



Indian Medical Association (Regd.)

MANGALURU BRANCH

Activities Report 2024 -2025

NOVEMBER 2024 - SEPTEMBER 2025



Dr. Jessy Maria Goveas D Souza
President
IMA Mangaluru



Dr. Archana Bhat
Secretary
IMA Mangaluru



Dr. Madhusudhan E
Treasurer
IMA Mangaluru

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IMA Activities Report for the month of NOVEMBER 2024

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

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Treasurer

On 1st November 2024 for the first time in the history of Indian Medical Association Mangaluru conducted Karnataka Rajyotsava Day. The Flag hosting of Karnataka was done by Dr. Shantharam Shetty, Pro Chancellor, Nitte University, Mangalore. Dr. Vasanth Kumar Perla, Former Director and Kannada Article Writer released the book authored by Dr. Shantharam Shetty. Nadoja Dr. G Shanker, honored Dr. Annayya Kulal with the first ever IMA Mangaluru Karnatak Rajyotsava Award created by office bearers of IMA Mangaluru 2023-24 for the first time in Karnataka recognizing Doctor's Contribution to Kannada Language and Karnataka. This Award will be given to a Doctor in Karnataka recognizing their contribution to Kannada Literature and Karnataka. Dr. Satheesh Bhandary , Former Vice Chancellor, Nitte University gave a inaugural speech of IMA Karnataka Rajyotsava function. The Chief Guest of the function Sri. Suman Talwar, cine Actor participated in the function and gave speech on Doctors Contribution regarding Health Care to the Society and pointed out the Doctors sacrifice during Covid -19 pandemic. The Guests of Honor Mr. M P Shrinath. President, Kannada Sahithya Parishath, D K and Mr. Pradeep Kumar Kalkura, Former President, Kannada Sahithya Parishath, D K actively participated in the IMA Mangaluru Karnataka Rajyotsava Prashasthi. The CME program in Kannada by IMA Mangaluru Rajyotsava Awardee Dr. Annayya Kulal, Topic: Vaidyo Narayana Hari-Idella yestu Sari and CME program in English was conducted by IMA Mangaluru Treasurer , Dr. Prashantha B, Topic: Anemia in Elderly. The President's speech was done by Dr. Ranjan R K. Dr. Avin B R Alva, Secretary IMA Mangaluru Branch welcomed the Guests and gathering on and off the dias and proposed vote of thanks.



On the same day as a Rajyotsava special IMA Mangaluru Postal Stamp was released by Mr. Suman Talwar, Cine Actor and Dr. Shantharam Shetty, Pro Chancellor, Nitte University.



On 3rd November 2024 Mangalore Endocrinology and Diabetes Society in association with IMA Mangaluru Branch organised “**Walkathon – Walk for Wellbeing to commemorate World Diabetes Day**”. The Walkathon started from IMA House at 6.30 am and ended up at 8.30 am at IMA House, Mangaluru. Around 150 members participated in the Walkathon.



on 3rd November 2024, Free Health Check Up Camp was organised by MEDS in association with Indian Medical Association. Medical check up camp was conducted for Police Personnel, Tulu cine Actors and technicians and Press club Mangalore. The inauguration of the camp was conducted by Mr. Siddarth Goel, DCP Law & Order from Mr. Umesh DCP, CAR, Mr. M. A Upase, ACP, CAR, Mangalore Dakshina Kannada press club president, Mr. Srinivas Nayak and Tulu Cine Actor and Director, Vijay Kumar Kodialbail, Mangaluru. The Doctors participated in Free Health Check up camp are as follows: Dr. Sudeep K, President, MEDS, Dr. Shrikrishna Acharya, Secretary MEDS, Dr. Ganesh H K, Dr. Sowrabha Bhat, Dr. Akila Bhandarkar, Dr. Shrinath Shetty, Dr. Annayya Kulal and Dr. Avin B R Alva escorted the Guests on the dias. Dr. Avin B R Alva, welcomed the Guests on dias and proposed the vote thanks. The camp lasted from 9.00am to 12.45pm at IMA House, Mangaluru.



On 3rd November 2024 Athletics for Doctors was conducted at Amrutha Vidyalayam, Bloor, Mangalore from 9.00am to 11.00am. The Athletic events conducted were 100mtr Running Race, 100mtr Walking Race, Shotput and Discuss Throw.



On 3rd November 2024 for the first time ever in the history of IMA Mangaluru Branch, Women's Cricket Tournament was conducted at Amrutha Vidyalayam, Bloor, Mangalore from 11.00am onwards.



On 3rd November 2024, MEDS in association with Indian Medical Association Mangaluru conducted a CME Program on Diagnostic and Therapeutic procedures of Diabetes mellitus at Hotel Ocean Pearl Mangalore at 7.00pm. The CME was given by Dr. Sudeep K, President MEDS, Dr. Ganesh H K, Dr. Sowrabha Bhat, Dr. Akila Bhandarkar. The program sponsored by USV Pvt .Ltd, Mumbai. Dr. Avin B R Alva welcomed the gathering and Dr. Jessy Maria D Souza, Proposed vote thanks. ...



The **Installation ceremony for the office bearers of IMA Mangaluru** Branch took place on **November 7th 2024**, at 8 pm in the IMA hall. **Dr. M Shantharam Shetty**, Pro Chancellor of Nitte University graced the occasion as the installation officer. He administered the oath to the incoming office bearers. The outgoing office bearers were felicitated, and the yearly report from the previous year was presented by the outgoing team. **Rt. Rev Bishop Peter Paul Saldanha**, Bishop of Mangaluru, **Brahmakumari Vishweshwari**, Centre Incharge of Brahmakumaris, Mangaluru, **Rev. Mohammed Farhan Nadwi Moulana**, director of Assuffa Academy, HOD of AI Noor Arabic School, Mangaluru were the Chief Guests of the Programme.

The Programme started with IMA Prayer by **Dr. Madhusudhan E** Incoming Treasurer. **Dr. Jessy Maria D'Souza**, the incoming President, delivered the acceptance speech, elaborating on the programs planned for the year 2024-25. **Dr. Archana Bhat**, the incoming Secretary, expressed gratitude in the vote of thanks.

The women wing (WDW, Mangalore) installation ceremony was held on the same day. **Dr. Meera A Rao** took over as president for the year 2024-25.



On the occasion of **World Diabetes day** IMA Mangalore organised a talk CME on "Diet, Insulin and Diabetes Mellitus" by **Dr. Sowrabha Bhat**, Associate Professor, Endocrinology, YMCH, Mangalore. The session was chaired by **Dr. Shrikrishna V Acharya**, Consultant Endocrinologist, KSHEMA, Mangalore. It was a very interactive session and the participants involved in the session and the question and answers were answered by Dr. Sowrabha Bhat. Following this session there was **Childrens Day programme** it was a fancy dress competition on the occasion of childrens day. In this competition there was around 10 participants from 3 age groups - 6-8years, 8-10 years and less than 6 years. All the childrens participated in this event with enthusiasm. The event was well appreciated by all the Doctors. Prize distribution for fancy dress competition was given by **Dr. Jessy Maria D'Souza**, President IMA Mangaluru Branch. Vote of thanks was delivered by **Dr. Archana Bhat**, Secretary IMA Mangaluru.



On **15th November 2024** IMA Mangaluru Branch and IMA WDW Mangaluru members celebrated **Children's Day at CHETANA – Child Development Centre** by distributing fruits and Drawing books to 106 Special needs Childrens.



The **first Executive committee meeting** was held at IMA Office, 1st floor, Mangalore **on 18.11.2024**. Meeting was called to order by President Dr. Jessy Maria D'Souza after the quorum was established. About 22 members attended the meeting. Discussion on various matters done and decisions taken.



One day workshop for District Surveillance officers and Microbiologist of Karnataka was organised at IMA Hall Hampankatta Mangalore on **21st November 2024** in collaboration with District Public Health Laboratory Dakshina Kannada. Various officers presided over the function the District Surveillance officer of Dakshina Kannada introduced the programme. Dr. M Chakrapani, Dr Balamurugan, Mrs. Meena Vijayaraj and Microbiologist attended the programme and spoke on the importance of Leptospirosis in the Society. Prevention and early detection of Leptospirosis is very important as there is an increasing number of cases of Leptospirosis in our community. Dr. Jessy Maria D'Souza, President IMA Mangaluru Branch presided over the programme.



The IDL is the biggest sports carnival in the history of cricketing events in the state, among Doctors. This event united all the cricket enthusiasts together from Nov 22-24.

IMA Mangaluru being the visionary introduced **Women's league for the very first time**. The 6 teams – Kudla crusaders, Udupi strikers, Mysuru Queens, Manini Mandya, Davangere dazzlers and Hassan hawks played 3 league matches each and 2 knockout matches at the KMC Marena, Attavar for 2 days and eventually Hassan hawks beat Mysuru Queens in a thrilling final under lights at AJ grounds to be crowned the champions of the inaugural Women's IDL.

The Jersey released on 21st Nov 2024 The legends leg of the tournament was hosted in the two iconic grounds of Manipal, the end point and MIT grounds across 2 days where six star studded teams – Udupi legends, Kudla legends, Hassan legends, Davangere stars, Yelahanka legends and Mandya Legends battled it out against each other in a league cum knockout

format. They showed immense character and resilience along with the fun they had and Hassan legends were the champions of the IDL Legends after beating Kudla legends.

The IDL champion's league which had 32 teams was spread across 9 beautiful grounds of Mangaluru. The teams were divided into 8 groups across the 9 grounds where each team played 3 league matches and the top 2 teams from each group were qualified to the knockouts.

Group Mangalapuram consisting of Hassan Hoysalas, Mandya rebels, Shivamogga strikers and Anjanadri warriors played at university ground, Konaje.

Group Mandegura consisting of Mysuru royals, Hassan challengers, Yelahanka Yorkers and Bengaluru kannadigas played at the Rajivgandhi stadium, Hejamadi.

Group Maikala consisting of Bengaluru bulls, Mysuru Spartans, chalukya warriors and kudlada pilis played at sea ground, Ullal and Nehru maidan, Hampankatta.

Group Manjarun consisting of Nandi warriors, Davangere dons, coorg avengers and Mysuru mavericks played at Vijaya College, Mulki.

Group Mangaluru consisting of Yelahanka yodhas, raichur risers, RBT rafaels and coastal super kings played at NMPT ground, Panambur.

Group Kudla consisting of costal tigers, AIMS Mandya, Gadag invincible and Shimoga Vikings played at AJ grounds, Kuntikana.

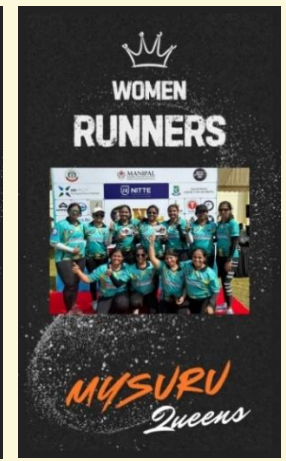
Group Kodial consisting of Tumakuru titans, Bengaluru originals, Chikkamagaluru caffeinates and Mangalore superstars played at father Muller homeopathy ground, Deralakatte.

Group Kaudal consisting of Mandya rebels, Bellary steelers, Tungabhadra thunderbolts and Ranebennur warriors played at paduva grounds.

The round of 16 took place at 6 grounds excluding sea ground, Nehru maidan and Deralakatte with teams facing each other baaed on the ranking system from their qualification from the group stages.

The quarter finals under lights at the stunning AJ grounds gave us thrilling encounters with the top 8 teams – Mysuru royals, Mandya rebels, Bengaluru originals, coastal tigers, Nandi warriors, Yelahanka yodhas, Hassan challengers and Bengaluru bulls going against each other.

And then there were four on the final day at the AJ grounds, the royals, the tigers, the challengers and the rebels. With the Mandya rebels and Hassan challengers losing the semi-finals they had to settle with third and fourth place respectively. The Mysuru royals were crowned the champions of the IDL 2024 after beating the hosts coastal tigers in an exciting final.



Dr. AVIN ALVA, Secretary of the Indian Medical Association (IMA) Mangaluru for the term 2023-24, has been honored with the prestigious INDIA'S BEST SECRETARY AWARD for the year 2023-24 by the IMA Headquarters Delhi.



Dr Annayya kulal Ulthur and team, Congratulation **IMA CGP Mangalore faculty for**
recieving best secretary appreciation award for IMA CGP. Congratulations IMA CGP
Karnataka state faculty for recieving award for registering maximum members in the year
2024.



Dr. Archana Bhat
Secretary
IMA Mangaluru Branch

IMA activities report for the month of December - 2024

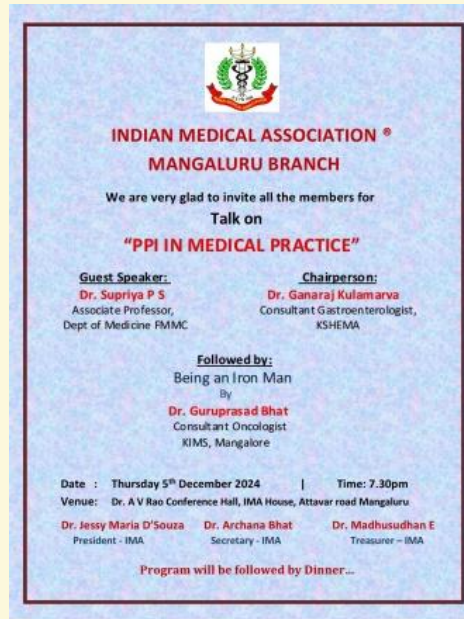
Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

ACADEMIC ACTIVITIES:

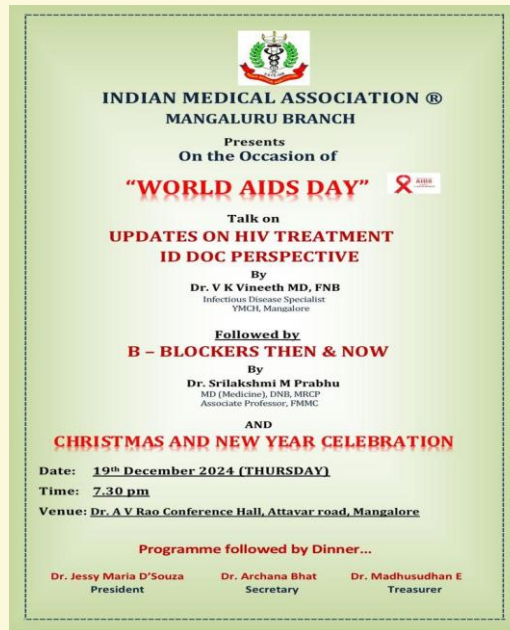
1. PPI in Medical Practice



On December 5th 2024, the monthly CME there was a talk on **PPI in Medical Practice** by Dr. Supriya P S, Associate professor, Dept of Medicine, Fr. Muller Medical College. Dr. Ganaraj Kulamarva, Consultant Gastroenterologist KSHEMA chairs the session. This was followed by an interactive question and answer session after the CME.



