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IMA DOMBIVLI

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DIALOGUE

Dr Leena Lokras
Dr Alka Gadgil
Dr Anita Karnik



Right from the era of **Jhansi Ki Rani**, Indian women have always stood up for their rights and fought their battles despite restrictions and limitations.

They are the shining beacons of hope and have displayed exemplary dedication in their respective fields.

Indian women are everywhere! Be it literature, sports, entertainment, science or armed forces!

This Issue of Dialogue is dedicated to such great Indian women achievers who are everywhere! Be it literature, sports, entertainment, science or military!

Priyanka Chopra is not only wow-ing Indian audiences, she is busy taking over the world. It's not an exaggeration! After scoring the lead role in a prime time American TV show, she went on to win the People's Choice Awards for 'Favourite Actress in a New TV Series' too! She is also the UNICEF Goodwill Ambassador There's clearly no stopping her!

Arunima Sinha was a national level Volleyball player who was pushed from a running train while resisting robbers and lost her legs. Today she is the world's first female amputee (and India's first amputee) mountain climber, who scaled Mt. Everest! She has also climbed five of the world's eight highest summits!

Tessy Thomas, or 'Missile Woman of India' is India's first woman scientist to head a missile project. She is the Project Director for Agni-IV missile in Defence Research and Development Organisation.

Miss World 2017 **Manushi Chhillar** was all India CBSE topper in English in class 12. She cleared her NEET exam in first attempt and is pursuing a medical degree (MBBS) at the Bhagat Phool Singh Medical College in Sonapat.

Pusarla Venkata Sindhu the ace badminton player, who is currently world no 3 in the BWF World Ranking. At the 2016 Summer Olympics, she became the first Indian woman to win an Olympic silver medal and, in 2017, became first Indian ever to win Korea Open Super Series

Mithali Dorai Raj the captain of the Indian Women's cricket team in Tests and ODI. She is the highest run-scorer in women's international cricket and the only female cricketer to surpass the 6,000 run mark in ODIs. She is the first player to score 7 consecutive 50s in ODIs. Mithali is the first captain (men or women) to lead India to an ICC ODI World Cup final twice in 2005 and 2017

Geeta Phogat is a freestyle wrestler who won India's first ever gold medal in wrestling at the Commonwealth Games in 2010 is now known to all thanks to the film Dangal.

We are proud to have **Nirmala Sitharaman** serving as the Defence Minister of India

On one hand we have **Priya Jhingan** as the first woman cadet to join armed forces and on the other we have **Punita Arora** the first woman in India to don the second highest rank i.e. Lieutenant General of Indian Armed Forces and the first female Vice admiral of Indian Navy Chhavi Rajawat is the first woman sarpanch in India with an MBA degree.

We all are aware of the achievements of **Chanda Kochhar** and **Arundhati Bhattacharya**, **Kalpna Chawla**, **Indra Nooyi** but there is a Sprinter **Sita Sahu** won 2 bronze medals at the 2011 Special Olympics in Athens at the young age of 15. Unfortunately, due to the ignorance and lack of concern from authorities, the girl now sells gol gappe in Dhobiya Tanke in Rewa, Madhya Pradesh. She truly deserves a standing ovation from us!

Even though only a few have been mentioned, it doesn't belittle the achievement of the women not mentioned on this list.

While there are several women who go on to perform well in their chosen fields outside their homes, there are many who sit at home and still own the world. The last, but definitely not the least, every Indian mother is an achiever we just cannot leave out.

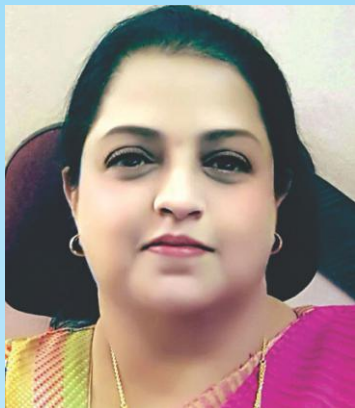
We salute every Indian Woman.

Dr. Leena Lokras

...

