

Doctors are under stress



The GRASP

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Dr. Kritika Doshi **Editorial**

Preventive Healthcare and Doctors

Dear Friends,

Wishing you have a great 2024- we are now in the end of the term of team AMC 2023-24 and this is the last issue from this team.

We are now witnessing a resurgence of India's glory and are the cynosure of the whole world. However, as the country is marching ahead economically, on the health front, India is becoming unhealthier. We are the diabetic capital of the world and have an increasing population affected by respiratory diseases due to the poor environment status!

Post the Covid-19 pandemic, the world had realized the necessity of being healthy and following preventive measures for prevention as well as early detection of diseases.

However, media has contorted the definition of health and the portrayal of health by the healthcare industry often emphasizes quick fixes and treatments over preventative measures. This approach neglects the importance of holistic well-being and patient education.

Ready to eat processed food is advertised as being 'healthy' and uninformed households switch to ready to eat 'healthy options' over simple home cooked meals. Media often glamorizes extreme body standards like 'size 0', promoting unrealistic ideals of beauty and health where physical appearance is often prioritized over holistic well-being, fostering insecurity and dissatisfaction. Cosmetic surgery advertisements further perpetuate unrealistic beauty standards, impacting mental health. In the quest to fit in the glamorized idea of beauty and size, many impressionable people become undernourished and succumb to lifestyle, musculoskeletal and mental issues. The importance of mental and emotional well-being is an undisputable essential aspect of good health but the healthcare industry fails to address the interconnectedness of mind, body, and spirit in achieving true health!

It perpetuates a culture of dependency on medications rather than promoting lifestyle changes. Shifting focus towards preventive care and empowering individuals to take charge of their health is crucial. True healthcare reform should prioritize long-term health outcomes over short-term profits.

There is an urgency for improving preventive healthcare at rural and grass-root levels. The term "Preventive health check-up" needs to be changed to "Early Disease Check-up" – many who undergo preventive health checks are led to believe they are "healthy". As doctors, we know that the body responds differently under stress and under controlled, safe conditions. Are we not morally wrong in promoting these "health check-ups"?

Doctors themselves are victims of living unhealthy lifestyles with stress as a constant companion. We need to turn to a holistic lifestyle to maintain our health. Yoga has a solution to many of today's lifestyle problems and I encourage all of you to take advantage of this easily available resource.

Dr Lalit Kapoor has highlighted the professional stress associated with a medicolegal case. Dr Suganthi has highlighted how trusting and naive doctors are while dealing with patients – this can be catastrophic and stressful!

Dr Arun Gulani, Dr Alok Modi and Dr Ritesh Agarwal have contributed relevant articles for today's practice.

I hope you enjoy this issue of "**The GRASP**".

Signing off as Editor and wishing you all good health.

Warm Regards,
Dr Kritika Doshi

ASSOCIATION OF MEDICAL CONSULTANTS MEMBERSHIP

14511 Total Membership of the Association

10385 Members under professional Indemnity Scheme of AMC

4929 Persons (Members & Family) under H&A Scheme

1567 Members under CBS Scheme





Dr. Ashok Shukla President

My Dear Fellow AMC members,

As I pen down my last address in The Grasp as the President of our august association, I would at the very outset like to thank all of you for the support extended to us throughout the year.

AMC is an Association with Mission and Commitment.

MISSION: To guide, steer, motivate and hold hands of every practicing Consultant in order to fulfil his medical, ethical and social responsibilities & duties fearlessly and endorse an all-encompassing medical education structure, to achieve safe and qualitative healthcare delivery in coordination with other stakeholders of healthcare system.

VISION: To promote professional solidarity and initiate path-breaking healthcare policy reforms and enable doctors to excel in ethical practice & patient care in pursuit of a harmonious doctor-patient relationship.

We tried our best to highlight and offer solutions to all the important day to day problems faced by consultants like MPCB, Violence against doctors, Maharashtra Nursing Home Registration etc. The EMERGENCY RESPOSE SERVICE 24X7 customised service for AMC members committed to reach AMC member in need for help within 9-16 mins was well appreciated by the members.

Maharashtra Nursing Home Rules 2021 made difficulties in getting renewal of our members Nursing home C form. In stake holders' meeting, AMC raised objections on implementation of structural requirements retrospectively as it is near to impossible for nursing home to make such changes as maximum small and medium size nursing home exists in housing societies. We also insisted that whatever earlier suggestions we had given, they should be considered. The government officials were receptive and positive.

The Supreme court in a PIL filed before it has indicated that it plans to compel the government to fix a range of standard charges for all medical procedures. AMC medicolegal cell has taken the initiative to consult senior Counsels in the supreme court and we will either file a separate petition or intervene in this PIL.

However, it is not only the Doctor's issue which are highlighted by AMC but also other issues related to public health such as environmental issues, organ and blood donations. First aid workshops and medical camps & public awareness lectures were also conducted by AMC from time to time. This year's Theme was Developing Doctors Dimensions (DDD) - we conducted various zonal programs and webinar series for the same. Detail report would be in the annual report.

I would like to thank my whole Team for standing with me and supporting every activity in making it successful; and Trust board and all seniors for guiding us throughout. We had a successful AMCON this year because of team work each and every MCM member contributed and participated details in PCC report.

I would like to thank the GRASP editor Dr Kritika Doshi and the Editorial Board for excellent work, very informative articles with nice Title and attractive front page, the newspaper article ,many new members have contributed their articles this year.

LONG LIVE AMC

Dr. Ashok Shukla | President | 9322270961





Dr. Vikrant Desai Hon. Secretary

Dear AMC Friends,

Warm greetings to all of you!

It has been a great year throughout. We had many activities in various fronts. It has been a 360 degree approach this year taking health, education, finance and group activities in account. The flagship programs of AMC i.e. the Doctor's Day celebration, AMCON- FAMCICON and the ITCON were appreciated by everyone and have also set a new benchmark. We had our nurses training program and many CMEs on Medicolegal and cancer updates. To beat diabetes and organ donation awareness Cyclathon was held this year with many enthusiasts participating since early morning.

Our new Office had a very cordial atmosphere ensuring flawless work and high productivity. There was a satisfactory coordination between the staff members and most of the queries by members were almost immediately sorted out.

Appreciable work done by all the AMC cells with lot of efforts put in by the cell committee ensuring the best for our members. The level of commitment and hardwork put in by the team is evidently contributing for the growth of AMC.

Success of any team is ensured when the members work in tandem and harmony. The team this year under the able leadership of President Dr.Ashok Shukla has been able to perform with full potential due to free hand and strong bonding with each other.

As the year comes to an end, I wish to thank the President, the trustees, the office bearers and all the managing committee members for standing strong with me in the endeavour to do the best for the organisation. This would not have possible without the support and guidance from seniors. I am also thankful to each and every member of AMC to have shown faith in me by giving this opportunity to work in the prestigious and responsible capacity as a secretary. It has been an honour to serve AMC and will continue doing so whenever entrusted with any work opportunity.

Thank you

Dr. Vikrant Desai

Hon. Secretary AMC



Dr. Lalit Kapoor

Advisor - Medicolegal Cell,
President - FAMC, Director,
AMC India

MEDICO-LEGAL STRESS SYNDROME (MLSS): Managing a largely ignored condition

Very few of us are aware of the existence and increasing incidence of this well-defined syndrome--MLSS. It is time we recognize it, analyse it and do everything in our power to mitigate and manage it effectively. In the USA, it is referred to as MMSS viz. Medical Malpractice Stress Syndrome. I am averse to using the word 'malpractice' as it connotes 'wrong-doing' and 'guilt' which is 'alleged' and not proven and hence prefer the more generic term -'medico-legal'.

MLSS refers to a set of symptoms common among those doctors facing medico-legal problems including legal notices from patients alleging negligence in treatment ; facing cases before Consumer Forums for compensation;; complaints before Medical Councils ; Police enquiries leading to criminal prosecution ; patient aggression and so on.It includes the impact on the family of the doctor as well.

We are all aware of the exponential rise of medical litigation in the last decade especially after the medical profession was brought under the purview of the Consumer Protection Act. The justified need for accountability of doctors got carried to an extreme and over a period of time transformed into hostility against doctors. As a result, most doctors developed a sense of insecurity and a sense of vulnerability to unfounded allegations of negligence by patients. Large awards of compensation by courts aggravated the situation further.

Though facing a malpractice litigation is now being considered a predictable hazard of medical practice, most doctors are ill-prepared to deal with the devastating psychological effects of such a situation especially when an unexpected outcome, especially, unanticipated death occurs in a patient.

Allegations of malpractice are uniquely stressful to doctors because they are perceived as an assault on their competence and integrity and strike at the core of their self-image and self-esteem, especially those who may have spent a life-time in impacting the lives of their patients who come to them for treatment.They may be extremely traumatic regardless of whether or not the allegations have merit. The emotional turmoil can be debilitating

Allegations of malpractice and legal notice from a patient can trigger off emotional reactions in the recipient which may range from shock, anger, anxiety; denial, frustration and even guilt.

Michael H. Gendel, Medical Director of the Colorado Physician Health Program, sums up the situation beautifully in the newsletter of the CPHP:



“Among the stressful aspects of a malpractice suit is the unalterable and disturbing fact that one of our patients believes that we harmed him or her .Even in cases of a clear bad outcome, the physician may or may not have erred in providing treatment, but regardless of fault we usually feel guilty. If sued we start receiving documents that refer to us as “defendants”. And list the harmful things that we are accused of doing or failing to do. Many doctors feel stricken to see their names associated with such accusations, even if they recognize the hyperbole and stylizing of the language. Our self esteem is painfully punctured.

When we are sued for malpractice our professional integrity is shaken. We feel unsafe, and we may dread going to work. Without understanding why, we may feel ashamed. Self-confidence may suffer, and regardless of the facts, we may question our competence and assume our fellow-professionals will question as well. We may feel betrayed and wonder if we can trust any patient”

In the US one study revealed that 95 % of doctors reported significant emotional or physical reactions to being sued. Being a close witness to hundreds of such situations involving colleagues who have unfortunately got caught up in a medico-legal tangle, I can corroborate the observations of Michael H. Gendel, and confirm that the impact of medico-legal problems on individual doctors is no different here in India. I can vouch for the same, having personally faced such situations in a couple of cases of patient aggression with threats to sue and a legal notice as well on one occasion. Those who have faced similar problems will, I am sure, confirm the above observations.

Undoubtedly , the stress may continue long after the conclusion of the case even if the doctor was exonerated by the court. Facing a litigation is thus a no-win situation for the doctor i.e. the trial itself is the punishment , no matter the outcome of the case.

Classically, the syndrome includes the following symptoms, though not all are necessarily present in each and every case:

Symptoms: **Mental:** Anger, outrage, excessive worry , frustration, distrust, negative self-image, depression, grief for the patient involved, Apathy, decreased interest in recreation/work, sense of having been assaulted , fear of being sued , fear of financial losses and loss of professional reputation. **Physical:** Fatigue, inability to concentrate, insomnia, loss of sex drive , alcohol consumption or drug use , anorexia , GI symptoms.

While most cases can be handled with effective stress management, a few are known to progress to extreme levels. I know of a Physician who was so terrified following litigation that he stopped treating indoor patients and would only treat outdoor patients. I know of a surgeon who stopped doing surgery for several months and of course there was this Gynec-surgeon couple who ended up in divorce following prolonged litigation in an a malpractice case which was decided against them .Cases of practice-disruption following a traumatic litigation are frequent. I also know of at least 2 cases , both of whom were AMC members, in which extreme depression led to physical self-harm.

It is extremely important for a doctor facing any medico-legal problem to be able to discuss it with some of his own colleagues, preferably those who have developed adequate know-how of such matters. Many years ago AMC identified the non-existence of a support system for a member who had to deal with the profound stress of patients challenging their competence and alleging negligence. Quite literally, they had no one to turn to and were left to fend for themselves. In fact, I remember the days when most doctors were very secretive about the whole thing and sometimes, even did not let their family members know and very few even sought the moral support of their peers! Such was the feeling of shame and guilt and sense of stigma.



It was very clear thus that we needed to create a support system to help the doctor to face the attendant problems and minimize, if not eliminate the stress and improve the eventual outcome.

Accordingly, almost 35 years ago, a Medico-Legal Cell was constituted by AMC to spear-head this "support system" dedicated to the affected member. The comprehensive assistance integrated professional indemnity insurance through a tailor-made group insurance closely monitored by AMC, 24x 7 helpline, and generated a feeling in the member that he could share his fears and concerns (many times 'imaginary') and find answers to his queries.

Dos and Don'ts for colleagues of the affected doctor:

- Empathise with him or her. Hindsight is always 6/6. The chain of events could have occurred with you as well. Hence don't be judgmental. Offer whatever help you can. Merely doing that can also provide comfort.
- Offer to scan the literature and provide him/her with reference which could possibly help defend the case.
- In case supporting affidavit is required to show that there was no deviation in the standard of care, do not hesitate to give the same. Especially in consumer courts you are extremely unlikely to be summoned to the court for cross examination.
- In case you detect symptoms or signs of MLSS, as listed above, help him or her to meet a counselor.

