Indian Medical Association

MAHARASHTRA STATE

REGISTERED UNDER BOMBAY PUBLIC TRUST ACT 1950, NO. 1—166 (PUNE)
MA Mumbai West Building, 2nd Floor, J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu Mumbai- 400 049
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Web site imamaharashtrastate.org Time : 10.30am - 5.30 pm

May 2010

INDIAN MEDICAL ASSOCIATION PRAYER

May everybody be happy
May every one of us see to it
That nobody suffers from
Any pain or sorrow
I do not ask for crown
Nor I wish to be in heaven or reborn
I only want to alleviate the suffering
Of those people who are
Burning in fire of sorrow.

CELEBRATE: 1ST JULY DOCTORS’ DAY
JOIN, BLOOD DONATION DRIVE on
4TH JULY 2010, SUNDAY IN MAHARASHTRA STATE

Pl check the details of the joint event
IMA MAHARASHTRA STATE &
State blood transfusion council
President pens

Dear Members

Season greetings & Namaskar.

Recently we celebrated 50 years of Maharashtra State Suvarna Utsav on 1st May 2010.

It was a grant event celebrated by all major political parties nothing to criticize, but it appears that each party wanted to get political mileage the people would have appreciated if all parties would have come together in different parts of Maharashtra, we would have saved lot of energy, money & time, as our state has progress our IMA MS branch has also done lot of progress we are the one of the biggest branch in India & our membership has touch almost 25,000 members the other state which are smaller but carry out lot of activities & their representation more than ours.

We should come together & show our strength

We could not publish E-news letter in month of April due to unavoidable circumstances, but we will publish on regular basis now onwards many things have taken place in last two months, namely,

1) Maharashtra government has converted (passed) ordinance on assault on doctor into law, all of us gets compliments & credit by putting lot of efforts & struggle but some time our responsibility also has increased. We also should devote more time & should show more transparency to the patient & relatives. All the branches president/secretary should submit the copy of rule to local police station. Dr. Vasant Pawar, MLC from Nasik & Dr. Tambe MLC from Sangamner has helped to pass this ordinance, we are thankful to both of them.

2) MMC has notified for accreditation of CME lectures. The details have been already circulated to all the branches of Maharashtra IMA MS.

3) We had very informative & educative workshop on code of Medical Ethics, conducted on 28th March, wherein all prominent speakers expressed their opinion.

4) We propose to have elocution competition for medical student from all medical college of Maharashtra state on 18th July at IMA Mumbai west building.

5) We have convened the 1st meeting of region wise president & secretary of the branches in and around Mumbai on 16th May 2010, at IMA Mumbai west

6) Proposed seminar on disaster management.

IMA MAHARASHTRA STATE eNEWS LETTER MAY 2010
All members should take active participant in IMA activity of their own branches, devote some time for IMA (for medical fraternity) & start activity for senior citizens. Please feel free to contact me or our honorary secretary for any query or help.

With regards & best wishes

JAI IMA

Yours sincerely

Dr. B. S. Mehta

(President IMA branch MS)

CELEBRATE: 1ST JULY DOCTORS’ DAY

JOIN BLOOD DONATION DRIVE

Joint IMA MAHARASHTRA STATE & State blood transfusion council

MAKE DOCTORS DAY MEANINGFUL
HON. STATE SECRETARY’S MESSAGE

Dear friends,

We are sending you this E-News after two months, as our hands were full of activities. We had the first State Executive Meeting on March 7, 2010. On this occasion we released the first issue of MAHIMA which was fully sponsored. On March 13 & 14, 2010 the President and myself gave a power point presentation at IMAHQ, Delhi enumerating the various activities of IMAMS and its future plans. On March 20 & 21, 2010 we had a very successful state level RNTCP workshop at Mahabaleshwar. This was followed by an excellent interactive workshop on Code of Medical Ethics on March 28, 2010 and IMPACT RNTCP program with consultants and family physicians on April 3 & 4, 2010. In March 2010, IMA branches in Mumbai started medical examination of the entire police force in Mumbai. This is a survey to find out the health status of the police force in Mumbai.

The Membership Promotion Drive in the month of March was fantastic as from April 1, 2010 HFC increased by about 25%. IMAMS made 973 new members in the month of March. Majority of branches made good number of members, and our IMA, Maharashtra State’s membership rose to about 24,000.

The Assault on Doctors bill was passed in Vidhan Parishad on April 23, 2010. Now it has become a law. Any assault on doctors or para medical person is a non bailable offence and if any property damaged the assailant has to pay double the amount.

The MMC started its Accreditation program whereby any major medical association who has experience in conducting CME can apply for it. Every medical graduate/post graduate has to be recertified every 5 years. This is a very good opportunity to make more members as recertification is compulsory every 5 years and IMA being a centre to conduct these courses. We have written to all IMA branches in Maharashtra to apply for accreditation.

The Clinical Establishment Bill is passed and it includes even one doctor clinic without beds. The details of this bill will be sent to you subsequently. IMA CGP HQ has signed a MOU with Royal College of G.P. London at Chennai to conduct MRCGP (International) in India. This will enable the general practitioners of our country to appear for both part I and part II MRCGP in India at Chennai. The preparative continuing medical education program for this post graduate degree in family medicine reciprocally recognized by MCI can be organized at each State through your CGP faculty. IMA CGP HQ has also started post graduate diploma in Emergency Medicine, a joint venture of George Washington University of USA and College of GP,
IMA. Here too, apart from the online and multimedia coaching, mandatory three days hands-on training can be organized by recognized centers in each State. Empanelment application is available on IMA CGP HQ website.

