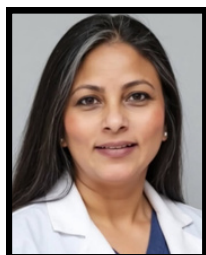


JUNE & JULY 2025 IDA NEWSLETTER



CONNECT. INSPIRE. COMMUNITY.



Dear IDA Community,

As we move through the summer, I am happy to share the continued momentum of our programs and community engagement initiatives.

We remained engaged in our health equity program in June through active participation in local community events. A highlight was our celebration of

International Yoga Day, hosted in collaboration with the Consulate General of India. It was an inspiring occasion that emphasized the connection between wellness, tradition, and community.

Our physician members continue to support the SEWA Aspire clinics. On June 26th, IDA participated in a community health seminar organized by the ISSO Shree Swaminarayan temple presenting a series of speakers on a wide range of topics.

As part of our Learning and Networking Series, Dr. Pushan Jani delivered a highly informative talk on May 29th on Advanced Therapeutics in the Management of COPD. His expertise and practical insights were particularly relevant for our members in pulmonary and internal medicine. Looking ahead, we have an exciting event supporting physicians in training and early-career professionals. We continue to build on our mentorship initiatives for medical students and women in medicine with a goal to foster greater connection and support within our physician community.

Preparations are well underway for the upcoming 42nd Annual Gala, and excitement is building as we approach this much-anticipated evening on 11th October. This year, the Gala promises to be a memorable event, bringing together our members, supporters, and community partners to celebrate accomplishments of Indo-American physicians - while we address our shared responsibilities in today's healthcare landscape through purposeful dialogue, we are also arranging an evening of entertainment, fine dining, and great programming guaranteed to thrill and delight you.

With your continued support, we remain focused on our mission: to connect, inspire, and build community. Wishing you all a safe and fulfilling summer.

Warm regards,

Sangeeta Saikia, M.D.

Cardiovascular Medicine

President, Indian Doctors Association- Houston

CELEBRATION OF INTERNATIONAL YOGA DAY WITH THE CONSULATE GENERAL OF INDIA

June 13th, 2025

Yoga for health & Longevity

Yoga for health and longevity

The Indian Doctors Association, in partnership with the Consulate General of India in Houston, celebrated International Yoga Day with an inspiring educational program highlighting yoga's remarkable health benefits.

The event brought together a panel of distinguished physicians, each sharing their expertise:

- Dr. Preeti Jolly discussed how yoga can aid in managing diabetes.
- Dr. Sangeeta Saikia spoke on its role in controlling hypertension, improving circulation, and reducing the risk of cardiac events.
- Dr. Jignesh Shah highlighted specific asanas that promote digestive health.
- Dr. Prashant Gajwani addressed yoga's positive impact on mental wellness and stress management.
- Dr. Suparna Chibber shared valuable insights on yoga's connection to longevity.

The program concluded with an uplifting and energizing yoga session led by Dr. Meghana Samant, leaving attendees refreshed and motivated to incorporate yoga into their daily lives.



PRACTICE WITH PURPOSE: A PHYSICIAN'S PATH TO HEALING THROUGH YOGA

Dr. Meghana Samant



"Yogah chitta vrtti nirodhah" – "Yoga is the stilling of the fluctuations of the mind."
— Patanjali Yoga Sutra 1:2

Fifteen years ago, my health crumbled. Long hours and demanding duties led me down a three year path of debilitating migraines . After minimal relief from medication, I turned to yoga. An integrated, mind-body -breath yoga practice did, in two weeks, what years of prescriptions meds could not do.

The concept of Yoga therapy extends beyond physical postures. It combines anatomy, physiology, spiritual ideas, and ancient philosophy. It incorporates Asana (movement) with Pranayama (breathwork) and Dhyana (meditation). All of these , when practiced holistically, come together to calm the nervous system, build resilience, and promote a deeper connection to the self and our surroundings.

My migraines bettered, and I regained health—until life intervened again. Burnout triggered an autoimmune condition. But this time, with a deeper belief in yoga's ability to address the full mind-body system, I returned to the mat with a clear intent: to heal and to continue the endeavor.

Long term practice of yoga therapy leads to deep intrinsic changes, but even just a 30-minute practice after work can lead to a feeling of relief.

Begin by collecting fully: smile, unclench your jaw, and soften your gaze. Stand tall with hands behind your back, shoulders relaxed. Breathe in, lifting your chest. Let your exhale be longer than your inhale to help slow your heart rate.

Gently stretch your fingers, toes, and joints. These simple movements release resistance in the peripheral circulation.

Move into strength poses like Downward Dog and Warrior to boost circulation.

Try mild inversions such as glute bridge or camel pose to stimulate baro and chemoreceptors. If your body allows, explore deeper postures like supported backbends.

Close with rejuvenation— Lie on the floor with legs up the wall or rest in Shavasana.

Slowly transition into Pranayama, guiding your breath with intention. As the Hatha Yoga Pradipika says, "When breath moves, the mind moves. When breath is still, the mind is still."