It is true that only a fraction of what needs to be done is currently on offer to members and we need to do much more to handle the Medico Legal Stress Syndrome affecting the member.

Firstly, we at AMC propose to survey the extent of the problem and the incidence by getting reactions from affected members and collating the data.

Secondly, it will be our aim to establish self-help groups to make available advice from members who have faced similar problems so as to provide psychological, emotional and social support and develop mechanisms to cope up with the impact of the crisis. The efficient handling of the original problem with appropriate logistic support obviously ought to be central to the efforts. Family members could be part of the group. It is equally important to understand the trauma which the spouse and members of the family undergo and they have to be considered when trying to manage the problem. The members of the family too get involved –and in some cases even more than the doctor. Hence, management efforts must include the family. Sharing experiences could be a source of strength and hope. Essentially, the self-help group conveys to the affected doctor: "Others have gone through the same thing you're going through, and they've survived and "so can you!"

The group would also help the doctor to counteract negative feelings by reminding him that litigation is about 'compensation' and not 'competence' and as a lawyer advised: "Don't take this accusation personally, it is a professional hazard and the cost of doing business!"

In conclusion, Medico-legal Stress Syndrome must be pre-empted as far as possible by providing maximum support to a member who may have a potential to develop it and mechanisms to cope with the problem should be provided by our Association.

I have always believed and said it several times that if an Association does not help a member at the time of his time of his most traumatic situation, it is not worth the paper on which its Constitution is written.

Dr. Lalit Kapoor (email drlalitprabha@gmail.com)





Dr. Ritesh Agrawal

MCh
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Second Opinion and Current Practice

We regularly come across the news about conflicts between doctors and the patients. Most of the times patients are not able to accept the harsh realities of their diseases and the treatments offered. Then starts a vicious cycle of mistrust.

Its quite common that patients go to the other doctor for confirmation and verification whether the first doctor had said and prescribed is correct or not.

This tendency of taking a Second Opinion is increasing day by day and is good overall also in one aspect.

If the first doctor has prescribed the best treatment option, and Second Opinion validates his decision, it develops a confidence in the patient and their relatives about their doctors.

Nowadays many portals are available for giving this Second Opinion, most of them still in Western world as usual. In fact, the first doctor whose opinion was getting tested should not get annoyed if patients have taken Second Opinion.

Rather, we as a treating doctor must admit the fact that this Second Opinion is a reality and will be implied by many patients within next decade, even for the most known consultants in their respective specialties.

Paradigms of Clinical Practice are changing and we have to tailor ourselves as per the current scenario. Those who accept the fact will cherish otherwise perish.

Few observations and suggestions in this changing scenario:

- Never hesitate to do proper investigations, no matter what they cost, after all its matter of proper treatment and cure of disease. (Most of my patients spend more than Rs. 20,000 for their presurgical workup, sometimes much more and in few more than Rs. 50,000 is needed. I remember one patient who spend Rs. 1.5 Lakhs just on investigations; but all that is necessary for the patient; it helped me in selecting the best treatment approach which ultimately benefits the patient only).
- Do not apply shortcuts to treat. Clinical Practice is changing and accept this fact. It is more evidence based now. Courts also see evidence and do not rely on your clinical judgement alone mostly anymore. Hence, gather evidence first (by proper workup) and then treat.
- Give the best treatment opinion to the patient. It is actually the right of the patient. Also, it is again the patient's right to go to the other doctor and take a Second Opinion. If you had offered the best opinion, the next consultant giving a Second Opinion has to give the same one only. This builds up the trust of patient in you.

- Attain maximum knowledge and skills in your specialty or subject of interest so that whatever opinion you give shall be final and no one shall be able to oppose it.
- Accept the fact that your opinion may be countered by some other person. That's perfectly fine. Let it be, there shall be no place for ego when we prescribe and we have to accept this reality.
- While offering any treatment option to the patient, consider yourself sitting at the place of the patient, and think someone else is prescribing you. If you expect the best prescription, same must be done with the patient. Your opinion will never fail.
- The business of Second Opinion will boom in our own country in next decade or so, some famous hospitals have already started this. Few startups are working in this field. Hence, accept this reality and its better to mould with time.

PS: It is a common scenario for me that my patients take a second opinion, mostly international patients as is a rule from their employer companies, many of the times this second opinion comes from renowned institutes like Harvard etc., and they validate my opinion. It develops confidence in the patient too.

Thanks to everyone

Dr. Ritesh Agrawal

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Dr. Suganthi Iyer Director (Legal & Medical)
Hinduja Hospital

MISCHIEF BY EMBRYOLOGIST - LIABILITY OF ART CLINIC

In our country mushrooming of ART centres has led to incorrect treatment of the innocent infertile couples. The specialist requires a correct knowledge about the physiology of ovulation as well as reproductive gynaecology. Routine gynaecologists without having in-depth knowledge, using incorrect protocols may be harmful. One must realise that the infertility patients are stressed both emotionally as well as financially. The instant complaint involves many burning issues like medical ethics, unfair practices and misleading advertisement. ART Clinics and ART Banks carry the liability of the doctors, nurses, embryologists and staff of the IVF Laboratory as is illustrated in the case below.

III(2023)CPJ 391 NC—P Tandon & Anr. Vs BG Hospital & Ors.

Complaint:

Priyanka and Dinesh Tandon approached BG Hospital in September 2008 for ICSI which was done in October 2008. Thereafter, embryo transfer was done. Pregnancy was confirmed in November 2008 and she gave birth to female twins in June 2009. The blood group of the twins was AB+ve which was not a possible outcome as the blood group of the mother was B+ve and that of the father was O-ve. Paternity test (DNA profile) was conducted at Centre for Cellular and Molecular Biology (CCMB), Hyderabad which revealed that the Complainant No.2 was not the biological father of the twins. Hence, consumer complaint was filed for Rs.2 Crores as compensation for alleged negligence which created emotional stress, family discord and fear of genetically inherited diseases, etc.

Proceedings:

The hospital was taking care of the infrastructure like the IVF Laboratory, Operation Theatre and also the expenses of the doctors, technicians, embryologist, nursing and other staff. The hospital was also responsible for the billing and maintaining the documentation of the patients.

The IVF specialist was entrusted only with the role of extracting the oocytes from the female patients which was handed over to the Embryologist. The semen of the male was also handed over to the Embryologist, who then did the washing, cleaning and the requisites preparation. The washed sperm was labelled after which the oocytes and sperm were left in the incubator. Thus, the mixing could have happened at two stages i.e. the stage of collection of semen or during the storage in incubator before insemination. In the instant case, at the time of collection of semen, one Mr. Gambhir was also present in the IVF Laboratory and in the semen collection room. Therefore, the possibility of alleged mixing done by Mr. Gambhir with the knowledge of the Complainant existed. Thus, **the Complainants were in collusion and connivance with the Embryologist with dishonest and mala fide intention in a pre-planned and syndicated manner.** The Complainants left the hospital without collecting and paying the bill.

Held by the Court:

It was held by the National Commission considering the entirety of the matter that it is a case of "Res Ipsa Loquitur". There was no need to prove negligent acts of any of the opposite parties. It was not a case of error of judgment by the treating doctors. **There was a glaring lapse of the hospital that a third person is allowed in the IVF Lab** during the procedure. This proved that there was no standard procedures followed by the hospital.



The role of Embryologist is crucial in the IVF Department. The process of IVF is a complex process where the ovum is extracted from the female and the partner is required to provide the semen to the Embryologist, who would then perform the cleaning and washings of the sperm which is a complex and scientific process. Subsequently the fertilisation of the ovum with the washed semen is done and later on, the embryo transfer is done. In the instant case, nothing is forth coming as to who was the Embryologist and who did the procedure of the sperm washing and the fertilisation as also the assisting in the embryo transfer.

The genetic link between the parents and the children had been severed. The impact is of social and ethical issues. The negligent acts of the hospital had caused parental confusion for the children and had left the Complainants in the society for giving explanation to the children later in life. There was also great anxiety about the medical history and future genetic disorder and future life style.

It was a case of deceptive and unfair trade practice and indulging in misleading advertisement to allure anxious Infertile couples for ART and adoption of unethical practices. The family would face social stigma and difficulties in future.

It was **held that the hospital and directors are liable for the acts of negligence and unfair trade practices**. As just and adequate compensation, the total **liability on the hospital was 1.5 Crores** to be paid to the Complainants.

Take Home Messages

- ART Clinics and ART Banks carry the liability of the doctors, nurses, embryologists and staff of the IVF Laboratory
- Standard Operating Procedures need to be in place
- Adherence to ART Act, Rules and Regulations

Dr.Suganthi Iyer can be contacted at drsiyerin@yahoo.co.in

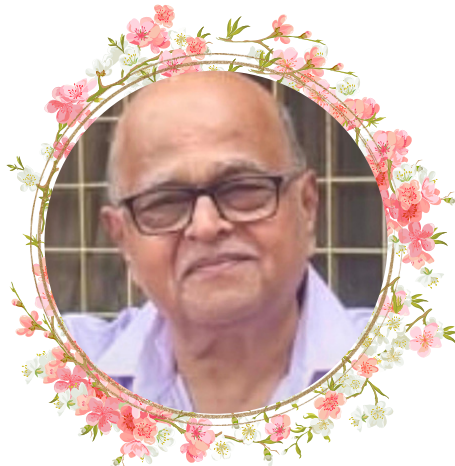
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Dr. Arun C. Gulani M.D., M.S., F.A.A.O.,
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Advances in Eyecare

Recent advances in eye care signify an era of unparalleled innovation, steering the field toward more precise diagnostics, effective treatments, and inclusive healthcare delivery. The integration of cutting-edge technologies, novel therapies, and preventive strategies is not only reshaping the landscape of ophthalmology but also offering new hope and enhanced quality of life for patients with various eye conditions.

For ease of reading, I am categorizing the advances that are pioneering a bright future for eye care.

Technological Advancements in Eye Care

The advent of teleophthalmology has been a game-changer, particularly for remote and underserved communities. This technology leverages the power of digital communication to offer eye care services, breaking down geographical barriers and ensuring that expert consultation and diagnostic services are more accessible. Teleophthalmology facilitates timely interventions, significantly reducing the risk of vision loss due to delayed treatment.

Artificial Intelligence (AI) stands at the forefront of this technological revolution. AI's capability to analyze vast amounts of imaging data with superior accuracy is transforming the early detection of eye diseases. Conditions such as diabetic retinopathy, glaucoma, and age-related macular degeneration (AMD) can now be identified sooner, allowing for interventions that can prevent progression and preserve vision. Machine learning algorithms, through their analysis of patterns within data, are enabling personalized treatment plans, tailored to the specific needs and risks of individual patients.

Furthermore, advancements in imaging techniques like Optical Coherence Tomography (OCT) and ultra-wide field imaging are providing unprecedented views of the eye's structure. These technologies offer detailed insights into the retina and other ocular tissues, facilitating the early identification of diseases and effective monitoring of treatment responses.

Surgical Advances

The refinement of LASIK surgery techniques, including wavefront-guided and topography-guided LASIK, and No-Cut, No-Blade, LaZrPlastique® has significantly improved the procedure's safety and efficacy. Patients now have a higher probability of achieving 20/20 vision or better, with reduced risks and complications.

Corneal conditions like Keratoconus, Corneal Scars and Irregular Astigmatism including previous surgery like Radial Keratotomy can now be addressed with least interventional Corneoplastique® techniques.

In the realm of cataract surgery, the use of femtosecond lasers and advanced intraocular lenses has markedly improved recovery times and visual results. Further, artistically custom-designed LenzOplastique® techniques make cataract surgery one of the most successful and commonly performed surgical procedures worldwide.

Robotic-assisted eye surgeries, although still in the early stages of adoption, promise to enhance precision in complex procedures like cataract removal and retinal surgery. By minimizing human error, these robotic systems have the potential to improve surgical outcomes significantly.



Breakthroughs in Treatments and Therapies

Gene therapy emerges as a beacon of hope, especially for those suffering from inherited eye diseases. By targeting the root cause of these conditions, gene therapy aims to correct the genetic abnormalities responsible for diseases like Leber's congenital amaurosis. The potential of this approach extends beyond halting disease progression, offering the possibility of vision restoration, a prospect that was once deemed unattainable.

Stem cell therapy represents another frontier in regenerative medicine, holding promise for the repair or replacement of damaged ocular tissues. This approach is particularly significant for conditions like AMD and corneal disorders, where conventional treatments fall short. The ability to regenerate or repair damaged tissues could dramatically alter the treatment landscape for these diseases.

