



SANDESH

The Voice of MAMCOAANA

Executive Committee

2025-2026

President

Ajay Rawal, MD

President Elect

Sanjiv Jain, MD

Immediate Past President

Nandita Gupta, MD

Secretary

Bobby Batra, MD

Treasurer

Vivek Mishra, MD

Joint Treasurer

Aashish Dua, MD

Standing Committee Chairs

Bylaws

Alok Maheshwari, MD

Continuing Medical Education

Indranil Chakraborty, MD

Membership

Ankur Puri, MD

Publications

Tarang Sharma, MD

Liaison

No appointee by EC for 2024-25

Convention

No appointee by EC for 2024-25

Members at Large (voting)

Bhushan Pandya MD, Nidhi Gupta

MD, Kumar Sujeet MD, Girish

Bathla MD

Honorary Members (nonvoting)

Webmaster

Nikhil Goyal, MD

Others

Puneet Kochar MD, Monica Kothari

MD, Alpna Chandra MD, Vikas

Khurana MD, Rajesh Malik MD,

Manish Garg MD, Randeep Suneja

MD, Sivkumar Raman MD, Vikas

Khurana MD, Vibhor Wadhwa MD

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Message From The President 2025-2026

MAMCOAANA has been the glue binding our alumni body in this adopted homeland for the past 4 decades. The strength of this organization is a testament to the vision and resilience of the senior members who have continuously nourished this community. Guided by the path shown by them and imbued with a deep sense of humility, I am honored to assume the role of President of MAMCOAANA for 2025-26.



One of my all time favorite quotes, by the composer Gustav Mahler, goes like this, 'Tradition is not the worship of ashes, but preservation of fire'. Applicable in so many walks of life, I read this as a call to uphold what has served us well in the past, while renewing things in the context of the present. Each year as we gather to share the memories that bind us, organizing teams in different cities give this tradition their distinct local flavor while preserving the core essence of this flame for the future.

In continuation of this 40-year-strong tradition, my wife Shivani (Seth GS Medical College/KEM, Mumbai, batch of 1991) and I (batch of 1989) are delighted to welcome you all to the next MAMCOAANA Annual Convention in Minneapolis on July 23-26, 2026.

Blessed with an abundance of freshwater lakes, Minneapolis gets its name from the Dakota word 'Mni' that connotes water and the Greek word 'Polis' meaning city. From its roots as the milling city by the mighty Mississippi when brands like Pillsbury and Gold Medal Flour became household names, the city is now the center of a robust, diversified economy and home to numerous Fortune 500 companies such as Target, 3M, United Health, General Mills, among several others.

Ranking at the very top for its accessible park system and an extensive array of trails, one can walk/run/bike seamlessly along the city's 12 lakes, riverfront, creeks and waterfalls. The Twin Cities metro (including the sister city of St. Paul) is well known for its thriving theaters, 4 professional sport teams, vibrant museums, and a dynamic restaurant scene, replete with microbreweries and small batch distilleries.

So, my dear fellow Maulanians and families, mark your calendars for July 23-26, 2026 as we welcome you to the 40th annual MAMCOAANA convention at Hotel Hilton in Minneapolis. Located in the heart of the downtown, the hotel is only a short walk/ride from restaurants, bars, theaters, museums, the riverfront and the city lakes. Links to register for the convention and reserve hotel rooms would be available in the upcoming weeks.

MAMCOAANA gets its strength from each and every of us. So let's get together again to renew our bonds, learn from our wide-ranging, thoughtfully designed CME program, share memories, and further the mission of this thriving organization.

See you all in Minneapolis!

Best,
Ajay

Editor's Inky Notes

Institutional Memory - that which ties associations and meetings and get togethers. It transcends friendships, rises above the mundane 'fun', 'gala', 'luxurious', 'exciting', 'mindblowing' and 'paisa vasool' adjectives. It is institutional memory that allows us to feel a bond despite the decades that may separate us all.

Every year MAMCOAANA collective comes together in person. Every year we publish a 'magazine'. 'Old fashioned' concepts when compared to cyber meetings and social media propagations. The fact that our magazine is not on paper any more was not a way to (cough!) 'modernize', it simply was born out of a necessity to stop return mails from old/defunct snail mail addresses that never got updated. So, yes, the magazine is an e-magazine... but in essence MAMCOAANA's pulse and heart is all about traditional face to face and touch meetings and get togethers.

