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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association)

AHMEDABAD MEDICO NEWS

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DR. DHIREN R. MEHTA Hon. Secretary - AMA

Imm. Past President - DR. MEHUL N. SHELAT

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ISSUE-7

HIGHLIGHTS

01-12-2019	A.M.A. & Senior Citizen Club Programme
08-12-2019	Breast Cancer Awareness Walkathon
12-12-2019	
& }.	Alert Today, Alive Tomorrow
13-12-2019	
15-12-2019	Scientific Programme
16-12-2019	
to	Yoga Shibir
24-12-2019	
21-12-2019	Milestone Melodies
ر 18-01-2020	
& }:	Doctor's Antakshari
19-01-2020	
22-12-2019	Ladies Club Programme
11-01-2020	Ladies Club Programme

'SECRET TO SUCCESS IS THE RESULT OF PREPARATION, HARD WORK AND PERSEVERANCE'

Message From President's & Hon. Secretary's Desk







Dear Doctors.

Our journey for the year 2019-20 has started with full vigour and is so far going very smooth, full of enthusiasm and support from all our Managing Committee members and from you all also. We are really very fortunate to get so many blessings and love from the members of AMA. Up till now all the programs have been excellent, full presence and everyone enjoyed it.

What are Associations for? Why do we need to be a part of it?

Such questions have been asked often and I always feel that this should be the right answer.

A Doctor alone cannot progress or do any event or social service- so when likeminded people gather we are able to achieve many milestones and can fulfil so many of our dreams. Plus our lives are full of Monotony and Stress and to break that, it is important that we have a change in our schedule. When we attend CMEs -not only we acquire knowledge but by meeting our colleagues we relax. Entertainment programs are usually a family affair so you can enjoy with your family. An association brings you close to so many other doctors otherwise we would be totally isolated doing our own practice. So, with this, I expect

more members to become active in the activities of association and whenever there is a protest for a cause involving our fraternity- all of us have to participate in large number because if you don't, you have no right to grumble about the wrong done to you.

We are the Health Ambassadors of our country and hence have to live a responsible life. Our life is precious to not only our family but so many others so do take care of our own health. We are very careless about it, thinking we would never be victim of so and so disease- but you never know when death stands at your doorstep- and then we feel remorse but it is too late. Of late, you all would have heard, very young promising Doctors have lost their lives due to different health ailments, but as we are consider amongst the wise, we should now be more cautious and try to relax in your day to day practice- I think all over world only Indian Doctors are seen working on weekends. Let us come out of this insecurity and try to enjoy life when given a chance before it is too late...

Have a wonderful Life ...!

"Strength does not come from winning.

Your struggles develop your strengths.

When you go through hardships and decide not to surrender that is strength."

Dr. Mona P. Desai **President Ahmedabad Medical Association**

Dr. Dhiren Mehta Hon. Secretary **Ahmedabad Medical Association**

















A.M.A. BULLETIN INDEX

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DR. URVESH V. SHAH

AHMEDABAD MEDICAL ASSOCIATION **AMA SENIOR CITIZEN CLUB**

ORGANIZE GERIATRIC UPDATE - III

Date : 01-12-2019 Sunday

Time: From 9.30 a.m. Onwards

	PROGRAMME	
09.30 a.m. to 10.00 a.m.	Registration & Breakfast	
10.00 a.m. to 10.40 a.m.	Topic : Common Geriatric Urinary Problems Speaker : Dr. Abhay Khandekar	
10.40 a.m. to 11.10 a.m.	Topic : Constipation Speaker : Dr. Sanjay Rajput	
11.10 a.m. to 11.40 a.m.	Topic : Tumour Markers for Elderly Speaker : Dr. Rushabh Kothari	
11.40 a.m. to 12.10 p.m.	Topic : Nutrition for Elderly Speaker : Dr. Urman Dhruv	
12.10 p.m. to 12.30 p.m.	Audience Participation	
12.30 p.m.	LUNCH	

Register at AMA office on 26588775 before 28-11-2019

Registration fee Rs. 50/-

DR. K. R. Sanghvi DR. Abhay Dikshit DR. K.C. Gadhavi

Co-Ordinators: Senior Citizen Club

DR. Mona P. Desai Dr. Dhiren R. Mehta

President, AMA Hon. Secretary, AMA

: 08-12-2019, Sunday Date Time : 06:30 a.m.

: River Front - Vallabh Sadan Venue

FREE REGISTRATION

7th PINK PARADE-BREAST CANCER AWARENESS WALKATHON

www.breastcentreindia.com

079-40023030

DRESS CODE: PINK/WHITE

May be you were born with wealth or status, may be not. But you were certainly born with a fight in you. The courage and strength to overcome, and the mind to build.

