SAIMA Sentinel

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Words from the Chairman of the Advisory Council

Dear Friends and Patrons

I am glad to touch base with you all through this forum.

As you would all know, I stepped aside from Presidency this year at the AGM and this is my farewell letter

Over the last 3 years when I was at the helm of affairs, following the footsteps of our able and amicable leader Dr Suren Krishnan we have established ourselves as a strong advocate for the provision of professional support to members of the Indian Australian community not just in SA but at a national level too. We are a philanthropic organisation as well and I would like to draw your attention to several charitable events we have been part of over the years. The SAIMA charity foundation has been focussed on supporting health related issues in Australia, particularly the Australian Palliative link International, Cancer council and the Blind sporting council in addition to supporting noble causes in the Indian subcontinent.

I take pride in the fact, that, our association has a strong financial base, our bank balance is healthy and our budget is back in surplus and we have managed to stem unnecessary expenses and managed to get the fiscal deficit under control. Our treasurer (Dr Nimit Singhal) runs a tight ship and this certainly augurs well for the future. We have a membership database which is complete and up-to-date and our newsletter/ web site helps us to keep our contacts in the loop and maintain the chain of communication through a high performing secretariat, thanks to the AMA (SA).

We have focussed on academic activities and run an extremely competitive and professional CME programme and a lecture series for the students, in addition to the sports and cultural activities. Our Gala dinner has set the benchmark and is the denominator for other events.

Our Men in Blue (Cricket team) has made us all proud with a 'hat trick' of victories along with our Ladies (SAIMA beats) who have spun a web of breath-taking spectacle and what more can one ask for ?

We have a '*horses for courses*' policy and at the moment, we have the right men for the right job as far as our President, executive, core and management committees are concerned and given the strong bench strength, the future has never looked brighter.

I hope to continue in the advisory council as Chairman of the SAIMA so as to facilitate our dream of having an overarching National Australian Association of Doctors of Indian Origin.

Finally, thanks a million for all your support and patronage and sincere apologies if there were any shortcomings on my part.

To conclude, I would like to quote from the Hindu Holy Book the Bhagavad Gita...

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते
सङ्गोस्त्वकर्मणि। 2.47

In English transliteration:
Karmanye vadhikaraste ma phaleshu kadachna
Karmaphalehtur bhurma te sangostvakarmani.
Ch. 2, 47 *You have a right to perform your prescribed action, but you are not entitled to the fruits of your action. Never consider yourself the cause of the results your activities, and never be associated to not doing your duty."*

From the President's Desk...

I have immense pleasure in writing my first message as President of the South Australian Indian Medical Association (SAIMA). It is an honour and privilege to serve its members and acknowledge their important roles within the Australian Health system. I also, welcome the new committee members for their election to the executive, and extend my best wishes to the previous committee members in all their future endeavours.

Our outgoing president Dr Krishnaswamy Sundararajan has been an exceptional role model, and deserves a very special thank you. Fortunately, he will continue to serve in his new role as a chairman of the advisory council to SAIMA. Our former president, Dr Suren Krishnan will also continue to guide us as a member of the advisory council. As always, we are indebted to Australian Medical Association (SA) for their patronage and an excellent secretarial support throughout this year.

In the past few years SAIMA has taken significant strides and the future looks promising. I am confident, that year after year we will continue to grow albeit minor failures and challenges, which we meet on our way to success. We have no dearth of talent to achieve excellence in all our endeavours! I am grateful to all our sponsors for their valuable support in our pursuit of quality education and health promotion. I trust our relationships will continue to flourish and have far reaching implications to influence positive outcomes.

Last but not least, I congratulate our cricket team on achieving a hat trick with a third consecutive win over Pakistani Medical Assocoation of South Australia (PMASA) in a spirited limited overs match. It was well deserved, carefully orchestrated and our men in blue seem to have acquired a penchant for winning. Besides, our professional roles, it was an excellent display of team work and camaraderie on a cricket field.

As we end this year on a high note, I wish everyone, and their families a joyous and peaceful festive season and a Happy New Year.

