

SAIMA NEWSLETTER

DECEMBER 2025



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By President Dr Jaiveer Krishnan



Dear Members,

Since our last newsletter in July 2025, SAIMA has continued to grow stronger, more connected, and more active — reflecting the spirit of collaboration and unity that defines our association.

Celebrating Our Recent Successes

The **Table Tennis Competition** was a great success, marking a wonderful collaboration between SAIMA and other medical associations across South Australia. It was heartening to see enthusiastic participation, friendly competition, and SAIMA members achieving excellent results — [congratulations](#) to all our winners! This event stands as a fine example of how inter-association collaboration can create meaningful sporting and networking opportunities for our members.

The **City to Bay Fun Run** was another highlight, with **almost 100 attendees** joining us at the SAIMA marquee. Our partnership with **Saree Sahelis** added a vibrant cultural touch, showcasing yet another way we can unite different communities through shared purpose and energy.

Growing Together

Our **membership drive** was an overwhelming success, with a **30 % increase** in new members. This growth reflects the confidence and enthusiasm our community inspires. I encourage each of you to continue engaging with your colleagues and friends to join SAIMA — together, we can build a stronger, more supportive network, and enjoy even richer social and professional gatherings.

Supporting International Medical Graduates (IMGs)

A key area of focus for SAIMA this year has been **supporting International Medical Graduates** as they navigate their professional and social journey in South Australia. Through mentorship, observership placements, and peer-led guidance, we aim to provide structured support in exam preparation, system orientation, and community integration. Our goal is to make every IMG feel welcomed, informed, and empowered — because their success strengthens the broader medical community.

A WORD FROM THE PRESIDENT'S DESK

By President Dr Jaiveer Krishnan

Social Connections and Upcoming Events

Our **Bollywood Night on 31 October 2025** was an absolute hit — sold out within just two weeks of announcement and capped at 80 attendees. The feedback has been extremely positive, with many requests for similar events in the future. It's wonderful to see how such gatherings bring joy, connection, and renewed enthusiasm among our members.

I am also pleased to share that our **Annual General Meeting (AGM)** followed by the **CME evening**, held on the **29th November 2025 at the National Wine Centre**, was a resounding success. The event was attended by 60 members and was well received. The CME component featured engaging and interactive talks from reputed speakers, generating excellent discussion and learning – reinforcing SAIMA's commitment to high quality professional development alongside strong governance.

Acknowledgements and Gratitude

My heartfelt thanks to all our **committee members** who have worked tirelessly to organise the diverse range of events that make SAIMA what it is today. A special acknowledgment goes to those who, for various reasons, will be stepping down from their committee roles — your invaluable contributions have left a lasting impact.

Looking Ahead

Let us continue to take pride in SAIMA and work together toward even greater heights — through more **collaborations, sponsorships, partnerships, and events** that foster professional growth, advocacy, and a sense of belonging. Together, we can continue to support one another and champion the values of connection, inclusion, and excellence.

With warm regards,

Dr Jaiveer Krishnan

President, South Australian Indian Medical Association (SAIMA)



SAIMA at City to Bay 2025: A Celebration of Community, Wellness & Togetherness

SAIMA proudly took part in the City to Bay 2025 event, with involvement from our members, families, and supporters. This year was particularly special as SAIMA teamed up with Saree Sahelis, adding vibrant cultural representation, color, and energy to Adelaide's biggest fun run.

Collaboration with Saree Sahelis

Our partnership with Saree Sahelis brought a wonderful cultural aspect to the event. Their enthusiasm, traditional attire, and focus on promoting health and social connections made the collaboration a memorable highlight. Together, we showcased the strength of diversity and the importance of community spirit.

Collaboration with Sitar Indian Restaurant

We would like to thank Mr. Prassanth from Sitar Indian Restaurant for his generous support, which ensured our participants were well-fed!

Sitar Indian Restaurant

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Strong Participation from SAIMA Members

We were thrilled to see excellent participation from SAIMA members across all age groups. Whether walking, jogging, or running, our members showed dedication to health and well-being—values that

SAIMA proudly supports. Many families joined in, making it a true community celebration.