FROM THE PRESIDENT'S DESK

IDICON 2017



HEARTFELT THANKS

DEAR FRIENDS A WARM HEARTFELT GREETING TO ALL ..TO I FEEL PRIVILAGED TO BE THE CHARTER PRESIDENT TO CONDUCT IDICON 2017 THE FIRST THANE DISTRICT CONFERENCE AND MY BRANCH AS CHARTER BRANCH TO HAVE ONE MORE FEATHER IN CAP TO HAVE A SUCCESSFUL EVENT.

FRIENDS WE FELT THE NEED TO HAVE ALL 8 BRANCHES OF IMA THANE TO HAVE A SINGLE BANNER TO COME TOGETHER AND SHARE ACADEMIC AND NONACADEMIC EXPERIANCES. WE ALL ARE GOVERNED BY CIVIC BODY OF THANE DISTRICT AND HENCE WE SHARE SIMILAR CHALANGES IN OUR DAILY PRACTICES. HENCE THIS ENDEVEUR OF IDICON WAS ORIGINATED. IF WE ALL DOCTORS FROM THANE DISTRICT COME TOGETHER, IT WILL STRENGTHEN BRETHERN BOND AMONGST OURSELVES AND WILL EVENTUALLY BENEFIT ENTIRE IMA .NATIONAL IMA PRESIDENT DR.K.K.AGRAWAL HAS COINED A TERM CALLED “TINA EFFECT”. IT MEANS ----THERE IS NO ALTERNATIVE EFFECT. AND WHEN WE COME AND WORK TOGETHER IMA WILL BE A BODY WITH TINA EFFECT POWER.WE AS FRATERNITY ARE GOING THROUGH A VERY CHALLANGING PHASE WHERE OUR BASIC FOUNDATION IS SHAKEN.WE NEED TO STAND FIRMLY PLANTED ON OUR GROUND AND IT IS ONLY POSSIBLE WHEN OUR HANDS ARE HELD TIGHT TOGETHER.

WE NEED TO KEEP OURSELVES UPDATED WITH THE LATEST FAST CHANGING MEDICAL TECHNOLOGY AND WE SHOULD BE PAR EXCELLENCE WITH ANY OTHER DISTRICT IN ENTIRE INDIA. IF WE STRIVE TOGETHER MEDICAL TOURISAM IN THANE WILL INCREASE. ALSO MOST OF OUR PRACTITIONERS HAVE SMALL AND MEDIUM SIZED NURSING HOMES. WE TOGETHER CAN FIGHT FOR OUR RIGHTS.

1ST IDICON AND 18TH ANNUAL CONFERENCE OF IMA DOMBIVLI WITH ITS SLOGAN”NEWER HORIZONS.....LETS EXPLORE TOGETHER”IS PROVED TO BE A BENCHMARK WITH ITS ACADEMIC EXCELLENCE,CULTURAL EXRTAVAGANZA AND CULLINERY FEAST.

16 SCIENTIFIC LECTURES COVERING VARIETY OF SPECILITIES WAS A REAL ACADEMIC FEAST. ALL THE SPEAKERS WERE LUCID IN THEIR TALKS WITH EXTRA EMPHASIS TO ENLIGHTEN ALL WITH LATEST HAPPENINGS IN FIELD OF MEDICINE.

WE HAD A LOT OF CULTURAL ACTIVITIES AND COMPETITION FOR OUR MEMBERS AND THEIR SPOUSES.

POSTER COMPETITION, PHOTOGRAPHY COMPETITION....SHUTTERMANIA, POEM COMPETITION... JAADU-E-ALFAAZ, ESSAY COMPETITION WERE WELL PARTICIPATED BY ALL. I PERSONALLY THANK ALL JUDGES WHO DID THE TOUGH JOB OF CHOSING THE WINNERS AMONGST SO MUCH TALENT.

BOLLYWOOD QUIZ HAD PARTICIPATION FROM TEAMS FROM MANY BRANCHES . IT WAS A FUN FILLED EVENT. TEAM KALYAN AS PARWANE WON THE QUIZ.

THE TALENT SHOW BROADWAY BLUES WAS A REAL TREAT FOR ALL PRESENT. ALL WERE IN AWE OF THE TALENT SHOWCASED BY OUR MEMBERS. THERE WAS PARTICIPATION IN SINGING, DANCING, YOGA, MONO ACTING, POETRY, WHISTELING, INSTRUMENTAL MUSIC AND SO MUCH MORE.

