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## AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association) ESTD 1902

AMA House, First Floor, Opp. H. K. Arts College, Ashram Road,  
Ahmedabad - 380009 Phone : (079) 26588775

# AHMEDABAD MEDICO NEWS

Email: amagsbima@yahoo.co.in · Website: www.ahmedabadmedicalassociation.com

**Dr. TUSHAR PATEL**  
President - AMA

**Dr. URVESH SHAH**  
Hon. Secretary AMA

Imm. Past President - Dr. JITENDRA SHAH

VOL. 18

OCTOBER - 2023

ISSUE - 6



happy  
**Diwali**  
FESTIVAL OF LIGHTS

*Prosperous New Year*



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**Message from President's Desk**

Dear members,

With all humility I accept this new role bestowed on me by Ahmedabad medical fraternity as a president of AMA. When I am taking over, the responsibility on my shoulder, it is of century old tradition of Ahmedabad medical association. For so many years, our seniors have contributed a lot for benefit of society and fraternity. I assure all the members that, we will continue working for the benefits of society at large and members also.

This year we have decided that theme will be Healing hands Caring hearts. We all become doctor by reading books and attending clinics. This gives us power to heal the patients. As medical association and medical fraternity our heart also cares a lot. Our contribution during COVID pandemic proved that.

This year we have decided to pursue a mammoth target. We have declared this year a year of a cause. We have declared HEARTBEAT MOVEMENT. In collaboration with Indian Red Cross society we are going to train school students from 9th standard till 12th standard for CPR. This CPR training will be chest compression only Life support. We have target of 410 schools and approximately 1.7 lakh students. For the same we have started Training of the Trainer.

Another work planned is for our students. We are going to launch a dedicated faculty teaching program for both MBBS and PG students. We will provide help to our students to be better prepared for competitive exams.

In sync with the Government of India, we will work for TB free India 2025. We have planned various programs for the same and I seek support from the whole medical fraternity for the same. Come let's give our children TB free country.



Ahmedabad Medical Association is proud for its AAO GAON CHALON program. This program was dreamed by our visionary guide Dr Ketan Desai sir and like our past teams, we will continue making this program successful during this tenure also. We have already declared center wise team for the smooth functioning of this program.

We will be actively pursuing the organ donation awareness program throughout the year. Recently we have organized a huge program in presence of Hon'ble Chief Minister Mr. Bhupendra Patel. We also had a huge program with CA association of Ahmedabad. We have planned such awareness programs with every corner of the city.

We have planned lots of social activities like old age home programs, senior citizen programs, blood donation camps, mental health programs, girl child empowerment programs, women empowerment programs and so on. We will increase our social initiatives so that medical fraternity can remain in touch with people with special needs and also fulfill its duties of social cause.

We have planned a unique CME programs with various Superspeciality who will guide us as Coarse Coordinator/Director. There are more than 20 such CME planned with them in next few months. These are extensive, unique learning module for all of us. It will cover every range of subjects, updates and various guidelines. So I request all of you to join these programs in full force.

When you will get this bulletin, our fraternity would have enjoyed a beautiful mega and unforgettable Garba night at Rajpath Club. We have planned a unique Sports Olympics. The details will be published in subsequent bulletins. I assure you this year cultural and sports events will be unforgettable and with a theme of motivating medical fraternity to take part in full force in such activities.







As you all know Ahmedabad Medical Association publishes a bulletin every month with various things in it. We are also going to increase various learning articles in it written by diverse population. It will be medical, financial, social and many more.

Last but not the least, I wish to say that this year we will participate in every public healthcare initiative of the city. As you would have seen that we released Garba guidelines for the city. Similarly in every public healthcare like prevention of disease, vaccination awareness, organ donation awareness, girl child safety, nutrition guidelines and so on so forth.

Ahmedabad Medical Association is a century old largest and oldest medical association of the world. We know our responsibility and we assure that we will do everything to fulfill that. We assure every member that when you talk of Ahmedabad City you will feel proud that you are part of association which keeps public healthcare first. We assure government of Gujarat and also City Corporation that in every endeavor of theirs, we will stand together to protect city's health.

**JAY IMA,**

**JAY AMA**



**Dr. Tushar Patel**

**President**

**Ahmedabad Medical Association**





## Message from Hon. Secretary's Desk



Dear members

At the very outset, I am thankful to all for selecting me for the post of Hon. Secretary of prestigious Ahmedabad Medical Association. I know the privileges & responsibilities come together. At present, the responsibilities are at the pick when our healthcare system is passing through to many challenges. But, I am blessed to have great mentors of mine who always guide & support me; that will make many tasks to be done very swiftly.

Our President, Dr Tushar Patel, we all know him – a very resourceful & dynamic; who already have started organizing series of events with diverse subjects & area. The energetic & enthusiastic team of Managing committee already has taken up all the tasks up to the level of successful implementation & accomplishment. The tenure started with few couples of events for senior citizens. Apart from those, many scientific, social & cultural events have also been arranged. Hope all were truly nourishing the needs. More importantly, the movement being initiated to train school children of standard 9 to 12 for “Compress Only Life Support – COLS” has opened a new direction of services of the Noble association like AMA can offer. Some wise person has wisely quoted,



**“Where there is a WILL, there is a way”**

When we WILL to do good for the society ... then it comes to next quote,

**“Good, better, best. Never let it rest.**

**Till your good is better and your better is best”**

We are now on the way of unstoppable journey; the way which will further glorify our profession & will shine its holiness.

A P J Abdul Kalam has quoted **“Excellence is a continuous process and not an accident”** further to add over it, **“Excellence is doing ordinary things extraordinarily well”**; hence, we believe in achieving excellence gradually as a result of always striving to do better. With this school of thoughts, our motto for this year is **“Healing Hands, Caring Hearts”**.

Especially on the auspicious festival of Diwali, I wish, “May the supreme light illumine our minds, enlighten our hearts and strengthen the human bonds”

**Wishing you a very Happy Diwali !!**

**Jai AMA**



**Jai IMA**

**Dr. Urvesh Shah**

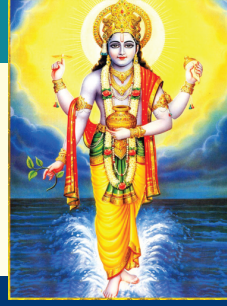
**Hon. Secretary**

**Ahmedabad Medical Association**



# ધનવંતરી પૂજન

અમદાવાદ મેડીકલ એસોસીએશન દ્વારા  
ધનવંતરી પૂજનું આયોજન કરવામાં આવેલ છે.



તારીખ : ૧૦-૧૧-૨૦૨૩, શુક્રવાર

સમય : ૩.૩૦ કલાકે

સ્થળ : અમદાવાદ મેડીકલ એસોસીએશન



**Dr. Tushar Patel**  
President, AMA

**Dr. Urvesh Shah**  
Hon. Secretary, AMA

Organ Donation Awareness Programme with ICAI Date : 12-10-2023



# Diwali Get Together



Happy & Prosperous

## NEW YEAR

Hope you all have enjoyed your Diwali Vacation, now it is time to enjoy with our medical fraternity at AMA. Let us have most enjoyable Diwali Get Together.

A musical evening

Do not miss this most entertaining event "An Ocean of Music"

## Melodious Songs of Every Era

Date : 26th November 2023, Sunday

Venue will be huge, majestic & Idyllic...  
will be announced shortly

Details for pass distribution will be announced shortly

### Co-ordinators

**Dr. Vikram Shah**

**Dr. Raj Raval**

**Dr. Ashok Patel**

**Dr. Mitesh Patel**

**Dr. Ashish Bhojak**

**Dr. Manjit Nayak**

**Dr. Tushar Patel**  
President, AMA



**Dr. Urvesh Shah**  
Hon. Secretary, AMA





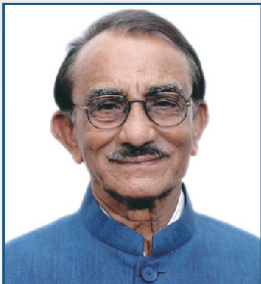
## AHMEDABAD MEDICAL ASSOCIATION OFFICE BEARERS - 2023 - 2024

**PRESIDENT**



**Dr. TUSHAR B. PATEL**

**VICE PRESIDENT**



**Dr. RAMESH I. PATEL**

**VICE PRESIDENT**



**Dr. MUKESH A. MAHESHWARI**

**HON. SECRETARY**



**Dr. URVESH V. SHAH**

**HON. JT. SECRETARY**



**Dr. KALPITA M. DAVE**

**HON. JT. SECRETARY**



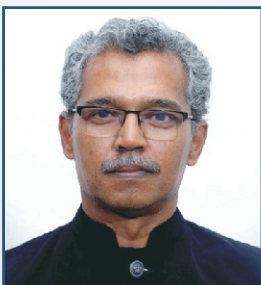
**Dr. RAJESH M. DESAI**

**HON. FINANCE SECRETARY**



**Dr. ROHAN P. CHRISTIAN**

**HON. LIBRARY SECRETARY**



**Dr. RUTVIJ B. PARIKH**

**IMM. PAST PRESIDENT**



**Dr. JITENDRA H. SHAH**





## Installation Ceremony 2023-24 Date : 24-09-2023

## OFFICE BEARERS



Dr. Tushar Patel, President



Dr. Ramesh Patel, Vice President



Dr. Mukesh Maheshwari, Vice President



Dr. Urvesh Shah, Hon. Sec.



Dr. Kalpita Dave, Hon. Joint Sec.



Dr. Rajesh Desai, Hon. Joint Sec.



Dr. Rohan Christian, Hon. Fin. Sec.



Dr. Rutvij Parikh, Hon. Lib. Sec.



Dr. Jitendra Shah, Imm. Past. Pre.

