



GPA Pune's Newsletter

Regd. No. MH446/2009/PUNE

# Family Physician

June-July 2020

30th Year



**Aude Sapere**  
Journey From Knowledge  
Towards Wisdom'

#### **PRESIDENT**

Dr. Rupa Agarwal  
M.: 98226 44886

#### **HON. SECRETARIES**

Dr. Shriram Joshi  
M.: 98900 84567  
Dr. Santosh Khedkar  
M.: 98901 55248

#### **EDITOR**

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M.: 9822399792  
Dr. Santosh Gosavi  
M.: 9822745997

#### **CO-EDITOR**

Dr. Madhuri Pawar  
Dr. Sharmila Shinde

## **PROGRAMMES**

**GPA State Level  
Online Chess Tournament**

**30th August 2020 Sunday**

An attractive trophy for Winner & Runner-up &  
GPA State level participation Certificate

**Entry fee Rs 100/-**

**Dr. Ajinkya Tapkir**  
9730004694

**Dr Siddhi Ponshe/Dalal**  
9405515551

## GPA New Office Bearer's Installation Ceremony





## GPA Office Bearers

### President

Dr. Rupa Agarwal  
98226 44886

### Vice President

Dr. Shivaji Kolhe  
98227 57377

### Hon. Treasurer

Dr. Haribhau Sonawane  
94220 37393

### Hon. Secretaries

Dr. Shriram Joshi  
98226 44886  
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98901 55248

### Hon. Jt. Secretaries

Dr. Sunil Bhujbal  
94230 52081  
Dr. Suhas Diwakar  
90110 31262

### Imm. Past President

Dr. Sangita Khenat  
99212 69414

## Invitation

### Scientific study circle lecture

**Dr Hansmukh Gujar**  
**Dr Varsha Jagtap**  
**Dr Hrishikesh Badve**  
**Dr Sonali Bhojane**

### GPA Gauri-Ganapati Celebration

GPA has organised Online SHOWCASE of Gauri-Ganapati Celebration. To share the Details

**Sat 22nd - Thursday 27th August 2020**

- All enthusiastic GPA members are welcome to post their Ganesh Decoration
- Maharashtrian attire along with 'Nath' with their Ganesh in the background.
- Those Priyadarshinis interested in sharing their 30seconds video recording of Ganesh Aarti for an 'AARTI COLLAGE VIDEO' pls contact coordinators.
- Those who want to participate in Gauri-Ganapati Decoration competition, will have to make a 2 min video recording n share it with coordinators. (Vedio should include participants too)
- Ukhana to feel pride of your spouse, recording only with Maharashtrian attire (open for male& female) we'll also plan an online UKHANA SESSION next Saturday, during 'FUNTIME ZOOMOTSAV'

**All photos n videos should be submitted by Thursday 27th evening.**

For ENROLLING any query, pls write to or contact Coordinator

**Dr Meena Parekh** 9822781531 **Dr Kavita Gujar** 9175975126 **Dr Deepa Darak** 8149125926 **Dr Meenal Pawar** 9860680955

#### ❖ Best wishes from ❖

GPA President **Dr Rupa Agarwal**  
Priyadarshani Honorary Chairman **Dr Madhuri Zankar**  
Co Chairman **Dr Bhagyashree Munot**  
Secretaries **Dr Vidyulata Doshi / Dr Prerna Barve**  
Jt secretary **Dr Anupama Gaikwad**

GPA Secretaries **Dr Shriram Joshi/ Dr Santosh Khedkar**  
Priyadarshani Chairman **Dr Manasi Pawar**

## माणसं मनातली

### डॉ. आसावरी पाटील

मोगान्यच फुल ओंजळीत घेतल की त्याचा गंध मनाला, शरीराला प्रसन्न करून जातो. माणसांचं देखील असच असतं. काही माणस काही क्षणात मनाला खूप आवडतात, आपली होऊन जातात. तर काही कितीही सहवासात राहिली तरी त्यांची आतून ओढ नसतेच.

अशीच ऐक माझ्या मनात घर केलेली व्यक्ती म्हणजे डॉ रूपा अगरवाल. जी पी ए च्या सेक्रेटरी पदावर असताना झालेली माझी ओळख आज रूपा जी पी ए च्या प्रेसिडेंट पदावर विभूषित झालेली पाहतेय. रूपा सेक्रेटरी असताना बॅडमिंटन स्पर्धेचे आयोजन करताना तळजाई बॅडमिंटन ग्राउंड वर प्रत्येकाला किटली तून चहा घेऊन येऊन आग्रहाने चहा देत होती. प्रत्येक खेळाडूचे बोलताना आपलेपणाने विचारपूस, खेळाबद्दलचे कौतुक करत होती. आम्ही तिला चाय वाली अस चिडवल देखील. पण ती हसून काम करत राहिली. एवढेच काय रिकामे झालेले कप देखील गोळा करून ऐका जागी जमा केले तिने. प्रसंग छोट्याच होता पण मनात घर करून राहिली तिची ती निगर्बी, मायाळू छबी. नंतर अनेक प्रसंगांतून अनेक वेळा अनेक रूपात भेटत गेली ती. प्रत्येक रूप वेगळे, विराट आणि विशाल वाटले. मी गमतीने तिला म्हणते देखील 'रूपा तेरे कितने रूप'.

कोणताही कॉन्फरन्स असो की CME तीची बौद्धिक चमक दिसून येतेच. इंग्लिश असो की मराठी वक्तृत्व समोरच्याचे लक्ष वेधून घेणारे. बोलण्यात नम्र आणि आर्जव भरपूर. जितकी नम्र तितकीच करारी देखील.

कामाच्या बाबतीत म्हणाल तर Mrs perfectionist आणि वेळे बाबतीत काटेकोर Very punctual. ज्यांनी रूपा सोबत काम केलेय त्यांना निश्चितच याचा प्रत्यय आला असेलच. मला राहून राहून याच आश्चर्य वाटत आलेलं आहे की कसं जमत हिला ऐवढ सगळ करून वेळेवर येणं. रूपा आणि मुक्ता. मुक्ता charitable che kam pahile ki Rupa kharya अर्थाने कळते. मागे अशाच ऐका कार्यक्रमानिमित्त रूपा ची ओळख करून देण्याची माझ्यावर वेळ आली. तिचा भारदस्त CV मी वाचला आणि अवाक झाले. कितीतरी नवीन गोष्टी ही करते ते मला त्या दिवशी समजले.

एखादा विषय म्हणतात ना कोळून पिलाय. तसे तिचे HIV संदर्भात म्हणता येईल. ती करत असलेलं कार्य. एड्सग्रत रुग्णाची करत असलेली सेवा, त्यांचे उपचार ते त्यांचे पुनर्वसन पर्यंत हे सगळं पाहिलं की कडक सल्यूट ठोकावा असे वाटते. Hatts off. त्या रूग्णांचे वेगवेगळे अनुभव ऐकले की रोमांच उभे राहतात. कधी कधी समाज लोकांचा राग येतो. असं कसं वागू शकतात हे लोक पण ती

काम करत राहते निष्ठेने आणि जबाबदारीने. जणू काही ही बिघडले नाही असे वागत किंबहुना पुन्हा नवीन जोशाने अश्या अनेक प्रसंगांतून अनेक कुटुंबांना सावरायला सज्ज.

मुळातच हा रोग होऊ नये म्हणून, व्यसमुक्तीसाठी सुध्दा ऐक लढा उभा केलाय रूपा ने. तिची तळमळ, तिची धडपड दिसते त्या मागची. तरीही कोणताच मोबदला नव्हे साधं कौतुक सुध्दा न करून घेता ही चालत राहते चालत राहते पुन्हा पुन्हा लढा द्यायला. जो पर्यंत समाजातून या गोष्टी हद्दपार होत नाहीत तो पर्यंत.

एक व्रतस्त, भिडस्त व्यक्ती दिसते तुझ्यात रूपा. मुक्ताचे डोंगरा येवढे काम असताना सुध्दा जीपीएची धुरा ही तितक्याच तन्मयतेने पहिली. जीपीए ची ट्रीप असो की वारी, कॅम्प असो की कल्चरल प्रोग्रॅम तीचे अस्तीत्व प्रखरतेने जाणवते. तू म्हटलेली संपूर्ण पाठ असलेली गाणी, प्रत्येकाशी मारलेल्या मनमोकळ्या गप्पा, तू केलेला ग्रेस फुल डान्स, तू ऑफिस स्टाफची सुध्दा घेतलेली काळजी हे सर्व जाणवत. पण तुझ्या नम्रतेने ते समोरच्याला कधीच ओझ वाटत नाही.

तुझी अभ्यासू वृत्ती, समोरच्या सुध्दा प्रेरित करत राहते. प्रत्येक भेटीत एक परीस स्पर्श मिळतो. एक नवीन उभारी, नवीन ऊर्जा घेऊन नाहीतरी आयुष्य भर जपून ठेवावेत असे अमूल्य क्षण घेऊन जातो आम्ही. शेवटी काय तर आपण माणसाच्या स्वभावाच्या प्रेमात असतो. स्वभावात गोडवा, शालीनता व नम्रता असली तर तो माणूस सर्वांना हवाहवासा वाटतो.

असं माणूस भेटले की ते जोडाव आणि जपावं. मनाच्या अन्तर कुपीत. आज जीपीएच्या अध्यक्षपदाचा पदभार ही देखील आव्हानातमक परिस्थिती आहे. कोरोना आणि लॉकडाऊनमुळे सगळं अनिश्चित असताना देखील ज्या प्रकारे तू हे सर्व सांभाळत आहेस ते वाखाणण्यासारखे आहे. अनेक उपक्रम यशस्वी रित्या राबविण्याचा तुझा मानस होता. आहे.

किततीही विपरीत परिस्थिती आली तरी तू ते करशील हा विश्वास आहे. तुझे अध्यक्षपदासाठी मनापासून अभिनंदन ! तुला व सर्व टिमला शुभेच्छा !

