



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

Email : amagsbima@yahoo.co.in

Website : www.ahmedabadmedicalassociation.com

AHMEDABAD MEDICO NEWS

124th Annual Day Celebration



PPS Zonal Seminar by AMA on Dt. 02-08-2026



Dr. JIGNESH SHAH

President - AMA

Dr. MAULIK SHETH

Hon. Secretary - AMA

Imm. Past President - **Dr. DHIREN MEHTA**

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Timing: 10 AM to 5 PM | Please do not come on follow-up visit on Tuesday & Friday.



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*Ahmedabad
Medical Association*



INSTALLATION CEREMONY



Chief Guest

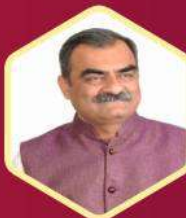
Rivaba Jadeja

Minister for Tribal Development,
Primary, Secondary and Adult
Education of Gujarat

Guest of Honor

Dr. Anil Nayak

National President
Indian Medical Association (IMA HQ)
2025-26



Installation Officer

Dr. Mehul Shah

Imm. Past President, IMA GSB

The Ahmedabad Medical Association
proudly announces the installation of

Dr. Kalpita Dave

as the President for the year 2026-27, along
with the new team of Office Bearers and
Managing Committee Members.



27th September 2026 | Sunday

TIME:

09:00 AM ONWARDS

PRESIDENT

Dr. Jignesh Shah

HON. SECRETARY

Dr. Maulik Sheth



124th Annual Day Celebration - AMA Committee Members 2025-26



124th Annual Day Celebration - AMA Office Berrers 2025-26



124th Annual Day Celebration - AMA Past Presidents





124th Annual Day Celebration





124th Annual Day Celebration





124th Annual Day Celebration





124th Annual Day Celebration





PPS Zonal Seminar by AMA on Dt. 02-08-2026





Guidance Seminar on Dt. 04-07-2026



Healthcare & Pharma Tech Start-up event on Dt. 29-07-2026





Chhapan Hospital

(Orthopaedic & Eye Hospital)



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by Ahmedabad Medical Association



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Dr Harshil Chhapan

MS Ortho (BJMC, Civil, Ab'd)
Fellowship (Ganga hospital, Coimbatore)
Ex Asst. Professor (BJMC, Civil, Ab'd)

- **Arthroscopy (Shoulder & Knee)**
- Ligaments & Sports injuries
- Joint preservation (HTO)
- Deformity correction and Ilizarov surgery



Dr Jigar Chhapan

MS Ortho (NHL, VS, Ab'd)
Fellowship (Sunshine (Hyderabad),
Oxford, Leeds (UK), Germany)

- **Hip & Knee Joint Replacement**
- Unicompartmental Partial Knee Replacement
- Complex Primary & Revision cases
- Prosthetic Joint Infection management
- Fracture & Complex trauma cases



Dr Riddhi Chhapan

MS Ophthal (BJMC, Civil, Ab'd)
Fellowship (LVPEI, Hyderabad)

- **Paediatric Eye Care** – Refractive errors, Amblyopia, Ocular allergies
- Paediatric friendly optical biometer for Myopia
- **Squint** – Medical/Surgical management of simple/complex squint in kids/adults
- Neuro-Ophthalmology & Glaucoma

Dr Bhupesh Chhapan

MS Ortho (NHL, VS, Ab'd)

Under the Leadership of

Dr Swati Chhapan

MS Ophthal (BJMC, Civil, Ab'd)



Address:
Chhapan Hospital, 11, Kailash Society,
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8799199575



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Dr. Aishwarya Raj (Haematologist) | Dr. Pushpendra Hirapara | Dr. Mitanshu Sharma

RADIATION ONCOLOGY: Dr. Hirak Vyas | Dr. Parigna Trivedi
Dr. Poornima Devi Uthayakumar | Dr. Priyanka Alurkar

SURGICAL ONCOLOGY: Dr. Shivam Pandya (Head & Neck) | Dr. Mihir Shah (GI, Breast & Head & Neck)
Dr. Natasha Lalwani (Head & Neck) | Dr. Kunal Mangale (Head & Neck & GI)



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Dr Aditi Bhatt

MBBS, MS, MCh.

GI, Gynaec and
Peritoneal Cancer
Specialist



Dr Ridham Shah

MBBS, MS, DrNB

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EPIC Hospital

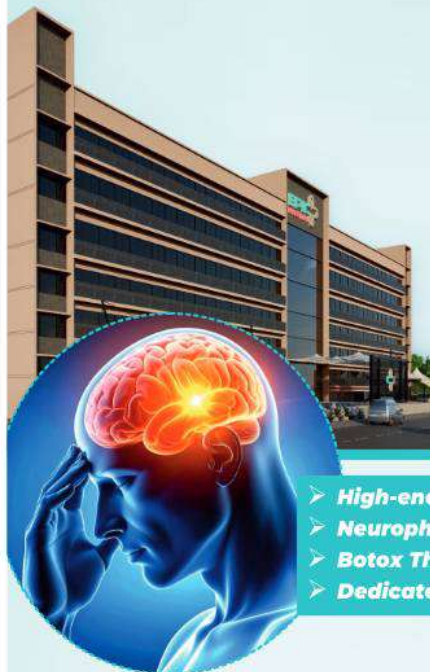


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Dr. Jitender Singh Tuteja
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Interventional Neuroradiologist
& Stroke Specialist

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A.M.A. BULLETIN INDEX

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WE WELCOME FOLLOWING NEW LIFE MEMBERS

M.No.	Type	Name
13960	LC	Dr. Patel Sachin Kiritbhai
13961	LC	Dr. Patel Twishaben Jayantibhai
13962	L	Dr. Badlawala Payal Manharbhai
13963	L-Transfer	Dr. Kar Bijoy
13964	L-Transfer	Dr. Kapadiya Sanjay Manilal
13965	LC	Dr. Prajapati Vineet Manojkumar
13966	LC	Dr. Chandrani Juhi Ketan
13967	L	Dr. Patel Dhriti Prasoon
13968	L	Dr. Bhusari Harveen Surendrapalsingh
13969	L-Transfer	Dr. Dhanavadiya Nimeshkumar Dharambhai
13970	L-Transfer	Dr. Jethva Ravi B.
13971	L	Dr. Patel Aneri Rajeshkumar
13972	L	Dr. Suvarna Mikita Arun
13973	L	Dr. Vakil Ayman Javedahamadkhan
13974	L	Dr. Sobti Parul Atul
13975	L-Transfer	Dr. Patel Girishbhai
13976	L	Dr. Lath Siddharth Hari
13977	L	Dr. Parmar Vishal Girdharlal
13978	L-Transfer	Dr. Chauhan Gautam



**Message From
President & Hon. Secretary**



Dear Members,

**“An association becomes meaningful when its members come together—
not only to advance their profession,
but also to celebrate, learn and grow together.”**

It gives us immense pleasure to share another vibrant edition of Ahmedabad Medico News, capturing a month that has been particularly memorable for the Ahmedabad Medical Association.