THE BANQUET WITH A “RETRO—DISCO” THEME WAS A NIGHT TO REMEMBER.

BUT DR. U.P. RAO ORATION CEREMONY WITH ORATION FROM ONE OF THE MOST REVERRED EMINENT PERSONALITIES, DR. VED PRAKASH MISHRA AND INAUGURATION CEREMONY AT HANDS OF NATIONAL PRESIDENT DR. RAVI WANKHEDKAR SIR AND IMA MS PRESIDENT DR. Y.S. DESHPANDE SIR WAS LIKE A CHERRY ON ICING.

THE ENTIRE TEAM IDICON WORKED TIRELESSLY TO MAKE OUR IDICON A SUCCESS.....SCIENTIFIC TEAM, AV TEAM, SOUVENIR TEAM, CULTURAL EVENTS TEAM, FINANCE TEAM, STAGE AND DECORATION TEAM, BACKSTAGE TEAM ... ALL WORKED LIKE A WELL REHEARSED ORCHESTRA.. SO OBVIOUSLY THE SYMPHONY WAS BOUND TO BE SWEET AND A HUGE HIT.

CONFERENCE CHAIRMAN DR. MANGESH PATE AND SECRETARY DR. MEDHA OAK WORKED HARD TO MAKE IDICON A SUCCESS.

FRIENDS BUT EVERY EVENT IS SUCCESSFUL BY ITS DELEGATES.. SO AGAIN ON BEHALF OF TEAM IMA DOMBIVLI I THANK EACH AND EVERY ONE WHO MADE THIS EVENT POSSIBLE AND SUCH A GREAT EVENT.

DR. NITI UPASANI
PRESIDENT
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TACKLING SCREEN-TIME ISSUES

Dr Dushyant M Bhadlikar
M.B.B.S., M.D.



Renowned Psychiatrist from Dombivli

[Death is a terrible thing- you can't even take a selfie!- DuMB]

What is the problem?

It is indeed superfluous to talk about the increased screen-time in our lives, be it the Tablet or the smart phone or the computer. It has affected us at one time or other. It is possible that we are currently worried about a friend's or a relative's over-indulgence, online or off it. We also know what the effects of such habits are. Reading of someone's death while taking a selfie might not shock us anymore, it is getting that common! So, we know what the problem is?

How do people get into this problem?

The causes are different for different people. A strong need to belong to a group, inability to handle peer pressure, escapism, inferiority complex and plain habit, to name a few. Like any other addiction, there is a sense of helplessness when it comes to tackling the urge. The person might give-up any effort to curb the habit.

Do I have a problem?

This might be an issue. We have our own defences, like denial, to avoid acceptance of the habit. Compulsive gaming, for example, in someone, will be very evident. It is clearly a bad thing, isn't it? But what if I watch YouTube videos on health or Motivational talks? Watching every day and that too for hours together? I can say that, 'These help me and actually, it is not at all harmful.'

[Physical fitness is a definite priority. I give one hour each day for it. 5 AM to 6 AM, every single day. That is the sacred time for me, when I watch fitness videos on Youtube.- DuMB]

Reading the Tweets on Twitter can easily take a few hours out of your daily routine. My defence? I keep myself abreast of the current affairs, I know things 'straight from the horse's mouth'. The joy of interacting, virtually, with the rich and the famous does give a heady feeling. I convince myself that that is good.

Facebook helps you know about a old friend's surgery, a relative's promotion and many such things. You think it is a nice way to keep in touch. Forgetting, over the time, that a personal communication has decreased and this virtual communication has taken over. There are chores to do, books to read, trips to enjoy, dinners to have, 'something' needs to be done for the fitness- the list keeps on growing. We hum the anthem 'I am busy, no time, no time'

Acceptance:

The first step, therefore, is becoming aware of the habit. This is the hardest! There are tests to know if you are addicted to the net / social media/ messaging apps/ screen, some are online tests!

Few items in the test are given below to give you some idea.

How often do you find that you stay online longer than you intended?

