



Quarter 1: Newsletter
January-March 2016

INDIAN MEDICAL ASSOCIATION OF NEW ENGLAND

FROM THE DESK OF PRESIDENT

I stand here honored and humbled to have been chosen as IMANE'S President. I accept this privilege with utmost respect and humility. I commit to executing its responsibilities with utmost passion and sincerity.

IMANE has grown over the years through vision of each president. It is my goal to continue upon their successes with the help of my team and all IMANE members.

I am going to condense my thoughts in three broad categories. First, I see IMANE's primary function is to bring health awareness and accessibility to our community. Second is to build alliances with other organizations. Finally- How do we improve financial health?

Let's start with the Primary Function. I see IMANE's primary function to bring health awareness and accessibility to our community. How do we further IMANE's primary function? I strongly believe in this cause and I plan to further the work done by past presidents with utmost passion. The plan includes teaming with other organizations, like INE Multimedia, UIANE to conduct health expos, medical screenings, health education forums etc. I will consider myself successful if I can get my team to focus our energies on this front. Throughout the last few years at IMANE, I have worked on many fronts successfully, but the highest satisfaction I have found is in conducting one of these events. If I was to promise one thing – it will be my focus to help bring health awareness to our communities, whether it is childhood obesity, health screening or elderly health services. I am particularly proud of IMANE's charitable endeavors e.g. we support free medical clinics. These events are part of furthering IMANE's primary mission. While conducting these activities I plan to further IMANE's yearly calendar. We will continue with our Women's forum agenda, CME Meetings – perhaps add another a fall CME meeting.

In addition I am planning networking events for IMANE members. I have already solicited well known and respected doctors to help host networking events at their residences. This is all in an effort to foster and nurture the IMANE community.

My second topic is building alliances. How do we strengthen alliances with other organizations like AAPI, MMS and AMA. I am a firm believer in building alliances with other organizations to strengthen IMANE. This is no small task. Every such alliance takes effort, shifts focus from our primary mission and coordination – but it is my goal to scale IMANE through alliances and succession planning. Each alliance brings great exposure to IMANE and its cause.

Finally our Financial Challenges: Ever since I have been an IMANE member, I have found us struggling on the "funds" front. I have been the treasurer and I know the challenge that each president has had. We have large ambitions but little runways. I find us willing to share our time volunteering, but we run off shoe-string budgets. Last year I have had trips to AAPI events in NY and FL. They would spend 10 times more \$\$ on one event than our yearly budget. I am not suggesting we spend lavishly, but we need funds to execute our primary function. I am going to work with our team to build membership, get more sponsors and arrange fund-raising drives and so on. This is never the fun part of our mission, but together we are going to change that. I count on your support in every way – no ideas will be overlooked.

Those of you who know me – know me as a stickler for process and integrity. I will conduct the duties of this office with utmost sincerity and in accordance with the bylaws. Unlike the past I believe in empowering the exec team. I will depend on the team on collectively making all decisions from picking, for example Goyal's award nominees to advise me on every aspect of scaling this organization. Our aim is to bring back IMANE's integrity as set by original founder members.

In conclusion, we have a world class and a diverse team that comes from all corners of New England. This team is going to be the backbone of IMANE and I am very proud of the strength they bring to IMANE. I take this opportunity to thank my family who I have tortured through the years as I steal family hours volunteering. I continue to count on their support and yours.

I thank you again for giving me the opportunity to lead this great organization.

“God bless America and Jai Hind “

Thank You,
Sapna Aggarwal, MD



From the desk of the Chair of the BOT:

It is such a pleasure to see more participation from younger generation since my involvement as a president many years ago. I feel like old fashioned doctor but you know what, young generation has welcomed me with open arms and they made me feel young again. I am learning new ways of dealing and resolving many issues with yin yang results.

I truly wish that this trends of participation with more varieties of programs from young doctors' increase as the time goes on in the generations to come.

Best wishes to IMANE.

Tejaswini Shah,MD



Profile: Dr. Naveen Chandra Pandaraboyina Treasurer, IMANE

Dr Naveen Pandaraboyina is a board certified gastroenterologist and is an attending physician in gastroenterology and Hepatology, Health Alliance Hospital, Leominster, MA. He is also a Clinical Instructor U Mass School of Medicine

He graduated from Gandhi medical college, Hyderabad, India. He completed his residency at Long Island Jewish medical center, Albert Einstein college of medicine, New York. He then completed his Fellowship in gastroenterology at Long island Jewish medical center, Albert Einstein College of medicine, New York. He has also completed his Fellowship in Liver diseases and Liver Transplantation at Mount Sinai hospital and medical school, New York.

He has won Leadership Award at Long Island Jewish Medical Center.

He enjoys writing poetry, loves hiking and waterfalls. He is an avid watcher of football.