The highlight of the month was undoubtedly the 124th Annual Day Celebration of AMA. It was a grand occasion that brought together the AMA family in a spirit of celebration, recognition and fellowship. The presence and enthusiasm of our members and their families made the evening truly special. The Annual Day also provided an opportunity to honour distinguished members of our fraternity through the various AMA Awards and Trophies, recognising excellence in professional service, academics, social contribution and achievements in different fields.

Beyond the awards and celebrations, the Annual Day was a reflection of the strength and legacy of an association that has continued to evolve with the changing needs of the medical fraternity. It reminded us that AMA is not merely an organisation—it is a community of doctors connected by a shared commitment to medicine, service and fellowship.

Our academic journey continued with the PPS Zonal Seminar on 2nd August, focusing on medico-legal issues and professional protection. With practical discussions and real-world perspectives, the programme highlighted the importance of being aware of the legal and professional challenges that doctors may encounter in their day-to-day practice.

On 9th August, we explored another dimension of healthcare through “Harmonizing Science & Spirituality.” The programme offered an opportunity to look beyond the physical aspects of medicine and reflect upon the mind, consciousness, spirituality and holistic wellbeing. It was a thought-provoking addition to our journey of going Beyond Scalpel & Stethoscope.



The spirit of our nation was celebrated with pride on 15th August, as AMA members came together to commemorate Independence Day. Such occasions remind us of our responsibilities not only as citizens, but also as healthcare professionals committed to serving society.

The AMA Senior Citizen Club added warmth and fellowship to the month with a special Senior Citizen Movie Show on 16th August, featuring the evergreen movie Kranti. The evening provided our senior members an opportunity to relax, enjoy nostalgia and spend quality time together—once again reinforcing that AMA's activities extend well beyond professional life.

As we look ahead, our academic calendar continues with the College of General Practitioners programme "Strengthening Primary Care" on 23rd August, jointly organised by CGP, IMA Gujarat State Branch and AMA, with the support of AFPA. The programme brings practical clinical updates and discussions relevant to primary care and family physicians.

September will mark an important transition in the AMA calendar. We look forward to the Installation Ceremony of the new team on 27th September, as a new chapter of leadership and service begins. The General Body Meeting will also be held in September, providing an important forum for interaction, communication and participation of our members.

As we move towards the concluding phase of this AMA year, we remain committed to creating opportunities for academic excellence, professional development, fellowship, social responsibility and personal wellbeing.

The journey continues...
Beyond Scalpel & Stethoscope.
Jai AMA – Jai IMA

With warm regards,

Dr. Jignesh Shah
President, AMA

Dr. Maulik Sheth
Hon. Secretary, AMA

Congratulation

Dr. M. C. Patel
on being elected as
PRESIDENT of FOGSI
for year 2028-2029



**AHMEDABAD MEDICAL ASSOCIATION YEAR : 2025-2026****OFFICE BEARER****PRESIDENT****Dr. SHAH JIGNESH C.**

9327014487

VICE PRESIDENT**Dr. DAVE KALPITA MANISH**

9924558450

Dr. NAIK DHAVAL DINKERRAI

9099111133

HON. FINANCE SECRETARY**Dr. PATEL NAITIK BHARATBHAI**

9898129475

HON. SECRETARY**Dr. SHETH MAULIK SURESHCHANDRA**

9825915464

HON. JOINT. SECRETARY**Dr. MAHESHWARI AMRATLAL K.**

9426285940

Dr. NAYAK MANJIT J.

99982227871

HON. LIB. SECRETARY**Dr. JIVRANI MAHESH RATILAL**

9825343198

RESIDENT DOCTOR**Dr. PATELIYA HIRENKUMAR JYANTILAL**

7405495750

IMM. PAST PRESIDENT**Dr. MEHTA DHIREN RAMNIKLAL**

9898854158

MANAGING COMMITTEE MEMBERS**P.G.****DR. DESAI ADITYA PARIMAL**

9979902655

DR. JAIN RASHI PRASHANT

9737678880

DR. KOSHIA ARTH HEMANTBHAI

9662229888

DR. NINAMA MANISH LALSINGH

9825213374

DR. PATEL AKASH DINESHBHAI

8826001414

DR. PATEL KEYUR KRISHNAKANT

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DR. PATEL MUKESH RAVJIBHAI

9879589494

DR. PATEL NIRALI RUSHI

9426864496

DR. PATEL SUNIL CHHABILDAS

9879225294

DR. PRAJAPATI OMAN MAHENDRABHAI

9537984678

DR. PRAJAPATI RAVIKUMAR VISHNUBHAI

9892129863

DR. SHRIMALI GAURISHANKAR PASHABHAI

9727737979

OTHER THAN P.G.**DR. DAVE RAJESH JASVANTLAL**

9979069039

DR. JADAV YOGESH MAHENDRABHAI

9824562863

DR. KODWANI MANOJ DAMODARDAS

7878757501

DR. MAHESHWARI SURESH RADHAKRISHNA

9825461235

DR. NARWARIYA SHILPA MAHENDRABHAI

9925131101

DR. PANDYA HETAL KAPIL

9428813460

DR. PANDYA JINEN KETANBHAI

9265893521

DR. PARMAR PUNAMCHAND MULCHAND

9601078050

DR. PATEL SANKET KANUBHAI

9228178535

DR. PATEL SURYAKANT VINUBHAI

9825018693

DR. RAWAL VINAY BIPINCHANDRA

9601266242

DR. VYAS DHANANJAY BHANUPRASAD

9723035462

BULLETIN COMMITTEE**Dr. Jignesh Shah****Dr. Maulik Sheth****Dr. Kalpita Dave****Dr. Naitik Patel****Dr. Nirali Patel****Dr. Aditya Desai****Dr. Sunil Patel****Dr. Rashi Jain****Dr. Riya Shah****Dr. Keyur Patel****Dr. Akash Patel****Dr. Punamchand Parmar**

**AHMEDABAD MEDICAL ASSOCIATION**

(Branch of Indian Medical Association)

124th ANNUAL DAY CELEBRATION

Dr. Miss Saraswatiben Sukhlal Sheth (Cash) Prize to Lady student who got highest number of marks in XII th and got admission in 1st first M.B.B.S.