Let us celebrate the success and will of our esteemed fighters and survivors. Let us learn from their stories and support their cause. And in the process, let us allow ourselves the benefit of good health and early diagnostics. For health begins at home and your first doctor is you.

JOIN BREAST CANCER AWARENESS WALKATHON

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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.

ALERT TODAY – ALIVE TOMORROW

An excellent initiative taken by Ahmedabad Medical Association in collaboration with Ahmedabad Cancer Foundation (ACF) and Cardiovascular Heart and Fitness (CVHF) to arrest the menace of Cancer and Heart diseases for tobacco users.

A dedicated plan to examine tobacco users i.e. oral examination as well as Cardio Vascular System examination by M.D. Physicians and Family Physicians is organized. A training session will be conducted for two hours - one hour each for Cancer and Cardio Vascular training will be done by the experts from the team of Dr. Kastubhai Patel and Dr. Sameer Dani respectively.

All the trainee doctors will be given a Certificate stating them as "Certified Preventive Oral Oncology Expert, Tobacco -de-addiction and preventive Cardiology Expert ".

The details of the training sessions are:

Thursday, 12th December, 2019: 3.00 p.m. to 5.00 p.m.

For M.D. physicians

Friday, 13th December, 2019 : 3.00 p.m. to 5.00 p.m.

For Family physicians.

Venue: Ahmedabad Medical Association Hall, Ashram Road.

DR. Mona P. Desai Dr. Dhiren R. Mehta President, AMA Hon. Secretary, AMA

SCIENTIFIC PROGRAMME NO. 3

GEETABEN M. DESAI & SMT. SUMITRABEN PATEL SCIENTIFIC PROGRAMME



The Global TB Report of 2019 is released and it states TB Continues to remain as the world's top infectious killer

In India...

- TB kills 4000 people each day.
- 19.9 lac TB patients were notified in 2018 and more than 7 lac patients not notified or not dignosed.
- 1.3 lac DRTB patient detected.
- Treatment coverage is only 74%.

Hence there is still need for awareness and doctors have to be Health ambassadors to improve this scenario:

Another Global Epidemic is Obesity.

This burning problem has now been headache right from childhood. So let us all understand the intricacies of Obesity.

Date : 15-12-2019, Sunday : 09:00 a.m. onwards Time

: AMA Hall, Ashram Road Venue

09.00 a.m. to 09.30 a.m. Registration & Breakfast

Programme Details:

Topic : "Wanted Leaders for a TB free World"

Speaker: Dr. Swati Gohel M.D. (Medicine) FNB (Infectious Disease)

Topic : Pulmonary & Extra Pulmonary TB

Speaker: **Dr. Swati Gohel** M.D. (Medicine) FNB (Infectious Disease)

: Metabolic Surgery: A new hope for lean diabetics Topic

Speaker: Dr.M.Narwaria

: Nutritional management of Obese patient Topic

Speaker: Dr. Arya Singh

: Role of Exercise and Physical activity for weight loss Topic

Speaker: Dr. Sunil P. Mehta

: Endoscopic bariatric procedures - The new kid on Topic

the block

Speaker: Dr. Nilay Mehta

Panel discussion (30 minutes)

Moderator: Dr. Navneet Shah

Panelist: Dr. M. Narwaria, Dr. Arya Singh,

Dr. Sunil P. Mehta, Dr. Nilay Mehta

Take home message

Programme will be followed by LUNCH

Registration Fee Rs. 50/-

Please register at AMA Office

Telephone - 26588775 before 13-12-2019

DR. Mona P. Desai President, AMA

Dr. Dhiren R. Mehta

Hon. Secretary, AMA

YOGA SHIBIR

Late Dr. C. C. Raval - Divya Jivan Sangh For Doctors & their Family Members

: 16-12-2019 to 24-12-2019 Date

Time : 07:00 a.m. to 08:00 a.m.

: AMA Premises Venue

Yoga is a great way to work on your flexibility and strength. Just about everyone can do it.

ADVANTAGES: Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular Yoga practice creates Mental clarity and calmness, increases body awareness, relieves chronic stress, relaxes the mind centers and sharpens attention.