How often do you neglect household chores to spend more time online?

How often do you check your e-mail before something else that you need to do?

How often do you become defensive or secretive when anyone asks you what you do online?

How often do others in your life complain to you about the amount of time you spend online?

How often do you find yourself saying “just a few more minutes” when online?

Each item is scored on a scale [say 0 to 5] the total score then gives you a measure of your habit.

What needs to be done?

It cannot be emphasised enough that acceptance is the most important step. That is something that motivates a person to change. Once this step is arrived at the rest of the journey becomes achievable[though not easy].

Set time –limits:

Try limiting the time. I know a friend who has made it a habit to visit his facebook page only for three minutes, not a minute more. He has not missed anything important, he told me.

Tough measures:

Some people find it helps to delete the app from there device. This might sound like an extreme step . Helped my Tweeter addiction. Deleting Roadrash, the bike racing game, from my computer was a very important step for my recovery from gaming habit. I have never had any game on any device since then. Currently working on YouTube fitness videos.

Conducive society :

Society has a large role to play in helping us with the solution. There are campaigns which encourage the kids to be more active, involve in social functions and enjoy real conversations and human interactions. <https://screentimenetwork.org/> is one such social movement. A social problem, needs a social answer.

Learn Mindfulness : Mindfulness is a form of meditation, scientifically tested and efficient in promoting psychological and physical health. Mindfulness practices teach us to stay in the present. Seated meditation involves being aware of the breath, just observing it come and go , bringing the wandering

mind back to the breath without expecting anything to happen in any particular way. There are other types of practices like Body scan meditation and Mindful Yoga. It has been proved that even a few minutes of practice, as less as 20 min a day, for three months can help the novice meditator. This can be substantiated by functional brain scan. Usually we read about studies on the very experienced monks meditating for 10-20 years. We find these studies very interesting, but not motivating at all. Jon Kabat-Zinn took Mindfulness to the west and used it on patients referred to him by the Massachusetts General hospital. All he had were the unused hospital basement , his enthusiasm, unwavering faith in the practice and a few good friends. Addicted to the screen or not, mindfulness is for you. If you are too busy, then informal practices are for you. Informal practices are those daily life activities where one is supposed to be fully involved, mindful walking , for eg. Mindful eating has helped many people with another addiction, the food addiction .The 8 week course of Mindfulness Based Stress Management [MBSR] is available free on the net! <https://palousemindfulness.com/>. There are free guided meditations available on the net which can be downloaded on your smart phone . [Better use of your phone, at last] The audio files are from 3 minutes to 60 minutes. Start from the lesser and slowly progress upwards. <http://www.freemindfulness.org/download> is one of the sites for these downloads.

Rediscover your hobbies.

Let these be the ones which involve physical activities. These same hobbies, which you enjoyed a lot, might not be appealing to you in the beginning, but they do help gradually.

If this does not help someone, professional consultation may be required.

...

“MEMORIES OF MELBOURNE”

Dr. Geeta Kulkarni

I had an opportunity to live in Melbourne for about 21/2 Months because of my son Dr. Gaurav Kulkarni a pediatric nephrologist,

It's a 2nd most livable city in the world. It is the Coastal Capital of south eastern Australian State of Victoria In Short they call it vic Here are few of my experiences. Which I would like to share with you. I and my counter part. Dr. G. V. Kulkarni will cherish it's moments forever.

1] FEDERATION SQUARE :-

It's a city's centre always full of tourist like CST in Mumbai. I visited this on Independence day 15th Aug 2017. Aishwarya Rai along with her daughter Aaradhya had come for flag hosting and I saw them a just few meters away. In India it would have never been possible!

The federation square is surrounded by all sorts of museums all of which have entrance fees. Point to be noted!

- a) ACME Museum An Australian cultural center for moving images.
- b) Natural Gallery of Victoria (NGV) :- displayed various paintings.
- c) Melbourne Museum :- It's a scientific museum.
- d) Immigration museum :- depicts the history of Australia.
- e) Melbourne street art:- There are 10 lanes all over Melbourne. Out of this I saw

“UNION LANE :-

Where artists painted the walls of street and it's legal. The paintings are huge. It was really a feast of colour, ideas and energy It's a stage for artistic expression.