2. “World Aids Day” - “Updated on HIV Treatment ID Doc Perspectives”



On December 19th 2024 initially in view of “World Aids Day” celebrated month of December there was an interesting talk on “Updated on HIV Treatment ID Doc Perspectives” by **Dr. V K Vineeth** who is the infectious disease specialist from YMCH hospital Mangalore. This was followed by interactive question and answer session.



3. “B Blockers Then and Now”

An academic interesting talk regarding “B Blockers Then and Now” by **Dr. Srilakshmi M Prabhu**, Associate professor, Dept of Medicine, Fr. Muller Medical College Mangalore



IMA PROGRAMMES:

1. What's next for your Child's Career? Free Career Guidance Session for the parents of 9, 10, 1st P.U. & 2nd P.U.

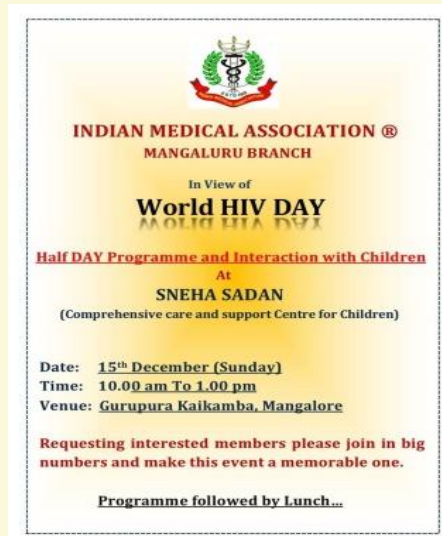
Parents Career Guidance Session



Indian Medical Association Mangaluru branch in collaboration with Draw my Career organised a free career guidance session for parents of students in grades 9, 10 and 1st and 2nd PU. This was conducted in IMA hall, on December 14th 2024, in IMA House, Attavar road, Mangalore. With the tagline “What’s next for your Child’s Career”, the session emphasized the importance of making well informed career decisions, selecting the right course at the right college, and transforming a child’s passion into a fulfilling career. The session attracted nearly 100 participants including students from various schools and colleges.



1. World HIV Day



On December 15th 2024, Indian Medical Association on the occasion of **World HIV Day** we had a half day program and interaction with **HIV positive children at Sneha Sadan Gurupura**. Sneha Sadan is a comprehensive care and support center for HIV positive children. The IMA Mangaluru Branch office bearers **Dr. Jessy Maria D'Souza** and **Dr. Archana Bhat & Dr. Madhusudhan** along with IMA members had had an interactive program at Gurupura Sneha Sadan. The children around 25 in number who were all HIV positive children they enjoyed the program there was a dance program for the children as well as a skit **Yamadarmaraya skit** and the children fully enjoyed with interactive session. And the program was followed by free lunch for all the inmates of Sneha Sadan.



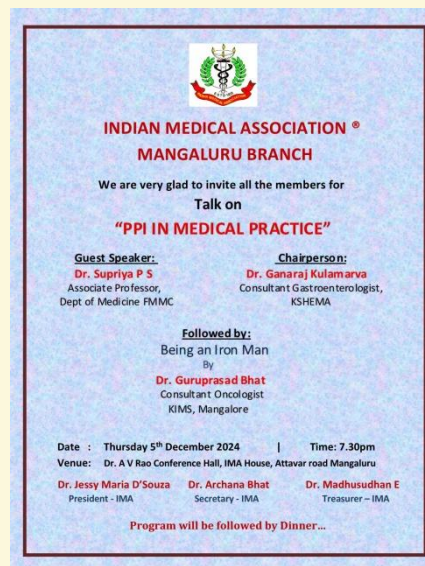
3. HIV Day Celebration

In view of **HIV Day Celebration** we visited **“SNEHA DEEP”** HIV Centre for girls and donated Groceries for their day to day use for month costing around 1 lakh.



SCIENTIFIC ACTIVITIES:

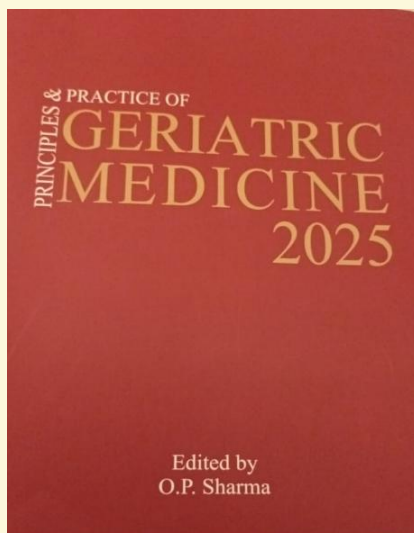
1. “Being an Iron Man”



On here was a talk by Dr. Guruprasad Bhat, **“Being an Iron Man”**, consultant oncologist Kanachur Institute of Medical sciences Mangalore. He explained about the requirements to be an iron man and the Physical activities and the physical fitness required the trainee.



1. Geriatric Medicine 2025



Dr. Prabha Adhikari was an Editorial Board Member and **contributed a chapter** towards Geriatric Medicine 2025.

ENTERTAINMENT

1. "International Men's Day"

On 5th December 2024 Indian Medical Association Mangaluru Branch celebrated the **"International Men's Day"** at the IMA Mangaluru branch for the **1st time**. There was a talent show by the men followed by felicitation of all the male members who attended the meeting that day.



1. Christmas and New Year Celebration



On December 19th 2024 we celebrated **Christmas and New Year Celebration** at IMA Hall. Following this there was Christmas Day Celebration along with Santa Claus and a houseie houseie game followed by distribution of Christmas sweets and kuswar to all the members who participated and who attended the program by IMA office members.



BRANCH MEMBERS ACHIEVEMENT & FELICITATION:

1. On December 19th 2024, Indian Medical Association, Mangaluru Branch felicitated the winners of the Cricket Tournament which was held in the month of November 2024. The **Runner-Up Trophy** in the State Level Cricket Tournament won by **Mangalore Legends team**.



2. Indian Medical Association, Mangaluru Branch felicitated the **Mangalore Coastal Tigers** also won the **Runner-Up Trophy** in the State Level Cricket Tournament



3. **For the 1st time** in the history of the State Cricket Tournament There was a **Women's Cricket** which was introduced Kudla considers the **Mangalore women's team** won the semifinal position in the State women's cricket Tournament.



4. **Dr. Sowrabha Bhat**, Associate professor, Dept of Endocrinology, YMC has been honored with the Prestigious **National Young Academic Excellence Award** by IMA National Board for the year 2024 - 25.



PUBLIC AWARENESS ACTION :

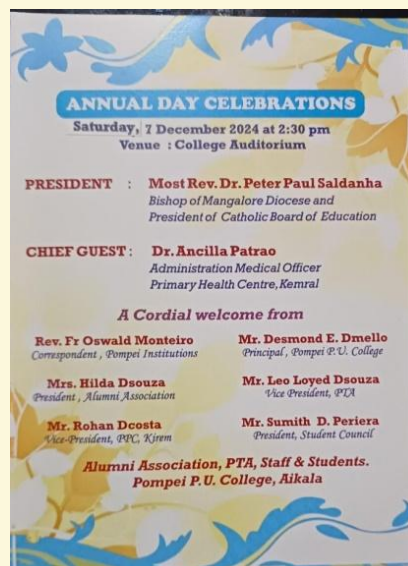
1. **Dr. Prabha Adhikari** gave a talk on **“Septic Coagulopathy”** at the 37th Annual Conference of Geriatric Society Of India held at Kochi on 14th of December. Dr. Prabha has also contributed to chapters in the book **“ESSENTIAL OF GERIATRICS”**.



2. **Dr. Prabha Adhikari** inaugurated **“Samyak”** a premier assisted living facility near Ambikanagar Mangalore. The first of its kind in Mangalore.



3. **Dr. Ancilla Patrao**, Administration Medical Officer, PHC, Kemral was the **Chief Guest** for the **Annual Day Celebration** of Pompei Pre University College, Talipady, Aikala.



4. **Dr. Shwetha Kamath** received Driving Change award at MOM Summit & Awards held in Mumbai organised by **Moms league Global Avantika**.



Dr. Archana Bhat

Secretary

IMA Mangaluru Branch

IMA activities report for the month of January - 2025

Dr. Jessy Maria D'Souza
President

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Dr. Madhusudhan E
Treasurer

ACADEMIC ACTIVITIES:

1. Evolution of Prosthetic Heart Valve



INDIAN MEDICAL ASSOCIATION®
MANGALURU BRANCH

Presents

On Occasion of
NATIONAL GIRL CHILD DAY

Talk on
CERVICAL CANCER AWARENESS

By
Dr Guruprasad Bhat
Consultant Oncologist, KIMS, Mangalore

and
HMPV UPDATE

By
Dr Deepak Madi
Additional Professor, Deputy MS, KMC, Attavar

Followed by:
CERVICAL CANCER VACCINATION DRIVE

(For Registered Candidates)
(Age Group 9-20 year)
For Registration: Mr. Sushanth 7022081305

Date: 23rd January 2025 (THURSDAY)
Time: 7.30pm onwards
Venue: Dr.A.V Rao Conference Hall, Attavar road, Mangalore

Program will be followed by Dinner

Dr Jessy Maria D'Souza
President - IMA

Dr Archana Bhat
Secretary - IMA

Dr Madhusudhan E
Treasurer - IMA

IMA Mangaluru Branch organised a CME on 13th January 2025 the topic was on **Evolution of Prosthetic Heart Valve and current options in Heart valve surgery**. The Guest speaker was **Dr. A G Jayakrishnan**, Chief Cardiothoracic Surgeon, Omega Hospital and HOD, Dept of Cardiothoracic Society, KSHEMA. **Dr. R L Kamath**, Consultant Cardiologist, KMC Mangalore chaired the session.



2. Choice of a Valve in Recent Times





INDIAN MEDICAL ASSOCIATION®
MANGALURU BRANCH
Presents
On Occasion of
NATIONAL GIRL CHILD DAY
Talk on
CERVICAL CANCER AWARENESS
By
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President - IMA
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Dr. Madhusudhan E
Treasurer - IMA

On 13th January 2025, second session **Choice of a Valve in Recent Times** by **Dr. Anand K T**, Chief cardiothoracic surgeon, FMMC Mangalore. It was chaired by **Dr. P S Bhat**. It was followed by an interactive question and answer session. There were active participants around 50 in number for this monthly meeting and it was followed by dinner.



3. Cervical Cancer Awareness.



INDIAN MEDICAL ASSOCIATION ®
MANGALURU BRANCH

Presents
On Occasion of
“NATIONAL GIRL CHILD DAY”
Talk on
CERVICAL CANCER AWARENESS
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Programme followed by Dinner...


Dr. Jessy Maria D'Souza President	Dr. Archana Bhat Secretary	Dr. Madhusudhan E Treasurer
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On the occasion of **National Girl Child Day** IMA Mangaluru Branch hosted a CME on **Cervical Cancer Awareness**. The speaker for the session was **Dr. Guruprasad Bhat**, consultant Oncologist, Kanachur Institute of Medical science Mangalore. The function was celebrated on 23rd January 2025, 7.30pm onwards at Dr. A V Rao Conference hall, Mangalore.



SOCIAL ACTIVITIES:

Cervical Cancer vaccination Drive



INDIAN MEDICAL ASSOCIATION ®
MANGALURU BRANCH

Presents
On Occasion of
“NATIONAL GIRL CHILD DAY”
Talk on
CERVICAL CANCER AWARENESS
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Programme followed by Dinner...

Dr. Jessy Maria D’Souza **Dr. Archana Bhat** **Dr. Madhusudhan E**
President Secretary Treasurer

Following the programme there was **Cervical Cancer vaccination Drive** for all the registered candidates. Cervical cancer Vaccination at nominal rates for given to the registered lady candidates by the company.



ENTERTAINMENT

Painting and Essay competition



INDIAN MEDICAL ASSOCIATION®
MANGALORE BRANCH
IMA WOMEN DOCTORS WING
on the occasion of
NATIONAL GIRL CHILD DAY 2025
is organising
PAINTING COMPETITION AND ESSAY COMPETITION
Theme : National Girl Child Day - 2025
Eligibility : upto 15 years
(Open to all girl kid)
RULES
• Only 1 painting on A3 size.
(any medium to draw/ paint can be used)
• Please mention : Name, Age
Last Date of submission to IMA House : **21st Jan 2025**

Dr. Jessy Maria D'Souza President IMA Mangaluru Mob: 9916919469	Dr. Archana Bhat Secretary IMA Mangaluru Mob: 9591438216	Dr. Madhusudhan E Treasurer IMA Mangaluru Mob: 9448857048
Dr. Meera Rao A President IMA WDW Mob: 9731542768	Dr. Sharada Rai Secretary IMA WDW Mob: 9740730410	Dr. Nageshwari Treasurer IMA WDW Mob: 77956 04445

Also as a mark of **National Girl Child Day** there was **Painting and Essay competition** held at various schools at Mangalore and the best three paintings and Essay were given prizes in view of National Girl Child day for the 3 girl participants from different school. All the participants who participated in the painting and essay competition were given participatory certificate on that day.



IMA PROGRAMMES:

1. Republic Day Celebration



On the mark of **Republic Day** on **26th January 2025** IMA Mangaluru branch along with **IMA Charitable Trust** had Republic day Flag hosting ceremony at 8.00am. The chief guest **Dr. B K Shivprasad Rai**, Consultant Surgeon, Prof of Surgery KMC Mangalore, Honorary Surgeon Govt. Wenlock Hospital, Mangalore. Flag was hosted by **Dr. Jessy Maria D 'Souza**, President IMA Mangalore. Following the flag hoisting ceremony the Chief Guest Dr. B k Shivprasad Rai spoke about the importance of constitution in present scenario and the 76th celebration of the Republic day and also he told about the present scenario were the leaders need to follow the simple rules which are done in the constitution. And he told that it is the matter of pride and patriotism for all of this Indians to celebrate our Republic day and need to honour our Nations, Unity in diversity and go ahead towards development and follow about the constitution. Following the chief Guest speech there was vote of thanks by **Dr. Archana Bhat**, IMA Secretary. All the members saluted the National flag and followed by singing of National Anthem.



