

Indian Doctors Association Greater Houston

September 2024 Edition



SERVICE AND EDUCATION FOCUS

Dear IDA Family,
I am so glad to see all our members engage more in the activities we are organizing. I was elated to see a lot of new faces at the Sugarland event. Read the details below.

I am excited to report on our upcoming events and welcome you to participate in not only attending the LNEs but also volunteer your time towards our **IDA/SEWA health outreach activities** and **medical student's mentorship program**. Read the details in this newsletter. **IDA NEEDS YOUR PARTICIPATION**. Thank you to those who have already reached out to me expressing interest in the above-mentioned projects.

I am also happy to introduce you to another amazing initiative where free medical education is being provided in rural India. I feature the **Sri Madhusudhan Sai Institute of Medical Sciences and Research**, located in Karnataka, in this newsletter to make all of us aware of these efforts.

A reminder to mark your calendars of the Oct 5th LNE and the Nov 16th "Fashion for Fundraising" event. The later event will be to support "The Public Health Research Institute of India (PHRII)," an organization that has dedicated a mission to combat cervical cancer in India.

I encourage and urge you to kindly keep up with your dues and engage your friends to become a member of IDA. I want to remind you that we have created a **"Free Annual membership" category for trainees and medical students.**

In this newsletter you can expect:

Know Your Board
Members

Free Membership for
Trainees and Medical
Students

Recent Events

Upcoming Events

IDA Medical School
Career Guidance
Program

IDA/SEWA
Collaborative Health
Outreach Program

Sri Madhusudhan Sai
Institute of Medical
Sciences and Research:
India's First Private Free
Medical College

KNOW YOUR BOARD MEMBER

Dr. VINITHA BHAGIA
Lifetime Member, IDA



Dr. Bhagia, is the Chief of Endocrinology at Kelsey-Seybold Clinic. She currently practices at their Main Campus (Medical center) & Meyerland location. She earned her Bachelor of Medicine and Bachelor of Surgery degree in 2001 at Lady Hardinge Medical College in New Delhi, India. She completed her Internal Medicine residence at The University of Texas Medical Branch at Galveston in 2007, followed by her fellowship in Diabetes, Endocrinology, and Metabolism in 2009, when she served as Chief Fellow.

Over the course her career, she has cared for her patients at the Endocrine & Psychiatry Center in Houston from 2009 to 2011. She also served as Endocrinology Section Chief at the Advocate Illinois Masonic Medical Center from 2011 to 2017 and as an Assistant Professor of Endocrinology at the University of Illinois at Chicago. Her main clinical interests are managing diabetes mellitus, obesity and PCOS.

Dr. Bhagia served as the President of National AAPI: Young Physicians' section (AAPI) in 2011-2012 and the secretary of National AAPI: Medical students, residents, and fellow section in 2008-2009. She has been an active board member of the Indian Doctor's Association, Houston since 2007 when she started as a resident liaison and then was on the board of directors from 2008-2010 and then the treasurer in 2010-2011 following which she had to move to Chicago. Upon her return to Houston, she rejoined the IDA board in 2022.

In her free time, Vinita spends much of her time with her husband and their young children.



FREE MEMBERSHIP FOR TRAINEES AND MEDICAL STUDENTS

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.

RECENT EVENTS



The Sugarland IDA Event on September 21st was a big hit. With amazing food at Mahesh's kitchen and great conversations amongst all members the time flew. Dr. Jani gave a broad overview of how non-surgical options, i.e., valves, have changed the field of therapy for advanced COPD/Emphysema patients. We are grateful to our gold sponsor Pulmonx for making this event possible and a success. We also want to thank our silver sponsor Amir Dhodiya Wealth preservation and strategies and our bronze sponsor Riverstone Pharmacy and Wellness for their support. Please find the pictures of the event at this [link](#)

INDIAN DOCTORS ASSOCIATION OF
GREATER HOUSTON
SUGARLAND IDA EVENT
SEPTEMBER 21, 2024
11 AM - 2 PM
LUNCH INCLUDED
ADDRESS:
MAHESH'S KITCHEN, 16019 CITY
WALK, SUGAR LAND, TX 77479

LUNCH & LEARN
INNOVATIVE NON-SURGICAL TREATMENT OPTIONS
FOR
SEVERE COPD/EMPHYSEMA

OUR PROUD SPONSORS
pulmonx
makers of the
zephyr
valve
AMIR DODHIYA
WEALTH PRESERVATION AND STRATEGIES

SCAN ME

RSVP
WWW.IDAHOUSTON.ORG



UPCOMING EVENTS



Indian Doctors Association of Houston presents

CENTRAL HOUSTON IDA EVENT

AMYLOIDOSIS:
A disease that crosses every specialties path-Awareness with patient perspective.

SATURDAY
October 5, 2024

GROTTO RISTORANTE
4715 WESTHEIMER RD.
HOUSTON, TX 77027

START AT
11:00 a.m. - 2:00 p.m.