Sincerely,

Dr Arvind Sehgal
SAIMA President

SAIMA Cricket Hat-trick! (Dr. Subodh Ganu)

With great pleasure, I am writing this report of the 4th Annual Cricket match event between SAIMA and PMASA teams. It's quite obvious from the title who was victorious and I am proud of the whole SAIMA team members over past 4 years to achieve this 3rd time in a row…. Wow! It's a great feeling to write about the hat trick!

As per the last 3 years, the event was a great success and the crowd from both sides enjoyed it to the fullest. It was a nail biting finish as per keeping up with traditions. But let's start from the toss!

The PMASA team won the toss and on an outfield with dew on it, they decided to bat first. It was a slow start to PMASA innings, thanks to the accurate line and length bowling by left arm quicky Karthik Badrinath. His length and bounce made it really awkward to score quick runs and the heavy outfield helped in stopping easy runs. A couple of wickets fell in early before Ahad Rana steadied the innings. There was tight bowling by all the SAIMA bowlers and PMASA was struggling with 63/3 by the mid innings break. PMASA broke the shells and started scoring freely after the break. Ahad Rana scored a brilliant 47 with patience in the beginning and some spectacular shots in the last few overs. He was well supported at the other end by Irfan Hashmi in the middle overs scoring 23. Last 4 overs saw 46 runs scored with free hitting and PMASA reached a total of 151 for 8 in 25 overs. From SAIMA the star bowler apart from Karthik B (20 for 1 wicket) was Harsh (21 for 2 wickets). SAIMA fielding was spectacular with 4 catches taken and 2 run outs.

It was surely a challenging total and none of the teams had chased it successfully in the past. The SAIMA team had a great start with clear instructions to the openers to give a fast start. Mitesh fell early unfortunately but Neeraj kept going and played innings of his life so far. There was good shot selection in his stroke play with no hesitation and unfortunately he fell just 1 short of 50 after the mid innings break. After a couple of early wickets Sunny (the start batsman in last 3 matches) had a crucial partnership with Neeraj. Both paced their innings quite well punishing bad deliveries and taking "appropriate risks". SAIMA was on way by mid innings break scoring 96 for 3. There was some twist in the story though with a quick couple of wickets falling after the break including that of well set Neeraj.

The run rate slowed down and the equation was back to run a ball for last 5 overs. SAIMA team however cruised through to the target with 1 over to spare thanks to quick 20 run partnership between Harsh and Subodh. For PMASA side Imran Gul took 2 wickets and Captain Tajdar got 1.

The man of the match from SAIMA team was Dr Neeraj whose brilliant 49 as opening batsman lay the foundation for our win. From PMASA team Ahad Rana who played anchoring role in the mid innings was awarded man of the match.

The pressure was on us to keep the winning record of last 2 consecutive wins and I am so glad that we won again. The 12th man for SAIMA Pravin did the commentary and with his usual quirky comments tried to diffuse the tension. The scorers were meticulous and umpiring was fair from the two SACA approved umpires. Thanks are not enough for all those who worked for the team in the background and for the crowd from both the sides to come in huge numbers to support the game. The kids had fun with kids games in the innings break, face painting and music. Throughout the preparation for this game as well on the match day I would like to thank for the valuable support and organization from Krish Sunderrajan, Arvind Sehgal, Milind Sanap and whole SAIMA Committee. I am also thankful to Dr Tajdar, Irfan and Dr Zaffar Usmani (PMASA president) for help with organizing delicious food and team management etc. Thank you to Adelaide Marathi Mandal for providing us with music system and Justin for lovely face painting for kids as well as adults.

The real taste of the twists and the fun moments that unfolded on the day is hard to pen down on paper. I hope that my humble attempt will make more and more SAIMA members participate in the future games. I would like to thank to all those who helped arrange the games in case I have forgotten to mention their names. And I wish the tradition continues no matter who wins!

The SAIMA Cricket Team 2015:

Subodh Ganu (C), Ranjan Joshi (Wk), Neeraj, Mitesh, Sunny, Harsh, Karthik B, Karthik S, Swapnil (Bobby), Narsing, Ravi and Pravin (12th).