The evolution of minimally invasive glaucoma surgeries (MIGS) has provided a safer and more effective alternative to traditional surgical methods for managing glaucoma. These procedures significantly reduce intraocular pressure, a key factor in glaucoma progression, with fewer complications and a better overall patient experience.

Innovations in Contact Lenses and Eyewear

Smart contact lenses represent a revolutionary step in vision correction and eye health monitoring. These lenses not only correct refractive errors but also offer the ability to monitor intraocular pressure and glucose levels continuously. This innovation is particularly beneficial for patients with conditions like glaucoma and diabetes, offering a novel approach to disease management.

Adaptive lens technology introduces eyewear capable of real-time focus adjustment. This advancement addresses the dynamic visual needs of users, especially as they age, providing seamless clarity across different distances and activities.

Preventive Measures and Public Health Initiatives

A growing emphasis on early detection and the role of preventive measures underscores the importance of regular eye exams. The development and use of mobile applications for eye health are making it easier for individuals to monitor their vision and seek professional advice promptly. Public health initiatives aimed at raising awareness about eye health and encouraging regular screenings are crucial in preventing vision loss and promoting overall ocular well-being.

The recent advances in eye care are pioneering a bright future for patients and practitioners alike. By leveraging technology, embracing innovative treatments, and prioritizing preventive care, the field of ophthalmology is set to offer more effective, efficient, and accessible solutions for eye health challenges. As research and development continue to push the boundaries of what is possible, the vision of a future where eye diseases are effectively managed or even eradicated becomes increasingly attainable.

In summary, the world of eye care is moving at high speed into the future to conquer hitherto unscaled horizons like vision at all distances without glasses, correction of eye surgical complications back to 20/20, and robotic inclusions in surgery, to AI applications in prevention.

About the author:

Dr. Arun Gulani is a world-renowned eye surgeon. Former Chief of Cornea and Refractive Surgery at University of Florida, Faculty at Mid-western University, Chicago; Alicante Spain; UNF, Florida and London, Dr.Gulani is founding President of the Gulani Vision Global Foundation.

He is listed in FORBES (Goldline research) among the Top Ten Laser Vision Surgeons in the USA and is one of the most famous eye surgeons in the world with a global clientele.





Dr. Praveen Gokhale

Tribute to Swatantrya Veer Savarkarji: Marseille diary

As I alighted from the TGV (Le Train à Grande Vitesse), I could not but help wonder, how technology has reduced geographical distances. Places which would take weeks to reach, are now just a matter of few hours apart. The distance of 823 kms from the North of France to the Mediterranean coast was achieved in just over 3 hrs at speeds of 320kmph!

As I alighted, I could not help but admire the heritage structure of St Charles' station and its magnificent Greco Roman facade. It was the staging point for further travel into Europe from African colonies. Ships from all over Northern Europe docked at Marseille for further travel to African ports or through the Suez Canal to India. Once the colonies became independent, Marseille lost its' prominence.

More of that later; the important point is why was I in Marseille?

Though situated on the Mediterranean coast, it was considered as a backwater of France- gritty and stubborn. Tourists are rediscovering it as it metamorphoses into a tourist destination.

I was in Marseille to enjoy its ambience and also, I was here to discover an old Indian connection to Marseille: an event that happened in 1910 and shook the foundations of British empire.

Can you guess what is the connection????

On 1st July 1910, a British ship- SS Morea sailed from British waters and on 7th July 1910 docked into the port of Marseille- La Joliette port 2C. It was carrying a precious 'cargo' a prisoner named Vinayak Damodar Sawarkar.

On 8th July, at 6 am, Sawarkar made his stand - A bold attempt to escape through the porthole of SS Morea into the cold sea water was successful. After surviving the dive in an awkward position, he took on the wet dock walls. He successfully clambered up the 9 feet wall and started running. This alerted his two Indian guards who set off in hot pursuit and officers started firing from the bow of the ship. He ran 400 meters dressed only in a loin cloth, crossed railway tracks when a French gendarme caught hold of him. It was a calculated move as Britain and France were at loggerheads. He demanded to be taken to a Magistrate as he was now on French soil. The language barrier proved to be an obstacle and time and fate conspired against him again.

Technically free- a political prisoner in custody of the French sovereign. The British soldiers caught up and outnumbered the gendarme and through deceit took possession of Sawarkar and marched him back to the ship. 30 mins after the British recaptured Sawarkarji, Madame Bhikaji Cama and Krishnaji Verma reached the spot. But it was too late. The matter was hushed up from the British side. They knew that Sawarkar once lost to the French, would turn into a formidable opponent- a thorn in the flesh. In urgency, the SS Morea took to the seas the very next day for Aden and Sawarkar's fate was sealed.

18th July 1910 onwards, due to the efforts of Bhikaji Cama, the local French reporters and the account of the gendarme, the incident turned into a political storm. The French demanded that the political prisoner be handed back to them.

Jean Longuet – the nephew of Karl Marx pleaded Sawarkar's case at the international court of Justice.... (Shades of KulBhushan Jadhav's case) at ICJ The Hague. Sir Winston Churchill - then the British Home Secretary acknowledged that Britain must stand up and respect international law, but he was stoutly opposed.

Unfortunately, this court 112 years ago was different and an Asian man's cause fell through and for all the illegalities, the British remained in possession of Sawarkar. Madame Bhikaji Cama spent a lot of resources to fight Sawarkars' case.

A trial court without jury sentenced Sawarkar to kala pani in 1911. He was taken to Andaman cellular jail and there began another valiant chapter in the life of this brilliant son of our Indian freedom struggle.

At one point all 3 Sawarkar brothers were in prison at same time for the national cause.

As I reached St Cassin outside port 2C, the exact spot from where this drama happened 112 years ago, I had goosebumps.

An Indian escaping from the porthole of a ship on foreign soil, without clothes, without money, without food, no knowledge of any escape route, no knowledge of a foreign language with only a burning desire to free his motherland – I was in tears.

Compared to this, in today's world I cannot travel without a GPS, smartphone, euros or a multicurrency card and good public transport!

Tears welled up as the entire story flashed across my mind. We stood there in silence hands folded in prayer numbed by the very thought that history happened right at this very spot.

But such experiences make us more mature in understanding the complex world. Bhikaji cama, V D Sawarkar and Krishna ji Verma unfurled the first Indian flag on European soil.

Who were these people?

Swatantryaveer Sawarkar, Bhikaji cama, Krishna ji Verma - they were from different backgrounds, different economic language and culture- yet they had a burning desire for a free India.

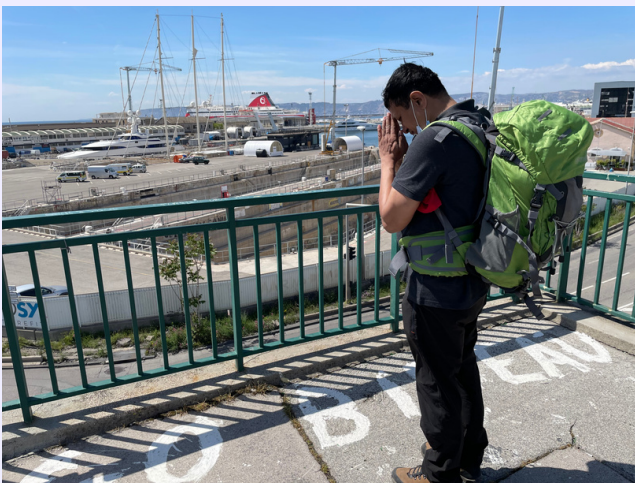
This is a lesson for us all.

Today on 138th birth anniversary year of Swatantryaveer Vinayak Damodar Sawarkar, I pay homage to this great son of India.

Jai Maharashtra
Vande Mataram
Bharatmata ki jai

A small tribute to Sawarkarji: '<https://youtu.be/-Xfcnf4XhGc?si=bwMMPt803thGudZ2>'





AMC PROGRAM COMMITTEE REPORT 2023-24

Nurses training program - Ridhi Vinayak Hospital, Nalasopara West. Sunday 21-5-2023

Attendees 450.

Nurses training program was conducted on Sunday 21st May'23 at Ridhi Vinayak Hospital, Nalasopara West. Convenor was Dr. S. N. Agrawal , Dr. Madhavi Goyal and Dr. Navneet Desai.

Program started at 8.30 AM and was completed at 2.30 pm

Topics covered were Communication skills, Breast examination, Hospital acquired infection, Fire safety, Self defence, Basic Life Support etc. Day to day practices like Telephone etiquettes, handwashing, Catheterization etc were explained.

Doctor faculty consisted of AMC members Dr. Ashok Shukla, Dr R.M. Saraogi, Dr S. N. Agarwal, Dr. Venkat Goyal. Several nursing faculties also contributed.

Total attendance 450 Including delegates, nursing faculty, Doctors, speakers etc.

Several AMC office bearers and managing committee members were present including AMC President Dr. Ashok Shukla, Secretary Dr. Vikrant Desai,

Managing trustee and Chairman social services cell - Dr. Ajit Desai

Zonal director Dr. Rajendra Chauhan, President elect Dr. Vivek Dwivedi, Vice president Dr. Rajendra Nagarkatti,

Area representative Dr. Navneet Desai.

The Program was a grand success.

Reported by:

Dr. Supriya Arwari

Program Committee Chairperson

Association of Medical

Consultants of Mumbai





Physical CME with Panvel Doctors Association - Sansmaran Banquet Hall, New Panvel. Sunday 4-6-2023

Attendees 88. 2 MMC points. AMC in collaboration with Panvel Doctors Association conducted CME Program on Sunday, 4th June, 2023 from 9 am to 3.30 pm at Sansmaran Banquet Hall, New Panvel. Registration was FREE.

Team AMC was led by Dr. Ashok Shukla, President, AMC, Dr. Vikrant Desai, Secretary, AMC and Dr. Supriya Arwari, Program Committee Chair, AMC. The Panvel Doctors Association team was led by Dr. Anand Pawal, President PDA and AMC area representative and Dr. Gopal Lamture, Secretary PDA. Dr. Prakash Patil was Convener. Senior dignitaries of AMC Dr. Lalit Kapoor, President FAMCI, Dr. Ajit Desai, Managing Trustee and Dr. Vivek Dwivedi, President Elect AMC were also present.

The program began with the PCC Dr. Supriya Arwari welcoming the gathering. Dr Anand Pawal, President PDA gave the welcome address and overview of the CME. This was followed by the deliberations as follows

ASSOCIATION OF MEDICAL CONSULTANTS MUMBAI AND PANVEL DOCTORS ASSOCIATION presents **Physical CME Program**

04 JUN Sunday 9.00 am to 3.30 pm

Sansmaran Banquet Hall 102, 103, 104 Neel Enclave, Veer Hospital Building, Sector 9, Khanda Colony, New Panvel - 410 206

Association of Medical Consultants Mumbai		Panvel Doctors Association
Dr. Ashok Shukla President	Dr. Vikrant Desai Hon. Secretary	Dr. Anand Pawal President
Dr. Prakash Patil Convener	Dr. Supriya Arwari Prog. Com. Chairperson	Dr. Gopal Lamture Secretary

ACADEMIC PARTNERS: FINNOVATE, SMS, India Insure, hBits

REGISTER NOW 2 MMC Points click link to register

Time	Topic	Speaker
8.45 am - 9.15 am	Breakfast / Registration	



Dr. Vikrant Desai gave "Health Gyan" in which he spoke about the importance of healthy lifestyle and exercise. This was followed by an amazing discourse by Swami Dr. Yogapratap ji on "Physician Heal Thyself" wherein he elaborated on the benefits of yoga, meditation and pranayam. He gave tips on how yoga can be done by doctors in their daily routine. He gave demonstration of yogic breathing and simple exercises which the mesmerized audience happily emulated.

Next was an eye-opening talk on CPA - what we should know by none other than President Dr. Ashok Shukla. He briefed the audience about the consumer protection act and doctors liability as well as importance of upgrading Professional indemnity on regular basis.

It was then the turn of the Maestro himself, Dr. Lalit Kapoor, President FAMCI. He enlightened the gathering about "Living will", it's meaning, applications and advantages. Then the POCSO Act took centre stage with PCC Dr. Supriya Arwari enumerating the offences covered under the "Prevention of Child Sexual Offences" act and the importance of mandatory reporting on the part of the medical practitioners as well as punishment on failure to do so.

Dr. Shailesh Mohite, Dean Cooper hospital and an authority on Forensic medicine delivered a talk on "Expert committee/ expert opinion". He spoke about how various expert committees are formed, their jurisdiction and powers and when and how they give their expert opinion. He said that he was instrumental in making the authorities aware that the concerned doctor whose case is under consideration should be given a chance to give an explanation.

Next Dr. Rajendra Tiwari, AMC area representative and medico legal expert spoke on 'Medical jousting' and its implications.

The session was rounded off by open forum " Mann ki baat" with President AMC Dr. Ashok Shukla and President elect Dr. Vivek Dwivedi where the audience participated actively. Around 80 delegates attended the program. All sessions were received with great enthusiasm and the program was a grand success.

