



Indian Doctors Association
Greater Houston
September 2019 Edition

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President's Message Organization Update



IDA continues to inform, unite, support, and reform communities within Greater Houston. We have united to complete nine successful events in 2019, supported our educational school systems, raised funds for charitable

causes, increased our physician membership benefits, held business strategic workshops, assisted in networking programs for hospitals systems, physicians, and business companies to allow for economic growth.

With the launch of our monthly newsletters and social media platform, we will continue to notify and update our physician members and communities. Past newsletters are available on the IDA website at idahouston.org.

We have a busy September month planned.

1. September 11, Sugarland Networking Mixer, Azuma on the Lake
2. September 19, Woodlands Business Seminar: "How the Small Business Administration Can Help You Grow your Business," Pappasito's Cantina
3. September 22, Howdy Modi Mega Event: Community Event to welcome Indian Prime Minister Narendra Modi to celebrate Indian-American success, NRG stadium.

Look forward to seeing you at any or all of these events.

Jignesh Shah, MD

President



IDCC PHYSICIAN VOLUNTEERS NEEDED

The Indian Doctors Charity Clinics (IDCC) was established in March 1999 to provide health care services to the greater Houston community. All services are completely free to anyone who cannot afford health care. The clinic is run mainly by volunteer doctors and allied professionals. Due to increased growth of services provided, the clinic is requesting physician volunteers every Saturday, from 9am to 12pm, Address: Bellaire Professional Building, 6550 Mapleridge St, Suite 222, Houston, Texas 77081.

Sign up using the IDA website- members only. Please note, you must log into the website to volunteer.

Sugar Land Mixer *Sign Up Today!*



IDA - GREATER HOUSTON

SUGAR LAND NETWORKING MIXER

- CONNECT
- COLLABORATE
- EMPOWER

IDA MEMBERS BRING ONE
PHYSICIAN GUEST FOR FREE

Wednesday, Sept 11 | 6:30 PM - 8:30 PM
Azuma on the Lake
15830 IH-60 S, Sugar Land, TX 77478

Register: idahouston.org

MEMBER'S CORNER

New Member Nisha Shah, MD

I am a fellowship trained Ophthalmologist specializing in Laser Cataract Surgery, Refractive Surgery (PRK/LASIK), Cornea Disease, Diabetic eye exams, glaucoma, and comprehensive eye care. Having just started my own private practice, I recently joined IDA to provide an outlet for professional growth and development, networking, and meeting others with similar backgrounds and goals.

I grew up in Florida where I went to college and medical school (Miami), completed my residency training in New Orleans (Tulane), Fellowship in Los Angeles (USC), and after much travelling, we have finally settled in Houston, where my husband was born and raised. Houston can be an intimidatingly large city, and IDA gives me a sense of community that hits home. I look forward to meeting you at the next IDA event!

MARK YOUR CALENDAR!

September 19th: Woodlands



The Indo- American Chamber of Commerce of Greater Houston and The Indian Doctors Association invite you to a presentation

by
The U.S. Small Business Administration
on

“How the SBA can help you grow your business”

DATE: Thursday, September 19, 2019
REGISTRATION: 6:00 PM | **EVENT:** 6:30 PM - 7:30 PM
LOCATION: Pappasito's Cantina
18101 I-45 S,
Shenandoah Tx 77385

Business attire

Must be registered to attend.

Registration close Friday, September 13th, 2019

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IDA Woodlands

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September 26th: Empowering Healers

Heartfulness Institute Medical Education Conference:
EMPOWERING HEALERS
An immersion program with practical workshops teaching physicians, nurses, & other clinicians how to meditate & practice yoga

Speakers and Topics:

- Heather Colmanter, MD
The Big "C": Self-Healing for Cancer Patients
- Joyce Vachani, MD
Finding Joy(s): The Power of Our Story
- Cecilia Fernandes, MD
Neuroimaging: EEG Changes and Altered Traits
- Christian Assad, MD
Nutrition for Whole Body Health
- Ragini Miryala, MD
Certified Heartfulness Trainer
- Neha Kansara, MD
Impact on Anxiety, Depression and Burnout
- Nadia Sabri, MD
Finding Your Space in Medicine: Yoga Off The Mat
- Kristine O'Connor, MD
Awakening Your Chakras
- Roopa Naidu- Certified Yoga Instructor
Introduction to Natya Yoga
- Vinay Dalal, MD and Karl Rollins, DO
Kundalini Yoga, Gong Baths, Sound Bowls, Ayurveda & more
- Rajeshwari Miryala, MD
Certified Heartfulness Trainer
- Meditation and Sleep



Continuing Education:

This program has been approved for AMA (PBA Category 1 Credit)™. The Annenberg Center for Health Sciences at Eisenhower is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. A maximum of 10.0 contact hours may be earned for successful completion of this activity.

Register at:
heartfulnessinstitute.org/medical
Registration Cost:
\$375 (\$475 after August 28th)

Sept 28th, 2019
7:00am - 6:00pm
Sugarland Marriott Hotel
16090 City Walk
Sugar Land, TX 77479



Information for all events can be found on the IDA website

From the Indo American Association (IAA) ticketing team...

IAA is delighted to present for the very first time in Houston, A Living Legend, Poet, Author, Script Writer, Lyricist, Filmmaker and Director par excellence Padma Bhushan Gulzar in “Ek Ehsaas”

IAA is grateful for your support and as a token of our appreciation would like to offer you a special 15% off. **This offer code is exclusive for you and expires on September 3rd.**

Tickets/Information: www.iaahouston.com

Click on “Buy Tickets” and use offer code IAAIDA in the “Comments” field at the bottom of order form.

Note: This discount is for IDA Members only.

October 12th : Car and Wine Charity Fundraiser

IDA Houston logo

Cars & Wine Charity Fundraiser

Guest Speaker: AMIR DOHIYA
WINE & SPIRITS

Saturday, October 12, 2019
5-8pm

All proceeds for education and mentoring programs

Ferrari of Houston
6100 Southwest Fwy
Houston, TX 77057

Limited Tickets:
IDA Members: \$30
Non Members: \$40
Cocktail Attire

Register: idahouston.org

SAVE THE DATE 2nd Annual CME Program



Save the date:
Saturday, February 8, 2020

2nd Annual CME Conference

The Houstonian Hotel
111 N Post Oak Ln, Houston, TX 77024

Limited Seating
IDA Members: FREE - Non-Members: \$150



Indian Doctors
Association - Houston

www.idahouston.org



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Don't Forget



Howdy, Modi!
SHARED DREAMS, BRIGHT FUTURES.

A Community Summit in Honor of the Prime Minister of India
SHRI NARENDRA MODI
Sunday, September 22, 2019 | Houston, TX

Howdy Modi! September 22, 2019

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