Constancy gives a strange warmth, even if it is just a bubble. The yearly rhythm of having to create Sandesh gives me a familiar anxiety that I welcome and dread all at the same time! 'koi kuchh likho', 'koi kuchh bhejo', 'official photos de do', 'achcha hum random photos lagayenge, more natural', ... these and endless such ideas lead to another edition of Sandesh to chronicle 2024-2025 and anticipate 2025-2026. Enjoy!

- Tarang Sharma, MD



GBM minutes 2025 MAMCOAANA

General Body Meeting Minutes

MAMCOANNA Annual Convention

Date: July 19th, 2025

Location: Portland, Oregon

Meeting Called to Order: 1:10 PM

Total Attendees: 34

1. President's Report

Presented by: Dr. Nandita Gupta, Outgoing President

Dr. Gupta shared a "Year at a Glance" overview, highlighting some of the following milestones and initiatives:

- Membership Growth and Engagement:
 - Welcomed approximately 90 new Life Members
 - Increased participation through platforms:
 - WhatsApp: +50 members
 - LinkedIn: +150 new followers
- Convention Highlights:
 - 2025 convention was budget-neutral and saw strong international participation
 - Secured industry sponsorships
 - Broad alumni engagement across generations (from the 1960s to recent graduates)
 - Notable attendance from first-time participants
- Academic and Community Engagement:
 - Collaborated with Portland-based leaders to enhance conference visibility
 - Designed an educational arc from primary care to advanced research (CRISPR) under the guidance of Dr. Indranil Chakraborty and the CME Committee
 - Proposed expansion of mentorship initiatives for junior alumni
 - Integration of alumni talents for future conventions
- Governance and Advocacy:
 - Initiated bylaws revision and governance structure modernization
 - MAMCOANNA began the year with a \$4,000 donation to the Synapse Festival
 - Ongoing advocacy through the Peak Mind Initiative, with a pilot project involving MAMC students is currently underway; early results expected within two weeks.

2. Treasurer's Report

Presented by: Dr. Bhushan Pandya and Dr. Ajay Goel (Outgoing Treasurers).

- Bank Balance (American National Bank): \$130,158.22
- Annual Financial Summary:
 - Membership and registration collections: \$125,288.22
 - Convention registration: \$105,883
 - Convention expenses: \$28,500
 - Additional expenses: PO Box rental, website maintenance, insurance
- Reserve Account: \$335,000 (50% bonds, 50% growth instruments)
- MAMCOANNA remains a 501(c)(3) tax-exempt organization

3. Bylaws and Structural Updates

Presented by: Dr. Vivek Mishra

- Bylaws Revision is currently in progress:
 - Initiated by Dr. Bhushan Pandya and others. The current Bylaws Committee chair, Dr. Vivek Mishra, and other members have contributed to a comprehensive review and update of the bylaws.
 - Updates will be published on the website and put to a vote before the next GBM
- Proposed Structural Changes: Include, but not limited to the following:
 - Rename "Executive Committee (EC)" to Board of Directors
 - Clarify roles: "Members-at-Large" vs. "Regional Directors"
 - Bylaws Committee to streamline and codify roles and responsibilities

4. Election of the Executive Committee for 2025-2026:

Presided by: Dr Alok Maheshwari

Current Executive Committee 2024–2025 is as follows:

- President: Dr. Nandita Gupta
- Past President: Dr. Manish Garg
- President-Elect: Dr. Ajay Rawal
- Secretary: Dr. Bobby Batra
- Treasurers: Dr. Bhushan Pandya, Dr. Ajay Goel
- Standing Committee Chairs:
 - Bylaws: Dr. Vivek Mishra
 - CME: Dr. Indranil Chakraborty
 - Finance: Dr. Vivek Mishra, Dr. Aashish Dua
 - Membership: Dr. Alok Maheshwari
 - Publications: Dr. Tarang Sharma
- Members-at-Large (Voting): Dr. Ritu Munjal, Dr. Randeep Suneja, Dr. Vibhor Wadhwa, Dr. Nidhi Gupta
- Honorary Members (Non-Voting): Dr. Sivakumar Raman, Dr. Ankur Puri, Dr. Girish Bathla, Dr. Kumar Sujeet, Dr. Rajesh Malik, Dr. Vikas Khurana, Dr. Nikhil Goyal (Webmaster)

Several members of the General Body thanked the services of the outgoing members with cheers and applause. The following slate of officers for the Executive Committee 2025-26 was proposed and unanimously approved by the General Body.