एखादा विषय म्हणतात ना कोळून पिलाय. तसे तिचे HIV संदर्भात म्हणता येईल. ती करत असलेलं कार्य. एड्सग्रत रुग्णाची करत असलेली सेवा, त्यांचे उपचार ते त्यांचे पुनर्वसन पर्यंत हे सगळं पाहिलं की कडक सल्यूट ठोकावा असे वाटते. Hatts off. त्या रूग्णांचे वेगवेगळे अनुभव ऐकले की रोमांच उभे राहतात. कधी कधी समाज लोकांचा राग येतो. असं कसं वागू शकतात हे लोक पण ती



## From the President's Desk..

**Dr. Rupa Agarwal**

9822644886

### **Namaste all!**

I welcome all my friends and colleagues to first edition of our newsletter for year 2020. As GPA President I genuinely appreciate all our medical authorities along with all the para-medical staff who have accepted the challenge of Standing out of the Crowd during CORONA Pandemic situation. This 'Daring out' phenomenon really makes us special. And so is the **THEME of GPA this year, AUDE SAPERE: Dare to be wise!** A journey from knowledge to acquire wisdom is different, difficult and special. Knowledge we can get from external resources, books, attending CMEs Webinars etc but the 'wisdom' can be acquired only and only by self practice, so wisdom comes from within. One needs to have a focused and peaceful mind to be able to listen to that inner talk, to tune into you. Today's CORONA situation, though difficult but it's one of the experience that's giving us opportunity to internalize, introspect, learn and change. **Change: the only constant phenomena of Nature.**

In the next page I've compiled all the information that we can display in our clinic for our patient's and visitors awareness.

### **Post Lock-Down Guidelines to Survive with Corona Around us in Society**

There was a huge emphases of Social Distancing; Wearing of mask and Hand washing or use of sanitizer in the initial period of India being exposed to NOVEL CORONA PANDEMIC which seems to be reminded to all of us when we are completing stages of releasing Lockdown. People have started coming out of their houses as if released from jails. The epidemiologists are expecting a huge wave of infections and deaths due to this behavior.

As a family doctor here we want to prepare our society to POSITIVELY PREPARE TO SURVIVE WITH CORONA CASES AROUND. **So is the theme of GPA this year, 'Aude Sapere' Dare to be wise.** I'm saying positively because there is a hope of developing Herd Immunity towards this infection which can protect us as well as will help in breaking further future transmissions of COVID -19 to newer uninfected population of society. I'll like to make an appeal to all my doctor colleagues below age of 60

and/or are free from any major co-morbidity to start their practice with complete universal care.

While we are talking about CORONA, first let's understand what **Herd Immunity** is.

By definition "Herd immunity is the phenomenon of indirect protection from infectious disease that occurs when a large percentage of a population has become immune to an infection, either through previous infections or vaccination, thereby providing a measure of protection for individuals who are not immune." The greater the share of immune individuals in a community, the smaller the probability that susceptible individuals will come into contact with an infectious individual, helping to shield non immune individuals from infection. A very satisfying concept but according to the calculation of epidemiologists, the 70 immune people will shield the remaining susceptible 30 from Covid infection. So again it's a long way to go. Therefore we as medical family physicians want our society to understand **Basic Fundamental Law of Protection.** It says, 'Consider everyone around you as Covid positive and you've to protect yourself from it. Also think as if you are one asymptomatic carrier of Covid infection to society, so it's your responsibility to not to let it spread it from you to others.

**To suggest certain guidelines for our society to bring into action:**

#### **Guidelines for change into basic Life-style:**

- a) Social distancing
- b) Mask whenever outside house even if asymptomatic
- c) Hand Hygiene (Washing minimum 30- 40 seconds, and use of sanitizer)
- d) Avoid going out unless not necessary, avoid frequent In& Out pattern Complete possible works in one visit only

#### **Guidelines when you will start job/work after lockdown**

- a) Whenever possible choose Work from Home' option





- b) Try doing your work yourself instead of relying on cleaning assistant/ food serving etc
- c) Social distancing, Hand Hygiene and use of mask is a MUST
- d) Do not lower the mask in between to talk to colleague or to have tea/coffee, instead remove it with clean hands while eating and keep inside a drawer on a tissue keeping frontal side on tissue
- e) At work place use of stairs instead of lifts, social distancing needs to be focused
- f) Habit of cleaning/ disinfecting your sitting pace, table, door & drawer knobs regularly
- g) Instead of AC, prefer open window for ventilation of fresh air
- h) Bring lunch from home, avoiding sharing of food/water/ stationery
- i) No handshake in greeting, touching elbow or Namaste is the Best!
- j) No turning pages/counting money with saliva wet finger
- k) No spitting, Respiratory etiquettes of sneezing & coughing are MUST to follow

- l) Avoid wearing rings, watch/ bracelets in hands to prevent sources of contamination

### **After returning home:**

- a) Footwear outside the house, Bag etc at the door step
- b) Bath is the best, if not possible Washing exposed body parts with soap & water
- c) Change of clothes is necessary (keep one set of clothes ready before leaving house)
- d) Disinfection of your bag/purse, keys, office bag, grocery bag etc with suitable disinfectant

Last but important, check yourself regularly for **Covid related symptoms** as Fever, Sore throat, dry cough, loss of smell, breathlessness or chest pain/heaviness and breathlessness when examined SpO2 (Oxygen saturation capacity of blood in our body) is reduced below 94%. If any of the alarming change noticed, don't forget to consult your doctor immediately.

**Stay Safe from Corona, not from relations and responsibilities!**

**Dr Rupa Agarwal**  
President GPA 2020-2021

## PRIYADARSHINI OFFICE BEARERS TEAM



**Rupa Agarwal**  
President GPA  
(2020-21)



**Madhuri Zankar**  
Honorary Chairman



**Manasi Pawar**  
Chairman



**Bhagyashree Munot**  
Co-Chairman



**Vidylata Joshi**  
Secretary



**Prerna Barve**  
Secretary



**Anupama Gaikwad**  
Jt. Secretary

## Editorial...

**Dr. Santosh Gosavi**

9822745997

### Positive impact of COVID-19

Dear Friends,

Welcome to my first editorial article. In this COVID pandemic, I observed some positive impact on our lives.

#### 1. Rejuvenating Relationships

We all have been so busy living the 'life,' many of us have lost those real, genuine moments we have with our loved ones. It could have been the busy schedules, running around to make ends meet, & rushing to be in urgent meetings.

Sure, maybe you were lucky enough to go for family vacations every now & then. But even then, didn't you dread those pending files waiting at your workstation?

Now, the COVID-19 situation has positively impacted the way we emote and maintain relationships. We got to spend our time with our family and plan our work better. This actually helping us to build a better future for both our work and family.

As life slowed down, we have found ways to stay connected with people, even if it's virtually. Reconnect with our loved ones and retrospect.

#### 2. Health and Hygiene Habits

Being hygienic is no longer just a good habit, but the very skill you need for survival.

Times have changed, and people are now aware of how important it is to keep yourself clean. Man is social animal, we like social gathering and connect with each other. That's not going to change, and that's something we cannot change. But these recent times have made us all aware of how to do that more hygienically.

From shaking hands to Namaste, we all have had a lifestyle change for the good. We're going to remember to cover our mouths when we cough, to sanitize our hands after touching anything else because we know what can

happen if we don't.

#### 3. Innovative Ideas

This quarantine welcomes ideas, hacks, tips, & tricks to beat the lockdowns & help our communities. We revisited our hobbies, in door games, old serials, books, recipes and gardening.

Finding creative ways to not let the boredom of four walls get us is the newest trend and rightfully so!

#### 4. E-Education

The pandemic had posed a threat to the whole education system. Schools, universities, and colleges have been shut down. Yes, it is saddening but have you looked at the brighter side yet? Educational Institutions have found a way to overcome this immensely challenging series of events. Classes have begun again, thanks to technology.

Online classes have become the new norm for educational institutions and it has come with a few benefits too. Institutions can now save on the infrastructural costs and as a result, the students needn't bear the brunt of the costs, making it more affordable. Moreover, parents will get first-hand knowledge about how classes are taught and can directly understand how their child perceives concepts. As the online education system grows, we can expect an increase in the reach and accessibility of education within every section of the society.

#### 5. Boosting localism

Up until the beginning of 2020, it was all about internationalization and globalization of businesses. Right now, it's all about staying home, inquiring about the health of our neighbours, leaving home only to buy locally and boosting the local community.





This lockdown has inspired family-time and local-time among the millions of citizens living in the metros of the country. While people are rarely leaving their homes, if at all, they are spending more time on streaming platforms, playing board games with their family and spending quality time with their kids.

### 6. Environment Effect

Greenhouse gas emissions and pollution levels across the country have fallen significantly. Half a year ago Delhi was gasping for a breath of fresh air saw “positively alpine” air quality a couple of days ago. Delhi is currently enjoying one of the lowest air pollution levels seen in the past decade or longer. The same is true for other metropolitan cities like Pune, Bangalore, Mumbai and Kolkata.

Apart from sighting the occasional leopard on the streets of quasi-urban Maharashtra and spotting flocks of flamingos in Navi Mumbai, other wildlife including that of mountain goats,

bison, wild cats, fishing cats, civets and birds. Migratory birds are returning to lakes and water bodies they had once abandoned due to heavy pollution and human intervention.

Nature is healing while people restrict their movement outdoors and vehicles retreat to garages and depots.

Every coin has two faces. With bad comes the good, and these are some of the predictions that I think would stick and become the norm. Countries everywhere are still fighting this pandemic, and we sure are going to overcome this.

We're a race of survivors, and we're going to win this too. I agree the battle is hard & long. But let's look forward and focus on the brighter side for all we have through these difficult times are these & nothing else.

Stay physically distant but socially connected. Please take care & be safe.