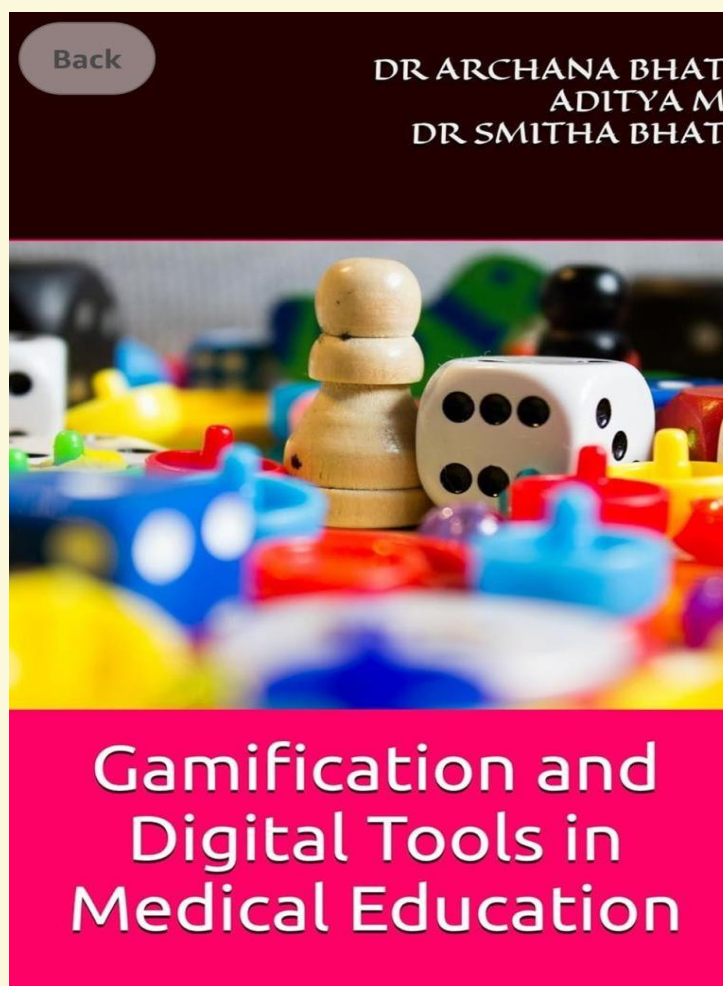
2. IMA Executive Committee Meeting

The **Second Executive committee meeting** was held at IMA Office, 1st floor, Mangalore **on 29.01.2024**. Meeting was called to order by President Dr. Jessy Maria D'Souza after the quorum was established. About 20 members attended the meeting. Discussion on various matters done and decisions taken.

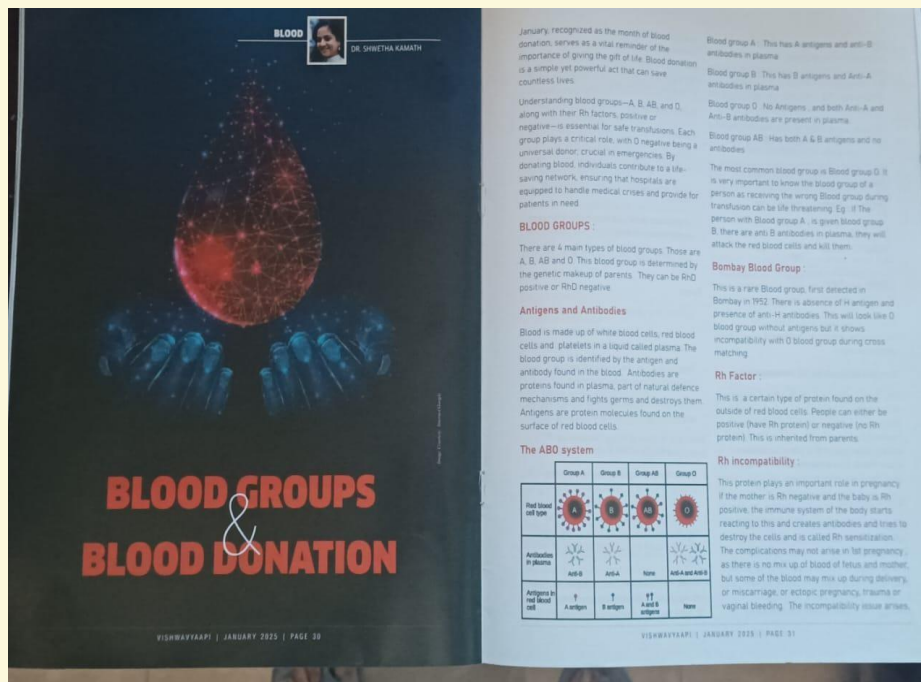


BRANCH MEMBERS ACHIEVEMENT

1. Hearty Congratulations! Author **Dr. Archana Bhat** and Co Author **Dr. Smitha Bhat** have published a book Gamification and Digital Tools in Medical Education.



2. **Dr. Shwetha Kamath**, published an article on Blood Groups & Donations in Vishwavyapi Journal, January issue



3. The Treasurer of IMAWDW, Dr Nageshwari has been elected as the President of JCI, Mangaluru, Impact. We wish her All The Best in her leadership role as President



PUBLIC AWARENESS ACTION

Dr. Prathima Prabhu, consultant Gynecologist gave an awareness talk on Relation between Journey and Abortion at Arogya Deepa session on Daijiworld TV.



PUBLIC AWARENESS ARTICLE

Dr. Aruna Yadiyal, Prof of psychiatry at Father Mullers Medical College published an article on Grief Management in children titled "Savina Bhaya" in Sudha Magazine. The article aimed at creating awareness in general public about the effects of death of near and dear ones on growing children and how to overcome such situation.



Dr. Aruna Yadiyal also published an article in Teachers Magazine on "How to face Failures in Exams".

ಚಿತ್ರಕಲೆ



ನೀನು ಫೇಲಾಗಿರುವೆ ಎಂದಾಗ.....

‘ನೀನು ಫೇಲು’ ಎಂದು ನಾಚುತ್ತಿರದ ಒಂದು ಅಪೂರ್ಣ ವ್ಯಕ್ತಿಯನ್ನು ಯಾವ ವಿದ್ಯಾರ್ಥಿಯೂ ಕೇಳುತ್ತಿರಲಿಲ್ಲ. ಸೋಲು ಯಾಂತ್ರಿಕವೇ? ಸೋಲು ಮಕ್ಕಳನ್ನು ನಾನಾ ರೀತಿಯಲ್ಲಿ ಕಾಡುತ್ತದೆ. ನೀನೊಬ್ಬ ಸೋತ ವ್ಯಕ್ತಿ ಎಂದು ನಿರ್ಣಯಿಸುವ ಪರೀಕ್ಷೆಗಳು ಉಂಟುಮಾಡುವ ಅನಾಹುತ ಒಂದೆರಡು. ಪರೀಕ್ಷೆಯು ನಿರೀಕ್ಷೆಯನ್ನು ಹೊರಿಸುತ್ತದೆ. ಈ ನಿರೀಕ್ಷೆಗಳು ಕೈಗೂಡದಾಗ ಪಾಠ ಕಾಡುತ್ತದೆ. ನಿರೀಕ್ಷೆಯನ್ನು ಅಂಕ ಪಡೆದವರು, ನಿರೀಕ್ಷಿಸಿ ಕಡಿಮೆ ಪಡೆದವರು, ಫೇಲ್ ಆಗಿ ಸೋತವರು ಹೀಗೆ ಎರಡೇ ಬಗೆಗೆ ಈ ಪರೀಕ್ಷೆಗಳು ಮಕ್ಕಳನ್ನು ಹಲವು ಗುಂಪುಗಳನ್ನಾಗಿ ವಿಭಜಿಸುತ್ತವೆ. ಪರೀಕ್ಷೆಯಲ್ಲಿ ಅನುಕ್ರಮವಾಗುವ ಕೆಲ ಅನುಭವ, ನಾನಾಪಾಠ ಅದರಲ್ಲಿ ಗೊತ್ತೇನೋ! ತಮ್ಮ ಮಿತ್ರರೂ ತಮ್ಮೊಡನೆ ಫೇಲ್ ಆಗಬೇಕೆಂದು ಹಂಬಲಿಸುವ ಮಟ್ಟಿಗೆ ಅವರು ಸೋತವರು, ಅನುಭವಿಸುತ್ತಾರೆ. ಸೋತ ಮನಸ್ಸಿನಲ್ಲಿ ಯಾವೆಲ್ಲ ಛಾಪುಗಳು ಮೂಡಬಹುದು ಮತ್ತೆದಿಂದ ಅವರ ವ್ಯಕ್ತಿತ್ವ ಮೇಲೆ ಎಂತಹ ಅಳಿಸಲಾಗದ ಬರೆಗಳು ಎಳೆಯಲ್ಪಡಬಹುದು ಎಂಬುದರ ಸ್ವಲ್ಪ ಚಿತ್ತೋದ್ವಿಗ್ನ.

ನಿರಾಶ: ನಿರೀಕ್ಷೆಯು ಎತ್ತರ ಜಾಸ್ತಿ ಇದ್ದಷ್ಟೂ, ನಿರಾಶೆಯ ಕೆಳವೇ ಅಷ್ಟೇ ಅಳವಡವುವುದು. ಮಕ್ಕಳಿಗೆ ತಮ್ಮ ಬಗ್ಗೆ ತಮಗೆ ನಿರಾಶೆ, ತಮ್ಮ

ಘೋಷಕರನ್ನು, ನುಡಿಪಡಿಸಲಾರದೆ ಹೋದವು ಎಂಬ ನಿರಾಶೆ, ಓದಗೊಂದರ ಮುಂದೆ ಹಿಂದೆ ಸರಿದವು ಎಂಬ ನಿರಾಶೆ ಕಾಡಬಹುದು. ಅದು ಬೇರೆ ಬೇರೆ ರೀತಿಯಾಗಿ ಹೊರ ಬರಬಹುದು. ಸಾಕಷ್ಟು ಪ್ರಯತ್ನದ ನಂತರವೂ ಅನುಕ್ರಮವಾದ ಮಕ್ಕಳಲ್ಲಿ ನಿರಾಶೆ ಜಾಸ್ತಿ.

ಪಾಠ: ತಮ್ಮ ಕೈ ಮೀರಿ ಹೋದ ಪ್ರಯತ್ನಕ್ಕೆ ಸಂದರ್ಭಗಳ ಬಗ್ಗೆ, ಮೂಲ ವ್ಯವಸ್ಥೆಗಳಲ್ಲಿರುವ ಅನ್ಯಾಯದ ಬಗ್ಗೆ, ವಿವರಣೆಗಳಿಗಾಗಿರುವ ವಿಷಯಗಳ ಕಠಿಣತೆಯ ಬಗ್ಗೆ, ಫಲಿತಾಂಶವನ್ನು ಬದಲಿಸಲಾಗದ ಅಸಹಾಯಕತೆಯ ಬಗ್ಗೆ ತೀವ್ರ ಪಾಠ ಉಂಟಾಗಿ ಮುಂದೆ ಅದೇ ಗಂಭೀರ ಸಮಸ್ಯೆಗಳಾದ ವಿವಿಧೆ, ಅತ್ಯಪರಿಚಿತರೇ ದಾರಿ ಮಾಡಿಕೊಡಬಹುದು.

ಸ್ವ-ಶಂಕೆ/ಅನುಮಾನ: ಸೋಲನ್ನು ಅನುಭವಿಸಿದ ಎಳೆ ಮನಸ್ಸು ತನ್ನಲ್ಲಿ ಪಾಸಾಗುವ ಸಾಮರ್ಥ್ಯವೇ ಇಲ್ಲವೆಂಬ ನಿರ್ಣಯಕ್ಕೆ ಬರಬಹುದು. ತನ್ನ ಸಾಮರ್ಥ್ಯದ ಬಗ್ಗೆ ತನಗೇ ಅಪನಂಬಿಕೆ ಉಂಟಾದಾಗ ಎಲ್ಲದರಲ್ಲೂ ಅತ್ಯವಿಶ್ವಾಸ ಕುಗ್ಗುತ್ತದೆ. ಇದು ವ್ಯಕ್ತಿತ್ವ ರೂಪುಗೊಳ್ಳುವಿಕೆಯ ಮೇಲೆ ಪ್ರತಿಕೂಲ ಪರಿಣಾಮವನ್ನುಂಟುಮಾಡುತ್ತದೆ.

ಆತಂಕ: ಫೇಲಾದ ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ಭವಿಷ್ಯದ ಬಗ್ಗೆ, ಮುಂದಿನ ಪರೀಕ್ಷೆಗಳ ಬಗ್ಗೆ,



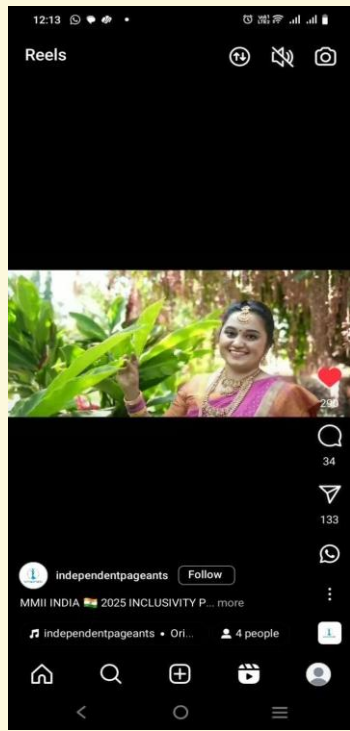


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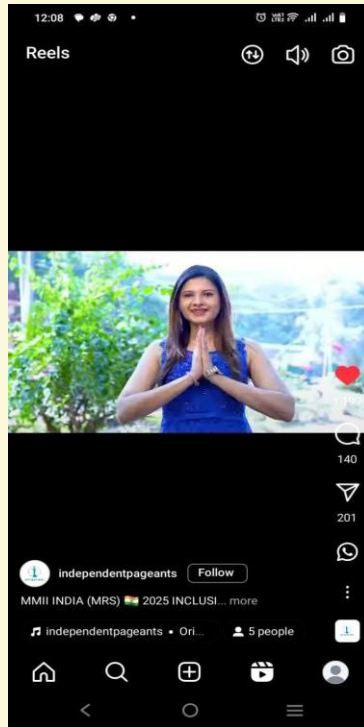
ಜೈಲವಲಿ 2025 ಮುಟ-19

MOMENTS OF JOY

Dr. Archana Bhat, Prof of Medicine at Father Muller’s Hospital Mangaluru, will be representing India at the Miss Independent International pageant to be held at Manila, Philippines this February 16th 2025.



