

From the President's Desk



Dear SMF Members,

I feel honoured for being elected as the **President** of our esteemed **Sabarmati Medical Foundation** for year 2025-26. **Sabarmati Medical Foundation** has grown leaps and bounds in the past few years with every successive President taking this association to newer and greater heights.

I feel overwhelmed to announce that esteemed bulletin “**SMF Bulletin**” is now on the verge of its new beginning. It is the matter of pride to relaunch **SMF Bulletin** after 5 years.

The **SMF Bulletin** will serve as dynamic medium to make the SMF members aware about SMF's activities, programs, current updates in our medical field and will serve a platform for professional upliftment. Every member of SMF can contribute to the SMF Bulletin for bringing the SMF at its new heights and to fulfil the motto. In SMF, we are dedicated to serve the society by conducting charitable camps and other activities.

I assure you that I will render my services to the best of my ability. I seek your kind co-operation and guidance in all the activities of our Foundation. We saw so many new ideas, initiatives, and events which were all accomplished with great success.

I would like to carry forward these activities with more zeal and enthusiasm in my term as the President. My heartfelt thanks to all members, for your continued participation and enthusiasm in our professional community. Thank you all !

Wishing you a good and successful 2025-26, and looking forward to your continuous support.

Dr. Alap Shah
President, SMF



SMF TEAM - 2025



President

Dr. Alap Shah

I. P. P.

Dr. Hitesh Jirawala

Secretary

Dr. Kirti P. Shah

Vice - President

Dr. Vijay Maurya

Treasurer

Dr. Mamta S. Shah

Trustees

Dr. Jayprakash Vyas

Dr. S. N. Ajmera

Dr. Kaushik Shah

Dr. Paresh A. Shah

Dr. Kaushik Gajjar

Dr. Vinond Arora

Dr. Rajni D. Shah

Dr. Paresh Gandhi

Dr. Bhadrshah Shah

Dr. Mehul Shelat

Advisory Board

Dr. B. S. Shah

Dr. Kamlesh Naik

Dr. Pritesh D. Shah

Dr. Dharendra Sanandiya

Dr. Sunil Patel

Dr. Bhagyesh Desai

SMF Committee - 2025

Scientific

Dr. Mehul Shelat

Dr. Dimple Patel

Dr. Shwetang Jani

Dr. Keyur Machhavada

Dr. Pritiben Sharma

Dr. Hinal Gajjar

Dr. Hetal Vora

Bulletin

Dr. Pritesh Shah

Dr. Dharendra Sanandiya

Dr. Vimal Mehta

Dr. Jitendra Gangwani

Dr. Hiren Modi

Legal

Dr. Dinesh Patel

Dr. Kuntal Gajjar

Dr. Nirmal Parmar

Dr. Bhadrshah Shah

Dr. Bhavesh Patel

Dr. Janak Chokshi

Dr. Vishal Sharma

Entertainment

Dr. Kamlesh Naik

Dr. Saumya Shah

Dr. Jatin Vadodaria

Dr. Mehul Solanki

Dr. Rekha Kishnani

Dr. Arvind Chauhan

Ladies

Dr. Parul Dave

Dr. Dipti Sanandiya

Dr. Nidhi Jain

Dr. Bhavna Jindal

Dr. Mamta C. Shah

Dr. Gayatri Patel

Dr. Rinkal Modi

Dr. Ekta Shah

Sports

Dr. Sunil Patel

Dr. Shrenik Shah

Dr. Umang Doshi

Dr. Nishit Talsania

Dr. Smita Rathod

Dr. Chintan Shah

Dr. Atul Gandhi

Dr. Mohak Thakor

Social Media

Dr. Jay Dave

Dr. Pankaj Patel

Dr. Aarth Patel

Dr. Shekhar Sharma

Secretary's Note



Dr. Kirti Shah
(M.D., D.V.D.)

Respected Trustees, Advisory Board Members,
Seniors and SMF members,

Namaste !

Sabarmati Medical Association (SMA) has been a well-known and successful organization in Ahmedabad since 1972. After a long break, SMA is now reuniting under the name **Sabarmati Medical Foundation (SMF)**, bringing fresh energy and new opportunities for the medical fraternity.

We are pleased to share that our team—Dr. Alap Shah (President), Dr. Kirti Shah (Secretary), Dr. Vijay Maurya (Vice President), Dr. Hitesh Jirawala (IPP), Dr. Mamta Shah (Treasurer) and the entire SMF family—is excited and fully committed to giving their best.

