



Indian Doctors Association

Greater Houston

May 2022 Edition

President's Message

Greetings everyone.

IDA has organized three successful events to date in 2022. We just had an IDA mixer at Woodlands on May 14th with more than 130 people in attendance. The event was enjoyable with great singing by Salil Bhadekar and MC Hamang Thakaar. We are so happy to introduce new members to IDA during these events.

Behind the scene our team has been working very hard. I would like to congratulate Migara Jayasekera for receiving the prestigious Indian Doctors Association-Houston Endowed Scholarship for the 2021/2022 academic year at UT MB medical school. She is currently a third year medical student. Please review her attached letter.

A lot of us will have plan for travel in the next few months. Since COVID numbers are rising approximately 100000 cases per day with more than 280 daily death average, please follow CDC guidelines and get boosted.

Our next event will be a CME at Houstonian on July 23rd. Texas Medical Association will provide 6hrs of Category 1 CME

including Ethics. Please register at the earliest as seats are limited.

We wish you all a Happy Memorial Day weekend.

Thank you and God bless you all.



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*Atasu Nayak, MD
President*

Indian Doctors Association-Houston UTMB Endowed Scholarship Update

Endowed Scholarships are a form of gift to a college or university used to fund scholarships. The perpetuity gained is used for the benefit of students. Funds distributed from the endowments are used for scholarship support for students. In Jan 2020, IDA established its first ever endowment to The University of Texas Medical Branch at Galveston - \$25,000.

The Indian Doctors Association of Houston (IDA) has established an endowed scholarship at the University of Texas Medical Branch at Galveston (UTMB) to recognize outstanding students who are part of the university's South Asian Medical Student Association. The scholarship is the association's first award created at an academic health science center. Dr. Charles P. Mouton, executive vice president, provost, and dean of the UTMB School of Medicine, thanked the IDA for its commitment to the school's educational mission. "The medical students who earn the Indian Doctors Association of Houston

scholarship will become skilled physicians dedicated to making new health care innovations,” he said. “We are very grateful to the association for providing crucial financial assistance to tomorrow’s leaders in patient-centered clinical care.”



Migara Jayasekera | MS3
UTMB School of Medicine, Class of 2023

*Dear Dr. Shah and the Indian Doctors
Association of Houston,*

My name is Migara Jayasekera, and I am sincerely honored to have been selected as a recipient for your prestigious Indian Doctors Association-Houston Endowed Scholarship for the 2021/2022 academic year. This is a tremendous award you have offered to me, and I hope to make you and the association proud as a future physician. I am currently a 3rd year M.D. student in my clinical rotations. I chose UTMB for my medical school training as it allowed me to help take care of my parents who live in Clear Lake and my little sister who is going through college on her own. It has been a great experience so far as I have learned a tremendous amount of knowledge while also being able to stay connected to my family. I am profoundly grateful for your generous award, and I promise to uphold this honor to the greatest standards as I move forward in my medical journey. I hope to meet you all soon and learn more about the association and ways I can pay this award forward to future generations. From the bottom of my heart, thank you very much!

MEMBERS CORNER



*Annual Member
Rajasree Nambron, MD*

Board certified in endocrinology, internal medicine, obesity medicine and lifestyle medicine. I am originally from Kerala. Soon after MBBS at Shri BM Patil Medical college, Vijayapura(Rajiv Gandhi University) and Diabetes Fellowship at Amrita Institute of Medical Sciences, I travelled to England after PLAB. There I rotated at various hospitals and obtained membership of the Royal College of Physicians London. At the University College London, I investigated the hormonal,metabolic and inflammatory markers affecting Huntington’s disease and published several papers. London is also where I met my husband. Then I relocated to the US, completed residency at Gundersen health system, Wisconsin along with MBA through UMASS Amherst and American college of physician leadership. Fellowship in endocrinology at Case Western Reserve University, Cleveland and University of Alabama at Birmingham(UAB). For the last five years I worked with UAB at Montgomery campus as clinical assistant professor. I am currently part time clinical assistant professor in endocrinology at the University of Texas Health Sciences Center at Houston. The other half of the time I run my telehealth platform Endomedcare LLC established since 2020 that focuses on personalized diabetes and weight management to patients in Alabama and Florida. I am a member of Endocrine society, AACE, OMA and ACLM. I am the

secretary for member interest group for endocrinology at American College of Lifestyle Medicine.