Reported by:

Dr. Supriya Arwari

Program Committee Chairperson

Association of Medical Consultants of Mumbai





Physical Zonal CME program - Riddhi Vinayak Hospital, Nala Sopara. Sunday 11-6-2023

Attendees 105. 2 MMC points.

Physical CME was conducted under Zonal CME program on Sunday 11 th June 23 at Riddhi Vinayak hospital Nala Sopara from 9 am to 3.30 pm.

Dr. Rajendra Chauhan, Zonal Director and Conveners Dr. B. D. Parsewar and Dr. Sanjay Manjalkar conducted the event.

AMC President Dr. Ashok Shukla spoke about CPA - what we should know, followed by talk on Examination of sexual assault survivor by Dr. Shailesh Mohite, Dean Cooper Hospital and forensic expert. This was followed by informative session on Living will by FAMCI President Dr. Lalit Kapoor following which, Dr. Niranjn Agarwal shared his thoughts on deteriorating Doctor patient relationship. Up next was talk by Dr. Venkat Goyal on ECMO- what's new. Later it was turn of Dr. Rajendra Tiwari to speak about Dealing and reporting print and social media. Dr. Ritesh Agarwal spoke about "My journey through stocks". Later there was panel discussion on Maharashtra Nursing Home Act/ Clinical Establishment Act moderated by Dr. Ashok Shukla and Dr. Sanjay Manjalkar. Panelists: Dr Lalit Kapoor, Dr Niranjn Agarwal, Dr Sudhir Naik.



Dr Sujata Rao, Dr B. D. Parsewar, Dr Rohit Dandavate, Dr Venkat Goyal, Dr Shailesh Barot. It was very informative and interactive session.

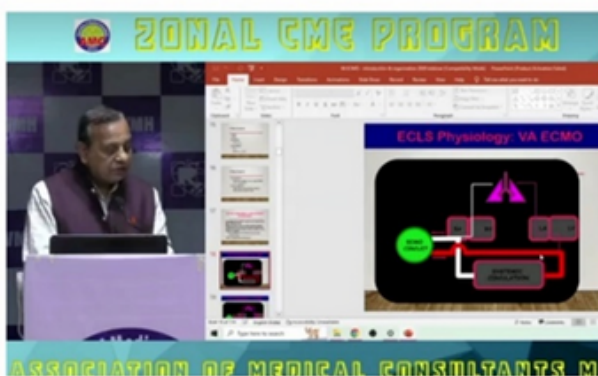
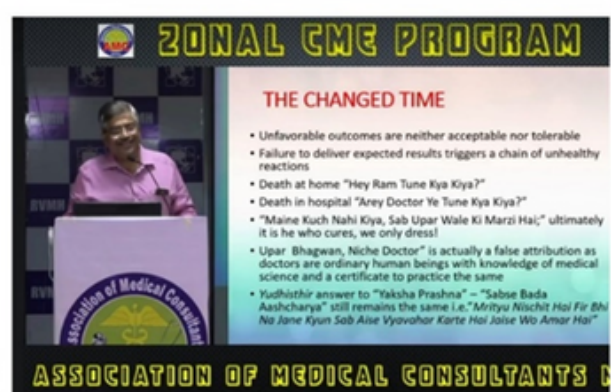
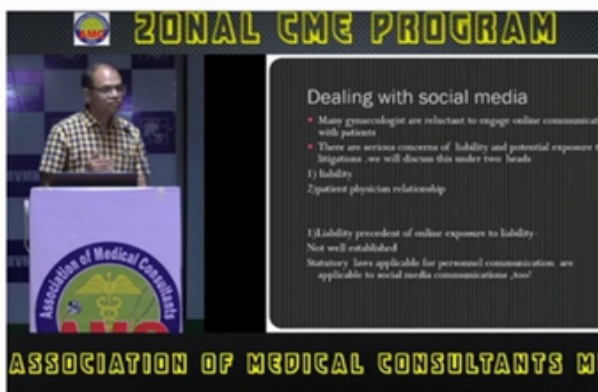
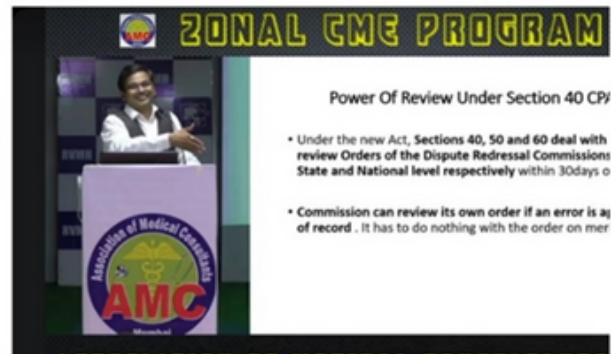
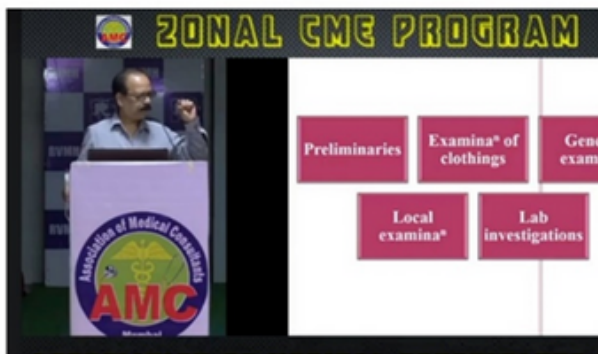
Approx 100 people attended and 2 MMC Points were awarded. Thanks to Dr. Venkat Goyal for hosting the event.

Reported by:

Dr. Supriya Arwari

Program Committee Chairperson

Association of Medical Consultants of Mumbai



Blood Donation Camp – IMA Hall, Sahayog Mandir, Thane. Sunday 2-7-2023

“Give blood, give plasma, share life, share often.”

BLOOD DONATION CAMP was conducted On the Occasion of DOCTORS DAY by Association of Medical consultants of Mumbai (AMC) in association with IMA THANE and ROTARY CLUB OF THANE in collaboration with WAMANRAO OAK Blood Bank on Sunday 2nd JULY 23 from 9 AM To 1 PM at IMA Hall, Sahayog Mandir, Thane.

People assembled there in large numbers and made the drive a successful event.



रक्तदान हेच सर्वश्रेष्ठ दान!!

Voluntary donors, several of whom were doctors turned up in good numbers for a noble cause and total 52 bags of blood were collected.



National Doctors' Day Program - Bharat Ratna Gaansamragyi Lata Mangeshkar Natya Gruha Auditorium, Mira Road East. Sunday 2-7-2023

Attendees 266. AMC Doctors Day Celebration was held on 2nd July 2023, Sunday evening at Bharat Ratna Gaansamragyi Lata Mangeshkar Natya Gruha Auditorium, Near Dahisar Thakur Mall, Mira Road East under the leadership of President Dr. Ashok Shukla.





Due to unavoidable circumstances, the program was delayed and began at 8 pm. Secretary Dr. Vikrant Desai welcomed the gathering and President Dr. Ashok Shukla gave Presidential address. As program began almost 2 & 1/2 hrs behind scheduled time, he declared that Dr. Umesh Oza's felicitation with the Sanjeevani Distinguished Services Award will be postponed to an appropriate time in future. PCC Dr. Supriya Arwari gave an overview of the Doctors Day celebration as an event of the doctors, for the doctors, by the doctors.

The program had an auspicious beginning with the Ganesh Vandana. This was followed by Dance performance by Doctors groups with the Theme of Pride of Maharashtra - Maharashtra chi lokdhara. This was a unique collage of various folk and traditional dances of Maharashtra like Ghanashyam sundara, gondhal, koli nrutya, lavani, festival dance by male members, lezim etc. It was a flurry of colours, talent and emotion which culminated in the traditional Dindi procession which began from within the audience and crescendoed in the patriotic Jai Jai Maharashtra maza. The audience was in raptures and gave a standing ovation. This was followed by a melodious Musical Event by orchestra SARGAM. Dr. Bipin Pandit and group kept the audience captivated by foot tapping numbers and many in the audience joined in shaking a leg. Dr. Veena Pandit anchored the show beautifully.

The program was a great success and appreciated by one and all.



Organ Donation Awareness & Blood Donation drive – Indra Gandhi Memorial Hospital, Mira Road. Sunday 2-7-2023

Attendees 100. Organ donation awareness program was held at the Indra Gandhi memorial hospital, Mira Road in the morning where successful blood donation drive was done. A stall was arranged for organ donation awareness which was visited by all present including blood donors, their family and friends as well as guests. President Dr. Ashok Shukla, Secretary Dr. Vikrant Desai, MC members Dr. Navneet Desai and other AMC members were present.

Also, Organ donation Posters were displayed during the cultural program held at Gansamradni Lata Mangeshkar auditorium to commemorate Doctors Day. More than 100 AMC members attended the program.



Medicolegal CME – Bhakti Vedanta Hospital & Research Centre, Nalasopara. Sunday 6-8-2023

Attendees 171. 2 MMC points. Medicolegal CME was held at Bhakti Vedanta Hospital and Research Centre, Nalasopara from 8 am to 3 pm in association with ISA Borivali.



MEDICOLEGAL CME

6th August Sunday, 8 to 3 pm, Venue- Bhaktivedanta Hospital and Research Centre

TOPICS

Valid Informed Consent	Anaesthesia record paper check by expert committee
Intraoperative failed resuscitation-now what	WHO checklist or Anaesthesia checklist
Police summons in medicolegal negligence complaint	Professional Indemnity
IPC sections affecting Indian Doctors	Standard books or research articles
Liability of hospital owner	Standard line of care
Indemnity for Hospital owners	Physician fitness for surgery
Liability and duty of Team called for help	Role of PAC (Pre-anaesthesia check up)
Validity of ISA guidelines in court of law	Help by Senior colleagues to fight the case
Court proceedings in Medical Negligence complaint	Lawyer from patient's side
Post-mortem report-how it matters	Working with non-allopathic/ non registered surgeons.
Checking Hospital registrations	Any OT guidelines laid down by Government / Law
Preoperative communication	When ICU back up questioned

GUEST INVITE



DCP Avinash Ambure	Dr Lalit Kapoor	Dr Bharati Kondivkar	Dr Bhalkhandra Chikhalikar	Dr Nikhil Datar	Dr Bhosale K N	Dr Vaishali Mohod
Crime Branch MIRA-Bhayander Commissionerate	Founder ML cell AMC	Ex-HOD, Anaesthesia Deptt, JJ Hospital	HOD, Forensic Deptt, JJ Hospital	Medical Director Cloudnine Hospital	CVTS Surgeon JJ Hospital	Anaesthesiologist, JJ Hospital

1. Dr Sudhir Naik - Chairman Medicolegal Cell
2. Adv Rajendra Sorankar- AMC panel
3. Dr Mahendra Kamdar- Founder President ISA-Borivali
4. Dr Rajeev Agrawal - Vice-President AMC
5. Dr Rajendra Tiwari - AMC
6. Dr Smita Sharma – Convener AMC H&A Cell



ISA-BORIVALI TEAM

Dr Yogen Bhatt	Dr Shilpa Tiwaskar	Dr Rajesh Rao	Dr Neelam Naige	Dr Ganesh Tendulkar	Dr Swapna Chiluvuru
President	Hon. Secretary	Scientific Secretary	GC Member	PPP Co-ordinator	Hon. Treasurer

ISA – BORIVALI MODERATORS

1. Dr Sameer Deshpande
2. Dr Girija Yedav
3. Dr Charudatta Patil
4. Dr Manisha Ghosalkar
5. Dr Amit Nabar
6. Bhaktivedanta Anaesthesiologists

ISA – BORIVALI AMC

Dr Ashok Shukla	Dr Vikrant Desai	Dr Supriya Arwari	Dr Ajit Desai
President AMC	Hon. Secretary AMC	PCC AMC	Managing Trustee AMC

Dr Lalit Kapoor -Advisor-Medicolegal Cell AMC
 Dr Sudhir Naik - Chairman Medicolegal Cell AMC
 Dr Niranjan Agrawal- Convener-Medicolegal Cell AMC
 Dr Ajit Desai- Co-Convener- Medicolegal Cell AMC



SPECIAL INVITE

Dr Ajay Sankhe	Dr Sivaprasad Gourbathini	Dr Kailash Methhe	Mr Santosh Hanchate
Founder & Director	Deputy Director- Medical services	Medical Superintendent	Sr. Officer Medical Administration

SPECIAL INVITE

1. Dr S. N Agrawal- Patron BMA & IMA-MB
2. Dr Neeharj Jindal- President-Elect IMA-MB
3. Dr Navneet Desai- IPPP IMA-MB
4. Dr Niranjan Agrawal-ML Cell Convener AMC
5. Dr Vivek Dwivedi- President Elect AMC
6. Dr Rajendra Nagarkatti- Vice-President AMC
7. Dr Pradnya Kulkarni – Jt. Secretary AMC
8. Dr Ritesh Agrawal – Treasurer AMC
9. Dr Sujata Rao – Trustee AMC
10. Dr Kritika Doshi- GRASP Editor AMC
11. Dr Veena Pandit- Trustee AMC

Dr Sanjay Mehra (President IMA-MB), **Dr Anmol Jadhav** (Hon. Secretary IMA-MB), **Dr Jagruti Ghosh** (Treasurer IMA-MB)

Team Anaesthesia!!!



