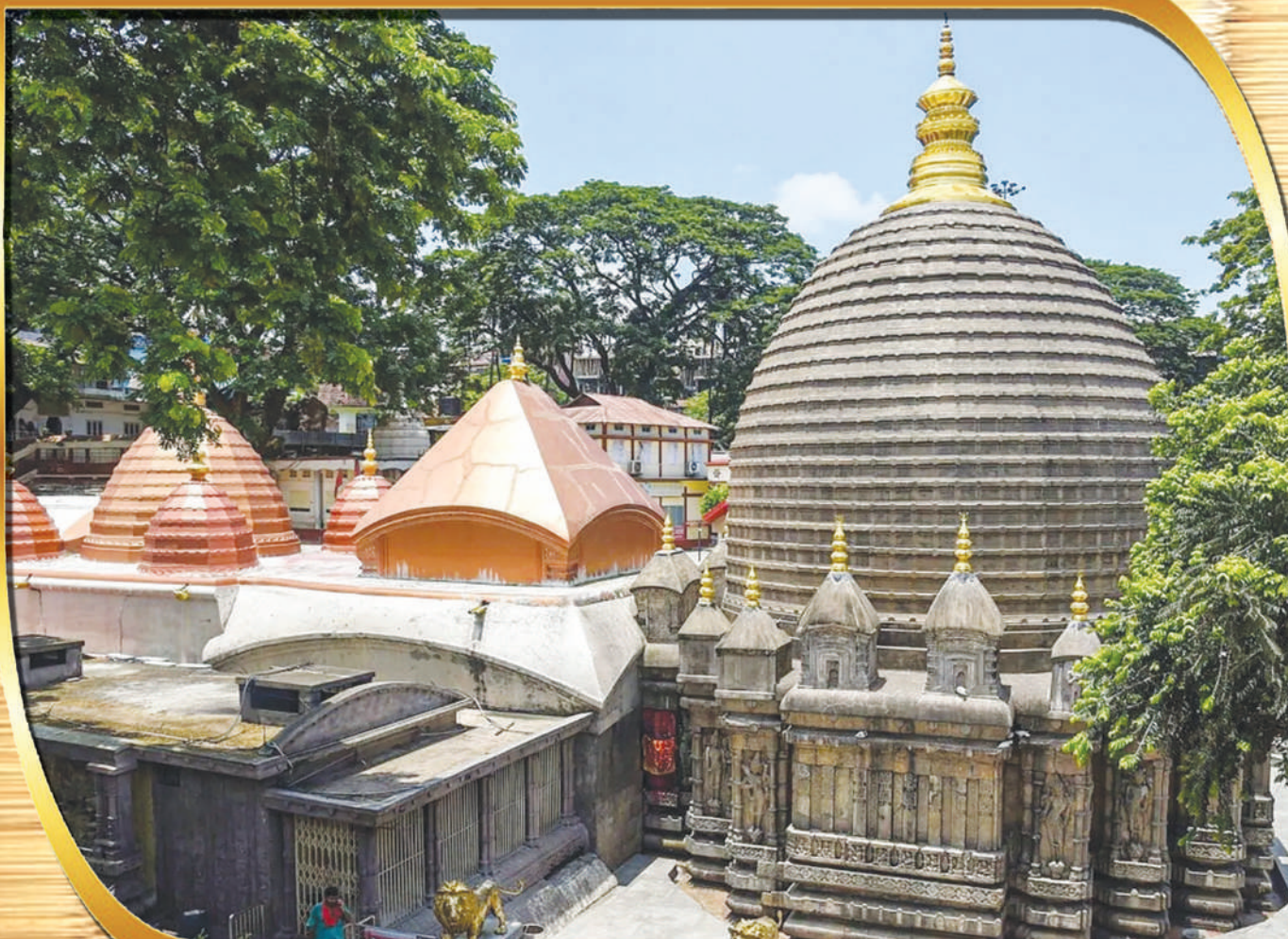




Assam State Branch

IMA CALLING

Volume XIX, No.- I



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Volume XIX No 1
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ASSAM STATE BRANCH

IMA CALLING

Volume XIX No.1

A Special Issue Commemorating

PLATINUM JUBILEE MEDIMEET AT DIBRUGARH
7,8, 9th April, 2023



ওঁ সৰ্বো ভবন্তু সুখিন :।
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Keshab Mahanta



सत्यमेव जयते

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MESSAGE

I am happy to know that the Assam State Branch of Indian Medical Association will be celebrating its Platinum Jubilee at Dibrugarh with an extensive programme from 7th April 2023. It is really heartening to know that the national umbrella organisation of the doctors has completed its glorious journey of seventy five years in the state and all throughout its long journey the organisation has definitely contributed tremendously to the public health scenario of the state.

I am further delighted to know that on this special occasion, a commemorative issue of 'IMA ASB Calling', the mouthpiece cum journal of the Association will be brought out and I hope the publication will contain many moments and achievements of IMA in Assam all along these seventy-five years.

I wish the Platinum Jubilee celebration of IMA Assam State Branch a grand success.

Keshab Mahanta
(Keshab Mahanta)



MESSAGE

Greetings from Indian Medical Associations HQs!

I am happy to note that IMA Assam State Branch is going to organize Platinum Jubilee Celebration and 36th Biannual MEDIMEET 2023 on 7th - 9th April 2023 at Dibrugarh, Assam. IMA Assam State Branch is one of most active branches of Indian Medical Association. I am also glad to know that they are publishing a special issue of IMA Calling (Mouthpiece of IMA Assam State Branch) in this occasion

Medical Profession needs regular updating of knowledge based on the day-to-day experiences as well as exposure to patients. Organizing such celebrations will definitely go a long way in enriching and updating the knowledge base of the medical professionals by way of interactions and sharing of experience among the participants.

This will give opportunity to all small branches to meet and interact with modern medicine doctors around their branch and they can get chance to develop good working with them. The time has come when we should discuss new topics like communications skills, legal aspect of health care and various IPC Section and violence against doctors etc. which are relevant to health professionals.

Our simple and clear moto is ***“One for All – All for One”***... *a cohesive, collective, enhance, communicative approach to break all sectorial walls and bring all clinicians at one platform to help in building a Healthy Nation.*

I convey my best wishes and regards to the organizers, author and wishing the AHPI for grand success.

Long Live IMA !

Dr. Sharad Kumar Agarwal
National President, IMA



MESSAGE

Greetings from Indian Medical Associations HQs!

It gives me immense pleasure to note that IMA Assam State Branch is organising its Platinum Jubilee Celebration and 36th Biannual Medimeet 2023 on 7th-9th April, 2023 at Dibrugarh, Assam and a Souvenir on special issue of IMA Calling (Mouthpiece of IMA Assam State Branch) is being released to commemorate this great occasion. It is the source of communication to the members and thus strengthening the Association.

I am sure, the interaction amongst the honoured members during the Platinum Jubilee Celebration and 36th Biannual Medimeet 2023 will go a long way in updating the members with the fast growing advances and studies in the world of medicine and such exquisite experience can be utilized for the service of humanity.

I extend my warm greetings and felicitations to the organizers and the participants and wish the programme a grand success.

Long Live IMA!!

Dr. Anilkumar J. Nayak
Hony. Secretary General, IMA



Message

Seventy five years is a big milestone for a voluntary organisation involved incessantly with protecting professional dignity, uplifting professional knowhow and more importantly, voicing concern for the masses on all important public health issues. Though Indian Medical Association is a national organization and the modus operandi involves policies and actions taken on a national perspective dictated by its HQs situated at New Delhi, IMA has always been vocal for all local issues concerning doctors or medical workers in the state. Be it the case of a senior tea garden doctor being brutally murdered while on duty, or a junior doctor in rural posting being ruthlessly assaulted, IMA has shown exemplary ways of protesting and securing expedited justice. Today, there is no doubt that the doctors look up to IMA as its protective umbrella in case of distress. And the opinion of the Indian Medical Association matters for most health issues, be it for the government, sociopolitical circles or for the media.

Today, we look up at the rich legacy of IMA, the seed laid in the state way back in 1948 by the stalwarts like Dr. Bhubaneswar Barooah, Dr. Ghanashyam Das, Dr. Phani Ghosh, Dr. Nalini Kanta Sarma and successfully carried forward by the likes of Dr. Daityari Das and Dr. JK Gogoi; and it is time we pay our rich tribute to these legendary leaders. The IMA Assam State Branch is going to celebrate its Platinum Jubilee in a befitting way with a three day programme from 7th April 2023 at Dibrugarh, the place where the glorious journey started 75 years back.

I am delighted to know that a special issue of IMA ASB Calling will be brought out to mark this special occasion and I wish this special publication will succeed to store some of the pleasant memories of the celebration.

(Satyajit Borah)
State President

IMA Assam State Branch

Tezpur : 15th March 2023



Editorial.....



Greetings from the desk of IMA ASB Honourary Secretary Bulletin cum Journal. As the advent of spring arises hope and anticipation of a new beginning the former IMA office bearers will leave their places for new members. Nature endorses change and the giving away of old to newthe constant cycle. However the senior members will always be there if at any moment of time should the new ones need support or guidance. The freshness of any organization is maintained when we encourage the young leaders to come forth and express newer ideas and knowledge as we must always move forward in space and time. Though we may wish to hold on to some things change is inevitable and is the supreme truth!

If there is any medical association which truly unites all medicos under one common platform it is the IMA. No matter to which branch of medicine one may belong IMA unites everyone under its wing. Like a concerned parent it guides, nourishes and sustains the desires of the various disciplines of medical world! Just as a responsible child cares and respects his or her parents we all owe allegiance and respect to our parent Association i.e. the IMA. At every point of time we the members of IMA owe it to our selves and to the wonderful fraternity of medicine to keep alive the glorious traditions of this most noble profession.

We are proud to belong to the Medical profession and equally proud to be members of IMA.

Long live IMA!! JAI HIND!!

DR MANJIMA BAISHYA GANGULY

HONY SECY IMA JOURNAL CUM BULLETIN

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Activities of IMA Assam State Branch (2021-23)

Dr. Sikha Sarma
Hon.State Secretary IMA ASB

First of all I would like to express my heartfelt gratitude to all honourable members of IMA ASB for their active support & cooperation during my tenure as HSS IMA ASB from 2021-23.

1. Installation of New Office Bearers of IMA ASB for 2021-23 was held during the Medimeet 2021 at Bongaigaon in presence of the National President Prof. J. A. Jayalal on 21/03/2021. A new set of office bearers took charge under the Presidentship of dynamic & enthusiastic leader of IMA ASB, Dr. Satyajit Borah.

2. Rejuvenation of Branches: As per direction of the State Council, Guwahati Branch was rejuvenated with formation of a new executive committee on 4th April 2021 at IMA House Ambari, Guwahati. I am very much thankful to State President Dr. Satyajit Borah who took the initiative in this process. I am grateful to senior members Dr. Gokul Das, Dr. Manabendra Goswami, Dr. Mihir Baruah, Dr. Apurba Bhattacharya and Dr. Amaldev Goswami for their support to rejuvenate the branch. Under the leadership of Dr. Gokul Das and Dr. A D Goswami the branch is very efficiently doing their activities.

I would like to share another good news that **IMA Margherita Branch** is rejuvenated and a committee is formed with Dr. Manoj Kr, Gogoi as President and Dr. Nirmal Das as Hon. Secretary on 19th September 2021. Since then, Branch is participating in every program of IMA ASB and successfully organized 158th SWC meeting.

3. Zoom meeting of IMA ASB:

Due to Covid Pandemic we had to organize some meetings on virtual platform.

(A) The first virtual meeting was held on 22nd May 2021 to discuss about the “**Role of IMA in the**

Covid Pandemic”. Local branch Presidents and Secretaries, members of SWC and members of Different committees like Covid task force, Covid help line were present. Dr. Arun Madhob Baruah, Chairman and Dr. Gayatri Gogo, Convener, Covid Help line Committee presented their experience on home isolation. IMA ASB decided to work on home isolation in collaboration with Pratishruti with the help of local branches.

(B) Plantation Doctors Committee: IMA ASB organized its second meeting with Plantation Doctors on a virtual platform on 11th June, 2021 to discuss about various problems faced by plantation doctors. In the meeting a Plantation Doctors Committee was formed with Dr. Jiten Borgohain as Chairperson and Dr. PK. Daws as Secretary. The PDC has been actively working since then on plantation doctors related issues. They have joined in various programs and activities of IMA ASB.

(C) IMA JDN & MSN: The third zoom meeting of IMA ASB was held on June 15th, 2021 with the members of IMA MSN and JDN to strengthen the JDA network in Assam. An adhoc committee was formed for 6 months

4. VIOLENCE ON DOCTORS:

June 1st 2021 was a BLACK DAY for the entire medical fraternity of country. The mob attack on Dr. Seuj Kr. Senapati, a Medical Officer at a Covid Care Centre in Udali Model Hospital, Hojai of Nagaon district created a nationwide rage. This gruesome incident was highly condemned by all sections of people. State President IMA ASB personally took up the issue with the Hojai District Administration and DGP, Assam demanding immediate arrest of all the culprits. National President Dr. J.A Jayalal & HSG Dr. Lele condemned the brutal assault and wrote a letter to honourable

Home Minister Mr. Amit Shah instantly. On 2nd June, IMA ASB including all Doctors of Assam abstained from OPD services including diagnostic services. IMA ASB sent a letter to honourable CM of Assam. The Chief Minister of Assam took the matter seriously and directed Assam police to arrest all the culprits at the earliest. Eight culprits were arrested till midnight, 24 till the next morning and 36 within the next few days. The Assam Police has submitted the chargesheet of the case on 29th June 2021, within 29 days. We are grateful to the administration for their prompt action.

Meeting with the Chief Minister: On 6th June 2021, a delegation of IMA Assam State Branch met honourable CM of Assam & discussed about the frequent incidents of violence against health care workers. IMA ASB forwarded a few important suggestions for the permanent solution of the problem like arrangement of armed security in all Health Care Facilities including all Covid Care Centers, Erecting Healthcare Establishment Security Force. A patient hearing and positive reassurance were given to IMA by CM. In that meeting with the CM, IMA ASB also placed two more requests: to establish a Dr. Bhubaneswar Barooah State Institute of Post- Graduate Medical Education and Research & to institute a yearly “Lokabandhu Dr. Bhubaneswar Barooah State Award” recognizing a doctor serving in the state.