Elected Executive Committee 2025-26:

- President Dr. Ajay Rawal
- Past president Dr. Nandita Gupta
- Treasurer Dr. Vivek Mishra
- Co-treasurer Dr. Aashish Dua
- President-elect Dr. Sanjiv Jain
- Secretary Dr. Bobby Batra
- Standing Committee Chairs:
 - Bylaws: Dr. Alok Maheshwari (chair). Members would include Dr Nandita Gupta and Dr Bhushan Pandya.
 - CME: Dr. Indranil Chakraborty
 - Finance Committee: Dr. Vivek Mishra (chair), Members include Dr. Ashish Dua.

- Membership: Dr. Ankur Puri
- Publications: Dr. Tarang Sharma
- Members at Large (voting): Dr. Bhushan Pandya, Dr. Girish Bathla, Dr. Kumar Sujeet, Dr. Nidhi Gupta
- Honorary Members (nonvoting): Dr. Puneet Kochar, Dr. Monica Kothari, Dr. Alpana Chandra, Dr. Sivakumar Raman, Dr. Rajesh Malik, Dr. Vikas Khurana, Dr. Vibhor Wadhwa, Dr. Manish Garg, Dr. Randeep Suneja, Dr. Nikhil Goyal (Webmaster)

5. Incoming President's Address

Delivered by: Dr. Ajay Rawal

Dr. Rawal expressed sincere gratitude and reflected on his first MAMCOANNA convention in 2015. He praised the exceptional efforts of Dr. Nandita Gupta and Dr. Saurabh Gupta and extended a warm invitation to the 2026 MAMCOANNA Convention in Minneapolis, Minnesota—the “City of Lakes.”

Quoting: “Tradition is not the worship of ashes. It is the preservation of fire.”

He emphasized the value each member brings to the community and encouraged ongoing engagement and family-like camaraderie.

Dates for 2026 convention will be finalized in the coming month.

6. Strategic Initiatives and Discussion Points

- Resident/Fellowship Pipeline:
 - Dr. Kartik mentioned reaching out to program directors to help connect with incoming residents/fellows and sustain organizational vitality for the next decade
- Match List Acknowledgment:
 - Special appreciation to Dr. Vibhor Wadhwa for maintaining and sharing the annual match list
- Scholarship Fund Initiative:
 - Dr. Ajay (1980 batch) discussed a new fundraising goal:
 - He suggested raising \$1 million in donations to support MAMC and students at MAMC, matched by \$2 million from an organization that he would arrange.
 - There was concern from the GBM that this requires careful due diligence and further detailed discussion internally before MAMCOANNA can consider such an initiative.
- Donations & Tax Compliance:
 - MAMCOANNA's 501(c)(3) status requires proper oversight for donations
 - Donations to the Foundation for Excellence (FFE) have reached \$250,000 to date (as informed by Dr Manish Garg).
 - Link to FFE to be posted on the MAMCOANNA website
 - The Membership Committee and President will continue to explore pathways to support MAMC students further.

7. Conclusion

- Attendance was Recorded total 34 attendees
- Meeting Adjourned at: 2:05 PM

Minutes compiled by Dr Bobby Batra

Message From The CME Chair

Dear Friends,

On behalf of the organizers of the Maulana Azad Medical College Alumni Association of North America (MAMCOAANA) 2025 annual convention, we want to welcome you all to the Continuing Medical Education (CME) Conference. First of all, we want to thank Dr. Nandita C. Gupta, President of MAMCOAANA 2025 Convention and the entire executive committee for organizing such a wonderful convention.

Our endeavor is to bring together eminent speakers and experts from all parts of the globe to talk about topics relevant to the current and future clinicians, physician leaders and researchers. Like past years, this year too, we are really lucky to have a wonderful panel of experts who will be speaking on a variety of topics. We are confident this will be appealing to a wide range of audience. We are also continuing the wonderful tradition of inviting young scientists from high schools and colleges to present their scientific research work in the form of posters during this meeting.

This year, we will also feature one keynote speaker from India who will speak on the journey of safe cardiac surgery over the past five decades. We will also have a non-CME scientific talk on crispr gene editing. We are delighted to have the eminent speakers amongst us and we are confident that we all can benefit from their knowledge and experience.