It is a great honour to serve as the **first woman Secretary** of SMF in 53 years, and I sincerely thank you all for your trust and support. I assure you that I will continue to justify your confidence through my dedication and work.

A heartfelt thank you to everyone who attended the **SMF 2025 Installation Ceremony**. Your presence made it a grand success! Now, we take another exciting step forward with the launch of our **SMF Bulletin**—a platform to keep us all connected and informed.

Over the past months, we have successfully conducted **CME sessions** and celebrated **Holi** with great enthusiasm. Moving ahead, we will continue innovatively hosting scientific programs, celebrating festivals, and organizing meaningful events that bring us all together. A warm welcome to all our **new members**, and I look forward to seeing our SMF family grow even more.

I also extend my gratitude to all those who have supported this bulletin by providing **advertisements**. Your contribution is invaluable, and I encourage everyone to share your **ideas and support for our upcoming programs**. Your participation in every event is what makes SMF truly special. Please continue to **share your feedback and suggestions**, as they help us improve and serve you better.

With a strong vision and a spirit of collaboration, we look forward to making SMF a platform for learning, growth, and meaningful connections.

Together we grow, together we succeed!

Warm regards,
Dr. Kirti Shah
Secretary, SMF 2025

“Revival 2022: A New Beginning

BY **Dr. Hitesh Jiravala** Past President

We embarked on a fresh journey in 2022 without a committee. Fast forward to September 2023, our nominated committee took over, working tirelessly until January 12, 2025.

A year filled with excitement! We organized 20-25 programs, including:-
2 stand-up comedy nights-
2 movie screenings-
Many more fun-filled events

Heartfelt gratitude to our trustees, advisory board, committee members, and all SMF supporters for their unwavering dedication and enthusiasm.

Your contributions made this year truly unforgettable."

Sabarmati Medical Foundation Programme List Team SMF 2023 to 2024

1. Installation in Agora Mall by Matis Hospital
2. Kishorkaka with KD Hospital
3. Builder Boys with Lunch - NV Cinema
4. Shradhdhanjali to Doctors (SMC + SMF)
5. TEMPT - New Team Announcement
6. GCA - New Team Announcement
7. CME @ Taste of Heaven
8. Aagruh Banquet - Sterling Hospital
9. AARYANI - 10/01/2024 Sterling Hospital
10. Auspicious Restaurant - 26/01/2024 Zydus
11. Hillock - Apollo Hospitals
12. AJIT Movie - Apollo Hospitals
13. Auspicious - 11/04/2024 - Dr. Dhaiwat Shukla
14. SAVI Movie - 09/05/2024 - Dr. Binal Modi - NY Cinema
15. Zudus Hospital - 29/05/2024 - VIBEX
16. Poojan IVF - 26/06/2024 - Brooks

From the Editorial Team

Dear Colleagues,

It is with great pleasure that we present to you the latest edition of our SMF Association Bulletin, after a long time.

We would like to extend our heartfelt congratulations to **Dr. Alap Shah** on being elected as President, **Dr. Vijay Maurya** as Vice President, **Dr. Kirti Shah** as Secretary, and a warm welcome to **Dr. Mamta Shah** as Treasurer.

In this issue, we highlight recent advances in clinical practice, key updates from our association's initiatives, and valuable contributions from our SMF members.

We sincerely appreciate the continued support and participation of our members especially through your advertisements which play a vital role in keeping this bulletin a valuable resource for all of us.

As always, we welcome your feedback, suggestions, and article contributions for future issues.

Warm regards,

Editorial Team.....



Dr. Pritesh Shah



Dr. Dharendra Sanandiya



Dr. Vimal Mehta



Dr. Hiren Modi



Dr. Jitendra Gangwani

Words of Wisdom from our Esteemed Seniors

Dear Dr.,

It gives me great pleasure to write for our-Bulletin of **Sabarmati Medical Foundation**

Bulletin is meant to share lots of important information for the members to receive the respective information. I believe useful information with various activities is to be incorporated in simple but effective manner.

It is always challenging to publish Bulletin that too in colorful & interesting manner. I know to publish this type of bulletin requires lot of time, energy and also tests your patience!

As we are beginning our year, with rejuvenated association, we all are eager to read the 1st issue of our bulletin.