10 Benefits of Yoga:

- Improve flexibility
- Improve strength and posture
- Stretches & Tones your muscles
- Better all round fitness
- Maintain Weight
- Increase your energy
- Reduce stress
- Breathe better
- Be happier
- Become more mindful i.e. alert

Registration fee **Rs. 50/-** per person

This Shibir will be conducted by

Dr. Pushpa P. Multani (Qualified Yoga Teacher)

DR. Mona P. Desai

Dr. Dhiren R. Mehta

President, AMA

Hon. Secretary, AMA

AHMEDABAD MEDICAL ASSOCIATION

Presents

An Audio-Visual Musical Bonanza

MILESTONE MELODIES

(A Musical Journey with Scintillating Songs)

Date and Time : 21-12-2019, Saturday

8.00 p.m. to 8.45 p.m. Dinner

Programme will start at 9.00 p.m.

Anchor : Dr. G. G. Oza

Co-operation : Dr. Gurudutt Thakker

Editing & Video Assistance: Dr. Urman Dhruv

: AMA Hall, Ashram Road Place

Registration Fee

AMA Members Rs. 50/- per person

For Registration Contact AMA Office **Phone 26588775** before 19-12-2019

DR. Mona P. Desai

Dr. Dhiren R. Mehta

President, AMA

Hon. Secretary, AMA

*

DOCTORS' ANTAKSHRI

Ahmedabad Medical Association is organizing "Doctors' Antakshri" amongst different specialities on 18th & 19th January, 2020. Two Teams of 3 doctors each will be invited from each Association of different specialities.

- Antakshri will be played with tunes of Live Orchestra.
- Exciting Mega Prizes for the Winners.
- Attractive prizes will be given for audience participation.
- Dinner will follow the event.

Rules and Regulations and other details of this event will be given in next bulletin.

SO BLOCK YOUR DATE: 18th & 19th JANUARY-2020

REPORT OF SHARADUTSAV

This year's GARBA PROGRAM of Ahmedabad Medical Association was organised on 13th October'19-Sunday- and fortunately it was coinciding with SHARAD PUNAM and hence our name 'SHARADUTSAV' was absolutely apt this time. The program started with blessings and aarti of 'MAA AMBA' and then all our members and their family members did Garba to the tunes of live Orchestra of Sa Re Ga Ma -band . With the melodious songs of all the singers everyone danced till their 'feet could no longer move'. The food was delicious and like icing on the cake 'Dhudh Pauva' made the feast complete. Around 42 prizes were given to the members and their family members according to their age group and also for Best Performance and Best Dress. 3 judges did this herculian task in a very flucid manner. Our Past president and GSB IMA past president- Dr. Yogendra Modi was felicitated by our IMA National Past President Dr. Jitubhai Patel for always helping us for bringing Sponsorship from Banks for this event. All in all, a successful entertainment program enjoyed by approx. 1000 of our members and their family.

Report of Scientific program organised on 19/10/19

Ahmedabad Medical Association's new Scientific committee for the year-2019-20 organised it's first scientific program on 19th October'19 at 9:00pm at AMA Hall. Two Scientific delibrations were kept. The first Speaker was Dr. Dushyant Chauhan D.M. (NEURO)- a very eminent Neuro physician of Ahd city. His topic was-'DROP-OUTS ,FITS, FAINTS AND FALLS'. A very vast topic but very ably concised in short without leaving any important facts and also making it very simple to understand - that is the virtue of an excellent orator-and it was a treat to listen to him.

The second delibration was given by a well known Psychiatrist -Dr. Himanshu Desai M.D. (PSYCHIATRY) -on the topic 'COMMUNICATION OF DOCTOR AND PATIENT- A PRACTICAL APPROACH' It was most interesting as he showed every aspect of communication with a 'ROLE-PLAY'. The Role-Play was enacted so wonderfully and convincingly by Dr. Himanshu Desai himself, Dr. Suhag Doshi (M.D.Psychiatry) and our Hon Sec. Dr. Dhiren Mehta.

It was an excellent, informative, most interesting and also humourous Scientific Program enjoyed by approx. 100 Doctor members.

Report of Dhanvantari Pujan

Like every year Dhanvantari Pujan was done on 25th of October-2019 at Ahmedabad Medical Association premises. It was the auspicious day of 'Dhanteras' and the custom of praying RISHI DHANVANTARI - the Physician of all Gods and also of us - was celebrated with full faith. A shloka for Dhanvantari Pujan was chanted and all the Managing Committee members and also few past presidents with members of AMA join this divine pujanpraying for our health and health of all our patients. President Dr. Mona Desai explained everyone the importance of this pujan and greatness of Rishi Dhanvantari.

