

'C' VIEW

THE BULLETIN OF THE BOMBAY 'C' WARD MEDICAL ASSOCIATION

ISSUE NUMBER 2026 – 2027/05

August 2026

EDITORIAL

"Beginner Again"

There is a moment most of us know well. A patient asks a simple question, and for a second we realise the answer we learned is no longer quite the answer. The guideline has moved. The drug has shifted a line. The test we trusted has a better cousin now.

It is an uncomfortable moment.

Learning Has No Finish Line

Medicine keeps asking us to be beginners. Not once, at the start, but again and again. The examination we cleared thirty years ago was never the finish line; it was only permission to keep studying. Every decade quietly rewrites a chapter we thought was closed. Ulcers were once about stress. Cholesterol numbers were once fixed. Bed rest was once a treatment.

What has changed is the speed. Evidence arrives faster than we can absorb it. Patients walk in with printouts, then with videos, and now with answers generated by machines. It is easy to feel crowded out. But a patient reading about their illness is not a threat to us; it is an invitation. They have done the reading. What they still need is judgement — someone who can tell them which part of all that information applies to their body, their budget, their family, their life. No search result does that. No model does that. We do.

Three Small Habits

Being a beginner again asks three small things of us. The first is the willingness to say, out loud, "let me check." Those three words cost far less than a wrong answer. The second is to keep the company of people who know things we do not — the younger colleague who is fluent in something we are still spelling out, the specialist we call rather than guess. The third is to read a little every week, without waiting for a conference to make us do it.

Our association exists largely for this. One Sunday a month, we sit in a hall and let someone update us. It is an unglamorous ritual, and it is quietly the thing that keeps our practice honest.

Dr. Chirag Jain

Editor, C-View

PRESIDENT:

Dr. Neelang Shah
9820188986

VICE – PRESIDENTS:

Dr. Anil Mehta
Dr. Kavan Lakdawala

HON. SECRETARIES:

Dr. Mrinal Shah
9920411098
Dr. Rushab Shah

HON. TREASURER:

Dr. Saurabh Shah
Dr. Bharat Bhatt

CLINICAL SECRETARY:

Dr. Jawahar Mukhtyar

IMMEDIATE PAST PRESIDENT:

Dr. Asha Vasani

EDITORS

Dr. Gaurav Kadakia
Dr. Chirag Jain

PUBLISHED BY:

**The Bombay 'C' Ward
Medical Association.**

C/o Excel Diagnostic Centre,
Dhana Patel Building, 232,
Tardeo Rd, Mumbai – 400 007.

Tel: 2361 2880

E-mail: bcwma1@gmail.com

WhatsApp: 7208189493
(only messages)

For Private Circulation Only

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

We had a successful CME on Plastic Surgery last month, on 2nd August. The topics were well chosen and well delivered by the speakers. We had a good attendance.

I thank Dr. Gaurav Kadakia for organizing the CME and my special thanks to all the speakers for sparing their valuable time on a Sunday to enlighten us.

The recent students' agitation related to the leak in the NEET papers was an eye-opener, in many ways.

It highlighted the problem of leakage of examination papers in competitive exams, which is rampant and happening year after year without the actual culprits being held. The government and our institutions have to take steps to prevent such leaks and weed out the corruption inherent in such acts.

More importantly, it demonstrated the power of mass movements. Our medical bodies at large have been unable to mobilize mass support to agitate for the issues faced by the medical fraternity — be it the huge capitation fees, inadequate infrastructure for medical education, the inhuman exploitation of resident doctors and the ever increasing violence against doctors, and many more. If students could have a successful agitation resulting in the resignation of the education minister (right or wrong is a separate issue), why can't we as medicos, who are far more powerful and wealthy, agitate to make the government listen to our grievances and take effective remedial measures — not just on paper, but in actual implementation? Unfortunately, the more successful doctors, who treat the politicians and other government officials, are not willing to take a stand for the benefit of the medical fraternity at large. Even our medical bodies are only interested in five star conferences and promoting the office bearers; no monies are earmarked to redress the problems of doctors.

The agitation also exposed the danger of genuine issues being hijacked by political and anti-national elements to promote an agenda very different from the original one. Whenever we organize a protest, we must make sure that we are not used by politicians and other elements to further their agenda. We must learn to use them to our advantage. We are all very intelligent people and can surely learn to do so if we apply our minds to it.

I hope that in the future we can organize ourselves into a force to reckon with, a force that is respected and heard by the government — if not, the future of our profession is doomed! Smart and good people will not take up medicine as a profession!!

Dr. Neelang Shah, President.

IMPORTANT NOTICE

- Members are requested to please WhatsApp and email us their name, address, mobile number and e-mail address to enable us to update the members' list. Please send your details with the subject – 'UPDATE MEMBERS LIST'.
- Non-members who wish to get regular information of our CMEs and other programs are requested to send us their names, addresses, mobile numbers and e-mail addresses via WhatsApp and e-mail. Please send your details with the subject – 'PLEASE INCLUDE IN NON-MEMBERS LIST'.