My Best wishes to the team SMF

Dr. Jayprakash Vyas



Very well revival of SMF
and best wishes for coming year.
Good venture by new team of SMF bulletin
keep it up.

Dr. Kaushik Shah



Great revival by Dynamic young team.
Great future is ahead for our association,
Best wishes to Gen. Next.

Dr. Kaushik Gajjar



જૂની વાતો-યાદો તાજ કરીએ,
નવું update મળતું રહે,
બધા Bulletin મારફતે વધુને વધુ સાથે ચાલીએ,
નવી ટીમનો ઉત્સાહ વધે તેવી શુભેચ્છા... **Dr. Paresh Gandhi**



Hi good days to everyone, I congratulate to all New Committee members for their hard work to reunion and reactive our SMF.
With hard work of members and guidance of Trustees to new committee -2025-26 is ready to do better for SMF.

And at last we can not forget our SMF members because without audience you can't do any thing..

Once again blessing and best of luck to SMF Team-2025.



Dr. Kamlesh Naik



SABARMATI DOCTORS' CRICKET CLUB



Dr Sunil Patel



Dr Umang Doshi



Dr Shrenik Shah

"Fellow doctors and cricket enthusiasts,

We are thrilled to welcome you to our sabarmati doctors' cricket club. As medical professionals, we understand the importance of maintaining a healthy work-life balance, and cricket provides us with the perfect opportunity to do so.

Our club aims to bring together doctors from various specialties and hospitals to share their passion for cricket. We organize regular matches, tournaments, that allow us to unwind, network, and have fun. We use our platform to promote health awareness, support charitable causes, and foster camaraderie among medical professionals.

Since last 8 years we are organizing SDCC Day & Night cricket tournament for Sabarmati doctors with collective support of each and every one of you. In coming may-jun we are going to organize with support of SMF, SDCC night cricket tournament season-10, at J.S.Patel cricket ground, Nr. koba circle.

Details of tournament and players registration process would share soon with all of you. All tournaments has creating memorable experience for all participants and has set a new standard for sporting events.

I invite all doctors who share our passion for cricket to join our club. Let's come together to enjoy the game we love, support each other, and make a positive impact on our communities.

Looking forward to seeing you on the pitch!



Dr. Kirti Shah
(M.D., D.V.D.)

ONE STOP SOLUTION FOR ALL SKIN PROBLEMS

Summer is here, and our skin needs extra care to stay fresh and healthy. The heat, sweat, and sun can make the skin dry, oily, or sunburned. But with some simple steps, you can keep your skin glowing all summer!

Summer Skin Care Essentials

- 1. Apply Sunscreen:** Use a broad-spectrum sunscreen with at least SPF 30 or more..15-30 minutes before stepping out. Reapply every 2 hours.
- 2. *Wear Protective Clothing:**Wear lightweight, loose-fitting cotton clothes that cover your skin, along with a wide-brimmed hat and sunglasses.
- 3. Stay Hydrated:** Drink plenty of water (at least 8-10 glasses a day) to keep your skin hydrated from the inside out.
- 4. Daily Care Routine:**
 - **Cleanser:** Use a gentle cleanser suitable for your skin type, morning and night.
 - **Toner:** Apply a toner to balance your skin's pH.
 - **Moisturizer:** Use a lightweight, oil-free moisturizer to keep your skin hydrated.
 - **Sunscreen:** Apply sunscreen with at least SPF 30, even on cloudy days.
- 5. Night Care:**
 - **Night Serum:** Apply a night serum rich in antioxidants and vitamins to help repair and rejuvenate your skin while you sleep.
- 6. Healthy Diet:**
 - **Fruits and Vegetables:** Eat a diet rich in fruits, vegetables, and whole grains to provide your skin with essential nutrients.

Additional tips:

- **Exfoliate:** Exfoliate once or twice a week to remove dead skin cells and improve skin texture...chemical peels
- **Avoid Harsh Products:** Steer clear of products containing harsh chemicals, artificial fragrances, hair dyes
- **Get Enough Sleep:** Aim for 7-8 hours of sleep to help your skin regenerate and repair itself.

By following these summer skin care tips, you'll be well on your way to achieving healthy, glowing skin!



