President’s Message

This is yet another exciting month for the medical community and for IDA. We are proud of our members in their decision to raise public awareness and promote trust in medical science within our community regarding COVID-19 vaccines. Especially in our home communities, there is significant skepticism amongst the general population. The pandemic has threatened the welfare of healthcare workers who risk everything in their line of service. Let us continue to work together to do our part to end this devastating virus, which has affected so many of our patients, community members, and loved ones. You can help us beat this virus by getting vaccinated and encouraging others to sign up for the vaccine.

IDA continues to broaden its footprint through mentoring and providing professional guidance to children, students, and young professionals in training. We are very proud of Rhea Sudhakaran and Ritu Sudhakaran, who have made a great impact on our community with their meal planning and nutrition guide for Indian cuisine. We recently celebrated National Doctors’ Day, on March 30th - the 179th anniversary of Dr. Crawford Long utilizing general anesthesia for the first time in a surgical case. IDA proudly continues to deliver and promote quality patient care and patient safety across the Houston community.

Advancing inclusivity and belonging for people from all backgrounds and ethnicities are key to the promotion of strong health care and the safety of our communities. We stand with our Asian American and Pacific Islander colleagues and friends in the global effort to treat our fellow people with dignity and equity. We look forward to making great strides in the month of April and in the years to come.

IDA’s Covid-19 Awareness Campaign
https://www.facebook.com/idahouston15
https://www.instagram.com/houstonindian/
https://www.linkedin.com/in/indian-doctor-s-association-houston-0506a21a/

Jignesh Shah, MD
President

“Friends of IDA”

“We are proud of the Indo-American doctors and healthcare workers for their service to the community during the current pandemic. Their work truly embodies the motto of ‘Service before Self. Indian Doctors Association - Houston is an important partner for the Consulate to deepen the India – US partnership in Healthcare and Medical Research in a range of areas including strengthening the linkages between institutions in both the countries and promoting joint collaborations in the field of research and medical education.”

Mr. Aseem R. Mahajan
Consul General of India, Houston
Happy Doctors’ Day to all of our amazing members!
April 30th is the last day to purchase individual tickets and tables. Click here to reserve your seat.

Westin COVID19 Safety Protocols

In order to maintain a safe gala, IDA requests that all attendees be vaccinated prior to this year’s gala.


Hello all, I am Dr. Bindu Sudhakaran, a board-certified internist working at MHMG Spring. I attended medical school at Calicut Medical College, Kerala, India, and completed my residency in Internal Medicine at Emory University School of Medicine, Atlanta. I have been practicing in Houston since 1998.

Like most internists, I focus on preventive healthcare as well as general internal medicine for adults with a special interest in diabetes and preventive cardiology. I enjoy spending time with patients and listening to their concerns. I am a proud mother of twin girls and love spending time with my family. In my free time, I enjoy baking, cooking, reading, and traveling. I am one of the volunteer bakers for “Bundle of Joy”, an organization created by our kids. We bake and deliver birthday cakes for foster kids.

Bindu Sudhakaran
Memorial Hermann Medical Group Spring Primary Care (located in the CCC)
7474 N. Grand Pkwy W., Suite 400, Spring, TX 77379
(832) 717-7825 | (832) 717-7826 Fax

Dr. Sudhakaran’s Blog on Nutrition Indian Cuisine

Like many members of the Indian community, several of our family members and friends have diabetes. I saw their
frustrations about not being able to control their blood sugar even though they were trying to eat “healthy”. They felt like they could not enjoy any of their favorite foods since they were diagnosed with diabetes. Even as a physician, I struggled to provide them with more specific information. I was discussing this at home one day when my daughters suggested that they could help me find some resources and see how they could help me make a simple information booklet for patients with diabetes on Indian meal plans.

This is where the journey started two years ago. My twin daughters, who were sophomores at UT studying Nutrition and Neuroscience, took it upon themselves during their summer vacation to find more information regarding an Indian diet for diabetes. They found multiple great resources online, and one of them was written by our own AAPI members. I never knew that there was so much information already available online.

I also tried to educate myself through a Novo Nordisk program in which a dietitian would come and train the physicians. I learned more about the carb content in food and how to count carbs. After collecting multiple sources, we were able to create a simple booklet on the Indian diabetic diet to be given to patients. I reviewed this with CDE to make sure that what we created was accurate before I could give it to my patients. She suggested adding pictures of the food and their portion sizes, so we cooked a variety of Indian foods, took pictures of each one, and added it to the booklet.

After six months, we were ready with the booklet which was then presented to the Diabetic and Nutrition Council of Memorial Hermann to be approved for patient use. The Memorial Hermann Nutrition and Marketing department made the final edits, and then, this product was officially completed. I hope this resource will help our community to keep their diabetes under control while still able to enjoy the food they love.

Click here for the full plan.
Happy Holi!

Holi is a popular ancient Hindu festival, known as the "Festival of Love, Colors, and Spring", celebrates the triumph of good over evil and the divine love of Radha and Krishna.

India Ministry of Culture:
Sun Temple

Dedicated to Surya or the Sun God and designed like his chariot, the massive and magnificent Sun Temple at Konark (kona meaning angle and ark referring to the sun) is one of the finest examples of ancient Indian architectural heritage. A UNESCO World Heritage Site, the breathtakingly splendid temple was once described by Nobel Laureate Rabindranath Tagore as the place where the language of stone surpasses the language of man. Situated around 30 km from Puri, the temple, seemingly rising from the depths of the sea, is just 2 km away from the Bay of Bengal coastline. Built-in the 13th century by Ganga king Narasimhadeva I, the temple with stunning sculptural details, marks the most evolved period in the Kalinga architecture. It is said that the temple was designed in such a way that the rising sun's first rays would illuminate the deul (sanctuary) and the presiding deity. The temple stands on a base of a total of 24 intricately carved wheels, 12 on each side. Four of the 24 wheels can be used as sundials to tell the time!

For more information, click here.

IDA Social Media

Members and events are highlighted on our social media channels.

IDA Speakers Bureau
Please update your membership profile on idahouston.org if you would be interested in becoming a motivational speaker for IDA at our future events.

IDA Physician Specialty Awareness Videos

https://www.facebook.com/idahouston15
https://www.instagram.com/houstonindian/
https://www.linkedin.com/in/indian-doctor-s-association-houston-0506a21a/

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