Extended Action Committee Meeting of HQ on 13th June 2021: held to discuss on (A) Plan of action of the state for IMA Protest Day (B) Details of assault in the last one-year (C) Video presentation from the celebrities of the state highlighting the good work done by the modern medical practitioners and their condemnation on assault on doctors. State President Dr. Satyajit Borah forwarded his wonderful presentation with the videos from celebrities of Assam like Papon Angarag Mahanta, Jublee Barua, Barasha Rani Bishoya and many others. Everyone present in the meeting including National President and Past National Presidents appreciated his presentation

National Protest Day 2021: As per direction of the HQ, National Protest Day was observed in the state on 18th June 2021 with demand for “stop violence on Profession and Professional”. Responding to the appeal of IMA ASB all local branches and doctors from different sectors like Govt, Private hospitals,

Plantation doctors, Laboratories, Private Clinics, AMSA, JDA and MSN actively joined in the peaceful protest. Many eminent personalities from all over Assam raised their voice against assault on doctors. On behalf of the State Branch State President Dr. Satyajit Borah, Senior Vice President Dr. Arun Madhab Baruah, State Secretary Dr. Sikha Sarma, Immediate Past Secretary Dr. Hemanga Baishya and Hon. Secretary IMA Guwahati Branch Dr. Amal Dev Goswami observed the protest day at Nemcare Hospital, Guwahati in association with IMA Guwahati Branch and in presence of some celebrities like veteran actor Pranjal Saikia and some others who spoke before media persons on assault against doctors. At the same time, they also joined in the live Zoom Meeting in IMA HQ along with members of IMA Assam.

National Protest Day 2022: IMA ASB along with other states observed Protest Day on 2nd April 2022 to show solidarity with IMA Rajasthan where a **lady gynaecologist - Dr. Archana Sharma committed suicide due to the illegal FIR filed under 302, harassment by political person, demand of money and media trial following unfortunate death of a lady due to PPH.** IMA ASB called a Press Meet at Press Club, Guwahati and forwarded their views in front of media persons on Violence on Health care workers. IMA ASB and its local branches observed the Protest Day by wearing Black Badges at work place, handed over memorandum to the Honourable PM through the DC and a candle light protest was held in the evening.

Activities of State and Local Branches

A. Activities on Calendar days of IMA

World Health Day 2021 was celebrated on 07/04/2021: State President Dr. Satyajit Borah delivered a talk on “Women Empowerment” in a virtual meeting organised by LGB regional Institute of Mental health.

Digboi Branch organized an awareness program on “Tobacco use and its adverse effects” in Margherita higher Secondary School. Dr. Dipen Barthakur, Secretary IMA Digboi Branch delivered a talk on the topic.

World Health Day 2022- observed by IMA Nagaon, Tezpur and Dibrugarh and Bongaigaon branch.

National Safe Motherhood Day: On 11/04/2021 an awareness program was held at Health City

Hospital, Guwahati organized by WDW IMA Assam. Dr. Kalpana Choudhury convener of WDW IMA Assam spoke on Safe motherhood. Dr. Sikha Sarma HSS IMA ASB, Dr. Bijuli Goswami Past Convener WDW IMA ASB and Dr. Biva Mahanta Chairperson WDW were also present in the meeting.

Safe Motherhood Week: IMA HQ appealed all the states to observe July 1st Week as Safe Motherhood Week all over India. Accordingly, IMA ASB observed the week by doing Hb estimation of Antenatal cases across the State. On 1st July, the program was inaugurated by Treasurer WMA & Past National President Dr. Ravi Wankhedkar on a virtual platform. In this PAN Assam Hb estimation campaign 160 doctors took part from all over Assam. In addition to this, awareness programs were also organized by different branches like IMA Guwahati, Jorhat and Tezpur.

As a part of **Safe Motherhood Program**, as per direction of State President Dr. Satyajit Borah, a series of “**Mega Training Camp for Grass root level workers**” was initiated and the 1st camp was organized in Tinsukia District on a virtual platform with the help of District administration on 5th July 2021. Almost 100 ASHA Workers took part in the training. The program was inaugurated by Mr. Lakhsmanan, Mission Director, NRHM and the training was conducted by Dr. Prerna Keshan, State Co Ordinator, Safe Motherhood Committee.

On 12th July **Second Mega training camp** for grass root level workers was organized on a virtual platform in Sibsagar District.

On 20th July **third Mega training camp** of grass root level workers was organized on zoom platform in Majuli District. Mr. Bikram Kairi IAS. Honourable Deputy Commissioner of Majuli was Chief guest. More than 200 participants joined in the camp.

On 5th August **fourth mega training camp** of grass root level workers was organised on virtual platform by North Lakhimpur Branch. Mr. Sumit Sattavan, IAS was the Chief guest of the meeting. More than 300 ASHA workers from different blocks were present and actively participated in the training which was conducted by Branch Coordinator Dr. Amiya Kachari.

5th Mega training camp of IMA ASB was organized by Cachar Branch on 11th September on virtual platform. Dr. Divya Saxena Chairperson National

MPH was the guest of honour and Mr. Eldad L Faihrein ADC Health, Cachar was the chief guest. It was a wonderful programme where more than 300 ASHA workers from different blocks of Cachar district took part in the training programme. Dr. Sarmistha Bhattacharjee Programme Coordinator, IMA Cachar branch conducted the training.

Doctor's Day2021 Celebration: On 1st July, Doctor's Day was celebrated all over India to remember Dr. Bidhan Ch. Ray. IMA HQ announced the names of doctors for financial help from Covid Martyrs Funds. From Assam Dr. Parash Pratim Katakya from IMA Tinsukia Branch was also included. IMA HQ also awarded six Covid Warriors from each State. The awardees from Assam were: Dr. Tulshi Prasad Chutia from North Lakhimpur Branch, Dr. Anupal Sharma from Guwahati Branch, Dr. Riturag Thakuria from Cachar Branch, Dr. Uttam Kr. Nath from Jorhat Branch, Dr. Suvradwip Biswas from Bongaigaon Branch and Dr. Piyush Agarwal from Tezpur Branch.

IMA Assam State Branch observed Doctor's Day on a Zoom Platform for the first-time inviting celebrities like Dr. Anima Choudhury, Zubeen Garg, Zubleee Baruah and Garima Saikia. The members from various local branches all across the state exhibited their talents by performing songs, recitation, dance, playing instruments etc. The function was inaugurated by the National President Dr. Jayalal. Assam Police DSP Rosy Talukdar, the Investigating Officer of the Udali Doctor Assault case was felicitated in the meeting through IMA members from Hojai Dr. C. Islam and Dr. AH Choudhury.

IMA ASB organized **Doctors' Day 2022** programme along with celebration of 75 Yrs of Independence and also 75Yrs of IMA ASB on 1st July 2022 at Madhabdeva International auditorium, Sankardeva Kalakshetra, Guwahati. Honourable state Health Minister Dr. Keshab Mahanta graced the function as Chief Guest. In that programme **nine district immunization officers (IMA member) from various branches awarded for their exemplary services during Covid-19 pandemic.** Dr. N N Dutta who was selected for National Academic Entrepreneurship Award conferred the award in that function. Many seniors and junior doctors took part in the cultural programme.

Doctors' Day2022 program was also celebrated by IMA Jorhat, Dibrugarh, Tezpur, Bijni, Gohpur,

Tinsukia, Margerita , Nalbari and other branches with various programme. IMA Cachar Branch organized 4 well attended medical camps in the flood affected areas.**Dr. Sikha Sarma HSS IMA ASB received Doctors' Day award 2022 from IMA HQ.**

On 27th July **IMA CPR Day** was observed with CPR training to traffic Police by IMA Nagaon (at Kaliabor), Dibrugarh and Sibsagar Branches. State President Dr. Satyajit Borah was present in the meeting held at Koliabor.

On 31st August "**Saviours' Day 2021**" was observed by IMA Assam in memory of Late Dr. Deben Dutta. All local branches of IMA Assam observed this day by wearing Black badges, organising meetings on virtual as well as in physical platform.

Saviours Day 2022: on 31st August all Local branches of IMA ASB and Tea Plantation doctors observed Saviours Day and paid tributes to the senior IMA soldier Dr. Deben Dutta whose brutal killing on 31st August still reminds us the ugly face of humanity. Wife of Dr. Deben Dutta and his daughter also took part in the program of Saviours Day organized by IMA Guwahati Branch. Mrs. Dutta thanked IMA ASB for its support to their family and for the justice of Dr. Deben Dutta.

Lokabandhu Day 2021: On 4th September 2021 Lokabandhu day was celebrated by IMA Assam in collaboration with B. Borooah Cancer Institute Guwahati. National President IMA J. A. Jayalal graced the occasion and he presented the awards to the Covid warriors of IMA Assam State Branch. "**LOKABANDHU**" a biopic on Dr. Bhubaneswar Borooah was screened in presence of National President IMA, producer of the film Dr. Dilip Ghosal, veteran actor Mr. Pranjal Saikia, Director of BBCI Dr. Amal Ch. Kataki. honourable past Presidents, secretaries and members of IMA Assam State Branch.

Lokabandhu Day 2022: On 4th September 2022, IMA ASB observed "**LOKABANDHU DAY**" in association with IMA Guwahati Branch at Kasturba Ashram South Sarania , Ulubari , Guwahati. On this occasion IMA ASB felicitated Dr. Biswajit Barooah, Son of Dr. Bhubaneswar Barooah and renowned Orthopedic surgeon at his residence. At Kasturba Ashram the program started with favorite bhajan of Gandhi by Dr. Mansi Mitra. Dr. Bhupendra Kr. Deka, famous plastic surgeon and an eminent writer was felicitated by IMA Guwahati Branch. Dr. Narendra

Nath Barman, Renowned physician and a senior IMA leader spoke on Dr. Bhubaneswar Barooah. The meeting ended with ramdhun " Raghupati raghava" . The members of IMA ASB had lunch with the residents of Ashram after the meeting.

Lokabandhu Day 2022 was also celebrated by all local branches- Gohpur, Tezpur, Hojai, Bijni, Pathsala, Bongaigaon, Barpeta Road, Tinsukia, North Lakhimpur, Dibrugarh, Nalbari, Dhekiajuli, Lumding, Biswanath etc in a befitting manner.

World Cancer Day: On the occasion of World Cancer Day on 4th February 2022 a public awareness meeting was organized by IMA ASB with Tinsukia Branch at Padumani Tea Estate, Tinsukia, Assam. Dr. Prerna Keshan spoke on Cervical Cancer & Breast Cancer while Dr. Anil Borkotoky explained on Oral Cancer. Dr. Satyajit Borah, State President IMA ASB was also present and spoke about prevention and early detection in Cancer. Dr. Prasant Agarwal, Secretary Tinsukia Branch moderated the programme. More than 200 participants attended the programme.

World No Tobacco Day was observed on 30th May 2022 by IMA Guwahati, Hojai, Nalbari, Tezpur, Dibrugarh, North Lakhimpur , Tinsukia and other local branches of IMA Assam. WHO theme of World No Tobacco Day was " # Tobacco- Threat to Environment".

World Environment Day 2022- On 5th June 2022, IMA Assam State Branch in association with IMA Guwahati Branch observed "World Environment Day" by organizing a **Plantation Drive** at Raja Mayang, Pobitora in Morigaon District. More than 20 saplings of trees planted near road side of Pobitora. Along with the plantation drive a felicitation ceremony was also organized. IMA Assam State Branch and IMA Guwahati Branch felicitated **Dr. Manoj Saha** (New member) and **Dr. Mridupawan Saikia** (Direct member) with citations and gamochas. Both of them have been actively doing plantation in and around Guwahati since last 10 yrs.

World Environment Day was also observed by IMA Dibrugarh & Tezpur Branch.

B. Other activities

Blood Donation & Awareness Programmes -

1. On 23rd October 2021a **Blood donation Camp** was organised by **IMA ASB** in Guwahati Medical College & Hospital. Dr. Sikha Sarma HSS IMA

ASB and Dr. Partha Hazarika Joint Secretary IMA ASB were present in the camp.

2. On 14th June 2022, an awareness program on Blood donation was organized by **IMA Bongaigaon Branch** at Birjhora Mahavidyalaya.
3. A Blood Donation camp was organized by **IMA Laming branch** on 14th June 2022.
4. A Blood Donation Camp was organized by **IMA Guwahati Branch** at Guwahati Medical College & Hospital on 1st July 2022 on the occasion of Doctors Day.
5. Voluntary Blood Donation Camp was organized by Rotary Club of Sibsagar & **IMA Sibsagar Branch** at Khemka Maternity Centre on 4th July 2022.
6. Another Blood Donation Camp was organized by **IMA Bongaigaon Branch** on 15th August 2022 at Bongaigaon Refinery Hospital in association with IOCL, Bongaigaon on the occasion of Independence Day.

State level workshop: Dr. A. K. Bhattacharya and Dr. Hemanga Baisya attended the State Level Workshop on “Tobacco Control” at Hotel Landmark, Guwahati on 4th March 2022 as representatives of IMA Assam State Branch.

Flood Relief Camp-IMA ASB in association with O & G Society, Guwahati, API Assam Chapter and IMA Dispur Branch organized a flood relief camp in Nalbari districts on 10th July 2022 and distributed bed sheets, mosquito nets, clothes, sanitary napkins, soaps, exercise books for children, essential drugs, protein preparations, vitamins, water bottles etc to 250 flood affected families of that area.

HAR GHAR TIRANGA: On 15th August all local branches of IMA ASB observed HAR GHAR TIRANGA as per instruction by Central Govt. and hoisted National Flags in their respective IMA Houses.

C. CME Programs and webinars conducted by IMA ASB

On 13th June 2021 a webinar was held in collaboration with Medical Learning Hub on Covid Management and Covid Vaccination. Dr. Mathew Varghese HOD Orthopaedics, St. Stephen Hospital, New Delhi delivered an amazing lecture on Covid

Management and Dr. Ripun Borpuzari, Senior Consultant Physician & Diabetologist from Sivasagar delivered a wonderful topic on Covid Management. The webinar was attended by more than 250 participants.

On 18th July a webinar on **Covid in children Concerns & Update** was organized by IMA Assam State Branch. Faculties were Dr. Dhiren Gupta and Dr. Vipin Vasistha. It was followed by a good interactive session.

On 25th July a **webinar on “Post Covid management”** was organized by IMA Assam State branch in collaboration with Times Hospital, Tezpur. More than 150 participants were attended the webinar. Speakers were Dr. **Nibedita Pani** Prof & HOD Anaesthesia & Critical Care SCB Medical College, Cuttack, Odisha & President IMA Odisha State Branch, Dr, **Deepti Rekha** Barua Consultant Cardiologist Times Hospital and Dr. **Himika Basu** Consultant Anaesthesia & Critical Care, Times Hospital Tezpur.

On 6th August a webinar was organised by IMA Assam State Branch on **“Breast Feeding -A community outreach programme”** for Nurses and non-medical women on the occasion of **“Breast Feeding Week”**. More than 60 participants joined in the meeting. Dr. Reeta Bora, renowned Neonatologist was the Chief guest and Child specialist, Dr. Barnali Borah from Tinsukia delivered her speech on the topic.

