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- IVF - ICSI (Test Tube Baby Center)
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- 3D (4D Live) Color Sonography



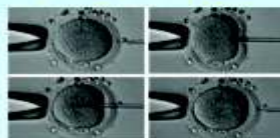
IVF



Dr. Laxmi Agrawal
(Art Specialist)



Dr. Hasmukh Agrawal
(Art Specialist)



Reshambai fertility Hospital

Center For Human Reproduction ivf-icsi (Test Tube Baby Center)

Swastik Complex, Opp. Rajsthan Hospital,
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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association)

ESTD : 1902

AHMEDABAD MEDICO NEWS

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President - AMA



DR. DHIREN R. MEHTA
Hon. Secretary - AMA

Imm. Past President - **DR. MONA P. DESAI**

VOL. 16

SEPTEMBER-2021

ISSUE-5

HIGHLIGHTS

Programme

09-10-2021 AMA Ladies Club Installation Ceremony

17-10-2021 રાસ-ગરબા - ૨૦૨૧

Article

Can Longevity Be Increased ? : By Dr. G. G. Oza

MANAGING COMMITTEE MEMBERS FOR THE YEAR 2020-2021



'SERVICE TO MANKIND... NOT DESTINATION... BUT WAY OF LIFE'

Message From President's Desk



The God of rain Lord Indradev has showered blessings on our Country, particularly on our Gujarat State. Let us hope that water scarcity and famine will not be an issue in coming year. On other side Covid-19 epidemic is also well controlled. In Gujarat very few cases are detected.

A very good quote given by Grey Anderson "Focus on journey, not the destination. Joy is found not in finishing an activity but in doing it".

I had started my tenure with my team on 4th October, 2020 last year. We all were going through very difficult circumstances due to Covid-19 pandemic. We had lost two main pillars of our Office – Shri Manubhai Rami & Shri Prakashbhai. We had lots of challenges to navigate but rather to give up, we accepted all challenges and achieved our goal. It is said that when going get tough, tough get going.

“કહેવાય છે ને કે જ્યારે પરિસ્થિતિ વણસેલી હોય અને માર્ગ જડતો ના હોય, તો તે પરિસ્થિતિ જ તમારી તક બની જાય છે અને એ જ તમારા લક્ષ્ય સુધી પહોંચવાનો માર્ગ બની જાય છે.”

Mainly our Association is doing 3 types of activities. (1) Scientific activity (2) Entertainment activity (3) Community activity. But this year we had to give fight on other front that was for the dignity and safety of our medical fraternity. (1) Fight against Mixopathy (2) Fight against Quotes of Baba Ramdev (3) Fight against Government notification for BU Permission and Fire Safety issues. We have done 5 offline Scientific Programme and 8 online webinar and facebook live Scientific programme. We arranged one

very nice Entertainment programme “મોસમ બદલ સિલા” by our members and for our members.

On legal issues, we represented at different level at Ahmedabad Municipal Corporation and Gujarat State level for BU Permission and Fire safety issue. We had filed petition in Gujarat High Court and Supreme Court of India. We had met Government Officials for new coming Clinical Establishment Act and discussed on various aspects. In addition to “Doctor on Call”, we have started Covid-19 helpline in second wave of Corona. We have also planted tree in the name of each Corona Warriar members of AMA at our premises with theme “Life for Life” on Doctors’ day. We have also distributed free masks, gown, Child mask, face shield to our members. It was not possible for us to organize these programmes without support of our past president, Committee members and staff of AMA.

For success of my whole tenure I am thankful to Dr. Devendra Patel - President - IMAGSB, Dr. Monaben P. Desai – imm. Past President, AMA, Dr. Jitubhai B. Patel, Past National President, Dr. Mahendrabhai B. Desai, Past President IMA GSB, Dr. Bipinbhai M. Patel, Past President IMA GSB.

I am also thankful to all past presidents and active members of Association namely Dr. Kamlesh B. Saini, Dr. Parimal Desai, Dr. Jitubhai N. Patel, Dr. Yogendrabhai Modi, Dr. Jaswant Darbar, Dr. Brijen Chokshi, Dr. Pragnesh Vachharajani, Dr. Vidyutbhai Desai, Dr. Abhaybhai Dikshit, Dr. K. R. Sanghavi.

I am also thankful to my Committee members and office bearers Dr. Dhirenbhai Mehta (Hon. Sec.), Vice President Dr. Gargiben & Dr. Maulik Sheth, Treasurer Dr. Sunil Chenwala, Joint Sec. Dr. Dipak Rao and Dr. Sahil Shah Lib. Sec. Dr. Deval Panchal and our staff members.

Thanks to all

Jay AMA, Jay IMA

Dr. Kiritkumar C. Gadhavi

President

Ahmedabad Medical Association

Message From Hon. Secretary's Desk



“ABILITY is what you are capable of doing,
MOTIVATION determines what you do,
ATTITUDE determines how well you do it.”