## Installation Ceremony 2023-24 Date : 24-09-2023

## MANAGING COMMITTEE MEMBERS - PG



Dr. Vishvas Amin



Dr. Kuntal Gajjar



Dr. Alpa Gandhi



Dr. Yogesh Gupta



Dr. Arpit Prajapati



Dr. Bipin Patel



Dr. Mansi Patel



Dr. Pinakin Patel



Dr. Gopal Raval



Dr. Bhadresh Shah



Dr. Aniket Tripathi



Dr. Monika Vyas



## Installation Ceremony 2023-24 Date : 24-09-2023 MANAGING COMMITTEE MEMBERS - OTHER THAN PG



Dr. Dhananjaysinh Gohil



Dr. Mahesh Jivrani



Dr. Mukeshbhai Khadalia



Dr. Hitendrakumar Nayak



Dr. Arvindkumar Panchal



Dr. Hetal Pandya



Dr. Hitendra Parikh



Dr. Khush Patel



Dr. Maheshkumar Patel



Dr. Piyush Sheth



Dr. Purav Thakkar



Dr. Imtiyaz Vohra

## Installation Ceremony 2023-24 Date : 24-09-2023





## Installation Ceremony 2023-24 Date : 24-09-2023



## Installation Ceremony 2023-24 Date : 24-09-2023





# Installation Ceremony 2023-24 Date : 24-09-2023



## AHMEDABAD MEDICAL ASSOCIATION

૧૪/૬/૦૭ જા રજદ માર્ગ  
ગાંધીવડાદ- ગુડાસ  
સંકલ્પ માર્ગદર્શક  
કાર્યકર ગુડાસ  
કાર્યકર ગુડાસ  
ગાંધી, વિદ્યુત ગે  
સાંસ્કૃતિક સંસ્થા  
કુલેશ્વર.

જા રજદ માર્ગ

Blessings form our  
Hon'ble Prime Minister  
on

Annual Day, 24/06/2007  
Ahmedabd Medical Association



Healing Hands, Caring Hearts



# Installation Ceremony 2023-24 Date : 24-09-2023



PRESIDENT & TEAM





## Installation Ceremony 2023-24 Date : 24-09-2023



## Installation Ceremony 2023-24 Date : 24-09-2023





## Installation Ceremony 2023-24 Date : 24-09-2023



## Inauguration of 100 Days Celebration of World Diabetes Day 1st Oct., 2023 in DIA CON



## National Valuntary Blood Donation Day Date : 01-10-2023



## Senior Citizen Club Programme Movie 102 Not Out Date : 01-10-2023





## Vruddhashram Sanidhya Kutir Date : 02 & 03-10-2023



## On Occasion of International Day of Older Persons Health Talk at Vatsalya Old Age Home Indian Red Cross Date : 03-10-2023



## On Occasion of International Day of Older Persons Health Talk at R.J. Trivedi Suvrana Mandir, Ambali 4/10/23





On Occasion of International Day of Older Persons Health Talk at  
Kalyan Pusti Haveli, Maninagar Date : 07-10-2023



"Tal se Tal Mila" - an Audio-Visual Programme Date : 07-10-2023



Press Conference to release Guidelines for Garba Date : 07-10-2023



CPR Trainers Training Programme Date : 07-10-2023





## Mental well being programme in Sabarmati Jail Date : 08-10-2023



## Dr. N.T. Shah Scientific Programme Date : 12-10-2023



## A Talk on making Fire Safe Hospital Building Date : 15-10-2023



## Teen Author and Green Crusader Aarya Chavda's efforts honored at the British Praliament



**AARYA CHAVDA** (Daughter of Dr Hitesh Chavda ) author, illustrator, speaker and environment crusader. Fourteen year old Chavda, who has authored 10 books on heritage and environment.

## Felicitation of AMA President Dr. Tushar Patel at Rajpath Club





# Media Coverage of Ahmedabad Medical Association

**હિલ્ડી ભાસ્કર અમદાવાદ 25-09-2023**

ડૉ. તુષાર પટેલની પ્રમુખ તરીકે વરણી કરાઈ અમદાવાદ મેડિકલ એસો.ના નવા 24 હોદ્દાદારે શપથ લીધા વિદ્યાર્થીઓને CPRની ટ્રેનિંગ આપીશું: પ્રમુખ

**અમદાવાદ મેડિકલ એસોસિએશનના હોદ્દાદારોને સ્થાપન સમારોહ**

City AhmedabadMirror

## Renowned pulmonologist Dr Tushar Patel is AMA prez

Dr Patel, who was part of the Covid Task Force, urges citizens to take influenza vaccine to ward off respiratory problems during winter months

**Installation Ceremony**

Dr Tushar Patel, a pulmonologist and a critical care specialist, has been elected as the president of the Ahmedabad Medical Association (AMA) for 2023-2024.

Chief Minister Bhupendra Patel was present as the Chief Guest during the installation ceremony of Dr Patel on Sunday.

Congratulating Dr Patel and his team of AMA office-bearers, the CM highlighted that in the past there were only 1,375 seats available in the medical discipline in Gujarat. However, today, the number has significantly increased to 7,090 seats.

In a one-on-one interview with Ahmedabad Mirror, Dr Patel shared his vision about the goals he wants to accomplish during his tenure as the AMA President.

Considering the rise in the sudden deaths of young people, without any heart issues, due to cardiac arrest post Covid, Dr Patel wants to run a CPR (Cardio-Pulmonary Resuscitation) training for approximately 1.7 lakh students from class 8 to class 12 in 400 schools of Ahmedabad.

Under this community programme called 'Heartbeat Movement' project, which he would be doing with the Red Cross Society, he wants youngsters to understand the importance of CPR and how the skill can save lives in the time of need. Dr Patel also wants to adopt and help the tuberculosis (TB) patients in the city.

"The central government is already running Pradhan Mantri TB Mukt Bharat Abhiyan. Under this programme, 5,000 out of 9,000 registered TB patients in Ahmedabad are being treated. I want to reach out to the remaining 4,000 patients and help them be TB free via CSR funds of corporate entities," Dr Patel said.

He said setting medical insurance claims needs to be hassle free for both patients and even hospitals. "I want to take up this issue with the insurance companies, so that both the parties get maximum benefit at the time of claim," he said.

He further said, "Getting administered with influenza vaccination before winter can save citizens from respiratory illness including Swine Flu among others. We will run programmes for its awareness."

Talking about affordable health service in rural areas of Gujarat, Dr Patel said "Aao Gaon Chale" programme will be launched under which doctors will provide affordable health services at the village level.

CM Bhupendra Patel was present as Chief Guest during the ceremony

**BREAKING NEWS**

ગરબા સમયે વચ્ચે આરામ જરૂરી: ડૉ. તુષાર પટેલ

અમદાવાદ મેડિકલ એસોસિએશનના પ્રમુખ ડૉ. તુષાર પટેલે ગરબા સમયે વચ્ચે આરામ જરૂરી હોવાનું જણાવ્યું હતું. તેમણે કહ્યું કે ગરબા સમયે વચ્ચે આરામ જરૂરી છે, નહીં તો હૃદયના સ્પંદનમાં ઘટાડો થઈ શકે છે. તેમણે કહ્યું કે ગરબા સમયે વચ્ચે આરામ જરૂરી છે, નહીં તો હૃદયના સ્પંદનમાં ઘટાડો થઈ શકે છે. તેમણે કહ્યું કે ગરબા સમયે વચ્ચે આરામ જરૂરી છે, નહીં તો હૃદયના સ્પંદનમાં ઘટાડો થઈ શકે છે.

**BREAKING NEWS**

આગ લાગે ત્યારે બચાવ કામગીરી કરી શકાય

અમદાવાદ મેડિકલ એસોસિએશનના પ્રમુખ ડૉ. તુષાર પટેલે આગ લાગે ત્યારે બચાવ કામગીરી કરી શકાય તેવી જાણ કરી હતી. તેમણે કહ્યું કે આગ લાગે ત્યારે બચાવ કામગીરી કરી શકાય તેવી જાણ કરી હતી. તેમણે કહ્યું કે આગ લાગે ત્યારે બચાવ કામગીરી કરી શકાય તેવી જાણ કરી હતી.

**ગરબા આયોજક, ખેલેયાઓ શું ધ્યાન રાખશો?**

અમદાવાદ મેડિકલ એસોસિએશનના પ્રમુખ ડૉ. તુષાર પટેલે ગરબા આયોજક અને ખેલેયાઓને ધ્યાન દોરતા કહ્યું કે ગરબા સમયે વચ્ચે આરામ જરૂરી છે. તેમણે કહ્યું કે ગરબા સમયે વચ્ચે આરામ જરૂરી છે, નહીં તો હૃદયના સ્પંદનમાં ઘટાડો થઈ શકે છે. તેમણે કહ્યું કે ગરબા સમયે વચ્ચે આરામ જરૂરી છે, નહીં તો હૃદયના સ્પંદનમાં ઘટાડો થઈ શકે છે.

# Media Coverage of Ahmedabad Medical Association

**AMA trains over 200 medical students in CPR**

Parth Shastri @timesgroup.com

Ahmedabad: On Saturday, 200-odd medical students from various medical colleges in the city participated in a training for the cardiopulmonary resuscitation (CPR) on the Ahmedabad Medical Association (AMA) premises on Ashram Road.

The medical students will work as trainers for the general public to perform CPR in case of cardiac emergency. The initiative by the AMA is aimed at reducing mortality due to heart failure. Dr Tushar Patel, the president of AMA, said that CPR can surely give some time to the person before the medical help arrives.

"The idea is to force the heart to start pumping again. We have already urged the citizens to know their health status before participating in Navratri this year in light of the rise in mortality," he said.

Dr Urvesh Shah, the secretary of AMA, said that the training programme is a hands-only CPR at the moment. "The training is part of the long-term plan of teaching all the students of Class 9 to 12 in Ahmedabad school how to perform CPR if someone collapses in their vicinity. According to our estimate, we will cover about 1,000 medical students and over 1.5 lakh students in the next few months," he said.

It is a joint initiative of AMA with Indian Medical Association and critical care society of the city. The experts said that the procedure keeps the blood moving through the body and improves a person's chances of surviving after the heart stops beating.