SAIMA Marquee, A Place to Rest, Refresh & Reconnect

As in previous years, our SAIMA marquee provided a welcoming hub where participants could rest and hydrate, enjoy refreshment, meet fellow members as well as celebrate their achievements. The marquee proved invaluable in fostering camaraderie and offering a comfortable space for post-run recovery.

Another Successful Year

City to Bay 2025 was another successful event for SAIMA, continuing our tradition of promoting health, community spirit, and cultural pride. Our collaboration with Saree Sahelis, combined with the strong turnout from our members, made this year's run one to remember. We look forward to even bigger participation in 2026!



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🌸 **SAIMA BOLLYWOOD NIGHT** 🌸

AN EVENING OF CULTURE, CONNECTION & JOY

The South Australian Indian Medical Association hosted its inaugural Bollywood Night on October 31st at The Vibes Venue. This vibrant event brought together clinicians, students, families, and friends for an evening filled with music, competition, nostalgia, and celebration. The night showcased the remarkable talents within our medical community and emphasized the spirit of togetherness that defines SAIMA.

A Spectacular Opening

The night opened with a fantastic performance by Dr. Sanjeev and Dr. Divya, whose energy set the tone for an unforgettable evening. Their performance received enthusiastic applause and created an exciting atmosphere that carried throughout the program.

