



Indian Doctors Association  
Greater Houston  
**November 2024 Edition**



Dear IDA Family,

Hope you are all ready for the end of the year and hope to see you all in our **upcoming IDA event on Dec 11th** and celebrate the beginning of this Holiday season. I am glad to report an amazing update on all our activities and hope to see the ongoing engagement of all our members.

**The Fashion for a cause event** in the woodlands was one of its kind and received rave reviews. I was personally impressed by the glamour, glitz, and dedication that all our members brought as they practiced and executed the fashion show. I am proud to see how we were able to come together, have fun and raise money for a great cause.

I am also honored to see many of our members come forth and dedicate their Saturday volunteering at our recently started **IDA/SEWA health outreach clinics**. Please read about the available opportunities to get involved with this initiative focused on closing the gaps in the health inequities in the Houston area.

Find details about the upcoming LNE where we will focus on the current state of living with a mechanical heart and get a perspective from a patient who is currently living with a mechanical heart.

As we embark on our mission for the next year, I want to urge each one of you to spread the word about the wonderful opportunities we have available for members and refer your friends and colleagues to join IDA. Just send them the link to our website ([idahouston.org](http://idahouston.org)) where they can join.

We will be planning our continuous medical education event scheduled for the early part of 2025 and will hope to cover some exciting broad topics that will interest all of us.

Dr. Saikia will be taking over as our next President in January while I will continue to full fill my role as Ex-President board officer facilitating the transition. Let us join hands to all work together to exploit the great potential of IDA.

**Arvind Bhimaraj, MD MPH**

# UPDATE ON RECENT EVENT

**~FASHION FOR A CAUSE~**

**In support of  
PHRII and Women's health  
November 16<sup>th</sup>**

The poster features the logo of the Indian Doctors Association of Greater Houston (IDA Houston) at the top left. The main title 'FASHION FOR A CAUSE' is prominently displayed in a stylized font. Below the title, a pink box contains the text: 'Raising awareness for women's health and cervical cancer. Supporting Public Health Research Institute of India (PHRII)'. The event details are listed: 'Saturday, November 16, 2024, 6:00 p.m. - 12:00 a.m., Crowne Plaza The Woodlands, 19333 David Memorial Dr. Shenandoah, TX 77385'. A QR code is provided for RSVPs. The poster also lists the sponsors: ZT CORPORATE (Diamond Sponsor), TANISHQ USA (Gold Sponsor), and vitalcare of HOUSTON (Silver Sponsor). At the bottom, it mentions 'Runway Modeling by: IDA Members', 'Choreographer by: Anjana Pandey', and 'Entertainment by: Salil Bhadekar, Hemang Thakkar'. The catering is by Amrina, and a cash bar is available.

The Fashion for a cause event was an enormous success. I am grateful to all those who participated in the fashion walk and made the event a glamour-filled fun event. At the same time, the focus on the cause of women's health and cervical cancer awareness was obvious by the enthusiastic donations we received towards our cause. We are excited to be able to highlight the talents of our physician participants in the Fashion Walk. They have dedicated their time in practicing,

creating a fashion statement in line with the theme and working under the guidance of our amazing choreographer **Ms. Anjana Pandey** ([www.anshadesllc.com](http://www.anshadesllc.com)). All of them morphed into professional models at the Fashion Walk. The evening was also enthralled by our energetic host

## **THANK YOU TO ALL THOSE WHO PARTICIATED IN THE FASHION WALK**

Vanitha Bala.  
Preeti Desai.  
Hemali Patel.  
Jignesh Shah.  
Dharmi Shah.  
Ashima Chauhan.  
Anand Chauhan.  
Harish Rao.  
Pooja Rao.  
Anita Bangale.  
Hardeep Gill.  
Nisha Sidhwani.  
Vishal Patel.  
Rupa Puttappa.  
Elcy John.  
Madhavalatha Vuppali.  
Vinita Bhagia.  
Jasmine Khan.  
Bala Shankaran.  
Chaitali Nanigrani.  
Harini Bejjanki.  
Mehak Nanigrani .  
Ulupi Choksi.  
Suresh Kumar.  
Ratnakar Mulupuri.  
Arvind Bhimaraj.  
Rolly Chawla  
Malini Dasari

**Hemang Thakkar** and songs by **Salil Bhadekar**. It was a sold-out and packed event. I am proud of all the donations we received from



our attendees that day. A total of 4287.6\$ were received as donations. Apart from cash donations, we were also fortunate to have **Dr. Bindu Sudhakaran** dedicate her time and effort to a cake, bake sale. While enjoying a scrumptious cake, the sale helped us raise another 400\$. It was an amazing gesture to see all the support towards PHRII.



The fundraising campaign for PHRII is still open and we kindly encourage anyone who is interested to learn about PHRII at [phrii.com](http://phrii.com) and donate.

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## LEARNING AND NETWORKING EVENTS

### (LUNCH & LEARN [OR] DINNER & DISCUSSION)

IDA is excited to announce our regional events where our members can interact with each other while learning about advances in a broadly relevant topic (that is applicable to all specialties). **These brief talks are not industry sponsored talks but are given by our member expert in that field.**



# NORTHWEST/WEST HOUSTON IDA EVENT

December 11, 2024

**NORTHWEST HOUSTON** **WEST HOUSTON**

**IDA Houston**

**IDA EVENT**

JOIN US FOR DINNER AND DISCUSSION AS WE WELCOME THE HOLIDAY SEASON TOGETHER!