**Medal to DR. Mishti Bachani**

Dr. Ishvarbhai M. Shah (Cash) Prize to student who got highest number of marks in XII th and got admission in 1st M.B.B.S.

**Medal to DR. Mishti Bachani**

Dr. Anand S. Shah (Cash) Prize to student who got highest number of marks in first M.B.B.S. examination –

**Medal to DR. Gauri Neeraj Mahajan**

Dr. C. V. Dikshit Medal for scoring Highest number of marks in Pathology in 2nd M.B.B.S. examination.

**Medal to DR. Anshu Kamal Porwal**

Dr. C. V. Dikshit Medal for scoring Highest number of marks in Pathology in 2nd M.B.B.S. examination.

**Medal to DR. Kalpan Hasmukhbhai Baldaniya**

Dr. Shanker Govind Joshi Medal for standing first in final M.B.B.S. examination

**Medal to DR. Gauri Neeraj Mahajan**

Dr. Anand S. Shah Cash Prize to student who stood first in final M.B.B.S. examination

**Medal to DR. Gauri Neeraj Mahajan**

Dr. Jignesh Shah
President, AMA

Dr. Maulik Sheth
Hon. Secretary, AMA

**AHMEDABAD MEDICAL ASSOCIATION**

(Branch of Indian Medical Association)

124th ANNUAL DAY CELEBRATION

Dr. Trikamlal Dullabhdas Vani Medal
for first in Surgery
in final M.B.B.S. examination

**Medal to** DR. Nikita Nandkumar Lalwani

Dr. Somabhai V. Trivedi Medal
for first in Surgery
in final M.B.B.S. examination

**Medal to** DR. Nikita Nandkumar Lalwani

Dr. Kanaiyalal Gulabdas Vani Medal
for first in Obst. & Gynaec
in final M.B.B.S. examination

**Medal to** DR. Shah Yash Jwalantbhai

Dr. Miss Saraswatiben Sukhlal Sheth Medal
to Lady student for first
in final M.B.B.S. examination

**Medal to** DR. Mishti Bachani

Dr. Chimanlal Ganpatram Mahadevia Medal
for first in – Medicine
in final M.B.B.S. examination

**Medal to** DR. Vishwesh Pravinbhai Kanani

Shri Dolatrai Makanji Desai Cash Prize
for getting highest numbers in Medicine
in final M.B.B.S. examination

**Medal to** DR. Vishwesh Pravinbhai Kanani

Dr. Alkaben Ketanbhai Desai Medal
for scoring highest marks
in Obst. & Gynaec in M.S.

**Medal to** DR. Shah Rushi Mukundkumar

Dr. Jignesh Shah
President, AMA

Dr. Maulik Sheth
Hon. Secretary, AMA

**AHMEDABAD MEDICAL ASSOCIATION**

(Branch of Indian Medical Association)

124th ANNUAL DAY CELEBRATION

Dr. Alkaben Ketanbhai Desai Medal
for scoring highest marks
in Obst. & Gynaec in M.S.

**Medal to** Dr. Navadiya Priyansha Ashokbhai

Dr. J. B. Haribhakti Medal
for scoring highest marks
in M.S. (General Surgery).

**Medal to** Dr. Patel Sohamben Hasmukhbhai

Dr. J. B. Haribhakti Medal
for scoring highest marks
in M.S. (General Surgery).

**Medal to** Dr. Patel Kruti Jagdishkumar

Dr. Chhotubhai H. Naik Memorial Medal
for scoring highest marks
in M.D. (Medicine)

**Medal to** Dr. Shah Aashka Manish

Dr. Chhotubhai H. Naik Memorial Medal
for scoring highest marks
in M.D. (Medicine)

**Medal to** Dr. Patel Sweetbyen Navinitbhai

Late Shri Dhirajlal Desai Medal
for scoring highest marks & standing first
in M.Ch.(Urology)

**Medal to** Dr. Surti Rusha Kiritkumar

Dr. Mahesh V. Choksi Medal & cash prize
for scoring highest marks & - standing first
in M. D. – Radiology

**Medal to** Dr. Shah Bhaveshree Manish

Dr. Jignesh Shah
President, AMA

Dr. Maulik Sheth
Hon. Secretary, AMA

**AHMEDABAD MEDICAL ASSOCIATION**

(Branch of Indian Medical Association)

124th ANNUAL DAY CELEBRATION

Dr. Mahesh V. Choksi Medal & cash prize
for scoring highest marks & - standing first
in M. D. – Radiology

**Medal to** Dr. Tank Brij Mukeshkumar

Dr. Mahesh V. Choksi Medal & cash prize
for scoring highest marks & - standing Second
in M. D. – Radiology

**Medal to** Dr. Raiyani Jankruben Jayeshbhai

Dr. Mahesh V. Choksi Medal & cash prize
for scoring highest marks & - standing Second
in M. D. – Radiology

**Medal to** Dr. Karamta Prakash Danabhai

Dr. Mahesh V. Choksi Medal & cash prize
for scoring highest marks & - standing Third
in M. D. – Radiology

**Medal to** Dr. Rathod Palak Bhgatsinh

Dr. Mahesh V. Choksi Medal & cash prize
for scoring highest marks & - standing Third
in M. D. – Radiology

**Medal to** Dr. Bhatt Dhruvin BimaLbhai

Dr. Saroj Ramesh & Ramesh Damodar Shah Medal
& Cash prize for first position
in M.D. Pathology -