End with a gentle OM chant. Humming activates the vagus nerve, stimulating a parasympathetic response , creating a sense of calm and a balanced nervous and immune system.

As Physicians, if we prioritize our own well-being through purposeful Yoga practice, we can better navigate the challenges of the profession and inspire a holistic approach to health in our patients.

Health Equity Program

heal

Health Education Seminar



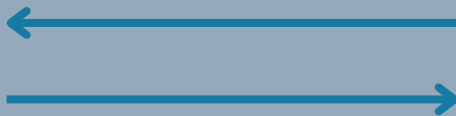
On June 26th, IDA Members (Dr. Snehal Desai, Dr. Hina Dave, Dr. Apurva Pancholy and Dr. Sangeeta Saikia) participated in a community Health Education Seminar at the ISSO Temple in Houston, led by Dr. Jignesh Shah. The seminar was attended by more than 500 community members.



IDA continues to partner with SEWA & Americorp at the ASPIRE Clinics.



Dr. Suparna Chibber at the SEWA ASPIRE clinic in West Houston.
June 29th, 2025



Dr. Aruna Perumal at the SEWA ASPIRE clinic Villa Madrid location.
July 13, 2025.

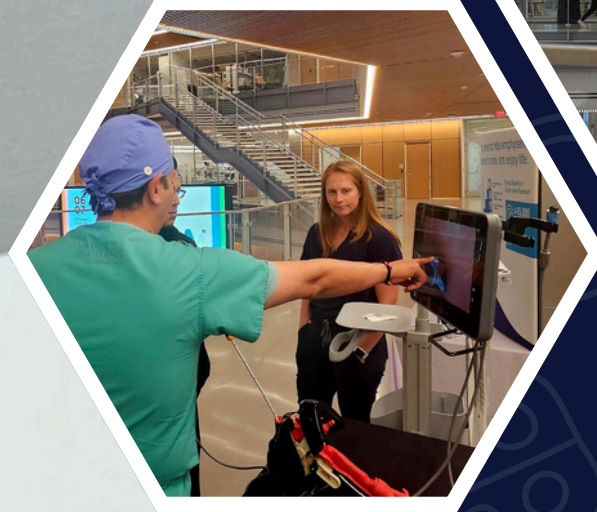


INDIAN DOCTORS ASSOCIATION CENTRAL HOUSTON EVENT

TMC 3 , HELIX PARK

MAY 29TH, 2025

IDA's Learning Series featured Dr. Pushan Jani, a leading interventional pulmonologist and critical care specialist, who delivered an insightful lecture on Advanced Interventions in Management of Severe COPD, engaging an audience of academicians, community physicians, trainees, and medical students.



Our sponsors




INDIAN DOCTORS ASSOCIATION
 presents
a musical evening
 in
THE WOODLANDS
 with karaoke & antakshari

AUGUST 23, 2025
6:30PM
CROWNE PLAZA SHENANDOAH
 19333 DAVID MEMORIAL DR
 SHENANDOAH, TX 77385


REACH
 Mental Wellness
 Advocating for mental wellness
 in our community

Voices that care
 Join us for an uplifting evening of music, connection and community
 Raising awareness

Dinner by **Amrina**
 

SOLD OUT

The WOODLANDS
Musical Evening
23rd August, 2005

UPCOMING

EVENTS

CLEARLAKE

**NAVIGATING
CAREER
PATHS**



JOIN US AT

Noon Mirch

Sept 6, 2025 11 am

INDIAN DOCTORS ASSOCIATION
 presents
THE CLEARLAKE EVENT
**EMPLOYED vs. SELF-EMPLOYED
PHYSICIANS**
Exploring Career Paths in Modern Healthcare


Key Topics:

- Pros & Cons of Employment vs. Private Practice
- Navigating Contracts, Compensation & Benefits
- Practice Ownership: Risk, Reward & Responsibility
- Work-Life Balance, Autonomy & Long-Term Goals
- Legal & Financial Considerations

September 6, 2025
 11AM TO 2PM
NOON-MIRCH
 505 E NASA Pkwy, Suite A,
 Webster, TX 77598

Featured Panelists:

- Dr. Suchmor Thomas, MD
- Dr. Niraj Patel, MD, MBA
- Dr. Snehal Patel, MD, FACC
- Dr. Apurva Pancholy, MD
- Dr. Arvind Bhimaraj, MD, MPH
- Dr. Mukesh Patel MD, MPH
- Dr. Vidya Mathivanan MD, MBA

Interactive Panel • Q&A Session • Networking Lunch
Free Admission | Registration Required

 
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UPCOMING EVENTS

ADVOCACY
EDUCATION



WATER PROTECTION
LAND CONSERVATION
HABITAT RESTORATION

Indian Doctors Association

is partnering with

GALVESTON BAY FOUNDATION

18th & 19th
October



Registration Info

- ☐ IDA Members: **FREE!**
(Email us for your coupon code)
- ☐ Non-IDA Members:
 - Two-Day Rider: \$75
 - One-Day Rider: \$75
 - Bike Around the Island Rider: \$40

Ride Options

Bike Around the Island

- ☐ **Date: Saturday, October 18**

Bike Around the Bay

Choose between one or two days:

- ☐ **Saturday, October 18: 97 miles**
- ☐ **Sunday, October 19: 76 miles**

IDA members ride Free!