At last, there would be happy and satisfying experience throughout and same feeling at the end of my tenure of two years of Hon. Secretary. I am thankful to all my seniors and mentors to give me the chance and opportunity to be a part of this prestigious association and to serve this association and whole medical fraternity. I was so lucky to have a chance to work with two dynamic, hard working and dedicated Presidents, Dr. Monaben Desai and Dr. Kiritkumar Gadhavi. It was my great pleasure to work with both. Even though we had limitation for big programs due to COVID pandemic and its strict guidelines and protocols, we had different challenges and other fronts of battle. But we had tried at our best level to perform better and better. We had also followed all calls given by IMA HQ. We had

protest against Mixopathy and against Ramdev. We also had filed FIR against Ramdev in Navarangpura Police Station. We had fought against government for burning issue of BU permission and Fire NOC for our members.

I had tried to meet you and to talk to you through this media every month and I had experienced close relationship with all of you. I am also thankful to all of you for being with us at all time. I am thankful to all my seniors, stalwarts and Past Presidents for their blessings and support throughout my tenure. At last, there may be end of my tenure but my attachment with association will be always there. I will be always ready to work for association at any time. I will like to wish best of luck to coming President, Dr. Dilip Gadhavi and his team for their success. I promise that I will be always there to support and to work for them.

“ A happy ending is always possible if you are willing to keep the story moving to get there. “

Actors and directors may be changed but show must go on.

Thank you.

Jay AMA

Jay IMA

Dr. Dhiren R. Mehta

Hon. Secretary
Ahmedabad Medical Association

PAST PRESIDENT OF THE AMA 05-09-2021



MANAGING COMMITTEE MEMBERS FOR THE YEAR 2020-2021



OFFICE BEARER OF THE COMMITTEE FOR THE YEAR 2020-2021





AMA ANNUAL DAY - 5 SEPTEMBER, 2021



AMA ANNUAL DAY - 5 SEPTEMBER, 2021



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AMA ANNUAL DAY - 5 SEPTEMBER, 2021



AMA ANNUAL DAY - 5 SEPTEMBER, 2021



AMA ANNUAL DAY - 5 SEPTEMBER, 2021



AMA DR. N.T. SHAH SCIENTIFIC PROGRAM - 12 SEPTEMBER, 2021



AMA DR. N.T. SHAH SCIENTIFIC PROGRAM - 12 SEPTEMBER, 2021



AMA SAHITYA SABHA - 19 SEPTEMBER, 2021



AMA SAHITYA SABHA - 19 SEPTEMBER, 2021



AMA SAHITYA SABHA - 19 SEPTEMBER, 2021



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

LADIES CLUB DISTRIBUTE FRUITS & SLEEPERS TO NEEDY PEOPLE



LADIES CLUB RETRO FASHION SHOW



Hip 'N' Hap
Retro Fashion Show
Ahmedabad Medical Association Ladies Club excellent Bharati Paril had organized a Retro Fashion Show. As many as 25 women participated in the show at evening. 100 members of the club and doctor friends. The evening ended with a sumptuous dinner for all the participating ladies.



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AHMEDABAD MEDICAL ASSOCIATION YEAR : 2020-2021

OFFICE BEARER

PRESIDENT DR. GADHAVI KIRITKUMAR C. 9998370353 VICE PRESIDENT DR. PATEL GARGI MAHESH 9824343744 DR. SHETH MAULIK SURESHCHANDRA 9825915464 HON. FINANCE SECRETARY DR. CHENWALA SUNIL B. 9428405490	HON. SECRETARY DR. MEHTA DHIREN RAMNIKLAL 9898854158 HON. JOINT. SECRETARY DR. RAO DEEPAK MUKUNDBHAI 9825210880 DR. SHAH SAHIL NITINKUMAR 9428501412 HON. LIB. SECRETARY DR. PANCHAL DEVAL DIVYESHKUMAR 9725753032 IMM. PAST PRESIDENT DR. MONA P. DESAI M. 98250 16769
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MANAGING COMMITTEE MEMBERS

P.G.	OTHER THAN P.G.
DR. DESAI RAJESH MOTIBHAI THALTEJ 9925193399 DR. DHARAIYA NISARG D. ELLISBRIDGE 7567200111 DR. GUPTA MAHESH G. SABARMATI 9825091092 DR. NAYAK MANJIT JITENDRABHAI NAVJIAVAN 9998227871 DR. PARIKH RUTVIJ B. ELLISBRIDGE 9427317915 DR. PATEL ANKIT M. GHATLODIA 9825336688 DR. PATEL MAITREYI JITENDRA NARANPURA 9979487372 DR. PATEL NAITIK B. MANINAGAR 9898129475 DR. PATEL SMEET S. BODAKDEV 7600001519 DR. PATEL SUMIT PRAVINBHAI GANDHINAGAR 9824223626 DR. PATEL YASH D. BODAKDEV 9687068399 DR. SHAH SUNIL N. NARANPURA 9824068716	DR. BHANSALI PIYUSH M. ABAWADI 8320365392 DR. DAVE KALPITA M. MEGHANINAGAR 9924558450 DR. MOD JAGDISH J THALTEJ 9898672481 DR. MOHATTA PRAKASH P. ISANPUR 9426355122 DR. PANDYA SATISH M. SHAHIBAUG 9825956928 DR. PATEL HEMANT B. RANIP 9879813741 DR. PATEL RAMESH ISHWARLAL PALDI 9426495264 DR. PATEL SURESH K. GHATLODIA 9824053995 DR. PATWARI H. G. BAPUNAGAR 9106318533 DR. RAVAL SHAILESH D BOPAL 9825300296 DR. SHAH JAGMOHAN M. RAKHIAL 9377403230 DR. SHAH JAYESH CHINUBHAI NARANPURA 9426274536