I am passionately involved in health start ups and educational endeavors. While in Alabama I initiated and ran math kangaroo center for 3 years until I moved as I found that to be an area of need and will help children who love math.

My husband Dr Sandipan Pati, MD is the fellowship director for epilepsy at the University of Texas health sciences center neuroscience department and runs his epilepsy research lab. We have a daughter who is 11 years old and a son who is 4 years old. We love to travel and explore new places at leisure. Otherwise I love listening to audible and volunteer in community activities.

MEMBERS CORNER



Annual Member
Kalyan Rath, MD

Dr Kalyan Rath is Board certified in Pediatrics and currently practicing in East Texas with offices at Jasper, Newton, Woodville and Kirbyville serving three rural counties in the state of Texas since 1996. He completed his MBBS from VSS Medical college (SambalPur University) , Odisha and MD in Obstetrics & Gynecology from All India Institute of Medical Sciences , New Delhi in India.

He received his Board certification in Pediatrics after completing his residency

from St Luke's Roosevelt hospital affiliated with Columbia University in Newyork.

He served in the past as the medical director of community health center and Clinical community faculty member to teach rural medicine in ambulatory community settings.

Dr Rath is the Co founder and Director of Utkal Health Care Private Limited and Utkal Institute of Medical Sciences, a multi specialty 250 bed hospital at Bhubaneswar in Odisha, India.

He is also the Director and advisor to First comprehensive Palliative care center (Rehabilitation & Palliative care Center pvt Ltd) with inpatient, outpatient and home care services in Odisha, India .

He works as a volunteer and support as advisor in several nonprofit organization in US and India promoting holistic health and well being through non formal value based education for children , cultural and spiritual activities, yoga and charitable services.

KALYAN K. RATH, MD, FAAP.

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MEMBERS CORNER



Annual Member
Durba Mishra, MD

Dr Durba Mishra is Board certified in Internal Medicine and currently practicing in East Texas with offices at Jasper, Newton, Woodville and Kirbyville serving three rural counties in the state of Texas since 2000.

She completed her MBBS from VSS Medical college (SambalPur University) and MD in internal Medicine from SCB Medical college (Utkal University) in Odisha, India.

She received her Board verification in Internal Medicine after completing her residency from Elmhurst Hospital in Newyork and Brackenridge hospital in Austin, Tx.

Dr Mishra served as the chief of Medical staff, and Medical Director of Rehabilitation services at Christus Jasper Memorial Hospital for several years in the past

Dr Mishra has special interest in the area of Palliative care and she is the Founder and Director of Palliative care & Rehabilitation center at Bhubaneswar, to promote Quality palliative care in Odisha and India.

She also helps different nonprofit organizations in US and India to promote non formal value based education, art, culture, yoga and spirituality to advance holistic lifestyle for good health and social wellbeing.

Durba Mishra, M.D.

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IDA Woodlands Mixer Pictures



India Ministry of Culture: Falaknuma Palace



Perched atop a 2,000-ft hillock, the spectacular Falaknuma (meaning a mirror in the sky) Palace harks back to Hyderabad's royal past. One of the largest and the grandest Venetian chandeliers, gorgeous antique furniture, an exquisite Italian marble staircase, delightful marble fountains, awe-inspiring statues, rare manuscripts and precious objects d'art adorn this palace, which is around 5 km from Old Hyderabad, and was the home of the sixth Nizam of Hyderabad, Mehboob Ali Pasha. It also has a well-stocked library with one of the most unique collections of the Quran. Its manicured lawns are dotted with Mughal, Rajasthani and Japanese gardens. Designed by a European architect and built over a decade in the 1880s, the palace fell into misuse after the Nizam died in 1911. For nearly 100 years it stayed neglected till it was hired out to an Indian luxury hotel major for renovation. Today, it's

*a spectacular heritage hotel, restored after
almost 1,000 artisans toiled on it for around
10 years!*

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IDA Speakers Bureau

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IDA Physician Specialty Awareness Videos



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