

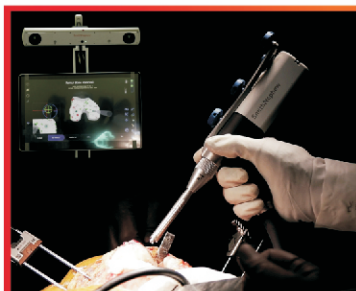
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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association)

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AHMEDABAD MEDICO NEWS

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DR. DILIP B. GADHAVI
President - AMA



DR. GARGI PATEL
Hon. Secretary - AMA

Imm. Past President - **DR. KIRITKUMAR C. GADHAVI**

VOL. 17

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ISSUE-2

HIGHLIGHTS

Programme

03-07-2022 Training on "Medical Oxygen Management System"

24-07-2022 120th Annual Day Celebration

Article

Celebrating Octogenarian Teachers, Healers and Preachers - By Dr. Mala Dalal and Kamal Dalal
Stress among medical students and its management (Part-2) - By Dr. Khyati Mehtalia



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

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



Dear members,

It is the dictum that, "Knowledge shared is knowledge squared." We the doctors are diversely enriched with knowledge. The knowledge what we have either in form of understanding or expertise, sharing it, is a way you can give something without losing something. Whether it is shared with colleagues or community, would worth doing so.

"If you have knowledge, let others light their candles in it."

- Margaret Fuller

It is our consistent effort to provide the platform for sharing of knowledge. A public awareness programme is a kind of noble work, where the benefit to community may be imperceptible by a single event, but may make a lot difference over the period of time altogether. Every year, 31st May is observed as world "No tobacco Day"; this year we have organized a public awareness programme in association with Maninagar Medical Association, students of AMCMET medical college & many other organizations at Kankaria lake front. We are thankful to Dr Mehul Shah & Dr Brijan Choksi for nice management. On 19th June 2022, annual mega conference, AMACON 2022 was organized; this has been possible after a long gap due to Covid pandemic. It was a mega event. The

conference was inaugurated by Smt. Nimishaben Suthar. 12 lectures by 12 different eminent speakers gave the great merit to conference. જગદ્ગુરુ શ્રી વલ્લભાચાર્ય વંશાવતંસ વેષ્ણવાચાર્ય ગોસ્વામી શ્રી મધુસુદનલાલજી (શ્રી તિલક બાવાશ્રી) provided the divine touch to the event. 380 PG students got the opportunity to present their research works; this was the first time in history, AMA has provided a platform to present paper / poster & get them involved in Association activities. Spouse programme was also very much entertaining. Over all 570 participated in the AMACON 2022 & benefited a lot.

To show gratitude to doctors for their hard work and determination in saving lives, the doctors' day is observed on 30th March for rest of world; however in India, the day is celebrated on 1st July every year as a tribute to a great doctor, & also a philanthropist, an educator, and a social worker "Dr Bidhan Chandra Roy". He gave the message to people,

"We have the ability and if, with faith in our future, we exert ourselves with determination, nothing, I am sure, no obstacles, however formidable or insurmountable they may appear at present, can stop our progress... (if we) all work unitedly, keeping our vision clear and with a firm grasp of our problems."

We feel honored to have such a noble person from our fraternity: & salute him and all those great stalwarts IMA members, who always make us feel proud to be a doctor.

Wish all a "Happy Doctor's Day"

Jay AMA

Jay IMA

Dr. Dilip B. Gadhavi

President

Ahmedabad Medical Association

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association

Doctors Rally on "World No Tobacco Day"



Doctors Rally on "World No Tobacco Day"





AMACON - 2022



AMACON - 2022





AMACON - 2022



AMACON - 2022



AMACON - 2022



Meeting with WHO delegation at AMA Office 21-06-2022



AMA Senior Citizen Club Programme on 05-06-2022





Scientific Programme on 29-05-2022



**A.M.A. BULLETIN INDEX**

Content	Page No.
» Message From President's & Hon. Secretary's Desk	2-3
» AMA Photos	4-12
» Training on "Medical Oxygen Management System"	17
» Election Notification 2022-23.....	18-19
» Important Information	20-21
» 120 th AMA Annual Day Celebration	22
» Annual Day Competition Award Details	23-28
» AMA Family Benefit Scheme	31
» AMA Senior Citizen Club Details & Obituary	32
» New Life Members.....	37
» Articles	33-43
» Advertisements.....	43-46

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Ahmedabad Medical Association
&
Department of Health and Family Welfare
Government of Gujarat with support from
USAID RISE is organizing
Training on
"Medical Oxygen Management System"
For Medical Service Providers