The power engine of IMA, MS is moving in full steam with a flurry of programs. We are having president-secretary meeting of neighboring IMA branches on May 16, 2010 in Mumbai. We are planning to have a massive blood donation drive along with the voluntary blood donation council of Maharashtra, in all districts of Maharashtra on July 4, 2010 (being the 1st Sunday after Doctors’ Day). Following this we are having Inter Collegiate Elocution Program on July 18, 2010 and later Disaster Management Program.

For any help regarding IMA matters kindly contact me or the office bearers of IMA, MS

DR. HOZIE KAPADIA
Hon. State Secretary
IMA, MS
Dear Friends

We are jointly organising state wise BLOOD DONATION DRIVE on 4th July 2010 on the occasion of DOCTORS’ DAY.

We have sent letters to the entire branch President and Hon Secretaries for the same.

State Blood Transfusion Council has accepted our proposal to collect the blood from all the camps.

Once we get your willingness to arrange the camp the details shall be worked out.

We shall also try and arrange the meetings at various district places so that the exact plan can be worked out.

All the branches can take help of local other NGO’s like ‘Rotary’, ‘Lions’ organizations or other medical associations.

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<tr>
<th>Do something amazing today. Save a life. Give blood!</th>
<th>Do you feel you don’t have much to offer? You have the most precious resource of all: the ability to save a life by donating blood! Help share this invaluable gift with someone in need.</th>
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<tr>
<td>Give the gift that costs nothing to give.</td>
<td>Feel like you’re low on supplies? But you’re rich in the most precious resource of all: blood and the gift of life. If you’re a blood donor, you’re a hero to someone, somewhere, who received your gracious gift of life.</td>
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<td>We need each other. Please give blood.</td>
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<td>Every drop counts. Give blood today!</td>
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<td>It’s in your blood to help save a life.</td>
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<td>Blood donors are special people.</td>
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<td>From me to you—a gift of life.</td>
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<td>Donate blood, start young.</td>
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<td>Life is precious. Be a life-saver. Give blood!</td>
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<td>Blood. It’s in you to give.</td>
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<td>Accidents and medical emergencies don’t take holidays—we need blood every minute, every day of the year.</td>
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<td>Blood costs nothing to give yet is</td>
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Good blood helps sick people get better.

Strong communities are built on safe blood.

We need what you’ve got! Give blood.

Share life. Donate blood.

Give blood—stay healthy.

When you give blood, you’ll be doing...
more valuable than any other resource on earth. Don’t let the blood center run dry!

The blood you donate gives someone another chance at life. One day that someone may be a close relative, a friend, a loved one—or even you.

one of the most amazing things anybody could dream of—saving a life.

Give blood today. It may be a member of your family or a friend who needs this precious resource next.

To give blood is an honor for youth…become a regular volunteer blood donor.

Tips on Blood Donating

Please have a good meal at least 3 hours before donating blood.

Please accept the snacks offered to you after the donation, it is vital you have them. You are recommended to have a good meal later.

Please avoid smoking on the day before donating. You can smoke 3 hours after donation.

You will not be eligible to donate blood if you have consumed alcohol 48 hours before donation.

Misconception about Donating Blood

You won’t feel drained or tired if you continue to drink fluids and have a good meal.

You can resume your normal activities after donating blood, though you are asked to refrain from exercise or heavy weight lifting for twelve hours after donation.

Donating blood will not leave you low of blood; in fact you will still have surplus blood after the donation.

If you choose to consume alcohol, you can on the next day.

While donating blood you will not feel any pain.

You will not faint or feel uncomfortable after donating blood. This is a common misconception.

You will not get AIDS if you donate blood.

Patients are just like donors - most of them have common blood types. Because your blood type is common, the demand for that type is greater
than for rare types. So, even if your blood type is common there is still a requirement.

Blood donors donate blood and do not sell it.

### Blood facts

- Blood fights against infection and helps heal wounds, keeping you healthy.
- Blood makes up about 7% of your body’s weight.
- A newborn baby has about one cup of blood in his or her body.
- White blood cells are the body’s primary defense against infection.
- Granulocytes, a type of white blood cell, roll along blood vessel walls to search and destroy bacteria.
- Red blood cells carry oxygen to the body’s organs and tissue.
- There are about one billion red blood cells in two to three drops of blood.
- Red blood cells live about 120 days in the circulatory system.
- Platelets help blood to clot and give those with leukemia and other cancers a chance to live.
- Apheresis is a special kind of blood donation that allows a donor to give specific blood components, such as platelets.
- If all blood donors gave 2 to 4 times a year, it would help prevent all blood shortages.
- The fear of Blood is called Hemophobia or Hematophobia. Common symptoms of this fear are nausea, fear of dying, sweating, dry mouth, etc. It only takes a realization to overcome it.

DR ANIL SUCHAK     DR JAYESH LELE        DR AKIL CONTRACTOR
VICE PRESIDENT    HON JT SECRETARY            DIR CGP
CO-ORDINATORS

DR RAJENDRA CHAUHAN
CONVENER

IMA MAHARASHTRA STATE &
STATE BLOOD TRANSFUSION COUNCIL
JOINTLY ORGANISED IN ENTIRE STATE