**Medal to** Dr. Prabhu Kirtana Vijaybhai

Dr. Saroj Ramesh & Ramesh Damodar Shah Medal
& Cash prize for first position
in M.D. Pathology -

**Medal to** Dr. Darji Devanshi Jayeshkumar

Dr. Jignesh Shah
President, AMA

Dr. Maulik Sheth
Hon. Secretary, AMA

**AHMEDABAD MEDICAL ASSOCIATION**

(Branch of Indian Medical Association)

124th ANNUAL DAY CELEBRATION

**Dr. Saroj Ramesh & Ramesh Damodar Shah Medal &
Cash prize for first position
in M.D. Micropathology**

**Medal to** Dr. Palkhiwala Mansi Jigneshbhai

**Dr. Saroj Ramesh & Ramesh Damodar Shah Medal &
Cash prize for first position
in M.D. Micropathology**

**Medal to** Dr. Sadia Renuka Naranbhai

**Dr. Anand S. Shah Cash Prize to student
who get highest number of marks
in first M.B.B.S. examination**

**Medal to** Dr. Karia Param Umeshbhai

**Dr. Anand S. Shah Cash Prize to student
who get highest number of marks
in first M.B.B.S. examination**

**Medal to** Dr. Shah Prisha Kalpitbhai

**Dr. Kindam Kiritkumar Patel cash prize
for getting highest number of marks
In M. D. (Radio Therapy).**

**Medal to** Dr. Shubham Koirala

Dr. Jignesh Shah
President, AMA

Dr. Maulik Sheth
Hon. Secretary, AMA

OBITUARY

May the departed soul rest in peace and be fondly remembered for their service to humanity.

DR. MEENA SHRIKAR KENKARE

LM-10

M.B.B.S.

Date of Birth : 30-10-1940**Date of Death : 10-01-2026**

All the members of Ahmedabad Medical Association extends sincere condolences to the bereaved family.



NOTICE

The Annual General Body Meeting of the members of the Ahmedabad Medical Association will be held on Wednesday, 09-09-2026 at 3.30 p.m. at our premises to transact the following agenda. N.B. For the want of quorum the meeting will be held after 15 minutes.

AGENDA

1. To read and confirm the minutes of the previous Annual General Body meeting.
2. Anything arising out of it.
3. To pass the Annual Report for the year 1-10-2025 to 30-9-2026. (The Annual Report will be available in office from 5 th September, 2026 To 9 th September 2026, 5.00 pm)
4. To pass the Income & Expenditure A/C for the year 2025-2026.
5. To pass the Audited Report for the year 1-4-2025 to 31-3-2026. (The account will be available in office from 5 th September, 2026 To 9 th September 2026, 5.00 pm)
6. To pass the estimated budget for the year 2026-2027.
7. To appoint Auditors for the year 2026-2027.
8. To pass the resolution to operate Bank A/C.
9. To elect members for State Council for the year 2026-2027, post 137 (135+2) Members for Nomination Forms will be available from the office from 3-9-2026. Last date for receiving the form is 5-9-2026, before 3.00 p.m. Last date for withdrawals is 8-9-2026 before 3.00 p.m.
10. Election of the following sub committees :
(1) Scientific (2) Sports (3) Building (4) Library & Bulletin (5) Rules (6) Benevolent Fund (7) Ethical (8) Insurance (9) Entertainment (10) Public Relation, Communication & Social Media (11) Social Welfare & Aao Gaon Chale (12) Hall



(13) Hospital (14) Membership Drive (15) MSN / JDA Academic. The nomination Forms will be available from the office from 3-9-2026. Last date for receiving the form is 5-9-2026, before 3.00 p.m. Last date for withdrawals is 8-9-2026 before 3.00 p.m.

GENERAL RULES FOR ELECTION :

- (a) The Nomination form of candidate should be duly proposed and seconded.
 - (b) Photo Identity document is required to cast the vote (AMA Identity card, IMA Identity card, Identity card issued by Election Commission. Driving License. Passport etc) whenever asked for.
 - (c) The attendance register will be closed at 4.00 p.m. sharp.
11. Any other business with the permission of the chair.

Dr. Maulik S.Sheth
Hon. Secretary

NOTICE

Annual General Body meeting will be held on Wednesday, 23-9-2026 at 3.30 p.m. at our premises. N.B. For the want of quorum the meeting will be held after 15 minutes.

AGENDA

- 1. To confirm minutes of proceeding of the Annual General Body meeting held on 24-9-2025.
- 2. To delegate powers of Annual General Body to the Managing Committee till next meeting of the Annual General Body except those relating to changes
- 3. Any other business with the permission of the chair.

Dr. Maulik S.Sheth
Hon. Secretary

**AMA FAMILY BENEFIT SCHEME**

Office : "A.M.A. House", 1st Floor, Opp. H.K. College, Ashram Road, Ahmedabad-380 009. (Gujarat)
Tel. (079) 2658 8775 E-mail : amagsbma@yahoo.co.in Website : www.ahmedabadmedicalassociation.com

Time : 2.00 pm to 6.00 pm

Dr. Brijan H. Choksi
Chairman

Dr. Hiren R. Shah
Hon. Treasurer

Dr. Mehul N. Shelat
Hon. Secretary

Dr. Jignesh C. Shah
President - AMA

Dr. Maulik S. Sheth
Hon. Secretary - AMA

ANNUAL GENERAL BODY MEETING

Annual General Body Meeting of AMA FAMILY BENEFIT SCHEME will be held on Wednesday, 16-09-2026 at 3.30 p.m. to transact following agenda.

AGENDA

1. To welcome the members.
2. To pass Annual Report of AMA FBS.
3. To appraise the Audited Report & Audited Account for the year 2025-2026.
4. To discuss the estimated Budget for the year 2026-2027.
5. To appoint the auditor & his/her remuneration.
6. Any other business with the permission of the chair.

Dr. Brijan H. Choksi
Chairman

Dr. Mehul N. Shelat
Hon. Secretary

નારી લું
વિશ્વ કલ્યાણી

લેડીઝ-ક્લબ

નારી લું
વિશ્વ કલ્યાણી

કાર્યક્રમ નંબર-૨૪ : Face Yoga by Jashna Mehta

ફેસીયલ કહે 'બાય-બાય' અને નેચરલ ગ્લોને કહે 'હાય'!

