



SANDESH

The Voice of MAMCOAANA

Executive Committee

2022-2023

President

Manish Garg, MD

President Elect

bandits Gupta, MD

Immediate Past President

Rajesh Malik, MD

Secretary

Ajay Rawal, MD

Treasurer

Bhushan Pandya, MD

Joint Treasurer

Ajay Goel, MD

Standing Committee Chairs

Bylaws

Vivek Mishra, MD

Continuing Medical Education

Indranil Chakraborty, MD

Membership

Alok Maheshwari, MD

Publications

Tarang Sharma, MD

Liaison

No appointee by EC for 2022-23

Convention

No appointee by EC for 2022-23

Members at Large (voting)

Randeep Suneja MD, Nidhi Gupta MD, Ritu Munjal MD, Bobby Batra, MD

Honorary Members (nonvoting)

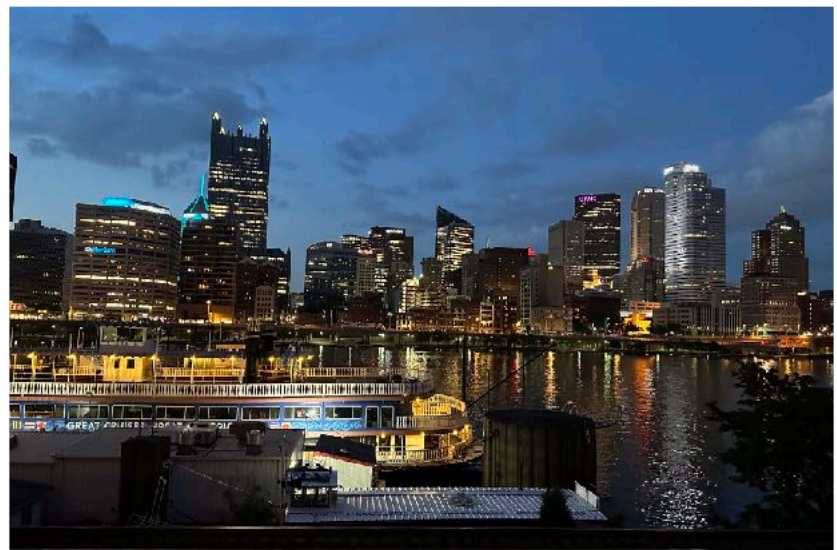
Webmaster

Nikhil Goyal, MD

Others

Table of Contents

2	Message From The President (2023-24)
3	Editor's Inky Notes
4	GBM Minutes MAMCOAANA (2022)
6	Dr Sodhi's Bird's Eye View
7	Dr Maneesh Garg's Poetic Flight
9	Photo Glimpses



Message from the President 2023-24

Thank you for your vote of confidence in me to lead MAMCOAANA this year as your president and host for our next convention coming up in July 2024.

We are recovering from the pandemic as it had led to cancellations of our annual conventions for 2020 and 2021. Subsequently the 2022 convention was hosted by Dr. Rajesh Malik and Dr. Pooja Malik in Atlantic City, New Jersey and then Drs Ashish and Monica Dua in Pittsburgh in 2023. The evening, dinners and dancing was very enjoyable in each of these meetings: We all will remember the river cruise and the lovely music in downtown Pittsburgh. The CME lectures, as always, were lively and thought-provoking.

I myself, owe a lot to this organization and its members. From interviewing for residency positions, traveling to different hospitals and staying with them, I am indebted to my friends from MAMC. Even professionally as a Nephrologist it has been very satisfying to stay connected with MAMC colleagues.

Friends, the Harvard study on health and aging states that “ Good genes are nice, but joy is better”. We know that strong friendships, and relationships are crucial for good health and life. At MAMCOAANA we are a family and not only do we have a shared Alma mater, but we have a shared cultural heritage, and a strong sense of belonging.