Welcome New Members



No.	Name of Dr.	Qualification	Mobile No.
(1)	Dr. Navneet Mehrotra	MBBS, DNB, FRF, FICO	95581 24758
(2)	Dr. Dhara Vishal Patel	M.D. (Gynaec.)	85117 06566
(3)	Dr. Vishal Patel	M.S. (Ortho.)	97245 94060
(4)	Dr. Neel Gupta	M.S. DNB (Plastic Surgeon)	79844 84017
(5)	Dr. Kalpesh Shamjibhai Asal	M.D. (Anaesthesia)	81605 52281
(6)	Dr. Kunal Hemantkumar Majithia	Occupational Therapist	98988 92470
(7)	Dr. Rutuja Brahmabhatt	M.S. (Opthal.)	98796 13074
(8)	Mr. Aniket Gupta	M.S. (Ortho.)	98256 77971
(9)	Dr. Mohak Ashokkumar Thakor	DMRD, DNB (Radiologist)	94274 99466
(10)	Dr. Arpita Makwana	B.D.S.	98752 95115
(11)	Dr. Kalpesh Makwana	M.D.S. (Oral & Maxillofacial Surgeon)	97276 06597
(12)	Dr. Hetal Jayeshkumar Vasaiya	B.A.M.S.	97238 10620
(13)	Dr. Yash Atulkumar Gandhi	M.B.B.S.	81403 09500
(14)	Dr. Jayeshkumar G. Vasaiya	M.D. (Gen. Medicine)	99250 30335
(15)	Dr. Karan N. Shah	B.A.M.S.	99986 30668
(16)	Dr. Niki Arkin Shah	M.D. (Ob. & Gynaec)	94089 54384
(17)	Dr. Arkin Balmukund Shah	M.D. (Gen. Medicine)	81608 97095
(18)	Dr. Priyanka R. Chauhan	B.H.M.S.	94086 26779
(20)	Dr. Ramesh S. Chauhan	B.A.M.S.	85114 34699
(21)	Dr. Nirav Shailesh Priyadarshi	M.S. (Uro.) FAMS Con.Uro-Oncologist	90614 42594
(22)	Dr. Jignesh I. Chauhan	M.B.B.S. PGDCC	94291 59882
(23)	Dr. Keyur Machhavada	D.N.B. (Neurology)	86918 33327
(24)	Dr. Mahesh D. Aghara	M.D. (Pathology)	99985 76725
(25)	Dr. Pradeep Siyaram Verma	DMRD, DNB (Radiologist)	88605 38369
(26)	Dr. Daxa Pande	M.S. (Opthal.) FICO	83474 57660
(27)	Dr. Samir Biharilal Dave	B.A.M.S.	98246 17183
(28)	Dr. Dhara Dashrathbhai Patel	B.A.M.S.	
(29)	Dr. Ashokkumar Panchabhai Kordiya	B.A.M.S.	
(30)	Dr. Shikha Talati	M.D. (Psychiatry)	
(32)	Dr. Shachish P. Doctor	M.D., DNB (Gynecologist)	88605 38369
(33)	Dr. Jignesh B. Rajvanshi	DNB (Oncologist)	97277 01904
(34)	Dr. Pankil V. Shah	DNB (ENT)	96991 07066
(35)	Dr. Roshani Ghanshyambhai Patel	B.A.M.S.	95370 93418

Medico-legal Case



By-

Dr Dinesh Patel, MBBS, MS (Ortho), LLb, LLM (Env)

1. What is MedicdegalCase?

- A medicolegal case as the name suggests involves an issue related to both **Medicine** as well as **Law**. Doctors at hospitals treat patients with their ailments or diseases or injuries. Sometimes, a cause of a patient's problem lies in any offence or crime of which he/she is victim or may be an offender
- Bhartiya Nyaya Sanhita, 2023 lists offences affecting to human body in general in Chapter VI (Sections 100 to 146, both inclusive) and offences against woman and Child in specific in Chapter V (Sections 63 to 99, both inclusive)
- So, Cases wherever attending doctor or treating doctor after taking history and clinical examination of the patient thinks that some investigation by law enforcing agencies are essential so as to fix the responsibility regarding the case in accordance with the law of land. Such cases are called medico legal cases.

2. Duty of Registered Medical Practitioner (RMP) in MLC

- To save the life of a patient and to give primary treatment is the foremost responsibility.
- Registered medical practitioner (RMP) should inform the corresponding police station and make a note in the case paper.
- Consent of family members is not required for registration of a case as MLC.
- Medical officer will inform the police against the time of discharge of the patient.