Dr. Nishitha Shettian Fernandes, consultant Obstetrician & Gynecologist will be representing India at the Miss Independent International pageant to be held at Manila, Philippines this February 16th 2025.



Dr. Archana Bhat
Secretary
IMA Mangaluru

IMA activities report for the month of February - 2025

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

ACADEMIC ACTIVITIES:

1. Overview of Management of Allergic Disorders




The poster is for an event organized by the Indian Medical Association (IMA) Mangaluru Branch. It features the IMA logo at the top. The text reads: 'INDIAN MEDICAL ASSOCIATION® MANGALURU BRANCH'. Below this, it says 'We are very glad to invite all the members for Talk on OVERVIEW OF MANAGEMENT OF ALLERGIC DISORDERS'. It then mentions 'And followed by Unveiling a Book Manual of Respiratory Medicine By Dr. Shobitha Rao Professor Respiratory Medicine, SIMS'. The next section is 'Followed by: INTERVENTIONS IN ACUTE ISCHEMIC AND HEMORRHAGIC STROKES By Dr. Mandeep Sagar Consultant Vascular and Neuro Interventional Radiology, FMCC'. The 'Programme Details' section lists the date as Thursday 6th February 2025 at 7.30pm onwards, and the venue as Dr. A V Rao Conference Hall, IMA House, Attavar road Mangaluru. At the bottom, it lists the organizers: Dr. Jessy Maria D'Souza (President - IMA), Dr. Archana Bhat (Secretary - IMA), and Dr. Madhusudhan E (Treasurer - IMA). A note at the very bottom states 'Program will be followed by Dinner...'

In the month of February, there was CME on **Overview of Management of Allergic Disorders** on **February 6th 2025** at 7.30pm the topic was Overview of Management of Allergic Disorders by **Dr. Shobitha Rao** Prof Dept of Respiratory Medicine, Srinivas Institute of Medical Sciences.



2. Unveiling a book Manual of Respiratory Medicine



INDIAN MEDICAL ASSOCIATION ®
MANGALURU BRANCH

We are very glad to invite all the members for
Talk on

OVERVIEW OF MANAGEMENT OF ALLERGIC DISORDERS

And followed by
Unveiling a Book Manual of Respiratory Medicine
By
Dr. Shobitha Rao
Professor Respiratory Medicine, SIMS

Followed by:
INTERVENTIONS IN ACUTE ISCHEMIC AND HEMORRHAGIC STROKES
By
Dr. Mandeep Sagar
Consultant Vascular and Neuro Interventional
Radiology, FMCC

Programme Details
Date : Thursday 6th February 2025 | Time: 7.30pm onwards
Venue: Dr. A V Rao Conference Hall, IMA House, Attavar road Mangaluru

Dr. Jessy Maria D'Souza **Dr. Archana Bhat** **Dr. Madhusudhan E**
President - IMA Secretary - IMA Treasurer - IMA

Program will be followed by Dinner...

On February 6th 2025, following a talk there was Unveiling a book Manual of Respiratory Medicine by Dr. Shobitha Rao the author of the book.



3. Interventions in Acute Ischemic and Hemorrhagic Strokes

INDIAN MEDICAL ASSOCIATION®
MANGALURU BRANCH

We are very glad to invite all the members for
Talk on
OVERVIEW OF MANAGEMENT OF ALLERGIC DISORDERS
And followed by
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By
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Dr. Jessy Maria D'Souza **Dr. Archana Bhat** **Dr. Madhusudhan E**
President - IMA Secretary - IMA Treasurer - IMA

Program will be followed by Dinner...

On February 6th 2025, There was interesting interactive session on **Interventions in Acute Ischemic and Hemorrhagic Strokes** by **Dr. Mandeep Sagar**, Consultant Vascular and Neuro interventional Radiology, Father Muller Medical College. The session was interactive sessions with lot of question and Answers and followed by dinner.



HEALTH CAMPS:

IMA Mangaluru branch joined hands with IMA WDW, Rotary Hillside Mangaluru, Prasad Nethralaya, Mangaluru, in conducting **Free Eye Checkup** for the elderly men & women at 3 centers.

1. Hirayara Mane, Ashram for aged.
2. Little Sisters of the Poor, Home for the Aged
3. White Doves – Home for Destitutes

Senior Ophthalmologists, Residents from Prasad Nethralaya conducted the eye examination in detail. Spectacles and Cataract surgery will be conducted at their institute at reduced cost on 14th & 15th March.

1. Hirayara Mane, Ashram for aged.



On February 8th 2025, Eye Check-up camp at Hiriyara Mane 40 inmates were examined and the following needed intervention. 13 elderly needed refractive corrections. 11 elderly needed cataract Surgery.



2. Little Sisters of the Poor, Home for the Aged


INDIAN MEDICAL ASSOCIATION®
MANGALURU BRANCH
IN ASSOCIATION WITH
IMA WDW MANGALURU
&
PRASAD NETHRALAYA
SUPER SPECIALITY EYE HOSPITAL, MANGALORE
With
Rotary Club Mangalore Hill Side
Red Cross, Mangalore
Soveas Charitable Trust, Mangalore
Organises
FREE EYE CHECK UP CAMP
DATE: 15.02.2025 (SATURDAY)
TIME: 10.30 am To 1.00 pm
Venue: Little Sisters of the poor (Home for the aged) Maroli, Mangalore

On February 15th 2025, Eye Check-up camp at Little Sisters of the Poor about 78 inmates were examined. 16 need Spectacles and 13 need cataract Surgery.



3. White Doves - Home for Destitutes



On February 15th 2025, Eye Check-up camp was done by Doctors of Prasad Nethralaya. Check-up for the aged inmates by Dr. Prabha Adhikari and her team of Doctors from Yenepoya on 18.02.2025 at White Doves, Home for Destitutes. Out of 220 inmates, 36 need refractory corrections. 16 need cataract Surgery.



HEALTH CAMP FOR GERIATRICS



Dr. Prabha Adhikari, Professor of Geriatrics at Yenepoya Medical College examined all inmates aged above 60 years at Little sisters of the poor.



CANCER AWARENESS AND PREVENTION



IMA Mangaluru Branch organised **World Cancer Day** was celebrated on **16th February 2025** in association with IMA WDW, OBG Society, AMC Mangalore & Runners Club Mangalore.

Awareness and educational talk was given to general public by **Dr. Guruprasad**, Medical Oncologist.



MEMBERS NEWS

1. “Scope and Suture : Live in Action , Live Laparoscopic/Hysteroscopic workshop;

The poster features the logos of Zulekha Yenepoya Institute of Oncology, Yenepeya, and Mangalore Obstetrics & Gynaecological Society. It includes accreditation from KMC and a 'REGISTRATION FREE' badge. The event title is 'Scope & Suture : Live in Action' with the tagline 'Learning from the Master'. The date is Friday, February 28, 2025, from 8:00am to 4:00pm. The venue is Auditorium, 8th floor, EMD Building, Yenepoya Medical College & Hospital, Deralakatte, Mangalore. Key personnel listed include Resource Person Dr. Vidya Bhat, Guest of Honour Dr. M. Vijayakumar, Organising Chair Dr. Mariam Anjum Ifthikar, and Organising Secretary Dr. Rashmi Nayak, Dr. Rashmi Polnaya, Dr. Ramya NR, and Dr. Neha Kamath. The MOGS team members are Dr. Pradeep Ganiga (President), Dr. Mariam Anjum Ifthikar (Secretary), and Dr. Gaurav Gujarathi (Treasurer).

Dr. Jessy Maria D'Souza, President IMA Mangaluru was faculty in the “Scope and Suture : Live in Action , Live Laparoscopic/Hysteroscopic workshop; organised by Zulekha Yenepoya Institute of Oncology and Department of Obstetrics and Gynaecology in association with Mangalore Obstetrics and Gynecological Society, held on February 28th 2025, Friday in EMD Auditorium 8th Floor, YMCH, Deralakatte , Karnataka, India.



2. Awareness talk on Cancer cervix and Hpv Vaccine on 14th February 2025 at Lourdes school Bejai, Mangalore



LITERATURE AND CULTURE

Dr. Aruna Yadiyal, Professor of Psychiatry at Father Muller's Medical College has compiled a beautiful poem comparing life to a bazaar.

The Bazaar of Life

The bazaar of life is vibrant
With merchandise .. myriad and salient .
Some of it .. you already have
But perhaps .. don't mind more of it ?
Some of it .. you desperately want
But don't have it in you to get it ?
Meanwhile there's the merchants breed
Both inside and outside of you
Bloated with pompous egos and vacuous greed
With souls a deep melancholic blue !
You can choose from the wares laid
But there's a price to be paid !
Some come with price tags ..
Some with strings attached;
Some find their place in your bags ,
Some remain elusive, leaving you parched .
But you can be sure of one thing
There's nothing free here in the offering .
This wisdom too comes with a punch
There is nothing called a free lunch !
The price is always paid ..
Silently or amidst applause ;
For even the jolly good Santa
Too comes with a Clause!
- Dr Aruna Yadiyal

ಜೀವನ ಸಂತೆ

ಜೀನುಗುಡುವ ಬದುಕ ಸಂತೆ
ಇಲ್ಲಿದೆ ತರಹೇವಾರಿ ಸರಕುಗಳ ಕಂತೆ
ಅದರಲ್ಲಿ, ಕೆಲವು ಆಗಲೇ ನಿಮ್ಮವು
ಇನ್ನಷ್ಟು ಸಿಕ್ಕರೆ.. ಬೇಡವೆನ್ನುವಿರೇ ನೀವು?
ಇನ್ನು ಕೆಲವು, ಕನ್ನಡಿಯೊಳಗಿನ ಗಂಟು
ಆದರೂ ಬಿಡದು ಆಸೆಯ ನಂಟು.
ಮತ್ತೆಲ್ಲಿ ನೋಡಿದರೂ.. ನಿಮ್ಮ ಒಳಗೂ ಹೊರಗೂ,
ಸುಳಿದಾಡುವ ವ್ಯಾಪಾರಿಗಳ ಹಿಂಡು
ಅಹಮ್ಮಿನ ಕೋಟಿಯೊಳಗೆ ವಿಷಣ್ಣತೆ..
ಒಂದಿಷ್ಟು ನಿರ್ವಾತ ಆಸೆಗಳ ದಂಡು.
ಕಾಣುವಂತೆ ಬೆಲೆ ಚೀಟಿ ಸಿಕ್ಕಿಸಿಕ್ಕೊಂಡ ಕೆಲವು
ಕಾಣದ ಸೂತ್ರವನ್ನು ಚೆನ್ನ ಹಿಂದಿಟ್ಟುಕೊಂಡಿರುವ ಹಲವು
ಕೆಲವು ಅನಾಯಾಸವಾಗಿ ನಿಮ್ಮ ಚೀಲ ಸೇರುವಂಥವು
ಇನ್ನು ಕೆಲವು ಮರೀಚಿಕೆಯಾಗಿ ಕಾಡುವವು .
ಯಾವುದನ್ನು ಕೈಗೆತ್ತಿಕೊಂಡರೂ ಒಂದಂತೂ ನೆನಪಿರಲಿ
ಎಲ್ಲದಕ್ಕೂ ಅದರ ಬೆಲೆ ತೆತ್ತಲೇ ಬೇಕು ಇಲ್ಲಿ !
ಬಿಟ್ಟೆಯಾಗಿ ಸಿಗದಿಲ್ಲಿ ಒಂದೇ ಒಂದು ಕಾಳು:
ಶರತ್ತುಗಳ ಜಾಲದಲ್ಲಿ ಬದುಕೋದೇ ಬಾಳು!
-ಡಾ ಅರುಣಾ ಯದಿಯಾಳ್

MOMENTS OF JOY



Dr Nishitha Shettian Fernandes was crowned Mrs. Independent International, 1st Runner up

Dr Archana Bhat was crowned Mrs. Elite International, 1st Runner up

The event was held on 16th February at Philippines, Manila



Dr. Shwetha Kamath won the 2025 Ultimate All-rounder Women - By Influencerquipo. In the Influencer awards category in Feb 2025.

Dr. Archana Bhat

Secretary,

IMA Mangaluru Branch

IMA activities report for the month of March - 2025

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

'SKINATHON 2025' Walk for Skin Health raises Awareness



On March 2nd 2025, Indian Medical Association Mangaluru Branch in collaboration with Karavali Dermatology Society (KDS), Indian Association of Dermatologists Venereologists and Leprologists (IADVL) Karnataka, department of dermatology and Father Muller Medical College, successfully organized SKINATHON: A walk for skin health to raise awareness against skin quackery.

Over 100 participants walked from IMA House Mangalore to Father Muller Medical College Ground. With strong support from the Mangalore City Police, the event highlighted the dangers of unqualified treatments and reinforced the need for consulting qualified dermatologists (MD/DVD/DNB) for all skin and hair disorders.

The event commenced with a welcome by KDS president **Dr Rochelle Monteiro**, who emphasised the need for skin to be treated by "experts" and not experimentation. **Dr Jessy Maria D'Souza**, president IMA, Mangalore also addressed the gathering.


The walkathon was flagged off by the former national president of IADVL, **Dr Manjunath Shenoy** and community dermatology coordinator **Dr Narendra Kamath**. Also present was co-organiser **Dr Jacintha Martis**, HOD department of dermatology, Father Muller Medical College.

The event was also graced by senior dermatologist's **Dr Jerome pinto**, **Dr Pramod Kumar**, **Dr Gatha Upadya**, **Dr Manohar Revankar** (IMA) **Dr Derek Lobo** (former WHO consultant), and **Dr Kashinath Nayak**. **Dr Prajna Shetty**, secretary KDS and **Dr Anusha D'Souza**, treasurer KDS coordinated the arrangements. Awareness pamphlets were distributed to the public along the way emphasizing the cause of the walkathon. Mangalore City Police efficiently managed traffic on the busy roads, ensuring a smooth conduct of the event.

The organizers thanked IMA members, Management of Father Muller Medical College for their wholehearted support in organizing the event and all the participants including dermatologists, consultants, postgraduates & undergraduate medical students, the city police, and members of the public for making the initiative a success.