Date : 3rd July, 2022, Sunday

Time : 9.30 AM onwards

Topics

- Introduction to Oxygen Ecosystem
- Oxygen Therapy and Adjuncts to Oxygen Therapy
- Oxygen Therapy Devices
- Rational Use of Oxygen

Program Co-ordinator : Dr. Atul Gandhi

No Registration Fees

Register Your Name at

AMA Office **Ph. : 079-26588775**

Between 2.00 pm to 6.00 pm

Programme will be followed by Lunch

Dr. Dilip Gadhavi

President, AMA

Dr. Gargi Patel

Hon. Secretary, AMA





ELECTION NOTIFICATION 2022-2023

The Annual election of the President, two Vice Presidents, two Hon. Joint Secretaries, Hon. Library Secretary, and 12 members from Post Graduate category, 12 members from other than Post Graduate category and one Resident Doctor of the Ahmedabad Medical Association for the year **2022-2023** will be held on **Sunday 7th August, 2022**, between 9.00 a.m. and 1.00 p.m. at our premises.

1. Nomination form will be available from **08-07-2022, Friday** on payment of Rs. 50/- (Time : 2.30 p.m. to 6.00 p.m.)
2. The prescribed nomination forms duly filled, proposed and seconded should reach the office on or **before 3.00 p.m. on 13-07-2022, wednesday**, along with Rs. 500/- for the post of President, Rs. 250/- for other office bearers and Rs. 100/- for Managing Committee Members, (non refundable)
3. Last Date for **withdrawal of nomination is 16-07-2022, Saturday before 3.00 p.m.**
4. It is compulsory to cast as many votes as the number of posts are, otherwise the Ballot paper shall be considered invalid for that particular post as per the constitution.



N.B.

- (1) The tenure of President, Vice-Presidents, Hon. Joint Secretaries and Hon. Library Secretary will be one year.
- (2) All the office-bearers except the President shall be eligible for re-nomination for one more tenure consecutively for the post.
- (3) This year, the post of President will be filled from Other than Post Graduate category.
- (4) The tenure of Hon. Secretary and Hon. Finance Secretary will be of two years.
(No election for the above 2 Posts)
- (5) Term of members of the managing committee (25 members) shall be one year but can seek re-election for one more year. They can not contest for more than two consecutive terms.
- (6) To facilitate the arrangements, please come with membership number and identity card at the time of voting (Ahmedabad Medical Association identity card or any other identity document should be produced when asked for)

Dr. Dilip B. Gadhavi
Chairman Election Commission





અગત્યનું

નં.ડી.પી/પીએનડીટી/સૂચના/પ્રસિધ્ધ/કરવા/૪૪/૨૦૨૨
એપ્રોપ્રિએટ ઓથોરીટી પીએનડીટી એક્ટ અને
મુખ્ય જિલ્લા આરોગ્ય અધિકારીની કચેરી,
જિલ્લા પંચાયત, અમદાવાદ.
તા. ૮/૦૬/૨૦૨૨

પ્રતિ,
પ્રમુખશ્રી/સેક્રેટરીશ્રી,
અમદાવાદ મેડીકલ એસોસીએશન,
અમદાવાદ.

વિષય: મેડીકલ બુલેટીનમાં પીસી એન્ડ પીએનડીટી એક્ટ બાબતે સૂચના પ્રસિધ્ધ કરવા બાબત.

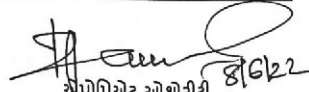
ઉપરોક્ત વિષય બાબતે જયભારત સહ જણાવવાનું કે, અમદાવાદ શહેર તથા ગ્રામ્ય વિસ્તારમાં પીસી એન્ડ પીએનડીટી એક્ટ અંતર્ગત રજીસ્ટર્ડ સંસ્થાઓને નીચે દર્શાવ્યા મુજબની જાણ કરતી સૂચના આપના દ્વારા પ્રકાશીત થતા મેડીકલ બુલેટીન, અન્ય ગ્રુપ મેમેબર તેમજ મીડીયા માધ્યમથી પ્રસિધ્ધ કરવા વિનંતી છે જેથી તબીબશ્રીઓ આ પ્રકારની ઘટતી ગંભીર ઘટનાઓથી સાવધ રહે.