CME Programme on “Antimicrobial Resistance”: on 16th November a CME was organised by IMA Assam State Branch as per Hq’s instruction in continuation to IMA “World Antibiotic Awareness Event Series 2021”. The speakers were Dr. Amaldev Goswami, and Dr. Tarulata Saikia.

On 16th December 2021 a CME on **“Adult Vaccination”** was organized by IMA ASB as per direction from IMA Hq on a virtual platform. Dr. Anupam Dutta Assistant Professor of Medicine AMCH, Dibrugath and Dr. Prerna Keshan Consultant Gynaecologist, Tinsukia were the speakers. Both the speakers presented their lectures very elaborately. The meeting was followed by a good interactive discussion.

IMA ASB in collaboration with State TB Cell, Directorate of Health Services, Govt. Of Assam observed **World Tuberculosis Day on 24/03/2022** by

organizing a scientific Session on “**Latest Diagnostic Tools of NTFP**”. The speaker was Dr. Baishali Das Microbiologist EQA, Intermediate Reference Laboratory (TB), Govt. Of Assam.

On 21/05/2022 a State level CME on TB was organized by IMA ASB END TB Committee in association with State TB Cell, Govt of Assam at Hotel Gateway Grandeur. Six eminent speakers spoke on various aspects of the disease. The meeting was also shown in hybrid mode. Dr. R V Ashokan Past Secretary General IMA HQ appeared as a guest and congratulated IMA ASB for organizing the meeting. A good no of participants attended the program and took part in the discussion.

Local branches of IMA ASB namely IMA Barpeta Road, Bongaigaon, Cachar, Digboi, Dispur, Duliajan, Dibrugarh, Dhekiajuli, Doomdooma, Gohpur, Guwahati, Hojai, Jorhat, Lumding, Margherita, North Lakhimpur, Nogaon, Nalbari, Sivasagar, Tezpur, Tinsukia and other branches took part in the activities organized by IMAASB and these branches are regularly doing their activities. IMA Tezpur Branch organized TIMACON 2021& TIMACON 2023 very successfully. Sibsagar Branch also organized SIMACON 2022 with a day long programme.

Activities by different committees and Wings of IMA ASB

IMA AMS ASSAM organized a webinar on **11/09/2021**. Retd. Prof. Paediatrics Dr. J.N.Sharma delivered a very informative speech on “IMPACT OF COVID 19 ON CHILDREN: PHYSICAL AND MENTAL”. Prof Arati Deka was chairperson of the webinar. Chairman IMA AMS Dr. Shree Hari Rao inaugurated the meeting and Secretary IMA AMS appeared as Chief guest.

On **16th October 2021**, a zoom meeting was organized by IMA AMS ASB on “Cirrhosis of Liver”. Many eminent speakers namely, Dr. P. Kar, Dr. P Sahu, Dr.R Verma and Dr. R Dey from Max Super speciality hospital, Vaishali, New Delhi took part in the webinar which was moderated by IMA AMS ASB Chairman Dr.Sarbeswar Borah. The meeting was followed by a good interactive session.

Dr. Sarbeswar Bora Chairman IMAAMS ASB and Dr. Parimal Das a member of North Lakhimpur Branch attended “Food Safety Master Training” at IMA House New Delhi on 18/11/2021.

Dr. Sarbeswar Bora attended IMA AMS General Council Meeting on 28th May 2022 at Hubli, Karnataka. He was felicitated by IMA Hubli Branch in that meeting.

Annual Conference of IMA AMS ASB- The conference was held at SIMS Hospital, Nagaon on 7th August 2022. The AMS Assam chapter very meticulously organized the conference with superb academic lectures by eminent speakers of the state. The conference ended with State governing council meeting.

IMA AMS ASB received **Best Branch Award in view of excellent performance** and Dr. Sarbeswar Borah received **Chairman’s/ Secretaries Appreciation Award for exemplary contributions during the year 2021-22**. The awards were conferred in the IMA AMS National Conference held at Kolkata on 5th and 6th November 2022.

IMA CGP ASSAM

IMA CGP has been actively working under the leadership of Dr. H.K. Borah.

Governing council of IMA CGP Hq approved **North Lakhimpur Sub Faculty** of Assam. This was announced in the annual meeting held at Chennai along with GPCON 2021. This is as a result of untiring efforts of Dr. Hemendra Kr. Borah Director IMA CGP ASB.

East Zone IMA CGP Conference: The first East Zone IMA CGP Conference was held at Puri, Bhubaneswar on 27th and 28th August 2022. Nine CGP members from Assam attended the program. They are Dr. Satyajit Borah, Dr. Hemendra Kr. Borah, Dr. A.K. Bhattacharya, Dr. Sikha Sarma, Dr. Utpal Das, Dr. Nibedita Das, Dr. Biswajit Das, Dr. Queen Gogoi and Dr. Ranadeep Neog. Dr. Queen Gogoi from Assam conferred upon Honorary fellowship IMA CGP.

On 16th October 2022, **Annual Conference of IMA CGP Assam State Faculty & Diabetes update program for family physicians** was held at Nagaon with day long programmes where many reputed speakers of Assam enlightened the audience with recent advances on Diabetes. It is worth mention that Director of Assam Chapter of CGP, Dr. Hemendra Kr. Borah is regularly publishing CGP Journal during his tenure. Till now he has published four IMA CGP Journal.

IMA CGP ASB received “**BEST IMA CGP STATE FACULTY AWARD 2022**” in the GPCON 2022 held at

Chennai on 3rd & 4th December 2022. Dr. Satyajit Borah, President IMA ASB received **“BEST DEDICATION to IMA CGP ACTIVITIES AWARD “.**
Women Doctors Wing

On 7th August 2021, a Panel discussion on **“Protect Breast Feeding: A Shared responsibility”** was organized jointly by Guwahati Obs.& Gynae Society, IAP, Guwahati Chapter and **Women Doctor’s Wing** of IMA Assam on the occasion of “World breast feeding week”.

On 15th October 2021 WDW IMA Assam launched its **“PROJECT SWAYAM”** (for screening of cervical and breast cancer) on a virtual platform in presence of National President Prof J. A. Jayalal Sir and National Chairperson WDW Dr. L. Yesodha maam. First physical awareness programme was held in Dibrugarh on 24th October. On 12th November two physical camps organised in Guwahati Medical College and Hospital and Jokai Central Hospital, Dibrugarh. Another awareness programme on Cervical and Breast Cancer was held at Teok, Jorhat.

World Menstrual Hygiene Day was celebrated by IMA ASB on 28th May 2022 by IMA ASB WDW & MPH at Tinsukia with awareness session and interactive session.

IMA ASB celebrated **International Womens Day 2022** with WDW IMA Guwahati at IMA HOUSE Ambari, Guwahati. WDW IMA ASB organized health camps and awareness programmes in association with many organizations like Women’s Cell Makum College, Tinsukia, Women’s College and Rotaract Club Tinsukia, Marowari Yuva Manch, Doomdooa and with Health City hospital, Guwahati. IMA Tezpur WDW was also celebrated International Womens Day 2022.

Activities by Mission Pink Health

MPH Assam led by Dr. Prerna Kesan Chairperson MPH Assam, distributed hand sanitizers, sanitary pads, hygiene wash, masks and gloves to the para medical staff, patients, and lab technicians on 26th April 2021.

On 28th May 2021 Dr. Prerna Keshan conducted a Webinar on Menstrual hygiene in association with Local Marwari Yuva Mancha branch.

On 2nd June 2021, a webinar on “Anaemia prevention and Menstrual Hygiene” with Dhemaji Girl’s School was conducted by Dr. Gyatri Gogoi.

On 14th June 2021, a Webinar on “Importance of maintenance of healthy haemoglobin levels and Blood Donation” was conducted by Dr. Prerna Keshan

MPH and WDW IMA ASB jointly took active part in the activities of “ Safe Motherhood Week”.

IMA Tezpur-MPH & WDW jointly organized an awareness programme on Menstrual Health & Hygiene on 26/05.2022 at Govt. H.S. School, Tezpur. Hb estimation was done and sanitary pads were distributed among the participants.

Menstrual Hygiene Day was also observed by IMA Doomdooa Branch at Doomdooa Girls School on 26/05/2022.

IMA Tezpur MPH organized a Mega Health Camp for middle aged women, screening for Anaemia, Diabetes, Hypertension & Bone Mineral Density on the occasion of Doctors Day 2022.

National Mission Pink Health Organized a series of Face book Session for awareness on Adolescent Health and Hygiene and other related topics. In these series Dr. Manjima Baishya Ganguli, Member National MPH, Dr. Sikha Sarma Co Convener National MPH and Dr. Prerna Keshan Chairperson MPH IMA ASB took part as Moderators.

PAN INDIA ANAEMIA DETECTION CAMP-

As per direction of National MPH , Anaemia detection Camp were organized by MPH Wing of IMA Assam State Branch at Tinsukia and Cachar 30th September & 28th October 2022 respectively. Students from Class 8 to 10 were tested for haemoglobin and iron tablets were distributed among the students. Both the camps were attended by more than 200 students.

Meetings and programs at IMA HQ

Virtual Meetings with HQ: IMA HQ has been organizing Zoom meetings with State Presidents and Secretaries every Sunday to keep a track as well as assign various tasks to strengthen the medical sector. So far, we have attended more than 25 such zoom meetings.

Master Class Webinar Series on Hypertension: held from 1st May to 31st May 2021. State President, Dr. Satyajit Borah and State Secretary, Dr. Sikha Sarma were Chief Guest and Guest of Honour on 4th and 7th May respectively. Dr. Dwijen Das from Cachar branch was panelist in one of the webinars.

On 5th September 2021 **Teacher's Day** was celebrated at HQ New Delhi along with the Meeting of State Presidents and Secretaries. Dr. Satyajit Borah State President IMA ASB received **IMA young Academic Excellence award** and Dr. Sankar Das President Bongaigaon Branch was awarded the **IMA Professorship from National President**.

On 19th September a meeting of State Presidents and Secretaries were held at HQ on virtual platform and on that day, it was confirmed that **226th CWC** will be hosted by **IMA ASB** on 9th and 10th November. State President Dr. Satyajit Borah forwarded a nice presentation on the venue planned for CWC. In that meeting it was also decided to offer discount on IMA membership fees for the month of October & November 2021.

Dr. Satyajit Borah State President IMA ASB attended IMA National CGP Conference on **21st November 2021** held at Chennai.

State President, Dr. Satyajit Borah attended the State Presidents and Secretaries Meet held at IMA Hq, New Delhi on **19th February 2022** and presented the report on activities of IMA ASB. State President Dr. Satyajit Borah attended IMA CGP National Conference 2022 on 3rd & 4th November held at Chennai.

It is proud moment for IMA ASB that many members are included in the different central committees of IMA HQ for the year 2022-2023.

Honorary State Secretary Dr. Sikha Sarma & Honorary State Finance Secretary Dr. Rajumani Sarma attended Presidents & Secretaries meet on 27th and 28th January 2023 held at IMA HQ New Delhi. Besides presentations from various states, there were discussions on Mixopathy, Violence on Doctors & Hospitals, National Education Policy 2020, IMA & JDN and GST & IMA Membership. Dr. Sikha Sarma Forwarded her presentation on reports from IMA Assam.

226th CWC Meeting Hosted by IMA ASB

On 30/09/2021 National President Prof J.A. Jayalal and HSG Dr. Jayesh Lele visited Assam to see the venue of 226th CWC. They expressed their satisfaction on the venue and forwarded their suggestions to the officials of IMA ASB. On 9th and 10th November 2021, **226th CWC meeting** was held

at **Hotel Kiranshree Grand**, Guwahati in presence of 300 national leaders and delegates of IMA. We tried our best to make the event a successful and memorable one. By the grace of Almighty, all went well. We are feeling proud that during our tenure we have had this great opportunity that we will cherish forever.

Good news to share with you all that **Cover of November 2021 IMA News Bulletin** featured the 226th CWC Meeting held at Guwahati.

227th CWC Meeting- The CWC members of IMA ASB - Dr. Satyajit Borah, Dr. A.K. Bhattacharya, Dr. Sikha Sarma and Dr. Hemanga Baishya attended 227th CWC Meeting held at Panchkula, Haryana on 16th and 17th April 2022 organized by IMA Haryana Branch.

228th CWC Meeting- It was held at Prayagraj on 26/12/2022 during NATCON 2022. State President Dr. Satyajit Borah, State Secretary Dr. Sikha Sarma CWC members Dr. A K Bhattacharya and Dr. Hemanga Baishya attended the meeting.

SWC Meetings of IMA ASB

On 11th July 2021, **156th SWC Meeting** was held on a virtual platform due to Covid pandemic. 40 members from local branches and members of state working committee were present. In the meeting few resolutions were taken and it was decided in the meeting to observe 31st August as **"Saviours' Day"** in memory of Dr. Deben Dutta who was brutally killed on 31st August 2019.

On 3rd October 2021, **157th SWC meeting** was held at Guwahati which was hosted by the Hon. State Secretary IMA ASB. In that SWC meeting it was discussed about **226th CWC** meeting and an organizing committee was formed for the great event.

On 13th March 2022 **158th SWC meeting** was held at Margherita, hosted by IMA Margherita Branch. In that meeting it was discussed about land filling and construction of IMA House and many members forwarded their suggestions. Dr. Hiranmay Adhikary Chairman House building and Land development committee, requested all members to donate minimum Rs.1000/ per member from local branches. In that meeting it was also decided to organize one Annual State

Council meeting followed by one Ordinary SC meeting.

159th SWC Meeting of IMA ASB: On 11th September 2022, 159th SWC Meeting was held at Barpeta organized by IMA Barpeta Road Branch. 35 members from different local branches were present in the meeting.

160th SWC Meeting of IMA ASB: On 18th December 2022, 160th SWC Meeting was held at Prakriti Resort, Raja Mayong, Pobitora, Morigaon organized by IMA ASB. The meeting was attended by 45 members from different branches. There was discussion on IMA Election 2023-25 and Medimeet 2023.

The Annual State Council meeting of IMA ASB was held on 22/05/2022 at Hotel Gateway Grandeur. 35 members from different local branches attended the meeting. Few amendments were raised and approved in the meeting. The election officer for the year 2023-25 was selected in the meeting. Membership fees of IMA ASB is increased as per HQ decision to increase membership fees. Some important decision was taken on IMA land development. The meeting was hosted by IMA Guwahati.

National Awards 2021

IMA ASB received national awards in different categories for the year 2021-22.

