit to ISRO by AMA KID'S CLUB organised on 2/12/18. It was first programme under banner of Kid's club. Parents of kids appreciated the programme & gave opinion about programme. It was visit with knowledge. More than 100 kids and their parents visited ISRO.
- (4) Yoga Shibir 03/12/18 to 12/12/18 organised at our premises by qualified yoga teacher Dr. P.P. Multani.
- (5) Winter Symposium on Cardiac update, Cancer update & liver transplantation was organised at AMA. More than 150 doctors attended the CME. There was also Felicitation of Dr. Tejas Patel for his excellence work
- (6) Scientific programme on Rheumatology organised by Dr. Sapan Pandya at Fortune Landmark on 12/12/18. Large number of doctors attended the programme.
- (7) Special lecture at AMA UROGYNAEC 2018 was organised with South Federation of Urogynaecology & Society of vaginal surgeons of India on 13/12/2018. Programme was grand success.
- (8) Public seminar on Anxiety-Depression & Better Parenting was organised at our premises on 16/12/2018. Dr. Nehal Shah & Dr. Prachee Shah throw the light of knowledge of the subject in detail. People highly appreciated the programme. Skit was one of the biggest part in program.
- (9) Drug bank- concept of Dr. Mehul Shah is also started this month. Our hardworking team collected samples from their areas Doctors. kudos to our Doctor team. If any doctor want to give medicines than contact our Doctors team and Ahmedabad Medical Association.

Addictions - The new age diseases

Dr. Parth Vaishnav

MD Psychiatrist & Deaddiction Expert

Co -Director

Samvedana Happiness Hospital, Memnagar, Ahmedabad

We all have been talking about modernization, westernization and the effects that technology, social media and the current generation Z is leading to. But we all must also embrace the fact that everything that has helped us progress and advance across the ages will also have some effects or lets say side effects in short term or long term.

I still remember the chapter in medicine that explained when malaria first broke out & how it was considered as the most fatal illness to mankind which had the potential to destroy mankind. Decades later, today we have eradicated malaria from first world countries and is hardly a fatality if controlled in time even in India or many third world countries.

My point to start from this is we as not only medical professional but also as humans of this society will have to learn to embrace what problems the generation Z i.e children born after the year 2000 be facing.

Today use of substances like cigarette and alcohol is more of socialization and making a fashion statement rather than addiction. A survey says that at least 40% of students before the age of 16 have atleast once tried "Weed" the street name for Marijuana which is a form of Cannabis in Gujarat. The data may be alarming but one that has to be absorbed by us and put as a situation which requires our open minded thoughts rather than ignorance.

As a deaddiction psychiatrist i come across children as

young as 13 smoking "Hash", "Weed" and now even "Hybrid" which is a mixture of Cannabis Indica and Sativa in Ahmedabad. The prevalence of "Meth" a psychoactive substance and on record a highly addictive one is not that difficult to obtain in the city. The survey by various agencies show that over all seizures for opium, ganja which is weed, meth, heroin and other drugs for addiction have gone 200 time up in Ahmedabad in 2017/18 as compared to 2010/11. The seized drugs should be considered a small fraction of the supplies that would be actually reaching our young generations.

Commonly i have encountered that parents inspite of knowing that their child is taking illicit drug refrain from talking to them believing that it is a part of growing up process and my child will not get addicted. You are wrong. There is no way out untill one is made up. While i also encounter many parents who are aware that their children seem different but cannot recognize whether is it a adolescent crisis or are they addicted. I made up a list of commonly encountered behavioural changes in adolescent and teens to find out without any medical tests that are they upto some kind of substance addiction?

1. Stealing money from pocket of family member
2. Excessive use of perfumes, deodrants, mints, mouth washes and gum to keep bad odour away
3. Repeated use of eye drops to reduce redness caused by addictive substances
4. Becomes irregular in school & college with decline in academic performance
5. Personality changes - becomes excessively quiet or aggressive.
6. Withdrawal and decreased interaction with good friends. Remains away from old groups in school and

tuition classes.

7. Makes new friends and people whom the teen is unwilling to introduce to you or becomes member in gang like groups with anti social activities.
8. Over the counter materials such as computer duster, nail polish or nail polish remover, white out, hairsprays or other inhalants found with their belongings.
9. Excessive sleeping or markedly reduced sleep as per the addiction.
10. Weight loss or decline in eating or inversely excessive appetite
11. Drug paraphernalia such as pipes, White powder or brown substance, bags of seeds, rolling papers, empty bottles, baggies or bongos are found in their belongings.
12. Does not allow you to enter in their room strictly and usually keeps it messy and smelly.
13. Change in daily habits like not bathing or brushing teeth regularly.
14. Does not want to interact with parents, family members, spouse or neighbours and remains suspicious of their activities.