Speakers:

Arvind Bhimaraj, MD
President of IDA

Sheetal Shroff, MD
Electrodiagnostic Medicine, Neurology, Neuromuscular Medicine

Sean Riley
Patient Speaker

REGISTER NOW

Alnylam PHARMACEUTICALS

bridgebio

AstraZeneca

ASB AMYLOIDOSIS SPEAKERS BUREAU

www.eventbrite.com

www.idahouston.org

Central Houston IDA Event: October 5th

Topic: Amyloidosis: A disease that crosses every specialties path-Awareness with patient perspective

Speakers: Arvind Bhimaraj, Sheetal Shroff and Patient speaker

Location: Grotto Ristorante
4715 Westheimer Rd, Houston, TX 77027

Time: 11:00 am to 2:00 pm

Register through Eventbrite:

<https://www.eventbrite.com/e/central-houston-ida-event-tickets-1013262263707?aff=oddtcreator>



INDIAN FASHION SHOW

SATURDAY, NOVEMBER 16
6:00 P.M. - 12:00 A.M.

Crowne Plaza
Shenandoah - Woodlands Area
19333 David Memorial Drive
Shenandoah, Texas 77385

FASHION FOR A CAUSE
RAISING AWARENESS FOR WOMENS
HEALTH AND CERVICAL CANCER

Woodlands Event: November 16th
“Fashion for Fundraising” In support of PHRII

Location: Crowne Plaza
Shenandoah - Woodlands Area
19333 David Memorial Drive
Shenandoah, Texas 77385

Time: 6:30 pm to 12:00 am

Registration link coming soon



IDA Partners

with

Galveston Bay Foundation

Oct 19 & 20 2024 Bike Around the Bay

IDA is a Platinum sponsor for this event

Team Captain

Dr. Jignesh Shah

Jersey Design with IDA Logo:

<https://via.primacustom.com/collections/ts-9599>

Registration Information:

IDA Members: FREE (coupon code on request)

NON-IDA Member:

Bike Around the Bay Two-Day Rider: \$75.00

Bike Around the Bay One-Day Rider: \$75.00

Bike Around the Island Rider: \$40.00

Bike Around the Island

· Date: Saturday, October 19

· Distance: 20-mile or 43-mile out and back route on Galveston Island

· Note: Fully stocked breakpoints will be available every 10-15 miles.

Bike Around the Bay

Riders have the option of riding one day or two days. Two-day riders will make a complete loop around Galveston Bay with an overnight on Galveston Island.

· Saturday, October 19 Distance: 97.5 miles

· Sunday, October 20 Distance: 77 miles

To learn more about how you can support, join, or email us on idahoustontx@gmail.com or cyclicampteam@gmail.com

AFNA WALK & RUN
Inaugural Event in Houston @ Sugarland Memorial Park

15300 University Blvd, Sugarland, TX 77479

5 KM

NOVEMBER 2ND, 2024
07:00AM - 10:00AM, Saturday

T-Shirts, Music, & Breakfast!

REGISTER NOW!
<https://runsignup.com/Race/TX/Sugarland/AFNAWalkRunHoustonTX>

Fundraising for **Cachar Cancer Hospital**
<https://cacharcancerhospital.org>

assamfoundation.net
run@assamfoundation.net

COOG DOCS 5K
A Color Run + Walk For Children's Mental Health

YOU ARE INVITED!

Please join us Sunday, November 3 in the morning at the Tilman J. Fertitta Family College of Medicine for the inaugural Coog Docs 5K!

Learn more and register for the event by scanning this QR code!

Division of Advancement and Alumni UNIVERSITY OF HOUSTON

Tilman J. Fertitta Family College of Medicine UNIVERSITY OF HOUSTON

SEWA INTERNATIONAL HOUSTON/IDA
COLLABORATIVE HEALTH OUTREACH
PROGRAM

Announcing October launch and Calling for
Volunteers



IDA is proud to collaborate with SEWA international to create a Health outreach program under the IDA Health equity efforts

(<https://www.idahouston.org/community-service>). We will be organizing once a month Health Outreach camps on a Saturday where we will provide health education on a specific health promotion topic and provide health screening in three communities (located west of Galleria area) identified by SEWA International. We need Physician (3 content expert per topic) and non-physician volunteers to help. We also are in need of translators for Spanish and Pashtun:

1.) Health content experts to deliver a health education talk at the monthly outreach camps. Topics listed below.

a. Heart Health: prevention and risk factor control: **October 26th, 2024. Drs. Gopi Shah, Anjori Dunbar, Arvind Bhimaraj, Atasu Nayak**

b. Brain health: How to avoid strokes. **Nov 23rd. Drs. Kinjal Desai (need 2 more neurologists)**

c. Mental health wellness: A way to manage life. **Dec 21st Dr. Prashanth Gajwani (need two Psychiatrists)**

d. Diabetes: how to prevent, pick it up early and manage it well? **January 25th. Drs. Vinita Bhagia, Archana Sadhu (need one more endocrinologists)**

- e. Pediatric health: What to know for parents to care for their kids.
- f. Women's health wellness: Maintain your health.
- g. Eye health maintenance.
- h. Substance dependence.
- i. Sleep hygiene-for better days.