## Welcome New Members in GPA Family

### Life member

Leena Bhonde	9823073170
Dr Vaibhav Phatangare	8446650711
Dr Ajinkya Tapkir	9730004694

### Annual Member

Jayant Landge	9850109977
Pradnya Kulkarni	9822188450
Rahul Gajare	9890506779
Varhsa Gajare	9730495520
Varsha Raikunatiwar	9766229206
Sarika Bhujbal	9970570526
Shradha Shalgar	9028008215
Archana Chaughule	8329791312
Manasi Phahade	9822209943
Arundhati Sonawane	9158880211
Deepa Darak	8149125926
Sidhhi Ponskhe	9405515551



## Know Your President

**Pradnya Kulkarni**

98221 88450

A friend of about 25 years to introduce to others as the president of an esteemed organisation like GPA is such a fortunate opportunity.....Well to have such a friend in itself feels so lucky....Miss.Rupa Bansal to Dr.Mrs Rupa Agarwal GPA President 2020 is a wonderful journey of my dear friend Rupa.Its a beautiful metamorphosis of a young timid girl to a mature and dynamic lady.....

She passed her BHMS from DSHMC Pune in 1997 the first doctor in her family ...got married immediately to Manoj.Agarwal a M.Tech IIT Pawai and shifted for a couple of years to US....became a mother of 2 lovely daughters and returned back to Pune with a CCH Certified Classical Homoeopathy and RS Hom from NASH degree from US .In 2005 completed the ART management through CHART Ruby Hall Pune and further added a certificate course in ART from John Hopkins University USA in 2006.Simultaneously started her private general practise at Maitri Clinic Dattawadi Pune.

These were her few academic achievements but basically Rupa being an empathetic and socially responsible person she could not be content by this alone....she got associated with a group of like minded people and became a trustee founder member of MUKTA CHARITABLE FOUNDATION Pune....till date she dedicatedly works for MUKTA through their various projects.She is the project head of the ANKUR project which deals with HIV Positive and children of HIV positive parents. Rupa also heads the Shaala ..beyond books and Addiction Awareness programme organised through MCF which covers life skills awareness and education of adolescent children at various schools and colleges .Under her guidance almost more than 12000 children have been benefitted through numerous workshops.

Rupa is associated with the GPA since 2007 being the VP GPA Core Committee since 2008. An extremely active and enthusiastic member in all the activities of the organisation like academic CMEs workshops etc.... Not only is she academically interested



but she does she show her enthusiasm in non academic activities like marathons various sports and fitness related competitions cultural programmes especially dance which is her inner passion etc.

Well ...as a friend since years she has been very loyal faithful understanding to each and every one of us in our group of friends...always energetic and lively member of the group.Inspite of being extremely busy with her various responsibilities she never misses any opportunity for our get together.....a kind and genuine soft spoken friend always....

A spiritually aligned person at heart Rupa is a regular practitioner of Heartfulness Meditation. No wonder she is able to balance her professional personal and social life with such beauty .Ofcourse with complete support of her husband and family needless to be mentioned.

2020 President of GPA was supposed to be an extremely power packed year for her and she was preparing to make it extremely fruitful on all grounds. Even with the terrible CORONA epidemic to be dealt with at all levels it did not stop her from carrying out various activities to whatever possible best of her abilities. May GOD give her all strength to carry out whatever she wishes to contribute to the society throughout her entire life. Proud to have a friend like her.....

## Hon. Secretary's Report

**Dr. Shiram Joshi**

98226 44886

मी डॉ. श्रीराम जोशी, जीपीए सचिव या नात्याने आपल्या सर्वांचे या अंकामध्ये स्वागत करतो.

या वर्षाची आपली ही नाविष्यपूर्ण वातावरणामध्ये पहिलीच भेट होत आहे. मी अशी आशा व्यक्त करतो की, आपण आपले कुटूंबीय या कोरोनाच्या संसर्गजन्य साथीमध्ये आरोग्यदायी असावे आपण सर्वांनी आपली व आपल्या कुटूंबाची प्रथम काळजी घेणे हे आपले आद्य कर्तव्य आहे.

साल २०२०-२१ साठी माझी जीपीए सचिव म्हणून नेमणूक झाली त्या करता मी प्रथम जीपीए च्या कार्यकारी मंडळाचे आभार व्यक्त करतो. त्यांनी माझ्यावरती विश्वास दाखवला. त्यास पात्र होण्याचा मनःपूर्वक प्रयत्न करेल ह्याची आपणास खात्री देतो.

या सर्व वातावरणामध्ये सर्वांची जीवनशैली बदललेली आहे असे काही आपणास अनुभवास लागेल. ह्याची आपण स्वप्नामध्ये दखल घेतली नसती. पण आता आहे त्या परिस्थितीला सामोरे जाणे आपणास भाग आहे.

ह्या वर्षी पदाधिकार्यांनी पदभार स्विकारला तेव्हा आपल्या सर्वांच्या साक्षीने व आर्शावादाने तसेच ऑफीस मधील चार लोकांच्या उपस्थितीमध्ये श्रीगणेश व धन्वंतरी यांचे पुजन केले.

ह्या तीन महिन्यांमध्ये डॉ. अमित द्रविड यांचे कोरोनावर ऑनलाईन व्याख्यान आयोजित केले होते. तसेच डॉ. मइद तसेच डॉ. ईश्वर झंवर यांची अतिशय ज्ञानवर्धक व्याख्याने आपण ऑनलाईन सादर केले. त्याला खुप चांगला प्रतिसाद मिळाला तसेच मिसेस. तळवळकर आर्थिक नियोजनाबद्दलचे विचार आपण सगळ्यांनी ऐकले. आपल्या प्रियदर्शींनी ग्रुप तर्फे एक कुकिंगचाही ऑनलाईन कार्यक्रम आयोजित केला होता. या सर्व कार्यक्रमासाठी अध्यक्ष डॉ. रूपा अगरवाल तसेच समितीचे अरमन डॉ. प्रविण दरक, डॉ. प्रकाश महाजन ह्यांचे बहुमूल्य मार्गदर्शन लाभले. ह्या काळामध्ये विविध कमिटीच्या सभा होऊन प्राथमिक स्वरूपात कामाचा आढावा घेतला गेला.

दि.२१/०६/२०२० रोजी जी.पी.ए. आणि सर्व संलग्न असोसिएशन तर्फे रक्तदानाचा कार्यक्रम घेण्यात आला. त्यासाठी डॉ. प्रवीण दरक यांनी मोलाचे सहकार्य केले. सदर कार्यक्रमात

पुण्याचे महापौर मुरलीधर मोहळ हे प्रमुख पाहुणे म्हणून उपस्थित होते. स्थानिक नगरसेवक वर्षा तापकीर या पण या कार्यक्रमात उपस्थित होत्या. सदर कार्यक्रम लक्ष्मीनगर सभागृहामध्ये झाला त्याला चांगला प्रतिसाद मिळाला.



दिनांक १२.७.२०२० रोजी GPA चा डॉक्टर डे कार्यक्रम सर्व सरकारी नियम पाळून साजरा करण्यात आला. या कार्यक्रम साठी पद्मश्री श्रीमती नीलिमा मिश्रा प्रमुख पाहुणे म्हणून उपस्थित होत्या तसेच कॉर्पोरेट किर्तनकार श्रीपुष्कर औरंगाबादकर हे सन्माननीय पाहुणे उपस्थित होते. GPA च्या वतीने देण्यात येणारा GPA of the Year हा पुरस्कार यांना देण्यात आला.

तसेच GPA व इंदिरा फर्टिलिटी च्या संयुक्त विद्यमाने डॉक्टर अमोल लुंकड यांनी फॅमिली फिजिशन साठी ३ दिवसाचे कार्यशाळेचे आयोजन केले. त्याला साधारण ५५० ते ६०० डॉक्टरांनी सहभाग नोंदवला. त्याच्या प्रमाणपत्राचे वितरण करण्यात आले GPA च्या सोशल वर्क कमिटी तर्फे उीपर संसर्गामध्ये निरनिराळ्या ठिकाणी जाऊन रुग्णाची तपासणी करण्यात आली त्या मध्ये GPA अध्यक्ष डॉक्टर रूपा अगरवाल, सचिव - डॉक्टर संतोष खेडकर, डॉक्टर संजय वाघ, डॉक्टर प्रवीण दरक, सोशल कमिटी अध्यक्ष - डॉक्टर केशव गुजराथी, डॉक्टर गणेश निंबाळकर आणि इतर डॉक्टर या उपक्रमात सहभागी झाले.

या सर्व काळामध्ये जीपीएचे ज्येष्ठ सदस्य डॉ. महेश वायाळ, डॉ. अनिलजी भांडवलकर, माझा मित्र डॉ. संतोष गोसावी, मार्गदर्शक डॉ. सुनील पायगुडे, जीपीए च्या आनंदीबाई डॉ. संगीता खेनट तसेच माझ्या शब्दासाठी सर्व प्रयत्न करणाऱ्या डॉ. शुभदा जोशी, डॉ. धनश्री वायाळ तसेच माझे सर्व पद अधिकारी मित्र यांचे मी मनःपूर्वक आभार मानतो.

धन्यवाद ...!

## Annual Secretary's Report 2019-20

**Dr. Haribhau Sonawane**

98220 37393

Dear Colleagues,

Hope you and your family are safe and fit in this pandemic crisis of Covid- 19.

Friends this will be my last interaction with you by GPA Newsletter as a GPA secretary.

I really enjoyed lot working as a GPA secretary. GPA taught me lots of things and enhance my growth and ability to overcome in all difficult situations it is all about working as a team every body helps me in all situations.

Today I will give you annual report of last year 2019-2020. So starting with :-

### **31<sup>st</sup> March 2019**

Installation ceremony with CME on Multi-systemic update at Sancheti Hall.

Chief guest :- Padmashree Mrs Leela Poonawala.

Guest of Honor :- Dr. Kumar Saptarshi and Mr. Hanumantrao Gaikwad.

### **1<sup>st</sup> April 2019**

Satyanarayan Mahapooja in GPA office.

### **7<sup>th</sup> April 2019**

World Health Day celebration

On the occasion of world health day. First time in this year GPA organized seven health check-up camps at seven places.

On 7<sup>th</sup> April with colleague association.

### **14<sup>th</sup> April 2019**

Afternoon lecture was conducted by Dr. Gopikrishna Gawade.

### **26<sup>th</sup> April 2019**

Afternoon lecture was conducted by Dr. Vishal Deshpande.

### **5<sup>th</sup> May 2019**

GPA Box cricket for ladies doctors was taken in front of Hon. Mayor Mrs. Mukta Tilak & Director of Shashwat group of hospitals Dr. Bahar Kulkarni.

