

‘C’ VIEW

THE BULLETIN OF THE BOMBAY ‘C’ WARD MEDICAL ASSOCIATION

ISSUE NUMBER 2025 – 2026/02

May 2025

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EDITORIAL

The Bamboo and the Fern: A Tale of Patience and Growth

Some years ago, I came across a story that stayed with me.

A man planted a fern and a bamboo seed. The fern sprouted quickly, lush and green, filling its space with life. But the bamboo? Nothing. Not a single sign of growth for years. Still, the man watered it daily. He waited through seasons and silence. And then, in the sixth year, the bamboo rose—shooting up over 80 feet in just a few weeks.

What was happening in all that time? The bamboo was growing roots—deep, steady, invisible. It was laying a foundation strong enough to support the height it would eventually reach.

As doctors, especially those of us who’ve been practicing for decades, this story feels familiar. So much of what we do doesn’t yield immediate results. We spend time with patients, explain lifestyle changes, follow up endlessly. Sometimes, it feels like nothing is shifting. But then, a patient turns a corner, or a young mentee finds their path—and we realize, the roots were growing all along.

This month’s CME, “Practical Ophthalmology: A GP’s Guide,” follows the same principle. It’s built around everyday eye problems—those cases that walk into your clinic with red eyes, blurry vision, or sudden floaters. We’re offering a clear, no-nonsense approach to diagnosis, first-line management, and red flags that warrant referral.

We’re also sharing updates from the field—like new imaging tools, evolving diabetic retinopathy treatments, and minimally invasive options for glaucoma. They’re exciting, yes—but also the result of years of research and quiet progress.

So as you go through this issue, and attend the CME, I hope you’ll be reminded: even when you can’t see the results right away, your work matters. Every conversation, every prescription, every follow-up is part of something bigger.

Keep showing up. Keep watering the roots. Growth is happening—even if it’s not visible yet.

Dr. Sonia Kothari : Editor

“ At age 20, we worry about what others think of us...At age 40, we don’t care what they think of us...at age 60, we discover they haven’t been thinking of us at all.”

-Ann Landers

“ It’s paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn’t appeal to anyone.”

-Andy Rooney

PRESIDENT'S MESSAGE

Dear Friends and Colleagues,

The new tenure of the Managing Committee of the Bombay 'C' Ward Medical association started with the Installation of the new team at the Orient Club on 23rd March 2025. The highlight of the program was the mini Kavismelan by our very own Dr. Hemen Shah, renowned Poet and Dermatologist, and Mr. Mukesh Joshi a well-known poet in the field of Gujarati Poetry. Both did a wonderful job. It had been my long cherished desire to introduce the members of our association to Gujarati Poetry (since most of our members are Gujarati) and I am happy that the program was well received by the senior members. For the younger members, not formally educated in Gujarati, a lot of it must have gone over their heads. Believe me, I was like you, but over the years attending such programs has enabled me to understand the richness of the Gujarati language, its poetry and literature. We all must take interest in our mother tongue (whatever language it be) and be proud of it. Pride in our mother tongue should not alienate us from the National fabric, but it should be woven into it to make a bright and multicolored fabric of Nationalism.

The installation program was followed by a CME - **Beyond the Blade- The Transformative Journey of Surgical Innovation**, 6th April. It highlighted the role of technology especially Robotics in the all surgical fields.

We had to change the venue at the last moment due to unavoidable circumstance and we were lucky that our Clinical Secretary, Dr. Jawahar Mukhtyar, could rope in Breach Candy Hospital to lend us the use of their hall, without any charges. We are thankful to the Management of Breach Candy for bailing us out of our distressing situation and I particularly wish to thank Dr. Anirudh Kholi, Dr. Pratit Samdani and Dr. K. Balsara for their help.

The program was well received, though we regreted that this time the attendance was a little less as there were multiple programs on that day and also the change in venue could have played a role. By an informal agreement it has been decided between the various medical associations in South Mumbai that the 1st Sunday of every month is reserved for the Bombay "C" Ward Association and other Sundays are divided between other associations. It is regreted that this agreement is often breeched.

On 3rd April, 2025, we were all witness to the fiasco of the Maharashtra Medical Council. I wish the management and council members have a more coordinated approach in organizing the elections and should keep in mind the convenience of the doctors coming to vote. Last minute uncertainties and cancellations leading to waste of time for many who came to vote is bound to affect the moral of the electorate and result in poor participation in the election process in future.

In April, we were all witness to the situation at Dinanath Mangeshikar Hospital in Pune, where a senior doctor had to resign. I urge everyone to me very careful in handling patients, especially those that are politically connected, government employees and lawyers. One misstep can finish your career. Even though you may be medicolegally correct, the trauma of facing unruly crowds, departmental inquiries and legal fees can traumatize you and is an undeserved punishment you bear even if you win in the court. So check the background of your patients and take extra precautions while dealing with high risk patients (not only medically). It is better to lose a patient rather than to face the music and suffer.

Doctors working in government and charitable hospitals catering to the lower socioeconomic class of patient should ensure that the required facilities are present in the hospital for treating patients. The courts in India expect all patients to be treated to the same standard of care and will hold the doctor responsible for treating patients without the required facilities. Lack of infrastructure due to government's inability or apathy, will not be a defense. If fact when a problem occurs the higher ups will get together to pin the blame on you and portray you as being inefficient and negligent. Where the facilities are not adequate, demand that they be provided before treating patients. If you are pressurized to work with inadequate facilities either stand up to the higher ups or quit. It is not worth destroying your career in the mistaken belief that you are serving patients. Nobody cares. **YOU HAVE TO CARE FOR YOURSELF.**

Dr. Neelang Shah- President

THE REPORT OF BLOOD DONATION CAMP

The Bombay 'C' Ward Medical Association & Bombay Medical Union with Sahakar Mitra Mandal organised Blood Donation camp on Sunday 20/04/2025 at Zaoba Wadi, Thakurdwar. 88 units were collected by Red Cross Blood Bank. This blood will be utilised for Thalesemia patient. About 30 persons were rejected. 15 people had low HB & 15 had high blood pressure.