Team Bhaktivedanta Anaesthesia

1. Dr Kshama Shah
2. Dr Shilpa Tiwaskar
3. Dr Vivek Kulkarni
4. Dr Jyotsna Karande
5. Dr Rahul Ranade
6. Dr Priyanka Reddy
7. Dr Swapna Chiluvuru
8. Dr Ajay Kumar
9. Dr Dipti Madan
10. Dr Vidhi Narechania
11. Dr Snehal Panchal

Registration Free but Compulsory for AMC Members:
[Click here for Registration](#)



President Dr. Ashok Shukla, Secretary Dr. Vikrant Desai, MC member and convener Dr. Shilpa Tiwaskar, FAMCI President Dr. Lalit Kapoor, managing trustee Dr. Ajit Desai and several AMC Members were present. Registration was free. It was a well attended program and AMC academic and other partners were allowed to showcase in exhibition area. Esteemed medico legal experts addressed the gathering.



Organ Donation Awareness program – S. P. Jain Auditorium, Bombay Hospital. Sunday 13-8-2023

Attendees 172. 1 MMC point. AMC in association with Mumbai surgical society organized organ donation awareness program titled "Organ Donation, The Gift of Life" to commemorate World organ donation day at S. P. Jain auditorium, Bombay hospital from 8.30 am to 1 pm.

ORGAN DONATION THE GIFT OF LIFE

AWARENESS PROGRAM ON ORGAN DONATION ORGANISED BY MUMBAI SURGICAL SOCIETY & ASSOCIATION OF MEDICAL CONSULTANTS (MUMBAI) IN COLLABORATION WITH A & D WARD GENERAL PRACTITIONER'S ASSOCIATION

SUNDAY, 13th AUGUST, 2023, AT 8:30AM.

VENUE: S.P. JAIN AUDITORIUM, 4th FLOOR, NEW WING, BOMBAY HOSPITAL, 12 NEW MARINE LINES, MUMBAI-40.

TIME	TOPIC	SPEAKER	CHAIRPERSON
8:30-9:00 AM	Registration		
9:00-9:30 AM	Importance of organ donation	Mrs. Usha Jainam Mr. Rajesh Shetty Mr. Navin Vazirani	Dr. Kishore Adanthaya Dr. Rajeev Nairkar Dr. Satish Dhangar Dr. Manmohan Kamat Dr. B. L. Chitambar Dr. M. K. Jadhav Dr. J. N. Kulkarni
9:30-9:35 AM	VIDEO		
9:35-9:55 AM	What do we understand by Transplant?	Dr. Rajesh Tadar Dr. Vibhav Somani	Dr. Prasenjit Acharya Dr. Ashok Kripalani Dr. Hardik Shah Dr. Mukund Anandkar Dr. Madhuri Gore Dr. Shailesh Sable Dr. Droopjari Dr. Ashok Shukla Dr. Sunil Jain Dr. Prashant Kerkar Dr. Ajit Desai
9:55-10:15 AM	Brain Death Legalities in transplant	Dr. Vikrant Desai Dr. Laxmi Kapoor	
10:15-11:15 AM	Types of transplant Liver, Intestinal Pancreas Kidney Heart, Lung Skin Cornea Bone Marrow	Dr. Darshan Mirza Dr. Vinodh Patel Dr. Umesh Oza Dr. Anshu Mulay Dr. Madhuri Gore Dr. Mayur Morekar Dr. Bharat Bhosale	Dr. J. Sarin Dr. Anand Nande Dr. S. Bichu Dr. M. L. Saraf Dr. Sakum Bhansali Dr. Parag Manish Dr. Sunil Shah
11:15-12:15 Noon	Inauguration	Chief Guest: Dilip Vengsarkar Guest of Honour: Arun Sood Rohitashu Gour	Dr. R. V. Patil Dr. Rajesh Tadar Dr. Ashok Shukla Dr. Anand Nande

12:15-12:30 PM	Transplant Recipient Talk	Dr. Anil Suchak	Dr. Niranjan Agarwal Dr. Vinay Kumar Thakur Dr. Shalika Indole Dr. Gaurav Sonigra Dr. Rishi Agarwal Dr. Prashant Kulkarni Dr. Amit Desai Dr. Dharmesh Parthasarthy Dr. Mihir Raut
12:30-12:45 PM	Donor Views & Family members experience	Mr. Bharat Shastri C	
12:45-1:00 PM	Transplant Evidence	Mr. Sandesh Sorathi Mr. Pratul M	
1:00 PM	Vote of thanks	Dr. Debashish Das	

Dr. Rajesh Tadar, President MMC Consultant MB & Dr Surgery Bombay Hospital, Mumbai	Dr. Ashok Shukla President AMC

MMC, Past. President Dr. Manmohan Kamat	Vice President Dr. Shashi Shetty
Hon. Secretary Dr. Debashish Das	Treasurer Dr. Satish Dhangar
Members Dr. Anil Desai Dr. Shalika Indole	Dr. Anshu Bhatnagar Dr. Vinay Thakur Dr. Dharmesh Parthasarthy Dr. Mihir Raut Dr. Niranjan Agarwal Dr. Vinay Kumar

APPROVED FOR 1 MMC CREDIT POINTS
The program is eligible and also available on zoom platform.

Registration link for the program:
<https://www.mmc.org.in/registration/organ-donation-the-gift-of-life-13-august-2023>
<https://www.amc.org.in/registration/organ-donation-the-gift-of-life-13-august-2023>



President Dr. Ashok Shukla, Secretary Dr. Vikrant Desai, Convenor Dr. Kishor Adanthaya and several AMC Members attended. It was a lively informative and interactive event which was meant to clear doubts, myths and notions regarding organ donation. Chief Guest was legendary cricketer Mr. Dilip Vengsarkar. Two prominent NGOs doing meaningful work regarding organ donation were associated and present, namely Mohan foundation Chennai and Rebirth Foundation, Delhi.

It was a highly successful and well attended event.



Physical CME Organ Donation Awareness - Riddhi Vinayak Hospital, Nalasopara. Friday 18-8-2023

Attendees 51. 1 MMC point. AMC in association with Regional cum State organ and tissue transplant organization conducted physical CME at Riddhi Vinayak Hospital, Nalasopara from 2-4 pm.

ASSOCIATION OF MEDICAL CONSULTANTS MUMBAI
in association with
REGIONAL CUM STATE ORGAN AND TISSUE TRANSPLANT ORGANISATION
presents
PHYSICAL CME ON ORGAN DONATION

FRIDAY
18 AUGUST 2023 2:00PM - 6:00 PM

VENUE
RIDDHI VINAYAK HOSPITAL NALASOPARA
**PROGRAM HIGHLIGHTS ON PAGE 2

DR. ASHOK SHUKLA, PRESIDENT
DR. VIKRANT DESAI, HON. SECRETARY
DR. SUPREMA ANANDI, PROG. CO-ORD. CHAIRPERSON
DR. AJIT DESAI, MANAGING TRUSTEE, CHEMICAL, BLOOD, SERVICE CELL
DR. S. N. AGRAWAL, ADVISOR, SOCIAL SERVICE CELL

EARN 1 MMC Point

REGISTER NOW <https://forms.gle/qYtXs0pXUizAZ7A7>

TIME	TOPIC	SPEAKER
2:00 pm to 2:15 pm	Start of Registration	
2:15 pm to 2:20 pm	Welcome by Hon. Secretary	Dr. Vikrant Desai
2:20 pm to 2:30 pm	Presidential Address	Dr. Ashok Shukla
2:30 pm to 3:00 pm	Importance of Organ Donation	Dr. Venkat Goyal
3:00 pm to 3:30 pm	What do we understand by transplant	Mr. Purushottam Pawar
3:30 pm to 4:00 pm	Brain death	Dr. Siddharth Warrier
4:00 pm to 4:30 pm	Panel discussion: All about transplant Types of transplant Liver, Intestinal, Pancreas, Kidney, Heart, Lung, Cornea, Skin, Bone marrow	Dr. Sagar Watingkar Dr. Chaitanya Dr. Rajendra Umbarkar Dr. Rajendra Chavan Dr. Mukund Shinde
4:30 pm to 5:00 pm	Legalties in transplant	Ms. Urmita
	Inauguration	Dr. Madhvi Goyal
5:00pm to 5:30 pm	Transplant Guidance	Guest speaker
5:00pm to 5:30 pm	Transplant recipient talks	Guest
5:30 pm to 6:00pm	Donor views & family members experience	Dr. Pranay Ota
	Vote of thanks	

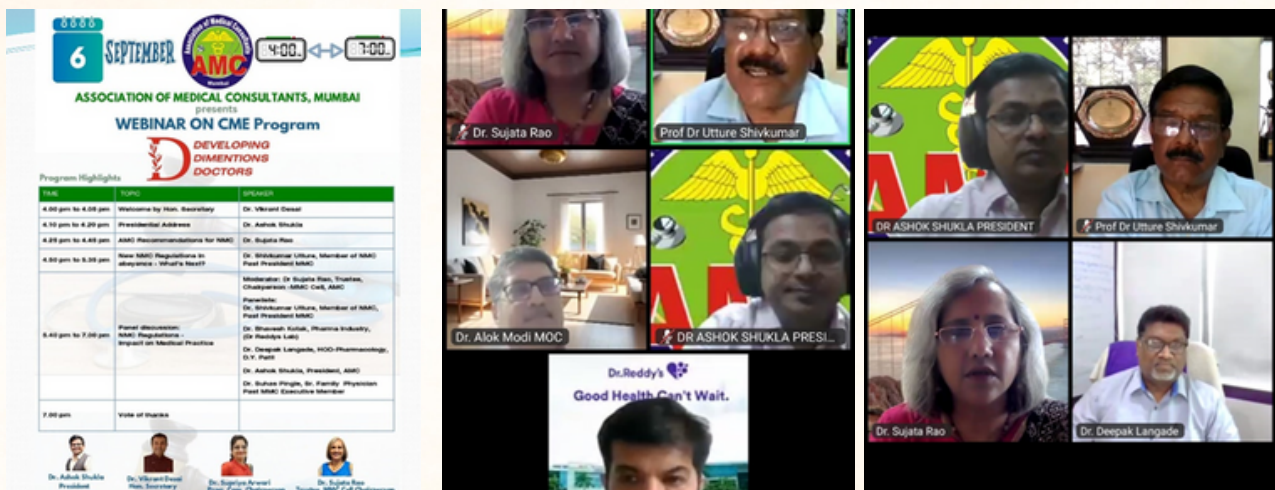


President Dr. Ashok Shukla, Secretary Dr. Vikrant Desai, Advisor Social Service Cell Dr. S. Agrawal, managing trustee Dr. Ajit Desai and Convener Dr. Venkat Goel were among several AMC Members present. It was conducted in collaboration with ZOTO ROTO & NOTO (ZTCC) with presence of President Dr. Mathur and Secretary Dr. Bharat Shah. It was a unique program with doctor, public, political and press partnership initiative.

The panel discussion was moderated by press members and panelists included doctors, politicians and corporators from various political parties. The aim was to bridge the gap between demand and supply with various stakeholders giving their inputs to make organ donation patient friendly. Also, suggestions were made to make things smoother from Government side. Importance of cadaveric donors was discussed. It was a super successful event.

AMC NMC Webinar – Wednesday 6-9-2023

Attendees 291. 1 MMC point. AMC NMC Webinar was conducted on zoom platform as a part of Developing Dimensions Doctors initiative. President Dr. Ashok Shukla, managing trustee Dr. Sujata Rao, MOC Dr. Alok Modi, PCC Dr. Supriya Arwari and several AMC Members attended.



Topics discussed were AMC recommendations to NMC, new NMC Regulations by Dr. Shivkumar Utture, and very informative and interactive panel discussion on NMC Regulations impact on medical practice moderated by Dr. Sujata Rao. It was a very well attended webinar with lots of good take home messages.

Beat Diabetes 3.0 – Golden Nest, Mira Road East. Sunday 5-11-2023



Attendees 150. BEAT DIABETES 3.0 was successfully conducted on 5/11/23 starting at 5:30 am.

Flag off was done by Dr Ashok Shukla President AMC, Dr Vikrant Desai Secretary AMC and Dr Vivek Dwivedi President Elect AMC.

More than 150 cyclists pedaled towards a healthier future and raised awareness for DIABETES PREVENTION, BETI BACHAO BETI PADAU, and ORGAN DONATION.

