



Indian Doctors Association
Greater Houston
October 2024 Edition



GREAT MEMBER ENGAGEMENT

Dear IDA Family,

I am so glad to see all our activities coming to life. There has been an overwhelming response of volunteering and interest from our members. I am excited to report that our first **IDA/SEWA health outreach clinic was successfully implemented. Read all the details in this newsletter and how you can get involved.** You will also read updates on our recent LNE where we had a wonderful patient speaker and two events of exercise (biking and walking) in support of our collaborating organizations.

Preparations for the “Fashion for a Cause” event in the woodlands is in full swing and there are some exciting

announcements in this regard to read in this month’s newsletter.

A reminder to mark your calendars of the Dec 15th LNE which will be a dinner and discussion.

I encourage and urge you to kindly review your membership dues. If you are an annual member, please consider converting it to a lifetime membership at the nominal dues of only 1000\$. Also encourage your colleagues to become members.

I also want to inform all of you of a difficult decision I had to make to not host the annual gala in the first quarter of 2025. We have traction for so many “boots on the ground” activities that we wanted to focus on efforts that will yield results to pause our celebrations this time. We are working hard to institutionalize all the activities started so this is a sustainable change. We will for sure make time to have a fun gala soon.

As we reach the end of the year, I assure you of a smooth transition to Dr. Saikia in order to maintain the strides and directionality of our organization we embraced this year. I will have the opportunity to work with her and our board officers closely for one more year as the Ex-President.

Arvind Bhimaraj, MD MPH

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.**

**NEXT EVENT: DECEMBER 11TH
6PM-11-PM.**

**Location: Lakes of Parkway Club
House. 13935 Barhart Blvd.
Houston, Tx-77007.**

UPDATE ON RECENT EVENTS

THE CENTRAL HOUSTON IDA
EVENT October 5, 2024



The Central Houston IDA Event on October 5th was one of its kind where all the attendees not only got to learn

about a presumed rare disease state: Amyloidosis but also got the perspective of a patient who lived through missed opportunities of picking up Amyloid.

We are grateful to Mr. Sean Riley and the Amyloidosis Speakers Bureau (<https://mm713.org/asb/>), who supported his trip.



We thank our guest speakers Drs. Sheetal Shroff and Arvind Bhimaraj and all the excellent engagement that our attendees provided. We appreciate the support of our gold sponsor **Alnylam**. We also want to acknowledge our two silver sponsors **Bridgebio** and **AstraZeneca**. Please find the pictures of the event at this [link](#)



**BIKE AROUND THE BAY:
IDA SUPPORTS LOCAL
COMMUNITY
IN PARTNERSHIP WITH
GALVESTON BAY FOUNDATION
AND GREATER HOUSTON HEALTH
CARE SYSTEMS**



Indian Doctors Association is proud to have sponsored this year's 2024 Bike Around the Bay on **October 19th and 20th**. in support of Physician Wellness. It was a weekend filled with teamwork and community spirit, highlighting the positive culture we are so proud of at IDA.

IDA's participation and fundraising efforts were critical in helping to preserve and enhance Galveston Bay! \$650,000 was raised by all the teams in support of the Galveston Bay Foundation's vital work.

Thanks to our advisory board member and past president Dr. Jignesh Shah who spearheaded this collaboration and participated in the event.

**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.com 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 with their particulars: Name; Training level; Institution.

5K WALK & RUN IN SUPPORT OF CANCER CARE

IN COLLABORATION WITH ASSAM
FOUNDATION OF NORTH AMERICA



IDA members gained a free health work out while contributing to a great cause raising funds for Cachar Cancer Hospital & Research Center in collaboration with the Assam Foundation of North America on November 3rd.

The Cachar Cancer Hospital and Research Center in Silchar, India

www.cacharcancerhospital.org was established in 1996 and is the major cancer hospital serving a population of 10 million people in the southern districts of Assam, and northeastern states of Tripura, Manipur, Mizoram and Meghalaya which have the highest incidence of cancer in the country. The hospital is a not for profit, non-government, 146 bed hospital with a volume of 5000 new patients and 25,000 follow up patients. 80% of the patients

served are daily wage earners with single family income, agricultural or tea garden workers and over 75% receive care at low or no cost. The hospital is sustained primarily by grants and philanthropic donations from local and international sources. Over the past two decades, this hospital has transformed the face of cancer care in the region overcoming overwhelming obstacles not just in terms of infrastructure, finances and manpower, but also in terms of raising awareness, gaining acceptance, and crossing sociocultural barriers.



The visionary leadership and dedication of Director Dr. Ravi Kannan and his team has transformed patient care into a community endeavor while ensuring excellent clinical outcomes. In recognition of his exemplary service to the people of the region, Dr. Kannan was awarded the Ramon Magasaysay award for 2023. He also received the CNN-News 18 Indian of the Year Award in the Social Change category for 2023.