**Wednesday, December 11**  
5:30 - 10:00 p.m.

Lakes of Parkway Club House  
14031 Barnhart Blvd.  
Houston, TX 77077

Register through Eventbrite QR Code:

<b>Speaker:</b> Ajith Nair, M.D. Anju Bhardwaj, M.D.	<b>Topic:</b> Machines for Heart Failure: Current and Future	<b>LVAD Patient Speaker:</b> Jonell Yarborough
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**Come celebrate the beginning of the holiday season with us at the IDA event located in the West/NW Houston area.**

We have an exciting agenda being planned. While will start with our guest speakers give a brief, broad perspective on current advancements in mechanical hearts and we will have the honor of a patient who is living life with a mechanical heart share her perspective. We appreciate the support of our sponsors.

## IDA-MEDICAL SCHOOL CAREER GUIDANCE PROGRAM

Indian Doctors Association has launched a mentorship program for medical students with a focus on career guidance and preparedness for the practice of medicine in the real world. While our intent is not to disrupt the medical student's mainstream institution-based mentorship, we want to create a supplemental guidance that can be practical knowledge for career and life.

**We plan to create a database of Physicians interested in providing mentorship that the students can choose from.**

Once matched, you will be expected to meet the student at least once in two months to check in on their needs (a virtual meeting will be sufficient)

**If interested, please email [idahoustontx@gmail](mailto:idahoustontx@gmail) with your CV.**

## **INTRODUCING FREE MEMBERSHIP FOR TRAINEES**

*As a part of membership drive to engage the future generations, the IDA board has approved a **FREE Annual membership for medical students and trainees.***

*If you know of any interested residents, fellows, super fellows, PhD students or medical students please ask them to email to [idahoustontx@gmail.com](mailto:idahoustontx@gmail.com) with their particulars: Name; Training level; Institution.*

**KNOW YOUR  
BOARD MEMBER  
Dr. Snehal Desai**

*Lifetime member, IDA*



Snehal Subodh Desai, MD is a board member of the Houston Indian Doctors Association. He is a native Houstonian and completed his medical school and residency at Baylor College of Medicine. He is currently an Associate Professor and Medical Director of Radiation Oncology at Baylor College of Medicine Dan L Duncan Cancer Center.

**SEWA INTERNATIONAL  
HOUSTON/IDA  
COLLABORATIVE HEALTH  
OUTREACH PROGRAM**  
**An amazing beginning**  
**And a call for volunteers!**



IDA is proud to partner with SEWA international for the IDA/SEWA Health outreach program.



We are grateful to our physician volunteers. We completed our monthly free health clinics under this program on November 23<sup>rd</sup>. **Drs. Kinjal Desai, Mphiot Bansal, Radha Tamerisa and Arvind Bhimaraj spend the Saturday am at the three locations.** We are grateful for the help of Spanish speaking Cardiac specialty medical assistants and volunteers to have helped with translation: Olga Martinez, Rashel Garcia, Laura Perez, Valeria Bonilla and Laila Mondragon. Apart from using their medical skills they were able to provide comprehensive medical translation to our physicians. Also grateful to our medical students, Ms. Swarali Panse and Priyesh Desai who volunteered their time. Our heartfelt gratitude to the amazing SEWA team members who organized the logistics and publicized the clinic. A special thanks to **Ms. Tarvinder Taneja**, Executive member of SEWA international who has spearheaded these efforts with us.

We will be organizing monthly Health Outreach camps on a Saturday and hope each one of you can find some time to volunteer with us. **We have learned that while we can offer specialty expertise as needed, the greatest need is for family and general medicine and are actively seeking volunteers for these clinics moving forward. We also need Spanish translation and any recruitment from your network of Spanish speaking medical individuals will be of immense help.**

Following are the needs and future dates where we require volunteers to sign up:

**a. Dec 21<sup>st</sup>;** Dr. Prashanth Gajwani (**need two more physicians**)

**b. Jan 25<sup>th</sup>;** Diabetes focus by Drs. Vinita Bhagia, Archana Sadhu (**need one more physician**)

Future potential dates. **Feb 22<sup>nd</sup>; March 29<sup>th</sup>; April 26<sup>th</sup>; May 31<sup>st</sup>; June 28<sup>th</sup>.**

Specialties needed: Pediatric health, Women's health, Eye health, sleep disorder.

Please email us your latest CV to [idahoustontx@gmail.com](mailto:idahoustontx@gmail.com) if you are interested and kindly include the following information in the email body:

1. Full Name
2. Specialty Board certification.
3. Hospital/Group affiliation.
4. Date you can volunteer.

**We want to hear from you.**

## 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)

Phone: 662.786.0313

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## **EVENTS FOR 2025**

**IDA ANNUAL CME EVENT:**

**MARCH 29<sup>th</sup>, 2025**

**GOLD AND GIVING EVENT AT**

**TANISQ STORE**

**FEBRUARY, 2025**