“Womens Day celebration”


**Mangalore Branch of the
Indian Medical Association®**
 with
IMA WDW Mangaluru

Cordially invites you and your family to the

**Women's Day Celebration, Felicitation
& CME Programme**

On Thursday, 06th March 2025 from 8.15pm
at Dr. A V Rao Conference Hall, IMA House, Attavar Road, Mangalore

CME PROGRAM DETAILS

<p>TOPIC 1 Recurrent Pregnancy Loss - Exploring Causes and Management Options</p> <p>Speaker DR. PRATHIMA PRABHU <small>High risk Pregnancy and Fetal Medicine Specialist PMHC Mangalore</small></p>	<p>TOPIC 2 Holistic Wellness Through Rajyoga Meditation</p> <p>Speaker REVATHI SANIL <small>Sanjeevini Devine holistic wellness centre Brahmakumaris, Mangalore</small></p>
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On this occasion we are felicitating Beloved Better halves of our IMA Family
and 5 distinguished ladies from Mangalore

Dr. Jessy Maria Goveas D'Souza President- IMA	Dr. Archana Bhat Secretary-IMA	Dr. Madhusudhan E Treasurer-IMA
Dr. Meera A Rao President- IMA WDW	Dr. Sharada Rai Secretary-IMA WDW	Dr. Nageshwari Treasurer-IMA WDW

Program will be followed by Cultural Programme & Dinner


**Mangalore Branch of the
Indian Medical Association®**
 with
IMA WDW Mangaluru

Cordially invites you and your family to the

Felicitation Ceremony

On Thursday, 06th March 2025 from 7.00pm
at Dr. A V Rao Conference Hall, IMA House, Attavar Road, Mangalore

On the occasion of Womens Day we are felicitating
beloved better halves of our IMA Family

1. Mrs Sujatha Rao
2. Mrs Lalitha Bhandara
3. Mrs Vani S Aithal
4. Mrs Kusuma Khandige
5. Mrs Shanthi Kudva
6. Mrs Patricia Iobo
7. Mrs Vasundara Ballal
8. Mrs. Shanthi J N Bhat
9. Mrs Sarita Soans
10. Mrs Pratibha Rao

5 distinguished Ladies from Mangalore

1. Dr Archana Bhat
2. Dr Nishita Fernandes
3. Mrs. Manjula
4. Mrs . Kunju Fathima
5. Mrs. Lavinia Noronha

IMA Mangaluru Branch and IMA WDW celebrated the **Womens Day celebration** on **March 6th 2025**. There was an interactive session by **Dr. Prathima Prabhu** on **“Recurrent Pregnancy Loss Exploring Causes and Management Options”** it was followed by a interactive question answer session.



Following that there was talk on **Holistic Wellness through Rajyoga Meditation** by Brahmakumari **Revathi Sanil**.



There was **felicitation of 10 Non Medico Better halves of IMA Senior Doctors** who are home makers. Also there was **felicitation of 3 distinguished person of Mangalore** who had excelled in the field of social service. Also the **Beauty Pageant Winners 2 Doctors** were also felicitated on the occasion of Women's Say programme.






There was an cultural programme with a Retro dance followed by song and a group dance. Following this programme there was Cultural programme and Dinner.



“World Tuberculosis Day” held on 20th March 2025



INDIAN MEDICAL ASSOCIATION

MANGALURU BRANCH

 WITH

IAP Dakshina Kannada

 District Health & Family Welfare Department, Dakshina Kannada

 District TB Centre, Dakshina Kannada

 Srujan Vivekananda Youth Movement & SAATHI.

 Invite all

On occasion of “World Tuberculosis Day”

Chief Guest:

 Dr. H. R. Thimmamiah

 District Health & Family Welfare Officer,

 Dakshina Kannada

CME ON

“PAEDIATRIC TB GUIDELINES & CASCADE”

Guest Speaker:

 Dr. Deepak Murthy

 State Director of TB & Leprosy

 SVVM, Bangalore

 Date: 20-03-2025 (Thursday) Time: 7.30pm onwards


 Venue: Ground floor, IMA Trust Hall, IMA House, Mangalore

 All are cordially invited

 Dr. Jessy Maria D'Souza President - IMA

 Dr. Archana Bhat Secretary - IMA

 Dr. Madhusudhan E Treasurer - IMA




WORLD Tuberculosis DAY

Yes! We Can End TB!

Commit, Invest, Deliver

 Did you know? TB is one of the top infectious killers worldwide, but it is preventable and curable!

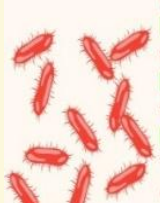


MARCH 24

 SWIPE TO LEARN ABOUT PAEDIATRIC TB, GUIDELINES, AND THE CASCADE OF CARE!

What is TB?

 Tuberculosis (TB) is an infectious disease caused by *Mycobacterium tuberculosis*. It mainly affects the lungs, but it can impact other organs too!



Key Facts:

- ✓ Airborne transmission
- ✓ Preventable & treatable
- ✓ Drug-resistant TB is a growing concern

What Can You Do?



- ★ Raise Awareness – Share this post!
- ✓ Advocate for BCG vaccination & screening
- ✓ Encourage early diagnosis & treatment
- ✓ Support TB survivors & eliminate stigma
- ✓ Together, YES! We Can End TB!

TB Cascade of Care

 Many TB cases are missed due to gaps in care. Here's the TB Cascade of Care:

- 1 Identify – Screening & early detection
- 2 Diagnose – Rapid tests like GeneXpert
- 3 Treat – Effective, complete treatment
- 4 Monitor – Ensure adherence & prevent relapse

 Only 59% of TB cases are successfully diagnosed and treated! We must close this gap!



Paediatric TB Guidelines

WHO & National Guidelines recommend:

- ★ **Diagnosis:**
 - ◆ GeneXpert MTB/RIF test (preferred)
 - ◆ Chest X-ray & clinical signs
 - ◆ Tuberculin skin test (TST)
- ★ **Treatment:**
 - ◆ 6-month regimen for drug-sensitive TB
 - ◆ Longer regimens for drug-resistant TB
 - ✓ BCG vaccine at birth = Best prevention!

Paediatric TB Why It Matters

 Children are highly vulnerable to TB, especially severe forms like TB meningitis. Symptoms differ from adults, making diagnosis challenging!




- Signs of Paediatric TB:
 - Persistent cough (≥2 weeks)
 - Fever, weight loss, night sweats
 - Failure to thrive
 - Swollen lymph nodes
 - ★ Early detection is crucial!

On the occasion of **“World Tuberculosis Day”** Indian Medical Association @Mangaluru Branch with IAP Dakshina Kannada Chapter, District Health & Family Welfare Department, Dakshina Kannada, District Tb Centre, Dakshina Kannada and Swami Vivekananda Youth Movement & SAATHII, organised a CME on **“Paediatric TB Guidelines & Cascade”** at IMA Hall on **20.04.2025 Thursday**, at 7.30pm **Dr. H R Thimmaiah**, District Health & Family Welfare officer Dakshina Kannada was the Chief Guest. **Dr. Deepak Murthy**, State Director- GFATM-TB Project, S.V.Y.M from Bangalore was the Guest Speaker. The speaker spoke about the importance of early recognition of tuberculosis in the paediatric population and emphasised on the latest guidelines for the same. The programme was attended by a total of 60 participants and was followed by an interactive session with the audience. **Dr. Jessy Maria D’Souza**, President IMA Mangaluru Branch welcomed the gathering and Dr. H R Thimmaiah, District Health & Family Welfare officer, Dakshina Kannada pitched in about the early detection of Tuberculosis and how early notification can help in better control of cases in our society. He further encouraged all Doctors in Mangalore in both the Government and Private sector to come forward together in working towards the eradication of tuberculosis and also appreciated the IMA Mangaluru Branch and IAP Dakshina Kannada Chapter for organising such a wonderful programme for such an important and significant topic. **Dr. Archana Bhat**, Secretary administered the Vote of thanks and thanked the beloved IMA members for their active participation in this CME programme.



"Bio Medical Waste Management" held on 23rd March 2025



INDIAN MEDICAL ASSOCIATION[®]
MANGALURU BRANCH
 &
District Health & Family Welfare Department, Dakshina Kannada
 WITH
KARNATAKA STATE POLLUTION CONTROL BOARD
RE SUSTAINABILITY HEALTHCARE SOLUTIONS LTD
HOSPITAL AND NURSING HOME ASSOCIATION

Organising
Workshop On
Bio Medical Waste Management

Chief Guests:
Dr. H.R. Thimmaiah
 District Health & Family Welfare Officer,
 Dakshina Kannada

Shri. K Keerthi Kumar
 Senior Environmental Officer (A/c)
 Zonal office, KSPCB, Mangaluru

Dr. Maheshwari Singh
 Deputy Environment Officer
 Regional Office, KSPCB, Mangaluru

Talk on
"Bio Medical Waste Management by the Healthcare Facilities"

Guest Speaker:
Shri. J Chandra Babu
 Regional Director
 CPCB, Bengaluru

Date: 23.03-2025 (Sunday) Time: 9.00am onwards
 Venue: Dr. A V Rao Conference Hall, Attavar road, Mangalore

Dr. Jessy Maria D'Souza President - IMA
Dr. Archana Bhat Secretary - IMA
Dr. Madhusudhan E Treasurer - IMA

Programme followed by Lunch...

REGULATORY FRAMEWORK IN KARNATAKA



GOVERNING BODIES:

- KARNATAKA STATE POLLUTION CONTROL BOARD (KSPCB): OVERSEES BMW MANAGEMENT IN THE STATE.
- DISTRICT HEALTH OFFICER (DHO): ENSURES COMPLIANCE AT THE DISTRICT LEVEL.
- INDIAN MEDICAL ASSOCIATION (IMA), MANGALORE BRANCH: COLLABORATES TO PROMOTE BEST PRACTICES.

WHAT IS BIOMEDICAL WASTE (BMW)?

WASTE GENERATED DURING MEDICAL ACTIVITIES LIKE DIAGNOSIS, TREATMENT, OR IMMUNIZATION.



PROPER MANAGEMENT PREVENTS HEALTH HAZARDS AND ENVIRONMENTAL POLLUTION.

3. STORAGE AND TRANSPORTATION

- DESIGNATED AREAS: STORE BMW IN A SECURE, VENTILATED LOCATION TO PREVENT UNAUTHORIZED ACCESS.
- TIMELY TRANSPORT: ENSURE WASTE IS TRANSPORTED TO TREATMENT FACILITIES WITHOUT DELAY TO MINIMIZE RISKS.



4. TREATMENT AND DISPOSAL

- COMMON BIOMEDICAL WASTE TREATMENT FACILITIES (CBWTF): UTILIZE AUTHORIZED FACILITIES FOR WASTE TREATMENT AND DISPOSAL.



5. TRAINING AND IMMUNIZATION

- REGULAR TRAINING: CONDUCT PERIODIC TRAINING SESSIONS FOR ALL HEALTHCARE WORKERS ON BMW MANAGEMENT PROTOCOLS.
- VACCINATION: ENSURE STAFF ARE IMMUNIZED AGAINST DISEASES LIKE HEPATITIS B AND TETANUS.



ROLE OF HEALTHCARE PROFESSIONALS

COLLECTIVE RESPONSIBILITY

- COMPLIANCE: ADHERE STRICTLY TO BMW MANAGEMENT GUIDELINES.
- REPORTING: REPORT ANY LAPSES OR INCIDENTS RELATED TO BMW HANDLING.
- CONTINUOUS IMPROVEMENT: ENGAGE IN REGULAR AUDITS AND FEEDBACK SESSIONS TO ENHANCE BMW PRACTICES.




Sort It Right
KEEP IT BRIGHT
 Proper Waste Sorting = A Cleaner, Greener Future!

BIOMEDICAL WASTE MANAGEMENT

Ensuring Safe Healthcare in Mangalore



Do Your Part! Sort Your Waste Right!
 Spread Awareness! Share this with your community!

COMMUNITY AND ENVIRONMENTAL IMPACT

BENEFITS OF PROPER BMW MANAGEMENT

- PUBLIC HEALTH: REDUCES THE RISK OF INFECTIONS AND INJURIES.
- ENVIRONMENTAL PROTECTION: PREVENTS SOIL, WATER, AND AIR POLLUTION.
- REGULATORY COMPLIANCE: AVOIDS LEGAL PENALTIES AND ENHANCES INSTITUTIONAL REPUTATION.




COMMITMENT TO EXCELLENCE IS THE NEED OF THE HOUR AND WHAT WE CAN DO AS DOCTORS IS:

- CONTINUOUS EDUCATION: STAY UPDATED WITH THE LATEST GUIDELINES AND BEST PRACTICES.
- COLLABORATION: WORK TOGETHER WITH REGULATORY BODIES AND ASSOCIATIONS LIKE KSPCB, DHO, AND IMA TO ENSURE A SAFER ENVIRONMENT.

KEY GUIDELINES FOR HEALTHCARE FACILITIES

1. SEGREGATION AT SOURCE

- COLOR-CODED BINS:
 - YELLOW: HUMAN AND ANIMAL ANATOMICAL WASTE, SOILED WASTE.
 - RED: CONTAMINATED RECYCLABLE WASTE (E.G., TUBING, BOTTLES).
 - WHITE (TRANSLUCENT): SHARPS LIKE NEEDLES AND SCALPES.
 - BLUE: GLASSWARE AND METALLIC IMPLANTS.



2. PRE-TREATMENT PROTOCOLS

- ON-SITE DISINFECTION: LABORATORY AND MICROBIOLOGICAL WASTE SHOULD BE DISINFECTED OR STERILIZED AS PER WHO OR NACO GUIDELINES BEFORE DISPOSAL.

Indian Medical Association @ Mangaluru Branch & District Health & Family Welfare Department, Dakshina Kannada with Hospital & Nursing Home Association with Re Sustainability Healthcare Solution Ltd and Karnataka State Pollution Control Board Organise one day Workshop on “Bio Medical Waste Management” on 23rd March 2025 morning 9.00am to till 1.00pm. There was total of 165 participants from various parts of Dakshina Kannada who attended the session. **Dr. Jessy Maria D’Souza** President, IMA Mangaluru Branch welcomed the gathering. **Dr. H R Thimmaiah**, District Health & Family welfare officer, Dakshina Kannada, was the Chief Guest for this function. **Shri. K Keerthi Kumar**, Senior Environmental officer (A/c) Zonal office, KSPCB, Mangaluru and **Dr. Maheshwari Singh**, Deputy Environment officer, Regional office, KSPCB Mangalore coordinated the session. **Shri. J Chandra Babu**, Regional Director, CPCB, Bengaluru was the Guest Speaker who spoke on “Bio Medical Waste Management by the Healthcare Facilities”. He enlightened the gathering with his vast immense knowledge and experience in Bio Medical Waste Management by the Healthcare Facilities. There was a interactive session after his talk. Various questions were asked by the participants which Shri. J Chandra Babu answered patiently. Following the session **Dr. Archana Bhat**, Secretary, IMA Mangaluru Branch thanked all the participants who had gathered for the Bio Medical Waste Management CME.