We thank volunteers and Red Cross for their kind cooperation.

SELECTIONS IN FIRST MANAGING COMMITTEE HELD ON 24.4.25

MANAGING COMMITTEE MEMBERS CO-OPTED

- 1) Dr. Vibhakar Adhvaryu
- 2) Dr. Manjula Rupani
- 3) Dr. Bharat Bhatt
- 4) Dr. Ruchit Shah
- 5) Dr. Saumil Kothari
- 6) Dr. Sunil Vasani
- 7) Dr. Shilpa Mukhtayar

MEMBERS SELECTED TO BOARD OF MANAGEMENT OF FINANCES FROM MANAGING COMMITTEE:

- 1) Dr. Anil Mehta
- 2) Dr. Jawahar Mukhtyar
- 3) Dr. Ritesh Shah

COMMITTEE CHAIRPERSONS & CO- CHAIRPERSONS APPOINTED:

Committees	Chairpersons	Co- Chairpersons
Conference	Dr. Anil Mehta	Dr. Hemal Shah
Constitution Ammendment	Dr. Vibhakar Adhvaryu	Dr. Yogesh Shah
Editorial	Dr. Sonia Kothari	Dr. Janahvi Shah
Membership Growth	Dr. Mrinal Shah	Dr. Zimpu Mehta
Entertainment & Sports	Dr. Sunil Vasani	Dr. Shilpa Mukhtayar
Community Welfare	Dr. Manjula Rupani	Dr. Saumil Kothari
Medicolegal	Dr. Neelang Shah	Dr. Kavan Lakdawala
Website & Technical inputs	Dr. Milind Bhide	Dr. Vibhakar Adhvaryu
		Dr. Jawahar Mukhtayar

Visionaries in Every Sense: When Eyes Inspire More Than Sight

As doctors, we often think of "vision" in clinical terms—sharpness, clarity, correction. But some lives remind us that vision is also about imagination, insight, and the courage to see the world differently.

Dr. Allvar Gullstrand, a meticulous Swedish ophthalmologist, spent his life studying how light moves through the eye. Awarded the Nobel Prize in 1911, he once said, "The eye is not merely an organ—it is a lens through which we shape our understanding of light and life."

In a far different trajectory, Dr. Bashar al-Assad, trained in ophthalmology in London, became the President of Syria. While his rule remains highly controversial, his shift from medicine to politics reminds us how unpredictable the path of a physician can be.

In the art world, Claude Monet, suffering from cataracts, saw the world dissolve into golds and reds. His later works, blurred yet brilliant, became masterpieces. "Color is my day-long obsession, joy, and torment," he wrote—an artist adapting his vision to preserve his voice.

Edgar Degas, losing central vision, turned to sculpture, saying, "Art is not what you see, but what you make others see."

These individuals prove that vision isn't just measured in diopters. It's in how we perceive, adapt, and imagine. Whether at the slit lamp or in a studio, these visionaries challenged the limits of sight—and expanded the way we see the world.

Dr. Sonia Kothari : Editor

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

Jointly with **Sir H.N. Reliance Foundation Hospital** Invites you to

Dr. Jaswant Mody Foundation CME on:-

"Seeing it Right: 20/20 Insights for General Physicians"

Date: Sunday, 04th May, 2025.

Time: 09: 00 am to 01: 00 pm

Venue: Convention Hall, Sir HN Reliance Foundation Hospital, Prarthana Samaj, Mumbai- 04

09.00 – 09.30 am	Registration, Fellowship, Tea / Coffee
09.30 – 09.40 am	Welcome – President : Dr. Neelang Shah Scientific Coordinator : Dr. Jawahar Mukhtyar
09.40 – 10.05 am	Little Eyes, Big Impact – Pediatric & Myopia Updates: Dr. Rushabh Shah
10.05 – 10.30 am	The Eye within – Ocular Clues to Systemic Disease: Dr. Ajay Dudani
10.30 – 10.40 am	Introduction of Dr. Ashutosh Kothari (Director – Breast Cancer, Oncoplastic & Reconstructive Surgery)
10.40 – 10.50 am	Presentation of Lifetime Achievement Award to Dr. Kirit Mody
10.50 – 11.15 am	Silent Threats – When the Eye Doesn't Shout: Dr. Vatsal Parikh
11.15 – 11.40 am	Clear Vision – Refractive Errors & Red Eyes: Dr. Sujal Shah
11.40 – 12.05 pm	Nest-Gen Vision – Innovation in Modern Eye Care: Dr. Saumil Kothari
12.05 – 12.30 pm	Lids, Lesions & The Looking Glass – Oculoplastics & Ophthalmoscopy: Dr. Sunil Vasani
12.30 – 12.55 pm	Closing Panel: Bridging the Gap – Gps & Ophthalmologists in Sync: Dr. Kulin Kothari & Dr. Kirit Mody
12.55 – 01.00 pm	Vote of Thanks
01.00 pm onwards	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

Secretaries

Dr. Mrinal Shah

Scientific Convener

Dr. Jawahar Mukhtyar

For Registration: SMS/ Whatsapp - Mr. Manoj – 9819470617 Or Email to bcwma1@gmail.com

Our CME: 1st Sunday of every month

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