જય શ્રી કૃષ્ણ વહાલી સખીઓ,

ચહેરા પર કરચલીઓ નહીં, માત્ર હાસ્ય અને ગ્લો શોભે! તો થઈ જાઓ તૈયાર તમારી નેચરલ બ્યુટીને રિચાર્જ કરવા માટે AMA Ladies Club ના આ ખાસ સેશન સાથે.

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તમારા ફેશિયલ મસજીને ટોન કરવા, તણાવ દૂર કરવા અને કુદરતી નિખાર મેળવવા માટે અમારી સાથે જોડાવો!

નિષ્ણાત ટ્રેનર : જાશ્ના મહેતા (Jashna Mehta) (Face Yoga Expert & Wellness Coach)

તારીખ: ૨૫ ઓગસ્ટ, ૨૦૨૬ (મંગળવાર), સમય: બપોરે ૩:૦૦ થી ૫:૦૦ વાગ્યા સુધી

સ્થળ: AMA, આશ્રમ રોડ, અમદાવાદ

- યોગ પછી મસ્તી અને મોજ! ● High Tea: મજેદાર વાતો સાથે ગરમાગરમ ચા અને સ્વાદિષ્ટ નાસ્તો.
- Housey / Tambola : ફેસ યોગથી ચહેરો ખીલ્યા પછી રમશું રસપ્રદ હાઉસી ગેમ, જેમાં જીતો આકર્ષક ઇનામો!
- મહત્વની વિગત: ★ આ કાર્યક્રમ માત્ર AMA Ladies Club ના સભ્યો માટે જ છે.

★ રજિસ્ટ્રેશન ફી : બિલકુલ ફ્રી (Free)! ★ સીટો મર્યાદિત હોવાથી રજિસ્ટ્રેશન કરાવવું ફરજિયાત છે.

"જેમ મેકઅપ ઉતારવો પડે, એમ ચહેરાનો થાક પણ ઉતારવો પડે. તો ચાલો, થોડો 'મી-ટાઈમ' સાથે મળીને સેલિબ્રેટ કરીએ!

Dr. Sushila Kella
President

Ansuya Ladola
Secretary

AMA Ladies Club

Dr. Jignesh Shah
President

Dr. Maulik Sheth
Secretary

Ahmedabad Medical Association



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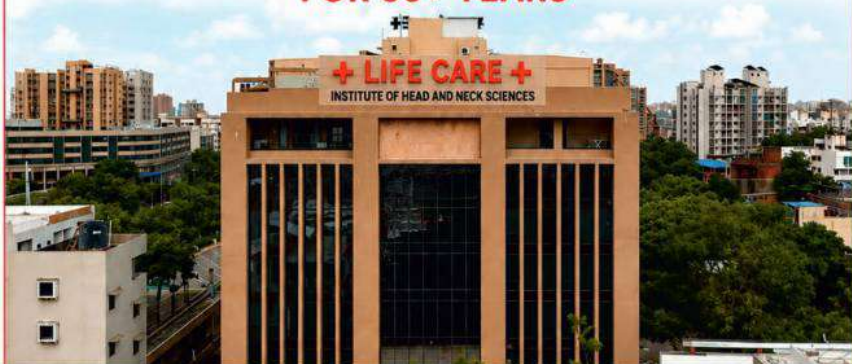


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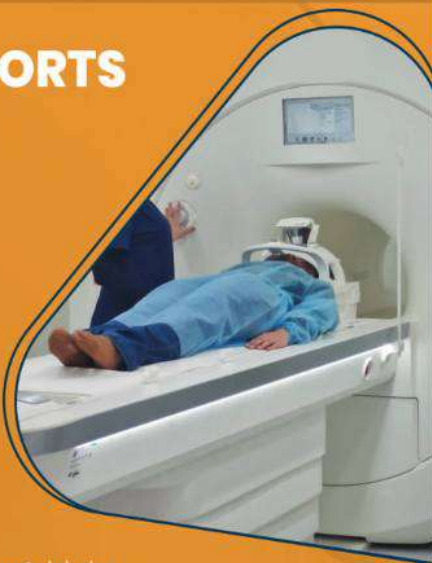
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DATE :

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TIME :

07:00 am to
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VENUE :

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Time:
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For pass contact any of the MMA committee members

Dr Urvesh V Shah
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124th Annual Day Celebration of Ahmedabad Medical Association

Ahmedabad Medical Association celebrated its 124th Annual Day with great enthusiasm and dignity in the presence of more than 500 doctors and their family members, who attended the function despite unfavourable weather conditions.

The programme commenced with the prestigious Dr. B. N. Mehta Oration, delivered by Dr. Sanjay, who shared his valuable insights with the audience.

The Annual Day function was graced by Shri Hasmukh Patel, Chairman, Gujarat Public Service Commission, as the Chief Guest. In his inspiring address, he emphasized the importance of quality of life, effective communication and continuous self-improvement for medical professionals.

Dr. Vipin Garg, IAS, Managing Director, Tourism Corporation of Gujarat Limited, highlighted the immense potential of medical tourism in Gujarat and encouraged doctors to play an active role in promoting the state as a preferred healthcare destination.

Renowned author and motivational speaker Shri Jay Vasavada delivered an engaging and thought-provoking talk on leading a balanced, meaningful and fulfilling life as a doctor.

In his welcome address, Dr. Jignesh Shah, President, Ahmedabad Medical Association, welcomed the distinguished guests and members, thanked everyone for attending despite the inclement weather, and shared the vision behind the Association's annual theme, "Beyond Scalpel and Stethoscope,"

Dr. Maulik Sheth, Honorary Secretary, Ahmedabad Medical Association, presented the Annual Report, showcasing the Association's wide range of scientific, academic, social, cultural and public health activities conducted during the year.

The highlight of the function was the felicitation of AMA Award Winners for their outstanding contributions to the medical profession and society, along with the Student Medal Winners for their exceptional academic achievements.

The programme concluded with fellowship and lunch.

The enthusiastic participation of members and their families made the 124th Annual Day Celebration a memorable and grand success, reaffirming the unity, strength and vibrant spirit of the AMA family.

