

# Australian Indian Medical Graduates Association Inc

Voice of Australian Indian Doctors

PO BOX 1028, Strathfield, NSW 2135 Fax: (02) 8580 4961

Email:-[admin@aimga.org.au](mailto:admin@aimga.org.au) Web - [www.aimga.org.au](http://www.aimga.org.au)

## AIMGA President Corner

Dear Members,

Welcome to our first Newsletter of this year.

Australian Indian Medical Graduate Association has new executive committee. Unfortunately three very senior members stepped down from the committee. They served the association for many years. They moved on to give opportunities to new blood. We miss their experience in the executive committee. Fortunately the association has number of specialists & young members in the committee. I am very sure they will be of great asset to the association.

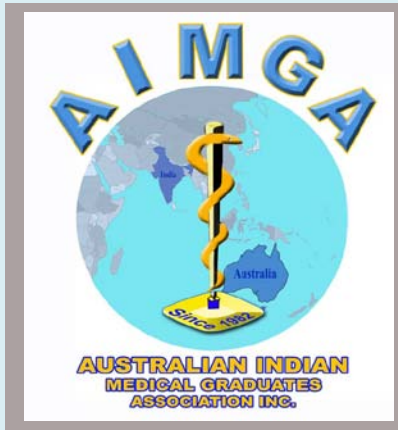
We would like to continue the good work of previous executive committee under the guidance of Dr.P.Sawrikar. They organised large number of CME meeting last calendar year. We have already eight of such clinical meetings thanks to the hard work of CME sub-committee chairperson Dr. Nagamma.

This year our association is planning very exciting adventure. We are organising an international conference of Global Association of Physicians of Indian Origin in Sydney. The GAPIO central committee in India has given the blessing. Dr. Shailja Chaturvedi is working very hard & has put in many hours to organise the conference. She has lined up numerous very well reputed international speakers to address the meeting. It is a historic occasion. It will be held on 30 & 31 August 2014. We want your support. You must attend in large numbers to make it a success. This will put AIMGA in international limelight. You get the discount in registration fee if you register before 15<sup>th</sup> May 2014. The other objective of AIMGA this year is to increase charity activities.

AIMGA has been involved in various charity activities in the past. This included raising funds for Children's hospital Westmead & earthquake victims in India. AIMGA is also involved in Mother's Day Walk at Parramatta Park to raise money for Breast Cancer Research Foundation. We are planning to increase the charity work this year. With this in mind a new charity subcommittee is formed under the chairpersonship of Associate Professor Smita Shah. We seek member's suggestion & help to make this a success. AIMGA's future looks bright, thanks to lot of young doctors slowly getting involved in the activities of the association. We are there to help all our members. If you have any grievances don't hesitate to contact me or any other EC members. We are very small numerically & financially. But we try our best to help you as much as we can.

Hope to see you all in the next clinical meeting. Please come in big numbers. Please bring your friends. Please make new members. The strength of the association is in numbers. We shall try to increase the numbers every year.

**Dr Prabha Chandra**  
**President**  
**AIMGA**



**International  
 Conference of Indian  
 Doctors.  
 AIMGA in Collaboration  
 with GAPIO.  
 30th & 31st August  
 2014  
 Sydney-Australia**

*-more news on next pages*

## AIMGA Executive Committee:



**President**  
**Dr Prabha Chandra**



**Vice President**  
**Dr. Sunil Vyas**



**Secretary**  
**Dr. Anju Aggarwal**



**Treasurer**  
**Dr.Kirti Kapila**



**Asist-Treasurer**  
**Dr.Sarita Sachdev**



**Asist-Secretary**  
**Dr Anantha Prakash**



**Public Officer**  
**Dr.Hem Rao**



**Past President**  
**Dr.P.Sawrikar**

## AIMGA Executive Committee Members:

**Dr Satpal Bhatia**  
**Dr Nagamma Prakash**  
**Dr Surendra Borkar**  
**Dr Rakesh Sachdev**  
**Dr Shailja Chaturvedi**