**'Check BP, heart condition before revelry'**

The Ahmedabad Medical Association (AMA) on Saturday released the guidelines for garba players and garba event organizers in light of the recent spike in cardiac arrest cases. The AMA officials said that the revellers should know their blood pressure and the heart condition if they intend to spend long hours on garba grounds.

Dr Tushar Patel, a city-based pulmonologist and president of AMA, told media that if there are underlying health conditions such as hypertension, diabetes and history of heart ailments, the revellers must be cautious and should consult their doctors. The doctors said that studies do not support the claims of Covid vaccine impact causing heart ailments. The panelists included Dr Mukesh Maheshwari, Dr Yogesh Gupta and Dr Urvesh Shah. TNN

**સતેરમાં રજા ખાનગી ટીવીચેનલના નામની સેવા આપણે અમદાવાદ મેડિકલ એસોસિએશન નવરાત્રી માટે ગાઈડ લાઈન જાહેર કરી હાઈ એટેન્ડન્સ વખતે બનાવેને લઈ આયોજકો ખેલેયા માટે સુચના જારી**

અમદાવાદ મેડિકલ એસોસિએશનના પ્રમુખ ડૉ. તુષાર પટેલે ગરબા સમયે વચ્ચે આરામ જરૂરી હોવાનું જણાવ્યું હતું. તેમણે કહ્યું કે ગરબા સમયે વચ્ચે આરામ જરૂરી છે, નહીં તો હૃદયના સ્પંદનમાં ઘટાડો થઈ શકે છે. તેમણે કહ્યું કે ગરબા સમયે વચ્ચે આરામ જરૂરી છે, નહીં તો હૃદયના સ્પંદનમાં ઘટાડો થઈ શકે છે.

**ખેલેયાઓ માટે અમદાવાદ મેડિકલ એસો.ની માર્ગદર્શિકા ડાયાબિટીસ, હૃદયની સમસ્યા હોય તો લાંબો સમય ગરબા ટાળવા જોઈએ**

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## Ladies Club Programme



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



## AHMEDABAD MEDICAL ASSOCIATION YEAR : 2023-2024

### OFFICE BEARER

<b>PRESIDENT</b> <b>Dr. TUSHAR BHAGAVATPRASAD PATEL</b> 9825082672	<b>HON. SECRETARY</b> <b>Dr. URVESHKUMAR VIPINCHANDRA SHAH</b> 9228233441
<b>VICE PRESIDENT</b> <b>Dr. RAMESH ISHWARLAL PATEL</b> 9426495264	<b>HON. JOINT. SECRETARY</b> <b>Dr. KALPITA MANISHKUMAR DAVE</b> 9924558450
<b>Dr. MUKESH AMBALAL MAHESHWARI</b> 9825174671	<b>Dr. RAJESH MOTIBHAI DESAI</b> 9925193399
<b>HON. FINANCE SECRETARY</b> <b>Dr. ROHAN PIYUSHKUMAR CHRISTIAN</b> 8866125201	<b>HON. LIB. SECRETARY</b> <b>Dr. RUTVIJ BHARATBHAI PARIKH</b> 9898097604
	<b>IMM. PAST PRESIDENT</b> <b>Dr. JITENDRA HARGOVANDAS SHAH</b> 9824022362

### MANAGING COMMITTEE MEMBERS

P.G.	OTHER THAN P.G.
<b>Dr. VISHVAS KIRITBHAI AMIN</b> 9825556359	<b>Dr. DHANANJAYSINH ANIRUDHSINH GOHIL</b> 7698554566
<b>Dr. KUNTAL HARSHADBHAI GAJJAR</b> 9825087821	<b>Dr. MAHESH RATILAL JIVRANI</b> 9825343198
<b>Dr. ALPA ATULBHAI GANDHI</b> 9825065061	<b>Dr. MUKESHBHAI AMBALAL KHADALIA</b> 9879314410
<b>Dr. YOGESH ANJANIKUMAR GUPTA</b> 9925006256	<b>Dr. HITENDRAKUMAR JAYANTILAL NAYAK</b> 6351165535
<b>Dr. ARPIT CHELABHAI PRAJAPATI</b> 9978537231	<b>Dr. ARVINDKUMAR TRIKAMLAL PANCHAL</b> 9825846300
<b>Dr. BIPIN JIVANBHAI PATEL</b> 9925024474	<b>Dr. HETAL KAPILBHAI PANDYA</b> 9428813460
<b>Dr. MANSI JITENDRABHAI PATEL</b> 9725114940	<b>Dr. HITENDRA MAGHABHAI PARIKH</b> 9426027986
<b>Dr. PINAKIN SURESHBHAI PATEL</b> 7045546896	<b>Dr. KHUSH KALPESHBHAI PATEL</b> 9586021482
<b>Dr. GOPAL JITENDRABHAI RAVAL</b> 9879366026	<b>Dr. MAHESHKUMAR AMBALAL PATEL</b> 9879495551
<b>Dr. BHADRESH ARVINDBHAI SHAH</b> 9825288988	<b>Dr. PIYUSH BHOGILAL SHETH</b> 6353852205
<b>Dr. ANIKET SHAILENDRABHAI TRIPATHI</b> 9998722345	<b>Dr. PURAV ASHOKKUMAR THAKKAR</b> 9925082878
<b>Dr. MONIKA BHAVESHBHAI VYAS</b> 9925039149	<b>Dr. IMTIYAZ GULAMBHAI VOHRA</b> 9426324247

### BULLETIN COMMITTEE

<b>Dr. TUSHAR PATEL</b>	<b>Dr. RUTVIJ PARIKH</b>	<b>Dr. YOGESH GUPTA</b>	<b>Dr. ANISH JOSHI</b>
<b>Dr. URVESH SHAH</b>	<b>Dr. BIPIN PATEL</b>	<b>Dr. ASHISH BHOJAK</b>	<b>Dr. ABHAY DIXIT</b>
<b>Dr. RAJESH DESAI</b>	<b>Dr. ARPIT PRAJAPATI</b>	<b>Dr. NIDHI BHATNAGAR</b>	<b>Dr. K. R. SANGHAVI</b>
		<b>Dr. AMIT PRAJAPATI</b>	<b>Dr. ATUL GANDHI</b>



## Dr Pushpaben P. Multani Scientific Program

First of its kind seminar for all doctors  
GMC credit points will be awarded

**"LIFE COURSE VACCINATION: TIME IS NOW"**

**Date :** 5th November 2023 Sunday  
**Venue :** Zydus Cadilla Auditorium, Near Nirma University,  
Opp. KD Hospital, SG Highway, A'bad.

### :: Program Details ::

8.30 am Registration & Breakfast  
9.30am Inauguration • Welcome speech • President speech  
10.00am Immunization agenda 2030- Global Perspective  
**Speaker -** Dr.Narayan Gaonkar, Health Specialist UNICEF  
10.30am Prevention is buzz in Pulmonology  
**Speaker -** Dr Harjit Dumra (Consultant Pulmonologist, KD Hospital)  
11.00am Vaccination And Infection. Hepatitis, Shigella, Typhoid  
**Speaker -** Dr. Surbhi Madan (Infectious disease Consultant, CIMS hospital)  
11.30am. Vaccine and Immunocompromised People : Panel Discussion  
**Panelists -** Dr. Dhaivat Shukla( Immunologist, VS Hospital);  
Dr. Piyush Joshi (Immunologist)  
Dr. Mansi Shah (Oncologist, HCG Hospital)  
Dr. Manoj Sevkani (Infectious Disease Consultant)  
Dr. Kamal Goplani, Nephrologist (Zydus)  
12.30 pm Vote of thanks  
12.45pm Onwards Lunch

### Co-ordinators

**Dr. Bhagirath Solanki Dr. Yogesh Gupta Dr. Arvind Panchal**  
**Dr. Imtiyaz Vohra Dr. Umesh Godhani**

For Registration Contact: AMA office on 079-26588775 during 2.00 pm to 6.00 pm

**Dr. Tushar Patel Dr. Urvesh Shah**  
President, AMA Hon. Secretary, AMA

## SYNERGY MEET

In association with  
Ahmedabad Medical Association and  
Endocrine Society of India  
**Program will be chaired by Dr. Bansi Saboo**

**Date :** 5th November 2023 Sunday  
**Venue :** Hotel Hyatt, Vastrapur, Ahmedabad

### :: Program Details ::

9.30 am to 10.00 am - Lipid management in diabetes-Current status – Dr. Tiven Marwah  
10.00am to 10.30am - SGLT2i & DPP4i combinations-Rational evidence & effect on cardio renal Outcome – Dr. Parag Shah  
10.30am to 11 am - Approach to a patient with T2DM, focus on the role of SGLT2i – Dr. Shrikant Somani  
11.30am to 12.00pm - SGLT2i Recent Update – Dr. Om Lakhani  
12.00 pm to 12.30pm - Reversal of Diabetes & Utility of MNT – Dr. Sanjeev Phatak

### Co-ordinators

**Dr. Ashish Bhojak Dr. Jitendra Anand**  
**Dr. Rohan Christian Dr. Khush Patel**

**Dr. Tushar Patel Dr. Urvesh Shah**  
President, AMA Hon. Secretary, AMA

**Announcement****ALL GUJARAT VOLLEYBALL TOURNAMENT 2K24**

All sports lovers get ready for a mega sports event

**AHMEDABAD MEDICAL ASSOCIATION is organising**

**ALL GUJARAT VOLLEYBALL (SHOOTING BALL)  
TOURNAMENT**

Date : 6 & 7 January - 2024

Place : Volleyball Ground, B/h. Bhagwat Vidhyapith

**Co-ordinators**

**Dr. Uday Patel**      **Dr. Bipin Patel**      **Dr. Manish Patel**  
+91-94260 14000      +91-98250 47694      +97-98250 75049

**Dr. Chetan Patel**      **Dr. Divyang Patel**  
+91-98981 15252      +91- 98252 74734

**Dr. Rutvij Parikh**      **Dr. Kuntal Gajjar**  
+91 98980 97604      +91 98250 87821

Email: volleyballahmedabad@gmail.com

**Dr. Tushar Patel**  
President, AMA

**Dr. Urvesh Shah**  
Hon. Secretary, AMA

**OBITUARY**

May their soul rest in eternal peace.



