



Indian Doctors Association

Greater Houston

May 2024 Edition



### **LETS GET ON WITH OUR MISSION**

Dear IDA Family,

The winds of change are in full force. The IDA Board of directors met for a half day retreat and brainstormed on various changes we could bring about to the structure and functioning of our organization to be more effective in our goals and objectives. There is going to be a strategic investment in engaging more members and collaborating with more organizations in a systematic way for us to make an impact. Please read below the initiation of our efforts with a collaborative plan with SEWA. We are in the process of identifying similar

collaborations with UNICEF (<https://www.unicef.org/>) and the Public health Research Institute of India (<https://www.phrii.com/>) Keep a look out for the same in future communications.

Also, our first Learning and Networking event of this year was very successful in Clearlake. We will let the summer cool off and resume with our regional events starting back in August.

Let us shape the future of IDA together. We will be reaching out to all our members to engage in organizing committees which will focus on specific projects. Be on the lookout and hope to see many of you participate in these projects.

If you are at the next in person event, please come up to me and say hello.

**Arvind Bhimaraj, MD MPH**  
**IDA President**

## **LEARNING AND NETWORKING EVENTS**

### **(LNE)**

IDA is excited to announce our Regional Learning and Networking events (LNEs) where our members can interact with each other while learning about a topic (that is applicable to all specialties).

## **CLEAR LAKE AREA LEARNING AND NETWORKING EVENT**

### ***Focus on Pulmonary Embolism***



The Indian Doctors Association convened our first Learning and Networking event inaugurated at our regional event in

Clearlake. The event was well attended and well received with many new and familiar faces. We had a presentation on pulmonary embolism and the role of catheter-based interventions followed by a lively discussion moderated by the cardiologists in attendance with questions from various specialists ranging from emergency room to surgery. We are very grateful to our sponsors. Our main sponsor was Inari Medical ([inarimedical.com](http://inarimedical.com)) and we had two bronze sponsors: 1) Fairmont Healthcare and hospice ([www.fairmonthospice.com](http://www.fairmonthospice.com)) and 2) Ameriprise Financial ([www.ameriprise.com](http://www.ameriprise.com)).

Check out the pictures of the event in the gallery section of our website. (<https://idah.memberclicks.net/gallery>)



UPCOMING EVENT:

## **Sugarland LNE**

## KNOW YOUR BOARD MEMBER

*Dr. Sangeeta Saikia*



Dr. Sangeeta Saikia, Vice-President of IDA, is a native of Assam in north east India and moved to the United States in 1991 after completing her M.B.B.S degree from Gauhati Medical College. She completed her internal medicine residency and Cardiology fellowship at the University of Texas Medical School in Houston and started her career as the first woman cardiologist with a full-time practice in Fort Bend County. She is currently a member of the Houston Methodist Cardiology Associates, Sugar Land. Known for her commitment to her

patients, she takes pride in practicing medicine the old-fashioned way and champions equity in patient care with a focus on cardiac care in women and the underserved. An avid proponent of India classical music and arts, she serves as the Vice President of the Odissi Academy, Houston and Member of the executive Committee of the Assamese Cultural Society of Greater Houston. She serves on the Board of the Assam Foundation of North America and is the Principal Advisor of Aarohan, a nonprofit educational organization and cultural organization for children in Assam. She is married to Dr. Uttam Tripathy and together they share a life of hectic happiness with their five children, four dogs and a brand-new grandson.

### **SEWA INTERNATIONAL AND IDA HOUSTON TO ORGANIZE HEALTH CARE EDUCATION EFFORTS- SEEKING VOLUNTEERS.**

Active in twenty countries, Sewa International is a humanitarian, non-profit organization founded in 2003 as part of a larger movement that started in India in 1989. "Sewa" which is Sanskrit for "service above self" serves humanity irrespective of race, color, religion, gender, or nationality. The organization specializes in disaster relief and rehabilitation. Our development

programs focus on family services; child, tribal and refugee welfare; women's empowerment; health; and education.

Sewa International launched ASPIRE Community Centers in 2023 as an organic evolution of afterschool programs which opened their doors in 2013. Located in apartment complexes in highly underserved, vulnerable neighborhoods of Southwest Houston, Sewa international became acutely aware of an enormous obstacle to its overall success serving children ages 5 to 11. Despite the robust academic support, enrichment activities and mentoring provided to the beneficiaries, they still went home to unstable home-lives that resulted from the existential challenges their families face day to day. To best serve the child—the whole child—the organization had to serve the entire family--the community at large. Two of our board officers Drs. Ashima Chauhan and Sangeeta Saikia visited their event and volunteered their time and expertise.



Our IDA board has approved a volunteer campaign to recruit IDA members to be available to support these events. Those of you interested in being available to volunteer your time and medical expertise in these community health education activities organized by SEWA international, please email [idahoustontx@gmail.com](mailto:idahoustontx@gmail.com) with your medical expertise and contact information (email and cell phone no.) and we will reach out to you as these events get formulated. Please look out for emails detailing the areas of need.

## WORDS OF WISDOM

### Perspective

"Life is ten percent what happens to you and ninety percent how you respond to it" — Lou Holtz

Louis Leo Holtz is an American former football coach and television analyst. He served as the head football coach at the College of William & Mary, North Carolina State University, the New York Jets

**If you have a famous quote, you want featured in the "Words of Wisdom section please email to [idahoustontx@gmail.com](mailto:idahoustontx@gmail.com)**

**If you are interested in contributing content to this newsletter, please email us at [idahoustontx@gmail.com](mailto:idahoustontx@gmail.com)**  
**Any ideas regarding activities of IDA are welcome as feedback. We want to hear from you.**

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## IDA Social Media



Members and events are highlighted on our social media channels.



Contact: [idahoustontx@gmail.com](mailto:idahoustontx@gmail.com)

Website: [www.idahouston.org](http://www.idahouston.org)

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