પીસી એન્ડ પીએનડીટી એક્ટ બાબતે સૂચના

જિલ્લા એપ્રોપ્રિએટ ઓથોરીટી (પીસી એન્ડ પીએનડીટી) ને ધ્યાને આવેલ છે કે અમદાવાદના ગ્રામ્ય તેમજ શહેરી વિસ્તારમાં છેલ્લા કેટલાક સમયથી પીસી એન્ડ પીએનડીટી અંતર્ગત રજીસ્ટર્ડ સંસ્થાઓમાં અધિકૃત મેડીકલ ઓફિસર્સ સિવાયના કેટલાક અજાણ્યા ઈસમો યેનકેન પ્રકારના માધ્યમો દ્વારા કે જેઓ પીસી એન્ડ પીએનડીટી કાયદાના દાયરામાં અધિકૃત થયેલ નથી તેઓ પણ કલીનીક ઈન્સ્પેક્શનને બહાને મુલાકાત લે છે. જે બાબતે તમામ સંસ્થાઓને સૂચીત કરવાનું કે તેવા અજાણ્યા ઈસમોને કે જેઓ અધિકૃત થયેલ નથી તેઓ કલીનીક ઈન્સ્પેક્શન કે ઈન્ટરવ્યુ માટે આગ્રહ કરે તો તુર્તજ જિલ્લા એપ્રોપ્રિએટ ઓથોરીટી (પીસી એન્ડ પીએનડીટી), જિલ્લા પંચાયત, અમદાવાદ અથવા નજીકના પોલીસ સ્ટેશનને જાણ કરવી.

એપ્રોપ્રિએટ ઓથોરીટી
પીસી એન્ડ પીએનડીટી એક્ટ અને
મુખ્ય જિલ્લા આરોગ્ય અધિકારી
જિલ્લા પંચાયત, અમદાવાદ.

આભાર સહ...


એપ્રોપ્રિએટ ઓથોરીટી
પીસી એન્ડ પીએનડીટી એક્ટ અને
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જિલ્લા પંચાયત, અમદાવાદ



CPD Credit Hours Mandatory For Renewal Of Medical License Every 5 Years For Every Doctor: NMC Draft

New Delhi: Bringing uniformity regarding the rules concerning the existing practice of Continuing Medical Education (CME) for doctors, the Ethics and Medical Registration Board (EMRB) of the National Medical Commission (NMC) has made it mandatory for all doctors to attend Continuing Professional Development (CPD) programs and earn at least 30 CPD credit hours every five years.

The submission of the documentation of CPD credit hours is now mandatory for the renewal of the license of the Registered Medical Practitioners (RMPs), specified in the new Draft Registered Medical Practitioner (Professional Conduct) Regulations, 2022.



Ahmedabad Medical Association Annual Day

120th Annual Day...

Date : 24/7/2022, Sunday
Time : 9-00 am onwards.
Venue : Dr. R. M. Fozdar Hall, AMA House...

Chief Guest : **Shri Manoj Agarwal, IAS,**
Additional Chief Secretary Health &
Family Welfare Govfrnment of
Gujarat, Gandhinagar

Annual Day Program

8-45 am to 9-15 am : Tea/Coffee & Breakfast

9-15 am to 10-00 am : Dr.B.N.Mehta Oration

Speaker : Dr. Hemang Bakshi
Head of Department of Urooncology
and Robotic Surgery at HCG Cancer
Center, Ahmedabad.

Subject : Back to the future-unlocking the
daVinci code

Welcome speech by President, AMA

Felicitatation of Guests

Annual report by Hon. Secretary, AMA

Annual Day Celebration

Speech by Chief Guest

Felicitatation of Members and Medical Students.

Vote of Thanks.

Program will be followed by Lunch

DR. DILIP B. GADHAVI
President, AMA

DR. GARGI PATEL
Hon. Secretary, AMA





MR. INDRAVADAN OCHHAVALAL DANI LIFE TIME ACHIEVEMENT AWARD

Dr Bipinchandra M. Patel
MD (Anaesthesia)



- Past President of I.M.A. G.S.B. for the year 2013-2014
- Member of working group of IMA-GFATM-RNTCP-PPM-RCC Project for the year 2010 on wards.
- Gujarat University Medical Exam coordinator for UG and PG for the year 2013 onwards.
- Managing Director, Professional Protection Scheme, I.M.A. G.S.B. 2014-2015 still today.
- Joint Secretary : Medical Student Network (M.S.N.) of I.M.A. (H.Q.).
- IMA Dr. A.K.N. Sinha National Award (Alkem) in the year NATCON-2014.
- Recognition of outstanding and distinguished services to medical profession for the year 2013-2014
- Dr. B.N. Mehta Oration by Ahmedabad Medical Association in the year 2016.
- Elected as President of Indian Society of Anesthesiology, West Zone for the year 2016-2017.
- Dr. P.R. Trivedi Oration, by Gujarat State Branch, I.M.A. for the year 2016-2017.
- Chairman, IMA Standing Committee for Finance of IMA HQs.



