

‘C’ VIEW

THE BULLETIN OF THE BOMBAY ‘C’ WARD MEDICAL ASSOCIATION

ISSUE NUMBER 2025 – 2026/07

October 2025

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PUBLISHED BY:

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For Private Circulation Only

“Hi”

Friction is something we deal with every day in the hospital, though not always in the way physics textbooks describe it. Sometimes it’s the little pause before we speak — that hesitation before starting a conversation. It’s funny how heavy that moment can feel. But the truth is, once you cross it, everything feels lighter. A simple “Hi” can change the tone of an entire relationship.

As doctors, most of our conversations begin with illness, but they rarely end there. Over time, I’ve come to see how often the real connection happens in the spaces beyond the diagnosis. A patient’s story about their first grandchild, a colleague laughing over a rushed canteen snack, a family sharing mithai after good news — these moments remind me that medicine is as much about people as it is about treatment.

I’ve also realised that listening is the real art. Not listening for symptoms, but listening for the person. Patients know when you are present, and they open up differently when they feel it. Sometimes, what they need most is not an answer, but the comfort of being heard. And in that space, the relationship often shifts from doctor–patient to something gentler, more human.

The smallest gestures often carry the most weight. A quick phone call to check in, a word of appreciation, even sharing a meal can build bridges that no prescription can. Some of my strongest bonds — with patients, with colleagues — have grown from those simple beginnings. There’s no formula to it. Some connections form over years, others in a single conversation. But almost all of them start the same way: with overcoming that tiny bit of friction, and allowing yourself to go beyond the role of “healthcare provider.”

In the end, it’s not about big speeches or perfect words. It’s about presence, kindness, and the willingness to start — gently, genuinely — with a “Hi.”

Dr. Sonia Kothari,

Editor

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

Our last CME on 7th September.2025 was on Psychiatry - BETWEEN THE EARS & BEHIND THE SMILE: A GP'S GUIDE TO MENTAL MAYHEM. The CME was well attended though the attendance was a little lighter than usual, may be the Ganesh Visarjan Hangover. The speakers were excellent and discussed many aspects of Mental Health that are relevant to all family Physicians and Consultants of every specialty.

The CME was organized by our Vice President – Dr. Kavan Lakdawala, who conducted the CME in usual humorous style. It was a pleasure listening to him as much as the speakers. I thank him for organizing a wonderful program. My special thanks to all the speakers and panelist for giving their valuable time and expert insight into the topics.

Our website, www.bcwma.in is live and you all are requested to login to know the latest activities of our association. The basic structure is done but a lot more is going to be added. It is a work in progress. Please visit the website periodically to check out new features. Your suggestion for the website are most welcome.

We are in the process of updating our members list and Members are requested to please email us their Name, address, mobile number and e-mail address to enable us to update the member's list. Please send your e-mails to bcwma1@gmail.com with the subject – 'Update members List'

Many non-members are attending our CME and other programs, they are welcome and we appreciate their participation. Non- members who wish to get regular information of our CME's and other programs are request to send us their Names, addresses, mobile numbers and e-mail address via e-mail. Please email to bcwma1@gmail.com with the subject – 'Please include in non-members list'

There has been a delay in uploading the MMC points in the accounts of the delegate of the 3rd August CME due to some technical glitch, but it is being looked into and will soon be resolved. We regret the inconvenience. Please bear with us.

As mentioned in my last communication we are looking out for new office staff, and if you know of anyone willing to work for the association, even part-time, please let me know.

Our next CME will be conducted on 5th October and is on Nephrology. It is being organized by Dr. Hemal Shah. I am sure it will be great academic feast. The highlight of the CME shall be the felicitation of DR. Arun Halankar, with a Lifetime Achievement Award. Dr. Halankar has been a doyen in the field of Nephrology and it is our great honor to present him this Award. I request you all to turn up in large numbers to honor Dr. Halankar and to enjoy the academic feast prepared by Dr. Hemal Shah.

In November, due to the scheduling issues, there will not be any CME on the first Sunday of November. We are planning to co-host a CME on Menopause with the Mumbai Menopause Society and we shall inform you once the program is finalized.

I hope you all are receiving the C- View regularly and are enjoying its contents. I call upon you to be part of the bulleting by contributing to it by way of articles – both medical and non-medical, poems, stories etc. Please send your contributions to the Editor.

Looking forward to seeing you all on 5th October.

Dr. Neelang Shah,
President.

What's one good thing about your day?