Healthcare & Pharma Tech Start-ups Display Day

Ahmedabad Medical Association proudly partnered with the Gujarat Chamber of Commerce & Industry (GCCI) in the Healthcare & Pharma Tech Start-ups Display Day, marking AMA's first initiative to support the healthcare startup ecosystem.

The event, held on 29th July 2026 at i-Hub, KCG Campus, featured 35 innovative healthcare and pharma startups showcasing cutting-edge solutions in AI, digital health, medical devices, diagnostics, biotechnology, and healthcare services. A stakeholder panel discussion on fostering collaboration between government, industry, academia, startups, and the medical fraternity added significant value to the program.

The event witnessed enthusiastic participation from doctors, entrepreneurs, innovators, investors, and healthcare professionals, reinforcing AMA's commitment to promoting innovation and advancing the future of healthcare.



PPS Zonal Seminar 2026: Enhancing Medico-Legal Awareness Among Doctors

The Professional Protection Scheme (PPS), IMA Gujarat State Branch, in association with the Ahmedabad Medical Association (AMA), successfully organized the PPS Zonal Seminar 2026 on 2nd August 2026 at the AMA Hall, Ashram Road. The seminar, themed "Practice Safe: Medico-Legal Survival Skills for Every Doctor," witnessed enthusiastic participation from more than 110 doctors.

The inaugural function was graced by Dr. Anil Patel, President, IMA Gujarat State Branch, and Dr. Bipin Patel, Chairman, PPS, IMA Gujarat State Branch. Dr. Anil Patel addressed the gathering and emphasized the importance of medico-legal awareness for every practicing doctor. Dr. Bipin Patel presented a comprehensive overview of the Professional Protection Scheme (PPS), highlighting its objectives, achievements, and the valuable support it provides to doctors facing medico-legal challenges.

The scientific program featured eminent faculty including Dr. Neeraj Nagpal (Chandigarh), Dr. Hitesh Bhatt (Mumbai), Dr. Dhanya S., Assistant Professor of Law and Head, GNLU Centre for Healthcare, Ethics, Law and Policy Research, Gujarat National Law University, and Dr. Adv. Malhar Parikh. The sessions covered common medico-legal mistakes, landmark medical negligence judgments, telemedicine guidelines, informed consent, AI in healthcare, and the practical management of medical negligence cases.

The seminar concluded with an interactive open-house discussion, where participants received practical solutions to their medico-legal queries. The excellent response and positive feedback from delegates reflected the growing need for such educational initiatives, making the seminar a highly successful and enriching academic event.

Harmonizing Science & Spirituality: An Insightful Morning at AMA

The Ahmedabad Medical Association (AMA), in association with the BK Medical Wing, Ahmedabad, organised an inspiring and thought-provoking seminar on "Harmonizing Science & Spirituality" on 9 August 2026 at the AMA Hall, Ashram Road.

The programme was attended by around 230 doctors, reflecting the keen interest of the medical fraternity in exploring the relationship between modern science, spirituality and the human mind.

The session was led by Bk Dr. Mohit Gupta, MD, DM, FACC, FRCP, Interventional Cardiologist, Scientist and Rajyogi, who presented an engaging perspective on spirituality and science. His presentation was enriched by personal experiences and real-life examples, making complex concepts relatable and encouraging the audience to reflect on the deeper dimensions of life beyond medicine.

Bk Chandrika Didi also addressed the gathering and spoke about the power and role of the mind, highlighting the importance of positive thinking, inner awareness and mental well-being in our lives.

An important part of the programme was the collective pledge for the Nasha Mukti Abhiyan, with doctors coming together to support the cause of creating a healthier, addiction-free society.

The programme provided a wonderful platform for doctors to pause from their busy professional lives and reflect on the mind, consciousness, spirituality and the human journey, while appreciating how science and spirituality can complement each other.

The event concluded on a positive and inspiring note, with the enthusiastic participation of the medical fraternity.



Longevity, Life Essential-8 and Future Scientific Pathways to 100 years of life!

Expanded synthesis with healthspan, vascular age, AI, telomeres, Senolytics, and emerging translational therapies

Speaker & Author- Prof. Dr. Kamal Sharma

Interventional Cardiologist & Researcher

MD; DNB(Med); DM; DNB (Cardio); MNAMS; FACC; FSCAI; FESC

Abstract. Cardiovascular death continues to be the topmost cause of deaths worldwide. On an average, vascular age in Gujarati Asian Indians is 6.54±9.5 years more than their chronological age. Life's Essential 8 (LE8) is the American Heart Association's contemporary construct of cardiovascular health and is best understood as the clinical backbone of longevity medicine. In parallel, aging biology has advanced toward translational concepts such as AI-guided biomarker discovery, telomere-targeted medicine, senolytics, senolytic vaccines, CAR-T strategies, and partial reprogramming. Here we integrate validated prevention with emerging geroscience to help physicians distinguish what should be adopted now from what remains investigational [1,3,5,6,10,12].

Introduction. Longevity medicine has moved away from speculative claims of biological immortality and toward the more actionable concept of healthspan extension. The practical clinical aim is compressed morbidity: postponing multimorbidity, preserving functional independence, and maintaining cognition for as long as possible. From this perspective, LE8 is highly relevant because it offers a simple, evidence-based way to preserve vascular and metabolic resilience across the life course [1,16].

Vascular age and early prevention. A useful reminder of why prevention must start early comes from the Gujarati Asian-Indian vascular age study, where the mean vascular age exceeded chronological age by 6.54 years. The study identified dyslipidemia, hypertension, waist circumference, smoking, and blood sugar as important contributors to premature vascular aging. These findings support the idea that longevity is not won by late rescue, but by decades of early cardiovascular risk control [5].

The LE8 framework. LE8 includes eight modifiable components: diet, physical activity, nicotine exposure, sleep, body mass index, non-HDL cholesterol, blood glucose, and blood pressure. The 2022 AHA presidential advisory introduced a 0-100 scoring algorithm that enables a composite cardiovascular health score, thereby providing a more dynamic and clinically intuitive measure than earlier constructs [1].