When i use the word addiction common population merely understands it as being addicted to alcohol, cigarettes, bhang/ganja, opium/opiates, Hallucinogens or meth. Well you are wrong there. We are in the age where lines between virtual and real worlds are diminishing. Yes i am talking about INTERNET. It includes Social Media, Mobile Phones, You Tube, Pornography Play Station Games, Online Gambling and the worst of all Online Gaming like "PUBG", "Blue Whale", Poker or Teen Patti Games easily available to young children through their own or even their parents mobile phones. My question would be who introduced them to

these gadgets in the first place? are we not responsible for creating this ecosystem where children have more FB friend as compared to real friends? They play more on cell phones and play station consoles but hardly go to play outdoor games? Were they born with the knowledge of how to use an iPhone or did we play a part in teaching them by constantly being hooked to social media and mobile phones when they were young. Did we not give them our devices to divert their attention because we were busy?

We are in the age where Substance i.e alcohol & drugs and behaviour i.e Technology and social media will be making up most of addictions which in reality are psychiatric problems. These problems if not handled will be transforming to addictive patterns and addiction as a disorder. Yes addiction is a disorder and like any medical illness needs attention, evaluation and treatment. We as medical fraternity will have to stand up, know about addiction as a disease and will need to send these patients to experts and specialists who can deal with these problems. You cannot simply talk out a patient from malaria, fractures or diabetes. Similarly you can never simply talk or so called counsel such patients from their addictions. Addiction is a psycho-socio-spiritual-biological disease as per recent studies.

So the next time you are sitting in your OPDs as Family doctors, Physicians, Surgeons or even super specialists identify those patient with addictive behavior patterns. and if one of such individual is in your family or in your house don't hesitate, seek help because generation Z deserves to see a world created by nature and good nurture and the latter is what we gave them by being their parents. Signing off today may be the dose on addictions was not digestible to many but remember pills difficult to digest are the ones that are most effective. I guess you know that better than me.



સદ્વિચાર પરિવાર સંચાલિત શાંતિલાલ સેજપાલ વડીલ માવજત કેન્દ્ર

સદ્વિચાર પરિવાર સંચાલિત શાંતિલાલ સેજપાલ વડીલ માવજત કેન્દ્રના ઉપક્રમે બીમાર વડીલો માટે તબીબી માર્ગદર્શન ૧ જાન્યુઆરી-૨૦૧૯ થી બપોરે ૩ થી સાંજે ૫ દરમિયાન શરૂ કરવામાં આવનાર છે. આ માટે નીચે મુજબના સેવાભાવી તબીબોની જરૂર છે.

(૧) જનરલ પ્રેક્ટીશનર-૫ દિવસ, (૨) જનરલ આયુર્વેદિક પ્રેક્ટીશનર-૫ દિવસ (૩) વિઝીટીંગ ન્યુરોલોજિસ્ટ-૧ દિવસ, (૪) વિઝીટીંગ કાન, નાક-ગળાના નિષ્ણાત-૧ દિવસ (૫) વિઝીટીંગ માનસિક રોગ નિષ્ણાત - ૧ દિવસ (૬) વિઝીટીંગ માનસિક રોગ નિષ્ણાત-૧ દિવસ (૭) વિઝીટીંગ ઓર્થોપેડિક સર્જન-૧ દિવસ (૮) વિઝીટીંગ ફિઝીશીયન-૧ દિવસ (૯) વિઝીટીંગ ચામડીના રોગના નિષ્ણાત- ૧ દિવસ (૧૦) વિઝીટીંગ યુરોલોજિસ્ટ - ૧ દિવસ

આ અંગેની વધુ જાણકારી માટે ડૉ. પંકજભાઈ એમ. શાહ (મો.) ૮૭૫૮૦૬૦૮૦૦ પર સંપર્ક સાધી શકાશે.

કાનૂની સહાય કેન્દ્ર

વયસ્ક વડીલોને પરિવાર, સંપત્તિ વગેરેના પ્રશ્નો માટે વિનામૂલ્યે કાનૂની સહાય આપવા માટે તા. ૧-૧-૨૦૧૯ થી સદ્વિચાર પરિવાર દ્વારા જસ્ટીસ શ્રી ડી. કે. ત્રિવેદીના માર્ગદર્શન હેઠળ 'કાનૂની સહાય કેન્દ્ર' શરૂ કરવામાં આવશે. જે વડીલોએ આ સેવાનો લાભ લેવો હોય તેમણે શ્રી નરેશભાઈ રાવળ (મો.) ૯૨૨૭૨૪૪૭૫૮ પર બપોરે ૧૨ થી ૧ અને સાંજે ૭ થી ૯ દરમિયાન સંપર્ક સાધવા વિનંતી છે.