DR. B. N. MEHTA ORATION AWARD

Dr. Hemang Bakshi
MS; MCh (Urology)



- Head of Department of Urooncology and Robotic surgery at HCG cancer center, Ahmedabad. He is the one and only Urooncologist in Gujarat - and one of the very few in the country-to exclusively practice Urooncology. He is a leading national expert in robotic, laparoscopic and open surgeries for genitourinary cancers-mainly dealing with radical prostatectomy for prostate cancer, radical cystectomy for bladder cancer, partial or radical nephrectomy for kidney cancer and lymph node dissections for testicular or penile cancers-since more than 20 years. He is a pioneer in the surgery of radical prostatectomy in Gujarat, having done more than 500 open and more than 100 robotic radical prostatectomies.

LATE ADVOCATE SHRI SHIVNARAYAN A. MODI BEST MEDICAL TEACHER AWARD

Dr. Omprakash Modi (M.D.)

Senior Consultant Physician and Cardiologist



- He did his Graduation (MBBS) from Gujarat University in year 1961 and completed his M.D. - Medicine in year 1964.
- He has worked as Asst. - Professor of Medicine at L.G. General Hospital (1964-65).
- He also served as Asst., Associate and Prof. of Medicine at V.S. General Hospital and Seth KM Institute of P.G. Medical Education and Research (1965-2000) affiliated to Smt. NHL Municipal Medical College, Ahmedabad.
- He also worked as Sr. Physician at Rajasthan Hospital (2000-2014).
- Sr. Physician and Medical Advisor at AIMS Hospital, Paldi Ahmedabad (Since-2014) still at the age of 84 years.
- His special areas of interest are Diabetes and Liver.



**DR. TANUMATI G. SHAH octogenarian Prize**

For the outstanding services to medicine & social service :
For Woman Above 80 years.

**Dr. Vilas M. Mehta**

Obstetrician & Gynaecologist

DOB : December 1932

- Worked at Vadilal Sarabhai Hospital Different Positions from Asst. Professor to Deputy Superintendent.
- After retirement worked as a member of board of Management at V.S. Hospital.
- In 1974 under AID Programme (Agency of International Development), was trained in USA at John Hopkin Institute in advance training in management of infertility, especially in Laparoscopy.
- The first laparoscopy tubal Ligation was done in Gujarat at V.S. Hospital in 1974 by instrument donated by US AID
- Worked as Honorary Gynaecologist at Kameshwar Medical Centre, Naranpura for many years. At present medical trustee at the same centre.
- In private practice for 25 years after retirement from V.S. Hospital in 1990.

**Dr. Babalal Parikh - Family Physician
Life Time Award**
**Dr. Harikrishna M. Desai**

MBBS

- Done private practice at Shahibaug area for more than 50 years
- Past president of Ahmedabad Medical Association
- Past secretary, Social security scheme



DR. GIRISHCHANDRA SHAH Octogenarian Prize

For the outstanding services to medicine & social services :
For Gentleman Above 80 years.

Dr. G. G. Oza MBBS, MD
Born : 28-07-1934



- Medical Teaching : 1960-1990 (V.S. Hospital)
- Published
 - Textbook of Clinical Medicine
 - Textbook of Practical Medicine
- Received from A.M.A. :
 - Award : Best Medical Teacher of the year
 - Shri Indravadan Dani Lifetime Achievement Award
- Anchored about 43 film music programmes (Medicos' Listeners Club)...

LATE DR. PIYUSH V. PATEL
Award for EXCELLENCE IN MEDICAL FIELD

Dr. Mahesh Gupta (M.D.)



- Received 2 Medals in 1983 Guj. Uni. for Surgery and Medicine subject.
- Received Times of India Health Icon award Ahmedabad city 2018
- Developed, patented and published techniques to control PPH (COMOC –MG operation). Endorsed by RCOG.
- Having American Patent of Suture material used for CS and PPH
- Having 50 Bed Multispeciality hospital at Ahmedabd.
- Editorial board member in World Journal of Anemia.
- President Ahmedabad ObGyn Soc. (2013)
- Ex.Hon. Convener of Gujarat State Gynec Association.

LATE DR. PIYUSH V. PATEL
Award for EXCELLENCE IN MEDICAL FIELD

Dr. Banshi Saboo (M.D., Ph.D.)

