

INDIAN MEDICAL ASSOCIATION OF NEW ENGLAND - IMANE 2023



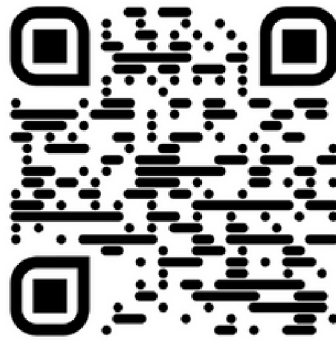
45TH ANNUAL
MEETING

SATURDAY, DECEMBER 2, 2023
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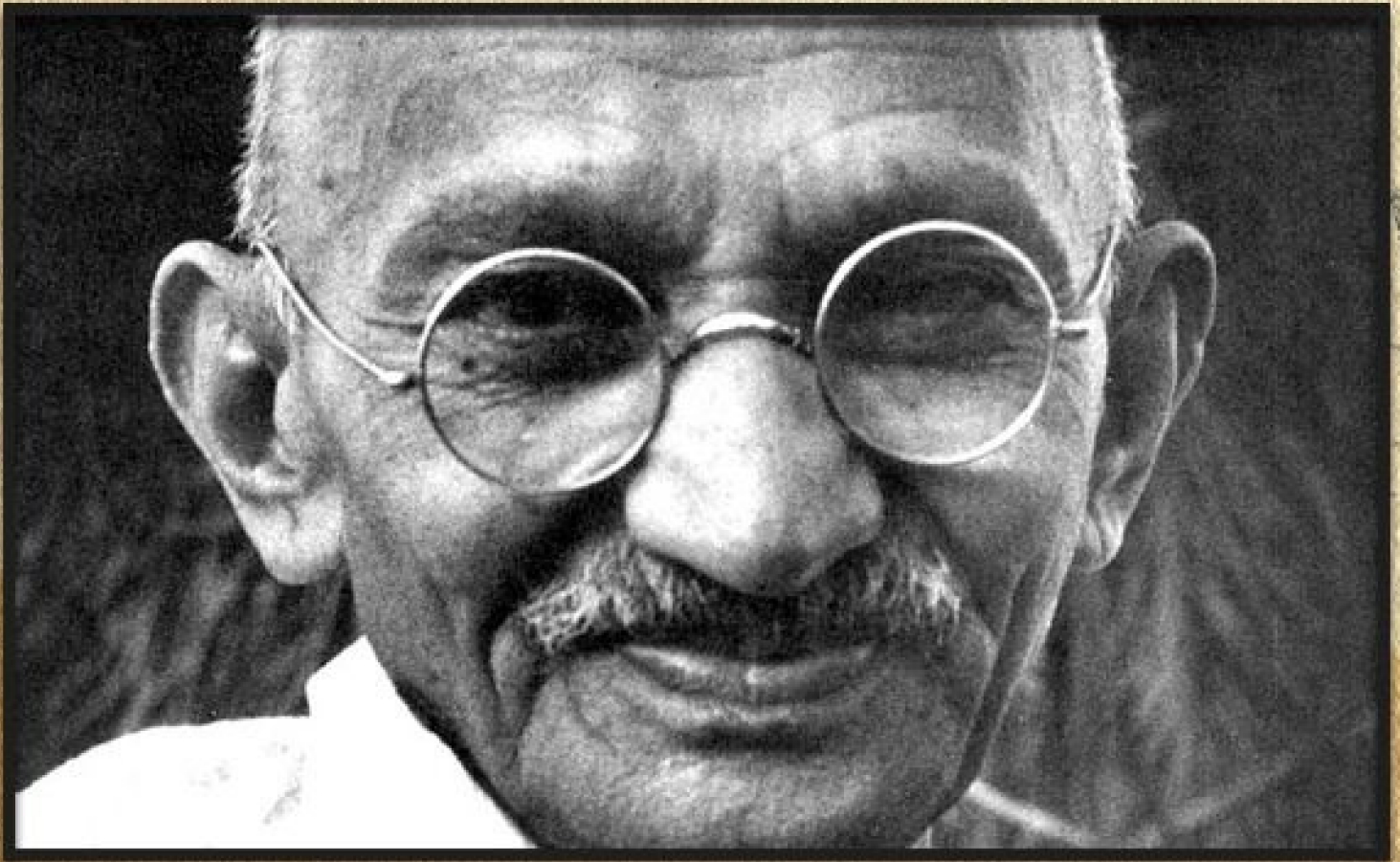