**DR. PAWAR SATISH**

L-3985 MBBS

**Date of Birth : 28-10-1961**

**Date of Death : 24-01-2023**

We send our sympathy & condolence to the bereaved family.

**GEETABEN M. DESAI SCIENTIFIC PROGRAM**

AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB

**ACADEMIC PROGRAMME**

**Date** : 7-11-2023, Tuesday  
**Time** : 3.45 to 4.45 pm  
**Venue** : AMA house  
**Subject** : Protect your Breath  
**Faculty** : 1. Dr. Raj G. Bhagat      2. Dr. Mihir Mehta

**Registration** : Register at AMA office before 4-11-23.

No Registration fees for Senior citizen club members.

Others Rs. 50/ per person.

The programme will be followed by snacks.

It is a very unique programme. We expect good number of Registration.

(couple members please bring your spouse also. The programme will be in Gujarati)

**Senior Citizen Club Co-ordinators**

**Dr. K. R. Sanghavi**      **Dr. Abhay S. Dikshit**      **Dr. K. C. Gadhavi**      **Dr. R. C. Shah**

**Dr. Tushar Patel**  
President

**Dr. Urvesh Shah**  
Hon. Secretary

**Mega Blood Donation Camps**

Ahmedabad Medical Association in collaboration with Bodakdev Kadva Patidar Parivar & Indian Redcross Society is organizing a Blood Donation Camp to share the need and importance of the blood in the life of an individual. The details are as follow;

**Date** : 29/10/2023      **Time** : 10am – 2pm  
**Place** : Kalgi Flats, Opp. Atithi Dining Hall,  
Judges Bungalow Road, Bodakdev, Ahmedabad.

**Date** : 31/10/2023      **Time** : 10 a.m. to 2 p.m.  
**Place** : Sardardham, Vaishnodevi Circle,  
Sardar Patel Ring Road, Ahmedabad.

## Theme Conference on Controversies in Pulmonology and Critical Care

In Association with  
Indian Society of Critical Care  
Association of Chest Physician of Gujarat  
Ahmedabad Medical Association

**Date & Time** : 26th November 2023, 9.00 am to 5.00 pm  
**Venue** : 9th floor Auditorium, Zydus Hospital, Ahmedabad

### :: Organizing Team ::

Dr. Manoj Singh Dr. Jitendra Kotadiya Dr. Vishal Waghmare

### Co-ordinators

Dr. Hitendra Parikh Dr. Ramesh Patel Dr. Viral Shah

For Registration Contact: AMA office on 079-26588775 during 2.00 pm to 6.00 pm

**Dr. Tushar Patel** President, AMA  
**Dr. Urvesh Shah** Hon. Secretary, AMA

## Smt. Sumitraben Patel Scientific Program

On occasion of WORLD AIDS DAY in association with  
GUJARAT STATE AIDS CONTROL SOCIETY,  
AHMEDABAD MEDICAL ASSOCIATION presents  
INFECTIOUS DISEASE CONCLAVE

**Date & Time** : 1st December 2023, 6pm to 9.00pm  
**Venue** : Hotel President, CG ROAD, Ahmedabad  
**Speakers** : Dr. Rajesh Gopal- GSACS, APD  
Dr. Atul Patel- Infectious Disease Specialist  
Dr. Nidhi Bhatnagar / Dr. Nirali Patel - ISBTI  
Dr. Vishvas Amin- IRCS

### Co-ordinators

Dr. Bipin Patel Dr. Nirali Patel Dr. Vipul Shah

For Registration Contact: AMA office on 079-26588775 during 2.00 pm to 6.00 pm

**Dr. Tushar Patel** President, AMA  
**Dr. Urvesh Shah** Hon. Secretary, AMA

## YOGA SHIBIR

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

**Date** : 01-12-2023 to 10-12-2023  
**Time** : 07:00 a.m. to 08:00 a.m.  
**Venue** : AMA Premises

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. It also helps to build up immunity and improves respiration and lung capacity. So in current Corona period Yoga is the best weapon to fight against Corona and useful for prevention.

**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. Tushar Patel** President, AMA  
**Dr. Urvesh Shah** Hon. Secretary, AMA

### 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 & AFPA - "DOCTOR ON CALL " in Diwali**

Dear Friends,

During Diwali festival many of our friends go out of station on vacation. So many of people face problems in their needs during these days. So to avoid such inconvenience to society we conduct project of Doctors on Call since 10 years in association with Ahmedabad Family Physicians Association and this will be 11<sup>th</sup> year. Though because of Corona many of doctors may not go out but we continue our activity this year also.

We are planning a list of Doctors available during these festival days of Diwali in Ahmedabad. If you are interested in rendering your services during Diwali kindly send your Contact - Speciality - Area - through email to AMA-amagsbima@yahoo.co.in

You are not suppose to sit in your clinic round the clock - you will only be called in case of any emergency.

We are preparing a master list -Area wise and Speciality wise. The project will work like this :-

Patient



Call the Area Coordinator



As per need Call transfered to /Patient guided to available Doctor/ Hospital



Telephonic advise is totally free to patient

In Clinic /Hospital charges as per routine can be charged

We will publish the Help Line number which will be operational from 11/11/2023 to 15/11/2023

Those Doctors who wants to give their services are requested to contact Office of AMA.

**:: Co-Ordinators ::**

**Dr. Ramesh I. Patel**

**Dr. Rajesh Desai**

**Dr. Kamlesh Naik**

**Dr. Tushar Patel**

President (AMA)

**Dr. Arvind Panchal**

President (AFPA)

**Dr. Urvesh Shah**

Hon. Secretary (AMA)

**Dr. Shailesh Raval**

Hon. Secretary (AFPA)





A.M.A. SUB - COMMITTEES 2023-2024		
SCIENTIFIC COMMITTEE	SOCIAL WELFARE & AAO GAON CHALE COMMITTEE	ENTERTAINMENT COMMITTEE
Dr. Tushar Patel Dr. Urvesh Shah Dr. Mukesh Maheshwari Dr. Rajesh Desai Dr. Yogesh Gupta Dr. Gopal Raval Dr. Pinakin S. Patel Dr. Rutvik Dave Dr. Vipul Shah (ID) Dr. Unmesh Upadhyay Dr. Savita Jindal Dr. Nilay Mehta Dr. Ashish Mehta Dr. Hemant Patel Dr. Sanjay Patel Dr. Apurva Parikh Dr. Jitendra Anand Dr. Jaswant Darbar	Dr. Tushar Patel Dr. Urvesh Shah Dr. R. I. Patel Dr. Vishwas Amin Dr. Arpit Prajapati Dr. Mahesh Patel Dr. Hetal Pandya Dr. Mukesh Khadaliya Dr. Amratlal Maheshwari Dr. Kamlesh Naik Dr. Divyesh Panchal Dr. Mehul Solanki Dr. Mukesh Savaliya Dr. Jitendra Patel (Anaes) Dr. Minesh Patel Dr. Kalpesh Shah Dr. Bhupesh Shah Dr. Vivek Dave Dr. Shivang Patel	Dr. Tushar Patel Dr. Urvesh Shah Dr. Mukesh Maheshwari Dr. Kalpita Dave Dr. Alpa Gandhi Dr. Dhananjaysinh Gohil Dr. TrushaMistri Dr. Vaibhav Patel Dr. Deepak Rao Dr. Ashok Patel Dr. Gurudatt Thakkar Dr. Dhiren Mehta Dr. Ankit Vaishnav Dr. Rajendra Raval Dr. Daksha Patel Dr. K. C. Gadhave Dr. Mehul Shelat
SPORTS COMMITTEE	PUBLIC RELATION, COMMUNICATION & SOCIAL MEDIA COMMITTEE	LIBRARY & BULLETIN COMMITTEE
Dr. Rutvij Parkh Dr. Kuntal Gajjar Dr. Purav Thakkar Dr. Divyang Dalwadi Dr. Jay Shah Dr. Ruchir Shah Dr. Kaushal Anand Dr. Uday Patel Dr. Nehal Sadhu Dr. Bhavesh Jharwani Dr. Sneh Shah Dr. Jay Sheth Dr. Mitesh Kakkad Dr. Ritesh Patel Dr. Kamal Parikh Dr. Parthiv Shah Dr. Gaurang Kadam Dr. Pragnesh Vora	Dr. Tushar Patel Dr. Urvesh Shah Dr. Mukesh Maheshwari Dr. Aniket Tripathi Dr. Vishvas Amin Dr. Purav Thakkar Dr. Mahesh Jivrani Dr. Maulik Sheth Dr. Mukesh Patel Dr. Harshad Patel Dr. Pragnesh Vachharajani Dr. Sahil Shah	Dr. Tushar Patel Dr. Urvesh Shah Dr. Rajesh Desai Dr. Rutvij Parikh Dr. Bipin Patel Dr. Arpit Prajapati Dr. Yogesh Gupta Dr. Ashish Bhojak Dr. Nidhi Bhatnagar Dr. Amit Prajapati Dr. Anish Joshi Dr. Atul Gandhi Dr. Abhay Dixit

