



Indian Doctors Association

Greater Houston

March 2022 Edition

## President's Message

Greetings to all of you...

Happy Holi to everyone.

Holi, the festival of Colors, indicates the end of winter, beginning of Spring, festive day to meet others and celebrate victory of good over evil. Holi will bring a lot of joy, happiness and love to your family.



Our New Year Mixer in Sugar land was a great success. Thanks to all of you for being so generous with your time. More than one

hundred and forty people attended the event and many more could not come due to lack of space. But we have planned two future events, IDA picnic on April 23rd and Woodlands mixer on May 14.

**IDA Picnic**  
**April 23rd, 2022**

Venue • Bellaire-Zindler Park  
7008 5th street, Bellaire, Texas 77401

Date• April 23, 2022  
Time• 11 am-5 pm

Activities• Karaoke, Antakshari,  
Dance, Cricket, Balloon twisting,  
Face painting, Flying kites, Raffles,  
Bounce for children

Food• Daawat catering

IDA member free with 1 guest/free for children  
Non IDA member- 25\$  
Register by April 21st, 2022

**IDAHouston.org**  
COVID protocol to be followed



Indian Doctors Association  
Greater Houston

[Register Here!](#)

IDA will work towards keeping everyone informed about new CDC guidelines with ever evolving new variants looming on the horizon. As we take baby steps to transition to a new normal, we are cautiously optimistic. So far only 65 percent of people in the USA are fully vaccinated. IDA would advise everyone to get fully vaccinated and boosted if recommended by CDC and don't let your guard down till it officially ends.

IDA is growing in strength each day with new members being added. I look forward to your continued support. Please register and attend future IDA events with friends and family. I thank each and every one of you and encourage you to keep spreading the word of IDA.

Looking forward to seeing you all in IDA Picnic on April 23rd, 2022.



<https://www.facebook.com/idahouston15>

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

*Atasu Nayak, MD  
President*

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## MEMBERS CORNER



*Lifetime Member  
Manmeet Singh, MD*

Dr. Singh is originally from Delhi, India. He earned his medical degree at the Medical University of Pleven in Bulgaria in 2003 and then completed his residency in Internal Medicine at the University of California San Francisco (UCSF) Medical Education Program-Fresno in 2012.

Upon completion of his Fellowship in Cardiology from UCSF MEP-Fresno, Dr. Singh received a Congressional Recognition from the US House of Representatives for outstanding dedication and invaluable service to the community.

Dr. Singh explains, "I love being a Physician and feel connected to my patients not just at a physician level but I also see myself as a partner in their journey of how to prevent heart disease or recover from it. I see my patients as someone's family member and give my very best to everyone in my care. I'd like to believe that I don't just build a Practice but build relationships to help my patients establish their healthcare goals and needs."

In his spare time, Manmeet enjoys traveling, working out, cooking and spending time

with his family that includes two dogs and a car. He is conversant in BULgarian, Urdu, Hindi, and Punjabi.

### **Singh Cardiology**

16605 Southwest Fwy  
Medical Office Building #3, Suite 570  
Sugar Land, Tx 77479

7070 Knights Court  
Suites 801, 802  
Missouri City, Tx 77459

Tel: 281-857-6538  
Fax: 281-476-6451

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## MEMBERS CORNER



*Lifetime Member  
Bindu Akkanti, MD*

What a pleasure it is to finally join the IDA gang. I moved to Smithville, Texas, from Warangal, India, when I was fifteen years old. I went to UT Austin for my undergraduate studies followed by UT Southwestern for medical school, and Baylor College of Medicine for subsequent clinical and research fellowship in Pulmonary and Critical Care Medicine. I am about to start my ninth year in the Division of Critical Care at McGovern Medical School and am an Associate Professor and Director of Heart and Vascular Critical Care at Memorial Hermann- Texas Medical Center. I take care of patients who have undergone heart and lung transplants, ventricular assist devices, ECMOs, and RV failure from Pulmonary Arterial Hypertension. At the core of what I do in clinical medicine is care for patients with

