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PUBLISHER AND EDITOR : **DR. GARGI PATEL**, HON. SECRETARY, ON BEHALF OF
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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association) ESTD : 1902

AHMEDABAD MEDICO NEWS

AMA House, First Floor, Opp. H. K. Arts College, Ashram Road, Ahmedabad - 380 009 Phone : (079)2658 87 75

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

Dr. JITENDRA SHAH
President - AMA



Dr. GARGI PATEL
Hon. Secretary - AMA

Imm. Past President - Dr. DILIP GADHAVI

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SEPTEMBER - 2023
ISSUE - 5

HIGHLIGHTS
Programmes

01-10-2023	Mega Blood Donation Camp
01-10-2023	AMA Senior Citizen Club Programme Movie Show
02-10-2023 to 06-10-2023	Series of programmes for Senior Citizens
29-10-2023	Ras-Garba "Ramzat - 2023"
05-11-2023	CME on Adult Vaccination

Articles

Role of family physician in prevention of lifestyle disorders
Bhagawad Gita - Its relevance in today's world. (Part-2 : Chapter 7-12)

PPS Zonal Seminar Dated : 10-09-2023



Please Save Mob. No. : 97268 88775 of AMA to get regular updates on WhatsApp

'TOGETHER WE CAN, TOGETHER WE WILL'

**Message from President's & Hon. Secretary's Desk**

Dear members

Towards ending the tenure of us, we are feeling so much gratitude to all the members of Ahmedabad Medical Association for wonderful support throughout the year. Especially we appreciate the dedication & commitment by the team of Office bearers & entire team of committee members, who made this tenure eventful. We have tried our best to give maximum numbers of different kinds of events i.e. scientific, social, cultural etc. The participation from the members was also remarkable. The series events for "Organ Donation Drive" & "Aao Gaon Chalen" set the mile stone - A huge enthusiasm & participation of members of Ahmedabad Medical Association, in these two events, generated a noble message to the society. We heartedly thankful to our visionary leader Dr. Ketan Desai sir & all the senior members of IMA for giving us the opportunity to work for the association & also for their blessings & support throughout the year.

The last event of the tenure was outstanding - a zonal seminar of PPS, which was arranged on 10th September; renowned speakers from across the country & from different specialties catered the knowledge regarding many medico legal aspects, which we should essentially



know for our profession. The seminar was very well attended & was quite interactive.

Medical field & healthcare system are passing through many challenging situations. Till now we have worked collectively upon too many issues related to healthcare system; still more challenges are prevailing & few may emerge. Especially, medical education is at its transition stage; where various innovations & revisions are implemented. IMA is closely monitoring all the updates & constantly trying to address the issues arising out of them.

We congratulate Dr. Tushar Patel for elected as President of Ahmedabad Medical Association 2023-24 & wish him & his vibrant team for the most successful year ahead. We are sure that the new team will deal with all the issues: & under the able leadership of Dr. Tushar Patel, AMA will achieve new heights.

We rest our pen here with lots of love & wishes for wonderful & successful future for Ahmedabad Medical Association its all the members.

Once again THANK YOU ALL FOR WONDERFUL SUPPORT to justify our motto of the year

Together we will

Together we can.

AND WITH SUPPORT of all, "TOGETHER WE DID"

Jai AMA

Jai IMA

Dr. Jitendra Shah

President

Ahmedabad Medical Association

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association



KD Foundation
PRESENTS

SUPPORTED BY



TUESDAY | 24TH OCTOBER 2023

A fundraiser to fight blindness

#Hopeinsight

Scan the **QR CODE**
to Contribute &
Join us for the Garba Event



Sanjay Oza

VENUE

RAJPATH CLUB LAWNS

S. G. Highway, Bodakdev, Ahmedabad, Gujarat 380059

FOR ENQUIRIES

+91 63596 00054



અમદાવાદ મેડિકલ એસોસિએશન
સંગ



રમઝાન
2023



ડિનર એન્ડ ગરબા

તારીખ : રવિવાર , 29/10/2023

સમય : સાંજે 7:30 થી 12:00

સ્થળ : રાજપથ ક્લબ લોન

કલાકાર વૃંદ : અભિજિત રાવ અને પાયલ વખારિયા ગ્રુપ



પ્રોગ્રામ ના પાસ અમદાવાદ મેડિકલ એસોસિએશન ની ઓફિસ
પર તારીખ 09/10/23 થી 21/10/23 થી બપોરે 2:00 થી 6:00
વાગ્યા સુધી મળી શકશે .

પાસ ની કિંમત રૂ. 200 પ્રતિ વ્યક્તિ રહેશે .