HALL COMMITTEE	RULES COMMITTEE	ETHICAL COMMITTEE
Dr. Tushar Patel Dr. Urvesh Shah Dr. Rohan Christian Dr. Kalpita Dave Dr. Monika Vyas Dr. Piyush Sheth Dr. Naitik Patel Dr. Ashish Bhojak Dr. Brijen Choksi	Dr. Tushar Patel Dr. Urvesh Shah Dr. Kirtibhai Patel Dr. Mahendra Desai Dr. Jitubhai B. Patel Dr. Mehul Shah Dr. Bipinbhai Patel Dr. Devendra Patel Dr. JaswantDarbar Dr. Monaben Desai	Dr. Tushar Patel Dr. Urvesh Shah Dr. Dilip Gandhavi Dr. Parimal Desai Dr. Mahendra Desai Dr. Jitubhai B. Patel Dr. Mehul Shah Dr. Bipinbhai Patel Dr. Jitendra Shah Dr. Shailendra Vora Dr. Mahesh B. Patel
BUILDING COMMITTEE	INSURANCE COMMITTEE	BENEVOLENT FUND COMMITTEE
Dr. Tushar Patel Dr. Urvesh Shah Dr. Dilip Gandhavi Dr. Parimal Desai Dr. Mahendra Desai Dr. Jitubhai B. Patel Dr. Mehul Shah Dr. Bipinbhai Patel Dr. Kirtibhai Patel Dr. Yogendra Modi Dr. Vidhyut Desai Dr. Dhanesh Patel Dr. Mahesh B. Patel	Dr. Tushar Patel Dr. Urvesh Shah Dr. Bhadrash Shah Dr. Jitendra Shah Dr. Jitendra Patel (Anaes) Dr. Kamlesh Saini Dr. Brijesh Patel Dr. Viren Shah Dr. Kartik Shah Dr. Kaushik Gajjar Dr. Dhiren Mehta Dr. Dilip Gadhave	Dr. Tushar Patel Dr. Urvesh Shah Dr. Rohan Christian
CORPORATE HOSPITAL COMMITTEE		MSN / JDA ACADEMIC COMMITTEE
Dr. Tushar Patel Dr. Urvesh Shah Dr. Bipin Patel Dr. Parth Desai Dr. Avinash Patel Dr. Brijesh Patel Dr. Nikhil Lala Dr. Nitin Shah, SAL Dr. Dhaval Naik Dr. Keyur Patel	Dr. Suma Bose Dr. Bhavesh Thakkar Dr. Ketu Parekh Dr. Bhavesh Patel Dr. Nirav Modi Dr. Gargi Khandekar Dr. Alpaben Yadav Dr. Mehul Shelat Dr. Siddharth Darji	Dr. Tushar Patel Dr. Urvesh Shah Dr. Mansi Patel Dr. Paresh Prajapati Dr. Vijay Goplani Dr. Sapan Pandya Dr. Atul Patel Dr. Baldev Prajapati Dr. Gargi Patel Dr. Haresh Doshi Dr. Amrishi Patel Dr. Purvi Bhagat
		Dr. Bhagirath Solanki Dr. Kirit Parmar Dr. Nayan Patel Dr. Shailesh Talati Dr. Ashok Nirvan Dr. Heena Chhanwal Dr. Hitendra Desai Dr. Parag Tank Dr. Neena Bhalodiya Dr. Gaurang Patel Dr. Viral Shah Dr. Jayesh Sachade



MEMBERSHIP DRIVE COMMITTEE		EVENT MANAGEMENT COMMITTEE	
Dr. Tushar Patel	Dr. Maulik Patel	Dr. Tushar Patel	Dr. Nirali Patel
Dr. Urvesh Shah	Dr. Hiren Pateliya	Dr. Urvesh Shah	Dr. Chetan Parmar
Dr. Monika Vyas	Dr. Chintan Patel	Dr. Manjit Nayak	Dr. Naman Patel
Dr. Hitendra Nayak	Dr. Priydatl Patel	Dr. Arvind Panchal	Dr. Navneetbhai Patel
Dr. Khush Patel	Dr. Jayant Trivedi	Dr. Hitendra Patel	Dr. Dhaval Darji
Dr. Mitesh Patel	Dr. Miki Patel	Dr. Dhananjaysinh Gohil	Dr. Sanket Patel
Dr. Gaurishankar Shrimali	Dr. Nirav Patel	Dr. Piyush Sheth	Dr. Keyur Patel
Dr. Harshit Patel	Dr. Anil Gupta	Dr. Imtiyaz Vora	Dr. Varun Patel
Dr. Sahil Shah	Dr. Sanjay Pandey	Dr. Naitik Patel	Dr. Asif Mansuri
Dr. Saumil Merchant	Dr. Jayesh Patel	Dr. Sagar Thummar	Dr. K. R. Sanghavi
Dr. Sachin Patel			

### WE WELCOME FOLLOWING NEW LIFE MEMBERS

12543 L	DR. RAMANUJ HELLY BHARATBHAI
12544 L	DR. PATEL SRUSTI CHANDRESHBHAI
12545 L	DR. BAJAJ VARUN BALKISHAN
12546 L	DR. PITRODA JAY ASHOKKUMAR
12547 L	DR. PUJ KETUL SURESHBHAI
12548 L	DR. SHARMA MOHIT RAMESHWAR
12549 L	DR. VORA TANISHA PRAGNESH
12550 L	DR. DARJI DHAVAL JAYESHKUMAR
12551 L	DR. SHAH SHAUNAK BHUPENDRA
12552 L (Transfer)	DR. PARMAR PUNAMCHAND KANTILAL
12553 L	DR. SHROTRIYA YASH NARENDRABHAI
12554 L	DR. KALMA CHIRAGKUMAR BHARATBHAI
12555 L	DR. MODI MONA DEEPAK
12556 L	DR. MITTAL NEEL DIVYAKANT
12557 L	DR. RATHOD ANSHI SHASHANK

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

"P.P.S. HOUSE", Beside Sakar - V, Building, Nr. Mithakhali Railway Crossing,  
Off Ashram Road, Navrangpura, Ahmedabad -38 00 09.

Tele No. 079-2658 8929 E-mail : ppsgsbima1@yahoo.in

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

### Sub. : ANNUAL REPORT : 2022 -2023

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	11510	Dr. Dangi Ashwin Rasiklal	Ahmedabad
2	1345	Dr. Jogani Nanubhai Devrajibhai	Ahmedabad
3	7798	Dr. Joshi Rakesh Sureshchandra	Ahmedabad
4	13464	Dr. Modi Nikhilkumar Jayantilal	Ahmedabad
5	12714	Dr. Parikh Devendra Ghanshyam	Ahmedabad
6	12745	Dr. Parikh Kusuma Devendra	Ahmedabad
7	14008	Dr. Patel Dhaval Dineshbhai	Ahmedabad
8	11892	Dr. Patel Maulesh Shankarbhai	Ahmedabad
9	16340	Dr. Patel Nirajkumar Ramanlal	Ahmedabad
10	13113	Dr. Prajapati Gautam Vinubhai	Ahmedabad
11	14358	Dr. Prajapati Moolchand Chhawaralal	Ahmedabad
12	13114	Dr. Prajapati Vaishali Gautam	Ahmedabad
13	16286	Dr. Reshamwala Nidhi Shrenikbhai	Ahmedabad
14	16397	Dr. Palekar Hareesh Devchand	Ahmedabad
15	2683	Dr. Shah Ashokkumar Girdharlal	Ahmedabad
16	7062	Dr. Shah Chiragi Pranav	Ahmedabad
17	14791	Dr. Shah Hardik Vijaybhai	Ahmedabad
18	7063	Dr. Shah Pranav Ashokkumar	Ahmedabad
19	14436	Dr. Shah Rutu Vaibhav	Ahmedabad
20	8990	Dr. Surati Pranavbhai Narendrakumar	Ahmedabad
21	11668	Dr. Swaminarayan Mittalben Shaunak	Ahmedabad
22	12758	Dr. Swaminarayan Shaunak Mukeshbhai	Ahmedabad
23	8031	Dr. Vimal Rangarajan	Ahmedabad
24	14047	Dr. Vora Hetal Dharmesh	Ahmedabad



## Report of Installation Ceremony dated 24-09-23

Installation Ceremony for Dr Tushar B. Patel as President of Ahmedabad Medical Association & for the team of Office Bearers and Managing Committee members for the year 2023-24 was held on 24th September 2023 at R.M.Fozdar Hall, AMA House, Ashram Road in the gracious presence of Shri Bhupendrabhai Patel Hon. Chief Minister of Gujarat as Chief Guest, Shri Durgesh Buch (C.A) President Karnavati Club, Past President of Gujarat Chamber of Commerce and Industry (GCCl) as Guest of Honour & Dr. Dhanesh A Patel Past President, IMA Gujarat as Installation Officer. The ceremony was graced by the august presence of Dr Anilkumar Nayak - Hon. Secretary General IMA HQ, Dr Mahavirsinh Jadeja – President IMA GSB and Dr Mehul Shah – Hon. Secretary IMA GSB.

The programme was started with IMA prayer & IMA flag salutation by Dr Gargi Patel. After opening remarks by Hon secretary Dr. Gargi Patel, the outgoing president Dr. Jitendra Shah welcomed all with beautiful welcome speech. The felicitation of all the invited guests & installation officer was done with nice mementoes. In presence of large crowd in the hall, Installation officer Dr Dhanesh Patel, installed all the new managing committee members & office bearers. The new President Dr. Tushar Patel then installed by Hon'ble Chief Minister Shree Bhupendrabhai Patel followed by ceremony of exchange of presidential crest & chairs from outgoing President, Dr. Jitendra Shah to newly installed President Dr. Tushar Patel. The oath was pledged by entire new team AMA as recited by installation officer Dr. Dhanesh Patel. Afterwards in his speech, Dr. Dhanesh Patel the installation officer congratulated the outgoing team for their good contributions & gave best wishes to the new team. The new President Dr. Tushar Patel accepted the responsibilities in his speech & he promised the

crowd to give his full devotion to the association acknowledging every senior & eminent persons present over there. The Guest of Honour Shree Durgesh Buch, praise the work of doctors especially during phase of Covid 19 pandemic. He congratulated President Dr. Tushar Patel & his entire team. The chief guest Hon'ble Chief Minister Shree Bhupendrabhai Patel gave the blessings to newly installed team. The entire programme was nicely managed on stage by Masters of ceremony Dr. Nirali Patel & Dr Ashish Bhojak. Finally the programme ended with vote of thanks by Dr. Urvesh Shah.