PMASA

SAIMA Lecture Series (Bhavani Viswalingam)

One of the core aims of SAIMA is to assist the next generation of doctors in their evolution from medical student to a practicing clinician. With this in mind, on the 25th of October 2015 SAIMA conducted its lecture series for medical students about to sit their exams at the Eleanor Harrald building.

Medical students listened to various medical experts from the SAIMA fraternity talk about a wide range of topics including arthritis, multiple myeloma, cholecystitis, ECGs, abnormal uterine bleeding and obstetrics. It was also an extremely interactive session where students had the opportunity clarify their doubts and interact with the speakers during the lecture series. Though the turnout for the event was small, from all feedbacks, the lecture series were extremely beneficial to the students who attended and was valuable for their revision.

The SAIMA committee would like to thank Dr Amita Singla, Dr Pravin Hissaria, Dr Rajiv Mahajan, Dr Shriram Nath, Dr Harsh Kanhere, Dr Preetam Ganu and Dr Vishi Biradar for taking time out of their busy schedules and speaking to the students and Dr Arvind Sehgal, Dr Subodh Ganu and Dr Milind Sanap for chairing the event. Furthermore the event would not have been possible without the efforts of Dr Milind Sanap and student secretary Ms Bhavani Viswalingam who were instrumental in organizing the event.

We hope to conduct more of these lectures and educational events in the near future. Please inform the SAIMA management committee if you have any suggestions for topics or would like to volunteer your expertise.

General Practitioner Profile - Dr Arvind Kumar Seghal

When did you migrate to Australia and where did you commence work?
I arrived in December 2002 with my family, and joined Pirie Medical Centre in Port Pirie, a town located on the east coast of Spencer Gulf and is 223 km North of Adelaide. It is the sixth most populous city in South Australia.

How did you & your family settle down in the new environment?
There was no difficulty to relate to people in the country. Previously, we lived in South Africa for 8 years, hence there was not much culture shock.
After a short stint at Port Pirie, we moved to Moonta, on the Yorke Peninsula.

Tell us something about your journey to South Africa and life there.
In 1994, I was a government medical officer, working in a rural and remote area of Himachal Pradesh, India. I resigned and travelled to South Africa in July 1994 and joined the Department of Neurosurgery at the Medical University of Southern Africa (MEDUNSA) north of Pretoria. Later, I was in the Department of General Practice for 3 years until 2002, and I decided to migrate to South Australia.

I was fortunate to witness end of apartheid, a momentous change during presidency of Nelson Mandela (1994-1999) and experience it first hand.

How will you describe yourself?
I like to be creative, imaginative and methodical.

What have been your important experiences in medical profession, especially overseas?
Rural areas in India are poorly served and isolated, and Primary Health care is not accessible to vast majority. In that context, my time at Moonta was very rewarding and a great learning experience. Many a times, retrieval team from Adelaide have saved some very serious patients, which is the most satisfying experience.

Who is your role model and why?
I can think of Nelson Mandela, his charisma and spirit of 'forgiveness'.

What are your hobbies?
Sports and listening to music

The most adventurous thing you have done so far?
Paragliding in the Himalayas back in India. We were on our way back to Manali from Rohtang pass, in Himachal Pradesh, India.

What is the motto or personal mantra you live by?
Non violence, and 'prevention is the best cure'.

SAIMA 2016 Calendar

Date	Activity
Saturday 27 Feb 2016	CME
Saturday 9 April 2016	Student Career Expo (To be confirmed)
Saturday 25 June 2016	Annual Scientific Meeting (ASM) followed by Gala Dinner
Saturday 17 Sept 2016	CME & AGM
Sunday 23 Oct 2016	SAIMA vs PMASA Annual cricket match (To be confirmed)

AMA Position Statement on International Medical Graduates 2015

The AMA has recently released its new AMA Position Statement on International Medical Graduates 2015, which replaces the AMA Position Statement on Overseas Trained Doctors 2004. The Statement is available to view at: https://ama.com.au/position-statement/international-medical-graduates-2015

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08 8221 5011
25 north street adelaide sa 5000
info@therapia.com.au
www.therapia.com.au