ડૉ. તુષાર પટેલ

પ્રમુખ

સંયોજક

ડૉ. મુકેશ મહેશ્વરી | ડૉ. કલ્પિતા દવે | ડૉ. માનસી પટેલ

ડૉ. ઉર્વેશ શાહ

માનદ મંત્રી



Maninagar Medical Association



Doc Dakla-n Dhol

VENUE : POOJA FARM , NAROL

**15 October '23
Sunday**



Passes
available till
10/10/2023 at
cost of
Rs. 250/-

Dr. Vipul V Shah **Dr. Vaibhav N. Patel**
President | 9426533707 Secretary | 9825235347

Program Coordinators

- Dr. Aditya P. Desai : 9979902655
- Dr. Mittal K. Parikh : 9825939432
- Dr. Aniket Tripathi : 9998722345
- Mrs. Nirali V. Shah : 9825586869



PPS Zonal Seminar Dated : 10-09-2023



Non-Scientific Programme Dated : 28-08-2023





Ladies Club Programme



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F.B.S.,
S.S.S.,
P.P.S.,
Health Scheme
and N.S.S.S.

**AHMEDABAD MEDICAL ASSOCIATION YEAR : 2022-2023****OFFICE BEARER**

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MANAGING COMMITTEE MEMBERS

P.G.	OTHER THAN P.G.
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BULLETIN COMMITTEE

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SHRADDHANJALI

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



Dr. JAGDISH R. JAJU

L-299

MBBS

Date of Birth : 19-12-1931

Date of Death : 08-09-2023

**Past President of
Ahmedabad Medical Association
(Year - 1977-78)**



Mega Blood Donation Camp

Ahmedabad Medical Association & Indian Redcross Society are celebrating '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 details are as follow;

Date : 01/10/2023
Time : 9am – 8pm
Place : Redcross Blood Bank,
 18, Gujarat Brahmshatriya Society,
 B/h. Suvidha Shopping Centre,
 Paldi, Ahmedabad

Blood Donation Camp

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

Date : 24/10/2023
Time : 10 a.m. to 2 p.m.
Place : Kiran Chudgar Ahmedabad
 Redcross Shatabdi Bhavan,
 Redcross Marg, Near Navrang
 Circle, Navrangpura, Ahmedabad

AMA SENIOR CITIZEN CLUB & AHMEDABAD MEDICAL ASSOCIATION HAS ARRANGED A MOVIE SHOW

Date : 01-10-2023, Sunday
Time : 5.30 pm
Venue : R.M. Fozdar Hall, AMA House
Movie : 102 Not Out

- Registration Rs. 50/- on first cum first basis.
- Register your name between to our Office between 2 to 6 p.m.

Light refreshment will be given after the movie.

Co-Ordinators

Dr. K. R. Sanghvi
Dr. Ramesh C. Shah

Dr. Abhay Dixit
Dr. K. C. Gadhavi

AMA Senior Citizen Club

Dr. Jitendra Shah
 President, AMA

Dr. Gargi Patel
 Hon. Secretary, AMA

CONGRATULATION



Dr. Nalin G. Patel Professor & HOD, Department of Radiodiagnosis, M.K. Shah Medical College & Research Centre & SMS Multi-Speciality Hospital, Ahmedabad is Awarded the Best National Teacher Award on 5th September 2023 on occasion of Teacher's Day Celebration by Indian Radiological Imaging Association (IRIA), National Headquarter New Delhi.

Programs for Senior Citizens of the city

Ahmedabad Medical Association is proudly organizing series of programs for Senior Citizens of the city – ‘વૃદ્ધાવસ્થાના નિષ્ણાત - ગૌરવ સાથે કાળજી’. Following activities will be carried out as a part of this gratitude program from **2nd to 6th Oct, 2023 4pm-6pm.**

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

Date : 02-10-2023, Monday

Time : 4.00 to 6.00 p.m.

Venue : Redcross Society, Vadaj

Co-ordinators - Dr Bhadresh Shah & Dr Hetal Pandya

Date : 03-10-2023, Tuesday

Time : 4.00 to 6.00 p.m.

Venue : Hiramani old age home with KD Hospital

Co-ordinator - Dr Vishwas Amin

Date : 04-10-2023, Wednesday

Time : 4.00 to 6.00 p.m.

Venue : R.J. Trivedi swarn mandir trust with CIMS hospital

Co-ordinators - Dr R. I. Patel & Dr Mahesh Jivrani

Date : 05-10-2023, Thursday

Time : 4.00 to 6.00 p.m.

Venue : Balkrishna haveli with Maninagar Medical Association

Co-ordinators - Dr Mahesh Patel & Dr A. K. Maheshwari

Date : 06-10-2023, Friday

Time : 4.00 to 6.00 p.m.

Venue : Trimandir with Amba hospital

Co-ordinators - Dr Mukesh Khadalia & Dr Gopal Raval

CME on Adult vaccination : Need of hour

Ahmedabad Medical Association is organizing a half day CME on ‘Adult vaccination: Need of hour on **5th November, 2023.** Activities for this CME are as follow;

1. 4 lectures by imminent faculties
2. Vaccination camp for members
3. Discount rates for members and family
4. Credit hours will be awarded to the participants of CME

OBITUARY

May their soul rest in eternal peace.



DR. PRAKASH TECKCHAND ASSUDANI

LM-33 MBBS

Date of Birth : 15-12-1947

Date of Death : 03-07-2023



DR. KANAIYALAL DHANABHAI PATEL

LM-687 MBBS

Date of Death : 22-07-2023

We send our sympathy & condolence to the bereaved family.

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.

