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# AHMEDABAD MEDICO NEWS

Ahmedabad Medical Association  
(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

OCTOBER-2018

Issue-6

## HIGHLIGHTS

- 05-11-2018 Dhanvantari Pujan
- 18-11-2018 Diwali Get Together
- 24-11-2018 Scientific Programme
- 03-12-2018 to 12-12-2018 Yoga Shibir
- 25-11-2018 The Guru Speaks
- 02-12-2018 Visit to ISRO (Kid's Club Prog.)



Wish you Happy Diwali  
and  
a Prosperous New Year

"Look back & THANK GOD, Look forward & TRUST GOD"

All India Fertility & IVF Ranking Survey - 2018

## HAT TRICK!

2016, 2017 Now 2018



AHMEDABAD



→ **Mumbai Institute**  
Mumbai: 3<sup>rd</sup>  
Western India: 6<sup>th</sup>

→ **Delhi Institute**  
Delhi NCR: 7<sup>th</sup>  
Northern India: 10<sup>th</sup>

→ **Kolkata Institute**  
Emerging Institute  
in 2018

THE TIMES OF INDIA

(i3RCinsights Survey)



Ahmedabad • Mumbai • Delhi • Kolkata • Surat

Ahmedabad : Opp. Manjulal Muni. Garden, Next to Adani CNG & Gajrawala Flats, Paldi # Roads, Paldi, Ahmedabad-7  
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Mumbai

Ghatkopar : 1st Floor, Jayant Arcade, Rajawadi Signal, M. G. Road, Ghatkopar (E), Mumbai-77. Ph. 022-250 88888 M. +91-91672 04020  
Borivli : +91-91672 04019 Andheri : +91-93204 59595 Dadar : +91-93204 59595 Thane : +91-91672 04018 Vashi : +91-91672 04018

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Surat : Bavishti Fertility Institute, 9th Floor, Param Doctor House, Lal Darwaja, Station Road, Surat-3. M. +91-98795 72247

Toll Free No. : 1800 233 3434 | E-mail : drbavishti@ivfclinic.com | Web : www.ivfclinic.com

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## Message From President and Hon. Secretary Desk



Respected Seniors & Dear Friends,  
Namaste,

First of all Let's follow this Year's Slogan " Look Back & Thank God Look Forward & Trust God".

We are thankful to Dr. Mahendrabhai Desai for accepting our invitation as an Installation Officer at Installation Ceremony.

We are lucky to have blessings of Pujya Gnanvatsal Swami as a Chief Guest.

Our Guest of Honor is a dedicated & devoted personality. A Godfather for lots of Doctors & God for lots of patients - Dr. D.M. Dave.

We are very much thankful to all past Presidents of AMA who gave us blessings for betterment of AMA.

Thanks to MOC Dr. Vishal Sharma.

& at last thanks to AMA Members & Office Staff.

Our first CME was sponsored by Radiance Hospital. Thanks to Radiance Team.

Our 1st Senior Citizen Club program was guided by Dr. K.R. Sanghavi & Dr. Abhay S. Dikshit at Karm Café.

We have planned Kid's Club, Youth Forum, Educational Programmes, Seminars, Entertainment Programmes & Lots more for this year.

Nothing more to say.

Let's work better for AMA as a TEAM& we needs your support & blessings.

Regards,

**Dr. Mehul N. Shelat**

President

Ahmedabad Medical Association

**Dr. Kiritkumar C. Gadhavi**

Hon. Secretary

Ahmedabad Medical Association

## AHMEDABAD MEDICAL ASSOCIATION OFFICE BEARERS - 2018 - 2019

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**DR. JAYESH D. PATEL**

### VICE PRESIDENT



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### HON. SECRETARY



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### HON. JT. SECRETARY



**DR. SUNIL B. CHENWALA**

### HON. JT. SECRETARY



**DR. NIRAV V. MODI**

### HON. FINANCE SECRETARY



**DR. ASHISH A. BHOJAK**

### HON. LIBRARY SECRETARY



**DR. RACHIT PATEL**

### IMM. PAST PRESIDENT



**DR. JAYESH P. SACHDE**

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

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	M. 98240 18848

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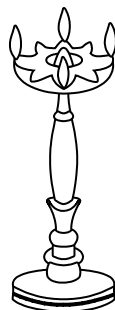
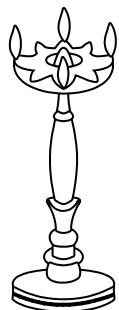
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*Wish you Happy Diwali  
and  
Prosperous New Year*




To  
All Doctor Members  
&  
Their Family Members  
of  
Ahmedabad Medical Association  
From  
Office Bearers  
&  
Managing Committee Members  
&  
AMA Sub Committees  
&  
All Past Presidents  
&  
Office Staffs  
of  
Ahmedabad Medical Association





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**ધનવંતરી પૂજન**

તારીખ : ૦૫-૧૧-૨૦૧૮

સમય : બપોરે ૧.૦૦ કલાકે

સ્થળ : અમદાવાદ મેડીકલ એસોસીએશન

સર્વે ડૉક્ટર મિત્રોને ધનવંતરી પૂજનમાં જોડાવા હાર્દિક આમંત્રણ છે.

**ડૉ. મેહુલ એન. શેલત**

પ્રમુખ

અમદાવાદ મેડીકલ એસોસીએશન

**ડૉ. કિરીટકુમાર સી. ગઢવી**

સેક્રેટરી

અમદાવાદ મેડીકલ એસોસીએશન

**DISCLAIMER**

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# Diwali Get Together

તારીખ : ૧૮-૧૧-૨૦૧૮, રવિવાર  
સમય : સાંજે ૪.૩૦ થી ૮.૩૦ સુધી  
પાસ રૂા. ૧૫૦ પ્રતિ વ્યક્તિ  
સ્થળ : અમદાવાદ મેડીકલ એસોસિએશન પ્રિમાર્થસીસ



## પ્રોગ્રામ



સાંજે ૪.૩૦ થી ૫.૦૦ : ચા-નાસ્તો  
સાંજે ૫.૦૦ થી ૬.૦૦ : ૧. ફેશન-શો  
૨. વેશભૂષા હરિફાઈ  
(૧૫ વર્ષ સુધીના બાળકો માટે)  
કો-ઓર્ડીનેટર : કીર્ત્તિ કલબ - ડૉ. દેવલ પંચાલ  
અને શૈલી નિરજ શાહ  
સાંજે ૬.૦૦ થી ૭.૦૦ : Panel Discussion in Gujarati  
on  
NEUROLOGY (Sci. Prog. No.2)