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- MAHATMA GANDHI -

ANNUAL MEETING AGENDA

IMANE ANNUAL MEETING DECEMBER 2, 2023

5:00-6:00 PM	Registrant Check-In
5:00 - 7:00 P.M.	Exhibit Hall Open
5:00 - 6:00 P.M.	General Body Meeting (Members Only)
6:00 - 7:00 P.M.	Cocktails & Evening Reception
7:00 - 7:05 P.M	Welcome Remarks
7:05 - 7:20 P.M.	Keynote Speaker
7:20 - 8:00 PM	Introduction of New Leadership Team, Awards
8:00 PM	Dinner & Entertainment

Welcome and Presidential Year Review

Deepa Jhaveri, DPM

President, IMANE

Chief Guest & Keynote Speaker

Maha Radhakrishnan, MD

Chief Medical Officer, Biogen



PRESIDENT'S LETTER

Deepa Jhaveri, DPM
President 2023



I started out the year with trepidation about how I was going to achieve my goals and vision for IMANE in 2023. I now know, with the help and support of the Board of Trustees, the Executive Committee, old and new members and meaningful friendships, my vision of inclusivity, outreach and education was achievable!

I am so proud of our achievements this year. One of my goals was to include and involve more physicians into our IMANE Community and am so happy that we now have a group of physicians in the form of subcommittees who have been involved and invested in IMANE. Through them and their colleagues we have also had a large number of new members this year! Additionally, a lot of my podiatric colleagues have supported IMANE events, and have helped put the word out about IMANE to their friends and colleagues. This is the true form of community and the backbone to a successful organization and it is wonderful to see the infusion and excitement of my executive committee and new members!

In keeping with IMANE's mission, we have also continued our service to the community. We have been involved in the New England community with established organizations such as IAGB, Women Who Win, Boston Medical Center, Helping Hands Across Oceans, United India Association, The Indus Entrepreneurs (TIE Boston) to name a few. We also participated in "Seniors day", conferences and multiple health fairs such as TIE Boston, IAGB, UIA and Sharon day where several of our members had speaking opportunities.

We continued our tradition of an all-star CME program as well as IMANE Women's Forum. This year we piloted a spectacular program "IMANEs got talent" where physicians showcased their talents and we had a chance to build on our friendships. It was truly amazing to see the talent in our physician community and meet people in person.

It has truly been an honor to serve as President of IMANE. The friendships and collaborations made this year will stay with me for a lifetime and with IMANE for the upcoming leadership for years to come. I wish you and families a new year filled with good health and happiness.

Thank you,
Deepa Jhaveri, DPM
President, IMANE 2023

CHAIR OF BOARD OF TRUSTEES

Pramod Shah, MD
Chair, Board of Trustees



Dear IMANE Family,

On behalf of the IMANE Board of Trustees, I am thrilled to welcome you all to our annual meeting on December 2, 2023.

This year, has been a remarkable period for IMANE, marked by a series of successful events and initiatives. We've successfully transitioned from the challenges of the COVID-19 pandemic to a year full of engagement and connectivity, showcasing our resilience and dedication.

I extend my heartfelt congratulations to Dr. Deepa Jhaveri for their exceptional leadership during this transformative time.

The Board also extends its sincere appreciation to the IMANE EC committee members for their relentless hard work and contributions throughout the past year. Your dedication has been instrumental in the success of our various programs and activities.

Looking ahead to 2024, I am excited to announce Dr. Sonali Khond as our President. We are confident that under Dr. Khond's leadership, IMANE will continue on its path of growth and achieve even greater success.

A big thank you to all IMANE members who actively participated in this year's and contributed to the success of our CME meeting and other events.

Let's celebrate our achievements together and look forward to another exciting and fruitful year.