12 teams of colleague association across the

Pune participated in this unique event.

### **24<sup>th</sup> May 2019**

Afternoon lecture was conducted by Dr. Sanjay Mankar

### **31<sup>st</sup> May 2019**

Afternoon lecture by Dr. Prasun Mishra.

1<sup>st</sup> and 2<sup>nd</sup> June Badminton

The event was very successful with overwhelming response of more than 100 entries.

Chief Guest :- Mrs Manjusha Sahastrabuddhe

**5<sup>th</sup> June** – Paryavaran Din

Cycle rally and tree plantation was done on Tukai tekdi.

### **7<sup>th</sup> June 2019**

2 afternoon lectures

1<sup>st</sup> by Dr. Sunil Gowda

2<sup>nd</sup> by Dr. Satish Tadwalkar

16<sup>th</sup> June – Sunday CME

Infertility Update & Save Girl child program.

Chief Guest Mrs Usha Bajpayee and

Guest of Honor Dr Kalpana Balwant and

Dr. Amol Lunkad.

Education kits was distributed to 12 needy school going girls by the hands of chief guest GPA also felicitated the Doctor couples having only one girl child.

### **21<sup>st</sup> June – Yoga Day**

Yoga day was celebrated with IMA with the meditation taught by Sister B.K. Shaili Didi. Dr. Shivaji Kolhe & Sheetal Kolhe conducted a very mind charming session.

### **25<sup>th</sup> June 2019**

Afternoon lecture by Dr. Mukund Penurkar.





## **26<sup>th</sup> June 2019**

Doctor Dindi (Alandi to Pune).

## **27<sup>th</sup> June 2019**

Varkari Health Check up

## **28<sup>th</sup> June 2019**

Doctor Dindi from Pune to Saswad.

## **5<sup>th</sup> July 2019**

Afternoon lecture by Dr. Amol Talaulikar.

## **7<sup>th</sup> July 2019**

Doctor's day program & Multisystemic update Dr. Rajendra Deshmukh was awarded GP of the year award by the hands of chief guest Dr. Asmita Jagtap.

Guest of honor was Padmashree Dr. Sudam Kale and Dr. Sudhir Kumar Mundale.

**11<sup>th</sup> July 2019** – MEGAGPCON Organizing Committee meeting.

**14<sup>th</sup> July 2019** – Jadhavwadi Trip near Lonawala.

**19<sup>th</sup> July 2019** – Sunday Evening CME

Afternoon lecture by Dr. Ajit Dengle.

**21<sup>st</sup> July 2019** – Sunday Evening CME.

On the occasion of Guru-Poornima we felicitated proud parents.

Chief guest – Dr. Manoj Bhise

## **26<sup>th</sup> July 2019**

Afternoon lecture by Dr. Kishor Hol.

**28<sup>th</sup> July 2019** – Rajgad Trek

62 doctors family joined the trek.

**4<sup>th</sup> August 2019** – Sunday CME

GPA and Poona Hospital has jointly organized Gastroenterology update.

## **9<sup>th</sup> August 2019**

Afternoon lecture by Dr. Sachin Lakade.

## **16<sup>th</sup> & 17<sup>th</sup> August 2019**

Social work for flood relief

Dr. Haribhau Sonawane, Dr. Santosh Gosavi, Dr. Sanjay Wagh, Dr. Santosh Khedkar, Dr. Sunil Bhujbal went to Sangali for 2 days to give medical help for flood affected area Dr. Kedar Patil arrange medical camps in various remote villages in Sangali.

## **25<sup>th</sup> August 2019**

Fun fair arranged by GPA 1<sup>st</sup> time above 10 stalls of food, games and ornaments were participated.

## **8<sup>th</sup> September 2019**

Ganesh festival competitions.

## **12<sup>th</sup> September 2019**

Health check up camp at Guruji Talim Mandal.

## **15<sup>th</sup> September 2019**

Carrom competition about 34 doctors participated.

## **18<sup>th</sup> September 2019**

Afternoon lecture by Dr. Charulata Bapayee.

## **20<sup>th</sup> September 2019**

President & Secretaries of various association meet at Hotel Shangrila.

## **24<sup>th</sup> & 25<sup>th</sup> September 2019**

Health checkup camp at Arihant Senior college.

## **27<sup>th</sup> September 2019**

Afternoon lecture by Dr. Ajit Dengle

## **31<sup>st</sup> September 2019**

Afternoon lecture by Dr. Himanshu Pophale.

**2<sup>nd</sup> October 2019** – “Nadi Swachata Abhiyaan”.

## **6<sup>th</sup> October 2019**

Women's conference and Lady GP of the year award ceremony. Dr. Vaishali Lodha was awarded by Lady GP of the year award by the hands of chief guest Dr. Mrs. Vaishali Jadhav. Guest of Honor :- Police Inspector Mrs. Sarika Ubale & Dr. Sadhana Khurd.

## **11<sup>th</sup> October 2019**

Afternoon lecture by Dr. Gopal Krishna Gawade.

## **13<sup>th</sup> October 2019**

GPA chess competition held in GPA office more than 30 participant take part in the competition.

## **13<sup>th</sup> October 2019**

GPA fusion Dandiya at Yash lawns chief guest was Dr. Radhika Wagh who have perceived Mrs. United Globe 2018, Mrs. India Beautiful 2017, Mrs. Maharashtra 2016.

## **18<sup>th</sup> October 2019**

Evening CME at Shirwal for MEGAGPCON 2019.

### April Scientific Lecture



Dr. Swapnil Deshmukh



Dr. Ameet Dravid



NCP Cell distributed faceshields



Dr Hrishikesh Badve



## Blood Donation Camp alongwith other Colleague Association on 21st June 2020



Mayor Murlidhar Mohalji and Smt. Varsha Tapkirji



### Doctor's Day



Dr. Vilas Takne received "GPA Sanman Gaurav"







## 22<sup>nd</sup> October 2019

GPA Diwali dinner at Hotel Banjara.

**10<sup>th</sup> November 2019** – MEGAGPCON 2019 Pre-conference I on Dermatology chairman Dr. Rajendra Deshmukh and co-chairman Dr. Madhuri Zankar.

Preconference II on Cardiology

Chairman Dr. Santosh Gosavi & co-chairman Dr. Sharmila Shinde at Deenanath Mangeshkar Hospital.

## 31<sup>st</sup> November & 1<sup>st</sup> December MEGAGPCON 2019

- This is the crown of success for GPA MEGAGPCON 2019. MEGAGPCON 2019 was so excited and successfully completed.
- Chief guest was Dr. Ajay Chandanwale Dean of SGH, Pune.
- Guest of Honor was Dr. Tushar Roy Senior Cardiologist, New Delhi & Dr. Dhananjay Kelkar Director of DMH & Dr. P.S Karmarkar Director of Shashwat group of hospitals.
- Thanks to all eminent speaker for excellent talk on their topics. All chairpersons had done great job. Day inchargers also take a lot of efforts to make this event rock. All session inchargers done their work excellent. Also stage incharger work hard. Thanks to All colleagues association for participation in large numbers.
- Managing committee organizing committee and office bearers taken efforts to make this event successful.
- MEGAGPCON 2019 Org.Sec Dr. Shubhada Joshi had given excellent start for day 1 and supplied throughout MEGAGPCON work.
- Thanks to MEGAGPCON 1<sup>st</sup> lady Org.chairman Dr. Sangita Khenat lead the conference successfully.  
Above all without delegates like you it was not possible.  
Thanks to all. Thank you every on once again long live GPA.

**14<sup>th</sup> & 15<sup>th</sup> December 2019** – GPA Cricket Tournament 2019

12 teams participated very successful event. Thanks to sport chairman Dr. Santosh Gosavi & Co-chairman Dr. Sheetal Kolhe.

## 4<sup>th</sup> January 2020

Afternoon lecture at Hotel president by Dr. Ashwin Rajbhaj.

## 19<sup>th</sup> January 2020

GPA Holleyball tournament Chief guest Mr. Devidas Jadhav. 12 teams were participated.

## 3<sup>rd</sup> February to 5<sup>th</sup> February 2020

School health check up camp at Vision School.

## 9<sup>th</sup> February 2020

GPA Dhamal 2020 annual gathering was celebrated with Director of ASG hospital Dr. Nitesh Salunkhe & Actor Dr. Ganesh Birangale.

## 16<sup>th</sup> February 2020

GPA sport dinner and felicitation of GPA past presidents at the Poona club. Chief guest Mrs. Sudhir Kumar Mundale.

**25<sup>th</sup> February 2020** – Health Checkup camp at Shagun industry.

**1<sup>st</sup> March 2020** – Post MEGAGPCON 2019 meet for MEGAGPCON Organizing committee members.

## 13<sup>th</sup> March 2020 - Womens day celebration.

Women's day celebration with felicitation of ladies doctors having outstanding achievement in extra curricular activities chief guest Mrs. Anuradha Rajhans, Guest of honor Dr. Kaustubh Shendkar.

GPA 'Uttung Bharari' award was given to shrimati Kiran Moghe, Dr. Shubha Londhe & Dr. Vaishali Mulik. Token of appreciation to Dr. Shubhada Joshi, Dr. Sheetal Kolhe and Dr. Bhagyashree Munot.

Looking back there are lots of memories and very great experience during this period. I must thanks 1<sup>st</sup> lady GPA president Dr. Sangita Khenat my colleague secretary Dr. Shubhada Joshi all office bearers managing committee, GPA Priyadarshini, Colleague association, GPA Staff and GPA members for your support.

LONG LIVE GPA.