The Umbrella Stand

It started with a bucket.

The clinic is on the ground floor of an old building off Tardeo, the kind with a narrow staircase and a watchman who has been there longer than anyone remembers. In August, the rain does what it always does in this city — it arrives sideways, and it does not ask.

One afternoon, a patient stood at the door for twenty minutes after her consultation, waiting for the downpour to ease. She had a bus to catch and no umbrella. My assistant found an old black one in the store room, its handle taped, and gave it to her. She promised to return it.

She returned it the next week. She also brought another one.

“In case someone else is stuck,” she said.

The Bucket by the Door

We put both in an empty paint bucket near the door and forgot about it. Within a month, the bucket held nine umbrellas. Nobody had been asked. People simply saw the bucket, understood it, and added to it. Someone wrote on a piece of card and taped it to the wall: TAKE ONE IF YOU NEED. BRING IT BACK WHEN YOU CAN.

A retired schoolteacher started leaving a folded plastic sheet in the bucket during heavy weeks, for the delivery boys who park their bikes outside. A young man left a spare charging cable, then took it back and left two. In September, someone left a strip of paracetamol with a note saying it was unopened and unused; we removed it, gently, and explained why — but I have thought about that note often. The instinct was right, even if the medicine was not.

The umbrellas do not all come back. Roughly a third disappear each season. For a while this bothered me, and then it stopped bothering me. A third of them are walking around this city keeping somebody dry, and the bucket keeps refilling anyway. That arithmetic works out fine.

What Builds Trust Is Not in the Consultation

We spend a great deal of our professional lives on the large problems — the ones in the President’s message, the ones we argue about at meetings. Those arguments matter and we should keep having them. But the reason people trust a doctor is rarely built in those rooms. It is built at the door of the clinic, in the two minutes after the consultation is over, when nothing is being billed and nobody is watching.

A bucket by the door is not medicine. It changes no outcome, alters no prognosis. But it tells everyone who walks in what kind of place this is, and that turns out to be worth something. Patients who feel looked after tell you things they would otherwise keep to themselves. They come back before it is too late rather than after. They bring their parents.

Every clinic already has a version of this available to it. A chair for the person who came along. A glass of water without being asked. A phone number that someone actually answers. Somebody’s name remembered correctly on the second visit.

The rain will keep coming. We cannot do much about that. But we can leave something by the door.

Contributed by a member of the Association

**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

“SLEEP, SNORE & MORE!”

A Practical Guide to Common Sleep Disorders for GPs

Date: Sunday, 6th September 2026

Time: 09:00 am to 01:00 pm

Venue: Convention Hall, Sir H. N. Reliance Foundation Hospital, Prarthana Samaj, Mumbai – 400 004

TIME	SESSION
9.00 – 9.30 am	Registration & Welcome Coffee
9.30 – 9.35 am	Welcome Note — President, Dr. Neelang Shah
9.35 – 9.45 am	Introduction: “Waking Up to the Importance of Sleep” — Clinical Secretary, Dr. Jawahar Mukhtyar
9.45 – 10.10 am	Introduction & Overview of Sleep Disordered Breathing — Dr. Susheel Bindroo
10.10 – 10.35 am	Treatment Strategies and Approach to a Patient with Sleep Disordered Breathing — Dr. Nimish Shah
10.35 – 11.00 am	The Airway–Dentistry Connection: A New Frontier in Sleep Medicine — Dr. Priyam Parikh
11.00 – 11.25 am	When Sleep Goes Neurological! — Dr. Joy Desai
11.25 – 11.50 am	Sleep Tight, Metabolism Right! — Dr. Pratit Samdani
11.50 – 12.30 pm	The Sleep Puzzle: Putting the Pieces Together — an interactive panel discussion on sleep problems in general practice. Chairperson: Dr. Arun Shah
12.30 pm	VOTE OF THANKS FOLLOWED BY LUNCH

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

President
Dr. Neelang Shah

Hon. Secretaries
**Dr. Mrinal Shah
Dr. Rushabh Shah**

Scientific Convener
Dr. Jawahar Mukhtyar

For Registration: WhatsApp +91 72081 89493

Our CME: 1st Sunday of every month

To know details of the CME each month, send your email id and mobile number to bcwma1@gmail.com
Applied for 1 MMC Credit Hour Certificate (subject to approval): Rs. 50/- for members of The Bombay ‘C’ Ward Medical Association, Rs. 100/- for non-members.

WORTH REMEMBERING

“The good physician treats the disease; the great physician treats the patient who has the disease.” — Sir William Osler

“Listen to your patient; he is telling you the diagnosis.” — Sir William Osler

“The best way to find yourself is to lose yourself in the service of others.” — Mahatma Gandhi

“A good person will resist an evil system with his whole soul. Disobedience of the laws of an evil state is therefore a duty” – Mahatma Gandhi