**Penalist**  
1. Dr. Priyank Shah  
2. Dr. Bhumir Chauhan  
3. Dr. Bhagyadhan Patel  
4. Dr. Samir Patel

**Courtesy** : Neuro Education Group

**Moderator** : Dr. Viral D. Shah

સાંજે ૭.૦૦ થી ૮.૦૦ : **અનોખી અંતાક્ષરી**

"શબ્દ એ જ સંગીત"



કો-ઓર્ડીનેટર : ડૉ. વિમલ મહેતા અને ગુપ્ત

સાંજે ૮.૦૦ : આતશબાજી  
અને  
Dinner

## વિશિષ્ટતાઓ

- બાળકો માટે પોપકોર્ન, ચોકલેટ
- દરેક ભાગ લેનારને ચોક્કસ ઈનામ
- ફેશન-શો / વેશભૂષા માટે ૪૦ Entry સિમિત
- અંતાક્ષરી માટે ૫૬ Entry સિમિત
- જાજરમાન ઈનામોની વણગાર



વેશભૂષા - ફેશન-શો - અંતાક્ષરીની Entry અને પાસ માટે

Please Contact AMA Office Phone : 26588775

ડૉ. ચિંતન કે. ગાંધી  
ચેરમેન, ૨૦૧૮-૧૯

ડૉ. મેહુલ એન. શેલત  
પ્રમુખ, ૨૦૧૮-૧૯

ડૉ. નિરવ વી. મોદી  
સહમંત્રી, ૨૦૧૮-૧૯

ડૉ. કિરીટકુમાર સી. ગઢવી  
મંત્રી, ૨૦૧૮-૧૯

રમત-ગમત અને સાંસ્કૃતિક સમિતિ

અમદાવાદ મેડીકલ એસોસિએશન

**SCIENTIFIC PROGRAMME NO. 3****Dr. H. G. Jambhekar Sci. Prog.****SWINE FLU PUBLIC SEMINAR****Venue** : Pranshankar Hall, Maninagar**Time** : 6.30 p.m. onwards**Date** : 24/11/2018, Saturday**Speakers** : (1) Dr. Parthiv Mehta  
(2) Dr. Vipul Shah**Programme** : Mr. Vimal Niranjan Pandya**Co-ordinator**

For Registration

**Kindly SMS / W'app only on 9824251430****Courtesy by : શ્રી બાજબેડાવાળ બ્રાહ્મણ સમાજ****AMA Co-Ordinator****Dr. J. D. Patel****Dr. Sunil Chenwala****Dr. Mehul N. Shelat**  
President, AMA**Dr. Kiritkumar C. Gadhavi**  
Hon. Secretary, AMA**DRUG BANK****Concept by : Dr. Mehul Shah**

- આપની હોસ્પિટલ / ક્લિનિકમાં સેમ્પલની દવાઓ / ઈન્જેક્શન / ડ્રેસિંગ મટીરીયલ્સ AMA Drug Bank માં આપ આપી શકો છો.

જેનો સદુપયોગ અમદાવાદ અને અમદાવાદ બહાર ચાલતી ચેરીટી સંઘ્યા ક્લિનિકમાં અમે પહોંચાડીશું.

એરીયા કો-ઓર્ડિનેટરના નામ આવકાર્ય.

**Contact : AMA Office 2 to 6 pm : 26588775**Academy Of Pediatrics , Gujarat & Ahmedabad  
In Association with Ahmedabad Medical Association(AMA) &  
Brahma Kumaris Medical Wing Presents...**The Guru Speaks****Best Ever Prescription for Doctors**  
by**brahma kumari**  
**Sister shivani**

A Magnificent Star of Spiritual World

on 25th Nov. 2018 - Sunday

:: VENUE ::

Pandit Dindayal Upadhyay Auditorium,  
Behind Rajpath Club, Bodakdev, S.G. Highway, Ahmedabad-380059.

:: TIME ::

07.00 To 08.00 am	Registration & Inauguration
08.00 To 10.00 am	Talk by Brahma Kumari Shivani

**HIGHLIGHTS OF TALK**

- X-Ray of Life
- Emotional Detox
- Relationship Cure
- Work-life Balance
- Easy Meditation for Busy Doctors

**INVITEES****Dr. Mehul N. Shelat**  
President (AMA)**Dr. Nishchal Bhatt**  
President, AOP Gujarat**Dr. Manish Mehta**  
President, AOP Ahmedabad**Dr. Kiritkumar C. Gadhavi**  
Hon. Secretary (AMA)**Dr. Kiran I. Shah**  
Secretary, AOP Gujarat**Dr. Dipesh Pujara**  
Secretary, AOP Ahmedabad**Dr. Jitendra N. Patel**  
Chairman, Guru Speaks Committee, AMA**Dr. Banarasilal Sah**  
General Secretary,  
Medical Wing RERF, Mt. Abu.**Mita Gandhi****Dr. Pragnesh M. Vachharajani**  
Secretary, Guru Speaks, Committee, AMA**Notes:**

- \* Online Registration first come first base registration link: <http://tinyurl.com/bkconf2018>
- \* Children below 12 years are not allowed.

**Contact AMA Office 26588775**

Conference Partner

**MCON**

## A.M.A. & AFPA Doctor on Call in Diwali

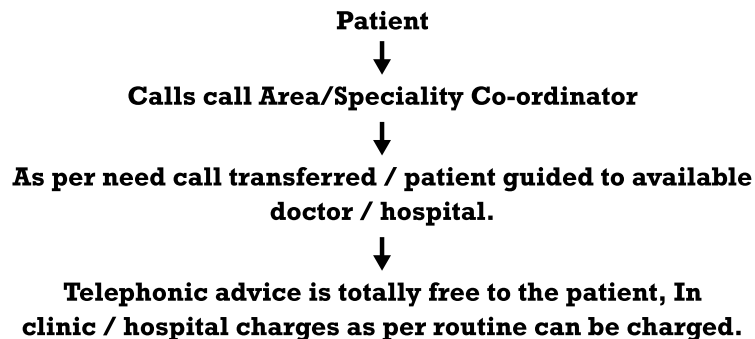
Dear friends during diwali there is always limited availability of doctors, as they are enjoying most needed vacation.

During this time the patients have to suffer due to this, so to avoid inconvenience to patients and help society at large we are planning a on call service in diwali.