1. On 5th September 2021 Dr. **Satyajit Borah State President IMA Assam** received IMA young Academic Excellence award
2. **Dr. Sankar Das President Bongaigaon Branch** was awarded the IMA Professorship from National President.
3. On 14th November 2021 **Dr. Chandan Chaudhary**, member of IMA Bongaigaon and Electronic Secretary of IMA ASB received “Dr. Ketan Desai Yuva Leaders Award”.
5. **IMA AMS ASSAM** received award for “**Recognition for Activities**” by IMAAMS Hqrs
6. Senior IMA member, ENT Surgeon of repute, philanthropist and Academician Dr. N. N. Dutta was awarded “**IMA Academic Entrepreneurship Excellence Award**” for his contribution for the wellness and growth of academic atmosphere in our country.
6. Dr. Satyajit Borah as **Best State President (National President’s Appreciation Golden Star Award)**

7. Dr. Sikha Sarma as **Best State Secretary (National President’s Appreciation Golden Star Award)**
8. Dr. Upendra Nath Dutta of North Lakhimpur Branch as **Best Local Branch President (National President’s Appreciation Award)**
9. Dr. Surajit Giri of Sivasagar Branch as **Best Local Branch Secretary (National President’s Appreciation Award)**
10. **IMA Dr. C.L. Jhaveri Safe Motherhood Activity Award** for Assam State Branch
11. **IMA Prof. Rajam Authilingom Award** in Safe Motherhood Activity to Dr. Sikha Sarma
12. **IMA Dr. Kanak Goel Award** in Safe Motherhood Activity to Dr. Prerna Keshan of Tinsukia Branch
13. **IMA Dr. Ramachandra N. Moorthy Award** in Psychiatry to Dr. Kamal Narayan Kalita of Tezpur Branch
14. **IMA Dr. D.S. Munagekar Award** in Research to Dr. Gayatri Gogoi of Dibrugarh Branch
15. **IMA National President’s Appreciation Award for Life Long Services to IMA** to Dr. Hiranmay Adhikari of Bongaigaon Branch
16. **IMA Special Award For Organising Central Working Committee Meeting to Assam State Branch**
17. **IMA News Bulletin Award to IMA ASB** Calling
18. **IMA CGP Dr. M.G. Bhide Memorial Award** to Dr. Hemendra Kumar Borah of Tezpur Branch
19. **IMA National President’s Appreciation Award** for Cultural Activities to Dr. Satyajit Borah of Cultural Standing Committee
20. **Dr. BR Ramasubramanian Oration Award** to Dr. Satyajit Borah State President for delivering lecture on “Covid-19 and Ethical Dilemmas”.
21. Dr. Devojit Sarma IMA Jorhat awarded **Cultural Committee Appreciation Award in the category -Male (Solo)**

National Awards 2022

Like previous year in 2022 also IMA ASB received many awards which were conferred upon the Awardees in NATCON 2022 held at Prayagraj, Ahmedabad on 26th, 27th. And 28th December 2022.

1. Dr. Tarun Roy Choudhury of Barpeta Road Branch received the prestigious **IMA Dr M G Garg All Time Achievement Award for Outstanding & Distinguished Services**
2. Dr. FR Choudhury of Tezpur Branch received “**IMA National President’s Appreciation Award for Life Long Services to IMA**”

3. Dr. Apurba Bhattacharya of Guwahati Branch received “ **IMA Dr. C.L. Jhaveri Individual Award for Safe Motherhood**”
4. Dr. Kamala Deka of Dibrugarh Branch received the “**IMA Dr. Ramachandra N. Moorthy Award in Psychiatry**”
5. Dr. Manash Pratim Baruah of Guwahati Branch received “**IMA Dr. Deepak Banerjee Award for Best Published Paper in JIMA**”
6. Dr. Purna Keshan of Tinsukia Branch received “ **IMA Dr. Jagdishwari Mishra Oration Award**”
7. Dr. Arijit Rumi Baruah of Jorhat Branch received “**IMA Dr. CT Thakkar Award for Young Doctors**”
8. Dr. Abhijit Neog of Guwahati Branch received “**IMA National President’s Appreciation Award**” for his crusade against fake doctors.
9. Dr. Ranabir Paul of Cachar Branch received “**IMA National President’s Appreciation Award**” for his services to IMA
10. “**IMA National President’s Appreciation Award for Best adjudged President of a Local Branch**” to Dr. Santanu Lahkar President IMA Dibrugarh Branch.
11. “**IMA National President’s Appreciation Award for Best adjudged Hony. Secretary of a Local Branch**” to . Dr. Amal Dev Goswami Hon Secretary IMA Guwahati Branch.
12. “**IMA National President’s Appreciation Award for Best Branch for organizing Community Services during the year 2021-2022**” to IMA Cachar Branch

NATCON 2021

NATCON 2021 was held in Patna on 27th and 28th December 2021. State President IMA ASB Dr. Satyajit Borah along with other CWC members of IMA ASB attended the function. IMA ASB bagged 15 awards in different categories. State President

Dr. Satyajit Borah was invited to deliver prestigious “Dr. B R.Subramanian Oration” on 27th December. He delivered his brilliant presentation on the topic “Covid 19 and Ethical Dilemma” on a virtual platform. On the evening of 27th December during Award giving ceremony IMA Assam team received the awards along with other states. It was a proud moment for us all to receive 15 National IMA Awards.

NATCON 2022

NATCON 2022 was held in Prayagraj, Ahmedabad from 26th to 28th December 2022. Dr. Satyajit Borah President IMA ASB along with other CWC members of IMA ASB and all awardees from Assam represented ASSAM in the conference. IMA ASB bagged 12 awards in different categories. Installation ceremony of New officials of IMA HQ was held on 28th December 2022. It was a nice experience to represent Assam in NATCON.

Membership Drive:

During 2021-2023, IMA Assam State Branch enrolled 312 new members and a New Branch is formed at North Guwahati with 16 members.

Land Filling development

We are happy to inform you all that the land filling and Site development work of North Guwahati plot of IMA ASB is in progress at the initiative of Dr H.Adhikary,Past President, IMA ASB & Chairman ,Land & Building Committee of IMA ASB.

Covid Martyrs Fund: Till now IMA ASB donated 2.5 lakhs to the Covid Martyrs Funds. I

IMA ASB Website: The website is working efficiently by updating all news related to IMA. Moreover, a twitter& Face Book accounts have also been created for better reach.

Long Live IMA



Dr. Sikha Sarma
Hon. State Secretary
IMA Assam State Branch



CLIMATE CHANGE AND ITS IMPACT ON HEALTH : INDIA AND ASSAM PERSPECTIVE

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Over the last 50 years, the global climate is changing as the Earth becomes warmer. Atmospheric concentrations of both the natural and man-made gases have been rising over the last few centuries due to the industrial revolution. Globally, climate change is a major concern. The effects of global warming are already being felt, with rising sea levels, more frequent and severe natural disasters, changing weather patterns and adverse impact on human health.

The term climate change includes many interconnected phenomena as Global warming; Stratospheric ozone attenuation; Resource depletion; Species extinction and reduced biodiversity; Serious and widespread environmental pollution; Desertification; Macro and micro ecosystem changes and Emergence or reemergence of dangerous pathogens.

These phenomena are mostly associated with industrial processes or result from the increased pressure of people over ecosystems. All are interconnected and some are synergistic.

Chlorofluorocarbons (CFCs), a widely used class of chemicals reach to the upper atmosphere and break down ozone layer. Ozone layer protects the biosphere from exposure to lethal levels of ultraviolet radiation, where it has adverse effects on human health such as increased the risk of skin cancer, increased the risk of ocular cataracts, and probably impairs immune function. CFCs are inert, they have a half-life of about 100 years, so stratospheric ozone

depletion will continue to be a serious problem well into the twenty- second century.

According to the Intergovernmental Panel on Climate Change (IPCC), global temperatures have increased by 1.1°C since the pre-industrial period, and could rise by 1.5°C as early as 2030 if greenhouse gas emissions are not reduced. This could have devastating consequences for our planet, including more frequent and severe heatwaves, droughts, and floods.

In India, the impact of climate change has started taking its toll. The country is one of the most vulnerable to the effects of climate change, with rising temperatures, declining water resources, and increasingly severe natural disasters. According to the Global Climate Risk Index 2020, India is the fifth most vulnerable country to the impacts of climate change. The agriculture industry, which employs a large portion of the country's population, is particularly vulnerable to the effects of climate change, with changing weather patterns affecting crop yields and leading to food insecurity.

The Indian government has recognized the threat of climate change and has taken steps to mitigate its effects like: a) Identification of Ministry of Environment, Forest & Climate Change as nodal ministry for matters related to Climate Change; b) Formulation of National Environmental Policy 2006; c) Formulation of Prime Minister's Council on Climate Change to advice proactive measures, facilitate inter-ministerial coordination and guide policy in

relevant areas with the suggestions by United Nations Framework Convention on Climate Change (UNFCCC).

The hon'ble Prime Minister of India office had released a National Action Plan on Climate Change in June 2008, NAPCC addresses the urgent and critical concerns of the country through enhancement of the current and planned programmes presented in the Technology Document. Additionally, in 2015, India committed to reducing its carbon emissions by 33-35% by 2030 and increasing the share of renewable energy in its energy mix.

Assam, situated at the foothills of the eastern Himalayas, is the largest state in northeast India and accounts for nearly 2.4% of India's total geographical area. In Assam, frequent, heavy precipitation in the form of cloud bursts have been reported in recent years which have led to devastating flash floods. There is likely to be increase in extreme rain fall events by 38%.

Climate change may result in more frequent and severe floods in the state which will increase the costs of reconstruction and maintenance on State infrastructure, including roads, irrigation, water and sanitation. Also, loss and damage in the forestry sector is likely to be higher than average in Assam, because of the large forest area.

The occurrence of higher values of air pollution in Assam is associated with the type of climate and Seasonal weather characteristics i.e., prolonged dryness, local physiographic and meteorological conditions, vast sandy banks of River Brahmaputra, hill cutting, windblown dust and increased infrastructural development and construction activities along with traffic activities attributes to the increase of Respirable Suspended Particulate Matter (RSPM) in the air which is the main air pollutant.

To address the issue of climate change, the Assam government has launched several initiatives, including afforestation programs, sustainable agriculture initiatives, and disaster management plans. Additionally, the state government is working to increase the use of renewable energy and reduce the dependence on fossil fuels. One such initiative is the Assam Renewable Energy Policy 2019, which aims to increase the share of renewable energy in the state's energy mix.

Climate Change and Health:

Climate change is already impacting health in a many way, including by leading to death and illness from increasingly frequent extreme weather events, such as heatwaves, storms and floods, the disruption of food systems, increases in zoonoses and food-, water- and vector-borne diseases, and mental health issues. Climate change is undermining

many of the social determinants for good health, such as livelihoods, equality and access to health care and social support structures. Between 2030 and 2050, climate change is expected to cause approximately 250 000 additional deaths per year, from malnutrition, malaria, diarrhoea and heat stress.

Globally, water scarcity already affects 4 out of 10 people. A lack of safe water can compromise hygiene and increases the risk of diarrhoeal diseases (which kills approximately 2.2 million people every year), trachoma (an eye infection that can lead to blindness) and other illnesses.

Air pollution and increasing aeroallergen levels are also high in extreme heat that can trigger asthma and other respiratory diseases. Fossil fuel combustion is responsible for climate change is also a major contributor to air pollution, which causes 7 million premature deaths worldwide every year. Over 90% of the

urban population of the world breathes air that exceeds WHO's (World Health Organization) guideline levels for outdoor air pollution.

Climate change extends the transmission season and broadens the geographical distribution of vector-borne diseases (such as dengue and malaria), as higher temperatures and humidity encourage insect vector breeding and alter the geographic distribution of existing vectors. Malaria, dengue fever, chikungunya, filariasis, Japanese encephalitis, and leishmaniasis are the six major vector-borne diseases (VBDs) in India.

The emergence and reemergence of lethal infectious pathogens is also an example of climate change. For example, Reemergence of tuberculosis, syphilis and plague in the people with Human Immunodeficiency Virus (HIV). Other organisms causing new infections include the Ebola virus, hantavirus, *Borrelia burgdorferi* (Lyme disease), and *Legionella pneumophila* (Legionnaires' disease). Resurgence of old diseases is also occurring due to climate change, for example- hemorrhagic dengue fever, into areas where they had been eradicated years ago.

Protecting health from adverse climate change:

Climate change is a global challenge that needs the action from all people. In late 2015, to address climate change, more than 190 countries approved Paris Agreement at the 21st session of the Conference of the Parties (COP21) in Paris where all countries agreed to work to limit global temperature rise to well below 2 degrees Celsius and to make best efforts to keep it to 1.5 degrees Celsius, for the achievement of the Sustainable Development Goals. Meeting the goals of the Paris Agreement could save about a million lives a year worldwide by 2050 through reductions in air pollution alone. In 2017 WHO launched a

Special Initiative on Climate Change and Health in Small Island Developing States

Promotion of renewable energy by Indian government is a strong commitment towards climate change. There's a lot we can also do in our daily life to prevent climate change

including use of climate friendly transportation, save energy, go solar, harvest rain water, reduce waste and promote urban green spaces.

Steps to reduce greenhouse gas emissions can have more immediate positive health effects, such as promoting the safe use of public transportation and active movement (biking or walking as alternatives to using private vehicles) reduces carbon dioxide emissions and air pollution; and helps prevent diseases like diabetes, heart disease and cancer.

We have a much better future in store for us if we act quickly and make significant changes in our lifestyle. There can be several ways or small changes in lifestyle that can lead to huge positive benefits for reduction of greenhouse gases, such as switching off your electrical appliances; reduce, reuse and recycle of waste; green surroundings; use of renewable energy; composting food scrap for recycling of nutrient and many more.

In conclusion, climate change is an issue that affects us all, from the global to the local level. The impact of climate change is being felt on a global scale, and countries such as India and states such as Assam are particularly vulnerable. However, governments and individuals can take steps to mitigate the effects of climate change, from reducing emissions to promoting sustainable practices. As we work to address the issue of climate change, it's important to recognize the impact it's having on our planet and to take action to create a more sustainable future for us all.



Dr. Manjima Baishya Ganguly
CMO NFSG ESIC
VICE PRESIDENT GOGS

THE STORM

Streaks of lightning ,winds sweep across
And leave you breathless
The heavens roar
Nature shows all its fury
Sudden flashes of lightning
Light up the scene
You catch a glimpse
And then it is gone.deafening thunder follows
And the rains come pouring down
Gushing forth from the skies
Drenching the thirsty earth
The next morning finds it all gone.
The fallen leaves and barks are the remains
Of last night's raging battle.
Drops of water touched by the sun's first rays
Glisten and gladden the heart
Lift your face to the caress of the cool air
Dont you find it a joy to be alive?



MY REVERIE



There are certain nights when i sit alone
All by myself beside my window pane
Gazing out into the night...
Reflecting on the things gone by
Yesterday's pain can hurt today!!
I remember how like a ship without rudder i felt
Tossed amongst the stormy seas..
Like a sampling uprooted from its native soil
I was trying to survivein a foreign land
At such a time your helping hand
Was like a lifeline to a drowning man..
I clung to it and you lifted me to the shore
From the deep waters that tended to submerge me.
You were the sole light in my days of darkness
You were the constant companion in my hours of need
I know now that you will never desert me
And that is why i can carry along
Face any hardship so long as you are there
And this how it shall be for the rest of my life.