Annual activities : 2022-23

Date	Event
02-10-22	Installation of New Team AMA held on Gandhinagar
06-10-22	AMA Education Seminar
20-10-22	Public awareness program on Breast Cancer
22-10-22	Dhanvantari Pujan
02-11-22	Prathna Sabha for the Departed Souls of Morbi Disaster
12--11-22	Diwali Get Together
13-11-22	World Radiology day Celebration
01-12-22 to 10-12-22	Yoga Shibir
03-12-22	Webinar on the occassion of Inter. day of person with disabilities
03-12-22	A hybrid CME on "HIGH FEVER MANAGEMENT"
04-12-22	Dr. N. T. Shah & Dr. H. G. Jambhekar Sci. Prog. on World AIDS Day
18-12-22	Medico-Spiritual Conclave at Pramukh Swami Nagar
30-12-22	D. J. Dance for young brigade - A year end celebration
21-01-23	Dr. Pushpaben Multani & Medico Mitra Mandal Sci. Prog.
22-01-23	Smt. Sumitraben Patel & Geetaben M. Desai Sci. Prog.

Date	Event
22-01-23	AMA Health Check Up Camp. - Dakor
26-01-23	Republic Day Celebration
04-02-23	Public Awareness Prog. on World Cancer Day
05-02-23	તબીબી કવિ સંમેલન
19-02-23	Dr. P. P. Mehta Sci. Prog.
05-03-23	Dr. Shantilal A. Shah Sci. Prog. & Women's Day Celebration
12-03-23	Dr. Tanumati G. Shah Sci. Prg.
26-03-23	Dr. Maneklal G. Pandejee & Smt. Hiraben Maneklal Pandejee Sci. Prog.
27-03-23	Press Conference organized by AMA against RTH Bill
02-04-23	AMA Sr. Citizen Club Prog.
07-04-23	Shining Health Light A Lamp Candle for the health of People of India on World Health Day
21-04-23	Spiritual Event with Shivani Didi, Brahmakumari
30-04-23	Participation of AMA in Celebration of 100th Episode of PM's Mann Ki Baat Prog.
07-05-23	Dr. K. L. Vasa & Dr. Love Dalal Sci. Prog.
27-05-23	Sci. Prog. on Allergy Algorithm
04-06-23	Cyclothon on World No Tobacco Day
05-06-23 to 11-06-23	Basic Air Rifel Pistol Shooting Course
10-06-23	Spiritual Prog.

Date	Event
17-06-23	AMA Sr. Citizen Club Prog. Movie Show - Unchai - ઉંચાઈ
18-06-23	Pradyut R. Tahkor Sci. Prog.
25-06-23	Mega Inaugural Camp at Gujarat of "Aaon Gaon Chalen" by AMA
01-07-23	Doctor's Day Celebration by AMA
09-07-23	CME with Marengo CIMS Hospital
16-07-23	121st Annual Day Celebration
30-07-23	Angadan Mahotsav
10-08-23	Activity as a part of Aao Gaon Chalen Camp
13-08-23	AMA Sr. Citizen Club Prog. - Antakshari
13-08-23	A Non Sci. Prog. in Collobration with Timnovate Financial Services & RAO Consultant
15-08-23	Independence Day Celebration
28-08-23	Non-Scientific Programme
10-09-23	PPS Zonal Seminar, Sci. Prog.

WE WELCOME FOLLOWING NEW LIFE MEMBERS

12535 L	DR. SONI SANKET ASHOKKUMAR
12536 L	DR. ACHARYA CHHAYANK HARSHIT
12537 L	DR. MAKWANA AKASHKUMAR RATILAL
12538 L(Transfer)	DR. VYAS DHIRENDRA DHANESHWARBHAI
12539 L	DR. SHARMA SHAIVAL VISHAL
12540 L	DR. DARJI NIRAJ NAILESHKUMAR
12541 LC	DR. AJITSARIA VINEET NIRANJAN
12542 LC	DR. SHIKARIYA KHUSHBU DEEPAKKUMAR



Report of programme Antakshari dated 13/08/2023

On 13th August at 5 pm AMA Senior citizen club & AMA jointly organized Antakshari event at AMA house.

Total presence was 90+.

Total participants were 28.

At the outset President Dr. Jeetendra Shah welcomed all the members & family members present.

Dr. Abhay Dikshit explained about the style & rules of Antakshari.

First batch of participants 12, were divided into 4 teams- A,B,C,D (3 players in each team)

There were 5 different rounds starting from chit round to Emoji round.

After 5 rounds, team A was having highest points.

Second batch of participants 16, were divided into 4 teams- A,B,C,D (4 players in each team)

After 5 rounds team B was having highest points, team C was no.2

Finally, the prizes were given as under:

1st. Prize- Dr. Rashmit Pandya, Dr. Bhupesh Shah, Dr. Jeetendra Patel, Dr. Vinod Shah

2nd. Prize- Dr. Sanjeev Phatak, Mrs. Phatak, Mrs. Bhupesh Shah, Mrs. Kala Rana

3rd. Prize- Dr. K. R. Shanghavi, Mrs. Dina Sanghavi, Mrs. Alka Modi
The Antakshari was prepared and made it successful by none other but DR. GURUDATT THAKKAR.