We are preparing a list doctors available during diwali holidays in Ahmedabad. If you are interested in rendering service during diwali please send your contact details and availability via email to A.M.A.

You are not supposed to sit in your clinic; you will be called only in emergency. We are preparing list area wise and speciality wise.

The project will work like this.



We will publish the helpline number which will be operational from 04-11-2018 to 09-11-2018.

Those Doctors want to give their services are requested to contact office.

**Dr. Mehul N. Shelat**  
President (AMA)

**Dr. J. C. Mehta**  
President (AFPA)

**Dr. Kiritkumar C. Gadhavi**  
Hon. Secretary (AMA)

**Dr. Kamlesh Naik**  
Hon. Secretary (AFPA)

**Co-Ordinator**

**Dr. Pragnesh Vachharajani**

## દિવાળી પર્વ નિમિત્તે

અમદાવાદ મેડીકલ એસોસિએશનનો એક નમ્ર પ્રયાસ...  
અંધજન મંડળ, વસ્ત્રાપુર સાથે...



- What might be worthless to you MAY BE PRICELESS TO US...
- જેઓ આપશ્રી સાથે કદમ મીલાવવા ઉત્સુક છે તેવા પ્રજ્ઞાચક્ષુ, અધિરાંધ અને દિવ્યાંગની વિકાસયાત્રામાં આપ પણ સહયોગ કરી શકો છો.
- આપના ઘરમાં ન કામની વસ્તુઓ જેવી કે છાપાની પસ્તી / કપડા / ફર્નિચર / કબાટ / સાયકલ / વાસણો / રમકડાં / ચોપડીઓ વગેરે.

AMA Office માં પહોંચાડો.

Give us your discards & we'll use them to light up lives...

**For more details**  
**Contact : AMA Office : 26588775**



## ASSOCIATION CORNER

### Introduction :

Dear Member,

- Greetings from TEAM AMA
- We are Starting this new initiative in AMA BULLETIN from this month.
- The idea is to share information across specialities & let members find all useful activities information about various regional & speciality association on a single platform of AMA.
- You are invited to share information on important updates like...

- ➔ Change of Office Bearers.
- ➔ CME
- ➔ Conferences of Association
- ➔ Community Service Program
- ➔ Entertainment Program & etc...

You are requested to write it on your letterpad before 15<sup>th</sup> of every month & after review by bulletin committee it will be publish.

- Please be brief & precise, matter only up to 3 to 10 lines
- All the members of association must be IMA eligible.

### AHMEDABAD FAMILY PHYSICIANS ASSOCIATION

11<sup>th</sup> GSFPF Convention & 17<sup>th</sup> AFPA Conference will be held on 22<sup>nd</sup> & 23<sup>rd</sup> December for Family Physicians of Gujarat State at AMA House (on 22<sup>nd</sup>) & K. D. Hospital (on 23<sup>rd</sup>). For registration & more details contact

- |                      |                 |
|----------------------|-----------------|
| (1) Dr.J. C. Mehta   | (M.) 9825039653 |
| (2) Dr. Kamlesh Naik | (M.) 9824068671 |

## IMLEACON - 2018

The National conference of Indian Medico Legal & Ethics Association

Date : 1<sup>st</sup> & 2<sup>nd</sup> December, 2018 Saturday & Sunday

Venue : Ahmedabad Management Association,  
J.B. Auditorium, Vastrapur, Near Atira, Ahmedabad.

### For Details :

[www.imleacon2018.com](http://www.imleacon2018.com), [imlea-india.org](http://imlea-india.org)

E-mail : [imleacon2018@gmail.com](mailto:imleacon2018@gmail.com)

For Association Corner Matter

Pl. Contact : AMA Office : 26588775

### YOGA SHIBIR

Late Dr. C. C. Raval - Divya Jivan Sangh

For Doctors and their Family Members

Date : 03-12-2018 to 12-12-2018

Time : 7.00 a.m. to 8.00 a.m.

Place : AMA Premises

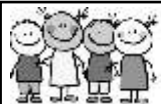
# Registration fee Rs. 50/- per Person

# This Shibir will be Conducted by

Dr. Puspa P. Multani (Qualified Yoga Teacher)

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





## AMA KID'S CLUB



**Concept by : Dr. Deval D. Panchal**

This Year we are starting Kid's Club up to 17 years of a Medico family's Child. Our Aim is to give something new to our future.

**Registration : Rs. 100/- for 1 year for better management**

### Major Attractions of Kid's Club :

- Visit to Scientific places
- Picnic
- Movies
- Seminars / Lectures on Different topics like...
  - Exam Fear
  - How to become a top
  - NEET - JEE
  - Doctor / Engineer / CA - Choice of Future
  - Social Media
  - Reading - Our best friend & etc..
- Yoga - Meditation - Spirituality
- Sports - Parenting & Childhood
- Sports
- Extra Curricular activities



### Our 1<sup>st</sup> KIDS CLUB PROGRAM

#### Visit to ISRO

(Indian Space Research Organisation)

**Date : 2/12/2018**

**Time : 10 am to 12 pm**

Will gathered @ AMA 9 am  
will reach to ISRO by private Vehicle



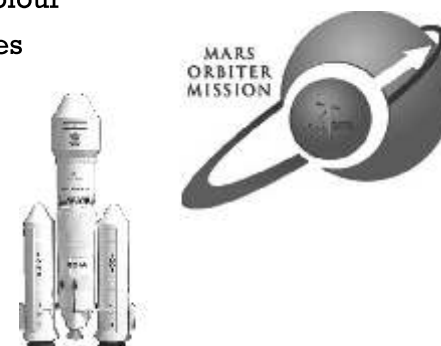
**Programme will be followed by lunch.**

**Mother / Father can come with their child**

**Programme Co-ordinator : Vashishtha Kuntal Gajjar**

## :: MAJOR ATTRACTIONS ::

- Sound & light show in colour
- 3D TV without spectacles
- Augmented Reality
- Virtual Presenter
- GSLV Animation
- SD Theatre
- Interactive Bhuvan
- Flight Sair
- Astropants
- Satellite Communications & etc...



**Contact AMA Office on 26588775 for details**

## INFORMATION

### Donation to Ahmedabad Medical Association



#### Late Shri Dr. Babalal N. Parikh

As per letter of Mrs. Usha Babalal Parikh, in memory of Late Shree Dr. Babalal N. Parikh, his family members has donated Rs. 1,00,000/- (Rupees One Lakh Only) to Ahmedabad Medical Association.