Component-by-component implications. Diet quality, movement, and nicotine avoidance are the classic lifestyle pillars, but LE8 modernized the framework by adding sleep health and refining metabolic markers. This matters because sleep, lipids, glucose, and blood pressure are not separate issues: they converge biologically through vascular inflammation, autonomic stress, and atherosclerotic progression [1,15].

Evidence for longevity. Higher LE8 scores have been linked to lower all-cause and cardiovascular mortality, longer life expectancy free of cardiovascular disease, diabetes, cancer, and dementia, and slower phenotypic aging. In a UK Biobank analysis, ideal cardiovascular health was associated with several additional disease-free years, and newer work suggests that the association persists even into older and oldest-old ages [2,3,4].

Healthy lifestyle and centenarian likelihood. Independent of LE8, newer observational work has shown that healthy lifestyle patterns remain associated with higher odds of



becoming a centenarian, including among older adults. This reinforces a central point: the benefits of prevention are not confined to youth, and lifestyle improvement remains meaningful even in late life [5,14]

Fitness, nutrition, and function. Physical activity remains one of the most powerful longevity tools, with WHO recommending regular moderate-to-vigorous activity for adults and older adults. In practical terms, future physicians should emphasize both aerobic capacity and muscular reserve, because VO₂-related fitness, resistance training, and balance work collectively preserve survival, mobility, and independence. Longevity diets should be plant-forward, fiber-rich, and minimally processed rather than driven by short-term caloric trends [13]

AI in longevity science. Artificial intelligence is increasingly important in aging research because it can process multi-omics, imaging, and longitudinal data to identify aging pathways, biomarkers of biological age, and therapeutic targets. Recent reviews emphasize AI's role in target identification, drug discovery, and precision timing of interventions, but AI remains an accelerator of discovery rather than a substitute for randomized human evidence [12].

Telomere biology. Telomere erosion is a hallmark of biological aging and contributes to genomic instability, cellular senescence, and disease vulnerability. Telomere-targeted medicine has therefore become a major research area, with recent reviews describing telomerase modulation, mRNA-based strategies, CRISPR-linked approaches, shelterin/TRF1 stabilization, and indirect methods aimed at preserving telomere function [6,7].

Safety constraints. The major safety concern with telomere-directed interventions is oncogenic risk, because telomerase is upregulated in the majority of cancers. This means that any strategy designed to enhance telomere maintenance must be controlled, transient, and rigorously tested, especially if the intent is systemic use in otherwise healthy adults [6,7].

Senolytics and SASP biology. Senolytic therapies target senescent cells, which are growth-arrested but metabolically active and able to secrete the senescence-associated secretory phenotype (SASP). SASP is thought to drive inflammaging and tissue dysfunction, making cellular senescence a plausible therapeutic target in age-related disease [10].

Current senolytic pipelines. The best-known early systemic senolytic combination is dasatinib plus quercetin, which targets multiple anti-apoptotic pathways. Other approaches under study include senolytic vaccines, CAR-T or suicide-gene strategies, senomorphics, and nanoparticle delivery systems, but these remain largely experimental and should not be used as routine anti-aging therapy outside trials [10,11].

Translational gap. A recurring theme across longevity science is the translational gap between striking animal data and modest or incomplete human data. Even where murine studies suggest lifespan extension or rejuvenation, rigorous long-term clinical outcomes, manufacturing standards, and post-marketing safety systems are still needed before these therapies can enter mainstream medicine [10]

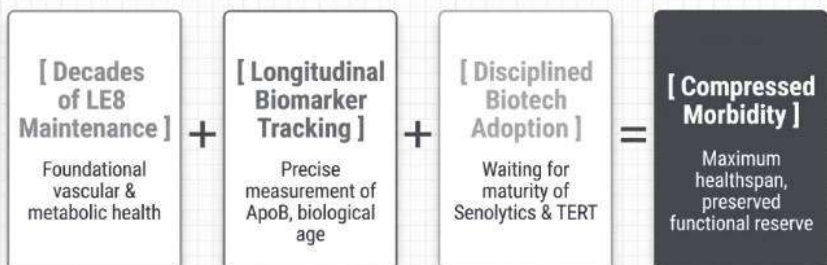
Clinical synthesis. For now, the most evidence-based longevity strategy remains simple: optimize LE8, treat vascular risk early, preserve fitness, protect sleep, and maintain social and cognitive reserve. Emerging therapies should be layered on only after the fundamentals are secure and only when evidence, safety, and regulatory approval justify use [1,2,3,12]



Illustrative summary table

Domain	Main message	Evidence anchor
Prevention	LE8 remains the strongest actionable longevity framework.	AHA LE8 advisory and cohort outcome studies [web:1][web:2][web:3].
Vascular age	Premature vascular aging is detectable long before clinical disease.	Gujarati Asian-Indian vascular age study [web:5].
AI	AI accelerates discovery but does not replace human outcome data.	AI longevity review [web:12].
Telomeres	Promising but safety-limited because of cancer risk.	Telomere-targeted medicine review and oncology literature [web:6][web:9][web:322].
Senolytics	Mechanistically attractive but still investigational.	Senolytic reviews and early human pipeline literature [web:233][web:234][web:10].

The Future Physician's Longevity Equation



Exceptional longevity is not achieved by a futuristic pill alone. It requires surviving long enough, with enough functional reserve, to safely utilize tomorrow's biotechnology.

Diagnostic Matrix: Emerging Senolytic Pipelines

Approach Type	Mechanism of Action	Clinical Example
 Multi-Targeted Agents	Disrupt SCAPs to induce apoptosis.	Dasatinib + Quercetin
 Senolytic Vaccines	Immunotherapeutic targeting of senescent-specific antigens for immune-mediated clearance.	Investigational Phase
 CAR-T / Suicide Genes	Engineered immune cells or genetic vectors for programmed destruction of specific populations.	Investigational Phase
 Senomorphics & Nanoparticles	Small molecules suppressing SASP secretions or targeted nanoparticle payload delivery.	Investigational Phase

Current clinical status: No senolytic therapy is currently recommended for routine prescribing in healthy adults outside of clinical trials.