He along with Kapil Pandya did tremendous efforts to bring participants & audience.

The programme was successful because of the constant encouragement by Dr. Jeetendra Shah, our President, Dr. Mehul Shah, Hon sec. GSB IMA, Dr. Guru Datta & Kapil Pandya.



Report of Non-Scientific Programme dated 28/08/2023

A financial meet of doctors was organized by Ahmedabad Medical Association in collaboration with Union Bank of India at Silver Cloud Hotel & Banquet, Vadaj, Ahmedabad on 28th August, 2023. Insights were provided for Financial planning to manage inflation, Business loan for doctors for clinic set up, Special collateral free education loan for pursuing MD or MS and Special home loan schemes at competitive rates for the doctors. The talk was quite informative and programme was enjoyed by all the participants.

Report of PPS Zonal Seminar dated 10/09/2023

A medico-legal seminar was organized by Ahmedabad Medical Association in collaboration with Professional Protection Scheme, IMA – GSB at AMA hall, Ashram road, Ahmedabad. The seminar was inaugurated in the gracious presence of *Dr Jayesh Sachde* Jt. Secretary PPS, Deputy Director Medical Education, *Dr Parth Desai* Legal Secretary PPS, *Dr Mehul Shah* Secretary IMA - GSB & *Dr Jitendra Shah* President AMA. *Dr Rajesh Chandwani* Associate Professor – IIM Ahmedabad, *Advocate Bhargav Hasurkar* Gujrat Highcourt, *Dr Shivkumar Utture* Vice President IMA HQ, Past President of Maharashtra Medical Council, Ex-member of National Medical Commission and *Dr Ravindra Bhise* Professor & Head – Forensic Medicine, Dr MK Shah Medical College, Ahmedabad were invited as expert speakers. Current issues like Violence against doctors, Negligence and Consumer protection, Documentation and Consent in medical practice and Prevention of Medico-legal issues in clinical practice were discussed at large during the seminar. The seminar was very well co-ordinated by *Dr Jigneshkumar Shah* – Zonal representative of PPS & *Dr Rajesh Desai* Jt. Secretary AMA. Nearly 170 participants had attended this educational programme. The sessions were lively, engaging, educative and informative.



**લેડીઝ-ક્લબ****નારી સમાજસ્ય કુશલ વાસ્તુકરારા ।**

"તાળી દીધા કરો આ હથેળી ભરાય છે
હાથોમાં મારા આપની રેખા લખાય છે
વૃક્ષો હસી પવનને કહે પાનખર વિષે
એનાથી પર્ણથી વધુ શું લઈ જવાય છે ?
કેવળ કળીનું ખીલવું શોભા અધુરી છે
ઝાકળ ઉમેરી ફૂલનો શણગાર થાય છે"

મારી હથેળી ભરાઈ જાય એટલો બધો સાથ અને સહકાર મને નારી સભ્ય બહેનોએ આખા વર્ષ દરમ્યાન આપ્યો છે. મારા પ્રમુખપદની વિદાય વેળાએ તમારા સૌની એટલી બધી સુંદર-સુમધુર યાદો મારી સાથે સંકળાયેલી છે કે તેને વર્ણવવા મારી પાસે શબ્દો નથી પણ સંબંધો અતૂટ-અકબંધ રહેશે.

તા. ૨૬-૦૮-૨૦૨૩ ના રોજ સાયબર સિક્યોરીટીનો કાર્યક્રમ રાખવામાં આવ્યો હતો જેમાં અશિની શાહે સાયબર ફોડ, તેનાથી બચવાના ઉપાયો વગેરેની ખૂબ સુંદર અને માહિતીસભર સમજ આપી જે બહેનોને ખૂબ ગમી અને બધાએ માહિતીથી સંતુષ્ટ થઈ કાર્યક્રમ રસપૂર્વક માણ્યો.

તા. ૦૮-૦૮-૨૦૨૩ ના રોજ વાસ્તુ કન્સલ્ટન્ટ ચરણપ્રિતજી પાઠક પાસેથી સૌએ ખૂબ સરળ નાની નાની વાસ્તુ ટીપ્સ સમજી પોતાના મનના પ્રશ્નોનું સમાધાન મેળવ્યું.

આખા વર્ષના આભાર સહ

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સેક્રેટરી, એ.એમ.એ.

**લેડીઝ-ક્લબ****યત્ર નાર્યસ્તુ પૂજ્યન્તે, રમન્તે તત્ર દેવતા:**

૫૯ માં વર્ષમાં પ્રવેશ કરતી, લેડીઝ ક્લબની આગામી ૨૦૨૩-૨૪ માટેની નવી કમિટિના પદગ્રહણ વિધીમાં આપણી શ્રદ્ધા લઈને, હૈયાની હેલીએ, સખીઓ સંગે નવલી નવરાત્રિના પર્વની ઉજવણી કરીએ.