BULLETIN COMMITTEE

DR. MAHADEV DESAI DR. SANJEEV PHATAK DR. MAULIK SHETH	DR. KIRTI SANGHAVI DR. MONABEN DESAI DR. URVESH SHAH	DR. DEVAL PANCHAL DR. MANJIT NAYAK DR. VIPUL SHAH, ID
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અમદાવાદ મેડીકલ એસોસીએશન પ્રાયોજીત



રાસ-ગરબા ૨૦૨૧



તારીખ : ૧૭-૧૦-૨૦૨૧, રવિવાર

સ્થળ : સિંદુર પાર્ટી પ્લોટ, પ્રગતિનગર, નારણપુરા

સમય : સાંજે ૭.૦૦ થી ૧૦.૩૦ કલાકે

રજીસ્ટ્રેશન રૂા. ૨૦૦/- પ્રતિ વ્યક્તિ

● ઓરકેસ્ટ્રા સા રે ગ મ એન્ટરટેઇનમેન્ટ ●

- રંગીન વસ્ત્રોમાં સોળે શણગાર સજીને રાસ-ગરબાની રમઝટ માણો અને સાથે અદભૂત ઈનામો જીતવાની તક પણ.
- આપના ગરબાના પાસ AMA Office થી તા. ૦૬-૧૦-૨૦૨૧ થી મેળવી શકાશે.

આરતી સાંજે ૭.૦૦ કલાકે કરીશું

ડૉ. દિલીપ બી. ગઢવી

ડૉ. ગાર્ગી એમ. પટેલ

પ્રમુખ ૨૦૨૧-૨૨

મંત્રી ૨૦૨૧-૨૨

અમદાવાદ મેડીકલ એસોસીએશન

અમદાવાદ મેડીકલ એસોસીએશન

ડૉ. મોનાબેન પી. દેસાઈ

ડૉ. નૈતિક પટેલ

ડૉ. મનજીત નાયક

ડૉ. કલ્પિતા દવે

રમતગમત અને સાંસ્કૃતિક સમિતિ



INSTALLATION CEREMONY

AMA LADIES CLUB

Humble invitation to grace the occasion of
INSTALLATION CEREMONY of
DR. PRAFUL PANAGAR
AMA LADIES CLUB PRESIDENT & TEAM
of office bearers & MCM year 2021-2022.

Date : 09-10-2021, Saturday

Time : 3.00 p.m. to 5 p.m.

Venue : Dr. R. M. Fozdar Hall, AMA House,
Opp. H. K. College, Ashram Road, Ahmedabad.

CHIEF GUEST : DR. KAMINI PATEL
CEO. VANI IVF CENTRE

GUEST OF HONOUR : DR. NIRMALA WADHWANI
EX. MLA WOMEN &
CHILD DEVELOPMENT,
CEO SIDDHI HOSPITAL, NARODA.
DR. ANUJA DESAI
DIRECTOR (Academics) K.D. HOSPITAL
DIRECTOR & HEAD OPHTHALMOLOGIST
K.D. HOSPITAL, S.G. HIGHWAY

INSTALLATION OFFICER : DR. HEMANT BHATT
MEDIA CONVENER BJP GUJARAT
TRUSTEE A'BAD WORLD HERITAGE CITY

SPECIAL INVITEE

1. Dr. Dilip Gadhvi - AMA President
2. Dr. Alpesh Gandhi - FOGSI President
3. Dr. R. R. Patel - Add. Superintendent Civil Hospital

: MASTER OF CEREMONY :

DR. MUKESH BAVISHI

GYN ONCO SURGEON

: PROGRAM :

PRAYER : DR. FALGUNI SHASHANK

Welcome Speech Past President

Felicitatation of Guests

Lighting of Lamp

Introduction & Installation of Office bearers MCM Oath

Installation of President

Installing President Speech

Speech of Installation Officers

Speech of Guest of Honour

Speech of Chief Guest

Vote of Thanks

Felicitatation of New Team by Well Wishers

EVENT : GARBA - RAS Gifts

CREATIVE ACTIVITIES & COMPETITION

DINNER & DJ Etc THANKS

119 th ANNUAL DAY OF AHMEDABAD MEDICAL ASSOCIATION AWARD WINNERS

B.N.Mehta Oration – Dr. ATUL K.PATEL

Late Advocate Shri Shivnarayan A. Modi- Award to BEST MEDICAL TEACHER – Dr. VILASCHANDRA J.PATEL

Mr. Indravadan Ochhavlal Dani - Ahmedabad Endovascular Foundation – Life Time Achievement Award— Dr. DHANESH A.PATEL

Dr.Babalal Parikh –Lifetime Achievement Award to Family Physcian- Dr.ABHAY DIKSHIT

Smt. Dinaben K. Sanghavi- Award for EXCELLENCE IN SOCIO-MEDICAL FIELD by a Lady Doctor- Dr. SHEFALI J.DESAI