Health for all by means of a Zumba session for all participants and organisers was promoted and was arranged by Decathlon.

The commitment, hard work, and enthusiasm of all involved was instrumental in making this event a memorable one. Our youngest cyclist was 10 years old who proudly completed 50 km and our oldest cyclist was 69 years old for 15 km.

We would like to thank our event partners SUN PHARMA and DECATHLON for all the help and support. Special thanks to Dr Manoj Pandey and his team from BMA, Event ambassadors Dr Ameya Joshi and Dr Anuj Garg and Dr Navneet Desai area representative (AMC) and Cyclothon Co ordinator for tirelessly working towards making the event successful.



Special thanks to Dr Rajeev Agarwal for providing us with Ambulance for the event. Last but not least we would thank Dr Vivek Dwivedi (President elect AMC), Dr Rajeev Agarwal (Vice President AMC) & Dr Ajay Hariani (Past president and Zonal Director AMC) for their participation and support.

Let's continue our journey to promote diabetes prevention and work towards a healthier world together.

Dr Ashok Shukla
President AMC

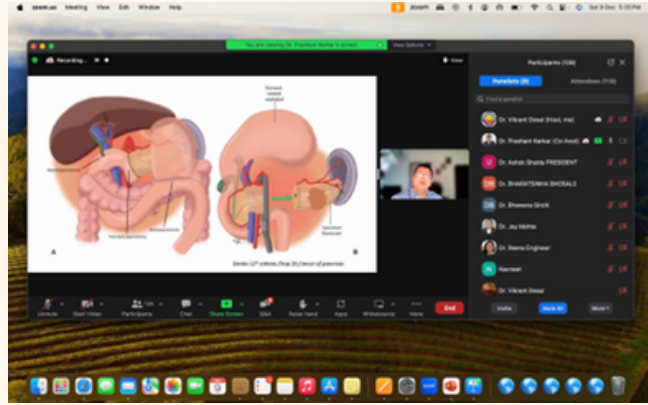
Dr Vikrant Desai
Hon Secretary AMC

Team AMC



Pancreatic Cancer Webinar – Saturday 9-12-2023

Attendees 316.1 MMC point



DATE: 9TH DEC 2023 **3:00 PM-8:30 PM**

ASSOCIATION OF MEDICAL CONSULTANTS, MUMBAI presents
WEBINAR ON CME Program
Treatment of Pancreatic Cancer - How far have we come

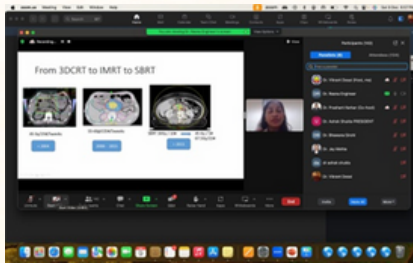
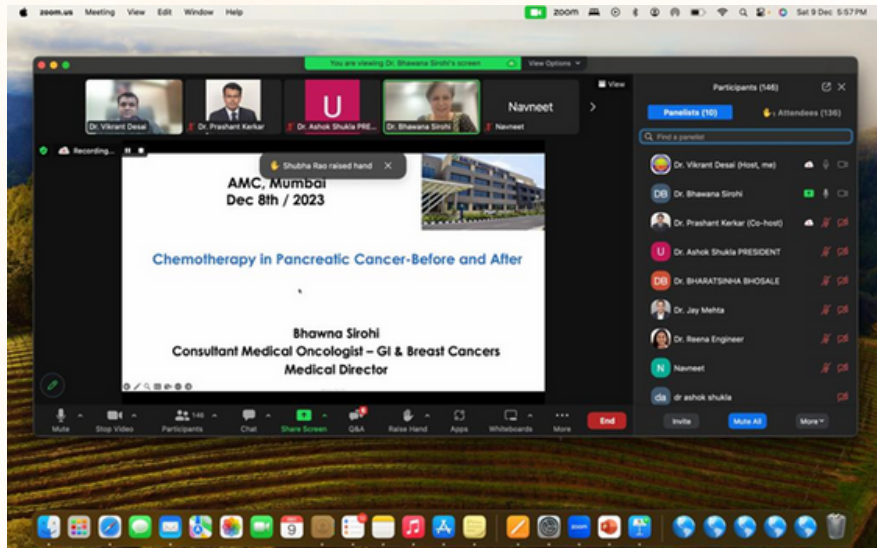
Program Highlights

TIME	TOPIC	SPEAKER
3:00 pm to 3:30 pm	Welcome by Hon. Secretary	Dr. Vikrant Desai Hon. Secretary, AMC Mumbai
3:30 pm to 3:45 pm	Presidential Address	Dr. Ashok Shukla President, AMC Mumbai
3:45 pm to 4:00 pm	Advances in Surgical Treatment of Pancreatic Cancer	Dr. Prashant Kerkar FRCR and FRCS (Surgical), Director, Surgical Oncology, Tata Memorial Hospital and FRCR, Hingde Hospital, Pune
4:00 pm to 4:45 pm	Chemotherapy in Pancreatic Cancer Before and After	Dr. Bhawna Sirohi Medical Oncologist, Rajawade Medical Centre, Pune
4:45 pm to 7:30 pm	Role of Pathologist in Pancreatic Cancer Management	Dr. Jay Mehra Professor and Head, Maharashtra Oncology
7:30 pm to 8:15 pm	Evolution in Pancreatic Cancer	Dr. Reema Engineer Professor Radiation Oncology Tata Memorial
8:15 pm to 8:30 pm	Vote of Thanks	

ACADEMIC PARTNERS

Dr. Ashok Shukla President, Dr. Vikrant Desai Hon. Secretary, Dr. Supriya Arvind Prog. Com. Chairperson, Dr. Prashant Kerkar Program Convener

REGISTER NOW **CLICK HERE**



Nurses Training Program – Riddhi Vinayak Multispecialty Hospital, Nallasopara (West) Sunday 17-12-2023

ASSOCIATION OF MEDICAL CONSULTANTS, MUMBAI
 IN ASSOCIATION WITH
AFC, OGSMB

PRESENT
NURSING TRAINING PROGRAMME

17TH DEC 2023, SUNDAY, 07:30 AM TO 02:00 PM
RIDDHIVINAYAK MULTISPECIALTY HOSPITAL
 Late Shri Shirohi Goyal Conference Hall,
 First floor, Nallasopara (west), Dist. Palghar

PROGRAMME CONVENERS:
 DR.S.N.AGARWAL DR. NILEEMA MASURKAR
 DR. RAJENDRA NAGARKATTI DR. ASHOK SHUKLA

TO REGISTER CALL ON 022-28192276, 9930264255
AMC OFFICE NO. 9867450066

Dr. Ashok Shukla President AMC Mumbai, Dr. Vikrant Desai Hon. Secretary AMC Mumbai, Dr. Supriya Arvind Prog. Com. Chairperson AMC Mumbai, Dr. S. N. Agarwal AMC Mumbai, Dr. S. N. Agarwal Honorary Secretary AMC Mumbai

MUMBAI CERTIFIED

NURSES TRAINING PROGRAMME
RIDDHIVINAYAK MULTISPECIALTY HOSPITAL, NALASOPARA (WEST)
 17 December 2023 from 7:30am to 2:00pm

LIST OF TOPICS WITH SPEAKERS NAME

SPEAKER'S NAME	TOPICS NAME
• PROF. DR ANUPAMA OKA	• PATIENTS SAFETY (Based on NABH Guidelines)
• PROF. MS USHA MENON	• STRESS IN LIFE (STRESS MANAGEMENT)
• MS. FLERIA DSA	• PATIENT FALL
• MS. NAMITA GONSALES	• MEDICATION ERROR
• MS. SHALAKA FERNANDES	• HOSPITAL ACQUIRED INFECTION (HAI)
• MS. MANILA NAIR	• SIGNIFICANCE OF RECORDING AND REPORTING
• MS. RADHIVENDRA DESAI-KUKH	• ASSERTIVE COMMUNICATION
• MS. ASHISHY THOMAS	• NEW TRENDS USED IN HOSPITALS
• MS SONALI SHARDE	• PREVENTION BUNDLES (ICU)
• DR S N AGARWAL	• PRE AND POST OPERATIVE CARE





The arrangements were wonderful, setting a good stage for the insightful sessions.

Wealth of knowledge and expertise shared in the seminar truly enriched and inspired us and helped in empowering the nursing community.

A great program as always with more than 400 Nurses attending!! Congratulations SN Sir, Dr Ashok, Dr Vikrant and Team AMC for this wonderful social initiative!!

Medicolegal online CME Webinar – Saturday 6-1-2024

Attendees 403. 1 MMC point.

TIME	TOPIC	SPEAKER
4.00 pm to 4.05 pm	Welcome by Hon. Secretary	Dr. Vikrant Desai
4.10 pm to 4.20 pm	Presidential Address	Dr. Ashok Shukla
4.25 pm to 4.35 pm	Hospital on Rent - Issues faced by Doctors	Dr. Ashok Shukla
5.00 pm to 5.15 pm	Maharashtra Nursing Home Act- Everything you want to know about 'C' Form	Panelists: Dr. Daksha Shah - Executive Health Officer, MCGM Dr. Lalit Kapoor Adv. Asim Vidyarthi
5.20 pm to 5.35 pm	Learn How to plan a 3 Lakhs monthly income in Retirement	Ms. Nehal Mota
5.40 pm to 7.00 pm	Run off cover in Professional indemnity	Dr. Ajit Desai
7.00 pm	Vote of Thanks	

Logos: FINNOVATE, SMS, Zinsure, MOC

Speakers: Dr. Ashok Shukla (President), Dr. Vikrant Desai (Hon. Secretary), Dr. Sujay Arora (Pres. Com. Chairperson), Dr. Sudhir Naik (Chairman-Medicolegal Cell)

Three screenshots of a Zoom webinar interface. The first shows a grid of participants including Dr. Daksha Shah, Dr. Ashok Shukla, Dr. Vikrant Desai, Adv. Asim Vidyarthi, and Dr. Lalit Kapoor. The second shows a close-up of Dr. Ashok Shukla speaking. The third shows a chat message from Dr. Aniruddha Palande: "Very informative sessions. Will surely get in touch with finnovate people".

Online CME on Medicolegal issues on Saturday 6 th January 2024 convened by Medicolegal Cell Chair Dr. Sudhir Naik.

Very practical topic of rental nursing home tackled by President Dr. Ashok Shukla followed by superb panel on Nursing home act and C form with stalwarts like Dr. Lalit Kapoor, Dr. Daksha Shah, Executive Health Officer MCGM and Adv. Asim Vidyarthi on board. Dr. Ajit Desai gave an eye opener talk on run off cover in professional Indemnity and Ms. Nehal Mota spoke on how to plan a financially fit retirement.





Heartiest congratulations to President Dr. Ashok Shukla, Secretary Dr. Vikrant Desai and team AMC as well as Medicolegal cell led by Dr. Sudhir Naik for a super successful webinar on Medicolegal issues. Great discussion on important topics like Rental hospitals, finances after retirement and professional Indemnity. More than 400 registrations!

Many thanks to AMC stalwarts Dr. Lalit Kapoor, Dr. Ajit Desai as well as Executive Health Officer MCGM Dr. Daksha Shah and Adv. Asim Vidyarthi for active participation and practical inputs.

Dr. Supriya Arwari
PCC AMC

Suicide - A Real World Problem online CME – Wednesday 10-1-2024

Attendees 388.1 MMC point.

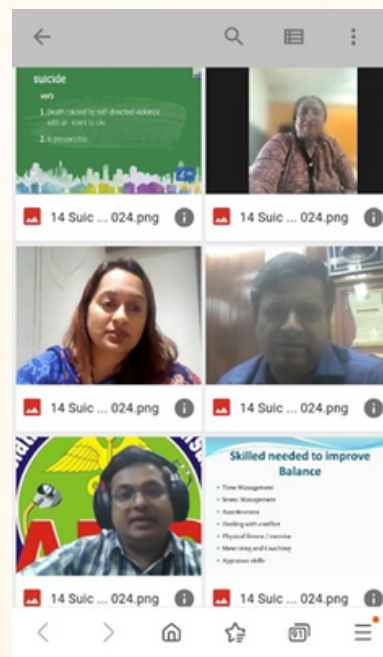
ASSOCIATION OF MEDICAL CONSULTANTS
MUMBAI presents ONLINE CME PROGRAM
DEVELOPING DIMENSIONS DOCTORS

SUICIDE - A REAL WORLD PROBLEM
Wednesday, 10th JANUARY 2024 3.00 PM to 6.00 PM

TIME	TOPIC	SPEAKER
3.00 PM to 3.10 PM	Welcome by Hon. Secretary	Dr. Vikrant Desai
3.15 PM to 3.30 PM	Presidential Address	Dr. Ashok Shukla
3.30 PM to 4.00 PM	Suicide - Facts and magnitude of the problem	Dr. Avinash DeSousa
4.00 PM to 4.30 PM	Preventive and curative approach for suicidal	Dr. Sheryl John
4.30 PM to 5.00 PM	Balancing stress in Practice, Family & personal life in current competitive world	Dr. Jay P. Shastri
5.00 PM to 6.00 PM	Panel discussion: Health and Well-being in workplace	Moderator: Dr. Jay P. Shastri Panelists: Dr. Avinash DeSousa, Dr. Sheryl John, Dr. Ashok Shukla, Mrs. Sudha Shenoy
6.00 PM	Vote of Thanks	

SPONSORS: FINNOVATE, SMS, india insure, MOC

Dr. Ashok Shukla (President), Dr. Vikrant Desai (Hon. Secretary), Dr. Supriya Arwari (Prag. Com. Chairperson), Dr. Dimple Shastri (Convener)



Online CME Program on Suicide - A Real World Problem was conducted on Wednesday, 10th Jan 2024 and convened by Dr. Dimple Shastri. Eminent faculty from the Psychiatry stream gave talks on various aspects of suicide.