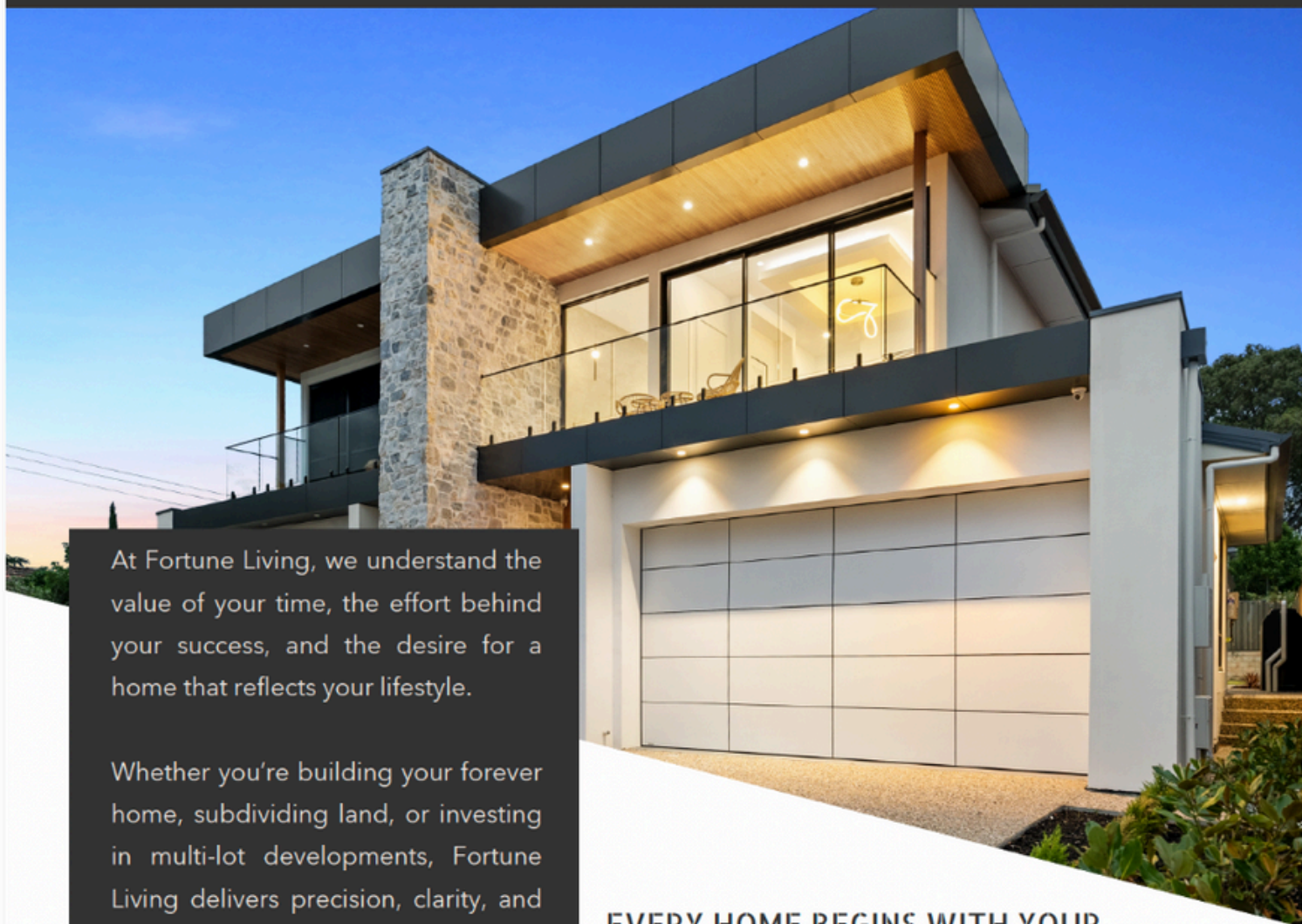


Performances From Our Medical Community

Guests enjoyed a series of lovely musical performances by Aseem and Arvind, two talented medical students, and Dr. Tanishq, whose vocals captivated the audience. These performances reflected the artistic talent within the SAIMA community and were a highlight of the night.



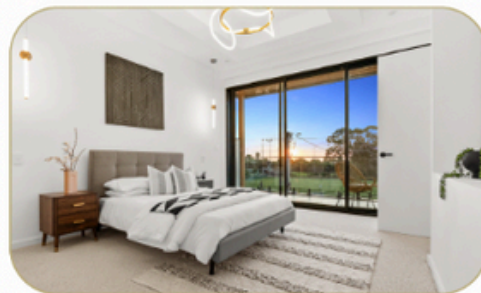
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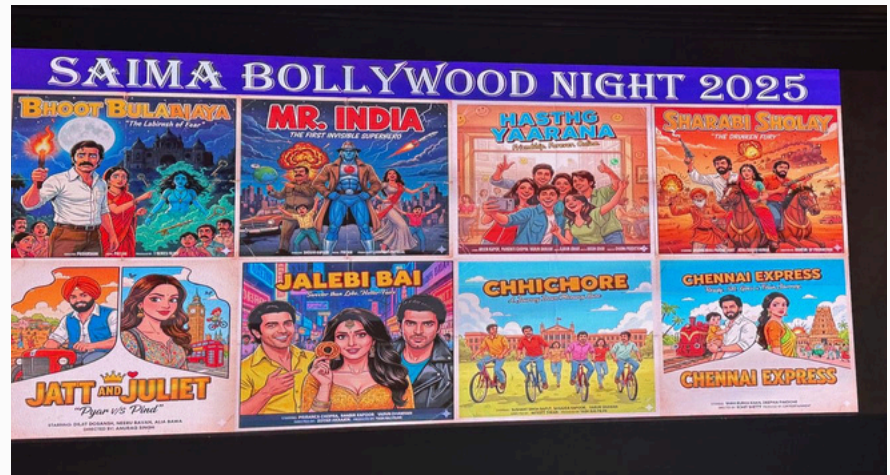
SAIMA BOLLYWOOD NIGHT

AN EVENING OF CULTURE, CONNECTION & JOY

Engaging Games and Entertainment

Mr. Vikramjeet Singh, our charming MC, guided the event with his humour, warmth, and lively presence, ensuring the evening flowed seamlessly. A selection of entertaining and interactive games, coordinated by Dr. Sonali and Dr. Divya, encouraged guests to join in, laugh, and compete in true Bollywood style.

Two popular parts of the night were the Indian advertisement guessing game and the medical diagnosis quiz, presented by Dr. Sonali, Dr. Divya, Dr. Drishti, and Dr. Rudraksh. These activities instantly transported attendees back to iconic moments of Indian pop culture and sparked laughter, friendly debates, and joyful reminiscing.



Support From Our Community

SAIMA extends its heartfelt thanks to Dr. Sanjeev and the team at Paragon Medical Centre for their generous sponsorship, which made this event possible. Their ongoing support strengthens SAIMA's ability to host meaningful community events and foster connections among South Australia's Indian medical professionals.