Dr.B.C.Amin Membership Drive Trophy- Dr. DHIREN MEHTA - Hon. Secretary, AMA

Late Dr. Piyush V. Patel Award for EXCELLENCE IN MEDICAL FIELD

1) Dr. DIPAK D.PATEL

2) Dr. SANDIP A.SHAH

Late Dr. Ashok D. Kanodia – Award for SERVICE TO SOCIETY & MANKIND:-

1) Dr. PRAVIN K.KANABAR

2) Dr. SHANTILAL M.PATEL

Late Dr. R.K.Nanavaty- Best Essay Prize

TOPIC: - “Your Positive Experience while treating Corona

Patients” Dr.Mrs KIRAN K.SARDA

Indian Association of Occupational Health- Best Essay Prize
TOPIC: - “Work from Home”-a boon or a curse
Dr. K.H.SARDA

Feliciation of members above the Age of 75 Years.
Dr.H.G.PATWARI

MEDALS AND CASH PRIZES TO STUDENTS & DOCTORS

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. – SHAILJA TUSHAR BHATT

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. –HET SANJAYKUMAR SHAH

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

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

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

1 DR.AKSHADHA EASWAR

2 DR.SHAH AASHKA MANISH

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

1 DR.AKSHADHA EASWAR

2 DR.SHAH AASHKA MANISH

Dr. Trikamlal Dullabhdas Vani Medal for first in Surgery in final M.B.B.S. examination – DR. SHAH DHYEY NIMISH

Dr. Somabhai V. Trivedi Medal for first in Surgery in final M.B.B.S. examination – DR. SHAH DHYEY NIMISH

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

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

- 1 DR. AKSHADHA EASWAR
- 2 DR. SHAH AASHKA MANISH

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

Shri Dolatrai Makanji Desai Cash Prize for getting highest numbers in Medicine in final M.B.B.S. examination – DR. KHUMAN KOMAL BHANJIBHAI

Dr. Alkaben Ketanbhai Desai Medal for scoring highest marks in Obst. & Gynaec in M.S. – DR. AGRAWAL KOMAL KANAIYLAL

Dr. J. B. Haribhakti Medal for scoring highest marks in M.S. (General Surgery). - DR. BANTHIA PRANJAL ANIL

Dr. Chhotubhai H. Naik Memorial Medal for scoring highest marks in M.D. (Medicine) - DR. PATEL NIRAL RAJNIBHAI

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

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

DR. HINGORANI VARSHIKA MAHESH

Dr. Mahesh V. Choksi Medal & cash prize for standing second in M. D. – Radiology - DR. CHAUHAN KIRPALSINH DILIPSINH

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

1. DR. GOEL DEEPAK KHUSIRAM
2. DR. ADALIYA PAYAL NANJIBHAI
3. DR. SHAH SALONI NITINKUMAR

Dr. Saroj Ramesh & Ramesh Damodar Shah Medal & Cash prize for first position in M.D. Micropathology - DR. PATIL LEENA VINAYAKRAO

Report of program, Sahitya Sabha

Sahitya Sabha was organized on 19th September, Sunday in the morning. It was unique non-scientific and non-academic program for all. The speakers were, 1) Pujya Shastri Swamiji Ramkrushnadasji, 2) Dr. Pankajbhai Nagar, Doctorate in Astrology, 3) Pujya Sonalben Parikh, Journalist and family member of Pujya Gandhiji, 4) Shree Devendrabhai Bhatnagar, State Editor, Divya Bhaskar, 5) Dr. Ranjit Vank, Lok Sahityakar. The program was coordinated by Dr. Mehul Shelat. The program was very well attended by many doctors with family.

Annual Activities : 2020-21

4/10/20	Installation Ceremony of Dr. Kirit C. Gadhavi as President and his Managing Committee with Office Bearers. Installation Officer : Dr. Devendrabhai Patel Chief Guest : Dr. Nitin Vora Guest of Honour : Dr. Mahdevbhai Desai
13/11/20	Dhanvantary Poojan
14/11/20 to	“Doctors on Call” during Diwali festive days
19/11/20 :	Total 55 doctors have participated. 12 doctors were coordinators and they have attended about 900 calls.
1/12/20	World AIDS Day , Fb live by Dr. Vipul Shah, ID specialist and Mrs. Varshaben Vala, Motivational speaker. Coordinator was Dr. Gargiben Patel.
3/12/20	International Day for person with Disability. Fb live. Speakers were, 1) Dr. Mohini Datrania, 2) Dr. Nitinkumar Rathod, 3) Dr. Rajesh Desai. Coordinator was Dr. Maitreyi Patel.
5/12/20	Webinar by Senior Citizen Club, AMA. Subject was Forgetfulness – Menace after age of 60 and speaker was Dr. Ravi Soni, Psychiatrist.
8/12/20 and 11/12	Protest against Mixopathy, at AMA premises.
20/12/20	Webinar, on “Westernization of Indian Diet – How it damages Public Health and How to Protect Ourselves”. Speakers were, 1) Dr. Banshi Saboo, Diabetologist, 2) Dr. Sameer Dani, Cardiologist, 3) Dr. Dhiren Mehta, Family Physician, 4) Dr. Paul Clayton, Clinical Pharmacologist and Nutritionist.
14/12/20 to 23/12/20	Late Dr. C. C. Rawal – Divya Jivan Sangh, Yoga Shibir, by Dr. Pushpaben Multani.