Many years ago I had attended the MAMCOAANA convention after becoming a lifetime member. Every time I attend, I feel reconnecting to my roots. The DNA gets rejuvenated and I find the meeting very uplifting. Every MAMCOAANA convention is just pure pleasure to attend.

Therefore, it is very important to take a few days off for the meeting to recharge and go back healthier and stronger to take care of our families and patients.

Indeed, it is remarkable how many of us are doing amazing things. From leading institutions, departments and training residency and fellowship programs to running successful practices and companies while helping so many communities and human beings get healthier as well as helping their families.

It is heartening to see, MAMC graduates staying connected with each other through the various vigorous WhatsApp groups. The annual convention is a culmination of everybody's efforts to stay connected. I would urge everyone to make every effort to attend the 2024 annual convention.

I want MAMCOAANA to be a thriving organization which would exist in perpetuity.

One of the initiatives I would like to increase the social media outreach of the MAMCOAANA. This is crucial as we need to engage with MAMC graduates within the last 20 years. While we do have social media handles it would be wonderful to have our savvy younger colleagues come forward to take charge of our social media presence for their like minded generation.

We would also like to continue our philanthropic efforts to help our Alma master MAMC and its graduates who are coming to North America as they are the future of this organization.

Additional details regarding the 38th annual convention for July 2024 in Philadelphia/Wilmington will be on the website soon. Please save the date July 25-28 and apply for your vacation. Our strength is in numbers and we hope to see everybody there. Also, graduates of LHMC and UCMS are welcome to attend. Please spread the word.

Best wishes,
Manish



Editor's Inky Notes

For all these years my pen/typing fingers flew trying to catch up with my enthusiasm for MAMCOAANA's Sandesh. But, as they say.... change is the only constant. As times and decades pass by, I wonder if these newsletters that were hard copies once, are even relevant as e-copies in the age of social media.

Nevertheless, here is Sandesh ... a slimmed down version of what it once used to be... with its bare bones facts and some obligatory photos.

It's time for MAMCOAANA to embrace its new direction, whatever that may

be.

Signing off,

- Tarang Sharma, MD



GBM minutes 2022 MAMCOAANA

July 29th, 2023 1215pm EST, Sheraton Station Square, Pittsburgh, PA

Called to order by Dr. Aashish Dua

Minutes of GBM 2022 were approved unanimously.

Life members/membership:

- A general discussion took place to revive efforts at membership and attendance at MAMCOAANA.
- Updates given on new life members and membership fee

Treasurer Update:

Dr Bhushan Pandya and Dr Ajay Goel gave and moderated this update

- all MAMCOAANA accounts were summarized and YTD balances shared with entire GBM for ML convention account, investment account, checking and savings accounts
- goal to have balanced portfolio of stocks, bonds and CDs for equity and liquid funds stressed upon

By-laws:

No new updates per bylaws chair Dr Vivek Mishra

Officers for 2023-2024:

Slate of officers was proposed and unanimously approved by the EC

Slate of EC officers for 2023-2024

A. Officers:

- a. President- Dr Manish Garg
- b. President Elect- Dr Nandita Gupta
- c. Secretary- Dr Ajay Rawal
- d. Treasurer – Dr Bhushan Pandya
- e. Joint Treasurer- Dr Ajay Goel
- f. Immediate past president- Dr Aashish Dua

B. Members at large: (Four members at large from active membership).

Dr. Nidhi Gupta, Dr. Ritu Munjal, Dr. Randeep Suneja, Dr. Bobby Batra

C. Chairpersons of standing committees:

a. Bylaws Committee-

Chair: Dr Vivek Mishra

Members: Dr Vivek Mishra, Dr Alok Maheshwari

b. Membership Committee-

Chair: Dr Alok Maheshwari

c. Liaison Committee- to be filled by EC

d. Convention Committee- to be filled by EC

e. CME committee-

Chair: Dr Indranil Chakraborty

f. Publication committee-

Chair: Dr Tarang Sharma

Members: Dr Alok Maheshwari, Dr Randeep Suneja, Dr Tarang Sharma

D. Honorary members: (They will be non-voting members)

-Honorary Webmaster: Dr Nikhil Goyal

-Other Honorary members: Dr Aditya Maheshwari, Dr Sivakumaran Raman, Dr Sanjiv Jain, Dr Vikas Khurana, Dr Mini Gupta

Publications Update:

No new updates for publications. A new publications chair will be appointed in the year 2024.