## GPA Quarterly Report

DATE	DAY	SPEAKER	CONVENER	TOPIC
10-Apr	Friday	Dr Ameet Dravid	Dr Santosh Khedkar	multi-systemic manifestation of Covid -19
17-Apr	Friday	Dr Swapnil Deshmukh	Dr Santosh Khedkar	'CORONA-Social lockdown or Psychological breakdown?'
25-Apr	Friday	Dr Dadasaheb Maindad	Dr Kiran Rathi	Constipation: How to manage in GP clinic
1-May	Friday	Dr Dadasaheb Maindad	Dr Harshal Babar	Liver Function Test: How to Interpret and Manage
8-May	Friday	Dr Ajit Kulkarni	Dr Sampada Joshi	Covid 19 Management Challenges in General Practice
12-May	Tuesday	Mrs Soniya Changediya	Dr Rupa Agarwal	CHOCOLATES And RAINBOW CAKES
16-May	Saturday	Dr. Pradeep Awate	Dr Jyoti Shinde	Covid Pandemic: Role and expectations from GPs Speaker Dr. Pradeep Awate
22-May	Friday	Dr Ishwar Zanwar	Dr Santosh Khedkar	Management principal of Hypertension
17-Jun	Friday	Dr Atul Kulkarni, Director Jankalyan blood bank	Dr Jyoti Shinde	Viral Transmission through Blood Transfusion
19-Jun	Tuesday	Varsha Satish Tadwalkar	Dr Nisha Shah	Finance management with 'OUT OF THE BOX' thinking
21-Jun	Sunday	Iyyengar Yoga Sadhika Dr Rajlaxmi	Dr Vaishali Kokate	International Yoga Day', GPA celebrated Yoga Day
26-Jun	Friday	Dr Ishwar Zanwar	Dr Shiram Joshi	Approach to Acute Chest Pain
3-Jul	Friday	Dr Dadasaheb Maindad	Dr Vaibhav Phatangare	Fatty liver to NASH- WHAT CAN I DO AS A GP?
12-Jul	Sunday			Doctor's Day
13-15 July	Mon, Tues, Wed	Dr Rajshree Rajpathak, Dr Nitin Nimbane & Dr Archana Choughule	Dr Amol Lunkad, Director of INDIRA IVF	Online Certificate Course on 'Role of Family Physician in Infertility Management'
7-Jul	Tuesday	Dr Prakash Mahajan	Dr Shyam Icchur	Seconds. Minutes. OURS!''
17-Jul	Friday	Dr Ishwar Zanwar	Dr Jayant Landge	'Atherosclerosis' Ageing of the Arteries
24-Jul	Friday	Dr. Hrishikesh Badawe	Dr Manoj Deshpande	Approach of a GP to 'Low Backache'
28-Jul	Tuesday	Pushkar Shah Founder Founder : Proton Wealth	Dr Ratnaprabha Rajguru	Financial Education
31-Jul	Friday	Dr Varsha Jagtap	Dr Leena Bhonde	Pharmacotherapy of Hypothyroidism
6-Aug	Thursday	Dr Sanjay Pujari, Dr Rajeev Soman, Dr Swapnil Deshmukh & Dr R B Kulkarni	Dr Suhas Nene & Dr Nitin Zankar	'Family Physician's Empowerment for Covid Management'

## GPA Social Work:

Date	Activity
25-Apr	<p>जनरल प्रॅक्टिस असोसिएशन 'च्या डॉक्टरांनी दि २५ रोजी धनकवडी येथे 'कोरोना या ईन्फेक्षियश आजारार' रुग्णांना 'सावधानता व प्रतिकारासंदर्भात माहिती सोशल अंतर ठेवने व मोफत औषध वाटप 'करन्यात आले.हे शिबीर धनकवडी गावठाण,नवरंग सोसायटी,सह्याद्रिनगर,सावरकरचौक</p> <p>(Dr Keshav Gujrathi, Dr Ganesh Nimbalkar, Dr Santosh Khedkar, Dr Kushal Mahajan, Dr Sanjay Wagh, Dr Pravin Darak)</p> <p>GPA has submitted a letter to PMC with the same affirmation that most of our members were working in their OPD atleast once daily.</p> <p>GPA provided washable PPE to more than 300 people and motivated them to have a safe practice in their clinic (Dr Bhagyashri Munot)</p>
24, 25, 26 April	Corona screening camp in Kasba Peth area with the help of Dr.Parag Rasne & local authority. Total 1150 patients (Dr.Parag Rasne; Dr Siddharth Shinde)
26-Apr	GPA distributed 100 face shields received from Pune NCP cell through Dr Sunil Jagtap
5th May	GPA distributed around 500 face shields received from Pune FaceShield Action group (Mr Ajay Suryawanshi)
21-Jun	GPA along with 19 colleague Doctors' Association Blood Donation campaign support: DMH Blood Bank & Jankalyan Blood Bank At Laxmi Nagar Rahiwasi Sangh Hall; Chief guest: Pune Mayor Shri Murlidhar Moholji
1-Jul	GPA YouTube Channel is launched and started functing. First display of GPA Priyadarshini 49 lady doctor's commitment related motivational pictinary (Dr Santosh Gosavi)
15-Jul	Successful meeting with Pune Police Commisioner at Council Hall, where we could present our problems & expectations from government
20-Jul	Successful meeting with PMC Commisioner Mr Vikram Ji where important decisions got permission: 1) Private doctors allowed to manage mild to moderate COVID cases; 2) Promises regarding Mediclaim; 3) medicolegal suppor
27-Jul	Succesful meeting at Council Hall with Saurabh Rao saheb: accpeted to give in writing regarding life insurance and support. GPA was involved as a lead organisation for designing TASK FORCE for covid control work
3-Aug	20 big size posters for CORONA POST LOCK DOWN article (written by Dr Rupa Agarwal, Printed by Dr Keshav Gurathi)

## GPA Cultural, Motivational activities (Priyadarshini Office bearers)

Date	Program	Main Volunteers
10th April	Priyadarshini cretaed a photo collage of Priya Office bearers and then with enthusiastic leaders of various GPA various committees	Dr Bhagyashree Munot
12-Apr	Priyadarshini OB made a short audio film for 'Radio FM Marathi' regarding Corona Awareness	Dr Manasi Pawar
12-May	First time on GPA FaceBook live, cake & Cookies making presentation viewed by 523 people	Dr Rupa Agarwal
21-Jun	'International Yoga Day', GPA celebrated Yoga Day with Iyyengar Yoga Sadhika Dr Rajlaxmi	Convener: Dr Vaishali Kokate
1st July	First display of GPA Priyadarshini 49 lady doctor's commitment related motivational pictinary on GPA YouTube	Priya OB
15th July onwards	GPA members update work started through Googlr forms, till now 90 people have filled in their details	



## The Joy of Family Practice

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*There is a tremendous amount of Joy, pleasure and reward that can come from family practice!*

I love telling my fellow family physicians the incident that was a game changer for me: A beggar ( Gopi ) who used to come to my clinic for the treatment for his wife who was a cripple and blind since birth. She later suffered from pulmonary tuberculosis. When I visited their home, I found they were living in a filthy hut in filthier slum, displaying poverty all over. The poor chap did not have proper clothing to protect himself from the December chilly weather. So I decided to give him my marriage suit which was lying in my cupboard unused for 10 yrs.

Gopi took the coat, observed it keenly and to my surprise handed it back to me and said "Doctor Sahib, I have everything I want. God has given me everything: A good wife, a good home, two times meals, clean clothes to wear. Everything! There are so many poor people in this world. Please give this coat to them. They deserve it more." And saying 'namaskar' to me, turned and went away with me holding the coat dangling on my arm.

*That was the day I met the richest man in the world!!*

Such kinds of incidences are routine in the life of a family physician adding richness and value to his/her practice.

This is one of the many reasons why in spite of a specialist degree, I opted for family practice which gave me lots of joy, loads of pleasure and tons of rewards. I will narrate a few other reasons:

In family practice, *patients* teach me how to live!

Yes, my medical college taught me a lot. It taught me *how to earn a living*. But we need 2 kinds of education. One that teaches us how to earn a living and other that teaches us *how to live*. In family practice, I learn from my patients (like Gopi) how to live; such is the variety of patients I get. If you are open enough, if you are vigilant enough, if you are analytical enough, you will learn from every patient who comes to you for help and treatment. Every family physician will have rich arrogant patients, poor wise patients and various shades in between. I prefer to learn from my poor and wise patients. You?

I get love from my patients!

As a family physician, I am always greeted with love by my patients. Because of our attitude that we family physicians and our patients are equals. Because my patients understanding that my physician is the greatest amongst equals. Because we feel connected than alone. Because we are on a common journey through illness and pain, ... as well as joy!

Compare with specialists who keep a calculated questionable

distance from the patient. Isn't it true?

For a family physician, primary source of happiness is his patients. In the clinic, family physician enjoys talking to his patients; patients enjoy talking to their family physicians. One of my relative of the previous generation, a compounder turned doctor some 50 years back, also used to play cricket with patients, attend their marriage/ funerals, and attend their political rallies etc. His life revolved around his patients, day in and day out. Not surprisingly, when he went to his heavenly abode, the whole township remained closed as a mark of respect and sorrow for 3 days! He was no less than a God for them!

Unlike specialists, because of closeness in relations, family physicians have the opportunity to develop patient doctor relations to a remarkable degree. This is important, otherwise who will cry when you die?

I am the king of the road!

From the short walk from the parking to my clinic, I am treated by patients with respect, a broad smile, and short interceptions telling me about their personal problems. An occasional patient bends down and touches my feet and thanks me for saving my life (I wonder when?). Another tells me that since I told him to stop alcohol 10 years back, he has not tasted even a drop of alcohol!

*And I feel like the king of the road!*

Less violence, more tranquillity

Specialists have a lot of problems like litigations and violence against doctors. Our, the family physicians problems, thank god, concern only simple things like slack period, routine work, unpaid credit etc. Remember *the grass always looks greener on the other side...*

Family physicians invest in the most valuable asset...people!

Their patient's emotions (a depressed lady will cry during history taking) , their personal health secrets (like being hiv positive), their family relations and a lot other. *It's free of charge for both!*

Businessmen and Specialists invest in instruments, ICUs and hospitals. *It's costly for both!*

Our best medicine is faith!

Family practice is really about service, not science. I will even go further and say that, family practice is really about faith, not only service not even science! Our medicines work because our patients have faith in us. A common talk in any family physician's



clinic "Doctor, I am 50% better just by seeing You". And 50% by god's grace! They say faith moves mountains.

*Who says family practice is dying?*

If you are dissatisfied with your practice, if there is no joy in your practice, why not try this?