16/1/21	15/1, Community Day by IMA and 16/1, Death Anniversary of Dr. Ashok Kanodia. It was celebrated by Blankets distribution at Shree Pashupatinath Temple, Ring Road, Odhav.
17/1/21	Blood Donation Camp at 1) AMA Hall, 2) Gate no 1, Kankaria Lake, Maninagar, in association with Maninagar Medical Association, 3) Pranjal Society, Gurukul, in association with K. D. Hospital.
26/1/21	Republic Day Celebration by Flag Hoisting at AMA.
1/2/21 to 3/2/21	Hunger Strike against Mixopathy in association with MSN.
7/3/21	International Women`s Day, celebrated in association with WDW, AMA Ladies Club. Speakers were, 1) Ruzan Khambhata, 2) Madam Mini Joseph, ACP, 3) Dr. Monaben Desai. Theme song was sung by Dr. Falguni Vora and Dr. Kalpita Dave. Skit was also there on theme of Domestic Violence.
9/3/21	Meeting with Municipal Commissioner, Shri Mukeshkumar.
11/3/21	Meeting with Party President, BJP, Shri C. R. Patil.
15/3/21	Meeting with CM Shri Vijaybhai Rupani.
19/3/21	Aao Gaon Chale, Camp at Virampur village.
21/3/21	Aao Gaon Chale, Multi speciality diagnostic camp at AIMS, Lapkaman.
30/4/21	VC meeting with CM Shree Vijaybhai Rupani and DY. CM. Shree Nitinbhai Patel.
30/4/21	Meeting with Police Commissioner Shree Shrivastav.
3/5/21	Started COVID Help line in which 35 doctors had rendered their services and guide the people in correct way.
5/5/21	World Asthma Day, Facebook live by Dr. Narendrabhai Raval, Senior Chest Physician and Pulmonologist. Session was coordinated by Dr. Urvesh Shah.

20/5/21	AMA had received donation of Mask, Gown and Face shield from Ford Motors and were distributed to members of AMA.
31/5/21	World No Tobacco Day, Facebook live by Dr. Deepak Rao, Oncosurgeon. It was coordinated by Dr. Sahil Shah. We had filed FIR against Ramdev at Navrangpura Police Station.
6/6/21	Webinar by Senior Citizens Club and AMA Ladies Club. Speaker was Dr. Hansal Bhachech, Psychiatrist and subject was "Life without Life".
13/6/21	Webinar, Scientific Program by College of General Practitioner. The program was moderated by Dr. Urmanbhai Dhruv. The panelists were, 1) Dr. Dileep Mavalankar, 2) Dr. Vipul Shah, 3) Dr. Jigar Mehta, 4) Dr. Parth Desai, 5) Dr. Mukesh Maheshwari, 6) Dr. Gargiben Patel, 7) Dr. Kamlesh Lala. Program was coordinated by Dr. J. P. Darbar. Subject was, COVID 3rd Wave, Possibilities and Solutions. What we learnt from 2nd Wave?
18/6/21	National Protest Day by IMA. Theme was Save the Savors.
20/6/21	Online Yoga by Mrs. Jyotiben Shah.
1/7/21	Happy Doctors` Day. It was celebrated by theme, Life for Life in association with Brain Heart Foundation. We had planted Tree in the name of each Corona Warrior members of AMA at our premises and each family members of them were given plant as gift. Dr. Jitubhai Patel and the Directors of Brain Heart Foundation, Sunil Thanvi and Dr. Arvind Sharma were present in this celebration.
1/8/21	National Tuberculosis Elimination Program. Scientific program was organized by HFW Department, Govt. of Gujarat. Speakers were

	1) Dr. Satish Makwana, 2) Dr. Dileep Mavalankar, 3) Dr. Anil Nayak, 4) Dr. Y. K. Jani, 5) Dr. Jignaben Dave.
8/8/21	Dr. H. G. Jambhekar & Dr. P. P. Mehta Scientific Program. Speakers 1) Dr. Mahadevbhai Desai, 2) Dr. Urmanbhai Dhruv, 3) Dr. Manoj Vithalani, 4) Dr. Sunil Mehta, 5) Dr. Hemant Patel, 6) Dr. Abhay Khandekar, 7) Dr. Prakash Darji.
8/8/21	Mausam Badal Dala, Entertainment Program of melodious songs by our doctor members and anchor was Dr. Ashok Patel.
13/8,14/8	Sports Day, Table Tennis and Carrom, singles and doubles.
15/8/21	Independent Day Celebration.
5/9/21	Annual Day Celebration Chief Guest Dr. Shashank Joshi, Diabetologist and Padmashri Awardee, Guest of Honor, Dr. Devendrabhai Patel
12/9/21	Dr. N. T. Shah Scientific Program. Practical Diabetology
29/9/21	Sahitya Sabha.
12/9/21	Dr. N. T. Shah Scientific Program, Practical Diabetology Speakers were 1) Dr. Vipul Chavda, 2) Dr. Dhruvi Hasnani, 3) Dr. Rutul Goklani, 4) Dr. Bharat Saboo, 5) Dr. Jimit Vadgama, 6) Dr. Nisarg Dharaiya, 7) Dr. V. K. Abhichandani, 8) Dr. Sunil Gupta, 9) Dr. Shalini Jaggi, 10) Dr. Minaben Desai, 11) Dr. J. P. Sai, 12) Dr. Carine De Beufort, 13) Dr. Pratap Jethwani, 14) Dr. Bijay Patni, 15) Dr. Sanjeev Phatak, 16) Dr. Urman Dhruv.
19/9/21	Sahitya Sabha. Speakers were 1) Pujya Swamiji Shree Ramkrushnadasji, 2) Dr. Pankajbhai Nagar, Astrologer, 3) Pujya Smt Sonalben Parikh, member of family of Pujya Gandhiji, 4) Mr. Devendrabhai Bhatnagar, State Editor, Divya Bhaskar, 5) Dr. Ranjit Vanka, Lok Sahityakar.