The funds raised at the inaugural AFNA run in Houston will be used to establish a new endoscopy unit at the hospital.

**KNOW YOUR
BOARD MEMBER**
Dr. Sheela Chandra

Lifetime member, IDA



Dr. Sheela Chandra is a board-certified Gastroenterologist. She also holds a board certification in Internal Medicine. She completed her Medical Degree in the prestigious Bangalore Medical College and subsequently pursued Residency in Cook County hospital in Chicago. She was on Faculty as an Assistant Professor in internal medicine at Rush University/Cook county Hospital. And then completed her Gastroenterology fellowship in John H. Stroger hospital of Cook County.

Presently she works for Kelsey-Seybold clinic, a reputed multi-specialty private practice group based in Houston. She serves as a member of the medical board at Kelsey – Seybold clinic.

She is currently affiliated with CHI St. Luke's hospital system and Memorial Herman while serving as Asst. Professor at Baylor college of medicine.

Dr Chandra is passionate about patient care and a strong advocate to preserve the Quality and Science of Medicine. In her spare time Dr Chandra enjoys time with her husband and two children. Travel, gardening, movies and cooking are some of the hobbies she enjoys.

**YOUR ADVERTISEMENT
HERE. PLEASE CONTACT
IDAHOUSTONTX@GMAIL.COM FOR INQUIRIES
REGARDING THIS 4x3 AD
SPACE.**

IDA UPCOMING EVENT

~FASHION FOR A CAUSE~

**In support of
PHRII and Women's health**

November 16th

**Location: Crowne Plaza,
Shenandoah-Woodlands Area, 19333
David Memorial Drive, Shenandoah,
Texas 77385 United States.**

Time: 6:30 pm to 11:00 pm

The poster features the IDA Houston logo at the top left, which includes a caduceus and the text 'IDA Houston'. To the right, it says 'Indian Doctors Association of Greater Houston PRESENTS'. The main title 'FASHION FOR A CAUSE' is in large, bold, teal letters. Below it, a pink box contains the text: 'Raising awareness for women's health and cervical cancer. Supporting Public Health Research Institute of India (PHRII)'. A circular logo for PHRII is also present. 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 RSVP. The poster also lists 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'. It also states 'Catered by Amrina' and 'Cash bar available'.

We are grateful to our board members **Drs. Vanitha Bala, Sheela Chandra and Neeta Hiray** for tirelessly working on organizing the Fashion for a Cause event.

**REGISTRATION CLOSED
EVENT SOLD OUT**

We are excited to be able to highlight more than 20 of our own physician members in the Fashion Walk. They have dedicated their time in practicing, creating a fashion statement in line with the theme and the cause and in collaborating with our amazing choreographer **Ms. Anjana Pandey** have all morphed into professional models. The event hosting and entertainment will be provided by none other than **Hemang Thakkar** and **Salil Bhadekar**. We look forward to seeing all those who registered. **It is a sold-out event.** If you have not registered and are interested, keep checking Eventbrite in case individuals drop out. **We are urging individuals to unregister in case their plans change.** We hope to raise money to support the work of the Public Health Research institute of India in battling cervical cancer in India. Even if you are not able to make it the event and want to support the cause, **please consider donating** at this [link](#) or use the QR code below.



SEWA INTERNATIONAL
HOUSTON/IDA
COLLABORATIVE HEALTH
OUTREACH PROGRAM

An amazing beginning
And a call for volunteers!



IDA is proud to announce the launch of our health outreach clinics in partnership with SEWA international.



We are grateful to our physician volunteers **Drs. Gopi Shah, Anjori Dunbar, Atashu Nayak** who staffed three simultaneous clinics with the help of Spanish speaking Cardiac specialty nurses Raquel Contreras and Alma Tobias who not only used their nursing skills but also helped with Spanish translation. 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. Nov 23rd:** Brain health focus by Dr. Kinjal Desai (**need 2 more physicians**)
- b. Dec 21st:** Mental health focus by Dr. Prashanth Gajwani (**need two more physicians**)
- c. Jan 25th:** Diabetes focus by Drs. Vinita Bhagia, Archana Sadhu (**need one more physician**)

The following are future potential dates. Feb 22nd; March 29th; April 26th; May 31st; June 28th.

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

Please email us your latest CV to 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

Website: www.idahouston.org

Phone: 662.786.0313

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BOARD OF DIRECTORS

Vanitha Bala	Neeta Hiray
Arusha Bavare	Prashant Gajwani
Vinita Bhagia	Snehal Desai
Sheela Chandra	Pushan Jani
Paresh Patel	Hina Dave

EVENTS FOR 2025

**IDA ANNUAL CME EVENT:
FEBRUARY/MARCH 2025**

**GOLD AND GIVING EVENT AT
TANISQ STORE
FEB-MARCH 2025**