



Indian Doctors Association

Greater Houston

October 2021 Edition

President's Message



October brings a lot of reasons to smile with festivities like Navaratri, Dandiya dance and Durga Puja followed by Diwali. I hope you have all had a chance to spend time with your family and friends.

COVID is still here and it's time for a gentle reminder for the Pfizer booster for those who are eligible. CDC recommend Pfizer booster dose to those individuals for those who received two prior doses of Pfizer and are at least 6 months out from their second dose and are in the group specified below:

1. Adult > 65 yrs old
2. People >50 yrs of age at risk of getting seriously sick with COVID-19 because of underlying medical conditions
3. People aged 18-49 with underlying conditions to whom individual benefits outweigh the individual risks. (They have risk factors for severe illness like morbid obesity and low risk for vaccine side effects

like myocarditis-basically a decision case-by-case basis by the primary physician or if the individual requests the vaccine because of declared risks due to underlying conditions)

4. Adults 18 and up who live or work in high-risk settings for exposure to COVID (including health care workers, those in communal living settings such as jails or shelters, first responders, or others who request vaccine because of declared workplace or living situation risks)

As always, please continue to educate our communities to follow CDC guidelines and take vaccines for prevention of COVID.

IDA is holding a holiday mixer on November 13 at Doubletree by Hilton, Green way Plaza. It will be an excellent event for networking with dinner and music. I will see you all that evening.

**Indian Doctors Association
Greater Houston**

Holiday Mixer
November 13, 2021
Venue
Doubletree by Hilton
6 E Greenway Plaza, Houston, TX 77046
All attendees must be fully COVID vaccinated

Free for IDA members
\$35 for Non IDA members

An evening of networking,
dinner and music.
Krishna Sound productions with
DJ Darshak Thacker, Singer Salil Bhadekar
Time 5PM to 10 PM. Attire Casual formal

Sponsored by

  

[IDAhouston.org](https://www.idahouston.org)

[Holiday Mixer Registration](https://www.idahouston.org)

Please stay safe and healthy and we all are looking forward to November.



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*Atasu Nayak, MD
President*

MEMBERS CORNER



*Lifetime Member
Samar Sheth, MD, PhD*

Dr. Sheth grew up in coastal North Carolina. He obtained a Bachelor of Public Health with Highest Honors from the University of North Carolina at Chapel Hill. Following his undergraduate degree, he stayed on for medical school at UNC Chapel Hill. During his time there, he did an extra year of research on thrombosis as a Howard Holderness Scholar and attended many college basketball games.

Dr. Sheth attended the University of Michigan Ann Arbor for the Internal Medicine residency. He was voted Intern of the year and awarded an extra year as a Chief Resident and Junior Faculty member at the Ann Arbor Veterans Affairs Hospital. While Enjoying Michigan Football, Dr. Sheth and his wife decided that snow was not for them and they moved to the Texas Heart Institute here in Houston. He completed both his general and interventional cardiology fellowships here at the Texas Heart Institute. He again was given the honor of Chief Cardiology fellow during his general fellowship and was selected as a Chief Interventional Cardiology Fellow during his interventional year.

At the end of his training he joined a private practice group located here at Texas Heart in order to continue the Texas Heart traditions of excellence in cardiovascular care and cardiovascular education. He is part of the only group with transplant, TAVR, interventional and general cardiology privileges at the two leading heart hospitals in the state. (Houston Methodist and Baylor St Luke's Texas Heart Institute)

In his free time, when not out and about with the fellows, Dr. Sheth spends much of his time with his wife and their young children. Dr. Sheth provides patient centered comprehensive care of cardiovascular illness and takes the time to involve the patient and their families every step of the way.

MEMBERS CORNER



*Annual Member
Puja Sehgal, MD*

I grew up in India and went to GMC, Jammu before migrating to the US after marriage. I did FM Residency at Baylor College of Houston and worked at KSC as a managing Physician of Downtown location and Associate Department Chief of Family Medicine.

I served as past President of Harris County Academy of Family Physicians and held various leadership positions at Texas Academy of Family Physicians including Chairing a Section and Ex officio Board Member.

My interests include spending time with family and cooking. I am very excited to be a member of IDA that feels like a close knit

community and serves as a marketplace of ideas. IDA serves all communities in Houston and is helping future generations of finest Physicians.

Puja A. Shegal, MD
Family Physician
Kelsey-Seybold clinic

MEMBERS CORNER



Lifetime Member
Sheela Chandra, MD

I am Sheela Chandra, a gastroenterology and liver specialist at Kelsey-Seybold clinic. I am honored to serve as a board member at Kelsey-Seybold clinic. I do hold board certifications in Internal Medicine and Gastroenterology.

I am a “Desi” at heart and am proud to be a member of The Indian Medical Association.

I graduated medical school 27 years ago from Bangalore Medical College. Also followed by a two year Internal Medicine fellowship at Bangalore Medical College, India. Following my relocation to the United States, I completed my Internal Medicine Residency and my Fellowship in Gastroenterology and Liver diseases at John H. Stroger Hospital of Cook County. I served as an Attending physician there for 5 years and also served as an Assistant Professor at Rush University located in Chicago. I joined Kelsey-Seybold after a brief period in a community practice group and have since been a practicing Gastroenterologist at Kelsey-Seybold since 2008. I work at Kelsey clinics in The Woodlands, Spring and Conroe locations.

For me personally the devastation I witnessed in India with Covid was a wake up call. I was proud when our physicians at our clinic participated in a fundraiser for aid to India.

Looking forward to participating in a move to improve community support, representation and footprint of our talented Indian Doctors Association members for betterment of our community.

Bike Around the Bay



On October 23-24, the Cyclic AMP Team road 184 miles around Galveston Bay in the 15th annual Bike Around the Bay cycling event! In total, Cyclic AMP raised \$19,259!





India Ministry of Culture: Munnar



A lush carpet of rolling green, interrupted by low rises of mountains of the gorgeous Western Ghats, Munnar, in Kerala, is dotted with huge emerald plantations and pristine waterfalls. No matter where you go in Munnar, a mixed scent of tea, coffee and cardamom will follow you everywhere. With a bountiful amount of natural treasures, Munnar leaves one rapt with its spectacular and awe-inspiring views. Such is the beauty of the myriad shades of green of the landscape that Munnar is often called the Kashmir of South India.

Nestled at the confluence of three gushing rivers- Mudrapuzha, Nallathanbi and

Kundala-Munnar literally means three rivers. During the blooming season, every 12 years, the town of Munnar is transmogrified into an artist's canvas, when the beautiful and vibrant Neelakurinji flower carpets the land in hues of purple and blue. It is truly a sight to behold as the town acquires a paradisiacal setting.

Replete with picturesque greenery, valleys and mountains along with a plethora of flora and fauna in its teeming national parks and wildlife sanctuaries, Munnar is an exhilarating and peaceful travel destination. It offers a respite from the chaos of daily life and all its stress with cloudy skies, constantly pleasant weather, delectable cuisine and hillocks and greenery.

Munnar is also home to the highest peak of South India, Anamudi, at a height of 2,695 m. This peak has a number of trails that make it a must-visit for trekkers and backpackers. Given its tourist appeal, the state government has guaranteed that access to this hill town is easy – it is well-connected to Bengaluru, Kochi, Mysore and other larger cities, ensuring an influx of travellers all year round, including the rainy season, when the Munnar is its most vibrant and fragrant self.

The region around Munnar was once the summer retreat of the erstwhile British Government and several maharajas of the Travancore Kingdom. It was once known as the High Range of Travancore.

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

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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



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