On behalf of the entire executive and general body, Dr. Aashish Dua thanked Dr Bharti Khurana for her exemplary contribution to MAMCOAANA as its CME Chair for several successive years.

Dr. Manish Garg takes charge as the President of MAMCOAANA for the year 2023-24. He, along with his wife, thanked the members and invited everyone & informed them that the 2024 convention is planned to be held in July in Philadelphia/Wilmington, PA

Meeting adjourned.

Dr. Vimal Sodhi's Bird's Eye View of MAMCOAANA 2023

The reunion started evening of Thursday July 27th. Registration process followed by getting situated in the rooms. Meet and greet at the Sheraton Station Square starting at 6 PM. Informal running into friends folks had not met for years. Beer and wine options with soft drinks. Nostalgic songs sung by volunteers who thought they were contributing to the wellbeing of entire gathering enjoyed by everyone. Accompanied by samosa chaat, rajmah chaawal and kathi rolls with chamcham as deserts. Nicely organized event. Went into close to midnight hours.

28th July starting with thought provoking CME addressing contemporary issues by speakers from USA , UK and elsewhere. Very informative and educational. Great job in organizing by Dr. Bharati Khurana. Very nice posters by younger generation representing the future of coming MAMCOAANA members. Boat cruise in the Pittsburgh river from 7pm onwards. Highly entertaining program organized by Monica Dua. Great amalgamation of retro and contemporary! Selection of Mr. and Ms. MAMCOAANA 2023. Great DJ music and liquids as well as snacks and dinner. Pure fun for close to four hours.

29 July with more cutting edge CME. Interesting topics with things happening. Excellent choice of topics. Great speakers. Mega kudos to Bharati Khurana and all of the speakers. Followed by a General Body Meeting to discuss the current situation of affairs and the future direction for MAMCOAANA over coming years. Things appear positive. The future is bright and leadership in good hands. This is largest ever gathering with over two hundred participants. The finale with gala event on July 29, 2023. Appropriately held in Reflections Hall on water front. Good time to meet and greet the friends. I met Hardev Parihar and his wife Jasvinder after good thirty plus years! Great couple.

Ending on a high note. Bhushan Pandya recognized for his tremendous contributions to our organization and Medical community!

So long till next year!

Dr. Maneesh Sinha gets in a poetic mood in the next two pages....*Current Head of Department of Urology, NU Hospitals, Bangalore, (MAMC Batch 1988)*

मैंने भी की थी MBBS
[Mमोहब्बत Bबड़ी Bभोली Sसी]

Anatomy hall में वो
करने आती थी Dissection
मैं तो जाता था, बस
करने उसके दर्शन।

Physiology के smoked drum
में बनती जो भी लकीर
मेरे मन को दिखती
बस उसी की तस्वीर।

Biochem ke cycles
मैं कभी रट ही नहीं पाया
क्योंकि उसके ख्यालों से
मन कभी हट ही नहीं पाया।

Forensic के निकम्मे Professors
लगे रहे किताबी कानून के पीछे।
वो रोज कल्ल करती गई
ठीक उनकी नाक के नीचे।

Pharmacokinetics के lecture में
प्यार के dynamics, में खोया रहता था रोज़
आज भी फिसल जाता हूँ, अगर कोई पूछ ले
दवा का सही नाम या dose।

Pathology के slides से
मैं क्या लड़ता जंग
Eosin hematoxylin में दिखते
उसके टुपट्टे के रंग।

जब Micro आने तक इश्क
हमेशा परास्त रहने लगा।
मैं बड़ा acidly उसे
Fast कहने लगा।

भगवान की दया और
Roll number की माया देखो
उसका नाम मेरे ही
Clinical batch में आया देखो