આપણા આગામી કાર્યક્રમો આ પ્રમાણે છે**કાર્યક્રમ નં. ૧ : પદગ્રહણ વિધી****તારીખ : ૨૧-૧૦-૨૦૨૩, શનિવાર****સમય : બપોરે : ૩.૦૦ થી ૪.૩૦ કલાકે****વિષય : આર.એમ. ફોજદાર હોલ, આશ્રમ રોડ, એ.એમ.એ.****સાંજે ૪.૩૦ થી ૫.૦૦ કલાકે ચા-કોફીનો વિરામ રહેશે.****કાર્યક્રમ નં. ૨ : નવરાત્રી મહોત્સવ****તારીખ : ૨૧-૧૦-૨૦૨૩, શનિવાર****સમય : સાંજે : ૫.૦૦ થી ૬.૩૦ કલાકે****વિષય : એ.એમ.એ. નું પટાંગણ****રજીસ્ટ્રેશન : સૌ સભ્યોએ તા. ૧૫-૧૦-૨૦૨૩ સુધીમાં રજીસ્ટ્રેશન કરાવી લેવું.****કાર્યક્રમ નં. ૩ : શરદોત્સવ****તારીખ : ૨૬-૧૦-૨૦૨૩, રવિવાર****સમય : રાત્રે : ૬.૦૦ થી ૧૨.૦૦ કલાકે****વિષય : રાજપથ ક્લબ લોન****ડીનર : સાંજે : ૭.૦૦ થી ૮.૩૦ કલાકે**

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**લેડીઝ-ક્લબ****નારી સમાજસ્ય કુશલ વાસ્તુક્વરા ।**

A journey of thousand miles begins
with single step and
ends with hopes and happiness.

વાર્ષિક અહેવાલ**વર્ષ ૨૦૨૨-૨૦૨૩ દરમિયાન પ્રોગ્રામો પર એક નજર**

(૧)	તા. ૩૦-૦૮-૨૦૨૨ (શુક્રવાર)	નવી કમિટીની પદગ્રહણ વિધી
(૨)	તા. ૩૦-૦૮-૨૦૨૨ (શુક્રવાર)	નવરાત્રી મહોત્સવ સાથે બંગડી શણગાર અને દાંડીયા શણગાર પ્રતિયોગિતા
(૩)	તા. ૧૨-૧૧-૨૦૨૨ (શનિવાર)	દિવાળી સ્નેહમિલન પિતૃસંસ્થા એ.એમ.એ. સાથે
(૪)	તા. ૧૪-૧૧-૨૦૨૨ (સોમવાર)	'પ્રકાશ' મેન્ટલી રીટર્ડ યાઈલ્ડ થલતેજ ટેકરા, નહેરુ ફાઉન્ડેશન પાસે બોડકદેવમાં બાળ દિવસ નિમિત્તે જરૂરી વસ્તુઓની વહેંચણી કરી.
(૫)	તા. ૦૧-૧૨-૨૦૨૨ થી તા. ૧૦-૧૨-૨૦૨૨	યોગ શિબિર પિતૃસંસ્થા સાથે યોગ શિક્ષક - ડૉ. પુષ્પાબેન મુલતાની
(૬)	૧૩-૧૨-૨૦૨૨ (મંગળવાર)	Complete Makeover of Body with Hormonal Balance - In & Out by Dr. S.K. Agrawal & Dr. Aishwarya Raj
(૭)	તા. ૨૪-૧૨-૨૦૨૨ (શનિવાર)	ઉત્સાહપૂર્વક D.J. Dance સાથે "નાતાલ" ની ઉજવણી કરી
(૮)	તા. ૧૦-૦૧-૨૦૨૩ (મંગળવાર)	ભાવનાબેન મોદી એ "એક્યુપ્રેશર કલર થેરાપી અને મેગ્નેટ થેરાપી" વિશે માહિતી આપી.
(૯)	તા. ૨૧-૦૧-૨૦૨૩ (શનિવાર)	How to Prevent Ageing વિષય પર Dr. Krina B. Patel Dr. Ranjanben Raval Dr. Arti N. Shah & Dr. Bansari Mahadevia માહિતી આપી