EXECUTIVE COMMITTEE 2016

Sapna Aggarwal, MD, President

Sameer Kapasi, MD, President Elect

Seema Arora, M.D., Past President

Umakanth Khatwa, M.D., Secretary

Naveen Pandaraboyina, MD, Treasurer

MEMBERS AT LARGE:

Smita Patel, M.D.

Tapasya Srivastava, M.D.

Meera Subramaniam, M.D.

Ashok Shah, M.D.

Anand Kanjolia, M.D.

BOARD OF TRUSTEES:

Tejaswini Shah, M.D.

Pramod Shah,, M.D

Ashok Joshi, M.D.

Vikas Desai, M.D.

Rajendra Trivedi, M.D.

NOMINATING COMMITTEE CHAIR:

Devila Shah, MD

APPI REPRESENTATIVE:

Sajani Shah, MD



2016 Committee Chairs/Co-Chairs

Scientific/CME Committee:

Umakanth Khatwa, MD (Chair)
Naveen Pandaraboyina, MD (Co-Chair)

Membership Committee:

Anand Kanjolia, MD (Chair)
Tapasya Srivastava, MD (Co-Chair)

WEB/IT Committee:

Deepak Takhtani, MD (Chair)

By-Laws Committee:

Sahdev Passey, MD (Chair)
Ashok Joshi, MD (Co-Chair)

Community Services Committee:

Ashok Shah, MD (Chair)
Naveen.Pandaraboyina, MD (Co-Chair)

Arts and Culture Committee:

Meera Subramaniam, MD (chair)
Devila Shah, MD (Co-Chair)

Gala Chair:

Smita Patel, MD





IMANE CALENDAR OF EVENTS 2016

- FEBRUARY 11th** Providing food at homeless Shelter- Bristol Lodge Soup Kitchen at Immanuel United Methodist Church ,545 Moody St., Waltham
- MARCH 4th** Childhood Obesity Awareness' campaign program at Sharon High School-March 4th . 10.45-1.15 in collaboration with AAPI as part of 'Be Fit, Be Cool' program.
For details,visit www.aapiusa.org.
- MARCH 5 th** AAPI Governing body Meeting at Newark
Details to follow
- MARCH 20th** Women's Forum at Burlington Public library:2-4 PM. Kavita Chibber is the speaker. She will be speaking on "Healing Relationships Through Energy Medicine and Vaastu Shastra."
- MARCH 26th** IMANE party at Dr Ashok Joshi home at 6.30 PM
- APRIL 3rd** INE Health and Wellness Expo, Burlington Marriott.12-3 pm
IMANE will provide:
A. Free Health Screenings
B. 'Ask the Doctor' segment
C. Bone Marrow Drive
D. Many IMANE physicians are speakers/moderators in various panels.
E. Membership drive
F. Nutrition Counseling
- MAY 7th** Spring CME meeting 'Updates on Risk & Pain Management' at Mass Medical Society Headquarters, Waltham,MA- from 8am-2 pm. Excellent speakers, continental breakfast, Indian veg/non veg lunch, 5CME's- all on Mandatory Risk management !!!!!

Registration is now open.

Details posted on Imane Page, Current Newsletter & on our Website.
- MAY 21st** Trip to Foxwoods
Details to follow

JUNE	Summer Cruise Details to follow	
JUNE 30th- July 4th	Annual AAPI Convention- at the Marriott Marquis, Time Square in New York. Details on AAPI website- www.aapiusa.org	
JULY 15th-22nd	AAPI CME cruise on Amazon River. Details on AAPI website as above	
AUGUST 13th	India day at India society of Worcester, organized by Dr Passey	
AUGUST 14th	IAGB India Day, Hatch Shell, Boston. IMANE will provide Free Health screenings, Bone marrow drive, Ask the doctor segment at our booth.	
SEPTEMBER	Women's Forum at Burlington Library Details to follow	
OCTOBER 2nd	Breast Cancer Walk- 'Making Strides Against Breast Cancer' with American Cancer Society, at Hatch shell, Boston.	
OCTOBER	AAPI Governing Body Meeting Details to follow	
NOVEMBER 19th	Annual Gala at Burlington Marriott General Body meeting:	6-11 PM. 4- 5 PM

Details of upcoming events will be posted on our website. Please keep visiting our website for details- www.imanemd.org.



Imane Free Health Centers are a wonderful way our members can give back to their communities. I spent two evenings visiting Imane Free Health and Waltham Clinic meeting the volunteers and understanding the operations of these free clinics. I was amazed at the excellent care being provided by dedicated physicians at the two medical clinics.

Imane Free Health Stop is located in Shrewsbury. It was started in 2005 .All services at the Free Health Stop are provided free of charge. It is providing the much needed health care for the underserved and uninsured in our community every Wednesday from 6 pm to 8 pm at the India Center. The director is Dr Sahdev Passey. The Free Health Stop is staffed by volunteer physicians, social workers, dieticians and members of the India Society of Worcester. They are looking for volunteer physicians associated with the UMass Medical School system.