*DR MANJIMA B GANGULY (ONE OF THE SIX POEMS SELECTED
FOR PUBLICATION IN AMERICAN POETRY ANTHOLOGY IN
1985)*

A small acknowledgement

Prof. Meghali Chaliha
Dept. Of Pharmacology
Assam Medical College

A slap or a resounding clap,
A rebuke or words of praise,
These neither make him euphoric,
Nor downcast and depressed.
His composure intact, wisdom incarnate, he is the sheltering banyan tree.
He is not the devil,
Neither he is the Lord, nor a messenger of the Almighty, an angel.
He never harboured any ambition of being the Lord or an angel of the Almighty.
With all human limitations, he is one among many.
He too doesn't enjoy the privilege of absolute protection from the viral threat,
In the absence of a safe and efficient armour,
He is a brave soldier in the war.
With neither a shield nor sword
He moves forward,
Far away from his dear ones,
Dedicated 24x7 in the service of the afflicted.
A slap or a resounding clap,
A rebuke or words of praise,
These neither make him euphoric,
Nor downcast and depressed.
He is a doctor, a nurse,
A lab technician, an Asha worker,
An ambulance driver, a hospital cleaner,
Each and every health care provider.
*(Dedicated to those health care workers who sacrificed
immensely during Covid 19 pandemic.)*



ফাগুন তুমি দেখো আহিলাই

ডাঃ বিমলা ডেকা

আকাশে বতাহে ধূলিৰ লীলা খেলা আৰু
কোনোদিন নেদেখা ধূলিৰ ধুমুহাই চকুখুওৱাত ভাবিলো, ফাগুন আহিবলৈ হ'ল নেকি ?
পিছে ফাগুন জানো এনেকৈ আহে,
আছিল যদি কেনে ৰূপ লৈ আহিল বাৰু,
এইবোৰ দেখি ভয়ে ভয়ে তুমি অহাৰ অনুভূতি অনুভৱ হে কৰিছিলোঁ মাথোঁ,
সেই তেতিয়াই ৰিব ৰিব মলয়া জাকে মন উতনাই তোলাত
বুজিলো সঁচাকৈয়ে ফাগুন তুমি দেখোন আহিলাই
ধূলিময় আকাশত বিহংগমৰ বিচৰণ বিচাৰি নোপোৱাত,
বুজিলো ফাগুন তুমি দেখো আহিলাই
বাটত বাট বুলি যাওতে ধূলিৰ বাবে খোজবোৰ স্থবিৰ হৈ যোৱাত,
বুজিলো ফাগুন তুমি দেখো আহিলাই।
উতনুৱা বতাহজাকে চুলি উৰুৱাই মতলীয়া কৰি অস্থিৰ কৰি তুলিলেও দেখো মন ৰোমাঞ্চিত হৈ উঠে
পলাশৰ তেজ ৰঙা ফুলবোৰে পগলা কৰাত
ফাগুন ফাগুন বুলি হাহাকাৰ কৰি উঠোতে হে বুজো ফাগুন তুমি দেখো আহিলাই।
তুমি আহিলে যে মন-প্ৰাণ আমাৰ নাচি উঠে
মনৰ শীতলতাৰে তোমাক আমন্ত্ৰণ কৰো
এনেকৈ নহয়, লগত অনেক ফুলৰ ৰং আৰু
চপলতা ভৰা মৃদু হাঁহিৰে আহা যেন।
এনে ফাগুন আমি সদায়ে বিচাৰোঁ।

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Teenage

Dr. Anisha Bhattacharya
Member IMA Guwahati

A gentle gust of wind starts blowing,
The flowers in the spring start blooming,
There's festivities going around everywhere,
She finds herself now longing for even more care.

She irons the blue pleated dress her mother got for her birthday,
And on her table the matching jewelleries lay,
She is stepping into her teenage today,
But will it be all happy and gay?

She has an unknown fear that lingers,
Thoughts that confuses her the more she ponders,
She feels like a free bird sometimes,
Far away from her nursery rhymes.

She sets foot into an unknown horizon,
She is dancing today with no reason.
She wants to be with her friends more,
The thought of being captivated in her house makes her gut feel sore.

Feelings of detachment from her family arise,
Many a times she justifies her white lies,
She wants the taste of new adventures,
The want of endless attention becomes larger than her fears.

She is confused yet not very docile,
She wants a world that she can define,
All this energy that surrounds her,
She is at her ripest and mesmerises everyone around her.

She is told she has become more reckless than ever,
A pressure surrounds her that she had known never,
Her world is more inside her phone,
She never wants to feel alone.

New thoughts come to her,
She dreams of a world she can conquer,
A face with zits makes her cry,
And yet she tries to build wings to fly.

She is not an adult,
Not a child,
A teenager is what she is,
A sugary chaotic connecting link that no girl can miss.



TEENAGE PREGNANCY- THE PROBLEMS & SOLUTIONS

Dr Apurba Kumar Bhattacharya
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Maternal age is one of the most important factor to be taken into account in obstetrics as risks and prognosis depends on it that add up to other clinical features. Under this reasoning, adolescence is a particularly pertinent period involving special features when compared to other phases within the reproductive life when the subject is not prepared physically and mentally for childbearing. The World Health Organization defines adolescence as a stage of life in which an individual acquires ability to reproduce, transitioning the psychological patterns from childhood to adulthood; considering that it lies between 10 and 19 years. It is a period of rapid growth and development during which physical, physiological and behavioral changes occur almost simultaneously. This age group constitute more than 1.2 billion worldwide, and about 21% of Indian population. Teenage pregnancy is defined as the occurrence of pregnancy in girls in the age group of 10 to 19 years. Worldwide 11% of all births occur during adolescent age. This includes approximately 16 million girls aged 15 to 19 years and two million girls under the age of 15. 95 per cent of the world's birth to teenage women (girls aged 15-19) takes place in low and middle-income countries. According to UNFPA [2010], together India (20 percent) and China (16 percent) account for more than one-third of the global total teenage pregnancies. Around 16 million of babies are born each year to women in the age group of 15 to 19 years which constitutes to about 11% of births worldwide. 95% of these births are seen to occur in developing countries. Almost 12 million girls

whose age is 15–19 years and at least 7,77,000 girls under 15 years of age undergo the process of childbirth each year in developing countries . The complications related to pregnancy and parturition are the chief causes of death in girls of this age group.

India is one such country affected by this social problem. Despite Government of India advocating the minimum legal age of marriage for girls as 18 years, teenage marriage and subsequent teenage pregnancy is rampant in India. Teenage pregnancy had been defined by the World Health Organization as the pregnancy which occurs in a woman who is less than 20 years of age . This pregnancy is considered as high risk due to the increased strain of growth and demands of childbearing in a young female body. An adolescent is not yet matured enough to handle process of childbearing both physically and psychologically. Approximately 70,000 female adolescents die every year as they are physically immature to handle stresses of motherhood. This adverse effect is not just due to the inherent immaturity of a young female body but also the extrinsic factors like poor socioeconomic status of the pregnant teenager, illiteracy and inadequate prenatal checkups which have an important role to play. Young age of mother at the time of delivery is associated with various unfavorable maternal and perinatal outcomes like anaemia, hypertensive disorders in pregnancy, preterm labour, low birth weight babies, perinatal asphyxia and neonatal mortality. As a teenage woman, who is incapable of handling pregnancy stresses, is more likely to

give birth to a baby with morbidities, a vicious cycle develops, resulting in a retrogression of human resources. Hence, this pregnancy requires special attention, not just from the health care providers but also from the Government.

As per the National Family Health Survey (NFHS)-5 phase 2 (2019-2021), 23.3% of the women in the age group of 20-24 years were married before the age of 18 years in India. 6.8% of teenage women (15-19 years age) were already mothers or pregnant at the time of the survey.

India has a total of 59.1% women anaemic in this age category, an increment of 5% from the data of NFHS-4. According to the National Family Health Survey (NFHS)-5 phase 1 (2019-2020), 16.4% of women aged 15-19 years in West Bengal were already mothers or pregnant at the time of survey; a fall in the value of 1.9% when compared to the data of NFHS-4. This makes West Bengal as the state with the second highest percentage value of women aged 15-19 years who have started childbearing. Teenage pregnancy ratio in Assam is at present 16.8% District wise break up ranges from 8.4 % (Tinsukia District) to 28.7% (Barpeta) according to RCH portal.

The survey also reveals that 70.8% of all women aged 15-19 years are anaemic, which shows a rise in the value when compared to the previous survey (62.2%). As a significant percentage of pregnant teenage women are malnourished, their pregnancies become complicated due to their tender age and inadequate nutritional status. Numerous programmes have been developed by the Government of India to shelter teenage lives as well as adolescent pregnancies. Successful implementation of these programmes must result in a decline in teenage pregnancies and fetomaternal complications related to it.

The Government of India has prepared various policies and programmes to enrich teenage women and safeguard teenage pregnancies.

❖ Janani Suraksha Yojana (JSY)- It was implemented on 12 April 2005, with the basic objective of reducing maternal and neonatal mortality by promoting institutional delivery in poor pregnant women. It does so by linking cash assistance with delivery and puerperal care .

❖ Pradhan Mantri Surakshit Matritva Abhiyan- Introduced on 31st July 2016, this programme envisages to provide quality antenatal care to every pregnant women on the 9th of every month that is inclusive and free of cost, with much importance to adolescent and early pregnancies

❖ Ayushman Bharat (PM-JAY)- Launched on 15th of August, 2018, this programme aims to make sure monetary protection against excessive health expenditure and access to inexpensive and quality health care .

❖ Kanyashree Prakalpa- Established on 8 March, 2013, it encourages adolescent girls to continue higher education through conditional cash transfers which prevents early marriage of girls. These incentives reduces the risks of early pregnancies, the related maternal and child risks and other incapacitating health conditions, including those of malnutrition.

Some other programmes related to adolescent health are- Adolescent Friendly Health Clinics(AFHCs), Weekly Iron Folic Acid Supplementatio (WIFS), Menstrual Hygiene Scheme(MHS),Peer Education programme, Supportive supervision checklists(RKSK),School Health & Wellness Programme,Adolescent Sexual and Reproductive Health (ASRH),Rashtria Kishor swasthya Karyakram(RKSK).

Assam Government in addition to this introduced more incentives for undergoing higher studies of girls. Liberalization of abortion by amendenment of MTP Act 2021will also indirectly help in reducing the teenage pregnancy.

Execution of these programmes should result in the falling trends of the teenage pregnancies and complications related to it.

AT THE RECEIVING END

DR MANJIMA BAISHYA GANGULY

Senior Gynaecologist



Dr Manisha glanced at the newspaper with her morning cup of tea in her hands before getting ready for yet another long ,hectic day at the busy hospital where she worked which was always teeming with patients from various walks of life. The news came again. Young doctor assaulted by an angry mob after the death of a patient in a PHC. The 80 year old patient had come in a moribund state and had died soon after reaching the PHC. Then again there was the sad news of a senior tea garden officer who had served for decades in a remote tea garden hospital and was killed by an angry mob some of whose members had perhaps been delivered by his hands in that very estate There were protests by the medical fraternity, candle light marches ,deep introspection ,demand for increasing the security in hospitals and sensitizing the public. The news channels had a field day and gleefully carried out details of the gruesome activities sometimes even hinting at some kind of negligence on the part of the concerned physician.

‘Nothing new’ thought Dr Manisha as she often wondered at the selfish attitude of even some of her close relations when their whims and endless expectations were not attended to at all hours of the night or day. From the day she passed her medical degree she had passionately attended to their numerous real and imaginary diseases happily and passionately. The countless deliveries , the surgical operations and the advice as to where and to whom one should be referred were attended to without fail. But she was also human and was bitterly hurt when they did not reciprocate her goodness.

Yes, she could recall the life long sullenness of a favourite uncle when in his later years he had been told firmly that his problems could be best addressed by a cardiologist and not by her. The man had literally taken offence at this as he perceived this to be a case of neglect instead of important advice given by a concerned physician.

Manisha was also deeply hurt when she saw the crestfallen look of her son when he was not allowed to sit for a very important interview on the pretext that he was a (distant) relation of a non medical member of the board .So all the rest of the candidates finished their

interview 3 days before and Manisha’s son’s interview was taken after all the interviews were over in a very lackadaisical manner . The distant relative could have taken another Subject’s interview so as not to disturb the candidates .But no, he had to show off his pompous attitude and arrogance! !Manisha recalled the urgent advice she had given to that man’s wife when she had become pregnant not to do D& E at the advice of her physician who thought that her pregnancy was a blighted one and had advised abortion and that

she should wait for a few more days and do another sonography .The woman heeded Manisha’s advice and became the mother of a healthy baby of nearly the same age as Manisha’s son. Not only that ,her son underwent complex surgeries successfully at the hands of Manisha’s doctor husband. She couldn’t help but feel sad at the callous attitude shown by the bureaucrat during such an important stage in her son’s career.

Another cousin would take advice at any odd time of the night or day and finally got his wife’s surgery done by Manisha’s friend successfully and without any complication. Minakshi, the gynaecologist jokingly told Manisha that the surgery went off well but the wife had objected to being called aunty by the junior doctors in the hospital who were of her children’s age. In fact the wife rang up Manisha not to thank for the well done surgery but to complain about being called ‘Aunty.’ Manisha became annoyed at the foolish complaints of the woman and firmly told that she should be grateful that she had not been called ‘Aita’ as by that age many people had grandchildren in the earlier generation! Hell broke loose and Manisha has not heard from her cousin since then. Even her in laws refused to understand the hectic schedule of a doctor’s life and would sometimes feel neglected. An unsympathetic attitude from all corners seemed to pervade which tended to make her cynical at times. It was nothing new .It was to be taken as hazards of the medical profession where the words of the Bhagavad Gita took on special meaning because one should continue to serve and not expect any reward. So be it..... thought Manisha as she folded the papers and got ready to face the challenges of yet another new day in her unique profession !



