'C' VIEW

THE BULLETIN OF THE BOMBAY 'C' WARD MEDICAL ASSOCIATION

ISSUE NUMBER 2026 – 2027/07 October 2026

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PUBLISHED BY:
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For Private Circulation Only

EDITORIAL

"The Worry We Don't Write Down"

Every October, the calendar fills with awareness days. One of them is World Mental Health Day on the 10th. It is easy to see it as a day for psychiatrists. I want to suggest it belongs to all of us.

Think of the last patient who came in for a "simple" complaint — a biopsy report pending, a child's fever that will not settle, a father waiting for his angiography date. The illness was written on the case paper. The fear was not.

Fear Does Not Show on a Report

Fear changes everything. A frightened patient forgets half of what we say. They sleep poorly, skip doses and come back sooner. In cancer care, where I spend much of my time, I see this every week: the scan may be stable, but the mind is not.

Watch for repeated visits with normal tests, poor sleep, missed follow-ups, or a relative who does all the talking. Two quick tools help — GAD-2 for anxiety and PHQ-2 for low mood. Each has just two questions and takes less than a minute.

Two Minutes That Matter

We do not need a new speciality to respond to this. We need a few small habits. Ask one more question: "What worries you most about this?" Give the plan in plain words, and write it down. Tell people when the next report will come, so the waiting has an end. And notice the family in the corner — they are often more frightened than the patient.

When worry stops a person from eating, sleeping or working, or low mood lasts over two weeks, involve a counsellor or psychiatrist. Any talk of hopelessness must be acted on the same day. Referring is not a failure; it is good care.

This Diwali, let us remember the quiet worry that walks into our clinics. We may not always cure it. We can almost always ease it.

Dr. Chirag Jain
Editor, C-View

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

We had an interesting CME on Hematology in October. It was well attended and all of us learnt some important practical points, which we can use in our practice.

I am happy to announce **EDUCON 2027 – A MULTISPECIALITY CONFERNCE** on 14th February 2027 at the Mahila Vikas Mandal near Sachiwalay Gymkhana, Nariman point. Please block the date in your diaries and participate in huge numbers. We assure you an academic and gastronomic feast with prizes a galore. Program and other details will be shared as soon as possible.

A 28 year old first year postgraduate resident doctor pursuing MD in General Surgery at Sion hospital was found dead in his hostel bathroom on Saturday 11th October 2026, in a suspected suicide.

A doctor from JJ hospital died by suicide on May 12 this year. In recent times almost 25 resident doctors have been said to have committed suicide.

The commonest cause of taking this extreme step is overwork, with residents often working at a stretch at 36 to 48 hours, combined with lack of empathy from colleagues, seniors and patients. The residents are often from out of station and because of lack of emotional and psychological support become easy prey to depression and suicidal thoughts.

We as doctors and medical associations have done little to remedy the situation. Many feel we did it so why can't they. We did it, but we also lost some of our colleagues; we must keep this in mind. Abuse of residents by frustrated and stern seniors and colleagues is often not identified and addressed at the right time. There seems a resistance on the part of the authorities to take action against such seniors and colleagues.

Prolonged working hours, lack of infrastructure, inadequate facilities for good food and crumbling hostels are systemic failures which are not addressed.

All these problems need to be addressed on a war footing. If there is a will there is a way. All doctors and associations should protest against this inadequacies and demand that they be rectified urgently. We must remember that the next student who commits suicide may be our son, daughter or relative.

We have been trying to condemn and remedy the evil of violence against doctors by patients and their relatives, but what are we doing about the violence from within – the violence of torturing our young resident doctors.

All associations and doctors should get together and force the government to address this issue. If all doctors agitated and refused to treat government officials and politicians, we will have results in a couple of days. We need to be united and motivated to find a solution.

We also need to sensitize our own colleagues working in medical colleges to be more empathetic and caring towards the wards under their charge. This is a sacred duty. Those failing in this and indulging in abuse must be exposed, humiliated and punished without mercy.

We have a long way to go but let's begin and resolve the issues before another young doctor dies!

Awake! Arise!! And stop not till the goal is reached!!!

Dr. Neelang Shah,
President.

The Clock That Ran Fast

Dr. Mehra's clinic in Girgaon had one wall clock. It ran seven minutes fast. Patients complained about it for thirty years, and for thirty years he refused to fix it.