**Dr Ajay Kumar**  
**Dr Krishna Kadappu**  
**Dr Smita Shah**  
**Dr Palu Malaowalla**  
**Dr Sol Qurashi**

## AIMGA's Subcommittees:

### CME Subcommittee-

Dr Nagamma - Chairperson  
DR K Kapila  
Dr Sol Quareshi  
Dr K Kadappu  
Dr Borker

### Charity Subcommittee-

Dr S Shah- Chairperson  
Dr N. Agarwal  
Dr P .Malaowalla  
Dr S Bhatia  
Dr V Chandra  
A Prakash

### Young Doctors Committee

Dr Neeru Agarwal  
Dr S Kapila

### Overseas Medical

### Conference Subcommittee

Dr Aggarwal- Chairperson  
Dr P Chandra  
Dr P Sawrikar  
Dr Rao

### Newsletter & Souvenir Subcommittee-

Dr S Sachdev- Editor  
Dr A Kumar  
Dr K Kapila  
Dr R Sachdev  
Dr P Malaowalla

### Young Doctors Committee

Dr Varun Chandra  
Dr Sol Quarshi  
Dr K Kadappu



### CME Activities:

We are looking forward to members once again supporting the CME activities organised for this year by attending in big numbers.

Dr Nagamma Chair person for the CME subcommittee, as always has worked extremely hard to organise the sponsorships to conduct these meetings this year.

11<sup>th</sup> April: Dr Paul Sved

16<sup>th</sup> May: Dr Daniel Rahme

20<sup>th</sup> June: Medical Imaging

18<sup>th</sup> July: Dr M Prabhu-ITVC

26<sup>th</sup> Sept Dr.Sunny Randhwa

31<sup>st</sup> October:Medical Imaging



### Overseas Conference

### Eastern Mediterranean

### Cruise from

**22<sup>nd</sup> June To 4<sup>th</sup> July 2013.**

### More Details Please contact

**Dr Prabha Chandra**

**0403 216 220**

**Dr Anju Aggarwal**

**0402 386 876**

**AIMGA Special Feature-**

This column features some of the AIMGA senior members who have served the community.

This news letter introduces one of our own senior member and the past president of AIMGA - Dr P Sawrikar

Dr Sawrikar was born on the 5<sup>th</sup> June 1945 in Hyderabad (A.P) He graduated from Gandhi Medical College, Osmania University.

In September 1972 he migrated to Australia.

He initially worked as Casualty Medical Officer and then as ICU registrar in Nepean District Hospital in Penrith. In 1974 he started a medical practice in Forest Lodge, and commenced his career in General Practice.



**Dr Sawrikar**

**Achievements in Life :**

In 1997 he initiated broad cast in Marathi on 98.5 FM radio Akashvani Sydney. At this point in time there were no broadcast available in Marathi language. It was started with 5 people assisting him. Today twenty five people work as voluntary, producing a varied program of cultural and educational items. A popular section is a broadcast of local news direct from India in Marathi.

feel good story.

**Achievements in AIMGA**

Dr Sawrikar joined AIMGA in 1998 when it was known as OAMGA and became an executive member in 1999. Since then he has worked in various positions including Secretary (ten years) Treasurer, Vice President, finally accepting the position of President in 2013

Amongst the many highlights of his years working in AIMGA, the most memorable one for him was the first Overseas Conference (2001) in New Zealand. He has been involved in larger subsequent medical conferences, to perhaps, more exotic locations, but the first one is memorable as the ground breaking one.

In 2000 he was involved in publishing the first telephone directory of members which was revised recently in 2013.

Other projects he has been actively involved with, and enjoyed participating in is the production of educational Television programs, produced by AIMGA for the benefit of the community e.g. Eye Problems, GI Problems, Breast Cancer awareness. As well as the production of a documentary recording the achievements of AIMGA and aired on the anniversary of its 25<sup>th</sup> year.

**Hobbies and relaxation.**

One's life is not complete without some leisure pursuit and point of relaxation, Dr Sawrikar likes walking (has participated eleven times in the City to Surf), listening to the good old Hindi and Marathi songs, and enjoys fine food with family and friends.

His advice to young medical Practitioners is to join AIMGA, which he feels provides an outlet from the pressures of professional life, as well as gives personal satisfaction to be involved in the community work. The new generation of AIMGA members, under the umbrella of the existing association, can assist by taking up the issues of the International Medical Graduates.