3. The cases that should be considered medico- legal cases are as follows

- Cases of trauma including road traffic accidents
- Cases of burns including industrial or domestic fire accidents, self inflicted or by others.
- Cases of electrocution caused either accidentally or by self, lightning deaths
- Cases of asphyxia like hanging, manual or ligature strangulation, smothering, choking by a foreign body, drowning, suffocation (carb on-monoxide poisoning)
- Cases of sexual assault (rape), including consensual sexual contact between minors of both genders
- Cases of suspected or confirmed criminal abortion indicating involvement of quacks.
- Cases of poisoning like consumption of organophosphates, rat-killer, vegetable poisons, corrosive acid, drug overdose, or unknown poisons.
- Cases of animal attacks like dog bites, bull attacks, etc.

- Cases of snake bites either venomous or nonvenomous, scorpion, wasps or bee stings.
- Cases(Accused) brought by police for medico legal examination and evidence collection involved in crimes like assault or sexual offenses
- Cases of torture in police custody perpetrated by police or by others
- Brought dead patients with history not clear and suspecting foul play or underlying cause of death is unknown.
- Death of a female due to unnatural cause, married for less than 7 years duration (underlying reason with a dowry-related issue in history or others).
- Cases of unknown patients presenting in an unconscious state where the underlying cause could not be elicited.

Any other cases falling under the MLC cases like medical negligence or related to legal implications

4. General Guidelines

- A medico-legal register is to be maintained which contains all necessary details of the patient.
- When Medico-legal case is to be discharged from hospital, police should be informed and an entry is made in Medico-legal register.
- X rays, blood reports, microbiological, pathological investigations etc. in Medico-legal cases should be labelled as MLC & kept along with other documents of the case in the (indoor) file. The indoor file with all documents is also be labelled as MLC & record should be maintained for future Medico-legal use (same may be required by court during the hearing of the case).
- Hospital records of indoor file of MLC should be kept as confidential in Record Section till judgment by the court of law pertaining to the case has been issued (practically for life time)
- Whenever there is a death in a Medico legal case, the police officer should be informed. Dead body must not be handed over to relatives. Death certificate should not be issued in Medico legal cases and body must be sent for Medico legal autopsy (post mortem) after filling the appropriate format.

Dr Dinesh Patel, MBBS, MS (Ortho), LLb, LLM (Env)

Achievements

Dr. Mahesh Gupta M.D. (Ob/gyn)

has been honored with the prestigious Prof. Rajam Authilingam Award by the Indian Medical Association.



He has also received multiple recognitions from FOGSI (Federation of Obstetric and Gynaecological Societies of India), including:

1. The Legendary Award, a truly non-political recognition, especially notable as other awardees were past presidents.
2. Inclusion in FOGSI's book "Know Your Pioneers", which features his autobiography.
3. Numerous appreciations and mementoes for his contributions.
4. The release of the EEBR PPH Book, recognizing him as an expert.
5. A published chapter on Internal Iliac Artery Ligation.
6. Delivery of academic lectures on four occasions.



Dr. Dinesh Patel M.S. (Ortho)

Completed his LLM in Environment and Legal Order from Gujarat University in 2024.

He secured with **three gold medals** and got the highest aggregate marks of all four semesters combined amongst 257 students.



Congratulations

We are Proud of our foellow SMF Members who have been selected for prestigious positions in the new team of Ahmedabad Family Physicians' Association

Dr. Vijay Maurya
Imm. Past President

Dr. Pritesh D. Shah
Selected as a
President

Dr. Mehul N. Shelat
Selected as a
Honorary Secretary



Dr. Hemang Shah
Selected as a
Managing Committee Member



Congratulations to
Dr. Rekhaben Kishnani
on being appointed President of the
Sabarmati Chandkheda Ayurvedic Doctors' Association

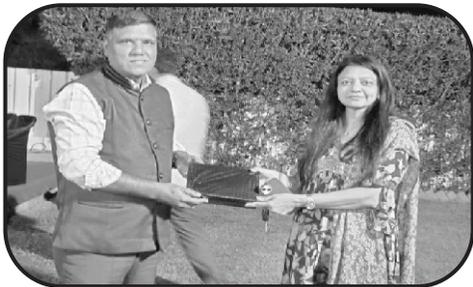


CME @ Narayani Hights

By Asian Super Speciality Hospitals Pvt. Ltd.



CME @ Compass Kitchen



Holi Celebration @ Maple 99