Report of Scientific Program, Practical Diabetology

Practical Diabetology, scientific program was arranged on 12th September, Sunday. It was nicely organized and managed by Dr. Dhruvi Hasnanai and Dr. Vipul Chavda, Rudraksh Institute of Medical Science. There were 4 sessions in this program covering diabetes in general and also diabetes in infants and children as well as diabetes in female during pregnancy and other complications. The speakers were, 1) Dr. Vipul Chavda, 2) Dr. Rutul Goklani, 3) Dr. Bharat Saboo and 4) Dr. Jimit Vadgama in first session. Chair persons were 1) Dr. Maulik Sheth and 2) Dr. Pragnesh Vachharajani. In second session speakers were 1) Dr. Nisarg Dharaiya, 2) Dr. Sunil Gupta, 3) Dr. V. K. Abhichandani, 4) Dr. Shalini Jaggi and chair persons were 1) Dr. Shetal Desmukh and 2) Dr. Deepak Rao. Speakers of third session were 1) Dr. Dhruvi Hasnanai, 2) Dr. Monaben Desai, 3) Dr. J. P. Sai and there was message from Dr. Carine De Beufort and the session was chaired by 1) Dr. Gargiben Patel and 2) Dr. Dhiren Mehta. The last session four was chaired by 1) Dr. Sanjay Shah and 2) Dr. Vipul Shah and the speakers were, 1) Dr. Pratap Jethwani, 2) Dr. Bijay Patni, 3) Dr. Sanjeev Phatak and 4) Dr. Urman Dhruv. It was hybrid program and many speakers were live via zoom from other state then Gujarat. It was nicely conducted and participated physically and online by many doctors.

Report of 119th Annual Day

Our 119th Annual Day was celebrated on 5th September, Sunday. The Chief Guest was Dr. Shashank Joshi, renowned Diabetologist and Padma Shree awardee from Mumbai and Guest of Honor was Dr. Devendrabhai Patel, President IMA GSB. At the start there was Dr. B. N. Mehta Oration by Dr. Atul Patel, ID Specialist and subject was, Invasive Fungal Infection. After that Master of Ceremony welcome all dignitaries on the stage and program was started by IMA prayer and pledge by Hon. Secretary, Dr. Dhiren Mehta. First there was lamp lighting and it was followed by felicitation of all guests. President Dr. Kiritbhai Gadhave had given an excellent welcome speech. It was followed by distribution of awards and prizes to doctors for their excellent academic and social work in different categories. It was followed by introduction of Chief Guest by Dr. Banshi Saboo and an excellent speech and wishes by Dr. Shashank Joshi. It was followed by activity report of year 2020-21 by Dr. Dhiren Mehta. After that there was an excellent address by Guest of Honor, Dr. Devendrabhai Patel. After his speech, other doctors and medical students were awarded by prizes for achievements in different competitions and examinations. It was followed by felicitation of both MoC and Dr. Shilpaben for prayer. At last there was vote of thanks by Dr. Dhiren Mehta and National Anthem by all present doctors. The whole program was followed by lunch.



Can Longevity Be Increased ?

- Dr. G. G. Oza

The other day, when a patient suddenly asked me : “Sir, can we increase the longevity (life-span) of an individual ?”, I was taken aback and stuned for a while, but after taking a pre-planned pause, I replied, “No....May be.... Yes” ! These three antagonistic words, especially ‘May be’, reguine explanation; so let me be more specific....”.

“Well, I continued”, let us start with the word ‘No’ because if, it possesses more scientific evidence. We can say with confidence that “We cannot increase the life-span of an individual because longevity is pre-fixed ‘once and forever’. We know than there is a protein known as DNA (Deoxyribo-nucleic acid) which is present in the genes which are located on the chromosomes, which are located in the nucleus of every cell of the body. There are 23 pairs ($23 \times 2 = 46$). Half of them i.e. 23 come from the father and 23 come from the mother. During conception, when the ovum and the sperm meet and mate, these 23+23 chromosomes (their genes) determine the various characteristics of the embryo e.g. life span, colour of the skin, height, facial appearance, shape of the nose, ears etc.

Thus, it is easy to understand that life-span of an individual cannot be increased beyond what is imprinted on his genes (DNA).