A Night to Remember

With the live dosa counter, lively Antakshari, dance floor festivities, and a full schedule of performances and games, Bollywood Night 2025 was a great success. The energy in the room reflected the dedication of our volunteers, the enthusiasm of our attendees, and the joy of celebrating culture together. SAIMA looks forward to hosting many more events that unite our community in a spirit of warmth, fun, and togetherness.



ACKNOWLEDGING OUR STUDENT VOLUNTEERS

SAIMA's activities this year were greatly strengthened by the dedication and contribution of our student volunteers. Their commitment, enthusiasm, and willingness to assist across multiple events were instrumental in ensuring the smooth delivery of SAIMA's programs throughout the year.

Our student volunteers supported a wide range of roles, including event preparation, registrations, logistical coordination, and on-the-day assistance. They approached each responsibility with professionalism, adaptability, and a strong sense of teamwork, often while balancing demanding academic commitments. Their reliability and attention to detail were consistently evident and deeply appreciated by both the committee and event attendees.

Beyond their practical contributions, these students represent the future of our medical community. Their early engagement with SAIMA reflects a genuine interest in service, leadership, and community involvement — values that sit at the heart of our organisation. Through their involvement, they have not only supported SAIMA's events but also strengthened the sense of connection between students, junior doctors, and senior clinicians within the Indian medical community in South Australia.

The SAIMA committee extends its sincere thanks to all our student volunteers for their time, effort, and commitment this year. Their contribution has been invaluable, and we look forward to seeing their continued growth and involvement in the years ahead.

Student Volunteers (2025):

- Reema Madike
- Drishti Gupta
- Adhyayan Verma
- Sarthak Mehta
- Aparajitha Raamkummar
- Arvind Kumar Pati
- Veanna Ranka
- Aryan Dhawan



SAIMA 2025 ANNUAL GENERAL MEETING & CONTINUING MEDICAL EDUCATION EVENING

SAIMA held its 2025 Annual General Meeting (AGM) and Continuing Medical Education (CME) evening on 29 November at the National Wine Centre of Australia.

The event brought together SAIMA members, clinicians, medical students, and junior doctors for an evening that combined organisational reflection with high-quality academic discussion.

The AGM provided members with the opportunity to reflect on SAIMA's achievements over the past year, review governance and financial matters, and engage in discussions around the association's future direction.

It served as an important forum for transparency, accountability, and continued member involvement.



The CME session that followed featured a strong and diverse academic program delivered by leaders in their respective fields. Each speaker provided insightful, clinically relevant presentations grounded in current evidence and practical experience.

Topics included the evolving role of GLP-1 receptor agonists in weight management, recent advances in PCSK9 inhibitors for lipid control, and essential updates on RSV vaccination for general practitioners.

The talks were well received and stimulated thoughtful discussion across a broad range of specialties. The evening reflected SAIMA's ongoing commitment to education, collaboration, and community building.

With strong attendance and engagement across all career stages, the AGM and CME once again highlighted the value of SAIMA as a professional and academic platform within the South Australian medical community.



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EOI FOR GUIDANCE TOWARDS IMG DOCTORS

🌐 Supporting International Medical Graduates (IMGs) 🌐

SAIMA frequently receives enquiries from international medical graduates (IMGs) who have or are keen to relocate to and work in South Australia. Many are looking for advice on career pathways, registration processes, and what to expect when starting their journey in a new country.

In response to this growing interest, we are exploring the formation of a dedicated guidance group to support IMGs with basic orientation, practical insights, and connection to relevant resources. This initiative aims to create a welcoming space for IMGs to ask questions and gain direction from experienced professionals within our SA medical community

If you are an IMG seeking guidance, or a SAIMA member interested in contributing your knowledge and experience, we invite you to express your interest.

✉️ **Please contact us at info@saima.org.au**

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Reflections on My Time with SAIMA

Tanishq Mathur – Surgical Resident, SAIMA Media Secretary

Serving on the SAIMA committee has been one of the most rewarding roles I have undertaken. When I joined, I was the only junior doctor on a committee otherwise made up of senior consultants much more senior to myself, yet the SAIMA committee proved to be an inclusive space where ideas were valued regardless of seniority.