Warm regards,
Pramod Shah, MD
Chair, Board of Trustees
IMANE, 2023

PRESIDENT ELECT'S LETTER

Sonali Khond, MD President Elect 2024



Dear IMANE Family,

I am truly honored to have been elected as the President-elect of the Indian Medical Association of New England (IMANE). I extend my heartfelt gratitude to each and every one of you for the unwavering support and confidence you have placed in me.

I have worked as a primary care physician for about 20 years. I am impressed to see both IMANE and non-IMANE members participating in volunteering programs within the community. We hope to work together in achieving our goals for good health and a stronger community.

Recognizing that primary care is the cornerstone of our healthcare system, I am wholeheartedly dedicated to championing its importance and advocating for the well-being of our community and the healthcare professionals who serve it. Our vision includes fostering collaborations with local volunteer groups to promote good health and organizing health-related programs that benefit our community.

As we aspire to expand our reach, we are eager to welcome new members into our organization. We envision our association as a vibrant community of healthcare professionals working together for a common cause. In this endeavor, we seek the support of all our members and hope for your active involvement in our activities. Your input and engagement are invaluable, and I encourage you to share your ideas and suggestions to help shape the future of our organization.

In collaboration with our dedicated Executive Committee, I am enthusiastic about ensuring a smooth transition of leadership. I am confident that, working together, we can continue to make a positive and lasting impact on the healthcare community. I look forward to the journey ahead and the collective efforts that will contribute to the success and growth of our esteemed organization.

Regards,
Sonali Khond, MD
President Elect 2024

CHIEF GUEST



Maha Radhakrishnan, MD
Chief Medical Officer, Biogen

Dear all,

It is truly an honor and privilege to be invited as the chief guest at this prestigious IMANE gala event! I am reminded of the tireless efforts, countless hours of hard work, dedication and perseverance from each and everyone one of you when it comes to patient care and medical research that has brought us to this moment to reflect and celebrate! Each one of you has achieved great success in your field and have significantly contributed to our society and community. Your achievements and dedication always focused on the patient to move the medical innovations forward is a true inspiration to me! Deepest of gratitude to you all for what you do! I am really proud to be part of the IMANE community!!

I am looking forward to the 2023 IMANE Gala and meeting you all!

Warmly,

Maha

EXECUTIVE COMMITTEE 2023



Deepa Jhaveri, DPM - *President*

Dr. Deepa Jhaveri is a board certified surgical podiatrist. She earned her undergraduate degree at University of Maryland and Podiatric medical degree at Temple University. She is credentialed and works at Beth-Israel Lahey Hospital, Massachusetts General Hospital and Boston Medical Center.



Sonali Khond, MD - *President Elect*

Dr. Sonali Khond is a primary care physician at Steward Medical group located in the town of Brockton. Dr. Khond has graduated from Lokmanya Tilak Municipal Medical College in Mumbai, India, and has completed her residency from New York. Dr. Khond is honored to be part of the IMANE committee and strives to increase networking among the organization. Outside of the medical world, Dr. Khond's hobbies include traveling, dancing, yoga, meditation.



Sanjay Arora, MD - *Treasurer*

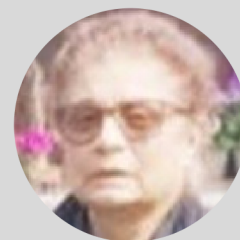
Dr. Sanjay Aurora is an esteemed Neonatologist and Pediatrician at MassGeneral Hospital for Children in Salem, MA. He obtained his MBBS from the University of Madras and further honed his expertise with fellowships at Children's Hospital of Boston and the Harvard Neonatology Program. Board-certified in Neonatal Perinatal Medicine and Pediatrics, Dr. Aurora is dedicated to providing exceptional care to newborns and children.

EXECUTIVE COMMITTEE 2023 MEMBERS AT LARGE



Sailaja Reddy, MD

Dr. Sailaja Reddy, MD is a physician with over 25 years of experience and aims to heal patients through a Functional Medicine approach, a new model of healthcare, that focuses on identifying the root cause of illness and treating your body as a whole system, rather than treating an isolated set of symptoms. Dr. Saila does advanced diagnostic testing and tailors the treatment plans to patients' specific needs. She is an American Board certified physician in Internal medicine, Integrative and Functional Medicine. She lives and practices medicine in Framingham, Mass.