2] BEACHES :-

Nobody Can beat Australian beaches near and clean as usual. Lot of people are addicted for surfing here.

I had occasion to visit Brighton beach a6 Km Coastline with 82 bathing boxes All are Colourful which add to the beauty of beach. They date back to 1881.

Another beach was “Torquay beach”. It's a gateway of great ocean road. As usual this beach was also beautiful, Neat and clean with Children's play area and various

types of parks spread around.

3] FLINDER'S STREET RAILWAYS STATION:-

I found this similar to CST station of Mumbai. It serves entire metro polian rail Net work. The main station building completed in 1909 is a cultural icon of Melbourne with its prominent dome, arched entrance tower and clock. There are rows of clocks above Main entrance depicting world's time zone. There is a big network of trams throughout Melbourne. No where in Australia you find such trams.

4] GREAT OCEAN ROAD:-

I got an opportunity to drive down this Australian national heritage 243 Km stretch of road along south eastern coast between Victorian cities of torquay and Allansford. It is dedicated to soldiers killed during world was I. it's the largest war memorial. Here we visited a special land mark of “Twelve Apostles”. A limestone stack of matter we spend one night at Appollo Bay and returned next morning.

5] YARRA VALLEY :-

It dates back to 1883. Australia is famous for its wine. Yarra is abundant in wineries, orchards, grazing pastures, Food, Restaurant chocolate factory. It's only 1 Hr. drive from central Melbourne as usual scenic throughout, pictorious view every where the wine is prepared from black grapes and is famous all over the world.

6] CAIRNS & GREAT BARRIER REEF :-

We travelled to cairns by 3 1/2 hours by plane and then 80 km driven down to port dauglas. From marina in port douglas operators take you to great barrier reef.

It was an unforgettable experience for both of us. we took “quick silver cruise” which took 350 tourist to great barrier reef.

One can see the underwater world by these means - snorkelling, scuba diving, glass bottomed boats, submarines, helicopters.

We took the option of submarine It was again 15ft height boat with glass walls which went right under the sea. It's a great experience which no one should miss. It has huge property of corals, algae, sea anemones, sponges, fish,

worms, star fish, turtles molluscs and various types of snakes. It was just an unbelievable experience for both of us to see this world all neat and clean.

7] THE WORLD OF ABORIGINES

These are the original people of Australia, They are dark in coloured somewhat look like Asian people, Their culture is very old, dance, food and art. Aboriginal art is very good. The paintings are very minute. And worth buying them.

TO CONCLUDE :-

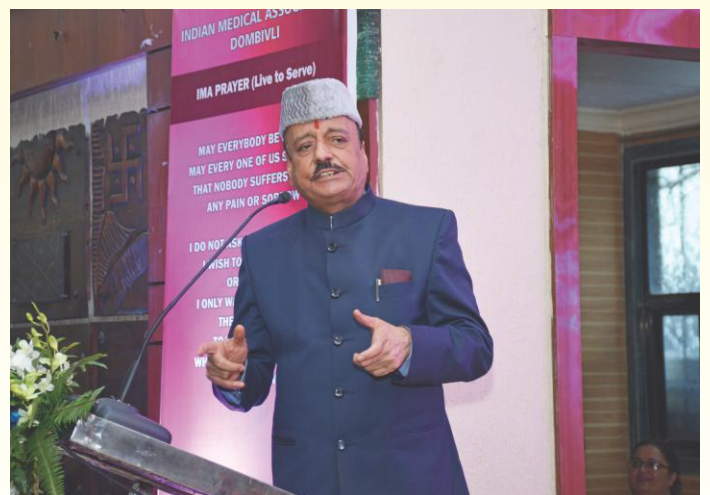
- 1) it is a swatch Australia
- 2) People are friendly here.
- 3) They are little lazy as at 5 pm all shops close down.
- 4) Population is very less.

We departed with heavy heart to come to Dombivali and said bye bye to my son, daughter in law and 2 cute grandsons. To return back to our patients.

...