IMA Executive Committee Meeting

The **3rd Executive committee meeting** was held at IMA Office, 1st floor, Mangalore **on 23.03.2025**. Meeting was called to order by President **Dr. Jessy Maria D'Souza** after the quorum was established. About 15 members attended the meeting. Discussion on various matters done and decisions taken.



FREE EYE CHECK UP CAMP

We undertook the **Nethradhana Project** in association with **Prasad Nethralaya Super Specialty Eye Hospital, IMA WDW, Rotary Club Mangalore Hillside, Yenepoya Hospital Geriatric Department and Soveas Charitable Trust** for the elderly at 3 Ashrams from in and around Mangalore.

On the **8th of February** we had the first screening camp at **Hiriyara Mane Kuppepadavu**. We examined **48** people, out of whom **11** were selected for cataract surgery and **16** required spectacles.



The next screening camp was held at the Little Sisters of the Poor Maroli on **15th of February** and we examined **78** people. Out of whom, **13** people were selected for cataract surgery and **24** people required spectacles.



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MANGALURU BRANCH
IN ASSOCIATION WITH
IMA WDW MANGALURU
&
PRASAD NETHRALAYA
SUPER SPECIALITY EYE HOSPITAL, MANGALORE
With
Rotary Club Mangalore Hill Side
Red Cross, Mangalore
Soveas Charitable Trust, Mangalore
Organises
FREE EYE CHECK UP CAMP
DATE: 15.02.2025 (SATURDAY)
TIME: 10.30 am To 1.00 pm
Venue: Little Sisters of the poor (Home for the aged) Maroli, Mangalore



Then on 18th February we held the third phase of the Eye Screening Camp at White Doves which is a destitute home in Maroli. Here, we examined **220** inmates and out of whom **38** people required spectacles and **8** needed cataract surgery



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IMA WDW MANGALURU
&
PRASAD NETHRALAYA
SUPER SPECIALITY EYE HOSPITAL, MANGALORE
With
Rotary Club Mangalore Hill Side
Red Cross, Mangalore
Soveas Charitable Trust, Mangalore
Organises
FREE EYE CHECK UP CAMP
DATE: 18.02.2025 (Tuesday)
TIME: 10.30 am To 1.00 pm
Venue: White Doves, Maroli, Mangalore
Dr. Jesy Maria Goveas D'Souza
President - IMA
Dr. Archana Bhat
Secretary - IMA
Dr. Madhusudan E
Treasurer - IMA



Cataract Surgery was organised on the **14th, 15th and 18th of March** in a smooth and efficient manner at Prasad Nethralaya. Spectacles were organised at minimal cost and paid for by the Association from the donations collected and was distributed on **31st March, 2025**.





All patients have undergone complete treatment and we are very happy and proud to say that we could provide eyesight under the Nethradhana Project for so many people. We are extremely satisfied and thank all the donors and volunteers from the bottom of our hearts.

We also thank all the IMA Members and friends and family for their proactive support and donation for the cataract surgery and spectacles and also personally coming forward to help out at the camps and during the surgery. We thank IMA WDW President Dr. Meera Rao and members for lending out their unwavering support throughout the programme, Soveas Trust, Yenepoya Hospital Geriatric Department and Rotary club Mangalore hillside in joining us in examining and treating the people of Little sisters of the poor, Hiriyara Mane and White Doves.

A little help goes a long way and the people of Mangalore with their big hearts and contributions have proved it yet again to make this Project a successful one.

PUBLIC AWARENESS ACTIVITY

1. On 8th March 2025, Dr. Jessy Maria D'Souza, President IMA Mangaluru Branch was the Chief Guest in Medical Representative Association Mangalore, Team Legendry Mr's Prasad Bangera Memorial Volleyball Tournament at Mangala Stadium Volleyball Court, Mangalore.



Dr Poornima Nair gave a talk on Osteoporosis and Sarcopenia prevention to Kerala Samajam ladies group on 8th of March.



3. **Dr Veena Bhagavan** delivered **Awareness talk on Cancer cervix and HPV Vaccine** and **Dr Vidya Pai** on personal hygiene at Lourdes School, Bejai, Mangaluru.



4. **Dr Prabha Adhikari** delivered **awareness talk on Dementia prevention and screening for Dementia , Parkinson's disease and musculoskeletal problems** at a health camp for elderly citizens of Mangaluru, organised by Seva Bharathi on 15th March. 55 Elders benefited.

Also screening for voice alteration and swallowing dysfunction was assessed and therapy given for 15 Elderly citizens. Their diabetes and BP medications were optimized



SPORTS AND FITNESS

Dr Amritha Bhandary secured **second place in Javelin throw at 45th National Masters Athletics Championship 2025** held on 9th March at Sree Kanteerva Stadium organised by Masters Athletics Federation of India & Sports Authority of India, Bengaluru.



ACADEMIC EXCELLENCE

Dr. Sowrabha Bhat was awarded **Best Researcher award on National Science Day**.
Congratulations!




LITERATURE

The Truth Trial


If and when you speak the truth
Or what you think of as the truth
You will need all the nerve
Laden with a stubborn verve
For what gets out in the open
Aren't just your words ..
They are your thoughts too
Which won't fly away like birds!
It will show your stance
Your willingness to take a chance
It will show what side you take
And decide what enemies you make !
These days though .. be warned ..
Telling truth isn't the " In " thing
Hypocrisy and sycophancy are trending .
If it is still the truth
That you insist to tell
Modify the serenity prayer
And chant it well
" O God ! Grant me the Serenity
To Accept the post-truth wrath
The Courage to be disliked
In the aftermath ..
And the Wisdom to discern
The cost of treading the truthful path " .

- Dr Aruna Yadiyal



ಸತ್ಯದ ಸತ್ಯಪರೀಕ್ಷೆ
ಯಾವಾಗಲಾದರೂಮೆ
ಸತ್ಯವನ್ನೇ
ಹೇಳಬೇಕೆಂದುಕೊಂಡಿದ್ದರೆ..
ಅದನ್ನು ಹೇಳಿಬಿಡಲು
ಬೇಕೊಂದಿಷ್ಟು ಧೈರ್ಯ
ಜೊತೆಗೊಂದಿಷ್ಟು ಉತ್ಸುಕತೆ,
ಹಲ ಭರಿತಸ್ಥೆಯ
ಯಾಕೆಂದರೆ ಸತ್ಯ ವದರಿದ
ನಂತರ ಬಯಲಾಗೋದು
ಬರಿಯ ನಿಮ್ಮ ಪದಗಳಲ್ಲ
ನಿಮ್ಮ ಯೋಚನೆಗಳೂ.. ಈಚೆ ಬರುವವಲ್ಲಾ!!? ಏನು ನಿಮ್ಮ
ನಿಲುವು?
ಯಾರೆಡೆಗೆ ನಿಮ್ಮ ಒಲವು?
ನಿಮ್ಮ ಸತ್ಯವನ್ನು ಮೆಚ್ಚಿದವರೆಷ್ಟು?
ಹೊಸದಾಗಿ ಹುಟ್ಟಿಕೊಂಡ ಶತ್ರುಗಳೆಷ್ಟು?
ಆದರೆ ತಿಳಿದಿರಲಿ..
ಸತ್ಯ ಹೇಳಲು ಇದು ಸರಿಯಾದ ಕಾಲವಲ್ಲ!
ಬೂಟಾಟಿಕೆ.. ಭಟ್ಟಂಗಿತನದ ದರ್ಬಾರಿನಲಿ
ಸತ್ಯಕ್ಕೆ ಅಷ್ಟಾಗಿ ಬೆಲೆಯಿಲ್ಲ!
ಆದರೂ ಸತ್ಯವನ್ನೇ ಹೇಳುತ್ತೀರಾದರೆ ಹೇಳಿಬಿಡಿ ..
ಜೊತೆಗಿರಲಿ ಪ್ರಶಾಂತ ಪ್ರಾರ್ಥನೆಯ ತಿದ್ದುಪಡಿ
" ಓ ದೇವರೇ, ಕರುಣಿಸು ಒಂದಿಷ್ಟು ಶಾಂತಿಯನು
ನಿಜದ ನಂತರದ ಸಿಟ್ಟನ್ನು ಒಪ್ಪಿಕೊಳ್ಳಲು;
ಮತ್ತೊಂದಿಷ್ಟು ಕೊಡು ಧೈರ್ಯವನು
ಹೊಸದಾಗಿ ಹುಟ್ಟಿಕೊಂಡ ದ್ವೇಷವನು ತಬ್ಬಿಕೊಳ್ಳಲು ;
ಕಡೆಯದಾಗಿ ಸ್ವಲ್ಪ ನೀಡು ಬುದ್ಧಿಯನು
ಸತ್ಯಪಥದಲ್ಲಿ ತೆತ್ತಬೇಕಾದ ಬೆಲೆಯನ್ನು ಅಪ್ಪಿಕೊಳ್ಳಲು! -

- ಡಾ ಅರುಣಾ ಯಡಿಯಾಳ



PERSONAL ACHIEVEMENTS

1. Dr Prabha Adhikari was honoured by Shankarnarayana Trust and Smt Sumathi Foundation in view of International women's day on 8th March 2025



2. Congratulations to **Dr Nageshwari** for her **numerous awards and winning the crown** on 2nd march at Hotel Gold finch on Womens day program, conducting and completing the Saree run conducted in collaboration with JCI and other collaborators

Dr Anamika's Article was mentioned in the JJ Crown March 2025 edition.



.....

Dr. Archana Bhat
Secretary
IMA Mangaluru Branch

IMA activities report for the month of April - 2025

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

World Parkinson's Day



INDIAN MEDICAL ASSOCIATION®
MANGALURU BRANCH

Presents
On Occasion of "World Parkinson's Day"
"Motor Fluctuations in Parkinson's Disease"
By
Dr. Chaithra S P
MD, DM Post-Doctoral Fellowship in
Parkinson's disease
Consultant Neurologist, FMMC Mangalore

Followed by:
"Update on Withdrawal of Life Support in Terminally Ill Patients"
By
Dr. Haroon H
Consultant Physician, KMC Jyothi Mangalore

Programme Details
Date : Thursday 3rd April 2025 | Time: 7.30pm
Venue: Dr. A V Rao Conference Hall, IMA House, Attavar road Mangaluru


Dr. Jessy Maria D'Souza **Dr. Archana Bhat** **Dr. Madhusudhan E**
President - IMA Secretary - IMA Treasurer - IMA

Program will be followed by Dinner...

On April 3rd in view of World Parkinson's Day IMA Mangaluru Branch celebrated Parkinson's day by a Wonderful CME by Dr Chaithra S P Neurologist Fr. Muller Medical College, Mangalore on Motor Fluctuations in Parkinson's disease. Dr Chaithra S P emphasized the importance of early recognition of Parkinson's disease and treatment which can improve the quality of life in patients with Parkinson's disease.



“Withdrawal of Life support in Terminally Ill Patients”



INDIAN MEDICAL ASSOCIATION[®]
MANGALURU BRANCH

Presents
On Occasion of “World Parkinson’s Day”
“Motor Fluctuations in Parkinson’s Disease”
By
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Dr. Jessy Maria D’Souza **Dr. Archana Bhat** **Dr. Madhusudhan E**
President - IMA Secretary - IMA Treasurer - IMA

Program will be followed by Dinner...

On same day there was a wonderful talk by Dr Haroon H consultant Physician KMC Mangalore on “Withdrawal of Life support in Terminally Ill Patients”. Dr Haroon H emphasized the importance of the will as well as changes made in the judiciary system in removal of life support in Terminally Ill Patients with the amendment in the Karnataka State Govt Rules. Dr. Jessy Maria D’Souza, President, IMA Mangaluru Branch welcomed the gathering and Dr. Archana Bhat, Secretary IMA Mangaluru Branch administered the Vote of thanks and thanked the beloved IMA members for their active participation in this CME programme.



World Autism Day






On April 13th 2025, Sunday on the occasion of World Autism Day there was an Autism awareness programme IMA Mangaluru in association with Special Parent support group and Pathway enterprises conducted a Ramp walk for Autistic Children. There was Traditional, Formal attire followed by fancy dress competition. There was also an Art exhibition and exhibition by the Artistic children. The total of 35 children participated in the event. Following the event there was prize distribution for the winners and all the participants received participation certificate.



Dr Prabha Adhikari , Professor and head Department of Geriatric medicine Yenepoya Medical College conducted wellness program “ From silver innings to golden innings “ in collaboration with Dementia India Alliance , PAGE, Rotary club of Mangalore North,, Shree Gokarnathewar College and AJ Institute of Hospital Management on 12th of April. Free BP, sugar and memory testing was also conducted.



  
Department of Geriatric Medicine, Yenepoya Medical College
in association with
Dementia India Alliance
People's Association For Geriatric Empowerment - Mangalore (PAGE)
Rotary Club of Mangalore North,
Shree Gokarnatheshwara College &
AJ Institute of Hospital Management

“ From Silver Innings to Golden Innings”
We cordially invite you for a programme on
“ Overcoming Mental Health Challenges”
for Senior Citizens

Date: 12.04.2025 **Venue: Rotary Balbhavan Mannagudda** **Time: 9.30 am to 1.00 pm**

A WELLNESS PROGRAMME for ELDERS supported by
“ Geriatric Care”

Free BP, Sugar and Memory Test.
Education on how to be happy, healthy and to be free from
DD i.e. Depression & Dementia.

Contact Person
MS. SHUBHASHREE, MSW 8296846314
JERARDIN D'SOUZA: 9844074759

Dr. Archana Bhat, Secretary, IMA Mangaluru Branch delivered a talk on importance of physical and mental health in women at KIOCI.