Conclusion. The pathway to longer, healthier life is still anchored in Life's Essential 8, while AI-enabled biomarker discovery, telomere-targeted medicine, and senolytic approaches represent the next translational frontier. The most responsible clinical position is to pursue these innovations with enthusiasm, but to delay broad adoption until safety and efficacy are proven in humans [1,2,3,6,10,12]



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THE HEART BEHIND THE WHITE COAT

વહ શામ કુછ અજીબ થી

કાળમુખા કળીયુગમાં, કોઈક વાર અચાનક સતયુગની સુરાવલીની ઝાંખી દેખાય, ત્યારે અનુભવાય કે ગુરુ-શિષ્ય યાત્રામાં એક નવું જ અભુતપૂર્વ સીમાચિહ્ન સ્થપાઈ રહ્યું છે.

બન્યું એમ કે એક સાંજે હું ગરમીથી કંટાળેલો ફરતા પંખા નીચે "doing nothing" બેઠો હતો ત્યારે બારણે ટકોરા સંભળાયા.

“આવી કાળજાળ ગરમીમાં અત્યારે કોણ આવી ચડ્યું?” એવું વિચારતા મેં બારણું ઉઘાડ્યું તો આશ્ચર્યની કોઈ અવધી ન રહી કારણકે મારા બે તબીબી વિદ્યાર્થીઓ મરકતા-મલકતા-હરખાતા ઉભા હતા : ઓર્થોપેડિક સર્જન ડોક્ટર રોહિત શાહ અને પેઈન રીલીફ ના નિષ્ણાત ડોક્ટર મુકેશ વકીલ.... બંનેને સહર્ષ સત્કાર્યા અને સોફા પર બેસાડ્યા.

પ્રારંભિક વાતો કર્યા પછી તેમણે જ પોતાના આવવાનું પ્રયોજન જણાવ્યું.

“સર, અમે એક નવતર અભિયાન શરૂ કર્યું છે : જે જે ગુરુજનોએ અમને ભણાવ્યા, પરીક્ષા માટે અને પ્રેક્ટિસ માટે તૈયાર કર્યા, સાચી રીત અને રસ્તા બતાવ્યા, તે સૌ વડીલો અને હિતચિંતકો ને ઘેર જવું, તેમના ખબર અંતર પૂછવા અને જે પ્રસંગો તથા અનુભવો તેમની સાથે થયા અને આનંદની જે પળો તેમની સાથે માણી, તેને યાદ કરીને તે સમયનો માહોલ, ખાટી મીઠી ઘટનાઓને વાગોળવી અને તેનો આનંદ લેવો. સાથે જ ગુરુવર્યને વંદન કરવા, તેમના દર્શન કરવા અને એ ભાવના તેમના સુધી પહોંચાડવી કે અમે તમને ભૂલ્યા નથી!”

“એનાટોમી અને ફિઝિયોલોજીના ગુરુજનોની મુલાકાતથી અમે શરૂઆત કરી અને હવે ધીમે ધીમે ક્લિનિકલ સાયન્સના ગુરુઓ તરફ વળ્યા છીએ. આ રીતે અમે આજે તમારે આંગણે ઉપસ્થિત થયા.”

થોડી વાર તો હું સ્તબ્ધ થઈ ગયો, પાંપણો ભીની થઈ ગઈ, હૈયું હરખાયું, હોઠ મલકાયા.

મેં બંને ડોક્ટરોને આશીર્વાદ આપ્યા અને પછી તો જાણે વર્ષો જૂની વાતો, પ્રસંગોની ટિફ્ટઅ ચાલુ થઈ ગઈ. આવી ઘટનાઓના પ્રતિધ્વનિ વર્ષો સુધી સંભળાતા રહે છે અને હૃદય કુંજમાં ટકુક્યા કરે છે.

ગુરુ ને યાદ કરવા માટેનું આવું અભિયાન મેં પહેલા ક્યારેય જોયું નથી, સાંભળ્યું નથી, જાણ્યું નથી અને તેથી જ તેને ગુરુ શિષ્ય પરંપરામાં સીમાચિહ્ન કહેવાય.

જેમ સાગરનો કિનારો હોય છે, જેમ વાદળને ચાંદીની જેમ ચમકતી કિનાર હોય છે તેમ ગુરુ શિષ્ય વચ્ચે એક છુપો કરાર હોય છે.

- ડો. જી. જી. ઓઝા સર

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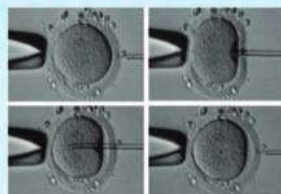
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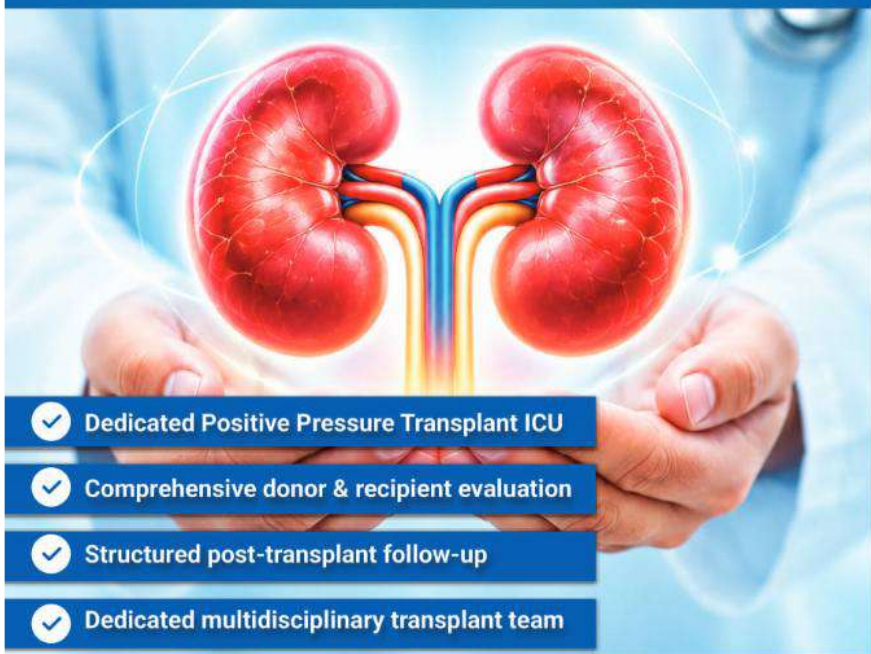
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