Here is hoping for a wonderful and successful 2025 MAMCOAANA Convention and CME Conference.

Sincerely Yours

Indranil Chakraborty MD FASA

Professor
Tenured Clinical Educator
Director, Division of Neuroanesthesiology Dept. of Anesthesiology
College of Medicine
University of Arkansas for Medical Sciences 4301 W Markham St, Slot # 515
Little Rock, Arkansas 72205. USA
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A Taste of the Future

Editor's Note: MAMCOAANA thrives because of its alumni, but the children of the alumni are no less enthusiastic and talented. Poster presentations by them have grown to have a life of their own. It is a proud moment for all maulanians to witness the knowledge, intelligence and participations of the young ones.

Non-CME Scientific Poster Sessions

Session: Friday, July 18th, 2025 Time: 08:00 AM to 12: 45 PM

Moderator: Indranil Chakraborty MD FASA

	Topic	Authors	Email
1.	Barriers To Establishing A Lung Cancer Screening Program In Semi-Urban WV	Rohan Puri	rohanxpuri@gmail.com ankurpuri@icloud.com
2.	A Multifaceted Presentation Of Coccidioidomycosis (Valley Fever): A Case Review	Sidak Kochar	kochar.sidak@icloud.com drpuneetkochar@gmail.com
3.	Leveraging Technology In Developing An Educational Tool To Learn Operative Burn Care	Vaanya Jain	doctor.arpana.jain@gmail.com
4.	Cystatin C Based eGFR In Spinal Injury Patients For Accurate Estimation Of Kidney Function In Spinal Injury Patients And Highlighting Inaccuracy Of Creatinine Based eGFR	Rohan Singh	kumar.sujeet@froedtert.com
5.	Spontaneous Regression Of Myxofibrosarcoma: A Case Report And Literature Review	Anushka Gupta	anushkacgupta@gmail.com
6.	A Diagnostic Illusion: Mullerian Carcinoma Presenting As Breast Cancer Metastasis	Rahul Mishra	rmishra@luminishealth.org

India
The atmosphere of so much joy
Seeing my family donating toys
A world wonder in front of my eyes
The tip high in the sky
The ice cold water of the Ganges chilling me to say bye
But one things in my heart
Bharat

Shivam Mohan Jhingan
(son of Ram Mohan Jhingan MD, Batch of 2000)

MAMCOAANA 2025 - In Photos

Candid shots... all shared as 'nothing-official-about it' whatsapp and what not already. But here are some of them, to go down in the 'history' books.

**Ajay Rawal**

यादें नई पुरानी

बीतें हैं बरस कई
किये सात समुंदर पार
हाथ में सूटकेस दो
भर यादें, सपने अपार

तीखा था दर्द शुरू में,
अब नयी माटी में जड़
नयी यादों की लताएँ
घेरें सपनों का घर

बन मीठी सी इक टीस
यादें पुरानी आतीं दुबारा
पर देतीं अब दिलासा
ना हूँ बँटा ना मैं अधूरा

छूटा है, तो है पाया भी
घर-घर के इस खेल में
है बनी पहचान अनूठी
यादों के इस मेल में

10:30 AM





Dr Puri and Singh giving 'aankhon-dekha-haal' for cricket - The Hurricanes and Avalanche teams sweating away as onlookers busied themselves with paani-puri and icecream.... to CME lectures... to wine tasting... to candid get togethers and 'khus phus' ... to bachcha brigade ruling the cute factor.... MAMCOAANA as always was a breath of fresh air!



Perspective of a Newly Retired Maulanian

On a long distance driving journey, you are excited in the beginning, enjoy the planning, the sights, the stops, the meals, but after some hours fatigue sets in, mind starts calculating how many more miles, how many hours to destination, thinking of a comfortable bed and a drink in your hand; retirement is something like that, always on the horizon when you are working, as your hair/beard changes from salt and pepper to salt/snow, questions start how many more years doc? From the nurses, paramedics, colleagues, patients, until realization comes all your colleagues, nurses are now your children's age, your experience and wisdom of little use in day of protocols and order sets, your tolerance of daily memos and courses to take to maintain your privileges no longer seems worth the effort; You have discussed it with your friends the retirees with endless golf and forever travels on their schedule, the joy of grandchildren and finally you call it a day and join the retirement fraternity.