INDIVIDUAL ACHIEVEMENTS

Dr Aruna Yadiyal penned beautiful poems in English and Kannada. Please enjoy



Under the Envy cloud

I cannot fathom how to escape
This sinister dirty green cloud
Eclipsing me and my mindscape
Ominously, sans a warning sound.
For when it appears overhead
Gloom descends ..Dissatisfaction grows
A booming comparison marches ahead
Stealing joy from right under my nose!
For this toxic envy breeds true of hate
Within its vice grip, virtues suffocate
The worst of me springs out by itself
Making me loathe myself .
Now , before it starts its vitriolic shower
I need to take caution and cover
Count my Blessings ..
And take refuge under Gratitude
Realise that I too have enough...
To brace it all with Fortitude
Let the cloud pass .. Ignore the race
Live and let go.. with a practiced Grace !
- Dr Aruna Yadiyal



ಮತ್ತರದ ಮೋಡದಡಿ

ಆ ಕೊಳಕು ಹಸಿರಿನ ಅನಿಷ್ಟ ಮೋಡ
ತಪ್ಪಿಸಿಕೊಳ್ಳಲು ಪದಬೇಕಾದ ಪಾಡು ಯಾರಿಗೂ ಬೇಡ
ಮನದಂಗಳದ ತುಂಬೆಲ್ಲಾ ಗ್ರಹಣದ ಸೂತಕ
ಹೊಟ್ಟಿತಿಟ್ಟಿನ ಮಾರಿ ಬಂದಿಹಳೆಂಬ ಸೂತಕ!
ತಲೆಮೇಲೆ ಬಂದಿತೆಂದರೆ.. ಮುಗಿದಂತೆಯೇ ಕಥೆ
ಅಸಮಾಧಾನದ ಹೊಗೆಯೊಡನೆ ಒಂದಿಷ್ಟು ದಟ್ಟಿ ವ್ಯಥೆ
ಈ ಮಬ್ಬಿನಲಿ ಕಳ್ಳನಂತೆ ಬರುವ ತುಲನೆ
ಅಪಹರಿಸಿತ್ತು ಖುಷಿಯ.. ಗೊತ್ತೇ ಆಗದಂತೆ ಮೆಲ್ಲನೆ
ಈ ಈರ್ಷ್ಯೆಯ ವಿಷದಲ್ಲೇ ದ್ವೇಷದ ಜನನ
ಸದೃಶಗಳು ಉಸಿರುಗಟ್ಟಿ ಹೊಂದುವವು ಮರಣ
ನನ್ನದೇ ನೀಚ ಅವಕಾಶ ಮೈವೆತ್ತುವ ಸಮಯ
ನನಗೆ ನನ್ನ ಬಗ್ಗೆ ಜಿಗುಪ್ಸೆ.. ಎಲ್ಲವೂ ಅಯೋಮಯ
ಅಸೂಯೆಯ ಮೋಡ ಉರಿಮಳೆ ಸುರಿಸುವ ಮುನ್ನ
ನಾನೇ ಜಾಗೃತೆ ವಹಿಸಿ ಆಪರ ಕಂಡುಕೊಂಡರೆ ಚೆನ್ನ
ನನಗೆ ದಕ್ಕಿದ್ದನ್ನು ಪರಿಗಣಿಸಿ
ಕೃತಜ್ಞತೆಯ ಕೊಡೆ ಬಿಡಿಸಿ
ಜೀವನ ನಡೆಸಲು ನನ್ನಲ್ಲೂ ಬೇಕಾದಷ್ಟು ಇದೆಯೆಂದು ಅರಿತು
ಸುತ್ತಲಿನ ಪ್ರಪಂಚಿಯನ್ನು ಬೇಕಂತಲೇ ಮರೆತು
ಮತ್ತರದ ಕಾಮೋದ ಬಂದಂತೆಯೇ ಹೋಗಲು ಕಾಯಬೇಕು
ಸಿಕ್ಕ ಬದುಕನ್ನು ಅಪ್ಪಿಕೊಂಡು
ಸಿಗದನ್ನು ಒಪ್ಪವಾಗಿ ಬಿಟ್ಟುಬಿಡುವ ಕಲೆಯನ್ನು ಕಲಿಯಬೇಕು!

-ಡಾ ಅರುಣಾ ಯಡಿಯಾಳ

Dr Jessy Maria D'Souza ,President, IMA Mangaluru Branch delivered an invited talk on V4 channel under the programme 'woman redefining success ". Her talk was very well received.



ವಿಫ್ ಎಲ್ ನ್ಯೂಸ್ 24x7
ಬುದ್ಧಿವಂತರ ಅಭಿಮಾನಿಗಳಿಗಾಗಿ

Beyond Limits

Women redefining success



Sarita Santosh
Founder Sunshine Travels



BAJPE MEDICAL AND TRAUMA CENTRE



Dr. Jessy Maria D'Souza
MBBS, DGO
Bajpe Medical & Trauma Center

TELECAST ON 5TH APRIL @ 9.00PM

REPEAT TELECAST ON 6TH APRIL @ 3.00PM

ONLY ON YOUR 











ENDURANCE SPORTS

Hearty congratulations to **Dr Amritha Bhandary** for completing the Annapurna Circuit. We are proud of your achievement.



Dr. Archana Bhat
Secretary
IMA Mangaluru Branch

IMA activities report for the month of MAY - 2025

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

IMMUNE MEDIATED NEUROPATHIES

On May 1st IMA Mangaluru Branch organised a CME talk on **IMMUNE MEDIATED NEUROPATHIES** by **Dr. Vimala Christina Colaco K** Associate Professor, Dept of Neurology FMCC, Mangalore gave wonderful interactive session on neuropathies.



FINANCIAL FREEDOM

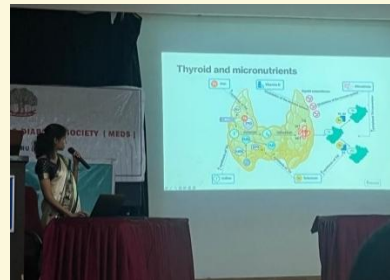
On May 1st IMA Mangaluru Branch organised a talk on **FINANCIAL FREEDOM** by **Mr. Gerald Colaco Partner**, Colaco Aranha. Dr. Jessy Maria D'Souza, President IMA Mangaluru welcomes the gathering and **Dr. Archana Bhat**, Secretary, IMA Mangaluru Branch administered the Vote of thanks and thanked the beloved IMA members for their active participation in this CME programme.



“Mangalore Thyroid Updates CME 2025”

In view of **World Thyroid Day** Mangalore Endocrine and Diabetes Society in association with Indian Medical Association Mangaluru branch organised a one day CME **“Mangalore Thyroid Updates CME 2025”** on **25th May 2025** at IMA House, Attavar road, Mangalore. This is followed by a post graduate Endocrine quiz were around 25 teams from different parts of Karnataka participated in the event. The 1st prize bagged by **KMC Manipal**. The 2nd Prize was bagged by **JJMC Belgaum** and 3rd Prize was bagged by **KMC Mangalore**. The CME was attended by total of 150 Doctors of various parts of Mangalore.

Dr. Arunachalam, Prof and senior consultant physician AJIMS was the Chief Guest for the CME. There were various talks by different endocrinologists from different parts of Karnataka followed by a interactive panel discussion on Thyroid Topics. CME was followed by a traditional lunch and final rounds of the quiz were held in the afternoon.



IMA Executive Committee Meeting

The **4th Executive Committee Meeting** was held at IMA Office, 1st floor, Mangalore **on 25.05.2025**. Meeting was called to order by President **Dr. Jessy Maria D'Souza** after the quorum was established. Around 20 members attended the meeting. Discussion on various matters done and decisions taken.



WDW WELLNESS PROGRAM

A part of well being activities for women doctors of WDW, a potluck was organised along with games on 29.05.2025 at IMA office, Attavar road, Mangalore. The emphasis was on healthy and nutritious food to nourish and nurture wellness among women doctors. The program was well appreciated and enjoyed by all members.



PUBLIC AWARENESS ACTIVITY

Dr Vijayalakshmi Subramaniam conducted a free Fall Risk and Balance Assessments for senior citizens in association with Srinidhi polyclinic and diagnostics from 2nd to 17th May, 2025. It was open to all to make use of this opportunity.

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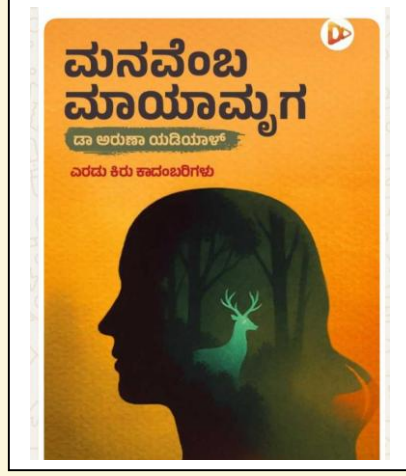
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INDIVIDUAL ACHIEVEMENTS

Hearty congratulations to **Dr Aruna Yadiyal** on the publication of her **maiden novel in Kannada published under Harivu publications**



Congratulations to **Dr Nageshwari** for winning the **Best smile crown** on 2nd march at lady India Karnataka Mangalore 2025 conducted in collaboration with JCI and other collaborators



Dr Prabha Adhikari was a panellist for the topic "**Hip fracture-Emergency care, preoperative care and post-operative care.**



Dr. Archana Bhat
Secretary
IMA Mangaluru Branch

IMA activities report for the month of JUNE - 2025

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

"LATE DR. V R BHAT ORATION"

IMA Mangaluru Branch organised **Oration of Late Dr. V R Bhat** on **06^h June 2025**, at Dr. A V Rao Conference hall, Attavar road, Mangalore. The topic of the oration was "**Non Tubercular Mycobacterium (NTM).- the "Other TB"**". The Guest Speaker of the oration was Dr. Vishak Acharya, Prof. Dept of Pulmonary Medicine, KMC Mangalore. **Dr. Raghavendra Bhat**, S/o Late Dr. V R Bhat, spoke about the various community service done by Late. Dr V R Bhat in the field of Tuberculosis for the betterment of the society. **Dr. Jessy Maria D'Souza**, President welcomed the gathering and dignitaries on dais and **Dr. Archana Bhat**, Secretary proposed the vote of thanks.



"WORLD CLUBFOOT DAY"

On 12th June 2025, District Wenlock hospital and Cure India organised World Clubfoot Day 2025 at 10.00am at Dept of orthopaedic, Dist Wenlock Hospital, Mangalore. Dr. Jessy Maria D'Souza, President, IMA Mangaluru Branch was the Chief Guest. And Ralph D'Souza, President, Rotary Club Mangalore, Midtown was the Guest of Honor.





“WORLD LUPUS DAY”

On 12th June 2025, In view of “World Lupus Day” IMA Mangaluru branch celebrated Lupus Day by an interesting CME on “SLE- Autoimmune Puzzle” by Dr. Sahana G Baliga, Consultant Rheumatology, Fr. Muller Medical College Mangalore. She delivered an interesting session on the important of SLE and early diagnosis and its management.



“WORLD YOGA DAY”

On 12th June 2025, In view of “World Yoga Day” Dr. Kunal, Physiologist and PG Diploma in Yogic Sciences from Srinivas Institute of Medical Sciences gave a talk on “Restoring Body, Mind and Spirit. It was an interesting session where the issue like **Can Yoga Really Heal?**” was discussed.



“BAKRID CELEBRATION”

On 12th June 2025 there was an interesting and valuable talk on Bakrid by Dr. Ameer Ali. Dr. Jessy Maria D'Souza, President welcomed the gathering and dignitaries on dais and Dr. Archana Bhat, Secretary proposed the vote of thanks.



“CME ON ALLERGY AND IMMUNOLOGY”

Indian Medical Association, Mangaluru branch and Karavali Dermatology Society (IADVL Karavali) in association with department of Dermatology, Venereology and Leprosy of Yenepoya Medical College, Yenepoya (Deemed to be University) jointly organised CME on Allergy and Immunology was held on June 15th 2025 at A.V. Rao Conference Hall, IMA House, Attavar Road, Mangalore.

The programme began with the award paper session where original studies and case reports relating to allergy and immunology were presented by the post graduates. Session on allergy in adults and panel discussion with consultants across all Medical Specialties with a special emphasis on eczema and asthma was conducted.

The programme was inaugurated by Dr. Abhay Nirgude, Dean- Faculty of Medicine, YMC, Yenepoya (Deemed to be University); Dr. Manjunath Shenoy, Organising Chairperson welcomed the dignitaries for the day. This was followed by the lamp lighting and inaugural address by the chief guest. Dr. Jessy D'Souza, President of the IMA Mangaluru; Dr. Ramesh Bhat, representative of KDS (IADVL- Karavali) and Dr. Vishal Amin, Professor of Dermatology, YMC, Yenepoya (Deemed to be University) addressed the gathering. The vote of thanks was delivered by the Organising secretary, Dr. Amina Asfiya M Iqbal.

The inaugural was followed by the session on allergies in children with talks on atopic dermatitis and food allergies in children and panel discussion on managing them.

Workshops were conducted for the postgraduates on commonly done OPD procedures such as Patch test and Prick test. Cash prizes were awarded for the winners of the award paper session.



“RABIES VACCINATION”

On **26th June 2025**, IMA Mangaluru Branch organised an interesting session on **“Rabies Vaccination”**, in view of raising Rabies cases an interesting talk was delivered by **Dr. Ramesh Holla**, Asst Professor, Dept of Community Medicine, KMC Mangalore.



“LATEST CHILDREN VACCINATION SCHEDULE”

On **26th June 2025**, IMA Mangaluru Branch organised an interesting session on **“Latest Children Vaccination Schedule”** there was a session by **Dr. Naveen Kulal B**, District Surveillance officer, Dakshina Kannada.



“LIFE COURSE IMMUNIZATION: PRACTICAL STEPS FOR MISSED VACCINE SCHEDULE”

On **26th June 2025**, IMA Mangaluru Branch organised an interesting session by **Dr. Sudhir Prabhu H**, Prof and HOD, Dept of Community Medicine, FMMC, Mangalore gave a talk on **“Life Course Immunization: Practical steps for missed vaccine schedule”**, following this session there was an interactive question and answer session followed by dinner.



Blood donation camp by IMA WDW was organised at **AJ Hospital** in collaboration with **JCI Mangalore** Impact, Senior Chamber International, and Rotary Seaside.



PUBLIC AWARENESS ACTIVITY

International Yoga day celebration was celebrated by the women's wing of IMA. Many doctors participated and gained benefits from the session.