(૧૦)	તા. ૨૬-૦૧-૨૦૨૩ (ગુરુવાર)	ધ્વજવંદન અને ભારતમાતાનું પૂજન પિતૃસંસ્થા એ.એમ.એ. સાથે
(૧૧)	તા. ૧૩-૦૨-૨૦૨૩ (સોમવાર)	વાનગી હરિફાઈ તેમજ કુકીંગ ટિપ્સ by સુમીરાબેન શાહ અને અલ્પાબેન શાહ
(૧૨)	તા. ૨૦-૦૨-૨૦૨૩ (સોમવાર)	પિકનિક - કલરવ-૩, અમીપુરા, બાવળા
(૧૩)	તા. ૦૫-૦૩-૨૦૨૩ (રવિવાર)	Women's Day Celebration પિતૃસંસ્થા સાથે ભાગ લીધો
(૧૪)	તા. ૧૧-૦૩-૨૦૨૩ (શનિવાર)	હોળીના રસિયાનો કાર્યક્રમ
(૧૫)	તા. ૦૨-૦૪-૨૦૨૩ (રવિવાર)	"લાફ્ટર વોર્ડ રાઉન્ડ" વિષય પર ડૉ. મનોજ ઘોડા "હાસ્ય યોગ" વિષય પર ડૉ. જી. જી. સોની પિતૃસંસ્થા એ.એમ.એ. અને એ.એમ.એ. સીનીયર સીટીઝન ક્લબ સાથે સંયુક્ત કાર્યક્રમ
(૧૬)	તા. ૦૭-૦૪-૨૦૨૩ (શુક્રવાર) તા. ૧૪-૦૪-૨૦૨૩ (શુક્રવાર)	Aalayam Rehabcare Experience Center ની મુલાકાત બે વાર લીધી જેમાં ડૉ. દિપનેભાઈ પટેલે ખૂબ સરસ માહિતી આપી.
(૧૭)	તા. ૦૬-૦૫-૨૦૨૩ (શનિવાર)	Laser ablation and sclerotherapy for Varicose Veins Non-Surgical Uterine Fibroid Embolism (UFE) for symptomatic Uterine Fibroids adenomyosis. Vaccum assisted evacuation for breast fibroadenomas (VAE) વિષય પર Dr. Truptiben Mehta એ સમજ આપી.
(૧૮)	તા. ૦૭-૦૬-૨૦૨૩ (બુધવાર)	નેયરોપેથી અને B12, D3 ની ખામી વિષય પર Mrs. Mita Parikh એ માહિતી આપી.
(૧૯)	તા. ૨૮-૦૬-૨૦૨૩ (બુધવાર)	એ.એમ.એ. લેડીઝ ક્લબ માં પ્રથમ વખત One Night Picnic રેથલ ગ્રીન રિસોર્ટ, સાણંદ રોડ
(૨૦)	તા. ૧૧-૦૭-૨૦૨૩ (મંગળવાર)	મણિબેન ત્રિભોવનદાસ માતૃગૃહ, નારાયણનગર રોડ, ચંદ્રનગર ખાતે બહેનોને જરૂરી વસ્તુઓનું વિતરણ



(૨૧) તા. ૨૮-૦૭-૨૦૨૩ (શુક્રવાર) બ્યુટી થેરાપીસ્ટ યામિનીબેન મહેતા એ ઘરગથ્થું વસ્તુઓ અને ઉપચારોથી સુંદરતા વિષય પર માહિતી આપી.

(૨૨) તા. ૦૮-૦૮-૨૦૨૩ (બુધવાર) રિલાયન્સ જવેલર્સ, સેટેલાઈટ ની મુલાકાત લીધી.

(૨૩) તા. ૧૫-૦૮-૨૦૨૩ (મંગળવાર) ધ્વજવંદન પિતૃસંસ્થા એ.એમ.એ. સાથે

(૨૪) તા. ૨૬-૦૮-૨૦૨૩ (શનિવાર) સાયબર સિક્યુરિટી શું અને એનાથી થતા ફોડ વિષય પર કુ. આશિની શાહ એ માહિતી આપી.

(૨૫) તા. ૦૮-૦૮-૨૦૨૩ (શનિવાર) Vastu Consultant ચરણપ્રિતજી પાઠક એ Vastu Remedies / Changes for Prosperity & Helath વિષય પર માહિતી આપી.

(૨૬) તા. ૨૮-૦૮-૨૦૨૩ (શુક્રવાર) પ્રસિધ્ધ સુરાંજલી મ્યુઝિકલ ક્લબના ઉમેશભાઈ શર્મા અને એમની ટીમ દ્વારા પોપ્યુલર ગીતોનો ધમાકેદાર કાર્યક્રમ

માસિક બુલેટીન થકી આપની સાથે ની આ છેલ્લી મુલાકાત સમયે આખા વર્ષ દરમ્યાન થતા કાર્યક્રમોમાં સાથ અને સહકાર આપવા બદલ આપ સૌ વડીલો, મિત્રો અને સભ્યોનો ખૂબ - ખૂબ આભાર.

આપનો આવો જ સાથ-સહકાર નવી કમિટીને પણ મળતો રહે એવી આશા.

SUCCESS IS BEST WHEN IT IS SHARED

શ્રીમતી સુષમા નયન શાહ
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શ્રીમતી જશનાબેન મહેતા
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ડૉ. જીતેન્દ્ર શાહ
પ્રમુખ, એ.એમ.એ.

ડૉ. ગાર્ગી પટેલ
સેક્રેટરી, એ.એમ.એ.



Role of family physicians in prevention of life style disorders amongst community

Life style disorders is the new word or stylish nomenclature of Preventive and social medicine and is akin to new wine in old bottle!

Lifestyle medicine is an approach to caring for patients that focuses on changes to lifestyle habits that can prevent, treat, and even reverse diseases. Replacing unhealthy behaviors with more beneficial ones can help live a healthier life.

Exposure to smoking, unhealthy diet, and physical inactivity result in chronic diseases like heart diseases, stroke, diabetes, obesity, kidney and liver diseases, metabolic syndrome, chronic obstructive pulmonary diseases etc.

However, these are the diseases which are preventable by advice on nutrition, physical activity, chronic stress management and self-destructive behavior such as indulgence in uncontrolled smoking and drinking.