In spite of the above, I find these days there are a family physicians who are increasingly dissatisfied in their practice. When they meet they don't talk about interesting cases or odd presentation of diseases or how his accurate diagnosis helped his patient like it used to be in yester years.

They talk of how other occupations are far better, how much people in other occupations earn, how life has been unkind to them and talk of shifting to other occupations because of the following reasons.

Maybe a little bit of advice from an experienced, yet to become wise, fellow family physician may help:

**Grievance:** There is not enough money in family practice:

If I knew how solve everybody's financial worries, I would not be here writing an article. I would be sitting in the prime minister's office next only to Prime Minister Modi. However, broadly speaking, I feel more money is not the answer to all our problems. If you are miserable because you have insufficient money, you will be miserable even if you posses the whole world. Ask Mr. Anil Ambani, Mr. DSK, Mr. Vijay Mallaya. They will vouch that an increase in income is just accompanied by an increase in spending and .....an increase in headaches (to put it mildly)!

*But should earning money be the biggest priority for a family physician?*

Yes, it's true there's money in speciality practice, but there is much more in business and real estate. I remember what our school principal told us at our school leaving ceremony 55 years ago. He said the teachers should be proud of the top half of the class because they were going to be doctors, lawyers, and engineers. And teachers should be more proud of the bottom half because they will be so rich that they will be *employing* doctors, the lawyers, and the engineers! No, definitely not for money should you plan a career in medicine. The bottom half earns more! But the upper half is the cream of the society! That's great!

*However, medicine is a wonderful way to earn a living!*

In most of the occupations, people *take* money and say thank you. Our patients *give* money and say thank you, because they give for what they believe is a noble cause. We *earn* a living by perusing a noble cause! (Sorry to say there are a few doctors who *make* a living in the sick room by making the sick more sick). Family physicians are probably not a wealthier lot, but definitely a lot happier! That's great!

**Grumble:** But we are at the bottom, treating simple ailments. What's the fun?

I think we family physicians are doing a great job. Specialists only make cripples, lesser cripples. Sports coaches make healthy people more fit. Family physicians make fit people more healthy. Think about it. And that's great!

**Grouch:** Its routine, same day everyday at clinic all our life!

Get into a Continuous Medical Education programme throughout your career. We receive a lot of *information* in our medical colleges. When you are in practice, CME programmes teach you how to use this information in your patients, which is called *knowledge*. This is *intellectual education*.

There is one more type of education that one has to learn oneself by reading, having a good guru, practising ethics etc. It is called *value based education*. This teaches you compassion, honesty, sense of responsibility towards your patients. This is much much rewarding than excellent academic qualifications! And that's great!

*Develop a speciality in your practice*

If you are feeling that your practice has become boring and routine, do something new in your clinic. I will highly recommend that you develop a new speciality every decade. You don't have to look far. You might be interested in diabetes, thyroid or minor surgery. You will be a superior doctor amongst all equals, and who knows your competitors will refer you patients! That's terrific!

*Do charity in your clinic*

The commonest way which family practitioners do charity is by keeping a half or full day free of cost to the patients. *Charity has a boomerang effect*. Whatever you give as charity will come back to you double or triple fold. And it will also bring you joy. And that's great!

*Create the next generation of family physicians*

Give your knowledge and wisdom you have gained in your practice to new practitioners. You will feel blissful and encouraged to work.

Remember, Socrates taught Plato; Plato taught Aristotle; Aristotle taught Alexander the Great. Sri Ramkrishna taught Swami Vivekananda; Swami Vivekananda taught Swami Sadananda and so on.

*Empty your brains before you die.* That's a great idea!

I repeat, this advice is given by me, *a yet to become a wise family physician*. Take it or leave it!

To a doctor who comes to me saying "I want to change my area of practice because in spite best efforts for 4 yrs, I am not successful." I tell him don't change your clinic! Change your attitude!!

And to a doctor who tells me "I have a bombastic practice!" I tell him it's time to change your clinic. You have proved yourself you can be successful, move to a large place where you will be more successful!

## मी, कुकर आणि खांडेकर

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‘डॉक्टरकाका, चला ना, चला ना लवकर, बाबा कसंतरी करत आहेत’ असे आईने सांगायला सांगितले आहे ‘इतके दीनवाणे हा - वर्षाचा मुलगा म्हणत होता की मला राहवले नाही. या वयापर्यंत खोटे बोलण्याचा मोठ्यांचा रोग जडलेला नसतो यावर माझा विश्वास होता आणि आजही आहे. त्यामुळे त्याच्याबरोबर आलेल्यांना ‘ठीक आहे, दोन मिनिटात निघूच आपण ‘बॅगमधल्या साऱ्या गोष्टी जागेवर आहेत ना बघून मी व्हिजीट बॅग उचलली.

खांडेकरांना मी ओळखत होतो. अमेय, त्यांचा मोठा मुलगा, जो मला बोलवायला आला होता. सौ खांडेकरांची, शुभांगीताईची नुकतीच डिलिव्हरी झाली होती. धाकटा अथर्व तीन चार महिन्यांचा होता. अमेयला अगदी लहान असल्यापासून ते माझ्याकडे आणत होते. सारे खांडेकर कुटुंबीय तसे प्रामाणिक, सत्शील होते.

खांडेकर एका खाजगी कंपनीद्वारा घरच्या वायरिंग व ईलेक्ट्रिकल मेन्टेन्न्सची कामे करत. फावल्या वेळात स्वतः खाजगीरीत्या अशा प्रकारची कामे करून वाढत्या महागाईबरोबर दोन हात करण्याचा प्रयत्न करत. माझी त्यांच्याशी ओळख अशा कामामधूनच झाली होती. खांडेकर खूपच उंच होते पण अंगाने फार म्हणजे फारच बारीक होते. अगदी पाण्याचे पितरच म्हणा ना! फूल शर्टामध्ये तर ते शेतात उभे केलेल्या बुजगावण्यासारखे दिसत. शुभांगीताई एका नावाजलेल्या शाळेत शिक्षिका होत्या पण काही नियमाबाहेर कामे केली आणि ती उघडकीला आली म्हणल्यावर कार्यकारिणीला कोणीतरी ‘बळीचा बकरा’ लागतो तशा ठरवून सापडल्या होत्या. कोणताही गैरव्यवहार केला नसला तरी चुकीचे खापर त्यांच्या माथ्यावर फोडून, खातेनिहाय चौकशीच्या नावाखाली त्यांना नोकरीतून निलंबित केले होते. कोर्टकचेऱ्या चालू होत्या पण न्यायदेवता जशी आंधळी असते तशी कामाच्या बाबतीत कासवाहूनही कमी वेगाने काम करणारी असते याचा त्यांना पदोपदी प्रत्यय होत होता. कार्यकारिणीचे ‘मान्यवर’ मालदार असल्याने आधीपासूनच न्याय विकत घ्यायचीच भाषा बोलून त्यांना नामोहरम करण्याचा प्रयत्न करत होते. या सगळ्यामुळे असेल, शुभांगीताईंना उच्च रक्तदाबाचा

विकार जडला होता. घरी शाळेच्या शिकवण्या घेऊन त्या पतीला हातभार लावत होत्या. अमेय आजारी होता तेव्हापासून ते माझे रेग्युलर पेशंट होते. शुभांगीताई चौकस होत्या, शिकलेल्या होत्या, पटकन समजणाऱ्या होत्या. सांगितलेले सर्व योग्य पद्धतीने पाळणाऱ्या होत्या. त्यांच्या वागण्यात एक आदब, आटोपशीरपणा होता. बोलाचालायला पण त्या चांगल्या होत्या. लांबण न लावता, मुद्देसूद काय होते ते त्या सांगत. अमेयच्या जन्मानंतर ऊच्च रक्तदाबामुळे त्यांना गर्भपातही करून घ्यावा लागला होता. पण अजून एक मूल असले तर अमेयला भाऊबहिणीचे नाते समजेल अशा विचाराने नवराबायकोत एकमत झाल्याने व्यवस्थित विचार करून, पहिल्यापासून खूप काळजी घेऊन या दुसऱ्या गर्भारपणाचा विडा उचलला होता. सर्व सूचनांचे पालन करून अथर्वचा जन्म झाला होता. अर्थात सिझेरियन करावे लागले होते. शुभांगीताईंना ऊच्चदाबाच्या गोळ्या कदाचित आयुष्यभर चालू ठेवाव्या लागणार होत्या.

खूप वेळा ‘घरी या’ असा प्रेमळ आग्रह करून देखील खांडेकरांच्याकडे जाण्याची वेळ आणि योग आला नव्हता. ते राहत होते तो सगळा भाग गच्च लोकवस्तीचा आणि दाटीवाटीने वसलेल्या चाळीवजा घरांचा होता. मुख्य रस्त्यापासून आत गाड्या नेणे शक्यच नव्हते. रस्त्यावर स्कूटर लावून मी, अमेय, आणि त्याच्याबरोबर आलेले सद्गृहस्थ चालायला लागलो. मागे कुत्रे लागल्यासारखा अमेय पळत होता. त्याचेही बरोबर होते म्हणा, बाबांना जास्ती बरे नाही याची जाणीव त्या बालजीवाला झाली होती. त्याच्या बरोबरीने चालताना आमची पळापळ होत होती. वळणे घेत, रस्त्यातली वाहणारी गटारे, बाहेर अस्ताव्यस्त पडलेले सामानसुमान यातून वाट काढून आम्ही एका घरापाशी पोहोचलो. आमच्या पाठोपाठ कुतुहलाने, मोकळा वेळ होता म्हणून, डॉक्टर कोणाकडे आले म्हणत ही मोठी जत्रा होती. बाहेरूनच दाण दाण असा मोठ्ठा आवाज ऐकू येत होता. काहीतरी जोरात ठोकावे, घण घालावे असे आवाज ऐकू येत होते. ही तर सगळी नागरी वस्ती होती. लोहाराचे दुकान नव्हते किंवा कोणते वर्कशॉपही दिसत नव्हते.

आवाज येत होता त्या दिशेने अमेय तीरासारखा घुसला. पाठोपाठ मी पण!