However, there are many ‘if’s and ‘but’s to this statement because sudden, serious catastrophe may totally



cut off the nubile, delicate life line of an individual e.g., injury, accident, fire, flood, epidemic, earthquake etc. In the same way, life span can be curtailed gradually by factors like pollution (air, water, earth), radiation, drug abuse, alcohol, smoking etc.

Other risk to life span is what goes by the term ‘Life-style Diseases’ (high blood pressure, diabetes mellitus, ischemic heart disease, obesity). These group of diseases are taking a heavy toll of human life, and that also at an earlier age, in India (more so in Gujarat). They can be prevented or corrected by dict, regular exercise, meditation, avoiding alcohol, tobacco, stress elimination, attaining a blissful state of mind (‘Prasannata’) etc. Thus, patient’s Life-span which was likely to be curtailed in protected (increasing his life span indirectly). He can, now, live his full life as dictated by his genes. The same argument can be applied in relation to the various vaccines.

Lastly as we all know, the science of genetics is progressing by leaps and bounds. Gene therapy, gene replacement, gene modulation are different modes of treatment of genes or by the genes. Even a day may come when by manipulation (adding gene matter (DNA), removal (deletion), or its duplication (replication), desired number of years can be added to the life of an individual. When that special day dawns, the answer to the question which was raised by the clever, curious, queer patient will be “Yes, definitely..... why not ?!”



OBITUARY

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



DR. RAMESH KANAIYALAL VANI

L-1278 D.PED

Date of Birth : 18-09-1928

Date of Death : 30-07-2021



DR. NARENDRAKUMAR T. DESAI

L-2160 M.B.B.S.

Date of Birth : 01-01-1954

Date of Death : 30-07-2021



DR. MAHESH JAMBUDI

M.B.B.S.

Date of Birth : 13-03-1949

Date of Death : 31-08-2021



DR. NIRANJANI ISHVERLAL SHAH

L-1508 M.B.B.S.

Date of Birth : 22-07-1934

Date of Death : 10-09-2021



લેડીઝ-ક્લબ

"STRONG WOMEN EMPOWER EACHOTHER"

સૌ પ્રથમ તો મારામાં વિશ્વાસ મુકી વર્ષ ૨૦૨૦-૨૧ માટે Ladies Club નો કાર્યભાર મને અને મારી ટીમને સોંપવા બદલ આપ સર્વેનો ખૂબ ખૂબ આભાર.

મિત્રો, ૩૨ વર્ષથી આ ક્લબમાં સભ્ય હોવાથી આ ક્લબ સાથે એક અનોખો લાગણીનો સંબંધ છે. ઘણા વર્ષો સુધી કમીટી મેમ્બરની પદવી લીધા બાદ સેક્રેટરીની પોસ્ટ સુધી આગળ વધી. ખૂબ જ જાણવા મળ્યું, શીખવા મળ્યું, નવા મિત્રો મળ્યા. Ladies Club ને ઉત્તરોત્તર પ્રગતિના પગથિયા ચઢતા જોયા અને જ્યારે President ની પદવી મળી ત્યારે એક અનોખો ગર્વ અને આનંદનો અનુભવ થયો.

CORONA Pandemic સમયમાં એક પ્રેસીડેન્ટની પદવી લીધી ત્યારે શરૂઆતમાં તો મને અઘરું કાર્ય લાગ્યું. પરંતુ તમારી બધાની શુભેચ્છાએ મને અને મારી ટીમને ઉત્સાહ માટે બળ પુરૂ પાડ્યું. સમયની સાથે ચાલતા શીખ્યા અને Social Media પર અનેક માહિતી સભર Virtual Programmes ની શરૂઆત કરી.

શરૂઆતથી જ Corona Pandemic સમયમાં પણ મારી સાથે અડીખમ ઉભા રહી મને જે Support - Suggestion આપ્યા તે માટે મારા સાથી - Secretary Pushpa Bavisker નો હૃદયપૂર્વક આભાર તેમજ તમામ કમીટી મેમ્બર્સનો તેમના પ્રેમભર્યા Support માટે ખૂબ ખૂબ આભાર.

સંપૂર્ણ વર્ષ દરમિયાન મને ખૂબ જ પ્રોત્સાહન, યોગ્ય સમયે યોગ્ય માર્ગદર્શન આપવા બદલ Past President શ્રીમતી દિનાબેન સંઘવી, શ્રીમતી સુષ્માબેન શાહ, શ્રીમતી મીતા પરીખ, શ્રીમતી અંજુબેન શાહ, શ્રીમતી મયુરી તેમજ ડૉ. પારૂલબેન શાહનો Social Programmes માટે અને માર્ગદર્શન માટે ખૂબ ખૂબ આભાર.

ડૉ. ગઢવી સાહેબ AMA પ્રમુખનો આભાર માનું તેટલો ઓછો. ખૂબ જ પ્રોત્સાહન આપ્યું અને જ્યાં યોગ્ય અને સરસ Programme હોય ત્યાં Ladies Club નો સમાવેશ કર્યો. તેમનો અને તેમની ટીમનો ખૂબ ખૂબ આભાર.

સ્ટાફ મિત્રો મોહનભાઈ, અમીતભાઈ, જયરાજભાઈ, હર્ષ, પ્રિન્ટર હિતેષભાઈ સર્વેનો ખૂબ ખૂબ આભાર.