বইলিং ফ্ৰ'গ (BOILING FROG)

ডাঃ ভাস্কৰী হাজৰিকা

ESIC Hospital

আবেলি সময়ত ডেকা ল'ৰা এটা আৰু এগৰাকী সন্তৰ্ভৰ উৰ্ধৰ বৃদ্ধা হস্পিটেলখনৰ সন্মুখত অট' এখনৰ পৰা নামিল। দিনটোৰ ব্যস্ততাই শাৰীৰিক আৰু মানসিক ভাবে ভাগৰুৱা কৰি পেলোৱা নীতা বাইদেউ নতুন ৰোগী দেখি যাবলৈ লৈও বৈ গ'ল। ল'ৰাটোৱে এখন হাতত ম'বাইল আৰু আনখন হাতেৰে বৃদ্ধাক ধৰি আছিল। তেওঁলোকৰ পিছে পিছে কেঁকো জেঁকোকে আহি থকা বৃদ্ধজন প্ৰথম দৃষ্টিত কাৰোৰে চকুত পৰা নাছিল। পিঠিত থকা কুঁজটোৰ সৈতে তেওঁক তেনেই অকণমানি লিলিপুট যেনহে লাগিছিল।

গৰ্ভধাৰণৰ চকৰিত সাতবাৰ ঘূৰি অৱসন্ন বৃদ্ধাৰ জৰায়ুটো শৰীৰৰ বাহিৰলৈ ওলাই আহিছে। মানুহগৰাকীৰ শৌচ প্ৰস্ৰাৱ কৰাটোতো শাস্তি নোহোৱা হৈছে, সেই গতিকেহে কেতিয়াও হস্পিটেলৰ মুখ নেদেখা মানুহজনী আজি সৰু পুতেক বোৱাৰীয়েক থকা চহৰখনৰ হস্পিটেলত দেখুৱাবলৈ আহিছে।

ডাঃ মেধিৰ আগত থলমূলকৈ বেমাৰৰ এই বিৱৰণটো দিওঁতে কুঁজা বুঢ়াই কথাৰ মাজে মাজে ম'বাইল লৈ থকা পুতেকৰ ফালে বেঁকাকৈ চাই থাকিল।

“ভৰ্তি কৰিব লাগিব। কেইটামান পৰীক্ষা কৰিব লাগিব, অপাৰেশ্যন। “ডাক্তৰে ৰোগীক বিছনাত উঠাই দোষী (?) জৰায়ুটো পিটিকি পিটিকি চাই ক'লে।

“মই আহি আছোঁ।” বুলি ডেকা ল'ৰাজন কোন তলকত হস্পিটেলৰপৰা নোহোৱা হ'ল, খুব সন্তৰ্ভৰ অকল কুঁজা বুঢ়াইহে ধৰিব পাৰিলে।

ৰোগীৰ অভিভাৱকৰ হস্তাক্ষৰ লবৰ সময়তহে আচল কথাটো গম পোৱা গ'ল। বুঢ়া-বুঢ়ীক হস্পিটেলত থৈ সৰু পুতেক পলাল।

“উৱা! এনেকৈ কেনেকৈ এৰি যাব পাৰে?”

“বুঢ়াই কেনেকৈ অকলে অকলে অতসোপা কাম কৰিব? ঔষধ কিনা, পৰীক্ষা পাতি কৰা কিমান কাম থাকে!”

“বুঢ়াৰ নিজৰেই অৱস্থা নাই। কোনে ল'ব দায়িত্ব? মানুহবোৰো কম স্বার্থপৰ নে আজি কালি— হস্পিটেলত এনেকৈ পেলাই থৈ যায় দেখিছানে!”

নীতা বাইদেউৰ বত্ৰিছ বছৰৰ নাৰ্চৰ চাকৰি কালত এইটো একো নতুন কথা নহয়। মানুহে মানুহক ত্যাগ কৰে। সুবিধা অনুযায়ী। বৃদ্ধ মাক দেউতাকক “টাউনত ডাঙৰ ডাক্তৰক অসুখ দেখুৱাম” বুলি আনি হস্পিটেলত এৰি যায়, ল'ৰা সন্তানৰ আশাত উপযপুৰি ষষ্ঠবাৰ কন্যা সন্তান জন্ম হ'লে পানীকেঁচুৱাটোক হস্পিটেলত নিৰ্দয় ভাৱে এৰি যায়, সমাজে অবৈধ আখ্যা দিয়া দেৱশিশুটোক গৰ্ভধাৰী নিজ মাতৃয়েই হস্পিটেলৰ ডাষ্টবিনত পেলাই যায়। মানুহে এনে কৰিব পাৰে, এই জগতত বাস্তৱবাদী জীৱশ্ৰেষ্ঠ (!) মানুহেহে এনে কাম কৰিব পাৰে।

নীতা বাইদেউ আগুৱাই গ'ল। নিজ পুতেকে অচিনাকি চহৰখনত সঁচাকৈ তেওঁলোকক যে এৰি থৈ গ'ল, সেই নিদাৰুণ সত্যটো হৃদয়ংগম কৰি দুখত, ভয়ত উচুপি থকা বুঢ়ীমানুহজনীৰ অৱস্থাটো দেখি বাইদেৱে বৃদ্ধক ক'লে, “শুনক, আপুনি ভৰ্তি হৈ লওক। আমি কিবা এটা কৰিম।”

হস্পিটেলৰ বাকীসকলে ইকাণ সিকাণ ফুচফুচায়, “বাইদেউৰ অন্তৰখন বহল। আগে পিছেও বহুতক সহায় কৰিছে।..... জানানে, বাইদেউৰ ল'ৰা আমেৰিকাত থাকে ... তাৰে মেমচাহাব এজনীক বিয়া পাতিছে... আৰু বাইদেউৰ মানুহজনৰ হঠাতে যোৱা বছৰ ... প্ৰেছাৰ আছিল বোলে” কথাবোৰৰ এটা দুটা টুকুৰা উৰি আহি বাইদেউৰ কাণত পৰে।

নীতা বাইদেউৰ চিকিৎসালয়ৰপৰা নাতিদূৰতে অসম আৰ্হিৰ ঘৰটো। আজি ঘৰ গৈ পাওঁতে পাওঁতে বেলি ডুবিবৰে হ'ল। দূৰৰ পৰা বাইদেৱে ঘৰৰ চৌহদটোক গিলি থকা আন্ধাৰকণ দেখি বুজিলে— বেবীয়ে চাগে লাইট জ্বলাই যাবলৈ আজি আকৌ পাহৰিলে।

“বেবী! বেবী! গ'লেই নেকি?” বাহিৰতে

এপ্ৰ'নটো, নাৰ্চৰ টোপীটো খুলি নীতা বাইদেউ নীতা হৈ ল'লে।

বাৰান্দাত মূৰ্তিৰ দৰে বহি থকা স্বামী বিচিত্ৰ বৰাৰ নিৰ্বাক ৰূপটো দেখি তেওঁৰ বোধগম্য হোৱাত অসুবিধা নহ'ল— “তুমি যে ইমান দেৰি কৰিছা, মই বেয়া পাইছোঁ!”

“চাহ খালে?” লাইটটো হঠাতে জ্বলাওঁতে চকু ছাট মাৰি ধৰাত বিচিত্ৰ বৰাই “উফ্” বুলি সোঁহাতখনেৰে চকু দুটা ঢাকি ধৰিলে। নীতাই তেওঁক পেংডাল আগবঢ়াই দিলে।

“কিয় দেৰী হ'ল তোমাৰ?” বাওঁ ফালে হাউলি হাউলি বাওঁ ভৰিটো চোঁচৰাই বৰা ঘৰৰ ভিতৰলৈ সোমাবলৈ ল'লে,” বেবীজনীয়ে যে একো কাম ভালকৈ নকৰে বুইছা? চাৰি বজাৰপৰাই তাইৰ বাবলৈ উৎপাত।” কথাবোৰ কৈ থাকোঁতে মানুহজনৰ বেকা মুখখনৰ বাওঁ ফালেৰে লেলাউটি বৈ গ'ল।

টি ভিটো লগাই দি নীতা গা ধুবলৈ সোমাল। বাথৰুমৰ দুৱাৰখন খুলিয়েই অকস্মাৎ ওলাই অহা শৌচৰ উৎকত দুৰ্গন্ধটোৱে তেওঁৰ পেট পকাই পেলালে। বাথৰুম পৰিষ্কাৰ কৰি শৌচ লগা কাপোৰবোৰ ব্ৰাচ মাৰি মাৰি ধুই নীতা সম্পূৰ্ণৰূপে অৱশ হৈ পৰিল। তেওঁ নিজৰ শৰীৰৰপৰা এটা এটাকৈ কাপোৰবোৰ খুলিলে। শুকান দেহটোৰ খলা বমাবোৰেৰে বৈ যোৱা পানীৰ জলপ্ৰপাতবোৰ চাই চাই তেওঁৰ ভাব হ'ল মাটিৰপৰা অহা এই দেহটো মাটিত আকৌ বিলীন হৈ যোৱাৰ মাজৰ জীৱন নামৰ এইযে নাটকখন এই নাটকখন লৈয়ে মানুহবোৰ অযথা ব্যস্ত! শৰীৰটোৰপৰা উৎপন্ন হোৱা শৰীৰবোৰৰ দৰে আভ্যন্তৰীণ এটা এটা অংগয়েও এদিন লগ এৰা দিয়ে। হঠাতে তেওঁৰ ক'ৰবাত পঢ়া কথা এটা মনত পৰিল। ভেকুলীক পানীৰ পাত্ৰ এটাত ভৰাই যদি লাহে লাহে পানীখিনি উতলিবলৈ দিয়া হয়, ভেকুলীটোৱে কেটকুট নকৰে। নিকট বিপদৰ বিষয়ে সি একো অনুধাৱন কৰিব নোৱাৰে। সি একো প্ৰতিবাদ নকৰাকৈ উতলা পানীত সিঁজিবলৈ ধৰে আৰু এটা সময়ত মৰি থাকে। কিন্তু ভেকুলী এটাক যদি ইতিমধ্যে উতলি থকা পানীত পেলাই দিয়া হয়, সি একেজাপে পানীৰপৰা ওলাই আহিব, তাৰ ছাল গৰম পানীয়ে পুৰিব পাৰে কিন্তু সি নিশ্চয় জীয়াই থাকিব। নীতাৰ জীৱনটো যেন সেই লাহে লাহে উতলি থকা পানীত একান্ত বাধ্যতাৰে মৃত্যুলৈ অপেক্ষা কৰি থকা প্ৰথম ভেকুলীটোৰ দৰেই হৈছে। প্ৰতিবাদ কৰিবলৈ তেওঁ পাহৰি গৈছে অথবা

তেওঁ ইমানেই ভাগৰুৱা যে নিশ্চল হৈ সময়ৰ সৈতে একাত্ম হৈ পৰাটোৱে সঠিক বুলি ভাবিছে।

“হেৰা, অথনিৰেপৰা বাথৰুমত সোমাই কি কৰিব আছা? আজি চাহ একাপ খাবলৈ পামনে এইখন ঘৰত?” টিভি ৰুমৰপৰা অহা মানুহজনৰ চিঞৰত নীতা চকু খাই উঠিল। কিবোৰ যে চিন্তা আহি থাকে মনটোত! খৰধৰকৈ কাপোৰ সাজ পিন্ধি তেওঁ বাথৰুমৰপৰা ওলাই আহিল।

গধূলিৰ চাহকাপ স্বামী স্ত্ৰী দুয়োজনে টি ভিত বাতৰি শুনি শুনি সেৱন কৰে। টি ভিত উদ্ভাঙ কণ্ঠৰে সাংবাদিক এজনে বাতৰি পৰিৱেশন কৰিছে নিৰ্মম গণপ্ৰহাৰত দুজন পূজাৰী ছটফটাই মৃত্যু মুখত পৰিছে, কেনে পৈশাচিক কাণ্ড! ভাষাহীন! অবিশ্বাস্য! নীতাই ৰিমটটো লৈ চেনেলটো সলাই দিলে। বিচিত্ৰ বৰাই এক উদাসীন দৃষ্টিৰে টি ভিটোলৈ চায়ে থাকিল— যেন কচুপাতৰ পানী দুটোপালৰ দৰে এই তুচ্ছ ঘটনাবোৰৰ তেওঁৰ জীৱনত কোনো প্ৰভাৱ নাই!

নীতাই ঘড়ীটোলৈ চালে। ৰাতি ৮.৩০ বাজিছিল। জিন্টুৰ আমেৰিকা প্ৰদেশত ৰাতিপুৱা হৈছিল তেতিয়া। তেওঁ হোৱাটহ আপত ভইচ কল কৰিলে, চাহ খাই উঠি সদায় কৰাৰ দৰে।

“হেল্ল' জিন্টু! উঠিলি?”

“অ মা। হ'ল অলপ সময়। অফিচ call চলি আছে। জলিদ্ কোৱা কি কথা আছে?”

“এনেই খবৰ ললো। তোৰ home loan টো কিমান আগ বাঢ়িছে?”

“Contract sign হৈ গ'ল। Loan টো grantও হ'ব দুই এদিনতে। এই বছৰৰ লাষ্টৰ ফালে সোমাম বুলি ভাবিছোঁ আৰু নিজৰ ঘৰত। পাপা কেনে?”