Chief Diabetologist & Chairman of Diabetes Care &
Hormone Clinic at Ahmedabad



Honoured with **Fellowship of American College of Endocrinology (USA), American College of Physician (USA), International College of Nutrition (FICN), Royal College of Physicians (Glasgow), (Edinburgh), (London), MNAMS (Diabetology)**

- **PastPresident of RSSDI** (Research Society for Study of Diabetes in India) **2019-2020**
- **President of AIAARO** (INDIAN OBESITY SOCIETY) **2016-2020**
- **Hon. Vice-President of Diabetes in Asia Study Group (DASG)**
- **Hon. Secretary of diabetes India**

LATE DR. ASHOK D. KANODIA -
Award for SERVICE TO SOCIETY & MANKIND

Dr. Kala Ashok Shah

MD-Gynec, DGO, DRCOG (UK), FICA (USA)

- From 1971 to 1980 Dr Kala Shah studied & practiced in U.K. & USA.
- Returned to mother land 1980,
- From 1981 to 2007 practiced as gynaecologist at Naranpura, Ahmedabad.
- Her life time goal is to create Menopause awareness in society. She started a mission for public awareness regarding menopause, since 1997.
- Continue awareness through various TV programmes & Books on Menopause & Andropause.
- The Menopause Health Club (Mid Age Club) was conceptualized and founded by Dr Kala Shah in 1999 to facilitate her mission of awareness, hard to diagnose and treat condition for which she can talk eye to eye.



**LATE DR. ASHOK D. KANODIA -
Award for SERVICE TO SOCIETY & MANKIND**

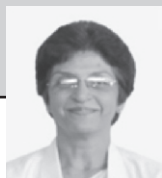
Dr. Vinit C. Parikh
MBBS Family Physician



- Serve the society with a huge contribution of Blood donation by him & his family.
Self - 100 times
Chetana (Wife) - 92 times
Dr.Meha (Daughter) - 30 times
Dr.Honshil (Son) - 33 times
- He is also running a public library with clinic since many years with 5000+ books; did many literature activities, which have been frequently published in leading newspapers.

**Mrs. Dinaben K. Sanghavi - Excellence in Socio
Medical Field by a Lady Doctor Award**

Dr. Ava Desai
MD, DGO



- Ex. Professor & Unit Chief of Gynecologic Oncology Department at GCRI
- Presently working at Zydus Cancer Centre

Ahmedabad Medical Association is proud to announce one more awards from this year to be announced & conferred on Annual Day every year :

Dr. Kalpesh B. Shah rotating trophy for best diagnostic centre, Ahmedabad to be awarded to the best diagnostic facility (Laboratory / Radio-diagnostic center), Last Date for submission of nomination is 8-7-2022 ; Contact : 079-26588775



Report of Scientific programme on 29-05-2022

With reference to World No Tobacco Day", a scientific programme was organized on 29th May 2022; 10.30 am to 1 pm at AMA hall. Dr Deepak Rao presented lecture on "Tobacco & Head and neck cancers" ; Dr. Dhruv Patel presented lecture on Tobacco & breast / Gynecological cancers; & Dr. Pooja Chahwala presented talk on Tobacco & mental health. All the presentations were nice & informative. Dr. Hetalbhai Shah moderated the event. The CME was followed by lunch. The CME was attended by almost 70 members.

Report of Public awareness programme on "World No Tobacco Day"

Every year 31st May is observed as "World No Tobacco Day". This year public awareness programme was organized by Ahmedabad Medical Association in association with Students of AMCMET Medical College, Maninagar Medical Association, Ahmedabad traffic police, Rotary club of Kankaria, Umang Seva Trust & Bharat Vikas Parishad at Kankaria lake front. In the morning of 31st May, more than 250 students & doctors gathered at Kankaria Gate no 1. All together moved in form of rally & walked for entire circle of Kankaria lake with various signboards & banners educating the people to fight against the evil of human kind "Tobacco". Dr Urvish Shah, surgical oncologist, explained the crowd about how significantly our community is affected by habits of tobacco. Light snacks were served at the end.

Report on Senior Citizen Club programme Scientific Programme

A scientific programme was organized by Senior citizen club of Ahmedabad Medical Association on 5th June 2022, Sunday at AMA from 10 am to 12.30 pm. Very nice & interactive talks were delivered by eminent speakers, Dr. Mahadevbhai Desai, Dr. Ruchir Divetia, Dr. Himanshu Desai & Shree Rameshbhai Tanna. The CME was followed by lunch. Total 80 members participated in the programme.

Report of ANNUAL CONFERENCE OF AHMEDABAD MEDICAL ASSOCIATION AMACON – 2022

An annual mega conference AMACON was organized on 19th June 2022 at J B Auditorium, Ahmedabad management Association, There were 12 scientific lectures presented by experts of different specialties. All the lectures were very informative. Wordings from જગદ્ગુરુ શ્રી વલ્લભાચાર્ય વંશાવતંસ વેષ્ણવાચાર્ય ગોસ્વામી શ્રી મધુસુદનલાલજી (શ્રી તિલક બાવાશ્રી) generated spiritual vibes at the event. The Conference was inaugurated by Smt. Nimishaben Suthar. Parallel, scientific paper & poster presentation was arranged. 380 Post graduate students from various medical colleges presented their researches. The spouse programme was also wonderful & memorable. Total 570 delegates participated in the conference.