Medicine में जब auscultate करना सिखाया
तब मैंने तुरंत अपना सीना आगे बढ़ाया
लेकिन stethoscope उसने बगल वाले
खुशनसीब के दिल पर ही लगाया।

Obstetrics ward में, एक सौ चालीस
का fetal heart सुन कर वो घबराई
लेकिन मेरे non progeessing labour पर
उसे कभी दया नहीं आई।

जब laparotomy में झांकने के लिए
उसने डाला मेरे कंधे पर अपने हाथ का भार
कसम उस दिन की- दाहिना कंधा और surgery-
दोनों से हो गया प्यार।

Fundoscope मिलते ही
उसकी आंखों में झांकने की लालसा जगी
लेकिन Professor साहब को
यह बात अच्छी नहीं लगी।
अपना आंख बढ़ाकर बोले
"देखें Romeo, तुम्हें कितना opthal आता है।"
उनकी diabetic retina का दृश्य
मुझे आज भी सपनों में सताता है।

ENT posting थी बड़ी निराली
कानों में दिखी नई-नई सी बाली
नाक-नक्श वही तेज तर्रार
और मुलायम गले में, सोने का हार।

आखिर PSM posting bhi gaya nikal
वो रही preventive, मैं रहा social।
मुहब्बत mortality rate की चिंता
मुझ अकेले को ही थी केवल।

पांच साल बीत गए
एक भी Supplie लगे बिना,
तो मैं भगवान के मंदिर पहुंचा
चढ़ाने उनको दक्षिणा।

वो बांट रही थी distinction viva
crack करने की मिठाई
मैं दे रहा था उसे, दूर से ही
बहुत-बहुत हार्दिक बधाई।

मैंने मंदिर की घंटी बजाई
कुछ देर बाद उसने जब
वही घंटी बजाई,
मेरे मन में तो
सीधे बजी शहनाई।

गिनने लगा मैं फेरे सात
लेकिन उसकी गिनती के अलग थे खयालात
गिन गई वहां से नौ दो ग्यारह।
फिर कभी नहीं मिली दोबारा

लेकिन S1 और S2 गवाह हैं
कि दिल के एक कोने में
Smoked drum पर बनी तस्वीर
मद के रखता हूँ, सोने में।

पच्चीस साल बाद मुलाकात
(Written for our 25 year reunion)

पच्चीस सालों के असर में देखो
कितना होता है अंतर
उनके जुल्फ काले, घने
मेरे कुछ सफेद, बाकी छूमंतर।

चंद्रमुखी की तरक्की से
खुद चांद भी शरमाया
शोहरत का एक टुकड़ा, जनाब,
हमने भी कमाया!

लेकिन जब मुलाकात
की घड़ी पास आयी
मेरे मन में एक अजीब
घबराहट सी छायी।

जिसे मैं सोचता था
अनमोल सितारा,
उसके मन में मैं था
क्या वही लफंगा, आवारा?