Dr. Suresh Patel, Dr. K. R. Sanghavi, Dr. Abhay Dixit, Dr. Rakeshbhai Parikh, Dr. Pragneshbhai, Dr. Mehul Shelat વગેરેનો ખૂબ ખૂબ આભાર.

આપ સર્વે Members નો પણ મારામાં વિશ્વાસ મૂકવા માટે, આપની ઉપસ્થિતિ અને ઉત્સાહ વધારવા હૃદયપૂર્વક આભાર.

ડૉ. પ્રફુલ પાનાગર અને તેમની આવનારી ટીમને ખૂબ ખૂબ આભિનંદન અને શુભેચ્છા.

એક સુંદર અનુભવ, આત્મસંતોષ સાથે વિરમુ છું. કોઈને જાણે અજાણે દુઃખ પહોંચ્યું હોય તો ક્ષમા માગુ છું.

ભારતી પટેલ
પ્રમુખ - લેડીઝ ક્લબ
મો. 7874093093

પુષ્પાબેન બાવિષ્કર
માનદ્ મંત્રી - લેડીઝ ક્લબ
મો. 9227222088

ડૉ. કિરીટકુમાર સી. ગઢવી
પ્રમુખ
અમદાવાદ મેડિકલ એસોસિએશન

ડૉ. ધીરેન મહેતા
સેક્રેટરી
અમદાવાદ મેડિકલ એસોસિએશન

WE WELCOME FOLLOWING NEW LIFE MEMBERS

- | | |
|----------|----------------------------------|
| 10321 L | DR. VADGER RAKESHKUMAR KHODABHAI |
| 10322 L | DR. PATEL DINESH VINODRAI |
| 10323 L | DR. MODI PARTH KAMLESHKUMAR |
| 10324 LC | DR. RAJGOR DARSHIL KAMLESHKUMAR |
| 10325 LC | DR. RAJGOR ISHITA DARSHIL |
| 10326 L | DR. PATEL JAIMIN MANHARBHAI |
| 10327 L | DR. SHAH KRUNAL YOGESH |

વેસિય-સભા

ANNUAL REPORT - LADIES CLUB

Hello my dear friends,

We had a great successful time

1. 17-10-2020 Started the tenure with Installation Ceremony of New Committee
2. 24-10-2020 Online Webinar on Breast Cancer awareness.
3. 26-11-2020 Bal Deen Celebration
Mask distribution and biscuits distribution to needy children.
4. 28-11-2020 Online Webinar on
Topic : Magic of Confession - Mr. Ram Moriji
5. 05-11-2020 Webinar on Forgetfulness : A Menace after age of 60 - Dr. Ravi Soni
6. 27-12-2020 Online Talent Evening for members and their family members
Anchor - Dr. Vimal Mehta
7. 30-12-2020 Grocery Kit distribution to needy people and clothes distribution to poor children : Supported by Dr. Parul Rajesh Shah
8. 09-01-2021 Webinar on awareness of Osteoporosis - Dr. Jayshree Shah and Dr. Alok Shah
9. 23-01-2021 Webinar On
Topic : Love You Zindagi - Dr. Piyush Borkataria
10. 23-01-2021 Online demonstration on Salad Decoration
11. 23-01-2021 Webinar on
Topic : Wellness and grooming tips for advance age.
12. 26-01-2021 Republic Day Celebration with AMA

13. 14-02-2021 Valentines day Celebration
Partner Yoga and Anti Ageing Yoga - Mauli Bavisker
14. 08-03-2021 Womens Day Celebration with WDW-AMA
15. 20-03-2021 Webinar on
Topic : Life is a game - Mr. Dipakbhai Pandya
16. 05-04-2021 Grocery Kit distribution to needy people
17. 28-04-2021 Meditation for immunity during Corona - Mauli Bavisker
18. 14-05-2021 Yoga with breathing Exercise to improve body resistance during Corona - Jyoti Shah
19. 22-05-2021 Webinar on Skin and Hair routine with Naturopathy - Dr. Mita Parikh
20. 29-05-2021 Help to Corona Patients for Medicines and Food
21. 06-06-2021 'Life Without Life'
Webinar : Dr. Hansal Bhachech
22. 20-06-2021 Online World Yog Day Celebration with AMA
23. 21-06-2021 International Yog Day Celebration with Damaru Yoga and Sound Studio Therapy
24. 02-07-2021 Thai Platter demonstration at AMA : Alpa Majmudar
25. 21-07-2021 Webinar
Topic : Jan - Jagruti - Dr. Jayshree Gandhi - Dinaben Sanghavi
26. 02-08-2021 Celebration of Krishna Janmotsav - Ladies Club Members
27. 15-08-2021 Independence Day Celebration with AMA
28. 15-08-2021 HITCON digital workshop
29. 16-08-2021 Ayurveda in Modern Era S.G.V.P. Hospital
30. 01-09-2021 Retro Theme Fashion Show AMA
31. 12-09-2021 Distribute Medicines, Fruits and Sleepers to poor children
32. 18-09-2021 Emotional Management Workshop
33. 19-09-2021 "Sahitya Sabha" with AMA