AMA FAMILY BENEFIT SCHEME

ELIGIBILITY

- Life member of Ahmedabad Medical Association up to completion of 55 years of age.
- Spouse also eligible to become member
- For members above 40 years of age, 3 years of continuous life membership of AMA is mandatory.

MEMBER BENEFITS

- Death Benefit: Nominee of member will get 500rs/member contribution in event of death of member.
- Permanent Disability Benefit: In the event of member become permanently disable due to some reason, he will get 500 Rs./member. Then he will cease to become member of the scheme

FEES SCHEDULE :

AGE	A.F.C.	ADMISSION FEES	TOTAL
UP TO 35	3000	0	3000
36-40	3000	0	3000
41-45	3000	5500	8500
46-50	3000	6600	9600
51-55	3000	7700	10700

**SPECIAL INCENTIVE TO MEMBERS BELOW
40 YEARS, NO JOINING FEES UP TO 31.7.2022.**

UNIQUE FEATURES

- NON MEDICAL SPOUSE IS ALSO ELIGIBLE TO BECOME MEMBER
- PERMANENT DISABILITY BENEFIT FOR MEMBER
- LOW ADMISSION FEES

FOR MORE INFORMATION

AHMEDABAD MEDICAL ASSOCIATION

amagsbima@yahoo.co.in, 91-079-26588775, 9726888775

Monday to Saturday : 2pm-6pm

AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB

Dear Members,

This is to inform you that please renew your membership for AMA Senior Citizen Club. Also the members who are 60 years & above can become the member of AMA Senior Citizen Club.

Annual Fees : Couple Member - Rs.500/-
Single Member - Rs.300/-

AMA Senior Citizen Club, Co-ordinators

Dr. Abhay Dikshit

Dr. K. R. Sanghavi

Dr. K. C. Gadhavi

Dr. Ramesh C. Shah

Dr. Dilip Gadhavi

Dr. Gargi Patel

President, AMA

Hon. Secretary, AMA

OBITUARY

May their soul rest in eternal peace.



DR. SURESH A. SHAH

L-1577 M.B.B.S.

Date of Birth : 10-03-1945

Date of Death : 01-06-2022



DR. HARSHADKUMAR H. JHAVERI

L-310 M.S. (GENERAL SURGERY)

Date of Birth : 24-08-1938

Date of Death : 31-05-2022

We send our sympathy & condolence to the bereaved family.

Celebrating Octogenarian Teachers, Healers and Preachers

Alexander the Great famously said, "I am indebted to my father for living, but to my teacher for living well" (his teacher being none other than Aristotle). Teaching is an act of devotion, the power of which is unquantifiable and lives on in perpetuity long after the teacher's time has passed. Most teachers will never feel the true impact of their work and so it is incumbent on us, as a society, to recognise and honour their



contributions. It is with this aim that the Ahmedabad Medical Association is proud to announce two Octogenarian Awards for Outstanding Services to Medicine and Social Services on behalf of Dr Tanumati Shah (1922-2021) and Dr Girishchandra Shah (1928-2019). The prizes will be awarded to two medical professionals in their 80s who over the course of their careers have made substantial contributions to medical teaching and established themselves as a 'teacher, healer and preacher'. These awards are inspired by the real lives and contributions of Dr Tanumatiben and Dr Girishbhai, whose love for educating others stemmed from their commitment to education itself.

The year was 1940 when Dr Tanumatiben, who had recently completed her inter-science degree in Ahmedabad, set her sights on Bombay University where

she intended to study medicine at G.S. Medical College and King Edward Memorial Hospital. It was unusual for women



to pursue a career in medicine in those days, that too to study on campus away from home, but she was determined. After securing the first scholarship to be awarded to a woman by Mahavir Jain Vidyalay, she was one of about twelve girls (in a year of 120 students) to enrol at the university. In 1946, she graduated with M.B.B.S. in the top 5% of her class and in 1949 she completed her M.D. in Obstetrics &

Gynaecology. In the years that followed, she worked as an Honorary Obstetrician & Gynaecologist at Civil Hospital in Ahmedabad and set up a private clinic on Relief Road in the heart of the Old City. She had an indefatigable work ethic, attending to her patients around the clock with steady hands and a meditative focus, often for little to no profit. As word spread, patients flocked to her. It was through her work at Civil Hospital that she met Dr Girishchandra Shah, at the time a candidate for an M.D. in Obstetrics & Gynaecology. Despite being six years her junior, she was fascinated by his sage intellect and the quiet confidence he exuded. The two became fast friends, often performing operative work together, and upon completion of his M.D. in 1955, they were married in a small ceremony.