WE WELCOME FOLLOWING NEW LIFE MEMBERS

9860	LC	DHANDHUKIYA RAJDEEP JASHVANTRAI
9861	LC	DHANDHUKIYA MADHAVI RAJDEEP
9862	L	PATEL RAHUL DINESHKUMAR
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9865	L	VIDJA JAYDIP DHIRUBHAI
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9867	L	GURJAR YAMINI JERAMBHAI
9868	L	PRAJAPATI CHINTAN PRAHLADBHAI
9869	L	PANCHAL RAJESHKUMAR AMRUTLAL
9870	LC	PANCHAL NIKUL JAGDISHBHAI
9871	LC	PANCHAL NEETA NIKUL
9872	L	UPADHYAY RAJAN HEMANSHUBHAI
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9883	LC	RABARI JAYANA HARDIKKUMAR
9884	L	SHAH KINJALBEN KALPESHKUMAR

OBITUARY

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



DR. GUNVANTRAO R. PATEL

Date of Birth : 14-06-1941 Date of Death : 27-09-2019



DR. MONA S. DUTT

Date of Birth : 04-12-1937 Date of Death : 06-10-2019



DR. JAYESH A. SHELAT

Date of Birth : 19-12-1952 Date of Death : 24-10-2019



DR. ASHOK J. SHAH

Date of Birth : 10-05-1943 Date of Death : 29-10-2019

*

CONGRATULATIONS

FOLLOWING MEMBERS OF AMA HAVE BEEN ELECTED IN GUJARAT STATE BRANCH, I.M.A. FOR THE YEAR 2019-2020

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FAMILY WELFARE SCHEME	

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N.S.S.S.	

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HON. TREASURER	DR. APURVA PAREKH
HON. JT. TREASURER	DR. BHAGIRATH SOLANKI

CONGRATULATIONS

DR. AMAR SHAH has been elected to the post of JOINT SECRETARY of the Indian Association of Pediatric Surgeons at National Conference of IAPS at New Delhi.

DOCTORS ON CALL IN DIWALI

WE ARE THANKFUL TO FOLLOWING DOCTORS FOR RENDERING SERVICES

AHMEDABAD MEDICAL ASSOCIATION & AHMEDABAD FAMILY PHYSICIANS ASSOCIATION

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- 5. DR. GANDHI ARCHIT S.
- 6. DR. PUROHIT SHARAD P.
- DR. GANDHI SHASHANK S.
- DR. GOYAL R.C.
- DR. BUCH KEYUR A.
- 10. DR. SHAH ALOK & MUKESH

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DR. SHAH SANKIT

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- 4. DR. VORA DEEPAK J.

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- SYNERGY HOSPITAL
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- 4. DR. WADHWA SANJAY
- 5. DR. SHAH KIRAN
- 6. DR. SHAH TEJAS N.

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- 2. DR. SHAH AMIT

PSYCHIATRY

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- DR. THAKER DARSHANA K.

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- 2. DR. SHAH JAGDISH G.

RADIOLOGIST

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- 2. GUJARAT IMAGING CENTRE-SAMVED
- 3. INFOCUS DIAGNOSTIC

FAMILY PHYSICIAN

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- 2. DR. MEHTA HITESH S.
- DR. SHAH ASHVIN R.
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- 6. DR. PATEL VARUN
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- 12. DR. VACHHARAJANI PRAGNESH M.
- 13. DR. BRAHMABHATT ANIL G.
- 14. DR. MITRA H. T.
- 15. DR. IYOTINDRA C. MEHTA
- 16. DR. ARUNA ANUPAMBHAI SHAH
- 17. DR. BAKROLIYA TARIO A.
- 18. DR. SHAH SURESH A.
- 19. DR. ISMAILI AMAN

REPORT OF "DOCTORS ON CALL IN DIWALI

- Total No. of Calls Received 690.
 - 88 Calls for Burns
 - **42** referred to Surgery
- **58** refered to Gastro entrologist
 - 289 Fever / Cough
- 48 Gynaec / Obstrectician's Problem
 - Rest minor ailments.

Be a Member of F.B.S., S.S.S., P.P.S., **Health Scheme** and N.S.S.S.





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લેકીઝ-કલલ

"Women are the real architects of society"

Cher

Dear Friends

કેમ છો ? દીવાળી નો તહેવાર - વેકેશન વગેરેની મજા માણી તમે સૌ તાજગી સભર પોતાના Routine માં પરોવાઈ ગયા હશો.

AMA સાથે Diwali Get Together નો સુંદર પ્રોગ્રામ માણવાની મજા આવી હશે.

- બાળદિનની ઉજવણી : Ladies Club ના Office Bearers અને Members એ બાળદિન નિમિત્તે "જીવન તીર્થ" સંસ્થાના બાળકોની મુલાકાત લીધી અને ત્યાં "હેલ્થ કીટ" નું વિતરણ કર્યું.
- **Mega Financial Seminar** : તા. ૧૬મી નવેમ્બર એ "Tracom" ના સહયોગથી સફળ રહ્યો.