The program started with welcome address from Dr Vikrant Desai and presidential address by Dr Ashok Shukla. The first lecture by Dr Avinash D'sousa a consulting psychiatrist focused on the topic "Suicide Facts and magnitude of the problem". This was followed by an enlightening lecture on the topic "Preventive & Curative approach for suicidal behaviour" by consulting psychiatrist Dr Sheryl John. Later Dr Jay Shastri a consulting psychiatrist spoke about "Balancing stress in practice, family and personal life in current competitive world", giving practical tips on the topic.



The program ended with a panel discussion on “Health and well-being in workplace” which was conducted by Dr Jay Shastri while Dr Sheryl John, Dr Ashok Shukla and Dr Sudha Shenoy (MBA by education and working as a student guide and counselor for medical admission) were the panelists. The discussion covered many aspects of the above topic and several audience questions were also answered. The program was conceptualized and moderated by Dr Dimple Shastri, consulting psychiatrist from Andheri. The program was a great success attended by around 400 participants.

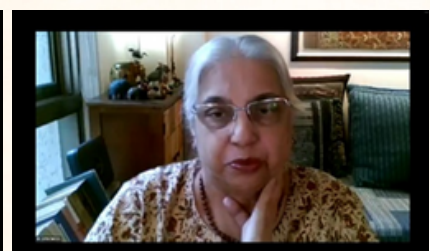
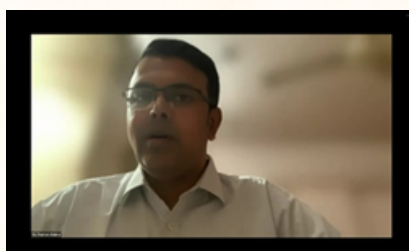
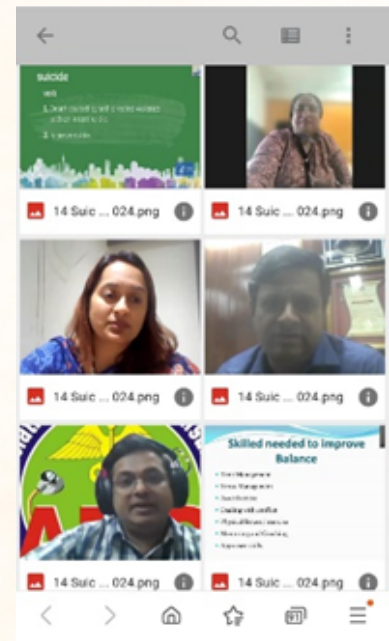
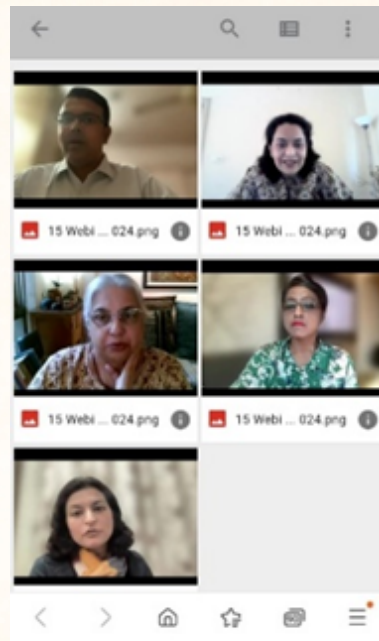
Well attended webinar

Endometrial Cancer – A Multidisciplinary Approach online CME – Saturday 20-1-2024

Attendees 341.1 MMC point.

**ONLINE CME WEBINAR
ENDOMETRIAL CANCER -
A MULTIDISCIPLINARY APPROACH**

TIME	TOPIC	SPEAKER
4.30 pm to 4.40 pm	Welcome by Hon. Secretary	Dr. Vinod Desai, Hon. Secretary, AMC Mumbai
4.40 pm to 4.50 pm	Presidential Address	Dr. Ashok Shukla, President, AMC Mumbai
4.50 pm to 4.55 pm	Address by MOC & Jt. Treasurer	Dr. Prashant Kerkar, HPS and Jt. Oncourgist, Bombay Hospital, Branch Clinics Hospital & P.D. Shrotra Hospital, Bharu
4.55 pm to 5.05 pm	Surgical Management and Staging of Endometrial Cancer	Dr. Amita Maheshwari, Professor & HOD, Gynec Oncology, Tata Memorial Hospital
5.05 pm to 5.15 pm	Does pathology direct treatment of endometrial cancer?	Dr. Anita Borges, Director, Centre for Oncopathology
5.15 pm to 5.25 pm	Role of Chemotherapy & Targeted Therapy in Endometrial cancer	Dr. Anita Ramesh, Professor & Head, Medical Oncology, Sarawati Medical College Hospital, Sarawati University, Chhatrapati
5.25 pm to 5.35 pm	How effective is radiation on Endometrial cancer	Dr. Bhavna Rai, Professor, Department of Radiotherapy & Oncology, PGIMER, Chandigarh
5.35 pm to 5.45 pm	Panel discussion	Moderator: Dr. Vinitha Thomas, Associate Professor, Department of Gynaecological Oncology, Christian Medical College, Vellore Panelists: Dr. Amita Maheshwari Dr. Prashant Kerkar Dr. Anita Ramesh Dr. Bhavna Rai Dr. Anita Borges
7.45 pm to 8.00 pm	Vote of Thanks	Dr. Prashant Kerkar



Online CME Program on Endometrial Cancer – A Multidisciplinary Approach conducted on Saturday, 20th Jan 2024 and convened by Jt. Treasurer Dr. Prashant Kerkar. A galaxy of speakers from various specialty participated. Dr. Amita Maheshwari, HOD Tata hospital Gynaecological oncology department spoke on surgical management and staging of endometrial cancer. Next was Dr. Anita Borges, renowned onco pathologist then spoke on role of pathology in treatment of endometrial cancer. Dr. Anita Ramesh gave talk on Chemotherapy and Targeted therapy in endometrial cancer. Last but definitely not the least, Dr. Bhavna Rai, Prof. Dept of Oncology and Radiotherapy at PGIMER Chandigarh gave talk on effectiveness of radiation in endometrial cancer.

Panel discussion was efficiently moderated by Dr. Vinitha Thomas from Department of Gynaecological oncology, CMC Vellore. Again, well attended webinar.



AMCON 2023-2024 - Taj Lands End, Bandra. Sunday 4-2-2024



Greetings to all AMC members!

In pursuit of excellence and advancement in healthcare, the Association of Medical Consultants Mumbai (AMC) proudly introduces its flagship program, a pioneering initiative that stands at the forefront of medical learning and professional development. With an unwavering commitment to the well-being of our community, AMCON represents a beacon of transformative healthcare practices, setting new standards in the field.

This visionary initiative is crafted to foster collaboration, knowledge-sharing, and continuous learning among medical professionals within our esteemed association. It serves as a platform where expertise converges, creating a dynamic environment conducive to understanding the Medical/legal problems and learning of best practices to overcome them.

AMCON rooted in a spirit of unity and collaboration, is a testament to the collective strength and dedication of our medical community.

As we embark on this transformative journey, we envision a future where the impact of AMCON resonates far beyond the boundaries of our association, positively influencing the healthcare landscape and, ultimately, the well-being of those we serve. Together, let us shape the future of medicine, one breakthrough at a time.

Dr. Ashok Shukla President-AMC
Dr. Vikrant Desai Hon. Secretary-AMC
Dr. Supriya Arwari Prog. Com. Chairperson

Dr. Lalit Kapoor President-FAMC
Dr. Kishore Adyanthaya Hon. Secretary-FAMC

AMCON / FAMCICON

Convenors
Dr. Niranjan Agarwal
Dr. Vivek Dwivedi

Co-Convenors
Dr. Rajeev Agarwal
Dr. Ritesh Agrawal
Dr. Prashant Kerkar

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Dr. Ritesh Agrawal
Dr. Prashant Kerkar



Attendees 366. 2 MMC point. The flagship event of AMC, the AMCON 2023-2024 was conducted on Sunday, 4th February 2024, 9am to 5pm at the Taj Lands End, Bandra. Event well attended by Office bearers, trustees, past presidents, managing committee members as well as AMC members. The theme was to recognize and encourage talent of doctors in various walks of life other than medicine and encourage physical, mental, financial and spiritual well-being of our members. A myriad of topics from various walks of life were covered including yoga and holistic health, bridging inner peace to scaling mountains to financial security.



The highlight was the Sanjivani distinguished services award which was bestowed upon Dr. Umesh Oza at the hands of team AMC and ceremony was efficiently conducted by past presidents Dr. Sujata Rao and Dr. Smita Sharma.





Post lunch sessions were equally engrossing from stand-up comedy to use of mobile phones. A fiery panel on Nursing Homes and Health Insurance sector effectively moderated by Dr. Sudhir Naik and Dr. Rajeev Agarwal with panelists representing all partners in the world of medical insurance.

Well attended with more than 450 delegates

ITCON 2023-2024 – Study Skill Centre TIMSR, Thakur Education Campus, Kandivali (East). Sunday 11-2-2024

Attendees 103. 2 MMC point.

ITCON 2023-2024 was conducted on Sunday, 11th February 2024 at TIMSCDR, Gate No. 4, Thakur Education Campus, Kandivali (East) and convened by Media and Communication Cell Chair Dr. Mukesh Gupta.

ICAIM-2024	
Program Schedule	
Day 2 – Sunday, February 11, 2024	
09:00 am - 09:30 am	Breakfast
09:30 am to 10:00 am	Welcome & Inauguration Chief Guest Dr. Ashok Shukla , President, AMC Guests of Honor Dr. Vikrant Desai , Hon. Secretary, AMC Dr. Mukesh Gupta , Chairperson-Media & Communication Cell, AMC Dr. Jayesh Lele , Vice President, IMA
10:00 am to 12:00 noon	Title: "Empowering Doctors with Technology - Health (Literature / Finance)" Moderator: Dr. Mukesh Gupta , Chairperson-Media & Communication Cell, AMC Panelists: Dr. Hemal Manias , President, MMA Dr. Rohit Raigada , President, KMA Dr. Jayesh Lele , Vice President, IMA Mr. Smith Gonsalves , Cyber Security Expert, CISO Mr. Manoj Sharma , Portfolio Manager Dr. Vinika Galkwad , Director, TIMSCDR
12:00 noon - 12:15 pm	Best Research Paper & Poster Presentation & Awards
12:15 pm - 01:15 pm	Lunch
01:15 pm - 04:30 pm	Doctors Workshop: "Use of AI in Daily Practice for Doctors" Trainers: TIMSCDR Faculty Topics: 1. Role of AI in Transforming Medical Practice 2. AI for Personal Enhancement 3. AI Tools for Doctors in Practice 4. AI for Social Media Marketing 5. UPI Platforms: Do's and Don'ts
4:30 pm - 5:00 pm	High Tea & Networking

VENUE: STUDY SKILL CENTER, TIMSR
Thakur Village, Kandivali (E), Mumbai - 400 101.



Variety of topics including Panel discussion on Empowering doctors with technology moderated by the suave and savvy Dr. Mukesh Gupta and eminent Panelists like Dr. Jayesh Lele, VP IMA and Presidents of various August Doctors' organizations followed by workshop on AI and Chat GPT. Due to good offices of President Dr Shukla and Dr. Mukesh Gupta, physical meeting with more than 100 attendees.





Dr. Alok Modi

MD FISH(India) FACP(USA)
Consultant physician and
diabetologist and intensivist

Artificial Intelligence

Artificial Intelligence (AI) is revolutionizing the field of medicine, offering unprecedented advancements in patient care, diagnosis, treatment, and research. By harnessing complex algorithms and data analysis, AI is enhancing the precision and efficiency of medical practices.