As per their wish, as Late Dr. Babalal N. Parikh was General Practitioner, this donation is to be used for the activities related to General Practitioner / promote activity of General Practitioner.

Ahmedabad Medical Association is thankful for this generous donation for this noble cause.

## AMA YOUNG FORUM



Concept by : **Dr. Mehul Shah**

AMA is an Association of Doctors and their Family Members. Besides Scientific, Social and Community services, this year we would like to strengthen our young family members for their betterment.

To know each other and to develop their educational skills, personality & cohesiveness among each other, We would like to give them AMA platform to move further in their career.

As we have Kid's Club also this time. Ahmedabad Medical Association Young forum is for College students and for graduates.

We want to do important activity under this forum for young generation, like seminars, career Counselling, Campus visits and etc.

So kindly give your views, opinion and participation for young brigade to make this AMA Young forum successful.

### AMA YOUNG FORUM CO-ORDINATORS

**Dr. Adit K. Desai**

**Dr. Kirit H. Kharsadiya**

**Dr. Sahil N. Shah**

**Dr. Urvesh V. Shah**

## ACTIVITY REPORT

### Installation ceremony on 30-09-2018, Sunday

Installation ceremony of New Team of Ahmedabad Medical Association was held at the premises of our Association.

Pujya Gnanvatsal Swami (BAPS) Atladara Dist Vadodara was Chief Guest.

Dr. D. M. Dave (Modasa) was Guest of Honour. Dr. Mahendrabhai B. Desai is a Chairman Finance Committee I.M.A. H. Q. and Past President of Gujarat State Branch IMA and Ahmedabad Medical Association was Installation officer.

It was attended by large number of members & family members.

Pujya Gnanvatsal Swami gave blessing & Spiritual speech.

### SCIENTIFIC PROGRAM NO. 1

Dr. K. L. Vasa Scientific Program

On 9-10-2018 Tuesday a Scientific Program was arranged at Hotel Fortune Park, Ellis Bridge.

More than 60 doctors attended the programme.

Dr. Apurva Vyas, Dr. Chirag N. Shah and Dr. Ghanshyam Bagadiya delivered talk on Obesity.

Dr. Vipul Shah & Dr. B. S. Shah chaired the session and entertainment by Dr. Dhiren Mehta.

### SENIOR CITIZEN CLUB PROGRAMME

On 2<sup>nd</sup> October, the birth anniversary of Mahatma Gandhiji, the members of Senior Citizen Club Visited Navjivan Press, Karma Cafe. The members visited photo exhibition on Gandhiji and his life style. Also tried to know how Gandhiji started Navjivan Press, the old version of printing machine and how printing was done on it. Mr. Dharmeshbhai & Mr. Arvindbhai Shukla & Ameeben explained everything nicely to all the members. After enjoying pure, Satvik Snacks, tea we went home with sweet memories. It was the first programme of the new year. Thanks to the President, Dr. Mehul Shelat, Hon. Sec. Dr. Kirit C. Gadhavi & all member present for the programme.

## AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB

This is to inform to all Senior Members that please renew your membership or be a member of Senior Citizen Club. The membership fees are -

**Couple Member - Rs. 500.00**

**Single Member - Rs. 300.00**

**(to be renewed every year)**

### Forth Coming Programmes :

- (1) Movie Show
- (2) Two Day Picnic at Mount Abu
- (3) One Day Picnic
- (4) Motivational Lectures
- (5) Visit to Certain Heritage Places etc. etc...

**Contact Office all Working Days from 2 to 6 pm.**

### Co-ordinator

**Dr. K. R. Sanghavi Dr. Abhay Dikshit Dr. Ramesh C. Shah**

**Dr. Mehul N. Shelat**

President - AMA

**Dr. Kiritkumar C. Gadhavi**

Hon. Secretary - AMA

## NEW LIFE MEMBERS

9608	L	DR. PATEL MITTALBEN UMAKANT
9609	L	DR. PATEL JAYDIP BHIKHUBHAI
9610	LC	DR. SHAH MALAV AMOL
9611	LC	DR. SHAH DHRUTI MALAV
9612	LC	DR. MANDALIA MANTHAN HARESHBHA
9613	LC	DR. MANDALIA KIRANAXI MANTHAN
9614	L	DR. JAIN VANDANA PRAKASH
9615	L	DR. PATEL RIDDHI CHANDRAKANT
9616	L	DR. PATEL SUKUN HARSHAD

## બેડીઝ-કલાબ

ચત્ર નારી પૂજ્યતે તત્ર રમન્તે દેવતા

પ્રિય સખીઓ,

અમારી શપથવિધિમાં ખૂબ મોટી સંખ્યામાં ઉપસ્થિત રહેનાર આમંત્રિતો અને સભ્ય બહેનોનો ખૂબ આભાર માનું છું.

રમઝત દાંડિયા - ૨૦૧૮ માં લાઈવ ડી.જે. સાથે ગરબે ખૂબ ધૂમ્મા. દીવા અને બેંગલ્સ ડેકોરેશનમાં રૂબરૂ બહેનોએ ભાગ લીધો.

તા. ૧૮-૧૧-૨૦૧૮ એ પિતૃસંસ્થા સાથે દિવાળી ગેટ-ટુ-ગેધરમાં જોડાઈશું.

સૌ સભ્ય બહેનોને વોટ્સએપ ગ્રુપમાં જોડાવવા માટે વિનંતી, તેના માટે પ્રેસીડેન્ટ કીલુબેન એચ. શાહ નો સંપર્ક કરવો.

**શ્રીમતી કીલુબેન એચ. શાહ**

પ્રમુખ

૯૮૨૫૩૧૬૨૨૨

**ડૉ. મેહુલભાઈ એન. શેલત**

પ્રમુખ, એ.એમ.એ.

૯૮૨૫૩૮૮૮૧

**શ્રીમતી દર્શનાબેન એ. શાહ**

માનદ્ મંત્રી

૯૭૮૦૮૭૦૮૨૧

**ડૉ. કિરીટકુમાર સી. ગઢવી**

માનદ્ મંત્રી, એ.એમ.એ.

૯૮૮૮૩૭૦૩૫૩

## OBITUARY

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



**Dr. HEMENDRA S. SHAH**

Date of Birth : 18-11-1943

Date of Death : 26-09-2018



**Dr. ARVINDKUMAR S. PANCHAL**

Date of Birth : 04-02-1935

Date of Death : 03-09-2018



## દોડીઝ-કલા

### ભારી વિશ્વસ્ય શક્તિ સ્વરૂપા

Dear Friends,

With the grace of God and your heartly support. We have finish our tenure of our team. Thanks for that.