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डॉ. राजू गिते

लाटेवर अरुध असलेला एक
आणि बोहल्यावर पण न चढलेला दुसरा
यांच्यात पुन्हा एकदा रंगणार सामना

मांडळी २०१९च्या इलेक्शन
मध्ये काय होईल याचा सादर करतो छोटासा नजराना

५६ इंचाची छाती एकीकडे
आणि ५६ ग्रॅमचा मेंदू दुसरीकडे
यांच्या होणार पुन्हा टक्कर
उर बडवून घेणाऱ्या भक्तांची
आणि कपाळावर हात मारून
घेणाऱ्या पंजाची झुंझ होईल फक्कड...

ह्याने त्याला म्हणावे पप्पू
त्याने ह्याला म्हणावे फेकू ।२।
होईल सुरु चिखलफेक
नवीन नवीन अश्वासनांचा
मग फाडून देतील बेरर चेक

भक्तांना तर असेच वाटते ।२।
५ वर्षात ते केले जे ६० वर्षात नाही झाले
अजून ५ वर्षे मिळाली तर धर्तीवर आणू तारे...
राजा साहेबांची टोळी पण गप्प नाही बसणार
भारतासाठी केलेल्या आत्मबलिदानाचा
पुन्हा पाढा वाचणार....

आजी गेली बाबा गेले...मी एकटाच उरलो
छोटा भीमची शक्ती घेऊन लहानाचा मोठा झालो
डोरेमॉन आणि मायटी राजू स्वप्नात माझ्या येतात...
हे इलेक्शन मीच जिंकणार ठणकाहून मला सांगतात

इकडे आड आणि तिकडे विहिर....

अशीच झालीया गत मंडळी
एक आहे जो सुरुच होत नाही...
आणि दुसरा थांबायचा नाव घेत नाही
मग या रणांगणात उडी घेतील
प्रत्येक राज्यातील छोटे मोठे राजे

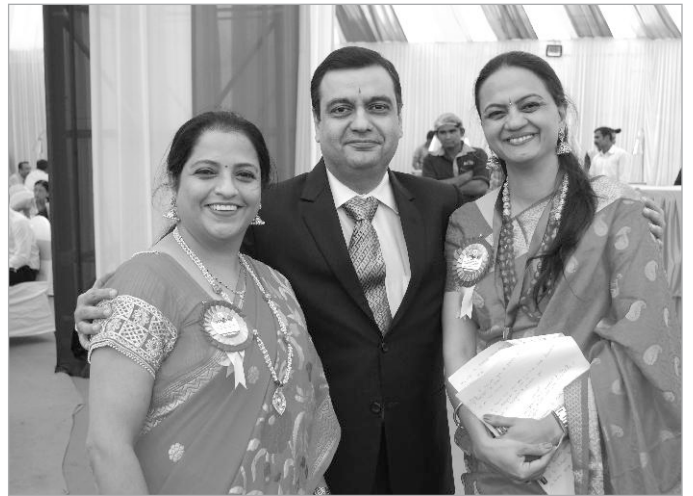
कोणी हातात झाडू आणि कानाला मफलर...
तर कोणी वाघाचं चित्र घेऊन मागे
वाकड्या झालेल्या तोंडालाही तेव्हा पुन्हा पाणी सुटेल
शेतकऱ्यांच्या हितासाठी त्यांचा उर फाटेल
प्रत्येकालाच वाटेल आपण किंग मेकर होऊ
आणि दिल्लीतल्या तक्ताला आपण टेकू देऊ...

आपले हित तर आपल्याच हातात आहे
कोणी काही बाई सांगो...आपले मत फिक्स आहे
देशाच्या पुढे मला काहीच दिसत नाही
आणि देशासाठी जो लढेल...मी त्याचा पदर सोडत नाही

झुंजी काय कायम चालूच असतात...

पण ही झुंझ वेगळी असणार
दुनिया बसली आहे टक लावून
की काय पुन्हा लाट येणार...काय पुन्हा लाट येणार

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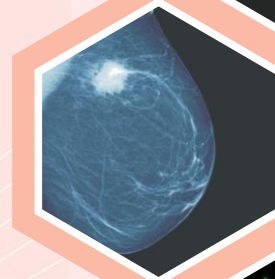
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