There is a feeling of liberation, exhilaration, there is no substitute for binge watching your favorite show till 2am, sleep till 10, no work schedule, no listening to traffic reports, no rushing to get there at 6am, no sign outs, no memos, endless time for hobbies, gardening, tinkering, being available for friends, freedom to explore/enjoy.

Soon enough the days seem longer, it gets hard to avoid overhearing the long endless phone conversations of your wife with her girlfriends, her binge watching of 'Gilded age' and other girlie shows slightly annoying, as she finds my watching news shows and biographies depressing, you have less power over TV remote, she who waited for you to come home now waits for you to go anywhere; you go from position of power to unsure of your value in the household

In your idle hours you evaluate your past life, were you really that hot shot doctor, saving lives, who wrote 'ORDERS' for nurses to carry out, who told patients what to do/what not to. Did you really have an impact or you just churned the Diabetics, congestive heart failure, seizure disorders, copd/asthma, hypertensives, assorted GI complaints, I refilled their meds, countless hours and resources wasted on futile CPRs, kept patients alive so their heart beats could be seen on the monitor giving false reassurance to families, checked and rechecked wellness every few months, ordered expensive tests just so I can reassure the patient, did I ever really change the trajectory of their ailment;

It is common wisdom most illnesses have a natural course, a third of illnesses get better on their own, a third have no remedy just acceptance, we all exist for the last one third like appendicitis, abscesses, cuts, fractures and some others. Most of what we treat are from life style choices, the smoking, the drinking, the drugs, the eating of fatty, ultra processed food, the couch potatoes the obese, then they expect a pill, a shot, a gastric bypass to cure them, like going to church absolves people of their sins.

We have/had an exalted image of our selves in our own minds and the public that binges on medical TV shows and most of us are treated as mini celebrities in our families? We wind up creating mini me's by sending our children to medical school to be minions just like us and the cycle continues.

- Amarjit Singh MD (MAMC joining 1971)

Credential Verification and More...A Journey

Supporting Our Graduates

One of the greatest strengths of our alumni family is the way we lift each other up as we pursue careers around the world. Whether it's applying for residencies, advanced degrees, or professional opportunities abroad, our graduates deserve a process that is smooth, reliable, and supportive.

For many years, credential verification was a major hurdle. Alumni often had to depend on family back home—or even make the trip themselves—to get the paperwork done. During my term as President of MAMCOAANA, we recognized this challenge and worked with the Dean's office to bring change. Together, we helped build a streamlined online system that has made the entire process faster and more dependable.

Back in 2010, the college began digitizing new graduate records, while older ones were still tucked away in a warehouse. By serving as a bridge between ECFMG and the college, we were able to move toward an online process that eliminated paper applications and long mailing delays. By providing a dedicated staff and to the Dean then and now with faculty oversight, this system continues to serve alumni efficiently to this day.

What this means for us:

- No more waiting months for verification.
- A stronger bond between MAMC and its graduates, wherever they are.

ECFMG Certification for Indian Graduates

In 2017, while serving as Chair of the AMA International Medical Graduates Governing Council, I learned that graduates from India would no longer be certified by ECFMG unless their medical schools were accredited by the World Federation of Medical Education (WFME). This posed a real threat to future generations of physicians from India.

I led the effort, with colleagues to bring ECFMG, WFME, and India's National Medical Commission (NMC) together. In 2023, the NMC stepped forward to take on WFME accreditation surveys, and I'm proud to share that MAMC was among the very first colleges to be successfully surveyed.

What this means for us:

- Our graduates are recognized and certified internationally.
- Doors remain open for the next generation of MAMC physicians to get ECFMG certification.

Provisional Licensure for Internationally Trained Physicians

Across the United States, physician shortages have led many states to create new pathways for Internationally Trained Physicians (ITPs). These provisional licenses will allow qualified physicians to begin serving patients without first completing an ACGME residency.

I was fortunate to provide input as ECFMG, FSMB, and ACGME developed national guidelines for this process. Now, the American Board of Medical Specialties (ABMS) is exploring ways to help these physicians eventually qualify for board certification which is required by many Health systems and payors. As part of the ABMS task force on the additional pathway to licensure for ITPs, I am honored to contribute to shaping these opportunities.

What this means for us:

- A chance for internationally trained doctors to contribute more quickly to U.S. healthcare.
- A pathway for recognition and growth in their chosen specialties.