“দেউতাক দিনটো ঘৰত চোৱা-চিতা কৰা মানুহক লৈ বহুত অসুবিধা হৈ আছে। বৰ সমস্যাত পৰিছোঁ অ'।”

“মোক সেইবোৰ নকবা। তুমি কোনোবা reha-bilitation centerত ৰাখি দিয়া না দেউতাক। মই আগতেও কৈছোঁ। আমেৰিকাত rehabilitation center বোৰ বহুত advanced। গুৱাহাটীতো থাকিব। খবৰ কৰিলেই হ'ল। বুঢ়া মানুহ আৰু কিমান দিনো জীয়াই থাকিব! তুমিনো ইমান কষ্ট কৰি কিয় মৰিব লাগিছে! ... Ok মা, bye bye মোৰ clients ৰ ফোন আহি আছে।”

ফোনটো থওঁতে ‘কটক’ কৰি যে শব্দ এটা হ'ল,

নীতাৰ এনে লাগিল সেই শব্দটো যেন ফোনটোৰপৰা নহয়, তেওঁৰ বুকুত মৰা কঠোৰ হাতুৰীৰ কোবটোৰপৰাহে আহিছে। তেওঁ বহু সময় নিৰ্বাক নিস্তব্ধ হৈ থাকিল। আন দহজনৰ দৰেই ৰাতিৰ দিন কৰি অশেষ কষ্ট কৰি মানুহ কৰিছিল তেওঁলোক একমাত্ৰ ল'ৰা জিন্টুক। বিচিত্ৰ বৰাই এখন ভেনছাৰ স্কুলত কেৰাণীৰ চাকৰি এটা কৰিছিল। বেছি টকা পইচা নাছিল তেওঁলোকৰ। তথাপি টানিটুনি চলি ল'ৰাটোৰ সকলো মনোবাঞ্ছা পূৰ্ণ কৰিবলৈ কিমান যে চেষ্টা কৰিছিল! নীতাৰ চকুৰ আগেৰে তড়িৎ গতিৰে। সেই এটা এটা দিন যেন পাৰ হৈ গ'ল। তেওঁৰ যেন সৰ্ব শৰীৰত কিবা এটা পূৰণিহে হৈছে. হয়, হয়, কোনোবাই তেওঁক আগতকৈও বেছি উতলি থকা পানী দলিয়াই দিছে.. তেওঁৰ ছালখন এফালৰপৰা পূৰিব ধৰিছে.. পূৰিব ধৰিছে..।

হঠাতে যেন নীতাৰ সম্বিতহে ঘূৰি আহিল।

তেওঁ ডাক্তৰ মেধিৰ নম্বৰটো ডায়েল কৰিলে। দুবাৰ বিং হওঁতেই মেধি ছাৰে ফোন উঠালে।

“ছাৰ। হস্পিটেলৰ নিয়ম মতে দায়িত্বশীল অভিভাৱক নহ'লে ৰোগী ভৰ্তি কৰা উচিত নহয়। পুলিচক খবৰ এটা দিব লাগিব ছাৰ। যি সন্তানে এনেকৈ বৃদ্ধ মাক দেউতাকক আলৈ আখানি কৰিব পাৰে সিহঁতৰ শাস্তি হ'ব লাগে।” ফোনটো থৈ নীতাই একাংগী ৰোগী তেওঁৰ স্বামীৰ ফালে চাই ক'লে, “তুমি মই জীয়াই থকালৈকে এই ঘৰ মাটি জিন্টুক দিয়াৰ কথা তুমিও নক'বা, ময়ো নকওঁ। মই তোমাৰ কাৰণে এইবোৰ লাইফ কেয়াৰ এন জি অ'ৰ পৰা মানুহ ৰাখিম, যিমান টকা লয় ল'ব। এনেও আমি কষ্টৰে অৰ্জা যে আছে এই পৃথিৱীত সব তোমাৰ আৰু মোৰ।”

নীতাই একাংগী ৰোগী বিচিত্ৰ বৰাৰ হাতত ধৰি বিষ বাষ্পৰ পুখুৰীটোৰ পৰা জপিয়াই পাৰত উঠিবলৈ ঠিক কৰিলে, জীৱন জীয়াই থাকিবলৈ।

With best compliments

From

Dr Kalicharan Das

Nursing Home & Polyclinic

Gopinath Nagar, Kalapahar

Ghy- 781016

Provide maternity services since 1958.



নাৰী

ডা: ভাস্কৰী হাজৰিকা

বনৰীয়া ফুলপাহৰ দৰে
সুউচ্চ পৰ্বতমালাৰ তলত
পাহৰীয়া নদীখনৰ কাষত
অকলে অকলে হ'লেও
ফুলি থাকিম বুলি ভাবিছিলোঁ।

আঁকৰী যে আছিলোঁ
সেউজীয়াৰ মাজত
হালধীয়া হৈ সাহসেৰে থিয় হৈ থাকিবই পাৰিম বুলি
ভবা জেদী ছোৱালী যে আছিলোঁ।

পিছে, এদিন এজাক ধুমুহা আহিল,
ধুমুহাৰ বাত্ৰ সবল
বুদ্ধিৰে ভৰা।
তদুপৰি ভাগ্যৰ লগত ধুমুহাৰ পুৰণি দিনৰেপৰা মিতিৰালি।

সেই আক্ৰমণত বাগৰি পৰিলোঁ।
জেদ ভাঙিল।
সপোন ভাঙিল।

মোৰ পাহিবোৰক বতাহে সামৰি থলে।
ক'লে, “আইজনী! এই সত্য চিৰন্তন।”
পৰ্বতে মোক আঁকোৱালি ল'লে
আৰু ক'লে, “উঠ আই উঠ।
তই ফুল নহ'ল কি হ'ল
গছ হৈ থিয় হ।”

প্ৰকৃতিক খামুচি
মই গছৰ দৰে থিয় হৈ থাকিলোঁ।



MONITORED ANESTHESIA CARE(MAC)

Dr Parinita Hazarika

Specialist SAG
HOD Anesthesia
ESIC Model Hospital
Beltola, Guwahati

Mac is a physician service of an anesthesiologist . It is a type of anesthesia service in which an anesthesia clinician continually monitors and anesthesia clinician continually monitors and supports the patients vital functions, during a diagnostic, Invasive and minor therapeutic procedures. Particularly when a procedure is more invasive or when the patient is especially fragile , optimizing sedation level is necessary to achieve ideal procedural conditions.

According to ASA(American society of anesthesiologists). A monitored anesthesia care(MAC) is a planned procedure during which the patient undergoes local anesthesia together with sedation and analgesia. The qualified anesthesia provider is focused exclusively and continuously on te patient for any attendant airway, hemodynamic and physiological derangements. The clinician also treats clinical problems that occur during the event and it may sometimes be converted to G.A. if needed. Often it is performed in out of operating room locations in ambulatory patients. Assessment of sedation is done clinically. One of the most commonly used measures of sedation is the ramsay sedation scale. It divides a patient's level of sedation into six categories ranging from severe agitation to deep coma.

DRUGS USED FOR SEDATION AND ANAIZESIA FOR MAC.

SEDATIVES-Benzodiazepines- the drugs used are

mainly midazolam.

- Fentanyl
- Propofol

To include depths of sedation that would impair the patient's respiratory function and ability to maintain the airway. Only a practitioner privileged to provide anesthesia services should be allowed to manage sedation .

EVALUATION OF PATIENT, MONITORING

A detailed medical history and physical examination must be performed before MAC. Pre-operative laboratory evaluation are same as for general anesthesia. Underlying medical and physical conditions that increases sensitivity to sedative and analgesic medications are evaluated.

Old age, sleep apnea, chronic lung disease hypertension, coronary, liver or renal disease, anxiety disordess are to be taken into account for proper drug dosing and administraton. Patient with co-morbidities , sleep apnea , morbid obesity are at higher risk of complications.

Standard physiological monitors such as oxygenation, blood pressure is monitored .

PROCEDURES WHERE MAC IS INDICATED

Surgical Procedures, Endoscopy, Dental Procedures, Bronchoscopy, Eye Surgery, otolaryngologic Surgery, Condiovascular Surgery,

Neuro Surgery, Pain management procedures. Side effects are usually minimal. Sometimes there is drowsiness , nausea , vomiting , cardio respiratory depression .

MESSAGE

In some patients who may require only minimal sedation, MAC is often indicated because even small doses of sedatives, analgesics and hypnotics as well as anesthetic drugs when administered could precipitate adverse physiological responses that would

necessitate acute cilinical interventions and resuscitation . In the present scenario of increased diagnostic procedures for a surgeon and physician. The services of a qualified anesthesiologist as a clinician has become necessary. If a patient's procedural requirement is likely to require sedation to a "deep" level or transient period of G.A. a practitioner privileged to provide anesthesia services should be allowed to manage the sedation . it is actually necessary to manage the effects of the sedative.

CANCER SCREENING PROGRAM

Ima Dispur along with BBCI and ASMI and GOGS conducted a CANCER SCREENING PROGRAM in Kellyden Tea Estate on 22nd January It was successfully conducted

. 80 VIA samples and 104 papsmear were taken.Cancer is a widely prevalent disease causing high mortality in women. Early detection helps to detect before spread resulting in complete recovery.More than 75000 women fall prey to cancer of cervix yearly. Lack of



awareness is t h e r e especially in rural areas and a m o n g s t underprivileged people. These type of

screening programmes goes a long way in benefitting women. First prize was awarded to this program from Federation of Obstetrics and Gynaecological Societies of India for participation in FOGSI PRESIDENTIAL CANCER SCREENING PROGRAM(PRATIBANDH) held from 3rd to 5th February.

IMA TEZPUR BRANCH ACTIVITIES REPORT



Dr. Queen Gogoi Das
Hony. Secretary IMA, Tezpur Branch

**(FOR THE ORGANISATION PERIOD :
2021 & 2022)**

Calendar Days in 2021

a) Lokabondhu Day

- Observed on 4th September, 2021
- Members paid tribute to Lokabondhu Dr. Bhubaneswar Barooah.

b) Doctors' Day

- Observed virtually on 1st July, 2021. • Tribute paid to Dr. B.C. Roy
- July, 2021 *IMA Safe Motherhood Week* observed by IMA, Tezpur Branch.

Awards of 2021:

Dr. Piyush Agarwalla achieved IMA HQ Covid Warrior award in 2021.

Other activities during 2021

Agitation Program

Relay Hunger strike was observed by the members of IMA Tezpur Branch on 10th and 11th February, 2021 at the premises of IMA Tezpur Branch. National President Dr. J A Jayalal graced the venue with his presence on 11-02-2021 and addressed the members as well as media. President IMA ASB Dr. Satyajit Borah, HSS IMA ASB Dr. Hemanga Baishya and HFS IMA ASB Dr. Rajumoni Sharma accompanied National President.

CME

Only one CME was held due to Covid -19 pandemic situation, but many of our members participated in various webinars and online workshops.

TIMACON 2021

The 1st credit point Multi-speciality CME, organized by IMA TEZPUR Branch, was held on 10th April, 2021 (For the first time in the history of IMA Tezpur Branch).

A Souvenir was also released during the Conference. Dr Queen Gogoi was the Editor of the Souvenir (TIMACON 21).

PPE Kit Initiative was held on different days.

Social and Community Services of IMA Tezpur Branch in 2021

- IMA Tezpur Branch also extended helping hands with the Government policies in providing Free Oxygen Concentrator to Covid Patients.

IMA Tezpur Special Activities in 2021

- Mission was made to clean the crematoriums of Covid patients at Marabharali Smashan
- Joining hands with the support team and also District Authorities in Covid Related Matters.

Support to Agitation Programmes in 2021

- **Joined National Protest Day (18th June, 2021) as per IMA HQ guidelines -Stop Violence Against Doctors.**
- **IMA National Protest day** was observed on 18th June, 2021 and memorandums were sent to honourable PM.
- IMA Tezpur Branch also extended support and expressed serious concern against the brutal attack of Dr Seuj Kr. Senapati while on duty at

Udali CCC on 2nd June, 2021

Agitation Program

A total cease work of all Non- Essential and Non- Covid Services was observed on 2nd June ,2021 against the brutal incident of attack against on duty doctor at Hojai.

Condolence Visit to IMA Members Residences:

1) Members of IMA, Tezpur Branch participated in a Condolence Meeting held on 23-09-2021 to condole the death of Dr. Pramatheswar Barooah and proposed for Dr. Pramatheswar Barooah Memorial Lecture in the Medimeet.

A Nam-Prasanga was organized on 2nd October, 2021 on the occasion of Adya-Shraddha of Dr. Pramatheswar Barooah.

2) On 14-02-2022, members of IMA, Tezpur Branch paid tribute to another eminent and senior doctor Dr. Nani Kanta Borah upon his demise.

A condolence meeting was held.

NATCON 2021

- Was held at Patna and was attended by Dr. Satyajit Borah, State President of IMA ASB.

CME PROGRAMMES IN 2022

1) On 7/05/2022

IMA Tezpur Branch in collaboration with Nemcare Hospitals organized a CME Programme.

2) On 17/5/22

CME on World Hypertension Day along with observation of World Hypertension Day as Calendar Day (details mentioned under the head of Calendar Days Observation).

3) On 27th July, 2022

- CME was organised by IMA Tezpur Branch in collaboration with Health City, Guwahati at IMA Conference Hall, Tezpur.

4) On 12th August, 2022

CME on NTEP was organised by IMA Tezpur

Branch in collaboration with State Project Lead, PPSA, Doctors for You.

5) September 14th, 2022

- CME was organised by IMA, Tezpur Branch in association with Ayursundra Superspeciality Hospital, Guwahati

6) On 14th October, 2022

- Mobile Stroke Unit, Tezpur organised a CME at IMA, Conference Hall.

Under Pragya Activities

IMA, Tezpur Branch in collaboration with Rotary Club, Tezpur also collected and Donated PPE Kits to the frontline health workers along with ORS, Masks and Sanitizers to the health workers on Covid Duty.

Annual Day Celebration (Special Activity)

Annual Day Celebration in April, 2022 carried out with a plethora of colourful activities.

Annual State Council Meeting

- Attended Annual State Council Meeting at Hotel Grandeur, Ghy, organised by IMA Assam State Branch on dtd. 22/5/22
- A total of 20 (Twenty) members from our branch attended the meeting.

CALENDAR DAYS OBSERVATION:

Calendar Days in 2022

1) Lokabandhu Day

- Observed by Indian Medical Association, Tezpur Branch on 4th September, 2022 with great enthusiasm and high spirits.

2) Doctors Day

- Observed on 1st July 2022

3) World Health Day

- On 7/04/2022, World Health Day was observed by IMA, Tezpur Branch.

5) World Hypertension Day

On 17/5/2022

- An awareness meeting was organised.

6) World No Tobacco Day

- "World No Tobacco Day" observed by Indian Medical Association, Tezpur Branch on 31/05/2022.

7)World Environment Day

- “World Environment Day” was observed by Indian Medical Association, Tezpur Branch on 05/06/2022
- The theme of the programme was ‘Only One Earth’.

8) Independence Day Celebration

- On 15th August, 2021 74th Independence Day was celebrated, abiding all Covid protocols. National Tricolour was hoisted by Branch President.

9) Saviour Day Observation

- On 31st August, 2021 IMA Tezpur Branch observed Saviours Day.
- Banners displayed in various places of Tezpur against the brutal murder.
- Tribute was paid to late Dr. Deben Dutta.

On 31st August, 2022

- IMA Tezpur Branch observes Saviours’ Day Dt. 31/8/2022 In memory of Lt Dr Deben Dutta.
- Floral tribute and homage was paid , remembering the brutal killing of Lt. Dr Deben Dutta on his 4th Death Anniversary.

ACTIVITIES OF IMA TEZPUR BRANCH IN ASSOCIATION WITH GOVERNMENT AGENCIES -

- a) On 12th August, 2022 CME on NTEP was organised by IMA Tezpur Branch in collaboration with State Project Lead, PPSA , Doctors for You.
- b) Under the schemes of PM “Nikshay Poshan Yojna” for the nutritional support of the TB patient, IMA Tezpur Branch is extending moral support to the beneficiaries along with financial support provided by NTEP Sonitpur.
- c) World AIDS Day Celebration on 1st December, 2022 by District Health Society Sonitpur and IMA, Tezpur Branch.
- d) IMA Tezpur Branch extended support and also concession rate to IMA Conference Hall Booking for carrying out various Government

Training Programmes even including Infection Management and Environmental Plan to Staff of various Health Facilities.