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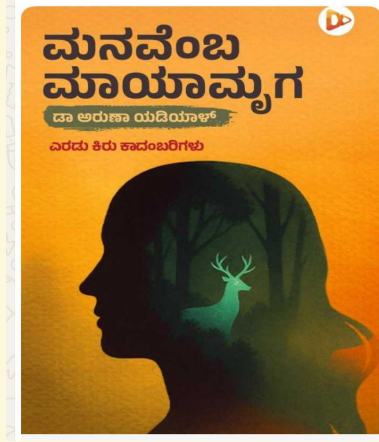
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Dr Prabha Adhikari was a panellist for the topic "Hip fracture-Emergency care, preoperative care and post-operative care."



Dr. Archana Bhat
Secretary
IMA Mangaluru Branch

IMA activities report for the month of JULY - 2025

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

On July 5th 2025, IMA Mangaluru Branch celebrated **“DOCTOR’S DAY CELEBRATION & FELICITATION PROGRAMME”**. The programme started from 7.00pm onwards at Dr. A V Rao Conference hall, IMA House, Mangalore. **Dr. V.V Chinivalar, President IMA KSB Bangalore** was Chief Guest for this programme. **Dr. V.V Chinivalar** gave the message about the IMA Activities in the entire State and also praised the services done by various Doctors from Mangalore.



On this special day **Dr. Annayya Kulal Ulthuru, Dr. K Ramachandra Kamath, Dr. Shantharam Alva, Dr. Nazir Hussain Kilpady, Dr. Naveen Chandra Shetty, Dr. Geethanjali Shetty and Dr. Geetha S Rao** were felicitated for their services to humanity.



After honouring the eminent Doctors there was **TESTIMONIALS FROM THE EYE CAMP PROJECT** which was displayed.



This programme was followed by **CULTURAL PROGRAMME**. Dr. Madhusudhan E, Treasurer, IMA Mangaluru read the IMA Prayer. Dr. Jessy Maria D'Souza, President IMA Mangaluru welcomed the gathering and Dr. Archana Bhat, Secretary IMA Mangaluru gave a vote of thanks.



On 17th July 2025, IMA Mangaluru Branch celebrated **"KARGIL VIJAY DIWAS 2025"** Air commander, **Dr. V K Sashindran**, Professor, Dept of Medicine, KSHEMA gave a talk on the bravery of the Soldiers who fought the Kargil War. He remembers the nobles sacrificed done the soldiers and the importance of remembering the martyrs.



Following this there was a talk on **"Hypercholesterolemia in Diabetes Mellitus"** by **Dr. Akhila Bhandarkar**. This programme was followed by interactive session with around 70 IMA participants.



PUBLIC AWARENESS ACTIVITY

1. Dr Vijayalakshmi Subramaniam conducted a free Fall Risk and Balance Assessments for senior citizens in association with Srinidhi polyclinic and diagnostics from 2nd to 17th May, 2025. It was open to all to make use of this opportunity.



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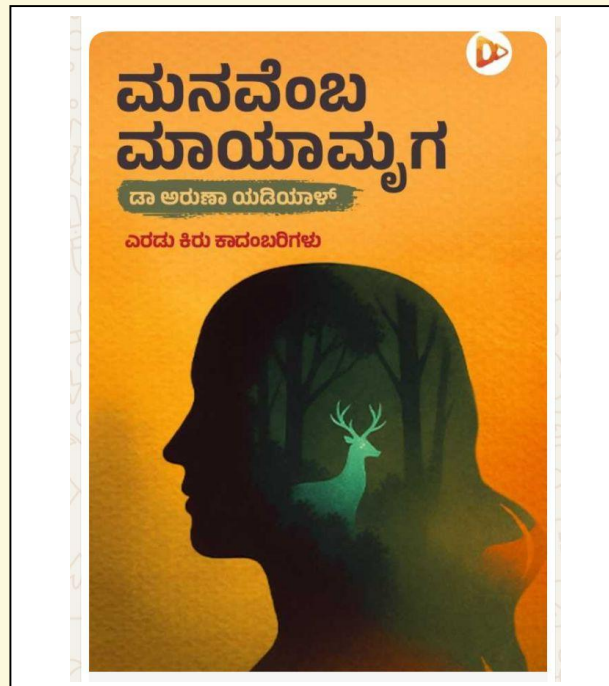
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Individual achievements

a) Hearty congratulations to Dr Aruna Yadiyal on the publication of her maiden novel in kannada published under Harivu publications .



b. Congratulations to **Dr Nageshwari** for winning the best smile crown on 2nd march at lady India Karnataka Mangalore 2025 conducted in collaboration with JCI and other collaborators



c. **Dr Prabha Adhikari** was a panelist for the topic "Hip fracture-Emergency care, preoperative care and post operative care



Dr. Archana Bhat
Secretary
IMA Mangaluru Branch

IMA activities report for the month of AUGUST - 2025

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

On **August 7th 2025**, **Dr. M Sudhakar Shetty Oration** was organised by IMA Mangaluru branch and the speaker was **Dr. Jerome Pinto**, he gave an excellent talk on **"Shocks of Life"** which was an interactive session with real time life experience which he shared on that platform. This programme was witness by active participation by 60 IMA Members.



On **August 15th 2025**, IMA Mangaluru branch celebrated the **Independence Day**, flag hoisting by **Dr. (Col) Arunachalam R**, Prof. AJIMS, Mangalore. He graced the sacrifices done by our soldiers at the borders and promoted the spirit of patriotism among all the IMA members.



On **August 17th** Sunday morning **Medico Legal Symposium** was organised by IMA Mangaluru branch. **Dr. Sadanand Naik, Dr. Satish Bhat and Dr. Jayaprakash K P** three eminent speakers talk about medico legal aspects and among the advanced medical directors and about medical negligence in practice. It was followed by an interactive session with panel discussion.



The **5th Executive Committee Meeting** was held at IMA Office, 1st floor, Mangalore **on 17.08.2025**. Meeting was called to order by President **Dr. Jessy Maria D'Souza** after the quorum was established. Discussion on various matters done and decisions taken.



On **24th August 2025**, IMA Mangaluru Branch organised **Inter District Shuttle Badminton Tournament Independence Day Cup 2025** at Fr. Muller Indoor Stadium, Kankanady, Mangalore. Winners list--- Men's open ----- SINGLES Winner- Dr.Vihar Joshi. Runner up - Dr.Adarsh Hegde. DOUBLES winner - Dr.Nandakishore.B and Dr.Satishchandra. Runner up -Dr.Vihar Joshi and Dr.Poornachandra. Above 40 years Males SINGLES - Winner Dr.Sharath Runner up - Dr.Deepak DOUBLES - Winner -Dr.Nandakishore and Dr.Satischandra Runner up - Dr.Poornachandra and

Dr.Pundalik Baliga. Womens Category Open SINGLES Winner -Dr.Vaishnavi shetty runner up - Dr.Divya Joshi DOUBLES Winner- Dr.Divya Joshi and Dr.Vaishnavi shetty Runner up - Dr.Shwetha Kamath and Dr.Daniya Hameed. Womens above 35 years Years SINGLES Winner- Dr.Vinitha K Runner up - Dr.Ramya. Mixed doubles Winner Dr.Nandakishore.B and Dr.Vinitha K Runner up - Dr.Shrivatsa and Sneha. Children categories- Under 18 Girls- SINGLES. winner - Twisha Bhat. runner up - Sanchi Bhat. DOUBLES - winner - Twisha Bhat and Sanchi Bhat. Runner up - Siddhiksha Rao and Soha L.S under 18 Boys SINGLES. winner - Prajwal Naik Runner up -Reyansh Bekal DOUBLES Winner - Prajwal Naik and Pranav Naik. Runner up - Prahas and Reyansh Bekal Children Less than 10 years. Singles Winner - Pranav Naik Runner - Shlok Kamath. Congratulations to all winners and participants.



On 21st August 2025, IMA Mangaluru Branch organised Robotic CME on the advances in Robotic procedures along with Justice K S Hegde charitable hospital Mangalore. **Dr. Rajeev T P, Dr. Santhosh Kumar and Dr. Vinay Kumar** gave talk about advances in robotic surgeries in urology also in Gastroenterology by the KSHEMA hospital. Talk was witness by around 80 participants and it was followed by interactive session advances in robotics was explained in detail.



Dr Vijayalakshmi Subramaniam conducted a free Fall Risk and Balance Assessments for senior citizens in association with Srinidhi polyclinic and diagnostics from 2nd to 17th May, 2025. It was open to all to make use of this opportunity.



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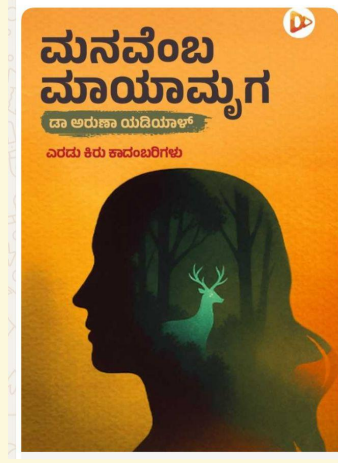
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Dr. Archana Bhat
Secretary
IMA Mangaluru Branch

IMA activities report for the month of SEPTEMBER - 2025

Dr. Jessy Maria D'Souza
President

Dr. Archana Bhat
Secretary

Dr. Madhusudhan E
Treasurer

"Teachers Day celebration and Felicitation programme"

Indian Medical Association Mangaluru Branch along with Association of Medical consultants Mangalore conducted the "Teachers Day celebration and Felicitation programme" on September 5th 2025. **Dr. Prabhakar Rao**, Senior Physician, Mangalore was the Chief Guest of Programme. He highlighted the importance of Teachers for the community and good Medical education for updating on our community. **Mr. Prof. P L Dharma**, Vice Chancellor, Mangalore University was the Guest of Honour. He emphasise the importance of good teachers for the development of community. The following Teachers were felicitated on that day. **Dr. Krishnaraj Upadyaya, Dr. Ravish Thunga, Dr. Sandeep Rai, Dr. Prema D'Cunha, Dr. Vatsala Kamath and Dr. Latha Prabhu**. The programme was attended by total of 70 IMA members.





“World Heart Day 2025”

Indian Medical Association Mangaluru Branch celebrated **World Heart Day 2025** on **September 11th 2025** at IMA hall. **“Newer Diagnostic Modalities for cardiac Diseases”** was the topic talk by **Dr. Pradeep Pereira**, Consultant Cardiologist, FMMC Mangalore.



“Mental Health Trends among Doctors”

In view of Suicide prevention week celebrated in the month of September Dr. Supriya Hegde gave talk on **“Mental Health Trends among Doctors”** and emphasise the importance of good mental wellbeing. The programme was followed by interactive question and answer session and active participation of IMA members.



Launch of Alzheimer's Month

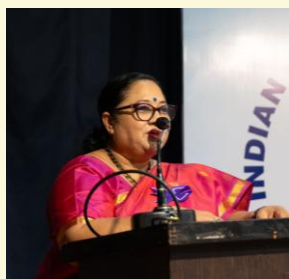
On **1st September 2025** IMA Mangaluru Branch and IMA WDW joined hands with People's Association of Geriatric Empowerment a NGO spreading awareness on active ageing and prevention of dementia in Mangalore. Dr.Meera Rao President of WDW of IMA promised to spread awareness and educate all WDW doctors by arranging for Training of trainer programme where all lady doctors talk about dementia with their patients and their parents and grandparents. **Launch of Alzheimer's month** was done by releasing balloons by all the dignitaries. **Dr. Aruna Yadiyal** from WDW gave an awareness talk on the care of the Dementia.**Dr.Prabha Adhikari** ,past WDW President gave a talk on prevention of dementia by reducing 14modifiable risk factors .**Dr .Shwetha Kamath** ,Past WDW secretary was the M.C for the programme Blood sugar ,BP and memory tests were conducted for 70 elders .IMA members. **Dr. Anil Kakkunje, Dr .Ravish Thunga Dr. Satheesh Rao Dr. C.V. Raghuveer, Dr. Kishore Kumar**

Ubarangala, Dr. Amrutha Bhandary Past IMA president and **Dr. Gayathri Bhat** WDW member were present and gave messages.



“World Alzheimer’s Day programme”

On **20th September 2025**, the Dept of Psychiatry in association with IMA Mangaluru Branch organised **“World Alzheimer’s Day programme”**. **Dr. Jessy Maria D’Souza**, President IMA Mangaluru branch was the chief Guest and **Dr. Sandeep Rai**, Dean, K S Hegde Medical Academy, Mangaluru presided the programme.



IMA NEW MEMBERS 2025

SL. NO.	NAME
1	DR. ARJUN JADHAV
2	DR. DEEPTHI SHRIDHAR
3	DR. POOJA RAO
4	DR.SUSHRUTH SHETTY B
5	DR. SAMPRITHA MALLIKARJUNAPPA
6	DR. NAMRUTHA N
7	DR. VINU KRISHNAN NAIR
8	DR. AKSHATHA V RAI
9	DR. MANISH K SIRSE
10	DR. LULU RACHEL GEORGE
11	DR. ANUSHREE UDAY BHAT
12	DR. SHETTY TUKARAM NARAYAN
13	DR. POOJA WALI
14	DR. DEEPTHI JOELLA FERNANDES
15	DR. SWETA SHANBHAGH
16	DR. KAMBALABETTU ZOHARA PARVEEN
17	DR. MALATHI S BHAT
18	DR. AHMED JALWA C
19	DR. TANYA NICOLE D'SOUZA
20	DR. VENKATESH V KHARALKAR
21	DR. VIJAY NAGAPPA
22	DR. VIVEK NAGAPPA
23	DR. MAHIMA S SHETTY
24	DR. MEGHANA RAO

SL. NO.	COUPLE LIFE MEMBERS
1	DR. SHISHIR M UPADYA & DR. AISHWARYA SUDHAKAR
2	DR. JASON GLEN I D'SOUZA & DR. NEHA KAREN FERNANDES
3	DR. DEEPAK SURAPARAJU & DR. AARTI DEEPAK

SCHEDULED UPCOMING ACTIVITIES

SL. NO.	DATE	PROGRAMMES
1	04 th Oct 2025	BASIC LIFE TRAINING FOR THE DEPENDENTS AND CARE TAKERS OF MENTALLY RETARDED CHILDREN
2	09 TH OCT 2025	AWARENESS ABOUT INFERTILITY MANAGEMENT AND IVF
3	12 TH OCT 2025	DR. M V SHETTY CHOWDAIAH MEMORIAL CRICKET TOURNAMENT 2025 AND WOMENS THROWBALL TOURNAMENT
4	16 TH OCT 2025	EYE CHECKUP, TREATMENT AND EYE DONATION CAMP
5	30 TH OCT 2025	LATE DR. K R KINI ORATION