મોટી સંખ્યામાં ભાગ લેવા બદલ આભાર. ખૂબ જ ઉપયોગી માહિતી Family Finances, Finance Management વગેરેની વિસ્તારપૂર્વક માહિતી મેળવી.

હવે શિયાળો ધીમે ધીમે આવી રહ્યો છે.

સ્વાસ્થ્ય અને સ્વાદ બન્ને માણવાની આ મોસમ છે. આપણા પ્રોગ્રામ પણ આ જ પ્રમાણે આકાર લેશે.

જે મેમ્બર્સ લેડીઝ ક્લબનાં વોટ્સ એપ ગ્રુપ ૨૦૧૯-૨૦માં નથી તેઓ પોતાનાં ફોન નં. ૯૪૨૭૦ ૨૨૫૮૬ પર મેસેજ કરે. જેથી તેઓનો વોટ્સ એપ ગ્રુપમાં સમાવેશ કરી શકાય.

આવનાર દરેક પ્રોગ્રામમાં રજીસ્ટ્રેશન માટે ગુગલ- ની લીન્કને પ્રાયોરીટી આપવી.

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પ્રોગ્રામ તાં. ષ : Mega Seminar of Happiness Health & Complete Fitness

AMA Senior Citizen Club at સકશોગ થી

આવો આ Seminar માં Galaxy of Speakers ને સાંભળીએ અને જ્ઞાન તથા ગમ્મતથી સભર એવા આ Seminar માં મોટી સંખ્યામાં ભાગ લેશો એવી અપેક્ષા.

સાથે સાથે Special Prizes by FM 95 RJ Devang અને Lucky Draw માં સુંદર ઈનામો જીતવાની તક.

તારીખ : ૨૨-૧૨-૨૦૧૯, રવિવાર

સ્થળ : અમદાવાદ મેડિકલ એસોસીએશન

સમય : સવારે ૯ થી ૧૦ Registration & Breakfast

સવારે ૧૦થી ૧ Seminar બપોરે ૧ વાગ્યે Lunch

Topics	Speaker	
• Myths & facts about	Dr. Apurva Vyas	
Weight loss		
• Super Women - Doctor	Dr. Mona Desai	
· How to Prevent	Dr. Yaxat Shah	
Knee Pain		
• પ્રદૂષણનો રાક્ષસ નાથવો સહેલો	Dr. Parthiv Mehta	
Happiness in Relations	Dr. Darshna Thakker	

• Registration •

Ladies Club / AMA Members: 100 Rs. Guest: 150 Rs. Last date of registration: 15-12-2019 Kit to all delegates.

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પ્રોગામ તં. 9 : Basic Mobile & Technology Workshop Hitcon 2020 ના સહયોગથી

આજના જમાનામાં રોજ બરોજ ની જીંદગીમાં આપણે મોબાઈલ અને અને કવિધ ટેકનોલોજીનો ઉપયોગ કરીએ છીએ.

આવો ટેકનોલોજીને લગતી વધુ માહિતી મેળવીએ અને વિવિધ આકર્ષક Gadgets, Apps અને Tools વિષે નિષ્ણાંત પાસેથી જાણીએ.

તારીખ : ૧૧-૦૧-૨૦૨૦, શનિવાર

સ્થળ : અમદાવાદ મેનેજમેન્ટ એસોસીએશન, અટીરા પાસે

સમય : બપોરે ૧ થી ૨ કલાકે Lunch

બપોરે ૨ થી પ કલાકે Workshop

Topic: l: Google in Day to Day Life

Speaker: Dr. Chinmay Shah, Bhavnagar

Topic: 2 : Social Media for all

Speaker: Dr. Chaitanya Buch, Baroda

Topic: 3 : Basic Mobile Learning Workshop

Speaker: Dr. Alok Modi, Mumbai

अने अन्य विषयो

• Registration •

Members : Free (ફરજીયાત) Guest: 100 Rs.

Last Date for registration: 4-12-2019

આવનાર પ્રોગામની ઝલક

- Diet & Nutrition Seminar
- Medico Spiritual Lecture by B. K. Shivani

મથુરી વછરાજાની

હિરલ શેલત

પ્રમુખ - લેડીઝ ક્લબ

માત્તદૃ મંત્રી - લેડીઝ ક્લબ

મો. ૯૪૨૭૦૨૨૫૮૬

મો. ૯૯૨૫૩૯૮૮૯૧

ડૉ. મોના દેસાઇ

ડૉ. ઘીરેત મહેતા

સેક્રેટરી

અમદાવાદ મેડિક્લ એસોસિએશન

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