## Report of National Voluntary Blood Donation Day 01-10-23

Ahmedabad Medical Association & Indian Redcross Society have celebrated 'National Voluntary Blood Donation Day' by organizing a mega blood donation camp to share the need and importance of the blood in the life of an individual. The blood donation camp was organized on 1st October, 2023 at Redcross Blood Bank, Paldi, Ahmedabad. 137 units of blood was received in this camp. The camp was excellently co-ordinated by Dr Vishvas Amin Managing Committee member of AMA. Felicitation of 3rd Female Centurion blood donor of India Mrs. Chetanaben Parikh, Felicitation of 1st Centurion blood donor couple of India Mrs. Chetanaben Parikh and Dr Vinit Parikh, Felicitation of 125th centurion blood donor of Ahmedabad Redcross centurion blood donor club Mr. Ketanbhai Parikh was done in esteemed presence of Shree Mukeshbhai Patel - Chairman Emeritus Ahmedabad Redcross Society, Shree Harshad Shah – Chairman Ahmedabad Redcross Society, Dr Vishwas Amin - Secretary Ahmedabad Redcross Society, Shruti Chudgar - Vice Chairperson Ahmedabad Redcross Society & Shree Amit Doshi – Treasurer Ahmedabad Redcross Society.



### Report of Senior Citizen Club programme (Webcasting of movie – 102 Not Out) dated 01/10/2023

A unique movie entertainment programme was organized by Senior Citizen Club of Ahmedabad Medical Association at R.M.Fozdar hall, AMA house. Amitabh Bachchan, Rishi Kappor and Jimit Trivedi starrer movie '102 NOT OUT' was webcasted at AMA hall on 1st Oct, 2023. Light refreshment was also provided to the audience. The programme was beautifully co-ordinated by Dr K. R. Sanghavi, Dr Ramesh C. Shah, Dr Abhay Dixit, Dr K. C. Gadhvi and Dr Arpit Prajapati. It was a great experience and event was thoroughly enjoyed by the audience. About 102 senior citizens participated in this movie show.

### Report of celebration on the occasion of World Diabetes Day dated 01-10-23

AMA has participated in 100 Days celebration of World Diabetes Day coinciding with 100th Birth Anniversary of Prof (Dr.) M.Viswanathan on 1st October 2023 at Hyatt Regency, Ahmedabad organized by Diabetes India. The event was aimed to raise awareness of diabetes as a global public health issue and what needs to be done, collectively and individually, for better prevention, diagnosis and management of the condition. Dr Tushar Patel President of AMA was invited as a guest of honour. The event was nicely managed by Dr. Banshi Saboo.

### Report of CPR Trainers Training Program dated 07-10-23

CPR Trainers' Training Programme was conducted by Ahmedabad Medical Association on 7th October 2023 at Auditorium of AMA house. Approximately 190 medical students were trained by the team of experts namely Dr Amit Prajapati, Dr Harsha Makwana, Dr Vijay Sonvane, Dr Hiren Shah, Dr Divyang Dalwadi and Dr Keyursinh Chauhan for the CPR - COLS.

### Reports of series of programmes for Senior Citizens of the city

Ahmedabad Medical Association has organized series of programs for Senior Citizens of the city. Following activities were carried out at different places as a part of this gratitude program from 2nd to 7th Oct, 2023.

- Lectures on Geriatric Care by the expert faculties
- Role of adult vaccination in prevention
- Health checkup

The detail of this series of programmes for senior citizens is as follow;

2nd & 3rd Oct at Hiramani Old Age Home with KD Hospital, Co-ordinator Dr Vishwas Amin, No. of beneficiaries : 65

3rd Oct at Redcross Society, Vadaj, Co-ordinators Dr Bhadresh Shah & Dr Hetal Pandya, No. of beneficiaries : 70

4th Oct at R.J. Trivedi Swarnmandir Trust with CIMS hospital, Co-ordinators Dr R. I. Patel & Dr Mahesh Jivrani, No. of beneficiaries: 65

7th Oct at Balkrishna Haveli with Maninagar Medical Association, Co-ordinators Dr Mahesh Patel & Dr A. K. Maheshwari, No. of beneficiaries : 60

We are thankful to Shri Narharibhai Amin & Shri Ajaybhai Patel for giving us the opportunities of social services.

### Report of 'Taal se Taal Mila' – an audiovisual programme dated 07-10-23

A unique audiovisual programme 'Taal se Taal Mila' of the songs penned by Great lyricist ANAND BAXI was organized by Senior Citizen Club of Ahmedabad Medical Association at R.M.Fozdar hall, AMA house on 7th Oct, 2023. Anchoring was done by Dr G.G. Oza and Review & remark were done by Dr Ashok Patel. The programme was beautifully presented by Dr Gurudatt Thakkar. The event was thoroughly enjoyed by the audience.

### Report of Press Conference to release guidelines for Garba dated 07-10-23

The incidences of sudden cardiac arrest and sudden death in young individuals while performing exercises and playing sports are reportedly increasing nowadays. The biggest dance festival Navratri is around the corner. Therefore, a Press Conference was called by Ahmedabad Medical Association for releasing guidelines for Navaratri festival on 7th October, 2023 at AMA House. All the leading media personnel were invited to attend the press conference and to spread the awareness. The guidelines for garba players and garba event organizers prepared by the team of experts were shared among all. The panelists included were Dr Tushar Patel, Dr Mukesh Maheshwari, Dr Yogesh Gupta and Dr Urvesh Shah.

### Report of Mental wellbeing program in Sabarmati Jail dated 08-10-23

On the occasion of World Mental Health Day, Ahmedabad Medical Association and Sabarmati Central Jail jointly organized an interesting and interactive session for the prisoners. A team of doctors consisting of psychiatrists namely Dr Himanshu Desai, Dr Suhas Doshi, Dr Khyati Metaliya performed various plays and delivered a talk on "તમારા મનને ખુશ કેવી રીતે રાખશો". The programme was attended by more than 250 male prisoners and 100 female prisoners. The event was beautifully co-ordinated by Dr Kalpita Dave & Dr Hitendra Nayak.

### Report of Dr. N. T. Shah Scientific Programme dated 12-10-23

A CME was organized by Ahmedabad Medical Association on 'New updates on Liver, Pancreas and Billiary diseases' at

Cosmopolitan Hotel, Navrangpura, Ahmedabad on 12th October 2023. Dr Kaushal Anand of Shailya Hospital was invited as an expert speaker. The programme was co-ordinated by Dr Mukesh Khadalia and Dr Hetal Pandya. Approximately 50 participants had attended the CME. The session was quite informative and interactive.

### Report of Organ Donation Awareness Programme with ICAI dated 12-10-23

Organ Donation Awareness Programme was jointly organized by Ahmedabad medical Association & Ahmedabad Branch of WIRC of ICAI (Chartered Account Association) on 12th October 2023. The event was graced by the presence of Shree Dilipbhai Deshmukh, Dr Mehul Shah Hon. Secretary IMA GSB, Dr Tushar Patel President AMA, CA (Dr.) Anjali Choksi Chairperson, CA Abhinav Malaviya Secretary & CA Shivang Choksi.

### Report of a Talk on Making fire safe hospital building dated 15-10-23

Ahmedabad Medical Association has organized a talk on Making fire safe hospital building in collaboration with Ahmedabad Fire and Emergency Services Department, Institution of Fire Engineers India Gujarat State Chapter & Ahmedabad Hospitals and Nursing Homes Association on 15th Oct, 2023 at R. M. Fozdar Hall, AMA house. Shree Nalin Chaudhari Director – Gujarat State Fire Prevention Services Department Govt. of Gujarat, Dr Prabhat Rahangdale Former Director of Maharashtra Fire Service & Shree Jayesh Khadiya CFO Ahmedabad Fire Emergency Services Department were invited as an expert speakers. Around 80 participants had attended the programme. The entire event was excellently co-ordinated by Dr Vasant Patel & Dr Purav Thakkar.





## લેડીઝ-ક્લબ

નારી સમાજસ્ય કુશલ વાસ્તુક્કારા ।

“બધો આધાર છે એના જતી વેળાના જોવા પર  
મિલનમાંથી નથી મળતા મહોબ્બતનાં પુરાવાઓ  
એ સૌથી વધુ ઉચ્ચ તબક્કો છે મિલનનો  
કહેવાનું ઘણું હોય ને કશું ચાદ ના આવે”

મારા પ્રમુખપદની વિદાયવેળાએ મારી સભ્ય બહેનોની એટલી બધી સુંદર-  
સુમધુર યાદો મારી સાથે સંકળાયેલી છે કે એને વર્ણવવા માટે મારી પાસે શબ્દો નથી.

અંતિમ કાર્યક્રમ મનોરંજક ગીતોનો હતો. જે તા. ૨૯-૦૯-૨૦૨૩ ના રોજ  
યોજાયો. આ કાર્યક્રમ સુરાંજલી મ્યુઝિકલ ક્લબ દ્વારા યોજાયો અને આપણી સહુ  
સભ્ય બહેનોએ ખૂબ ઉત્સાહપૂર્વક માણ્યો. ભરચક હોલ સાથેની સભ્યોની  
હાજરીએ કાર્યક્રમને અનેરી સફળતા આપી. આ કાર્યક્રમ માટે સુરાંજલી મ્યુઝિકલ  
ક્લબનાં ફાઉન્ડર ઉમેશ શર્મા અને તેમના બધા ગાયકનો અમે આભાર માનીએ  
છીએ.

આવનારી નવી કમિટીને પ્રેમભર્યો આવકાર.

- શ્રીમતી સુષમા નયન શાહ

શ્રીમતી સુષમા નયન શાહ

પ્રમુખ

મો. ૯૩૨૮૦૮૩૩૬૯

શ્રીમતી જશનાબેન મહેતા

સેક્રેટરી

મો. ૯૭૨૫૩૭૩૩૨૩

ડૉ. તુષાર પટેલ

પ્રમુખ

એ.એમ.એ.

ડૉ. ઉર્વેશ શાહ

સેક્રેટરી

એ.એમ.એ.