2.) Health Screening for basic checkup after the health promotion talk during the health camps.

The following are potential dates open for topics listed above for section e - I.

- Jan 25th
- Feb 22nd
- March 29th
- April 26th
- May 31st
- June 28th

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

1. Full Name:
 2. Specialty Board Certification
 3. Hospital/Group Affiliation
 4. Date and Topic you are interested in
-

Sri Madhusudan Sai Institute of Medical Sciences and Research:
India's First Private Free Medical College



We feature here India's first free private rural medical college. Alerted by one of our members Dr. Rupa Mahadevan, I have had the honor of learning about this amazing initiative through Dr. Rupa Mahadevan's father, Mr. Vivek Mahadevan. Mr. Vivek Mahadevan is on the board of One World, One Family (<https://oneworldonefamily.foundation/index.html>) that has an area of investment to create a world where free education is provided to all. Under this mission, a free medical school was set up and inaugurated recently. In his words, 'Vaidyo Narayano Harihi' – The Doctor is verily the embodiment of the Divine. The human body is a thing of marvelous beauty, and it is doctors who are bestowed to better understand this Divine Miracle."

The Medical College was inaugurated in March 2023 by the Honorable Prime Minister Shri. Narendra Modi and shall provide value based medical education, inspiring youth to serve society and contribute towards Universal Health, with love and compassion as the guiding tenets. **With a focus on rural India and to provide the fundamental right to education**, this Medical College will nurture medical doctors with noble values, who will dedicate themselves to serve the underserved, particularly in rural India. By making it accessible and affordable for all, irrespective of financial means, it will ensure that every deserving candidate will be able to pursue medical education. **The goal of this strategy is with a hope that the beneficiaries will perceive the need and try their best to offer back to societal welfare and return to their villages and serve the pockets of the population residing in the villages which are in deep need of quality healthcare.**

The students of this one-of-its-kind medical college should be equipped with brilliant heads, compassionate hearts and skillful hands. In view of this, medical education at Sri Madhusudan Sai Institute of Medical Sciences and Research is a compulsory residential program, wherein knowledge is imparted as values-based medical education. In recent news, The Sri Madhusudan Sai Institute of Medical Sciences & Research (SMSIMS&R), in rural Karnataka, has posted a 100% pass rate with all 50 students scoring the coveted First-Class marks with 39 out of 50 students scoring Distinctions. This is a landmark achievement, a national record for any medical college in India!

At SMSIMS&R, while studies remain top priority, culture, humility, and compassion is prioritized as students learn about the wisdom of ancient India, about Consciousness, about one's real identity, and the purpose of life. At this institution, as quoted by Sadguru Sai, "how to live life is being given as much importance as learning how to make a living".

INTRODUCING IDA-MEDICAL SCHOOL CAREER GUIDANCE PROGRAM

Indian Doctors Association harbors a broad array of specialties and backgrounds amongst its members and is a rich resource of life experience for career guidance. While mentorship in academic programs is abundant, the challenge is limited by the skew of exposure mentors in academic setting have. The realities of medical practice, the opportunities available and the challenges of the real world are not obvious in academic medicine and hence medical students and residents are graduating unprepared for the real world. In interactions with the South Asian Medical Students Association at UT – Houston and UTMB, it was clear that they all were eager to get the real-world perspective.

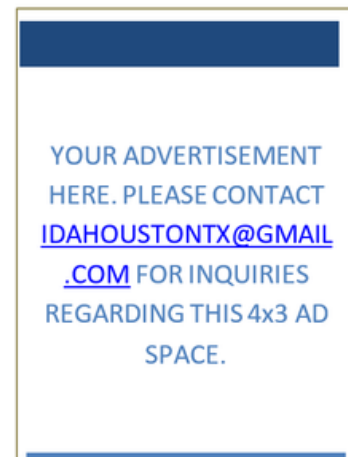
While our intent is not to disrupt the medical student’s mainstream institution-based mentorship, we want to create a supplemental guidance that can be practical knowledge for career and life.

If interested, please email idahoustontx@gmail.com with your CV. We plan to create a database of Physicians interested to provide mentorship and let the students pick. 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 ok).



BOARD OF DIRECTORS

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



If you are interested in contributing content to this newsletter, please email us at idahoustontx@gmail.com. Any ideas regarding activities of IDA are welcome as feedback.

We want to hear from you



Contact: idahoustontx@gmail.com

Website: www.idahouston.org

Phone: 662.786.0313

IDA-Greater Houston cannot be held responsible for the content of this e-newsletter, nor can it be responsible for the consequences of the actions taken based on the information provided. We accept liability only if we have subsequently confirmed the information found in this e-newsletter in writing. Please make sure that you are the intended recipient of this e-newsletter. If you are not, please note that disclosing, copying, distributing, or taking any action in reliance to the contents of this information is prohibited.