



# SAIMA Sentinel

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## From the Presidents Desk...

Dear friends,

It is once again with great pride and humility that I write to you as the President of the South Australian medical association. It has been a little while since the committee has touched base with all of you, reflective of the busy year we have had as an organisation.

Let me first congratulate our back to back champions - the SAIMA Cricket team who had a resounding victory against the PMASA cricket team in the annual cricket spectacular. The boys had been training very hard, every weekend under the tutelage of captain Dr Subodh Ganu and achieved a very deserved victory. I would also like to thank Dr Arvind Sehgal and Dr Vikram Padhye for their help in assisting with the conduct of the cricket match.

2014 has been a year of many firsts. In August SAIMA hosted its inaugural Indian Independence Day celebration, which I must say, was a great success. Over 200 people attended the event which showcased the hidden talent amongst our membership. It was very gratifying to see our children, the next generation, sing the Indian national anthem with great pride - a taste of their heritage and roots. I personally want to thank Dr Subhita Prasannan who took time out of her immensely busy schedule and ensured the event ran without a hitch.

Our next "first" was the SAIMA lecture series for medical students conducted in October. It was heartening to see a lecture theatre full of enthusiastic medical students eager to learn. A special mention to Dr Ranjan Joshi and Namit Mathur for organising such a fabulous event - I am sure all the students were very grateful. Thank you also to Dr. Pratyush Giri, Dr. Satya Mysore, Dr. Devan Mahadevan, Dr. Narsing Laddipeerla and Dr Subodh Ganu for sacri-

ficing their Saturday morning to come and speak to all the students.

Earlier this year we also hosted our 2014 annual charity Gala Dinner. I felt very proud as President to see over 400 guests converge into the Adelaide Convention Centre for a fabulous night of good food and entertainment. It has now been two years since we moved the Gala dinner to the convention centre. Our aim then as a committee was to transform the SAIMA Gala dinner into one of the showcase events in the South Australian medical calendar. I dare say with over 400 guests attending, we may have achieved that aim thanks greatly to your wonderful support.

Amidst this busy year we also conducted our annual AGM and had a change in SAIMA executive committee. I would like to take this opportunity to thank all the outgoing executive committee members; Dr Raj Singh, Dr Sarika Kumar, Dr Raakhi Mistry and Dr Subhita Prasannan for all their hard work and dedication to this organisation. I must also thank Tracey DiBartolo for her ongoing terrific administrative support.

Finally I would like to officially welcome the new faces onto our committee; Dr Ranjan Joshi, Dr Subodh Ganu, Dr Milind Sanap, Dr Rajiv Mahajan and Dr Senthil Govindasamy. There are exciting times ahead for our organisation and I look forward to working with our new committee to continue providing an organisation that you all can be proud to call your own.

I wish you all a happy, healthy and safe holiday season.

Cheers and Best Wishes,

Krish Sundararajan  
SAIMA President

# SAIMA Independence Day Celebration 2014

On the 15th of August 2014 SAIMA held its inaugural Indian Independence Day celebration and cultural night. Over 200 guests attended the function which aimed to showcase the hidden talent amongst our community.

The night started off with the children of the SAIMA community singing the Indian and Australian national anthems. They had been practising every weekend for a month prior to the event and by the time they had finished, the sense of pride amongst the audience was palpable.

The audience was then treated to the musical expertise of Ravi Khan and his band, who performed various Bollywood chart-toppers and had the crowd asking themselves if Kishore Kumar

and Lata Mangeshkar were actually performing on the stage!

Arguably the showcase piece of the night were the ladies from the SAIMA Jhankaar who ended the night with a dance performance that sent the audience into a frenzy. The group consisting predominantly of busy, working, female doctors (who are also mothers) had been meeting weekly for over a month to deliver the Bollywood spectacular. They were met with rapturous applause and were called back to perform an encore. It was the perfect way to conclude the highly successful event and encapsulated how the SAIMA can foster community spirit amongst the Indian medical community despite all of our busy schedules.

An event such as this would not be possible without the financial

support of key sponsors. SAIMA would thank BankSA and in particular Mrs. Usha Rajagopalan for their support with the event.

The SAIMA would also give a special mention to Dr Subhita Prasannan whose tireless efforts ensured the cultural night was a grand success. We will be looking to conduct another cultural night next year - if you are interested to perform/know of people who will be interested in performing please inform the SAIMA committee.

## SAIMA Lecture Series

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 26th of October 2014 SAIMA conducted its first lecture series for medical students about to sit their exams. Over 200 wide eyed medical students packed into the Eleanor Harald building on a balmy Saturday morning and listened to various medical experts from the SAIMA fraternity talk about topics

including lymphoma, fluid management, asthma, renal failure, cardiomyopathy, asthma and diabetes management.

From all accounts the lectures were extremely beneficial to the students who attended and provided an invaluable revision tool during their exam preparation.

The SAIMA committee would like to thank Dr. Pratyush Giri, Dr. Satya Mysore, Dr. Devan Mahadevan and Dr. Narsing Ladipeerla for taking time out of

their busy schedules and speaking to the students. Furthermore the event would not have been possible without the efforts of student secretary Mr. Namit Mathur and Dr Ranjan Joshi who were instrumental in organising the event.

We hope to conduct more of these lectures/education in the near future - if you have any suggestions for topics or indeed would like to volunteer your expertise please inform the SAIMA management committee.

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## From the Captain's Desk (Sports & Public Relations Secretary - Dr Subodh Ganu)

On a sunny November day, SAIMA won the toss and elected to bat without hesitation. It was a good toss to win (as in the past SAIMA had found themselves chasing) therefore it was important to capitalise and post a competitive total.