## Making Smart Investments in Land : A Doctor's Guide

### Unlocking the Potential of Real Estate for Medical Professionals

#### Introduction

As a medical professional, you have dedicated your life to caring for patients and improving their well-being. However, it's crucial to also prioritize your financial health and secure a stable future. While you might be well-versed in the medical field, venturing into the world of real estate investment can seem daunting. **Fear not!** This article aims to provide doctors with valuable investment advice in land to help you make informed decisions and build a strong financial portfolio.

#### Why Consider Land Investment?

Investing in land can offer numerous benefits for doctors looking to diversify their financial assets. Unlike other investments, land is a tangible asset that generally appreciates over time, making it a potentially lucrative long-term venture. Additionally, land investments are less susceptible to market fluctuations compared to stocks or bonds, providing a degree of stability during uncertain economic times.

#### Understanding Your Investment Goals

Before delving into the world of land investment, it's essential to define your investment goals clearly. Understanding your objectives will guide you in making the right decisions tailored to your needs.

#### Conducting Thorough Research

As doctors, you are experts in conducting comprehensive research before making medical decisions, and the same diligence applies to real estate investments. Research potential areas of interest, considering factors such as economic growth, infrastructure development, and population trends. Analyze local property markets, vacancy rates, and rental demand to gauge the investment's potential.

#### Working with a Realtor

Collaborating with a reputable realtor can provide invaluable insights, access to off-market opportunities, and a smooth buying process. Realtors can also help you navigate legalities, zoning regulations, and environmental considerations that are crucial when investing in land. As a busy medical professional, you might not have the time to actively

manage your land investment where realtor can help you on current markets.

#### Land Use and Zoning Regulations

Ensure compliance with local zoning laws and future development plans to prevent potential setbacks in land use.

#### Environmental Considerations

Conduct environmental due diligence to identify issues like contamination, endangered species habitats, or flood zones that could affect land value or development potential.

#### Infrastructure and Development

One of the key factors driving land appreciation is its proximity to infrastructure and development projects. Areas experiencing growth in terms of transportation networks, hospitals, educational institutions, or commercial centers are more likely to witness a surge in land value.

#### Conclusion

As a doctor, you've dedicated your life to healing others. Now, it's time to ensure your financial health and future stability. Land investment can be a prudent addition to your financial portfolio, providing both long-term appreciation and diversification. By conducting thorough research, collaborating with experienced realtors, and understanding the legal and environmental aspects, you can make smart investment decisions that align with your goals.

**Happy investing!**

**By Chetan Savaliya**

Founder & Director, Newedge Realty Pvt. Ltd.

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## Beyond the Stethoscope: Crafting a Legacy Beyond Medicine

**By Meenal Goswamy**

As I sit across the table with my doctor friends, I can't help but notice this usual pride in their eyes when they speak about how their son or daughter is working hard to clear the tough medical exams. But this time, it was different. Last week, I met Dr Sharma, our family doctor, who had the same sparkling eyes for his daughter, Ananya. She's not a doctor, nor



does she aspire to be one. Instead, she's a passionate environmentalist, working diligently to combat climate change. Yet, the legacy of Dr. Sharma shines brightly through her, and it's not because she wears a white coat.

This is when I realised that many doctors cherish the dream of seeing their children follow in their footsteps. The medical profession, after all, is noble, challenging, and often rewarding.

But does legacy only mean a continuation of the same profession?

### **Why Should Doctor Kid Be a Doctor?**

It's a common notion across the globe that doctors' children are destined to don the white coat, carry the stethoscope, and walk the same legacy paved by their parents. And, if somebody fails to do it, they are not meeting the p's and q's of the highly noble society. However, I feel differently about it. In this modern time, legacy is not merely about mirroring professions; they are about imbibing values, ethics, and a commitment to making a difference in our community, society or this world.

Legacy is not just about the profession you choose; it's about the values you instil, the difference you make, and the lives you touch. It's about passion, commitment, and the drive to make the world a better place. These qualities are not exclusive to the medical field. They can be found in artists, engineers, teachers, and countless other professions.

### **Diverse Career Paths, Same Values**

In today's rapidly changing world, we need interconnected domains, each playing a pivotal role in maintaining the equilibrium of our existence. We need DNA engineers, scientists, and data analytics, to help us prepare for bio wars and unforeseen man-made epidemics. We also need more and more passionate heads to make this world a better place to live.

Take Ananya, for instance. While she isn't treating patients, she's treating the planet. The dedication she shows to her cause, the hours she puts into research, and the way she connects with communities are reminiscent of her father's commitment to his patients. The medium is different, but the core values remain the same. Similarly, a career in law can be a conduit for advocating healthcare policies and patients' rights, ensuring that the sanctity of human life is upheld in the labyrinth of legalities.

### **Doctors are trained to diagnose, treat, and heal. But isn't healing also about creating a better future?**

The essence remains the same, whether it's through medicine, technology, arts, or environmental conservation.

In my role as an HR consultant, I've had the privilege of witnessing the confluence of diverse talents, each bringing a unique perspective to the table. The amalgamation of varied skills and knowledge enriches the organizational culture and fosters innovation. It's this diversity that propels us forward, allowing us to explore uncharted territories and find novel solutions to age-old problems.

### **Career Advice for the Future**

As someone who works closely with diverse professionals, I've seen the magic that happens when individuals are allowed to follow their passion. My advice to all the doctors reading this is simple: support your child's dreams, even if they don't involve medicine. Recognize the values they're upholding and the difference they're striving to make.

Stories of individuals making a mark in various fields are aplenty. The boundaries are blurring from tech innovators addressing healthcare challenges to artists raising awareness about mental health. These stories need to be shared, celebrated and used as inspiration for the next generation.

### **Conclusion**

To all the doctors reading this, your legacy is not just about the title or the profession. It's about the ethos of service, dedication, and commitment to a cause. Whether your child chooses to be a doctor, an artist, an engineer, or any other profession, what truly matters is the impact they make and the values they carry forward.

So, the next time you sit across the table from your child, listen to their dreams and aspirations. You might realize that the legacy you've built is already shining brightly through them in ways you hadn't even imagined.

**About Author** - With her distinguished educational background, Meenal, {Director of iConsult Business Solutions Pvt Ltd} has been a stalwart in the HR industry for over 20 years, specialising in Talent Management, Capability Building, and Organization Development. Her relentless pursuit of excellence earned her a prestigious award in January 2023, and her insights and innovations have been recognised in notable publications over the years. Meenal is also an active member of several global HR committees, constantly aligning herself with contemporary HR trends and innovations.

## THE GIFT OF LIFE- ONE BLOOD DONATION SAVES 3

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How fascinating it seems that one blood donation saves 3 lives. Often blood donors visiting the blood donation camp or blood centre are horrified looking at 3 or 4 blood bags attached to the needle and ask “HOW MANY BAGS ARE YOU GOING TO FILL?”

### ❖ **Brief about how one blood donation saves 3 lives :**

Before the advent of componentization therapy, the blood was collected in glass bottles and was being issued for transfusion. Later, switching from glass bottles to blood bags took place.

Moreover, blood bags triple/quadruple system (interconnected 2-3 blood bags) were introduced which brought a revolution in blood transfusion services. It led to component therapy approach and rational use of blood and blood components were made by which one blood donation can save 3 lives.

The whole blood which is a mixture of cells, colloids and crystalloids can be separated into different blood components namely packed red blood cell (PRBC) concentrate, platelet concentrate (PC), fresh frozen plasma (FFP) and cryoprecipitate.

As different blood components have different relative density, sediment rate and size they can be separated when centrifugal force is applied.

The blood components prepared from one unit of whole blood are:

1. Packed red blood cells
2. Fresh frozen plasma or Cryo poor plasma
3. Platelet concentrate
4. Cryoprecipitate

Each blood component is used for a different indication; thus, the component separation has maximized the utility of one whole blood unit.

Different components need different storage conditions and temperature requirements for therapeutic efficacy.

Blood products are modified as Leucoreduced/leucodepleted products, irradiated products, volume reduced products, saline washed products, and

pathogen inactivated products as per the indication for use in special cases.

New researches in red cell cultures and blood substitutes herald new era in blood banking.

### ➤ **Component Collection by Apheresis Procedure:**

Apheresis is a procedure where required single or more than one component is collected and the rest of blood components are returned to the donor.

The working principle of apheresis equipment is by centrifugation (different specific gravity). In this method, fixed quantity of blood is collected in a bolus called as Extracorporeal volume (ECV) and the required component (e.g. Platelets) is separated and collected in the collection bag and the other components (e.g. red blood cells, leucocytes and plasma) are returned back to the donor.

The components that can be collected by Apheresis in India are:

1. Platelets
2. Plasma (only in case of COVID-19 Convalescent Plasma)
3. Granulocytes
4. Peripheral stem cells



## How to refer a patient for Kidney transplant?: A Physician's guide

### Introduction

Chronic kidney disease (CKD) is associated with high rates of morbidity and increasing rates of mortality worldwide.

Kidney transplant (KT) is the preferred form of kidney replacement therapy (KRT) for suitable patients as data shows that it improves the survival and quality of life compared to dialysis patients; that too at lower cost in the longer term. Demand for transplantable kidneys exceeds supply and thus candidacy for deceased donor transplantation needs careful evaluation.

Initiation of the transplant evaluation process depends on the patient's subjective well-being, underlying kidney disease and rate of glomerular filtration rate (GFR) loss; number and severity of comorbid conditions; and the anticipated need for specialized testing and immunological evaluation. This article addresses physicians dealing with CKD patients about knowledge of candidacy for transplant.

### When to refer?

All CKD patients not on dialysis should be informed, educated and considered for kidney transplant evaluation at **CKD stage G4 and G5 or at least 6 to 12 months before anticipated dialysis initiation** to facilitate identification/work-up of living donors and plan for possible preemptive transplantation.

- Patients with advanced CKD who are expected to reach the stage of needing dialysis have the right to be informed of all available treatment options, including transplantation.
- Patients already on regular dialysis when medically stable and kidney failure deemed irreversible.