As Media Secretary, I was involved in shaping SAIMA's public presence through newsletters, social media, event promotion and the membership drive. Being involved in initiatives such as the Annual Scientific Meeting and Gala Dinner was deeply fulfilling and reinforced a strong sense of community in me. My time with SAIMA has genuinely made me proud to be an Indian doctor in South Australia.

What stood out to me most was the people – accomplished clinicians who were also generous mentors, always willing to support junior colleagues. That mentorship and perspective was and remains invaluable to me, and I hope to carry these relationships with me in the future.

As I step down from the committee to relocate to Perth to take up a Urology registrar role, I do so with gratitude and pride. I would strongly encourage medical students and junior doctors to get involved with SAIMA – it is an invaluable experience that gives far more than you expect!

ANNOUNCEMENTS & UPCOMING EVENTS

INTER-ASSOCIATION BADMINTON TOURNAMENT

COMING UP!

Get ready to bring your A-game! The next Inter-Association sporting event is just around the corner – this time it's Badminton.

Doctors from SAIMA, PMASA, BAMSA, ACMA, and SASDA will once again rally for friendly competition, fast smashes, and inter-association bragging rights.

Whether you're a casual player or a court warrior, it's time to dust off your racket and join the fun. Stay tuned for date, venue, and registration details – coming soon!

MINISTERIAL LETTER FROM THE SA PREMIER & MINISTER OF CULTURAL AFFAIRS

SAIMA received a beautiful letter from the honourable Peter Malinauskas and Zoe Bettison, conveying their best wishes to the SAIMA community.



THE HON PETER MALINAUSKAS MP
PREMIER OF SOUTH AUSTRALIA

Dr Jaiveer Krishnan
President
South Australian Indian Medical Association
Email: info@saima.org.au

fb510396

Dear Dr Krishnan

We write to convey our sincere best wishes to you and your community as you celebrate Diwali on 20 October 2025.

Diwali is a vibrant celebration of faith, culture, and community - honouring the victory of light over darkness, knowledge over ignorance, and good over evil.

The customs and traditions of Diwali reflect the richness of a shared heritage, passed down through generations, keeping the spirit of the celebration alive and strong. For families and friends, it is a time to come together to reflect, reconnect, and celebrate the enduring values of light, hope, and togetherness.

In these moments of reflection, we also want to convey our deep appreciation for your community's valued contributions to the state, both culturally and economically. We are without a doubt a stronger and more inclusive state thanks to your community.

We thank you for sharing the spirit and traditions of Diwali with the wider South Australian community, contributing to the richness of our state's cultural identity.

Yours sincerely

A blue ink signature of Peter Malinauskas, written in a cursive style.

Peter Malinauskas
PREMIER

16 / 10 / 2025

A blue ink signature of Zoe Bettison, written in a cursive style.

Zoe Bettison
MINISTER FOR MULTICULTURAL AFFAIRS

16 / 10 / 2025

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THANK YOU FROM SAIMA COMMITTEE:

**AS WE APPROACH THE CLOSE OF ANOTHER YEAR, WE WOULD LIKE TO TAKE A MOMENT TO
SINCERELY THANK YOU FOR YOUR CONTINUED SUPPORT TO SAIMA.**

**YOUR ENGAGEMENT WITH SAIMA—THROUGH PARTICIPATION IN EVENTS AND PROGRAMS,
THOUGHTFUL CONVERSATIONS, PROFESSIONAL COLLABORATION, AND YOUR ONGOING
COMMITMENT TO HEALTH SERVICES—HAS MADE A MEANINGFUL CONTRIBUTION TO OUR WORK AND
OUR COMMUNITY. IT IS THE STRENGTH AND GENEROSITY OF OUR MEMBERS THAT CONTINUE TO
SHAPE SAIMA AND ENABLE US TO MAKE A MEANINGFUL IMPACT TOGETHER.**

**WE HOPE THE UPCOMING HOLIDAY PERIOD OFFERS YOU THE OPPORTUNITY TO SLOW DOWN,
RECHARGE, AND SPEND TIME WITH THOSE WHO MATTER MOST.**

**THANK YOU ONCE AGAIN FOR BEING PART OF SAIMA. WE LOOK FORWARD TO RECONNECTING IN
THE NEW YEAR AND TO YOUR CONTINUED SUPPORT.**

WARM REGARDS,

SAIMA COMMITTEE