I'm 75 now. These days, mornings are quiet—just me, a cup of tea, and the park down the road. I sit on the same wooden bench every day, watching joggers rush by, parents push strollers, kids chasing pigeons. Life keeps moving, even when you feel like you've slowed down.

One morning, I noticed a boy—maybe 16—sitting alone at the far end of the bench. Shoulders slumped, hoodie pulled tight, staring at the ground like the world had forgotten him. I know that look. I wore it once, years ago, when life felt too heavy.

I didn't want to scare him off, so I asked softly, "What's one good thing about today?"

He blinked, surprised. "What?"

"Anything at all," I said. "The sky, a song you heard, something small that made today not all bad."

He thought for a moment. Then, quietly: "My sister saved me the last cookie this morning. Said she wanted me to have it."

A tiny smile tugged at his face. Not much, but enough to crack the gray around him. "That's a good thing," I said, nodding. He left soon after, but when he glanced back, his eyes weren't as heavy.

The next day, he sat closer. And when a woman with grocery bags shuffled past us, he piped up: "Ma'am, what's one good thing about your day?" She laughed, surprised. "Well, I found strawberries on sale." The boy grinned.

It became a thing. People passing by began stopping for a minute on my bench. A man said, "The bus was on time!" A young girl said, "I made a new friend at school." A grandmother said, "My knees didn't ache this morning." Simple, ordinary things—but the kind that remind you, life still has sweetness tucked in its corners.

Soon, folks started calling it The Bench Question. Strangers came not just to rest their feet, but to share their "one good thing." Someone brought a notebook, leaving it on the bench so people could write their answers. Within weeks, the pages were filled:

- ☑ "My daughter called after months."
- ☑ "The sunset looked like cotton candy."
- ☑ "I'm learning to smile again."

And here's the truth I learned: happiness doesn't come from fixing everything. Sometimes it's just about noticing the smallest good thing in the middle of an ordinary day.

The boy still visits. He doesn't hunch anymore. He sits tall, asks every passerby the question. Sometimes, he even brings cookies to share.

Life isn't always easy. But maybe the secret isn't chasing big joys—it's learning to hold on to the little ones. One bench. One question. One good thing at a time.

FAMOUS QUOTES OF MAHATMA GANDHI

- "Be the change you are trying to create."
- "Live as if you were to die tomorrow. Learn as if you were to live forever."
- "I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him [her]".

The Bombay 'C' Ward Medical Association and Bombay Medical Union

Jointly with **Sir H.N. Reliance Foundation Hospital**

Invite you to

Dr. Jaswant Mody Foundation CME on: **NEPHROLOGY**

Date: Sunday, 5th October, 2025 **Time:** 09:30 am to 01:30 pm

Venue: Convention Hall, Sir HN Reliance Foundation Hospital

09.30 – 09.50 am	Registration, Fellowship, Tea / Coffee
09.50 – 10.00 am	Welcome : President – Dr. Neelang Shah Scientific Coordinator – Dr. Jawahar Mukhtyar
10.00 – 10.30 am	AI in Nephrology/ Medicine - Sudhir Ranjan Dash
10.30 – 11.15 am	Panel discussion on Chronic Kidney disease Moderator. HEMAL SHAH Panelist. <ul style="list-style-type: none">• Dr Arun Halankar• Bhavesh Vora• Ruchi Samdani• Arun Doshi• Shruti Tapiawala.• Goverdhan Gupta
11.15 – 11.30 am	LIFE TIME ACHIEVEMENT AWARD TO DR. ARUN HALANKAR
11.30 – 12.00 pm	Critical Care Nephrology Update - Rushi Deshpande
12.00 – 12.30 pm	Hypertension; Newer Guidelines 2025 - Dr Arun Shah
12.30 – 1.00 pm	Renal Transplant- My journey - Dr B V Gandhi
1.00 pm onwards	Lunch

ADMISSION FREE BUT PRIOR REGISTRATION IS A MUST AS SEATS ARE LIMITED. PLEASE NOTE THE VENUE AND TIME. PARKING AVAILABLE.

PROGRAM CO – ORDINATOR – DR. HEMAL SHAH

President

Dr. Neelang Shah

Hon. Secretaries

Dr. Mrinal Shah

Clinical Secretary

Dr. Jawahar Mukhtyar

Dr. Rushabh Shah

For Registration: Email to bcwma1@gmail.com

Our CME: 1st Sunday of every month

To know details of CME of every month, send your email id to bcwma1@gmail.com

Applied for 1 MMC Credit Hour Certificate (Subject to approval): Rs 50/- (The BombayC Ward Medical Association members), Rs 100/- (non-members)