Mohini Malhotra, MD

Dr C Mohani Malhotra, (Monie), a graduate of Lady Hardinge Medical College with residency training at AIIMS, New Delhi has been professionally affiliated with Harvard Hospitals, Lahey Clinic, VA Medical centers and academically with Harvard and Tufts in Boston, UMass in Worcester and Brown University in Providence RI as neuroradiologist. She served in USAR and retired as Lt. Col. She has served IMANE at various levels during the past several years. Parallel with academic medical carrier she took training in fine arts including classes at Museum of Fine Arts in Boston. She currently conducts art classes in her art center.



Smita Patel, MD

Dr. Smita Patel is a psychiatrist in Burlington, Massachusetts and is affiliated with multiple hospitals in the area, including Cambridge Health Alliance and Beverly Hospital-Massachusetts. She received her medical degree from Government Medical College Gujarat and has been in practice for more than 20 years.

EXECUTIVE COMMITTEE 2023 MEMBERS AT LARGE



Paul G. Mathew, MD, FAAN, FAHS

Paul G. Mathew, MD, DNBPAS, FAAN, FAHS is an Assistant Professor of Neurology at Harvard Medical School (HMS), and an Affiliate Member of the HMS Division of Sleep Medicine. He holds clinical positions at Mass General Brigham Health and Harvard Vanguard Medical Associates/Atrius Health. Dr. Mathew is the Co-Chief Medical Editor of the journal Practical Neurology, Chair of the American Headache Society Procedural Special Interest Section, Vice-Chair of the Headache and Facial Pain Section of the American Academy of Neurology, and a Member of the Board of the Directors of the National Headache Foundation. In March, 2015, Dr. Mathew was appointed as the neurology representative on the advisory board of the National Board of Physicians and Surgeons (www.NBPAS.org), and in January, 2019 was appointed Director of Legislative Affairs.

Chandra Lingisetty, MD, MBA, MHCM



Dr. Chandra S. Lingisetty, with over 15 years of healthcare leadership experience, serves as the Chief Medical Officer at eternalHealth. He previously held the role of Chief Administrative Officer at Baptist Health in Arkansas, leading a large Clinically Integrated Network and focusing on value-based healthcare plans. Dr. Lingisetty, passionate about healthcare innovation and equity, holds a Master of Health Care Management from Harvard, an MBA, and completed his medical residency at New York Medical College, with additional training in the UK and India.

IMMEDIATE PAST PRESIDENT



Akash Patel, MD

Akash Patel, MD, is a board-certified Family Medicine physician who is the founder of Steward Novacare Medical. Before joining Steward Medical Group, Dr. Patel devoted nearly a decade of his career as a former partner, board member, and physician with Compass Medical, providing care in the South Shore region for thousands of patients.

BOARD OF TRUSTEES 2023



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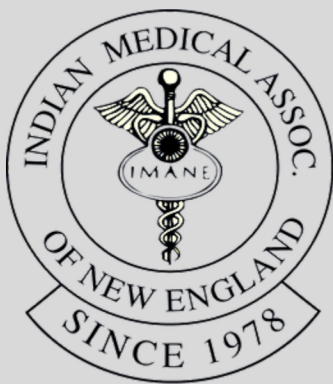
Pramod Shah, MD



Sapna Aggarwal, MD



Vikas Desai, MD



Women's Forum

SAPNA AGRAWAL, MD

MOHINI MALHOTRA, MD

Sub Committees

By-Laws Committee

PRAMOD SHAH, MD (CHAIR)

IT Committee

DHRUMIL SHAH, MD

Nominating Committee Chair

DEVILA SHAH, MD

IMANE CALENDAR 2023

DEC 17

DONATED OVER 200 BLANKETS AND BOTTLES OF HAND WASH TO "HELPING HANDS ACROSS THE OCEAN" TO HELP HAITIAN IMMIGRANT FAMILIES.

JAN 28

IAGB REPUBLIC DAY CELEBRATION

IMANE VOLUNTEERED A BOOTH WHICH PERFORMED FREE DENTAL SCREENING.