### વાર્ષિક અહેવાલ

વર્ષ ૨૦૧૭-૧૮ દરમ્યાનના પ્રોગ્રામો પર એક નજર

- (૧) તા. ૨૩-૯-૨૦૧૭ (શનિવાર) નવી કમિટિની પદગ્રહણ વિધિ.
- (૨) તા. ૨૩-૯-૨૦૧૭ (શનિવાર) નવરાત્રી મહોત્સવ
- (૩) તા. ૮-૧૦-૨૦૧૭ (રવિવાર) ફૂલની રંગોળી હરિફાઈ શરદોત્સવ પિતૃસંસ્થા એ.એમ.એ. સાથે
- (૪) તા. ૫-૧૧-૨૦૧૭ (રવિવાર) દિવાળી સ્નેહમિલન પિતૃસંસ્થા એ.એમ.એ. સાથે
- (૫) તા. ૧૧-૧૧-૨૦૧૭ (શનિવાર) અંધકન્યા પ્રકાશગૃહ અને આશ્રમમાં બાળદિન નિમિત્તે આર્થિક સહાય કરી.
- (૬) તા. ૧૬-૧૨-૨૦૧૭ (શનિવાર) ડૉ. પ્રતિક જે. શાહે (ઈ.એન.ટી. સર્જન) વર્ટીગો, તેની સારવાર અને ઉંમર અને બહેરાશને તેની સારવાર ઉપર માહિતી આપી.
- (૭) તા. ૨૭-૧૨-૨૦૧૭ (બુધવાર) ડૉ. પારૂલ પાનાગરે (ગાયનેક) હેપ્પીનેસ અને હેલ્થ ઉપર માહિતી આપી. તેમજ ડૉ. ભૂમીર ચૌહાણે (ન્યુરો ફીઝીયીયન) સ્ટ્રોક અને ટ્રીટમેન્ટ ઉપર માહિતી આપી.
- (૮) તા. ૧૦-૦૧-૨૦૧૮ (બુધવાર) પિકનીક મહુડી તેમજ સ્વપ્નસૃષ્ટિ રીસોર્ટમાં ખૂબ સરસ ગામડાની મજા માણી તેમજ આપણા ધર્મ ઉપર ફિલ્મ જોઈ આખો દિવસ ખૂબ જ મજા કરી.
- (૯) તા. ૩૦-૦૧-૨૦૧૮ (મંગળવાર) આ દિવસે વિસરાતી વાનગીની હરિફાઈ રાખેલ અને ઘણી બહેનોએ તેમાં ઉત્સાહપૂર્વક ભાગ લીધો અને જીતનારને ઈનામો પણ આપ્યા.
- (૧૦) તા. ૨૬-૦૧-૨૦૧૮ ધ્વજવંદન પિતૃસંસ્થા સાથે
- (૧૧) તા. ૨૧-૦૨-૨૦૧૮ (બુધવાર) ચાંગોદરથી આગળ આવેલ રામદેવ સ્નેકસ ફેક્ટરીની મુલાકાત લીધી અને ખૂબ જાણકારી મેળવી અને મજા કરી.
- (૧૨) તા. ૧૭-૦૩-૨૦૧૮ (શનિવાર) કર્નલ સુભાષ ચઢાએ 'ગોલ્ડન રેશીયો કી ટુ

હેલ્થ, હેપ્પીનેસ એન્ડ પ્રોસ્પેરીટી બાય ચેઈજીંગ DNA' ઉપર ખૂબ જ તલસ્પર્શી જ્ઞાન આપ્યું.

- (૧૩) તા. ૧૧-૦૪-૨૦૧૮ (બુધવાર) ડૉ. રંજનબેન રાવલ અને ડૉ. મોનીકા ટીબરેવાલે હાઉટુ પ્રીવેન્ટ એજીંગ ઉપર ખૂબ જ સરસ માહિતી આપી.
- (૧૪) તા. ૧૪-૦૪-૨૦૧૮ (શનિવાર) ઠાકોરભાઈ હોલ ખાતે 'મને એક તક આપો બીકોઝ આઈ એમ નોટ ગીલ્ટી' ખૂબ જ સરસ મહિલાપ્રધાન નાટક નીહાળ્યું.
- (૧૫) તા. ૨૧-૦૪-૨૦૧૮ (શનિવાર) ડૉ. સૌરભ શાહે (ઓર્થોપેડીક) 'રીસન્ટ એડવાન્સીસ ઈન બેકેક એન્ડ ની પેઈન' ઉપર સુંદર માહિતી આપી. તેમજ તેમના પત્ની ડૉ. ચૈતાલી શાહ (ડેન્ટીસ્ટ) રીસન્ટ એડવાન્સીસ ઈન ડેન્ટલ ટ્રીટમેન્ટ ઉપર માહિતી આપી.
- (૧૬) તા. ૧૬-૦૬-૨૦૧૮ (શનિવાર) નારણપુરા ખાતે આવેલ ડૉ. મયુર પટેલના સ્વાસ્થ્ય ડાયાબીટીસ કેરની મુલાકાત લીધી અને ડૉ. ઈનાબેન પટેલે પ્રીવેન્શન એન્ડ ટ્રીટમેન્ટ ઓફ ડાયાબીટીસ ઉપર ખૂબ જ સરસ માહિતી આપી.
- (૧૭) તા. ૩૦-૦૬-૨૦૧૮ (શનિવાર) ડૉ. ઉર્મિ ધ્રુવે ડાયેટ ઈન હેલ્થ એન્ડ ડીસીઝ ઉપર ખૂબ જ સરસ માહિતી આપી.
- (૧૮) તા. ૧૩-૦૭-૨૦૧૮ (શુક્રવાર) ભારતીય હેકઝા લાઈફ ઈન્સ્યુરન્સ ઉપર કેતના દેસાઈએ માહિતી આપી. તે પછી સૌ હાઉસી રમ્યા.
- (૧૯) તા. ૨૮-૦૭-૨૦૧૮ (શનિવાર) ડૉ. અભયભાઈ દિક્ષીતે 'આઈડેન્ટીફાઇ ધી ટય' વિવિધ પ્રકારના સ્પર્શ (સારા અને ખરાબ) વિશે ખૂબ જ સરસ માહિતી આપી.
- (૨૦) તા. ૧૦-૦૮-૨૦૧૮ (શુક્રવાર) Way should all females know about plastic surgery & emergency injuries ઉપર ડૉ. ચિંતન પટેલે (પ્લાસ્ટીક સર્જન) ખૂબ જ સુંદર માહિતી આપી.
- (૨૧) તા. ૧૫-૦૮-૨૦૧૮ (બુધવાર) પિતૃસંસ્થા સાથે ધ્વજવંદનનો કાર્યક્રમ
- (૨૨) તા. ૧૨-૦૮-૨૦૧૮ (રવિવાર) ડૉ. મોનાબેન દેસાઈના નેતૃત્વ હેઠળ WDW સાથે શુભીંગ અને બ્યુટીફીકેશન ઉપર તોરલ મહેતાએ ખૂબ સુંદર માહિતી આપી. તેમજ જીગર પરીખ અને બિન્દી શાહે 'Let's be smart about our Finances' ઉપર ઝીણવટભરી માહિતી આપી અને ચર્ચા કરી.
- (૨૩) તા. ૧૪-૦૯-૨૦૧૮ (શુક્રવાર) ડૉ. શ્યામલ મુન્શી (પ્લાસ્ટીક સર્જન) તેમજ ડૉ. દિગ્વીજયસિંહ બેદી (જનરલ સર્જન) એ ઓબેસીટી અને બેરીયાટીક સર્જરી ઉપર ખૂબ જ સુંદર માહિતી આપી. તે ઉપરાંત ડૉ. બંસી સાબુએ ડાયાબીટીસ ઉપર માહિતી આપી. ડૉ. જીતેન્દ્રભાઈ એન. પટેલે (એનેસ્થેટીસ્ટ) કલ, આજ ઔર કલ