"Why?" his new assistant, Priya, asked in her first week.

"Watch," he said.

Seven Minutes Early

At 10:53 by the clock, an old man in a white kurta came in, apologising. "Doctor saab, I am late again." He was not. He was early. Dr. Mehra smiled and said nothing.

A young mother rushed in at 11:20, flustered, sure she had missed her slot. She sat down, caught her breath and fed her baby. By the time her name was called, she was calm.

Priya began to notice it. People arrived thinking they were behind, and then found they had time. Those seven minutes became a small gift. Nobody felt hurried in that room, because everybody had arrived "late" and been forgiven.

The Doctor's Watch

One evening, Priya found Dr. Mehra setting his own watch to match the clock. "You too?" she laughed.

"Especially me," he said. "A doctor who is always running behind starts to rush his patients. With seven extra minutes, I can listen to the last story of the day as patiently as the first."

When Dr. Mehra retired, the clinic was repainted and the furniture replaced. The new doctor asked Priya what to do with the old clock. She thought for a moment.

"*Keep it," she said. "And whatever you do — don't fix it."*

Fun Facts for Docs

The First X-ray Portrait: In December 1895, Wilhelm Röntgen made one of the first X-ray images — of his wife Anna Bertha's hand, her wedding ring clearly visible. Seeing her own bones, she is said to have remarked that she had seen her death.

The Longest Hiccups: Charles Osborne of Iowa, USA, hiccupped almost non-stop for about 68 years, from 1922 to 1990—a Guinness World Record.

An Organ That Breathes Air: The cornea has no blood vessels. It takes most of its oxygen directly from the air, dissolved in the tear film — one reason it stays so clear.

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 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

"STROKE & NEUROCRITICAL CARE"

With the Launch of the Neurocritical Care Unit at RFH

Date:1st November 2026 Time: 09:00 am to 02:00 pm
Venue: Convention Hall, Sir H. N. Reliance Foundation Hospital, Prarthana Samaj, Mumbai – 400 004

TIME	SESSION
9.00 – 9.30 am	Registration
9.30 – 9.40 am	Introduction & Welcome Address — President, Dr. Neelang Shah
9.40 – 10.10 am	Pre-Hospital Management of Ischemic Stroke. The Golden Hour: The Reperfusion Revolution — Dr. Arun Shah, Director, Neurosciences
10.10 – 10.40 am	Recent Advances in Management of SAH — Dr. Vishank Shah, Asst. Prof. of Neurology, Anesthesiology & Critical Care, Johns Hopkins University, USA
10.40 – 11.10 am	Recent Advances in Secondary Stroke Prevention — Dr. Manish Chhabria, Sr. Consultant, Neurology
11.10 – 11.25 am	Inauguration & Launch of Neurocritical Care Unit — Dr. Tarang Gianchandani, Group CEO, Healthcare Initiatives & CEO, RFH; Dr. Rahul Pandit, Chair, Critical Care, RFH
11.25 – 11.40 am	Tea Break
11.40 – 12.10 pm	When Stroke Becomes a Neurocritical Emergency — Dr. Arindam Kar, Director, Critical Care
12.10 – 12.40 pm	Neurointervention in Stroke & Neurovascular Disorders: Integrated Approach — Dr. Vipul Gupta, Director, Neurointerventional Surgery, RFH
12.40 – 12.55 pm	The Golden Hour of ICH: Medical Management — Dr. Joy Desai, Neurology
12.55 – 1.10 pm	The Golden Hour of ICH: Surgical Management — Dr. Vivek Agrawal, Neurosurgery
1.10 – 1.40 pm	Challenging Stroke Cases — Dr. Siddharth Chauhan, Sr. Clinical Associate, Neurology
1.40 – 2.00 pm	Panel Discussion — All Faculty
2.00 pm onwards	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	Hon. Secretaries	Scientific Convener
Dr. Neelang Shah	**Dr. Mrinal Shah** **Dr. Rushabh Shah**	**Dr. Jawahar Mukhtyar**
Organising Chairmen Dr Arun Shah Dept of Neurology,H N Reliance	Organising Chairmen Dr Vipul Gupta Dept of Neurosurgery,H N Reliance	Organising Secretary Dr Manish Chabria Dept of Neurology, H N Reliance

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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.