**Spirituality and Mental health**

*The world health organisation defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Patients want to be treated as a whole person, a whole person is someone who has physical, emotional, social and spiritual dimensions.*

*Spirituality refers to the individual's personal experience that provides a greater sense of inner peace, harmony, hopefulness, compassion for others and oneself.*

*Religion is an organised belief system promulgated and sustained by a human institution, ethnic group tribe or culture and involves definite rules of behaviour, practices and rituals .The English word religion comes from the latin 'Religio' meaning reverence, though a deeper study reveals it to be a combination of two words ' Re 'meaning return and ' Ligare ' meaning 'to bind'.*

*Spiritual practices have been documented to improve physical functioning ,self- esteem ,drug compliance and longevity.*



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*Anxiolytic ,anti- depressant ,and anticraving effects of religio-spiritual practices have also been documented in literature. Positive desirable effects of religio-spiritual practices include decreased functional disability and better perceived health.*

*Religious/spiritual practice may be a protective factor in depression and may also reduce suicidal risk. Similarly spiritually augmented cognitive behavior therapy is superior to CBT in relapse prevention of illnesses, especially substance use disorder. The mechanisms underlying beneficial effects of spiritual practices may include biological factors involved in positive emotions Also lifestyle modifications necessitated by methodical religious/spiritual practices may add to the positive outcome in subjects.*

*Neurobiological explorations may partly explain the changes in the brain related to attentional network and in regions implicated in positive emotions. The relaxation response in spiritual practice may be related to parasympathetic overdrive. However, sympathetic overdrive may manifest in extreme stages of some of the spiritual practices. Neurochemical alterations may reflect primarily dopaminergic activation. Alterations in serotonergic, cholinergic and glutamatergic system have also been documented.*

*However, the research has not shown that lack of spiritual /religious inclination results in disease, or that spirituality is the most important health factor. It would be better to conduct research to unearth the need for a spiritual history, spirituality related inputs in culturally relevant psychotherapeutic interventions, and the possible health promoting and neuroplastic attributes of religious /spiritual practices.*

Rakesh Sachdev

(These excerpts are from Indian Psychiatric Society's conference on Spirituality and Mental Health)

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### **Invitation to All AIMGA Members**

Australian Indian Medical Graduates Association (AIMGA) and Global Association of Physicians of Indian Origin (GAPIO) are having a joint international conference to be held on 30 August and 31 August 2014 in Sydney.

GAPIO provides an international forum for physicians of Indian origin to participate in global health agendas by liaising with organisations in the public, private and voluntary sectors to identify barriers and opportunities to improve policies and practices and availability and distribution of resources to impact on improving health.

GAPIO held its IV Annual International Conference on 11th-12th January 2014 at Hotel ITC Sonar, Kolkata India, the City of Joy. Delegates from India and overseas particularly from USA, U.K., Australia, Russia, Africa and Middle East participated in a two day conference that began on 11th January to discuss solutions in healthcare for improving health worldwide.

Dr Prathap C Reddy, Chairman of Apollo Hospitals Group and Founder President of GAPIO, who has played a significant role as architect of modern healthcare in India, chose the theme “The Non Communicable Diseases Epidemic – Meeting the Challenges” for this conference. The session - “GAPIO making an impact” was the highlight. More than 300 delegates from India and overseas attended the conference.

We would consider it our great honour and privilege if you could join us on the occasion and your presence will boost our confidence greatly.

I look forward to seeing you all on 30 and 31 August. I shall provide the details of the conference soon.

Dr Anju Aggarwal

Secretary

AIMGA

Chimnia Address, Ussu

555 Street Address

City, State 55555

**International Conference of Indian Doctors. AIMGA in Collaboration with GAPIO.**

**30th & 31st August 2014 Sydney-Australia**

**Scientia Building, Leighton Hall University of New South Wales, Kensington, Sydney**

**For Registration please visit [www.aimga.org.au](http://www.aimga.org.au)**

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This newsletter has been prepared by News letter Committee, in conjunction with the AIMGA Executive committee.

**[www.aimga.org.au](http://www.aimga.org.au)**

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