Their 64-year union was nothing short of remarkable. Together they set up the "Dr Tanumati and Girish Shah Hospital" with thriving practices on Relief Road and Vasant

Kunj Society. They shared a passion for medicine over profit, running their business on minimal margins and maximum patient care. As part of the generation that fought for independence, they were fiercely proud to be Indian and preferred to use locally sourced supplies manufactured by Indian companies than Western alternatives, even briefly setting up a pharmaceutical company to produce drugs at very low cost. While Dr Tanumatiben focused on patient consultations, Dr Girishbhai performed operative work and was always on the lookout for medical innovations.

In the early days, Dr Girishbhai set up an X-ray machine at the clinic and offered patients a free scan of their lungs for early signs of tuberculosis while waiting for their consultation with Dr Tanumatiben, a service that engendered the loyalty of their patient base. He had a flair for electronics and biomedical engineering, creating their own instruments in a makeshift laboratory at home. Among other things, he prepared the first cryosurgery probe; he made a laparoscope with the help of the Ahmedabad Engineering College to a standard rivalling foreign versions; and he was invited by the National Institute of Occupational Hygiene to prepare a hot humid chamber for mill workers.

In truth, Dr Girishbhai's interests extended far beyond



medical science. During his student days, he was Secretary of the College Gymkhana and General Secretary of B.J. Medical College. After completing his M.D., he became a member of the National League of Pen friends and in

1964 led a group of doctors to America as part of the programme 'Experiments in International Living', which involved a meeting with Robert F. Kennedy. He was Secretary and later President of the Ahmedabad Medical Association and Ahmedabad Obstetrical & Gynaecological Society, and Associate Editor of the Gujarat & Saurashtra Territorial Medical Bulletin. He was one of India's early amateur radio operators, building and using a ham radio to work with the Home Guards in crises such as the Narmada River flooding of 1970, partition of Pakistan and Bangladesh of 1971, and Hindu-Muslim riots of 1985. He was also a keen photographer, winning various prizes and contributing microscopic photographs for medical textbooks. Dr Tanumatiben supported his hobbies with the keen excitement of a fan. They were progressive thinkers with an insatiable desire to learn, and her discipline and diligence coupled with Dr Girishbhai's creativity created an unbeatable partnership.

Alongside clinical work, they developed formidable reputations as medical professors, and by the time they retired in their late 70s had an army of loyal patients, students and staff. For them, learning never stopped as

their curiosity for life's wonders knew no bounds. One only needed to see their library to understand the breadth of their interests, which featured classical and contemporary literature, Eastern and Western authors, holy books from every faith, spiritual compendiums, political treatises, travelogues, maps, encyclopaedias, magazines and textbooks, extending to topics as diverse as farming and irrigation, art and meditation, quantum mechanics and metaphysics. They were very fond of travel, often going on long drives up in the mountains with friends and plotting adventures across the Hindu Kush.

Their life motto could be described as 'simple living, high thinking'. It is in their memory that we have established the Octogenarian Awards, to recognise others who shared their passion for learning.

by : Dr. Mala Dalal (daughter) and Kamal Dalal (granddaughter)

WE WELCOME FOLLOWING NEW LIFE MEMBERS

12188	L	DR. SHAH AKASH NITINBHAI
12189	LC	DR. MER BHAVESH GOVINDBHAI
12190	LC	DR. MODI NEHABEN VINODKUMAR
12191	L(Transfer)	DR. JIVRANI MAHESH R.
12192	L	DR. PATEL DEVAL RUSHI
12193	L	DR. PATEL DISHABEN NITINBHAI
12194	L	DR. PENDKAR AKSHAY PARAMESHWAR
12195	LC	DR. SHANKER NEERAJ RAMA
12196	L	DR. SANKER RASHMI KUMARI N.

Stress among medical students and its management (Part 2)

by : Dr. Khyati Mehtalia MD (Psych), DPM

We had talked about high incidence of suicide rates in medical students, discussed about the factors behind the stress and also known about the psychological and physical effects of stress.

To decrease the stress, either remove/change the stressful stimulus or enhance our coping strategies so that we can withstand the given stress and emerge out healthily.

The former is not in our hands but the latter is !

Some of the basic coping strategies are:

1) Physical activities :

Physical exercise is a huge stress-buster and fortunately nearly any physical activity relieves anger, tension and frustration, so medical students need not worry about finding great amount of time to go to the gym. Exercising for 30 min or more maximises stress reduction.

However, short, 10-minute activity bursts effectively will relieve stress and boost energy and optimism since exercise releases mood-elevating endorphins. Medical students can take short breaks from studying to play music and dance, take a walk or do a little bit of aerobics.

It is important to note that regular exercise that incorporates *moving both the arms and legs is most effective at reducing stress*. Exercise helps people focus on their body and movements rather than on



their thoughts and concerns, and it adds mindfulness that combats negative thoughts and stress.