વિષય ઉપર ખૂબ જ સુંદર માહિતી આપી.

(૨૪) તા. ૨૮-૦૮-૨૦૧૮ (શુક્રવાર) આ દિવસે અમે અંતાક્ષરી, વિવિધ ગેઈમ્સ અને હાઉસી રમ્યા ને ખૂબ મજા કરી. દરેક સભ્યને ગીફ્ટ પણ આપી અને ઈનામો આપ્યા. ઘણી મીટો સંખ્યામાં લેડીઝ ક્લબની સભ્ય બહેનોએ હાજરી આપી આ પ્રોગ્રામને સુંદર અને એન્ટરટેઈનમેન્ટ બનાવ્યો. આ અમારો છેલ્લો પ્રોગ્રામ હતો. આખા વર્ષ દરમ્યાન દરેક પ્રોગ્રામમાં હાજર રહી મને અને મારી ટીમને સાથ અને સહકાર આપવા બદલ દરેક વડીલો, મિત્રો, સભ્યો, પાસ્ટ પ્રેસીડેન્ટ્સનો ખૂબ ખૂબ આભાર. આજ રીતે નવી કમીટીને સાથ-સહકાર મળતો રહે તેવી આશા રાખીએ છીએ.

સૌ સાથેની સફર ફળી, ખુશી આપી, ખુશી મળી, વીતી જાશે આમ જીંદગી, જો સાથે રહીશું હળી-મળી.

**શ્રીમતી અરૂણા પટેલ**

પ્રમુખ

મો. ૯૯૭૯૯૬૧૦૬૬

**ડૉ. મેહુલ એન. શેલત**

પ્રમુખ, એ.એમ.એ.

મો. ૯૮૨૫૩૯૮૮૯૧

**શ્રીમતી પુષ્પા બાવીષ્કર**

માનદ્ મંત્રી

મો. ૯૨૨૭૨૨૨૦૮૮

**ડૉ. કીરીટકુમાર સી. ગઢવી**

માનદ્ મંત્રી, એ.એમ.એ.

મો. ૯૯૯૮૩૭૦૩૫૩

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## REPORT OF NATIONAL WIMALS 2018

**National WIMALS 2018 - National Women IMA Leaders Summit** was organised by Indian Medical Association , Head Quarters, New Delhi and IMA Woman Doctors Wing on 13<sup>th</sup> and 14<sup>th</sup> October 2018 at IMA House, Indraprastha Road, New Delhi.

Around **400 Woman leaders from 23 different States and representatives from Medical Student network - girls wing** have participated in this event.

**Inauguration and Award ceremony of National WIMALS 2018** was held on 14<sup>th</sup> October at IMA Head Quarters. **Dr Jayshreeben Mehta, Ex President MCI and Dr Ravi Wankhedkar , National President IMA** were the chief guest. **Women Empowerment Awards** were conferred to **Dr Bharti Kashyap** from Jharkhand, **Dr Erica Patel** from Tamil Nadu, **Dr Jasmine Dahiya** from Punjab, **Dr Neelam Mishra** from Maharashtra, **Dr Neelam Mohan** from Haryana, **Dr Rajeswari Amma S. K.** from Kerala and **Dr Swati Bhave** from Maharashtra for their extraordinary work in health care and different fields.

Dr Jayshreeben mehta said- When Woman and doctor i.e. Creator and healer come together , it will create more civilized , happy progressive and peaceful society.

Dr Ravi Wankhedkar said - Women Wing of IMA is one of the greatest evolving strength and root of IMA. Let all the Women Doctors come out, liberate and channelize their potential forces and positive power and exhibit their strength and he emphasized the importance of women's wing of IMA and Young doctors in strengthening of IMA.

There were **11 deliberations on different topics** which were very important and related to Woman Doctors. The Eloquent and Charismatic speakers were

1. Dr Rupinder Shekon – Newer Advances in Treatment of Cervical and Breast Cancer.
2. Dr RV Asokan- IMA End TB Initiative

3. Dr Urvashi Goja- Role of Empathetic Leadership in Modern Healthcare System.
4. Dr P.Krishna Prasanthi- Life Style Modification for Woman- Hope for Diabetes Free India ? Myth or Reality.
5. Eat Right- Ms Madhavi Das from FSSAI
6. Can We Give Parenthood to one and all?- Dr Rita Bakshi
7. Why Women's Wellbeing- Dr Nilima Kadambi
8. Quality of Women's Life with Micronutrient- Dr Jyoti Bali.
9. Right Balance Between Work and Life- Padmashree Dr Kamini Rao.
10. Rights of Women- Ms Tanvi Khurana
11. Age Gracefully- Dr Sharda Jain.

**Cultural Evening-Rendezvous Musical evening** was organised on 13th October and 15 different states depicted their local culture and folk dances , showcasing India's great heritage.