BIKE AROUND THE BAY
A GALVESTON BAY FOUNDATION EVENT
Presented by *lyondellbasell*



PLATINUM SPONSOR



**Let's ride together for
wellness, camaraderie, and
conservation.
SIGN UP TODAY!**

<http://www.bikearoundthebay.org>

Contact us for info:

idahoustontx@gmail.com



ANNOUNCING THE IDA ANNUAL GALA

PLEASE JOIN US ON OCT. 11TH AT THE HILTON AMERICAS



42ND ANNUAL GALA

CONNECT | INSPIRE | COMMUNITY

~AN EVENING OF CELEBRATION AND COMMITMENT~
CONNECTING, INSPIRING, & GIVING BACK TO OUR COMMUNITY

11th OCTOBER, 2025

Cocktail reception: 5:30 PM Dinner: 7:00 PM

THE HILTON AMERICAS

1600 LAMAR ST, HOUSTON, TX 77010

KEYNOTE SPEAKER: DR. JAYESH B. SHAH
PRESIDENT, TEXAS MEDICAL ASSOCIATION

REGISTRATION
WWW.IDAHOUSTON.ORG

INDIVIDUAL TICKET | \$200 [LIMITED SEATING]

TABLE OF 10 | \$1800

ATTIRE

MEN ~ BLACK TIE WOMEN ~ INDIAN/WESTERN FORMAL

JOIN US FOR AN EVENING OF CELEBRATION, FINE DINING,
CAPTIVATING ENTERTAINMENT, AND PURPOSE

Celebration. Culture. Connection. Cause

Together we heal. Together we lead. Together we give back.

TICKET LINK: [HTTPS://APP.GALABID.COM/IDAHOUSTONGALA/](https://app.galabid.com/idahoustongala/)

EMERGENCY FLOOD RELIEF FOR TEXAS HILL COUNTRY

IACF has joined hands with local organizations to support the relief efforts & requests the community to come together to help our neighbors rebuild



HOW YOU CAN HELP

Donate Today! Every dollar helps build hope

100% of the proceeds will be directly allocated to the City of Kerrville for its official relief and rebuilding efforts. All Contributions are tax-deductible.

Partnering Organizations*



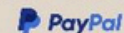
Media Partners



*Confirmed at time of publishing

Fundraising Goal

\$500,000



SCAN TO DONATE

Zelle: 281-313-0323

www.iacfhouston.com

For more info, contact:

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Special Ops Director – Ramesh Cherivirala, 713-875-4336
Community Outreach Director – Gobind Kamnani, 713-594-0029
Secretary – Dr. Venkateswar Surabhi, 281-450-9802

IACF is a registered 501(c) 3 Non-profit Organization

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Dear IDA Members,

The devastating floods over the July 4th weekend have claimed 129 lives in Central Texas, with Kerr County among the hardest hit.

In an unprecedented community effort, the Indian Doctors Association, in partnership with the Indo-American Charity Foundation and over 15 Houston Indian organizations, is raising \$500,000 for immediate relief and rebuilding.

Donate via the QR CODE ABOVE

Through the Eyes of an Aspiring Physician: Mentorship that Matters

IDA: THE NEXT GENERATION

By Arshi Maniar

For pre-medical students like me, navigating the path to medicine can feel overwhelming and littered with seemingly endless checklists of requirements, which is why the guidance provided by organizations like the Indian Doctors Association make a huge difference. I recently attended IDA's Centra Houston event and had first hand experience that the members aren't just accomplished in their respective fields; they are deeply invested in sharing their knowledge, supporting aspiring doctors, and fostering a culture of growth and service. This was apparent by the significant presence of medical students and physicians in training that attended the event.



This event brought together physicians from a wide range of specialties and backgrounds and I had the opportunity to learn about the many career directions a medical degree can lead to, including clinical practice, research, and even hospital administration. Simply listening in on the physicians as they networked and shared firsthand accounts helped me understand the diverse paths one can take in medicine, as well as the unique challenges and rewards that come with each.

What stood out most to me was how approachable and passionate the doctors were. Many shared not just their successes, but the detours and decisions that shaped their careers. It was an incredible opportunity to engage with a group of doctors who genuinely want to support aspiring medical professionals.

To me, the IDA is more than just an organization; it is a community that exemplifies what it means to lead with purpose and heart in medicine—and one that has stood fast by its commitment to help pre-med students like me envision a future in medicine with motivation and confidence!

INDIAN DOCTOR'S ASSOCIATION



BECOME A VOLUNTEER

CALL FOR VOLUNTEERS

HELP STRENGTHEN IDA'S PHYSICIAN VOLUNTEER PANEL

MENTORSHIP

- Medical Students Career Guidance program
- International Medical Graduate Observerships

HEALTH EQUITY PROGRAM

- Community clinics
- Health Fairs
- Speakers Forum

REACH OUT TO: IDAHOUSTONTX@GMAIL.COM

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