The openers for SAIMA started cautiously and scored 25 runs in the first six overs. However, with the loss of four quick wickets SAIMA were down to 43 for 4. It was the partnership for 5th wicket between Dr Harsh Kanhere and Sunny that was the turning point in the SAIMA innings. The runs started flowing freely and the crowd started getting involved in the match. Dr Harsh was dismissed trying to increase the run rate and Sunny brought up his fifty with a six over midwicket. At the completion of the innings SAIMA had scored their highest total till date, of 151 runs.

PMASA needed 152 to win in 25 overs (a run rate just above 6). It was going to be an interesting

run chase as this was the first time PMASA was chasing a score. The openers started well scoring boundaries at will in the first four overs. It was clear that something needed to be done to break the partnership and SAIMA captain Dr Subodh Ganu provided the answer hurrying the batsman and getting an inside edge onto the stumps.

However, that did not slow down the PMASA who were playing the SAIMA pace bowlers with ease.

Spin was introduced and immediately provided dividends with Sunny trapping PMASA captain Irfan LBW.

Using spin SAIMA started to gain control of the PMASA innings and Dr Ravi Khan (leg spin) was brought to good effect getting two crucial wickets in successive overs. It was getting very difficult for the PMASA requiring 30 runs in the last 3 overs with only 2 wickets to spare.

SAIMA closed the match out and won by 18 runs. For his all round

efforts Sunny was man of the match.

The children also had a great day out with face painting, music and other activities like speed gun competition during the mid-innings break. 10 boys and 5 girls participated in the speed gun competition. The fastest bowler amongst the boys was Aakhoon with a speed of 78 km/hr and Nisha Sanap amongst girls with the speed of 47 km/hr. Both of them were presented with chocolates and coffee mugs. I would like to thank Dr. Milind Sanap for his supervision of the program.

A special thanks to Dr Arvind Sehgal for his commentary and organisation and the Adelaide Marathi Mandal for helping with the music system.

The event could not have been possible without the continued support from our sponsors Commonwealth Bank, Avant and Clinpath. Thank you very much guys!

## SAIMA Gala Dinner 2014

On the 21st of June 2014 SAIMA hosted its annual charity Gala Dinner at the Adelaide Convention Centre.

The night was a grand success with over 400 guests being entertained by illusionist Raymond

Crowe and various Indian dance items.

The strong attendance was heartening to see and gives the SAIMA committee the impetus to make the 2015 Gala Dinner an even bigger event and consoli-

date its position as one the premier medical dinners in the South Australian medical calendar.

We hope to see you all again in 2015!



## South Australian Indian Medical Association Lecture series 2014 & SAIMA Cricket Spectacular 2014



## From Lahore to the World: Journey of a Cosmopolitan Surgeon Dr Saeed Ahmed

Saeed Ahmed was born in Dehra Dun, in the foothills of the Himalayas. His early schooling was in Naini Tal, a jewel in the Himalayas.

Saeed's father was a forest officer; his duties included forestry tours. Saeed and the rest of the family accompanied him on the tours during school holidays.

This idyllic childhood experience inspired Saeed to write his own little 'Jungle Book'. The family moved to Lucknow in 1945, and migrated to Lahore in Pakistan after the partition of India in 1947.

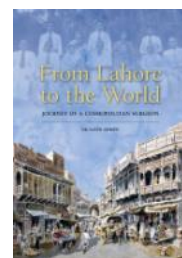
Saeed's journey led him to study medicine in Lahore, and established in him a dream to return to his alma mater as professor of medicine. However, when he travelled to England for post-graduate physician training, he became a surgeon instead.

He then travelled the globe as a surgical journeyman – to England, Kenya, Australia, Arabia and finally Fiji and New Zealand.

This lifelong journal reflects how the combination of fate, chance and serendipity influenced Saeed's life. He now reveres Lahore because of family connections, his

love for the city and the institutions at which he was educated, and ultimately because it was the beginning of his world journey.

However, it is not the early Lahore dream, to which he returns, but his new stature and renowned for his accomplishments as a surgeon. He now celebrates his own creation: his identity as a cosmopolitan surgeon.



## General Practitioner Profile - Dr Geeta Trehan

I migrated to Australia in 2004 as an "IMG". My first job was in the remote town of Coober Pedy where I worked for 2 years before working a year in the Riverland and moving to Adelaide in January 2008. I am currently working at Health Alliance in Campbelltown. My husband Dinesh is a surgeon and my sons Kunal and Sharad are studying at Flinders university.

The first thing I appreciated when I started working in Australia was the difference in culture and the way medicine is practiced, something I have enjoyed immensely.

The magnitude of the workload in developing countries, coupled with poor resources and the patients desire for a 'quick fix' to their problems often distracts one from being able to practice preventive and holistic medicine.

The last 10 years have been an extraordinary journey for us. Coober Pedy is a remote town located almost a 1000 km from Adelaide and services a population of about 4000 people hailing from over a 100 different nationalities and a considerable indigenous population. There were many challenges working in such a remote area - there were no facilities to even do a basic blood test!

It was from this remote location that we sat our fellowship exam in Apr 2006.

A short trip to Adelaide for a pre-exam seminar about three weeks before the exam gave us valuable insight into what was expected in the exam.

Both my husband and I sat the exam and we were on call even on the day of the theory exam!

It was during these times that we experienced the pressure faced by "IMG's" as they come to work in an alien environment catering to a population of diverse and different cultures, whilst their futures hang by a little thread called the 'fellowship exam'.

Although the resources and inputs from the system have definitely improved over the years they are still palpably lesser than the resources available for an Australian graduate.

Having now completed both the FRACGP and the FACRRM, I am now involved as a medical educator with AOGP.

I enjoy teaching and devoting my time to help fellow IMG's get through fellowship and AMC exams.