एक छोटी दहा बाय दहा ची टीचभर खोली. त्यात एक मोरीसाठी कठडा, एक कॉट, छोटा किचन प्लॅटफॉर्म, एक गोदरेजचे छोटे कपाट एवढे माझ्या नजरेने टिपले. बरीचशी स्वयंपाकाची भांडी जमिनीवरच पसरली होती. कॉटवर पण खूप पसारा पडला होता. खांडेकर जमिनीवर पडले होते. हातापायांना आचके येत होते आणि त्याचे डोके दिसतच नव्हते. उघड्या कुकर मध्ये त्यांचे डोके अडकून बसले होते आणि फीटच्या येणाऱ्या प्रत्येक आचक्याबरोबर कुकरचा दाण दाण आवाज येत होता. खांडेकरांना फीट आल्यावर ते बेशुद्ध होऊन खाली पडले असावेत आणि कर्मधर्मसंयोगाने त्यांचे डोके कुकरमध्ये घुसले असावे असा माझा अंदाज होता. शुभांगीताईंनी शेजारच्यांच्या मदतीने डोके बाहेर काढण्याचा प्रयत्न केला होता पण तसे जमले नव्हते. फीटची तीव्रता कमी झाली नव्हती. ओढाताना करून डोके बाहेर काढणे शक्य नव्हते. कुकर ही काही कापण्यासारखी गोष्ट नव्हती. फीट कंट्रोल करून आचके थांबल्यावरच मान बाहेर काढणे जमणार होते. गचके चालू असल्याने शीर सापडवायला खुप मुश्किल होत होते. बऱ्याच प्रयत्नानंतर शिरेवाटे मी फीट कमी होणारे इंजेक्शन दिले आणि जसजसे औषध भिनत गेले तसे आचके आणि कुकरचा आवाज दोन्ही थांबले. तोपर्यंत बाहेर ही गर्दी जमली होती. आवाज थांबला तसा उत्साही लोकांनी टाळ्याही वाजवल्या! पुढच्या मिनिटाला मला खांडेकरांची मान बाहेर काढायला जमली. सुदैवाने कुकर मोकळा असल्याने श्वास घुसमटणे वगैरे काही झाले नव्हते. कड घासली जाऊन गळ्यावर थोडा रक्तस्राव झाला होता, पडण्याच्या वेळी लागून असावे कपाळावर टेंगूळ आले होते. परत फीट यायला नको म्हणून मी गोळ्या लिहून दिल्या आणि उद्या येऊन भेटायला शुभांगीताईंना सांगितले. अथर्व तर घाबरून मोठमोठ्याने रडत शुभांगीताईंना घट्ट पकडून बसला होता. 'डॉक्टर तुमचे आभार कसे मानू ? मला आत्ता कळतच नाही' म्हणताना त्यांचा आवाज जड झाला होता, डोळे भरून आले होते. अमेय नको नको म्हटले तरी मी तुम्हाला चास्कूटपर्यंत सोडतो सांगत रस्त्यापर्यंत आला. त्याला आभार मानायचे होते पण त्याच्या वयाला शब्द सापडत नव्हते हे मला

समजले होते. माझी व्हिजिट बॅग माझ्या हातात देताना तो पटकन खाली वाकला आणि त्याने नमस्कार केला. त्याला मी उठवले तर गंगाजमुना त्याच्या डोळ्यात साठल्या होत्या. "अथर्व, अरे बाबा ठीक होणार आहेत. शूरवीर आहेस की नाही तू?" म्हणल्यावर तो खुलला.

त्या दिवशी घरी आल्यावर 'मी जरा कुकर दे बरं!' म्हटल्यावर सौभाग्यवती बुचकळ्यातच पडली. 'बरा आहेस ना तू ! अरे काय हे नवीन खूळ!' म्हणाली. मी डोके आत घालून अडकते आहे का बघितल्यावर हसूनहसून तिची दमछाक झाली. खांडेकरांसाठी काय वाढून ठेवले होते आणि माझ्यावर काय प्रसंग आला होता ते सांगितले आणि ती गंभीर होऊन गप्प झाली.

खांडेकराची ही फीटची पहिलीच वेळ होती पण फीट खूप वेळ टिकली होती. आजाराचे कारण सापडवणे आवश्यकच होते. सान्या तपासण्या करून घेतल्या. दुदैवाने त्यांना छोट्या मेंदूजवळ (सी पी अँगल जवळ) एक मोठी गाठ निघाली. हा मेंदूतला महत्वाचा भाग असल्याने लवकर जे काय ते करणे आवश्यक होते. ती कॅन्सरची असावी असे पूर्वनिदान झाल्याने शस्त्रक्रिया एवढाच पर्याय होता. आर्थिक परिस्थिती दोन्ही बाजूची यथातथाच असल्याने सरकारी इस्पितळाचाच विचार करावा लागणार होता. शुभांगीताई तश्या धीराच्या! त्यांनी कंबर कसली. 'डॉक्टर , तुम्ही म्हणता आहात ना, मग आपण करूच' असे ठरवून अंगावरचे सर्व दागिने अगदी मंगळसूत्रासहित विकून तयार झाल्या. वेळ आलीच तर खोली विकण्याचीही बोली करून आल्या. मला शक्य होती तेव्हाही मदत मी देऊ केली. इस्पितळामध्ये देखील बोलून बिलामध्ये सूट मिळवून दिली. देव एखाद्याची परीक्षाच घेतो तसे झाले आणि दुदैवाने शस्त्रक्रियेदरम्यानच खांडेकरांनी इहलोकाची यात्रा संपवली. मृत देहावर डोके टेकून ओक्साबोक्शी रडणाऱ्या शुभांगीताईंच्या नजरेला नजर देण्याचे धाडस मला झाले नाही. रडणाऱ्या अमेयच्या पाठीवर थोपटून मी त्याला शांत करण्याचा प्रयत्न केला खरा पण माझेच मन अशांत होते तर काय करणार?

दिवस झाल्यानंतर एका सकाळी अमेय आणि शुभांगीताई माझ्या दवाखान्यात आले. 'माहेरी कोकणात जातेय. येते डॉक्टर' म्हणत त्यांनी निरोप घेतला. अमेयच्या नजरेतली शैशवाची सारी

स्वप्ने विरल्यासारखी वाटली. शून्य डोळ्यांनी तो यान्त्रिकपणे वाकला. त्याला उठवताना, 'मी सगळे ठीक होईल. काळजी घेणारा आहे वरती' म्हणालो. अजून काय व्हायचे राहिले आहे असे भाव शुभांगीताईंच्या नजरेत मी वाचले पण हुंदका आवरत ती माऊली काहीच बोलली नाही. बाहेर पडताना परत एकदा अमेयने मागे वळून पाहिले. तो मोठा झाल्याचे भाव आता त्यात मला जाणवले. ही माझी आणि त्याची शेवटची भेट. पुढे ना कधी पत्र, ना कोणाकडून कसली माहिती. स्वतःची दुःखेच जेथे अक्राळविक्राळ रूपात उभी असतात तेथे दुसऱ्यांच्या वेदना गोंजारण्यासाठी कोणाला वेळ असणार होता त्यामुळे त्यांच्या शेजारपाजाऱ्यांना मी कधी विचारले तरी उत्तर नसायचे.

आज मी कामाला सुरुवात करणार तर, रिसेप्शनवरून फोन आला. त्यांना तुम्हाला भेटायचे आहे, अर्जट आहे आणि फक्त दोन मिनिटेच हवीत. पाठवा म्हणेपर्यंत उंचापुऱ्या, देखण्या, धष्टपुष्ट, रुबाबदार पुरुषाची शिस्तित चालणाऱ्या पावलांच्या आवाजापाठोपाठ नजरानजर झाली. काही कळायच्या आत तो

खाली वाकला आणि मला वाकून नमस्कार केला. 'ओळखलत मला?' त्याने माझ्या डोळ्यात पाहिले अन् अमेय माझ्या डोळ्यासमोर आला. त्याची निघताना पाहिलेली नजर माझ्या मनावर कोरली गेली होती. 'अमेय' असे माझ्या तोंडून बाहेर पडले आणि 'हो, लेफ्टनंट कर्नल अमेय खांडेकर' म्हणत त्याने मला मिठीच मारली. 'आई माझ्याकडेच आहे' सांगताना मधल्या वर्षातला सारा घटनाक्रम न सांगताच माझ्या समोर तरळून गेला. 'खूप वर्षांनी पुण्याला येणार तेव्हाच काही झाले तरी तुमची भेट घ्यायची असे मी ठरवलेच होते. आईला पण तसे सांगून आलो आहे' म्हणाला. वडिलांच्या आठवणीने असेल त्याचे डोळे पाणावल्यासारखे झाले होते. 'गर्दी आहे, येतो काका' म्हणत झपडिशी त्याने निरोप घेतला.

आम्ही डॉक्टरमंडळी रुग्णाच्या भावविश्वात सहसा जास्त डोकावत नाही पण का कोण जाणे खांडेकरांची आठवण आली आणि माझ्याही डोळ्यांच्या कडा पाणावल्या.

## Congratulations to all successful students of 10th & 12 th

Name of child	Parent	Standard/Activity
Yash Dinesh Sukale	Dinesh	10th
Asmi Mahamuni	Sailli	Junior School
Aryan Shailendra Rajguru	Ratnabhrabha	10th ICSC
Isha Subhash Badhe	Swati	10th
Miss Bhati	Kirti	MBBS
Ishita Santosh Kale	Heeral	10th
Ranjan Rajesh Barade	Rachana	Archery
Chaitanyaa Suhas Kashid	Asha	10th
Siddharth Mahadev Shinde	Jyoti	12th
Shrushti Priyanka Kakade	Priyanka	12th CBSC
Nisha Sandeep Kulkarni	Archana	10th CBSC
Prem Pankaj Baldava	Manorama	12th
Rajdeep Deepali Mule	Deepali	12th
Aditya Shinde	Rohini Kale	10th ICSC
Anushka Arvind Ghodekar	Supriya	12th
Anshul Anil Bhandwalkar	Asmita	Volley Ball
Dr Harshvardhan Ballal Agashe	Swati	MS in General Surgery
Dr Pallavi Jagtap	Sai Sneh Hospital Katraj	MS in Obs/Gy



**2nd July, 2020**  
**Government of India**  
**Ministry of Health & Family Welfare**  
**Revised guidelines for Home Isolation of very**  
**mild / pre-symptomatic / asymptomatic COVID-19 cases**

**1. Scope**

The guidelines are in supersession to the guidelines issued on the subject on 10th May, 2020.