### NATIONAL WIMALS 2018-

There was meeting of Women Doctor Leaders of IMA in presence Of Dr Ravi Wankhedkar- National President, Dr R N Tandon- Hony Secretary general, Dr V K Monga- Hony finance secretary, Dr Mona Desai - National chairperson, IMA Woman Doctors Wing and Dr Neeta Biyani- National Secretary, IMA Woman Doctors Wing. Representative Women Doctor Leaders from all 23 states Leaders got chance to present their views on topics related to Woman Doctors Wing. Women of Substance churned out their thoughtful minds and a **WHITE PAPER** was prepared by Dr Mona Desai-National Chairperson, IMA WDW and Dr Neeta Biyani-National Secretary, IMA WDW. It was then unanimously passed in National WIMALS 2018 and then was presented to National President Dr Ravi Wankhedkar , Hony Secretary General Dr R N Tandon and Hony Finance Secretary Dr V K Monga .

### The WHITE PAPER IS AS FOLLOWS.

#### WHITE PAPER RESOLUTION AT NATIONAL WIMALS-2018

1. Increase tenure of National Woman Doctors Wing from 2

years to 3 Years and also of State Level Woman Doctors Wing.

2. IMA HQ should ask every state Branch and local branch to send Female doctor representative of their respective states in :-

\* CWC

\* CC

\* STATE COUNCIL MEMBER

\* STATE EXECUTIVE MEMBER

3. Now Every year there should be NATIONAL WIMALS AND NATIONAL EVECON and also same event at state level
4. Permission for expansion of NATIONAL IMA WDW so that we can involve members from each state of our country.
5. ICC-(Internal Complain Committee) should be formed at IMA HQ.

Dr Mona Desai, Dr Neeta Biyani, Dr Neelam lekhi, Dr Jyoti bali, Dr Shama batra and team took tremendous efforts to make this event a grand success.

**Dr Mona Desai**

National chairperson

IMA Woman Doctors Wing

**Dr Neet Biyani**

National Secretary

IMA Woman Doctors Wing.

## આભાર સહ...

અમદાવાદ વેપારી મહાજન દ્વારા અમદાવાદ મેડિકલ એસોસિએશનનું સન્માન તા. ૧૨-૧૦-૨૦૧૮ના રોજ ટાગોર હોલ ખાતે કરવામાં આવ્યું. આપણા ઓનરરી સેક્રેટરી ડૉ. કીરીટ ગઢવી અને જોઈન્ટ સેક્રેટરી ડૉ. સુનિલ ચેનવાલાએ એ.એમ.એ. માટેનું સન્માન સ્વીકાર્યું. એ.એમ.એ. આ માટે અમદાવાદ વેપારી મહાજન અને ડૉ. પિયુષ ભણસાલીના આભારી છે.

## PROFESSIONAL PROTECTION SCHEME; G.S.B. I.M.A.

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(Reported by Dr. Bipin M. Patel, Managing Director, P.P.S.)

### Sub. : ANNUAL REPORT : 2017 -2018

The office has received back the Annual Report of the following members with postal remarks as 'left' or 'Not Known'. The concerned members are requested to notify immediately change of their addresses.

Sr. No.	P.P.S. No.	NAME	BRANCH / CITY
1	603	Dr. Nagori Chaitanya B.	Ahmedabad
2	1151	Dr. Dalal Supriya Rajivbhai	Ahmedabad
3	1490	Dr. Vyas Bhaskar Uttamram	Ahmedabad
4	1570	Dr. Dalal Rajendra Girdharlal	Ahmedabad
5	1971	Dr. Patel Hiteshbhai Ishverlal	Ahmedabad
6	1978	Dr. Asnani Renu Kaushal	Ahmedabad
7	3655	Dr. Shah Paragbhai Natvarbhai	Ahmedabad
8	3750	Dr. Shah Narendra Chimanlal	Ahmedabad
9	4194	Dr. Thakre Mita Atul	Ahmedabad
10	6289	Dr. Shah Rajesh Babubhai	Ahmedabad
11	7077	Dr. Patel Atul Babubhai	Ahmedabad
12	7918	Dr. Patel Bipinchandra Amthabhai	Ahmedabad
13	8160	Dr. Patel Rajendra Rambhai	Ahmedabad
14	8403	Dr. Patel Hitesh Dahyabhai	Ahmedabad
15	9119	Dr. Sheth Jignesh Anilkumar	Ahmedabad
16	10167	Dr. Patel Kirankumar Kalidas	Ahmedabad
17	10533	Dr. Valiya Raju Mohanbhai	Ahmedabad
18	10714	Dr. Bhavsar Devang Chandrakantbhai	Ahmedabad
19	11668	Dr. Swaminarayan Mittalben Shaunakbhai	Ahmedabad
20	12416	Dr. Patel Brijesh Amrutlal	Ahmedabad
21	12591	Dr. Patel Dhaval Chandrakant	Ahmedabad
22	12758	Dr. Swaminarayan Shaunakbhai M.	Ahmedabad
23	12865	Dr. Prajapati Rahul Manibhai	Ahmedabad
24	12880	Dr. Sharma Mukeshkumar Narendra	Ahmedabad
25	13555	Dr. Visavadia Nirav Madahvbhai	Ahmedabad
26	14359	Dr. Mohite Ninad Pradip	Ahmedabad



## New Innovations/Updates in 2018

Dear members,

We are starting a new initiative in bulletin from this month.

Every month we will publish one article from one specialty about latest developments/updates in particular branch of medicine in 2018.

The idea is keep members updated with latest in the respective filed of interest.

Please keep reading.

Thanks.

### New information that we gathered in 2018 ( Internal medicine)

*Compiled by : Dr Urman Dhruv Director, Department of internal medicine & Diabetes, HCG Hospitals, Ahmedabad.*

#### Clinical relevant points for new hypertension guide lines:

The Task Force for the management of arterial hypertension of the European Society of Cardiology (ESC) and the European Society of Hypertension (ASH) published guidelines for management of arterial hypertension this year. Guidelines and their recommendations should facilitate decision making of health professionals in their daily practice. However, the final decisions concerning an individual patient must be made by the responsible health professional(s) in consultation with the patient. Salient features of these guidelines are as follows:

#### Diagnosis:

Emphasis is given on more liberal use of Ambulatory blood pressure monitoring (ABPM) and/or Home blood pressure monitoring system (HBPM). This signifies the limitations of office blood pressure measurement in diagnosis.

#### When to treat?

Drug treatment is now recommended even for high normal blood pressure (130-139 mm of Hg SBP /85-89 mm of Hg DBP) if there is established cardiovascular disease suggesting high cardiovascular risk.