Looking Ahead

As MAMCOAANA alumni, we share a legacy of excellence and service. Together, we are building professional pathways, mentoring one another, and ensuring that every graduate feels the strength of this community behind them.

It has been my privilege to serve, and I invite each of you to stay engaged, share your expertise, and continue to grow our beloved organization.

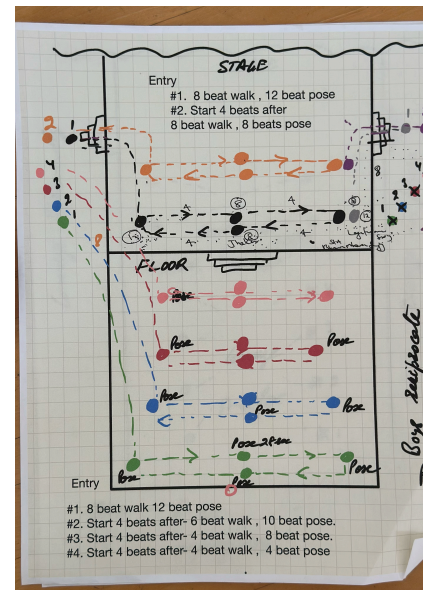
*With gratitude,
Bhushan H. Pandya, MD, FACP*

A Labor of Love

I (yes, me, the 'editor-in-chief' aka licensed to write) watched, intrigued, as Mini went about opening her 'notes' for the MAMCOAANA fashion show. Those notes looked no less than ear marked and color coded prof cheat codes, and her focus looked equally intense.

I knew that there was this buzz about MAMCOAANA cricket, with its jerseys and caps, and discussions about odd and even teams and betting and sly head hunting....and then some about this Fashion Show.... 'aa ab laut chalein' types... 'hum young hain ya nahin, hausla amar hai'... ityadi ityadi...but this intimating 'Pothi' for a fashion show??? I am not kidding, it was a fat sheaf of papers to memorize, and I started turning the pages curiously.

This is what I found... or some of it...



Effort... Imagination... Organization

We all clap for our home grown batch mates and shout and hoot for them, but little do we think how much time it takes to pull something together when everyone is in different cities and states and drowning in work and home responsibilities every day. And this is just one of the events in a series of events in MAMCOAANA! ... I had all these noble thoughts flash by in my mind... that too for a fashion show, that everyone generally associates with just ... gloss.

This surely was a work of a passionate mastermind in action, and your editor/sleuth/journalist found the one behind this one... Shikhar Soni MD .. from the joining batch of 1992. Not much sleuthing was required actually, since his name was announced during the show, and we all saw the man's true aura as everyone practiced into the wee hours of the night... cutely 'scared' ...not wanting to offend the one who put all this mehnat into the project!

And then, there were the photos! The glamor shots if you will... the doctors who oozed confidence, elegance, style... and just a bit of edginess...



If I seem to be in awe... I am!

I saw where these pictures were taken... in a nondescript balcony of the hotel we had the convention in...but the attitude, and the style that dripped from the photos and the fashion show that day... totally to die for!

Uh.. no... there is no more reporting and no more glamor shots... they exist... but for a proper dose Sandesh can never be enough... come one come all to....



40th MAMCOAANA Annual Convention



Hotel Hilton, 1001 Marquette Ave, Minneapolis, MN
July 23rd-26th, 2026

Program at a Glance

Thursday, July 23	7:00 PM – 11:00 PM	Gup-shup ki Shaam: Informal meet and greet/open mic at Symphony Ballroom, Hilton
Friday, July 24	8:00 AM - 12:00 PM	CME Session and Poster Presentation: Salon E, Hilton
	6:30 PM – 11:00 PM	Down Memory Lane: A nostalgic journey with dinner and entertainment at the historic Minneapolis Grain Exchange
Saturday, July 25	8:00 AM - 12:00 PM	CME Session: Salon E, Hilton
	12:00 PM – 1:00 PM	General Body Meeting
Sunday, July 26	6:30 PM – 12:00 AM	Gala Dinner: Glitz and glamor galore at Salons E, F and G, Hilton
	7:30 AM – 11:00 AM	Breakfast and bye-byes

Concurrent activities

July 24 and July 25, pre-CME warm-ups (6:30 AM - 7:00 AM): Yoga/Walk by the Mississippi, Gold Medal Park, Minneapolis

July 24 and July 25 mornings (10:00 AM - 12 Noon): Dance workshop for and by kids of MAMCOAANA