Role of AI in medicines is huge and promising

- **Image analysis.** AI algorithms can analyze images, such as X-rays and MRIs, with a level of precision and speed unattainable by human eyes, leading to faster and more accurate diagnoses. This capability is particularly vital in detecting diseases such as cancer at early stages, significantly improving patient outcomes. Real life examples are **Rapid AI, Lunit insight, Viz LvO**. They give you 93-98% accuracy in picking up large volume strokes, discriminating between breast cancers vs non cancers and IC bleeds . So unnecessary biopsies can be avoided and radical treatment for strokes can be initiated in a short span of time and stroke can be reversed. Advantages are the pickup is less than 15 mins in the onset of the pathology and low lose of contrast and radiation and bulk processing which can be possible with limited hardware like in your smartphone.
- **Personalising patient care or precision medicine:** Furthermore, AI is personalizing patient care. Through the analysis of vast amounts of data, including genetic information, AI can identify the most effective treatments for individual patients, optimizing therapeutic success rates. This personalized approach is particularly beneficial in fields like oncology and rare diseases, where treatment options are complex and varied. 20% more pickup rates , 30% reduction in adverse events, modifying the prescription to suit patient lifestyle as to what is best for that patient in the long run rather than asking patient to fit into the prescription which fails in the long run. Real life examples are **Mayo's clinic AI bases lung cancer management, Royal free hospital for acute renal injury management by AI, Stanford university's skin diagnosis by AI, University of California, San Francisco's AI-powered clinical decision support system for sepsis diagnosis, University of Alabama at Birmingham's AI system for heart failure diagnosis to name a few of many , all approved by US FDA and authorities.**
- **AI in diabetes** AI in diabetes has had a huge role in preventing hypoglycaemia when incorporated in the artificial pancreas of insulin pumps in type 1 DM to predict future hypoglycaemias which could occur after 2-3 days and reduce insulin dosages accordingly, **Recently I am part of the team headed and envisioned by Dr Amit Dey** and are in the process of creating a virtual chat bot named Madhu which can act as a virtual chat bot between the HCP and the patient and who can handle with significant accuracy and guide the patient 24x7 as to how to manage his lifestyle and empower him/her to cope up with diabetes and its challenges more effectively. Role of AI in picking up retinopathy over a distance is huge and remarkable and lot of clinics are using AI powered cameras to diagnose early proliferative and non proliferative retinopathies very successfully and accurately.

- **AI had had a significant role to play in drug discovery** by reducing the drug discovery time, doing a lot of drug trials via “ silicoanalysis” and significantly reduce the time taken to prove/disprove an innovator molecule and make research more fruitful.
- **AI applications in robotic surgery:** Moreover, AI applications in robotic surgery are enhancing surgical precision and reducing recovery times. Robots, guided by AI, can perform intricate procedures with minimal invasiveness, improving patient safety and outcomes.
- **The author has developed his own chat GPT builder** which can pick up all possible drug interactions in any prescription and guide the HCP as well the patient to avoid potential pitfalls due to drug interactions which makes it very easy and quick when the prescription is being generated on the fly.

To summarize , I can write much more about therole of AI which is huge and promising to shape the future of medicine as well as of a HCP and has many promises to keep for the generations of patients to come to make their life better and easier. Remember AI is not here to replace doctors but to aid doctors immensely and intellectually but not at the cost of replacing a doctors clinical acumen and cognitive efforts. It will replace doctors who don't want to be AI savvy but it cannot provide empathy and the healing touch which only a a caring doctor can. So it is here to aid and how immensely but not to replace. So let us stick to the how and not the wow !!

HCP __ health care provider

Dr Alok Modi MD FISH FIACM FACP (USA) PGDL(UK)



How To Plan Your Finances In 2024

With 2024 around the corner, it is the perfect opportunity to focus on something that impacts our daily lives and future aspirations - our finances fitness.

Whether you are a seasoned investor or just starting to navigate the complexities of personal finance, the beginning of every year is like a blank canvas - you have the power to paint your financial future by planning your finances with discipline and patience.

In this article, we will look at some strategies that you can use to plan your financial fitness better in 2024.

Conduct a Financial Health Checkup

To prepare for the future, one must take a thorough look at the past and learn from mistakes.

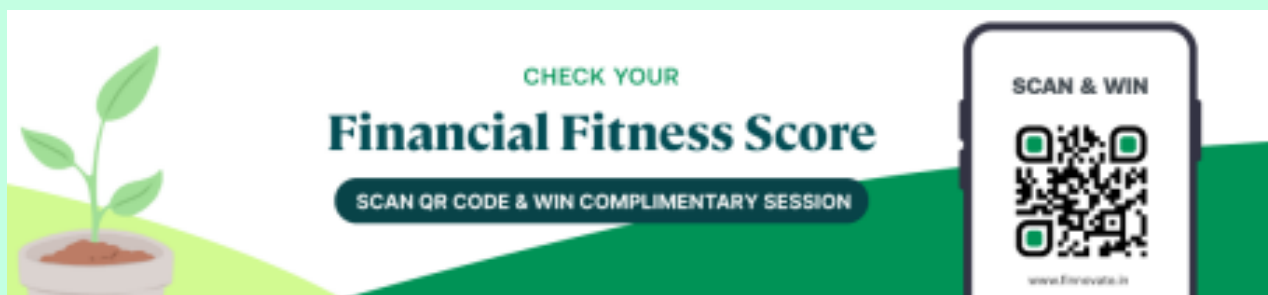
When it comes to your finances, you should conduct a complete review of your finances. Assess your income streams, regular expenses, investments, and any outstanding debts.

This analysis will provide a clear picture of your financial health and help identify areas for improvement.

Now, you can create a new budget for 2024 - you should always update your budget with changing financial goals and circumstances.

If you're anticipating significant life changes in 2024, such as starting a family or planning a large celebration, you should incorporate them into your budget.

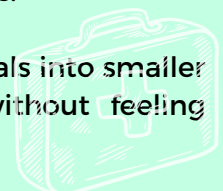
Visit: www.bit.ly/AMCFIT or scan the QR code to check your financial fitness today.



Set Clear Financial Goals

Start by identifying your short-term, mid-term and long-term financial objectives. Whether it is saving for a house, a dream vacation, or saving up for retirement, having well-defined goals will help provide direction and motivation to work towards these goals.

If achieving these goals seems overwhelming, you can break down your goals into smaller milestones with realistic timelines - this will keep you motivated without feeling overwhelmed.



Plan for Retirement

While retirement may seem like a distant reality, the earlier you start planning, the more robust your financial cushion will be in your golden years.

And while you make your retirement plan, remember - it doesn't need to be a document written in stone. The plan should be a living document that adapts to changes in your life. You should regularly review and adjust your retirement contributions and investment choices.

You can engage with a financial advisor to help you make a personalised retirement plan that aligns with your goals and risk appetite.

Build an Emergency Fund

An emergency fund, as the name suggests, is a fund that you should build over time - this fund acts as a financial safety net to help during uncertainties of life (like sudden medical emergencies or income loss).

It is recommended to have at least six to twelve months of your living expenses stashed away in your emergency fund.

Clear High-Interest Debts

High-interest debt, particularly from credit cards or personal loans, can significantly hamper your financial growth in the long run. Consider repaying all your debts as soon as you can, to avoid paying compound interest over a long time.

If managing multiple debts becomes overwhelming, you can seek guidance from a qualified advisor for a structured debt management plan.

Evaluate Insurance Policies

Health is wealth. Period.

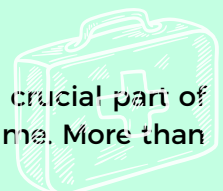
The rising costs of healthcare in India makes it important to have insurance coverage - you should secure yourself and your loved ones with adequate health coverage.

If you already have health insurance cover, you should evaluate your current health insurance policy - consider factors like coverage limits, exclusions, and premium charges. If you own a property and automobiles, you should also consider getting property insurance and vehicle insurance.

Whether it's life, health, home or automobile insurance, each policy contributes to helping you stay financially fit.

Evaluate Your Investment Portfolio

Financial planning is not just about savings and expenses. Investing is also a crucial part of it. If done in the right way, investing can help you accumulate wealth over time. More than the end product, getting the asset allocation right is of utmost significance.



From traditional avenues like fixed deposits and gold to more dynamic options like equities and mutual funds, understanding the pros and cons of each & the right asset mix is essential to make smart investing decisions.

You should regularly assess your portfolio and analyse which investments are doing well, and which are not. You can then rebalance your portfolio to maintain a healthy mix of stocks, bonds and other asset classes. Remember Rome was not built in a day & so staying invested in the right asset class for a long period of time while tiding through market uncertainties is critical to long term financial fitness.

Remember, ARC Formula i.e., Asset Allocation, Regular Investing and Power of Compounding help you create wealth over long run.

Plan your taxes

Planning your taxes is not just about saving money; it's about optimising your resources and ensuring that you make the most of deductions and exemptions.

You can explore tax-saving schemes like the EPF/PPF, National Pension Scheme. Carefully choose if the old or new regime, what helps you bring down your overall tax outgo.

With careful planning and smart investments, you can not only reduce your tax liability but also grow wealth over time.

Aim for a Balanced Lifestyle

Financial Fitness is more than just numbers; it's about achieving a balanced lifestyle. While you should try and optimize your income, you should also allocate funds for activities that make you happy.

Whether it's a hobby, travel, or other leisure activities, having a budget for enjoyment activities can motivate you to maintain your financial discipline in other important areas. While you're planning your financial goals, you should also prioritise your mental health. Stress and anxiety can lead to poor decision-making and reduce overall happiness.

You can consider including activities like meditation, regular exercise, and hobbies in your regular routine to strike a healthy work-life balance.

After all, a healthy mind contributes to clearer financial decisions and resilience in the face of challenges.

As we wrap up the essential strategies of financial planning for 2024, remember that this isn't just about managing numbers in a bank account. It's about crafting a lifestyle that aligns with your values, and long-term goals.

Here's to a prosperous, balanced, and fulfilling 2024 - a year where your financial goals aren't just dreams, but achievable realities!



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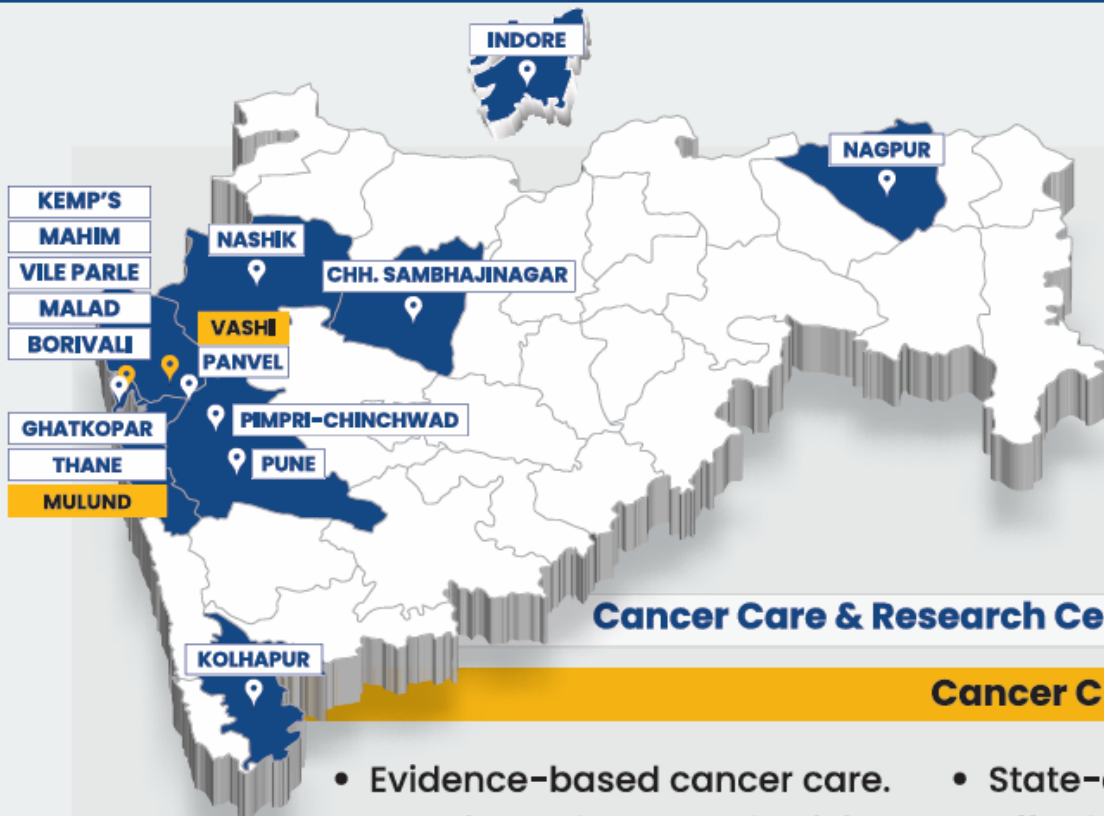
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