### Elderly patients:

For patients older than 65 years of age but less than 80 years of age may be treated even when SBP is in grade 1 range (140-159 mm of Hg) as long as the patient can tolerate it well.

### Targets of treatment:

The first objective of treatment should be to lower BP to <140/90 mmHg in all patients and, provided that the treatment is well tolerated, treated BP values should be targeted to 130/80 mmHg or lower in most patients. In patients <65 years it is recommended that SBP should be lowered to a BP range of 120-129 mmHg in most patients. However, the targets are kept liberal to 130-139 mm of Hg in patients older than 65 years of age.

A DBP target of <80 mmHg should be considered for all hypertensive patients, independent of the level of risk and comorbidities.

### Pharmacotherapy:

For the first time, the combination pill of two drugs as initial treatment has been recommended.

Low dose Aldosterone has been considered to be drug of choice for resistant hypertension keeping an eye on Potassium levels.

Simplified drug treatment algorithms with the preferred use of an ACE inhibitor or ARB, combined with a CCB and/or a thiazide/thiazide-like diuretic, as the core treatment strategy for most patients, with beta-blockers used for specific indications. Not all patients should be given beta blockers.

Lots of emphasis is being given to education for compliance, monitoring and explaining salt containing diet.

### Diabetes Guidelines:

American Diabetes Association and the European Association for the Study of Diabetes published a joint consensus guideline for management of diabetes recently.

**Change in approach to a case:**

The guideline addresses clinical inertia and notes that medication adherence and persistence should be facilitated. All patients should be offered ongoing self-management education and support.

The consensus report focuses on not what an individual's glycemic target should be or how to individualize goals but really addresses how each patient can achieve their individualized glycemic target.

**Initial assessment BEFORE starting or choosing therapy:**

The primary step in management is now to assess the patient characteristics which include current life style, comorbidities like Atherosclerotic cardiovascular disease ( ASCVD) Chronic Kidney Disease ( CKD) and Heart failure, clinical parameters like age, Glycated Hemoglobin and weight, cultural and socioeconomic effects and issues like motivation and depression.

**Scope of newer molecules expanded:**

Newer drugs now take the center stage as among patients with type 2 diabetes who have established ASCVD, SGLT2 inhibitors or GLP-1 receptor agonists with proven cardiovascular benefit are recommended as part of glycemic management. One has to also decide if avoiding hypoglycemia is very necessary or not. Cost factors must be considered.

It is also to be decided before initiating treatment whether there is compelling indication to avoid weight gain or promote weight loss.

Thus it is very clear that BEFORE initiating pharmacotherapy, it becomes essential to check for presence of cardiovascular disease, renal function and heart failure. So before starting treatment, it is important to carry out certain basic investigations for these comorbidities.

**Bye bye to step wise approach:**

The consensus says that it is not fair to follow step wise approach but to have precision medicine. Not each drug can fit

every patient and it is time to divide or classify the patient into different groups or slots and treat accordingly.

**Results of recent trials in diabetes**

Recent trials published at EASD reveal that SGLT 2 inhibitors and GLP-1 Receptor agonists have class effects. All SGLT 2 inhibitors including dapagliflozin which is the latest to have results, have cardioprotective benefits and reduce incidence of heart failure. Results with Semaglutide suggest that all GLP-1 Receptor agonists have similar cardio protective effect. All these newer drugs show excellent efficacy in reducing renal end points.

HARMONY trial suggested that Albiglutide cuts CV events but not deaths in patients with established CVD and diabetes.

CARMELINA reassured that Linagliptin is safe but neutral for CV risk. The drug has no impact on CV, heart failure or renal events even in those who have established chronic kidney disease.

Twincretin, a dual GIP/GLP 1 agonist showed robust reduction in HbA1c up to 2.6 % and robust weight reduction of approximately 11.3 kg. This is the highest efficacy of any drug other than Insulin seen till now.

An observational study suggested that domestic refrigerators may pose an underestimated risk for insulin quality as they fail to keep insulin within manufacturer-recommended temperature range in a significant number of cases.

Lixisenatide may protect patients with type 2 diabetes who have CVD from developing kidney damage although this benefit is more pronounced in people having macroalbuminuria.

Cutting carbs in the morning equals better weight loss and waist size.

Veterans Administrative Diabetes trial (VADT) did not find legacy effect of good diabetes control in a 15 year follow up study. This is in contrast to UKPDS follow up study. However, the study showed benefit of intensive early control at 10 years' follow up meaning that initial intensive control has benefits but they do not last forever.

## HAPPY DIWALI AND PROSPEROUS NEW YEAR TO ALL COLLEAGUES

### PRAMUKH NEUROSURGICAL HOSPITAL

**DR. DIPAK PATEL**

M. S. M. Ch.

Consultant Neurosurgeon

**DR. RAVI CHAUHAN**

M. S. M. Ch.

Associate Neurosurgeon

Completion of 30 years of experience in Neurosurgery.

#### SERVICES AVAILABLE:-

- ❖ Treatment of head injury, spine injury, brain and spinal tumours, CNS infections, backache and disc prolapse, Craniovertebral anomalies, brain haemorrhage, aneurysm, AVM, trigeminal neuralgia, congenital CNS lesions, epilepsy, chronic pain, peripheral nerve injury.
- ❖ **Stereotactic brain surgery**- Biopsy, craniotomy, aspiration of intracranial haematoma and functional neurosurgery.
- ❖ **Microneurosurgery** - Brain and spinal tumours, aneurysms and AVM, cervical and lumbar disc, transoral surgery in craniovertebral anomaly, skull base tumours.
- ❖ **Neuro Endoscopy** – Pituitary and Skull base surgery, lumbar discectomy.
- ❖ **Radiofrequency treatment (RFTC)** – Trigeminal neuralgia, Atypical facial pain, Chronic pain.

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Gujarat Cancer and Research Institute,  
Ahmedabad

- ❖ **Honorary consultant at SAL Hospital, Nidhi Hospital, Sterling Hospital.**

## INSTALLATION CEREMONY 2018-2019





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# INSTALLATION CEREMONY 2018-2019



# INSTALLATION CEREMONY 2018-2019





## INSTALLATION CEREMONY 2018-2019



## FELICITATION OF AMA BY AHMEDABAD VEPARI MAHAJAN



## LADIES CLUB INSTALLATION





## SCIENTIFIC PROGRAMME



## SENIOR CITIZEN PROGRAMME



## NATIONAL WIMALS 2018