2) **Reach out to others**

We all need someone to lean on. If you're stressed, depressed, or suicidal, it's very important that you have at least one good person you can confide in and rely on for support.

When feeling stressed, medical students should take a break and meet up with a friend or call someone. Developing relationships with fellow medical students and other peers helps reduce stress because people can discuss their problems, vent, and get advice from others. Talking with someone else offers reassurance and helps them gain perspective and develop strategies for coping when they feel overwhelmed and stressed.

3) **Have a good support system**

Many times, it is not possible to do everything especially when you have hours and hours of studying with classes and clinics. Hence setting up a support system for taking care of your basic logistics including food, laundry etc which will save your time. Especially when you are living away from home, your need to invest time initially to set up the system.

4) **Get adequate sleep**

It is very important for the medical students to get quality sleep as much as possible or take naps to recover lost sleep. Losing sleep increases stress,



anger, sadness, and exhaustion, so it is in their best interests to get at least seven hours of sleep a night. Students who work on closing their books and getting to sleep at a decent time every night generally have less stress and more energy to handle their busy schedules the next day.

5) **Eat healthier foods**

Eating fatty, sugary junk foods, cafeteria foods, may worsen stress and hence it is better to make healthy diet a priority.

- **Dark Chocolate** – Dark chocolate is rich in antioxidants that lower stress hormones in the body. Dark chocolate also lowers blood pressure and cholesterol and has mood-boosting capabilities.
- **Omega-3 Fatty Acids** – Foods rich in omega-3s are avocados, tuna, salmon, herring, and sardines. These foods lower stress, anxiety, and depression. Busy medical students can add flaxseeds, chia seeds, or walnuts to their yogurt, breakfast cereal, or smoothies to get the benefits of omega-3s.
- **Citrus Fruits** – Oranges, strawberries, and grapefruit relieve stress because they are high in vitamin C. Other foods that contain high levels of vitamin C are red and green peppers, kiwi, baked potatoes, tomatoes, and broccoli.

6) **Practice meditation or relaxation**

Relaxation techniques such as meditating and taking deep breaths help ease stress and anxiety. Psychologist Robbie Maller explains that meditation alters neural pathways in the brain and





makes people more resilient to stress. Meditation does not take a great deal of time; all medical students need to do is put their feet on the floor, close their eyes, and focus on repeating a positive mantra such as “I can do this.”

Medical students also can reduce their stress by placing a hand on their stomach and matching the mantra to their breathing. Avoid distracting thoughts and focus on the breathing. Feel the breath move throughout the body while inhaling and exhaling deeply.

7) Learn to love studying

You will probably spend all your time studying, so you better learn to love this stress management technique. Some students treat studying as a form of therapy as it allows them to do it for long hours and enjoy it. Look at it as an opportunity to slow down, read, and learn at your pace. When you have to study, you don't have to do anything else. It can become a meditative experience where you learn to release your mind of stress and whatever else you have going on in your life. Also studying regularly from the beginning will prevent you from getting overwhelmed by the last minute anxiety when things have piled up!!!

8) Journal at the end of the day.

Journaling at the end of the day may make students feel less stressed and anxious and allow them to rest their minds. Instead of lying awake pestered by every little thought or worry, writing those thoughts can help students dismiss them for the night. They



may also be less worried about remembering everything, since they'll have a written account.

9) Remember why you are in the medical school.

When medical and healthcare students get stressed out over schoolwork, they can lose sight of why they entered the industry in the first place. Getting out in the community can remind students that the point of their education is to help people, not to get bogged down by grades. This can reinvigorate stressed students and help them ease up on themselves.

Becoming a doctor is a super noble duty and a special calling. Don't be discouraged because you get a little overwhelmed sometimes-- everyone does. Just stay the course and you reap rewards in the end. You should feel great about what you do.

10) I did it then!! I can do it now also!!!

Getting into Medicine is a massive achievement in itself, never forget that. It took hours of work experience, months of studying, and weeks of gruelling exams to crack through NEET, but you did it. Medical studies is just another challenge – you can do this too!

Stress management is a process. People don't just learn these things overnight and, like medical studies, these tips also take some time to master. Please remember that if you need help, get help. One of the most important things you can do is take care of yourself; you have to stay on top of your game to get good grades and be a great doctor. All of the things that seem like they are huge problems





are only temporary. Everybody needs help sometimes, so if all the things listed above don't work, then reach out to someone and don't be afraid of what people may think.

The RED FLAGS of when to seek professional help:

- You start getting suicidal thoughts
 - You have significant changes in your appetite and weight
 - You are not able to sleep or just sleeping too much!!
 - You don't feel like attending lectures and start bunking
 - Carrying out the daily tasks also seem like a struggle to you!!
-