Waltham Clinic was started in 1999. It is open every other Monday evening. The clinic provides free basic medical care to poor, undeserved or uninsured patients from the surrounding communities. With both the staff and patients coming from diverse background, the health clinic is truly a community effort.

I am proud that IMANE is so involved in civic activities like this for the needy. Although 95 % of Massachusetts's residents are supposedly covered by health insurance, there has been no change in the volume of patients using these clinics. These volunteer clinics are staffed by many physicians and volunteers who truly deserve of our praise.

Please **donate** you services and whatever else you can provide for these clinics. Please do take time and visit them. The clinics appreciate visits from Imane doctors.

Waltham Clinic
Immanuel United Methodist Church
545 Moody Street, Waltham, MA 02453
[781-642-8499](tel:781-642-8499)
6-8PM every other Monday



IMANE FREE HEALTH STOP

India Center

152 West

Main Street, Shrewsbury, MA

FreeHealthStop@gmail.com

508-943-6961

6-8PM every Wednesday



RECENT EVENTS

#1 Imane provided food for homeless people at Bristol Lodge Soup Kitchen

Imane reached out to homeless people and provided food for homeless people at Bristol Lodge Soup Kitchen in Waltham. People really appreciated the food. About 90-100 people came for food.

Many friends of Imane Family joined at the soup kitchen and helped in serving food and doing the clean up after food

Special thanks to Dr Devila Shah and Dr Pramod Shah for their generous donation. I would like to thank Committee members, IMANE members & friends who came and helped at the kitchen -Dr Sadhana Bhatia,Dr Naveen Pandaraboyina, Dr Devila Shah,Dr Meera Subramaniam, Razia,Suhaiband Bhavana Motiwala. Imane members and friends really felt fortunate after serving food to the homeless people and feel motivated to do this noble act again. It was truly an awesome experience.



#2

IMANE Conducts "BE FIT, BE COOL" - Obesity Awareness Campaign

IMANE had a successful event 'Be Fit, Be Cool- Obesity Awareness campaign' in collaboration with AAPI at Sharon High School on March 4th.

"As a part of this program, Sharon High School students were educated about childhood/adolescent obesity, and its prevention by adopting healthy life style, exercising, eating healthy foods & avoiding junk food. Then these grades 9 through 12 students were made to exercise at various exercise stations in the gym, following which healthy fruits were distributed. Food was sponsored by COSTCO. Finally, 500 dollars check was presented to the Principal of the school towards gym equipment."

Dr Aruna Venkatesh, Chair of AAPI Obesity Campaign from AAPI said "Sharon High School, Sharon Massachusetts campaign by Dr. Sapna Aggarwal was the Nudge COACT needed to sprint to the finish line! Congratulations to Dr. Sapna Aggarwal, President, IMANE, Dr. Bharti Khurana and Paresh Motiwala!"

The program was organized by Dr Sapna Aggarwal (President, IMANE), Dr Bharti Khurana (AAPI Patron Member), and Paresh Motiwala (Member of IMANE IT committee) and engaged Grade 9 through 12 students. Dr. Rajendra Trivedi, Dr Geeta Trivedi, Dr Seema Arora, Dr Anand Kanjolia, Razia Boston, Suhaib Siddiqi and Bhavana Motiwala also helped at the event.



#3 AAPI Spring Governing Body Meeting

The meeting was attended by AAPI Executive Committee, Board of Trustees, Chairs of Committees and Local Chapter's Presidents from all over USA in Newark,NJ on March 5th. Important discussions on many topics and Decisions were made. I represented IMANE as IMANE's Governing Body Members. Dr Arora represented her Alumni/IMANE. It was wonderful to reconnect with old AAPI friends and make some new AAPI friends.



AAPI Event:

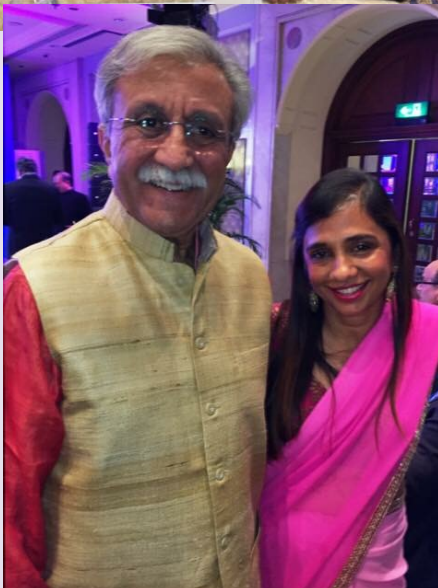
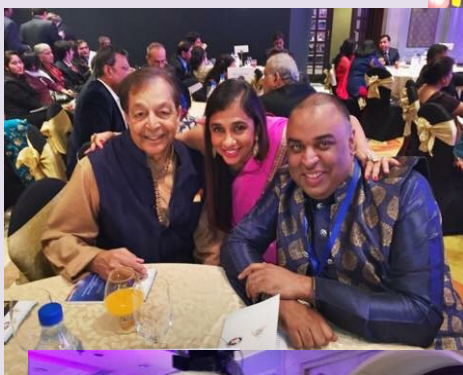
Global Healthcare Summit (GHS) 2016