MAY 6

INDIAN MEDICAL ASSOCIATION OF NEW ENGLAND SPRING EDUCATIONAL PROGRAM

SPEAKERS:

SHRUTI SONNI, MD
L. ELIZABETH LINCOLN, MD
VINOD RAO, MD, PHD
PAUL G. MATHEW, MD, DNBPAS, FAAN, FAHS
SHANA M. SOLOMON, ESQ.

MAY 7

COLLABORATE WITH IAGB FOR THEIR SENIOR EXPO 2023

MAY 20

COLLABORATED WITH UNITED INDIA ASSOCIATION OF NEW ENGLAND FOR ORGANIZING WONDERFUL, INFORMATIVE COMMUNITY WELLNESS PROGRAM

JUNE 25

WOMENS FORUM: ZOOM CALL

TOPIC: MEDICATION OR LIFESTYLE, WHAT IS BEST TO TREAT OBESITY

SPEAKERS:

SHIKHA MERCHIA, MD

SEPTEMBER 2

SPECTACULAR SHOWCASE OF TALENTS AT IMANE'S GOT TALENT EVENT

OCTOBER 1

IMANE PRESENCE AT SHARON DAY, CONNECTING WITH SOME LOCAL PHYSICIANS FOR MEMBERSHIP AND PARAMEDICALS FOR FUTURE WOMEN'S FORUM PRESENTATIONS

OCTOBER 1

WOMENS FORUM: ZOOM CALL

TOPIC: URINATION ISSUES

SPEAKERS:

VIKAS MERCHIA, MD

DECEMBER 2

INDIAN MEDICAL ASSOCIATION OF NEW ENGLAND ANNUAL MEETING (GALA)

CHIEF GUEST:

MAHA RADHAKRISHNAN, MD

IMANE SPONSORS

Dear Valued Sponsors,

As we present this year's annual booklet, we want to extend our deepest gratitude to each of you for your generous support. Your contributions have not only enriched the pages of this booklet but also significantly bolstered the spirit and purpose of our endeavors.

The success of any initiative is a reflection of the strength and commitment of its community. Your sponsorship is a testament to this collective spirit – a synergy of shared goals and mutual support. The impact of your contributions extends beyond the tangible; it resonates through every aspect of our efforts, fostering a sense of unity and purpose.

Please know that your support is much more than a financial gesture; it is a vote of confidence in our mission and a cornerstone of our future endeavors. Your involvement has enabled us to reach new heights, and for that, we are profoundly grateful.

As you peruse the pages of our booklet, we hope you feel a sense of pride and accomplishment. This is not just a showcase of what we have achieved but also a celebration of the partnerships that have made it all possible.

Thank you once again for your invaluable support and for being an integral part of our journey. We look forward to continuing our collaboration and building upon the successes we have achieved together.

With heartfelt thanks,

The IMANE Team

WOMEN'S FORUM

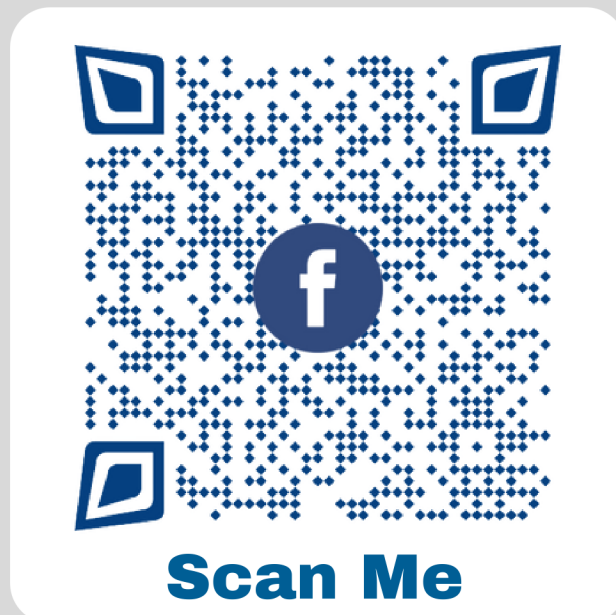


IMANE Women's Forum, IWF is fully awake after its periods of intermittent slumber and this in spite of incessant undermining attempts of Covid over the past year.