### When not to refer?

CKD patients with following conditions should be precluded from kidney transplant evaluation.

- Plasma cell dyscrasias, not adequately treated
- Progressive central neurodegenerative disease
- Severe irreversible obstructive or restrictive lung disease
- Severe uncorrectable and symptomatic cardiac disease that is deemed by a cardiologist
- Decompensated Cirrhosis of liver (may need combined liver-kidney transplant)

### Types of transplant donors :

- Living related donors: blood relatives of the recipient up to the 4th degree of consanguinity, spouses
- Living non-related donors: like friends.
- Deceased (cadaver) donors: from victims of brain death.
- In India, registration for deceased grafts can only be done after **3 months of regular dialysis treatment.**

### Pre-emptive transplant :

- Kidney transplantation may be done before the initiation of maintenance dialysis in CKD Stage 5 patient is called a pre-emptive KT.
- When a live donor is available or where pre-emptive deceased donor transplantation is possible, cases should proceed when the eGFR is  $<10 \text{ ml/min/1.73 m}^2$  (10 to 15 ml/min/1.73 m<sup>2</sup> in pediatrics).
- The advantages of preemptive transplant are distinct due to avoidance of complications and cost dialysis
- It is also associated for better graft survival than patients transplanted after initiating the dialysis.

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## Bhagavad Gita – Its relevance in today's world. (Part 2: Chapter 13-18)

Dear all, let us discuss the last 6 chapters of this classical scripture. In the last article we covered summary of chapter 7-12. In this article we are going to cover chapter 13-18.

**Table 1 : Chapter wise summary of Gita and its application in day-to-day life (Cont.)**

Chapter Name	Practical applications in day-to-day life
<b>Chapter 13 : “KhetraKhetrajñāVibhāga Yoga</b> <ul style="list-style-type: none"> <li>Arjuna wants to know about prakriti (nature), purusa (the enjoyer), ksetra (the field), ksetra-jna (the knower of the field), jnana (knowledge), and gnaya (the object of knowledge).</li> <li>Krishna explains that the ksetra is the conditioned soul's field of activity the body. Within it reside both the living entity and the Supreme Lord, who are called ksetra-jna, the knowers of the field.</li> <li>Jnana, knowledge, means understanding of the body and its knowers. Knowledge involves qualities such as humility, nonviolence, tolerance, cleanliness, self-control, absence of false ego, and even – mindedness amid pleasant and unpleasant events.</li> </ul>	<b>Chapter 13 : Detach from maya and attach to Divine.</b> <ul style="list-style-type: none"> <li>The two purusas, or enjoyers, are the living entity and the Super soul.</li> <li>A person who can see that the individual soul and the Super soul remain unchanged throughout various types of material bodies they successfully inhabit and is said to possess the vision of eternity.</li> <li>By understanding the difference between the body and the knower of the body, and by understanding the process of liberation from material bondage, one reaches the supreme goal.</li> </ul>
<b>Chapter 14 : GuṇaTrayaVibhāga Yoga</b> <ul style="list-style-type: none"> <li>There are 3 Gunas to mind, ego &amp; food. Sattavic ego is, I am everything &amp; everybody.</li> <li>Tamasic ego is knowing that you are only this body, &amp; Rajasic ego is having a limited mindset &amp; falling into craving &amp; aversion.</li> </ul>	<b>Chapter 14 : Live a lifestyle that matches your vision.</b> <ul style="list-style-type: none"> <li>A person influenced by the mode of passion is plagued by unlimited desires for boundless material enjoyment, especially sex pleasure. To satisfy those desires, he is always forced to engage in hard work that binds him to</li> </ul>





<ul style="list-style-type: none"> <li>We all have the 3 gun?as, but we differ because of predominance of one gun?a over the other two.</li> <li>The Self(Atma) is beyond gun?as ,It is the body which has gun?as, doership,etc.</li> <li>To transcend gunas we must identify as Self not as body.</li> </ul>	<p>sinful reactions, resulting in misery. A person in the mode of passion is never satisfied with the position he has already acquired. After death, he again takes birth on earth among persons engaged in fruitive activities.</p> <ul style="list-style-type: none"> <li>The mode of ignorance means delusion. It fosters madness, indolence, laziness, and foolishness. If one dies in the mode of ignorance, he has to take birth in the animal kingdom or the hellish worlds.</li> <li>A person who transcends the three modes is steady in his behavior, aloof from the temporary material body, and equally disposed towards friends and enemies. Such transcendental qualities can be achieved by full engagement in devotional service.</li> </ul>
<p><b>Chapter 15 : Puru?hottama Yoga</b></p> <ul style="list-style-type: none"> <li>The “tree” of this material world is but a reflection of the real “tree”, the spiritual world.</li> <li>Just as a tree’s reflection is situated on water, the material reflection of the spiritual world is situated on desire, and no one knows where it begins or ends.</li> <li>This reflected tree is nourished by the three modes of material nature. Its leaves are the Vedic hymns, and its twigs are the objects of the senses. One who wants to disentangle himself from this tree must cut it down with the weapon of detachment and seek shelter of the Supreme Lord.</li> </ul>	<p><b>Chapter 15 - Give priority to Divinity.</b></p> <ul style="list-style-type: none"> <li>Krishna explains how we are caught in the mysterious nature of cycle of death &amp; rebirth in this material world.</li> <li>He compares life to the huge,many branched,well rooted Peepal tree which is not easily destructible.</li> <li>The first step is to develop detachment, freedom from reaction towards pairs of opposites, pride, sorrow etc &amp; to be free from worldly pursuits.</li> <li>Having withdrawn mind from worldly desires, one should seek&amp; give priority to Divinity(Brahman).</li> <li>Everyone in this world is fallible, but in the spiritual world everyone is infallible. And beyond all others is the Supreme Person, Krishna.</li> </ul>
<p><b>Chapter 16 : Daivāsura Sampad Vibhāga Yoga</b></p> <ul style="list-style-type: none"> <li>Two classes of created beings, the</li> </ul>	<p><b>Chapter 16 : Being good is a reward.</b></p> <ul style="list-style-type: none"> <li>In this Lord Krishna explains which types of human traits are divine and</li> </ul>

<p>divine and the demoniac, are endowed with different qualities.</p> <ul style="list-style-type: none"> <li>Godly men like Arjuna possess the godly qualities: charity, self-control, gentleness, modesty, forgiveness, cleanliness, austerity, simplicity, non-violence, truthfulness, tranquility, fearlessness, freedom from anger, cultivation of spiritual knowledge, aversion to fault-finding, compassion for all living beings, freedom from covetousness, and steady determination.</li> <li>Demoniac qualities such as pride, anger, envy, harshness, arrogance, ignorance, Impudence, uncleanliness, and improper behavior bind people in a network of illusion that makes them take birth again and again in demoniac species of life. Unable to approach Krishna, the demoniac gradually sink down to hell.</li> </ul>	<p>which are not.</p> <ul style="list-style-type: none"> <li>Two kinds of action – regulated and unregulated—yield different results.</li> <li>A person who discards scriptural injunctions attains neither perfection, nor happiness, nor the supreme destination.</li> <li>People regulated by scripture understand what duty is and what is not. They gradually attain the supreme destination by performing acts conducive to self-realization.</li> </ul>
<p><b>Chapter 17 : ŚhraddhāTrayaVibhāga Yoga</b></p> <ul style="list-style-type: none"> <li>Arjuna asks. “what mode of nature governs those who do not follow the principles of scripture but worship according to their own imagination?”</li> <li>In reply, Krishna analyzes the different kinds of faith, food, charity, austerity, sacrifice, and penance that mark the different modes of material nature.</li> <li>The three words “om tat sat” are symbolic representations of the Supreme Absolute Truth.</li> <li>Om indicates the Supreme, tat is used for getting free from material entanglement, and sat indicates that the Absolute Truth is the objective of devotional service.</li> <li>Any sacrifice, charity, or penance performed without faith in the Supreme is called asat, impermanent.</li> </ul>	<p><b>Chapter 17 : Divisions of faith (Choosing right over the pleasant is a sign of power)</b></p> <ul style="list-style-type: none"> <li>This chapter explains the power of faith.</li> <li>Krishna explains the power of choosing right over the pleasant by acquiring knowledge and living life as a Satvic.</li> <li>He discusses significance of mantra “Om tat sat”. Meaning “The supreme Absolute Truth” or “All that is.”. ‘Sat’ has many meanings like truth, existence, goodness, good action &amp; steadfastness.</li> <li>In essence while choosing right over pleasant the utterance of this mantra will sanctify scriptural actions and make one Satvic.</li> </ul>

### Chapter 18 : MokshaSanyasa Yoga

- Arjuna asks Krishna about the purpose of tyaga (renunciation) and sannyasa (the renounced order of life).
- One attains perfection by doing one's own work, not another's, as prescribed duties are never affected by sinful reactions. Thus one should work as a matter of duty, without attachment or expectation of result. One should never give up one's duty.
- The highest platform of self-realization is pure devotional service to Krishna. Accordingly, Krishna advises Arjuna to always depend on Him, work under His protection, and be conscious of Him. If Arjuna refuses to fight for Krishna, he will still be dragged into warfare as it is his nature as a ksatriya to fight. Nonetheless, he is free to decide what he wants to do.
- By Krishna's grace, Arjuna's illusion and doubt vanish, and he chooses to fight according to Krishna's directions.

### Chapter 18 : Conclusion: The Perfection of Renunciation

- The Bhagavad Gita teaches us the nature of the true self. Also, it teaches about spirituality.
- Krishna teaches us the ways of life or the art of living through the Bhagavad Gita. His teaching related to love, action, food, meditation, and deeds are incredible.
- Krishna explains,renunciation does not mean abandoning the duties of every day life & becoming a recluse to live a life of an Ascetic,neither does it mean living with indifference to the world & its affairs.
- It means living as a Karma yogi.
- No man is free from action & action cannot be given up.But actions performed should promote welfare of all.Your good karmas will unite you with your true inner self.Let go all that holds you back & move forward .

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