right ventricular dysfunction from a myriad of causes with a large multidisciplinary team. Our division has a robust outpatient pulmonary clinic where we see general and advanced lung diseases, with my focus being on Pulmonary Arterial Hypertension. I am one of the admins for the Houston Women's Physician group and believe that together we can do so much more than alone. I am a mother of three and my husband Naveen Garg is an Associate Professor in Abdominal Radiology at M.D. Anderson Cancer Center. I enjoy bringing people together, and recently started a non-profit to enable more effective mentorship of youth as they progress from middle school into their professional education. We call Houston home and are glad to be here with you all.

#### **Center for Advanced Heart Failure**

6400 Fannin, Suite 2500

Houston, TX 77030

713-704-4300

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## **MEMBERS CORNER**



*Annual Member*  
**Shikha Bharaktiya, MD**

Dr. Shikha Bharaktiya is Board certified in Endocrinology, Diabetes and Metabolism. After completing her Endocrinology fellowship in 2008 at the University of Texas, Houston, Dr. Bharaktiya founded Endocrinology Clinics of Texas. Over the past 13 years in private practice, she has built a reputation of being one of Houston's finest endocrinologists and most notably, being considered one of Houston's Top

physicians and endocrinologists by the Houstonia magazine.

Dr Bharaktiya completed her residency in Internal Medicine at the University of Texas, Houston in 2005 where she served as the Chief Resident in the Department of Internal Medicine. She then stayed at the University of Texas, Houston to complete a fellowship in Endocrine, Diabetes, and Metabolism. During her training she has rotated through many of the hospitals in the Houston Medical Center including Memorial Hermann Hospital, MD Anderson Cancer Center, and Lyndon Johnson hospital. Dr. Bharaktiya continues her passion of teaching residents by continuing an academic affiliation at Memorial Hermann Southwest Family Practice.

Dr. Bharaktiya firmly believes in personalized care and lifestyle management. While she follows a vegan diet, she realizes the need to train people with different dietary requirements to achieve their lifestyle goals. She enjoys practicing all aspects of general endocrinology. Her treatment focus areas include but not limited to: Type 1 and 2 diabetes, Autoimmune thyroid disease, Thyroid cancers, Adrenal disorders, Pituitary disease, Polycystic ovary syndrome, Osteoporosis, and other disorders of Calcium metabolism.

Digital health plays a significant role in managing diabetes, she is very well versed in keeping up with the latest technology to support patients for management of Diabetes including Continuous Glucose Monitoring Systems and Insulin pumps. She also has a special interest in Obesity prevention and management.

Dr Bharaktiya is fluent in English, Kannada, Hindi and is an excellent cook.

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## India Ministry of Culture: Hawa Mahal

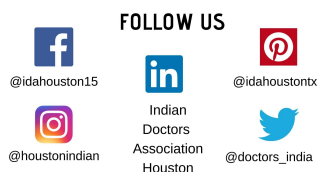


*Jaipur's most iconic building, the pink Hawa Mahal, stands royally in the bustling Johari Bazaar. With a fine honeycomb of latticed windows, the five-storeyed monument lives to its name, which means the palace of wind. Built in 1799 by Maharaja Sawai Pratap Singh, Hawa Mahal was primarily constructed as a summer retreat for the royal household and was also used by the royal ladies to enjoy the lively vibes of Johari Bazaar through the white framed windows, while they themselves stayed hidden from the people on the street. Interestingly, the arrangement of the windows is said to resemble the crown of Lord Krishna. Inside, there is a museum that houses Rajasthani miniature art and outside is a hub of stalls selling handmade jewellery, leather-crafted home decor items and the region's famous silver jewellery.*

For more information, [click here](#).

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## IDA Social Media



Members and events are highlighted on our social media channels.

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## IDA Speakers Bureau

Please update your membership profile on [idahouston.org](http://idahouston.org) if you would be interested in becoming a motivational speaker for IDA at our future events.

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## IDA Physician Specialty Awareness Videos



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



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