Dr. Sapna Aggarwal took the Initiative to awaken it, supported by Dr. Monie Malhotra and working together with superb technical skills of IMANE president Dr. Dhruvil Shah to deliver the presentations over Zoom and Facebook real time streaming. IWF facebook group now has over 200 members and growing.

The topics covered included dialogues promoting healthy living, be it food, boosting immune systems, various forms of exercise, dental health and aesthetics. The participation has been immensely rewarding including medical and non medical community with scores of folks in audience over Zoom as well as FB streaming.

We are in momentum again and we intend to continue this trend over the coming years keeping IWF alive and kicking.



PHOTOS - CME





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PHOTOS - IMANE'S GOT TALENT





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Dr. Prabhu Ram, MD

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Dr. Prabhu Ram is Board Certified in Internal Medicine and has been practicing in Massachusetts since 2013 with more than 19 years of practice experience including other countries. He is trained to diagnose and treat adults who are 18 years and older. He specializes in caring for General Medical needs including Annual Preventive Care, Acute illness like Pneumonia, UTI, STD's, Bronchitis, Asthma and Management of Chronic illness like Obesity/Weight loss, COPD, Diabetes, Hypertension, Heart Failure, Kidney Disease etc. Our motto is to keep medical care personable and provide long term relationship through same provider team.

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What is Meditation?

It is being in the here & now... focused on the present... BUT, it is not easy to do! We are constantly thinking about the past & the future! So, to quiet the mind, we need to train the mind! Since our senses turn outward to the world, we can use them to turn inward.

Meditate by focusing on each of your senses...

-
- 1) Smell - Find a pleasant smell like incense, perfume, chocolate
 - 2) Taste - Find something crunchy like cornflakes, or use chocolate again
 - 3) Touch - Explore a movement in your body like rocking or twirling your wrists, & once you have done this, massage the area
 - 4) Sound - Find a sound like a ticking clock, flowing water or chirping birds & once you have done this, chant out loud, Ommmmmm
 - 5) Sight - Now with eyes open, find a pleasant object like a flower, picture or candle flame, watch it without blinking & then close your eyes & see the image in your mind



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Bethenny Frankel

BrainyQuote

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PHOTOS - COMMUNITY EVENTS



IAGB Republic day booth



UAINE Health Forum

Sharon Day





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PHOTOS - COMMUNITY EVENTS



Independence Day Booth

Women's Forum Zoom call





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Our VISION

IS TO FACILITATE THE CREATION OF A VISION-AID CENTER IN EVERY UNDER-SERVED LOCATION



7 AMAZING FACTS ABOUT YOUR EYES

#1 Did you know your eye colour is controlled by the level of melanin in your iris?

Brown eyes have more melanin (a dark brown pigment) in their iris

Blue eyes have less melanin, which allows collagen (which is blue), to show through



#2 If you have blue eyes, then you share a common ancestor with every other blue-eyed person in the world

The first person ever to have blue eyes lived sometime between 6,000 and 10,000 years ago. Before then, all people had brown eyes.



#3 Your eye contains 107 million cells which are sensitive to light

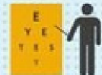
7 million "cones" help you to see colour and details

100 millions cells called "rods" help you to see better in the dark



#4 Did you know that 20/20 vision just means your vision is "normal"?

Eye doctors have determined what people should "normally" be able to read on a chart from 20 feet away.



#5 If you wore glasses which flipped images upside down, your brain would correct your vision

Although you'd see things upside down for a few days, your brain would eventually adapt, and make sure that you see everything the right way up.



#6 You blink less when you're reading, which is why your eyes get tired quickly

On average, you blink 17 times per minute, 14,280 times in a 14 hour day and 5.2 million times a year



#7 They say "in the blink of an eye" because it's the fastest muscle in your body

A blink typically lasts 100 - 150 milliseconds. It's possible to blink 5 times in a single second.