While studying medicine more attention is given to treatment part of the disease, than its preventing aspect. The importance of nutrition and physical activities and healthy life style in preventing the disease is realized a bit late practically as one moves on practice!

It is in last few years that the life style disease prevention is getting its due as a result of increase in public awareness and more and more doctors find scope in its practice as a family medicine specialty. It bridges the gap between conventional medicine and public health.

At the grass root level, the family physician has important role in prevention of life style diseases as he gets all sort of patients viz. Cardiac, gastroenterology, neurology, etc. and he is fully aware/ acquainted with the familial and social background, habits, culture, heredity, their disease pattern, food habits and their physical activities etc.

Diseases which can be modified by life style changes include obesity, poor digestion, heart, kidney and liver related problems, sleep disorders, anxiety etc.

The main emphasis/fundamental approach must be on sleep and stress management, physical activity, involvement in social activities,



food, nutrition, change in habits etc. The family physician can help finding the ways and life style changes most suitable to a particular patient keeping in mind his physical and mental makeup ,his strength and weaknesses, his resources and preferences and help building confidence in his patients to live a healthy life .

Importance of fruits and plant-based diets which are full of nutrients and anti-oxidants must repeatedly emphasized upon. Motivation for purposeful physical activities which can reduce the risk of heart disease, stroke, diabetes, and some cancers besides being protective to memory and thinking skills must be part of his prescription. Areas of the brain that control thinking and memory are greater in volume in those who exercise versus those who do not."

Management of stress which is the root cause of anxiety, depression, obesity, immune dysfunction etc., by helping patients recognize negative stress responses, identify coping mechanism and reduction techniques.

Bad effects of substance abuse, although known to the patient has to be conveyed in a sophisticated manner and keeping in mind that the treatment often takes time, several attempts and different approaches. Patience and support are the mainstay in breaking these risky habits.

Importance of sleep and its timings: Sleep delays and interruptions are associated with lowered attention, decreased sociability, depressed mood, and decreased caloric burn. Importance of having seven hours sleep for optimal health has to be explained.

Advice on remaining socially connected which is important for physical, mental, and emotional health is also needed to be explained emphasizing that it can reinforce healthy behaviors.

He must strive hard to keep the changes and treatment long lasting, sustainable and cost effective.

He can help the patient fight the chronic diseases with the help of network of specialists, support groups and NGOs available in the community.

All said and done, practically speaking it is "sheth ni shikhaman zapa sudhi(the advice doesnot go down well)" in plenty of cases. However perseverance on the part of family physician is the key to deal with these diseases.

Bhagavad Gita – Its relevance in today's world. (Part 2: Chapter 7-12)

Dear all, let us continue our journey of this classical scripture. In the last article we covered summary of chapter 1-6. In this article we are going to cover chapter 7-12.

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

Chapter Name & Brief Description	Practical applications in day-to-day life
Chapter 7 : “Jñānavijñāna-yoga (GyaanVigyaan Yog) <ul style="list-style-type: none"> Krishna reveals Himself as the origin of all material and spiritual energies. Krishna is the essence of everything; the taste of water, the heat in fire, the sound in ether, the light of the sun and the moon, the ability in man, the original fragrance of the earth, the intelligence of the intelligent, and the life of all that lives. Those who do not surrender remain covered by Krishna's temporary, illusory potency and can never know Him, but pious people become eligible for surrender to devotional service. Among them, those who understand that Krishna is the cause of all causes engage in devotional service with great determination and become dear to Krishna. These rare souls are sure to attain Him. 	Chapter 7 : Knowledge of the Absolute - The Evil Results of Ignorance <ul style="list-style-type: none"> It is proven fact that until you have knowledge of the subject/matter, you will not develop faith in it. E.g. Until you read about electron and proton, you would never develop the understating and faith in its existence. In this chapter Krishna reveals the significance of faith and its power. If you want to love someone unconditionally, you should have knowledge about him/her and develop complete faith in him/her. This is true for God as well. The one who truly surrenders to God and worships him along with his attributes will ultimately discover the attribute less God who resides in him. This is the highest knowledge we learn to live with.
Chapter 8 : Ak araparabrahma-yoga <ul style="list-style-type: none"> Arjuna asks Krishna an important question in this chapter: How can those engaged in devotional service know Krishna at the time of death? 	Chapter 8 : Attaining the Supreme <ul style="list-style-type: none"> For a person who is sincerely committed to the practice of mediation and whose devotion is undivided and steadfast, God or Spiritual enlightenment is easily

- Krishna says, “whoever, at the end of life, quits his body remembering Me alone at once attains My nature without a doubt. Therefore, My dear Arjuna, you should always think of Me in the form of Krishna and at the same time carry out your prescribed duty of fighting. With your activities dedicated to Me and your mind and intelligence fixed on Me, you will attain Me without doubt.”
- attainable, so never give up.
- A person of yoga meditates on the nature of the Self and God as existing beyond the body, mind, and senses as a supreme, unchanging soul.
- Through meditating upon this supreme soul or Krishna, that person will achieve freedom. They will be unattached to either suffering or serenity while living.
- Human beings will enter whatever state they are in at the moment of their death. Therefore, because one never knows the time of one's death, it is essential to meditate at all times.