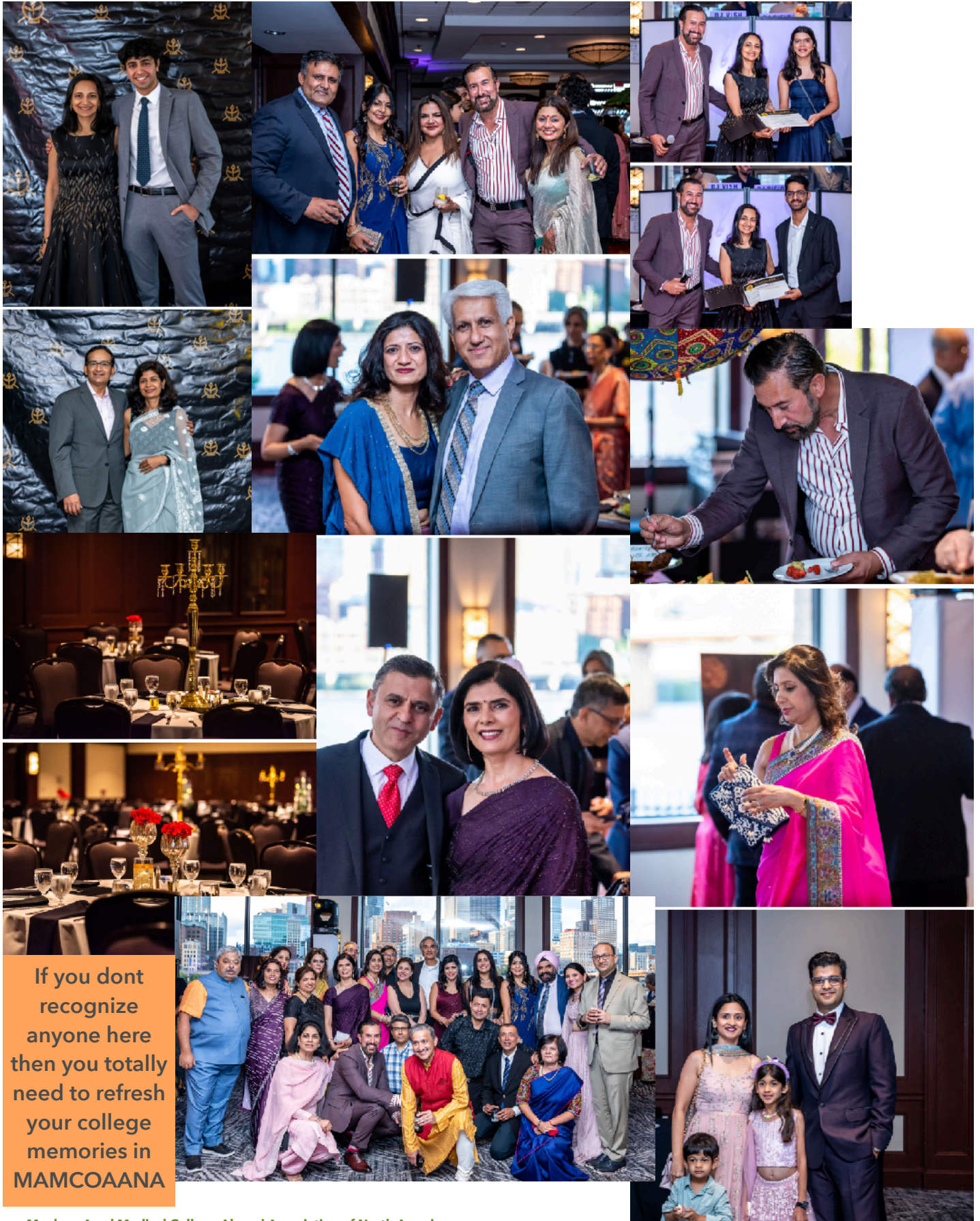
लेकिन ज़िन्दगी भी देखो
करता है कैसा मजाक
सच्चाई को बनाती है,
कल्पना से भी दर्दनाक।

जब उसने मुझे किया
एकदम अनजाना,
मैं ही, बेवकूफ, पूछ बैठा
अरे! मुझे नहीं पहचाना?!

वो पहले हिचकिचाई।
फिर बड़े जोर से मुस्कराई।
बोली, गलत नाम न ले लूँ
इस बात से मैं डरती थी
लेकिन अब याद आया।
कालेज में मैं, आपके,
बेटे के साथ पढ़ती थी।



On the boat cruise...
dinner, dancing,
being silly, eating...
and eating.... and
dancing.... and
dancing



If you dont
recognize
anyone here
then you totally
need to refresh
your college
memories in
MAMCOAANA

2024 MAMCOAANA again plans to welcome you to
Pennsylvania...but stay tuned for where in PA!

Dr Manish Garg's updates will be on mamcoaana.org