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PHOTOS - COMMUNITY EVENTS



PAST PRESIDENTS



2023
Deepa Jhaveri, DPM



2022
Akash Patel, MD



2020-2021
Dhrumil Shah, MD



2019
Sarashwathi Muppana, MD



2018
Vikas Merchia, MD



2017
Sameer Kapasi, MD



2016
Sapna Aggarwal, MD



2015
Seema Arora, MD



2014
Sajani Shah MD



2013
Manju Sheth, MD



2012
Sucheta Doshi, MD



2011
Arun Chaudhary, MD



2010
Geeta Trivedi, MD



2009
Nasir Khan, MD



2008
Manorama Mathur, MD



2007
Apurv Gupta, MD



2006
Purnima Sangal, MD



2005
Lalit Savla, MD



2004
Onaly Kapasi, MD



2003
Sahdev Passey, MD

PAST PRESIDENTS



2002

Anup Singh, MD



2001

Brinda S. Kamat, MD



2000

Venkata Ravi, MD



1999

Shreekant Chopra, MD



1998

Santhosh Shetty, MD



1997

Babu Ramdev, MD



1996

Neelam Sihag, MD



1995

Ammani Dasari, MD



1994

Mohan Korgaonkar, MD



1993

Teju Shah, MD



1992

PankaJ Shah, MD



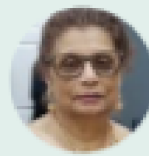
1991

Janine Saldhana, MD



1990

Chander Kapasi, MD



1989

Mohani Malhotra, MD



1988

Madhukar Phatak, MD



1987

Sharmista Patel, MD



1986

Pramod Shoparkar, DMD



1985

Shankar Garg, MD



1984

K. Ramaswamy, MD



1983

Manorma Saini, MD



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- Based on TYE's unique curriculum, featuring guest speakers, hands-on learning and workshops from startup founders and industry experts
- Teams compete for up to \$20k in seed funding and receive guidance from experienced mentors

Through this program, students have the opportunity to develop the hard and soft skills they will need to be prepared for college success and the workforce and develop the 21st century skills that will support them in high school, college and beyond.

CONTACT:

Adam Carter, Associate Program Director
adam@boston.tie.org
tye-boston.org



100%

REPORTED INCREASE IN TEAM SKILLS

100%

REPORTED INCREASE IN CONFIDENCE

90%

REPORTED TYE INFLUENCED THEIR STEM CAREER

Our mission:

- Help our seniors stay energetic and be active participants in our communities.
- Aim to reduce loneliness and isolation among elders,
- Help Seniors to blend into their communities without difficulties.



Activities and Events

- Health and Wellness Fair for seniors & pre-seniors
- Art & craft classes for Seniors
- Tech education workshops
- Karaoke and Dance sessions
- Games
- and many more....



JOIN

US!

UNITED INDIA ASSOCIATION OF NEW ENGLAND

PRESENTS:

NAACHO - NAACHO

2024



NEW YEAR EVE

SUNDAY, 31ST DECEMBER

DJ MAGIC MIKE GROUP

Sheraton Boston Needham Hotel,

100 Cabot St. Needham MA 02494



DOORS OPEN AT 8PM . ULTIMATE SOUND LASER AND LIGHT SHOW
DELICIOUS INDIAN APPETIZERS AND DINNER . FREE BABY SITTING .
PREMIUM CASH BAR . UNLIMITED SOFT DRINKS AND COFFEE/TEA . PHOTO
BOOTH . LIVE BALLDROP ON SCREEN . ATTRACTIVE LUCKY DRAW PRIZES .
OVERNIGHT DISCOUNTED HOTEL ROOMS . FREE PARKING

CONTACT: DR. NEELA GANDHI (617) 605-9976, AANCH JAIN (781) 666-1761,

ANIL SOOD (617) 642-7227



JOIN IMANE TODAY

Join IMANE now and
be a part of our
growing impact!

www.imanemd.org

IMANE MISSION & GOALS

- **Inspire:** We strive to inspire each others and community to take part in promoting our core values collaboration, diversity, inclusion & community engagement.
- **Motivate:** We hope to motivate all we interact with as we further our goal to promote the Art of Healing and Practice of Medicine.
- **Advocate:** We commit to advocate for the betterment of the healthcare of our communities we serve in and protect the interests of our members.
- **Network:** We will facilitate opportunities for members and community stakeholders to engage in meaningful manner to create value.
- **Empower:** We will work to improve continuously and build alliances and collaborative partnerships with other similar minded entities and organizations and work together for common objectives.