Chapter 9 : “Rāja Vidyā Yoga”

- According to Lord Krishna, the most confidential knowledge, knowledge of devotional service, is the purest knowledge and the topmost education. It gives direct perception of the self by realization.
- Different worshipers reach different goals. Men who want to attain the heavenly planets worship the demigods and then take birth among them to enjoy godly delights; but such men, after exhausting their pious credits, return to earth.
- Men, who worship ancestors, go to the planets of the ancestors, and those who worship ghosts become ghosts. But one who worships Krishna with exclusive devotion goes to Him forever.

Chapter 10 : “Vibhūti Yoga”

- Devotees know Krishna as the unborn, the beginning less, the Supreme Lord of all worlds, the creator of the patriarchs from whom all living being descend, the origin of everything.

Chapter 9 : The Most Confidential Knowledge

- Krishna talks about the supreme energy that runs all of us in this chapter. It's all about sovereign science and sovereign secrets.
- You will understand that the driving force is in unmanifested form that is everywhere and in everything.
- Whatever Krishna's devotee does, eats, offers, or gives away in charity, he does as an offering unto the Lord.
- Krishna reciprocates by carrying what His devotee lacks and preserving what he has.
- By taking shelter of Krishna, even lowborn people can attain the Supreme destination.

Chapter 10 : The Opulence of the Absolute - See divinity all around

- Devotional service helps one develop all good qualities
- In this chapter, Krishna explains in detail about spirituality and he



- Intelligence, knowledge, truthfulness, mental and sensory control, fearlessness, non-violence, austerity, birth, death, fear, distress, infamy—all qualities, good and bad, are created by Krishna..
- The devotees who lovingly engage in devotional service have full faith in Krishna's opulences, mystic power, and supremacy.

Chapter 11 : "Viśhwarūpa Sandarśhana Yoga"

- To protect innocent people from imposters, Arjuna asks Krishna to prove His divinity by exhibiting His universal form – a form that anyone who claims to be God should be prepared to show. Krishna gives Arjuna divine vision by which to see the brilliant, glaring, unlimited universal form, which reveals, in one place, everything that ever was or now is or will be.
- Arjuna offers obeisances with folded hands and glorifies the Lord. Krishna then reveals that except for the five Pandavas, all the soldiers assembled on the battlefield will be killed. Therefore Krishna exhorts Arjuna to fight as His instrument and guarantees him victory and a flourishing kingdom.
- Arjuna requests Krishna to withdraw His fearful form and show His original form. The Lord then exhibits His four-armed form and at last His original two-armed form. Upon seeing the Lord's beautiful humanlike form, Arjuna becomes pacified. One who is engaged in pure devotional service can see such a form

explains that he is present in every being.

- When you meditate miracles happen in your life. Wake up and see the miracles.
- Divinity permeates everything in this Earth. The entire universe is the divine manifestation of God. Whatever glories we see in the creation belong to the Lord alone Life is full of miracles all around you.

Chapter 11: The Universal Form

- Chapter 11 contains more action than previous chapters. Instead of revolving primarily around the dialogue between Krishna and Arjuna, it describes a scene in which Krishna transforms into a more divine manifestation and shows Arjuna some of his power.
- What dialogue might not have communicated fully until now is escalated by the visual experience of Krishna's divine form revealing the nature of the being to whom Arjuna is talking. Arjuna's response is a mixture of awe, love, and fear because he has moved from an intellectual to an experiential understanding of Krishna's teaching. However, even this form of Krishna doesn't fully encompass his unmanifest form.



Chapter 12 : "Bhakti Yoga"

- "Who is more perfect," Arjuna asks, "the devotee worshiping and servicing the Lord's personal form or the transcendentalist meditating on the impersonal Brahman?"
- Krishna replies, "the devotee who fixes his mind on My personal form is most perfect."
- In the topmost stage of devotional service, one's consciousness is totally fixed on Krishna. A step lower is the practice of regulative devotional service. Lower than that is karma-yoga, renouncing the fruits of action. Indirect processes for attaining the Supreme include meditation and cultivating knowledge.

Chapter 12 : Devotional Service

- A devotee who is pure, expert, tolerant, self-controlled, equipoised, non-envious, free from false ego, friendly to all living entities, and equal to friends and enemies is dear to the Lord.
- Krishna discusses how absorbing yourself in the higher ie Bhakhti one can rise further towards being a good karmayogi and ultimately towards liberation (spiritual enlightenment).
- The path of understanding through study and meditation provides a path to union with the unmanifest form of God, but it is more arduous work.
- The successful person of yoga will show love and compassion for everyone equally and will have a calm attitude of detachment to the joys and sorrows of life.

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REQUIRED

- (1) Orthopedic : M.S. (Ortho) or deploma-ortho.
- (2) Eye Surgeon : M.S. (Opthe)
- (3) Medical Officer : M.B.B.S.
- (4) Pharmasist : B.pharm or D.pharm
- (5) Gynecologist : (M.S.)

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Email ID : kmgkspc@gmail.com

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