New Delhi, India: January 1-3, 2016: This 10th international healthcare summit was a progressive transformation from the first Indo-US Healthcare Summit launched by AAPI USA in 2007.

Since then AAPI has organized nine Indo-US/Global Healthcare Summits and developed strategic alliances with various organizations. GHS 2016 focused on Women's Healthcare, including high priority areas such as Cardiology, Maternal & Child Health, Diabetes, Transplant and impact of co morbidities etc.

Research and Poster Presentations seminar was held at the AIIMS Hospital, New Delhi.

At this conference, IMANE was represented by Dr. Sapna Aggarwal, President, four Past Presidents (Dr. Chander Kapasi, Dr. Onaly Kapasi, Dr. Manju Sheth & Dr. Seema Arora) and Dr. Suresh Reddy, AAPI Treasurer .



SPRING CME MEETING

Bournewood Health Systems

Jointly sponsors with the

Indian Medical Association of New England

UPDATES IN RISK AND PAIN MANAGEMENT

Saturday, May 7, 2016

Massachusetts Medical Society, 860 Winter Street, Waltham, MA

Program description:

Accredited through Bournewood Health Systems for **five** category 1 CME credits in Mandatory Risk Management .Excellent speakers and topics! Continental breakfast and Indian veg/non veg lunch is included-network with your friends, colleagues & mingle with Indian community while learning!!!!

Program Schedule:

7:30 a.m. **REGISTRATION AND CONTINENTAL BREAKFAST**

8:15 a.m. **Welcome and Introduction:** Sapna Aggarwal, MD—IMANE President

Course Directors:

Umakanth Khatwa, MD—CME Chair

Naveen Pandaraboyina, MD—CME Co-Chair

8:30 a.m. “The Electronic Health Record: Using it effectively and with meaning”, Christopher W Shanahan, MD, MPH, Director, Community Medicine Unit, Assistant Professor of Medicine, Boston University School of Medicine, Boston.

9:30 a.m. “A Case Study of a Medical Malpractice Action Arising Out of Care in the ED—An Alleged Failure to Diagnose a CVT”, Paul R. Greenberg, Esq., Preti Flaherty, PC

10:30 a.m. BREAK/EXHIBITORS

11.00 a.m. “Innovations in treatment of pain” Anita Gupta, PHARMD, DO ,**CELEBRITY PHYSICIAN** –invited to speak at multiple TV shows and Capitol Hill . Vice-Chair, Associate Professor, Department of Anesthesiology & Pain Medicine, Drexel University, Vice-Chair College of Medicine, Philadelphia, PA.

12:00pm. BREAK/LUNCH PICK UP

12:15pm. “From Cannabis to Cannabinergics” Sanjeet Narang, MD, Director, *Interventional Cancer Pain Management, Instructor in Anesthesia, Harvard Medical School*

1:00pm “Updates from the Board of Medicine.” Roisin Cahill, Licensing Counsel at the Board of Registration in Medicine

2:00 p.m. Closing Remarks: Sapna Aggarwal, MD, IMANE President

Registration Fee:

- **IMANE Members – \$75. Non Members – \$100. Medical Students Free. Residents – \$20**
- **Membership promotion!!!!!!! Sign up for Membership & Conference- \$100**

IMANE MEMBER ACHIEVEMENT:

Congratulations Dr Ashok K Joshi. Dr Joshi has restarted highly needed three mental health clinics in Lowell, Chelmsford and Newton. These clinics will serve the all age ranges from child therapy, family therapy and individual counseling and will have Psychiatrist for medication management."

Best wishes for this endeavor from IMANE!!!!



AAPI News:

Ballots have been mailed to all AAPI members' homes .Last date for submission of ballots is April 1st.Please make sure you exercise your franchise!!!! Please email me if you have any questions regarding a candidate: sapnaaggarwal@verizon.net

SPECIAL THANKS TO:

- Dr Devila Shah and Dr Pramod Shah
for their donation of 500 dollars to IMANE.



- Dr Kay Khan for her generous donation
of 500 dollars in memory of Dr Nasir Khan



"I would request all our IMANE family to help IMANE by bringing new members, making donations and helping with events sponsorship."

Thank you ~ Sapna Aggarwal, MD
President, IMANE