Recognition and Awards Conferred Upon (2022):

- 1) Dr Satyajit Borah who is a life member of IMA Tezpur Branch and also State President, IMA ASB and CGP ASF received the prestigious IMA CGP Best Dedication to IMA CGP Activities Award for Assam in the recently held at Chennai.
- 2) Dr Satyajit Borah was also elected Dean of IMA CGP for 2023-24 and also for being the 2nd Dean from Assam State.
On the occasion of Teachers Day, Dr. Satyajit Borah received the Hon. Professor IMA AMS at IMA HQ.
- 3) Dr. F.R Choudhury from IMA, Tezpur Branch selected for IMA National President’s Appreciation Award for Life Long Services to IMA for the year 2021-22.
- 4) Dr. Queen Gogoi Das Hon. Secretary, IMA Tezpur Branch, has been Conferred upon Honorary Fellowship IMA CGP, at IMA CGP NATIONAL EAST ZONE CONFERENCE AT PURI, Odisha on 27 /8/22 at Sterling Resort, Puri.

On 28th October, 2022

- 5 (Five) nos of Fire safety extinguishers were installed at IMA House Complex, Tezpur.

Academic Activities of the Branch -

- TIMACON (Tezpur IMA Conference) 2023 was held on 26TH February, 2023. at Tezpur Convention Centre
- It was a 2nd Credit Point Multi -Speciality CME organized by IMA Tezpur Branch.
- Noted and very eminent State and National speakers from different corners of country have attended the CME . The CME was followed by Cultural Programme and Dinner.
- A Souvenir was also released on the occasion.

TIMACON 2023

TIMACON (Tezpur IMA Conference) 2023 was organized on 26th February, 2023 at Tezpur Convention Centre.

The 2nd Credit Point Multi - Speciality day long CME Programme organized by IMA Tezpur Branch forming a Strong Organizing Committee under the leadership of Dr. Atul Kumar Kalita, Organizing President, Dr. Dwijen Das, Organizing Secretary, Dr. Atul Ch. Saikia, Scientific Chairperson, Dr. Ranjan Kr. Mahanta, Scientific Convenor and all the esteemed members of IMA Tezpur Branch.

The Central theme of the conference was 'Geriatrics- Graceful Ageing'

Noted and very eminent speakers of international, National and State repute from different corners of country have attended the CME. The CME was followed by Cultural Programme and Dinner.

It was very encouraging that the event could set a high standard of this kind of event which was graced by respected principals of Medical Colleges Prof. Sanjeeb Kakoti, Prof Karuna Hazarika, Dean of ICP Prof. Jyotirmoy Paul,

Professors from different medical institutes of repute like PGI Chandigarh Prof. Bikash Medhi, AIIMS Guwahati, and State Medical Colleges and leading office bearers of different specialty organization.

It is very inspiring that more than 170 delegates attended the academic and cultural extravaganza.

The conference was inaugurated by Prof Jyotirmoy Paul, Past Editor of JIMA & Dean ICP and the Chief Guest of the inaugural function chaired by Dr. Atul Kumar Kalita, President IMA Tezpur & Organizing President. Dignitaries on the dais were Prof. Sanjeeb Kakoti, Principal Assam Medical College, Prof Karuna Hazarika, Principal, Tezpur Medical College, Dr. Laksheswar Bhuyan, Vice President, IMA ASB; Dr. Atul Chandra Saikia, Chairperson Scientific Committee of TIMACON, Dr. Dwijen Das, TIMACON Organizing Secretary.

A Souvenir, edited by Dr. Rajen Roy, was also released on the occasion by the Deputy Commissioner Sonitpur Sri Deba Kumar Mishra ."



চিকিৎসা কোঠাৰ খুহুতীয়া কথাৰ স্মৃতি

Dr. Nilakshi Phookan
President GOGS
Sr. Gynaecologist
Guwahati

- বহু দিন আগৰ কথা। এতিয়াৰ দৰে চুকে-কোনে আল্ট্ৰাচোনোগ্ৰাফী চেণ্টাৰ নাছিল বা ইমান উন্নত মানৰ প্ৰসূতি সেৱা নাছিল।
এগৰাকী মহিলাৰ ঋতুস্ৰাৱৰ খেলিমেলিৰ বাবে মই সঠিককৈ সম্ভাৱ্য প্ৰসৱৰ দিন ধাৰ্য কৰি দিব পৰা নাছিলো। এনেকৈ প্ৰায় পাঁচ মাহ মান পাৰ হ'ল। স্বামীয়ে সদায় কয় 'বাইদেউ তাৰিখটো সোনকালে জনাওক' ময়ো সাজু হ'ব লাগিব।
সৰ্বশেষত এটা আল্ট্ৰাচাউণ্ড চেণ্টাৰত পৰীক্ষা কৰি তাৰিখ ধাৰ্য্য কৰা হ'ল। ৰিপোৰ্ট আনি তেওঁলোকে মোক দিলে। মই তেওঁলোকৰ প্ৰসৱৰ সম্ভাৱ্য তাৰিখ অৱগত কৰিলো কি— নাই মানুহজন জাঙুৰ খাই উঠি মোক গেৰ-গেৰাই উঠিল। মই ইমানদিনৰ পৰা আপোনাক তাৰিখ সুধি আছে আৰু আপুনি এতিয়া এনেকুৱা তাৰিখ দিলে যে মই কেনেকৈ মিলাম। আপুনি জানেনে ৩০ মাৰ্চত কিমান কাম থাকে।
মই হতবাক বাকৰুদ্ধ হৈ ৰ'লো। অস্ত্ৰোপচাৰ কক্ষত নানাধৰণৰ কথা-বাৰ্তা বা ঘটনা ঘটে। কিছু মনত থাকে আৰু কিছু পাহৰি যোৱা যায়।
- এদিন এগৰাকী ৰোগীৰ অস্ত্ৰোপচাৰ চলি আছিল। স্পাইনেল এনাষ্টেচিয়া দিয়া হৈছে। এনে পদ্ধতিত ককালৰ তলৰ অংশ অৱস হয়। মানুহগৰাকী সজ্ঞানে থাকে। অপাৰেচন প্ৰায় শেষ হৈছে। তেনেতে ৰোগী গৰাকীয়ে মাত লগালে বাইদেউ এই দুষ্টটোক মোক এবাৰ দেখুৱাই দিবিচোন। মোক বহুত শাস্তি দিলে। ইয়াক মই বহুত মাৰিম।

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TARANTULA BITE : HOW MUCH DO WE KNOW?

OUR EXPERIENCE

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Introduction

More than 40,000 species of spiders are available in world. Spider bites are common for human being. But only few can causes serious damage to human, therefore all spider bites to be taken seriously. Tarantulas are largest spiders in the world.

Only few medical literatures are available from India about tarantulas bite and its medical significance. However many literatures are available from west. Severe symptoms are very rare. It sometimes causes wide range of symptoms including haemolysis and renal failure[1].Therefore unexplained unknown bite with autonomic and neurological dysfunction particularly in children, clinician should consider spider bite in differential diagnosis[2].

Many a time tarantula bite symptoms are same as that of venomous snake bite and sometimes physicians end up injecting Antisnake venom(ASV),causing more harm than benefit to the victims.

Tarantula venom contains a mixture of enzymes and proteins which cause severe cytotoxicity in the form of pain, swelling to necrosis. Luckily severe systemic reactions are rare.

It may cause cutaneous, pulmonary and ocular symptoms by irritation from urticating hairs released from their body. Tarantulas use their legs to dislodge urticating hairs from their body when threatened(Fig5). These hairs may travel by air and may contact with the skin, eyes, and respiratory tract of human being. Skin exposure can cause intense pruritus, local histamine release, and in few cases severe systemic symptoms if person is allergic to these hairs. Hairs may come in contact with eyes if person goes near to the tarantula to look it closely with naked eyes causing severe allergic ocular problems. If these hairs are inhaled, it may cause severe respiratory discomfort, bronchospasm and other airway complications. Sometimes these hairs may lodged in cornea causing long term discomfort to eyes. [3,4]

Tarantula Venom

Laboratory mice are easily killed by Tarantulas venom, but cannot kill a human[5].Its venom are mixtures of proteins and amino acids. It may contain toxins like polyamines,neurotransmitters,free amino acids and hyaluronidase.

These chemicals helps in propagation and spread of the venom[6],[7],[8].This causes pain, swelling and local tissue necrosis in human being.

Urticating hairs of tarantulas has more clinical importance. It may induce local histamine reaction, causing irritation of the skin, eyes, and respiratory tract. Typically these hairs have a sharp curved point along the shaft of the hair, which helps in propagating these hairs deep inside tissues, if not removed properly and timely. These can induce IgE mediated reactions. In very rare cases anaphylaxis[9] may occur and patient may die due to severe anaphylaxis if not treated.

Some patients may present late with secondary bacterial infection if the bite area isn't washed with soap and water. Moreover tarantulas fangs may inject bacteria and other harmful organisms into human body during bite through their fangs.

Recently we have witnessed increasing numbers of patients with pain, swelling and abscess after an unknown animal bite. We consulted zoologist and it is postulated that it may be due to climate change causing increasing temperature of the environment leading to free movement of these tarantula.

We report 3 cases bitten by confirmed venomous tarantulas in the year 2022. Species were identified by eminent arachnologist Dr Ayan Mondal, WBES, Assistant Professor in Zoology, Department of Higher Education from West Bengal and Zoology student Mr Arnab Deb from Guwahati working on this subject. All three cases had widespread cytotoxic effects. All species were identified as *Chilobrachys stridulance*.

Signs and Symptoms [10][11][12]

1. Pruritis, Swelling and varying degree of pain in bitten area immediately or may be delayed by 30hrs. Local pruritis or widespread body pruritis may be there.
2. Local tissue necrosis.
3. Cough, Dyspnoea, wheezing due to inhaled urticating hairs.
4. If urticating hairs make contact with eyes,

patients may present with a painful, red, conjunctiva due to corneal irritation.

5. May present as anaphylaxis[9].

6. Definite fang marks. May be two or sometimes one(Fig4).

Diagnosis

There are no laboratory test to diagnose venomous tarantula bite. Clinical syndromes and physical examination with a definitive or susceptible history of contact to tarantula are more than sufficient.

Approach in our hospital

Any unknown bite or tarantula bite patients are get admitted and observed for 24hrs for symptoms and signs of envenomation. If no signs and symptoms by 24hrs, we discharge these patients. But in some patients, symptoms may develop very late. Therefore we follow up these victims for 7 days. In one patient severe pain and swelling appeared 32hrs post bite.

Bite are treatment

We use adhesive taps to remove any tiny hairs in the bite area followed by thorough wash in tap water with soap. Tetanus toxoid injection and other conservative management according to symptoms.

For pain we use ice, Non-steroidal anti-inflammatory drugs like acetaminophen and aceclofenac oral tablet. Topical antibiotics to prevent secondary infection, MgSO₄ and glycerine compression dressing followed by elevation of the affected limb for swelling.

For pruritis we use 1% hydrocortisone topical cream. Tab pheniramine three times a day, levocetirizine at bed time, tab ranitidine 150mg two times a day as H₂ receptor blocker to block histamine receptors are routinely prescribed in all patients with unknown bite or tarantula bite irrespective of symptoms. As routine basis antibiotics are not prescribed, but we monitor for signs and symptoms of secondary infection and appropriately we prescribe antibiotics. Other systems have to address according to the

symptoms. We do all routine blood investigations including coagulation profile and urine examination on admission and repeat as per patient symptoms.

Our Observations in our confirmed three numbers of patients

One patient required fingertip amputation who attended very late with gangrenous finger and subsequently amputation was done(Fig 1A,B,C). This is the first reported case in India, whom the bitten part have to amputate. Another patient presented with swelling upto elbow joint with abscess in bite area(Fig2), who attended to us six days after. He was managed with extensive debridement and parenteral antibiotics. Third patient presented to us in 3hr post bite with no symptoms at all during admission. However he developed severe pain, pruritus and swelling at 32hrs post bite. Responded well with conservative treatment and were followed up for 30 days.

Education of Society and health care workers

There are only few studies on tarantulas and its venom effects on human. Unfortunately Assam and North East lacks such studies. Our health care workers should keep in mind about tarantulas and its venom effects.

Our society and public also needs education and awareness about tarantulas and its toxicity. Our society should be aware and educated about immediate washing of the bite area in running water with soap and they should be advised to rush hospital immediately in any unknown bite or in confirmed tarantula bite.

Conclusion

Treatment of tarantula related injuries requires a comprehensive efforts from arachnology department, health care workers and public[13].We need to collaborate for better understanding its venom and symptoms. Because of paucity of documented data, we must consider spider bite in patients with symptoms by unknown bite in our differential diagnosis.



Figure 1A : Fingertip necrosis and amputation of the tip



Figure 1B : Recovering fingertip after amputation.



Figure 1C : Chilobrachys stridulance : Venomous tarantula mobile capture by patient family members after bite. This tarantula bitten and hold the finger of the patient for few second. We have to perform amputation of fingertip for necrosis 20 days post bite.



Fig 2 : Chilobrachys species bite followed by secondary infection(Abscess and swelling upto elbow joint)



Fig 3 : Chilobrachys species. Severe pain and swelling 32hrs post bite .Received treatment in 3hrs after bite. Recovered well.



Fig 4 : Tarantulas fangs for injecting venom. It is like venom teeth of venomous snakes. Photo credit Mr Arnab Deb.



Fig 5 : Tarantula defensive behaviour before attack. Photo credit Mr Arnab Das.

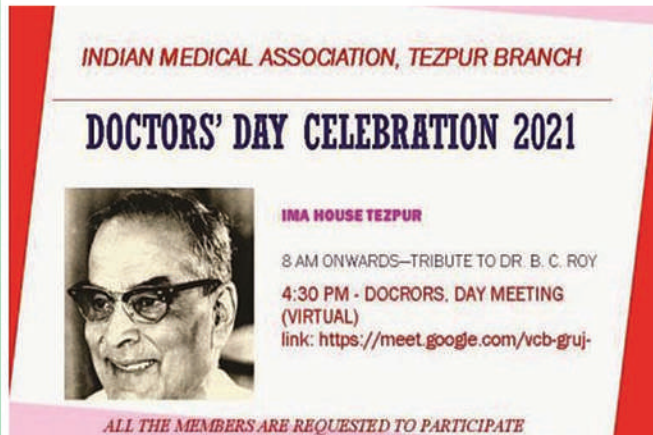
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Dr. Queen Gogoi Das receiving
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Environment Day 2022



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Flood relief camp IMA Asb



**Screening Cancer
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Dr Tarun Roy Choudhury , a Life Member of IMA Barpeta Road Branch has been awarded with "IMA DR M G GARG ALL TIME ACHIEVEMENT AWARD" for Outstanding & Distinguished Services for the year 2021 -2022



This Award has been presented to him by National President Dr S. P. Singh on 27 th December , 2022 during the 97 th Annual National Conference (NATCON 2022) held at Prayagraj , U.P.



Felicitatation of newly elected HSG IMA , Dr Anil Kumar Nayak by IMA ASB Hony State Secretary, Dr Shikha Sarma during NATCON 2022 held at Prayagraj on 27-29 December, 2022