As per the guidelines, the patients should be clinically assigned as very mild/mild, moderate or severe and accordingly admitted to (i) COVID Care Center, (ii) Dedicated COVID Health Center or (iii) Dedicated COVID Hospital respectively. In view of large number of asymptomatic cases being detected, the current guidelines have been extended to asymptomatic positive cases also besides very mild and pre-symptomatic cases.

**2. Patients eligible for home isolation**

- i. The person should be clinically assigned as a very mild/pre-symptomatic/asymptomatic case by the treating medical officer.
- ii. Such cases should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts.
- iii. Patients suffering from immune compromised status (HIV, Transplant recipients, Cancer therapy etc) are not eligible for home isolation.
- iv. Elderly patients aged more than 60 years and those with co-morbid conditions such as Hypertension, Diabetes, Heart disease, Chronic lung/liver/ kidney disease, Cerebrovascular disease etc shall only be allowed home isolation after proper evaluation by the treating medical officer.
- v. A care giver should be available to provide care on 24 x7 basis. A communication link between the caregiver and hospital is a prerequisite for the entire duration of home isolation.
- vi. The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.
- vii. Download Arogya Setu App on mobile (available at: <https://www.mygov.in/aarogya-setu-app/>) and it should remain active at all times (through Bluetooth and Wi-Fi)
- viii. The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer, who will facilitate further follow up by the surveillance teams.
- ix. The patient will fill in an undertaking on self-isolation (Annexure I) and shall follow home quarantine guidelines. The treating doctor should satisfy himself before allowing home isolation.
- x. In addition to the guidelines on home-quarantine available

at: [https:// www.mohfw.gov.in/pdf/ Guidelinesfor homequarantine.pdf](https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf), the required instructions for the care giver and the patient as in Annexure II shall be also followed.

**3. When to seek medical attention**

Patient / Care giver will keep monitoring their health. Immediate medical attention must be sought if serious signs or symptoms develop. These could include

- i. Difficulty in breathing,
- ii. Dip in oxygen saturation (SpO<sub>2</sub> < 95%)
- iii. Persistent pain/pressure in the chest,
- iv. Mental confusion or inability to arouse,
- v. Slurred speech/seizures
- vi. Weakness or numbness in any limb or face
- vii. Developing bluish discolorations of lips/face

**4. Role of State/District Health Authorities**

- i. States/ Districts should monitor all such cases.
- ii. The health status of those under home isolation should be monitored by the field staff/surveillance teams through personal visit along with a dedicated call center to follow up the patients on daily basis. The clinical status of each case shall be recorded by the field staff/call center (body temperature, pulse rate and oxygen saturation). The field staff will guide the patient on measuring these parameters and provide the instructions (for patients and their care givers), as detailed in **Annexure II**. This mechanism to daily monitor those under home isolation shall be strictly adhered to.
- iii. Details about patients under home isolation should also be updated on COVID-19 portal and facility app (with DSO as user). Senior State and District officials should monitor the records updation.
- iv. Mechanism to shift patient in case of violation or need for treatment has to be established and implemented.
- v. All family members and close contacts shall be monitored and tested as per protocol by the field staff.
- vi. Patient on home isolation will be discharged from treatment as per para 6 below. These discharge guidelines shall be strictly adhered to along with issuance of a fitness certificate by the field team.

**5. When to discontinue home isolation**

Patient under home isolation will stand discharged after 10 days of symptom onset and no fever for 3 days. Thereafter, the patient



will be advised to isolate at home and self-monitor their health for further 7 days. **There is no need for testing after the home isolation period is over.**

## Annexure I

### Undertaking on self-isolation

I ..... S/W of ....., resident of .....

being diagnosed as a confirmed/suspect case of COVID-19, do hereby voluntarily undertake to maintain strict self-isolation at all times for the prescribed period. During this period, I shall monitor my health and those around me and interact with the assigned surveillance team/with the call center (1075), in case I suffer from any deteriorating symptoms or any of my close family contacts develops any symptoms consistent with COVID-19.

I have been explained in detail about the precautions that I need to follow while I am under self-isolation.

I am liable to be acted on under the prescribed law for any non-adherence to self-isolation protocol.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Contact Number \_\_\_\_\_

Countersignature by Treating Medical Officer

## Annexure II

### Instructions for the patient

1. Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled.
2. Mask should be discarded only after disinfecting it with 1% Sodium Hypo-chlorite.
3. Patient must stay in the identified room and away from other people in home, especially elderlies and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
4. Patient must take rest and drink lot of fluids to maintain adequate hydration
5. Follow respiratory etiquettes all the time.
6. Hands must be washed often with soap and water for at least 40 seconds or clean with alcohol based sanitizer.
7. Don't share personal items with other people.
8. Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with 1% hypochlorite solution.
9. The patient must strictly follow the physician's instructions and medication advice.
10. The patient will self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom.

### Instructions for care-givers

#### 1. Mask:

- 1.1 The caregiver should wear a triple layer medical mask

- 1.2 appropriately when in the same room with the ill person.
- 1.3 Front portion of the mask should not be touched or handled during use.
- 1.4 If the mask gets wet or dirty with secretions, it must be changed immediately.
- 1.5 Discard the mask after use and perform hand hygiene after disposal of the mask.
- 1.6 He/she should avoid touching own face, nose or mouth.

#### 2. Hand hygiene

- 2.1 Hand hygiene must be ensured following contact with ill person or his immediate environment.
- 2.2 Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty.
- 2.3 Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.
- 2.4 After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.
- 2.5 Perform hand hygiene before and after removing gloves.

#### 3. Exposure to patient/patient's environment

- 3.1 Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient.
- 3.2 Avoid exposure to potentially contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).
- 3.3 Food must be provided to the patient in his room
- 3.4 Utensils and dishes used by the patient should be cleaned with soap/detergent and water wearing gloves. The utensils and dishes may be re-used. Clean hands after taking off gloves or handling used items.
- 3.5 Use triple layer medical mask and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient.
- 3.6 Perform hand hygiene before and after removing gloves.
- 3.7 The waste (masks, disposable items, food packets etc.) should be disposed of as per CPCB guidelines (available at: [http://www.cpcbenvs.nic.in/pdf/BMW-GUIDELINES-COVID\\_1.pdf](http://www.cpcbenvs.nic.in/pdf/BMW-GUIDELINES-COVID_1.pdf))

#### 4. Care of the patient and family members

- 4.1 The care giver will make sure that the patient follows the prescribed treatment.
- 4.2 The care giver and all close contact will self-monitor their health with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19 (fever/cough/ difficulty in breathing)

परीशीष्ट -१

**प्रतिज्ञापत्र  
गृह विलगीकरण**

माझे नाव ----- असून,मी -----

येथील  
रहिवाशी आहे.माझे कोविड-१९ आजाराचे पॉझिटीव्ह निदान झाले असून, या प्रतिज्ञापत्राव्दारे स्वेच्छेने विहित कालावधीसाठी पूर्ण वेळ काटेकोरपणे गृह विलगीकरण करून घेईन. मला घरी विलगीकरणासाठी आवश्यक व्यवस्था असून माझ्या घरात स्वतंत्र शौचालय सुविधा उपलब्ध आहे.तसेच संपूर्ण वेळ माझी काळजी घेणेकरीता व्यक्ती उपलब्ध असून त्यांचे नांव व संपर्क क्र.-  
-----आहे.

या कालावधीत मी स्वतःची आणि माझ्या घरातील/ संपर्कातील व्यक्तींच्या आरोग्यावर लक्ष ठेवेन.जर माझ्यामध्ये आजाराची गंभीर लक्षणे / चिन्हे आढळून आली अथवा माझ्या संपर्कात व्यक्तीमध्ये कोविड-१९ आजाराची कोणतीही लक्षणे आढळून आली तर त्वरीत नियुक्त केलेल्या सर्वेक्षण टिम / कोव्हीड केअर सेंटर आपत्ती व्यवस्थापन नियंत्रण कक्षाशी संपर्क करेन.

गृह विलगीकरण करताना मला कोणती काळजी घ्यावी लागेल,याबद्दल कोव्हीड केअर सेंटर येथील वैद्यकिय अधिकाऱ्यानी सविस्तरपणे सांगितले असून त्याबाबत ची माहिती पत्रकही दिले आहे.

गृह विलगीकरणाच्या मार्गदर्शक सूचनांचे पालन न केल्यास मी विहित कायदानुसार कारवाईस पात्र असेल.

नाव व स्वाक्षरी  
(काळजी वाहक व्यक्ती)  
संपर्क क्रमांक

स्वाक्षरी:-  
दिनांक-  
संपर्क क्रमांक -



Health Department Pune Municipal Corporation,  
Discharge Summary card

Covid Care Centre Name -----

**A) General Information :-**

Name ----- Regd no.-----

Address-----

CONTACT NO. 1)-----2)-----

Date of admi. ----- Date of discharge-----

**B) Present History :-**

- Quarantine Centre /Place of Swab taken :-

Name : -----

- Date of COVID 19 Swab Taken :-----

**C) Past History:-**

- Major illness - Diabetes mellitus / hypertensor / IHD /other -----
- Present Medications -----

**D) Status at the time of Discharge**

- Temp----- pulse -----RR ----- BP-----SPO2-----

**E) Treatment Advised :-** -----  
-----

**F) Follow - up when/if symptoms start**

- Covid Care Centre Contacts no.-----
- Disaster maneaagement cell - 02025506800/1/2/3

**G) Final Remark at the time of discharge**

Name and Signature  
Medical officer  
Incharge Covid Care Centre  
Pune Municipal Corporation

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Dr. Bhagyashree Munot	9421080248	Dr. Vilas Takane	9028924619

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**From :**  
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