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## **President's Pen...**

At the outset, let me thank innumerable friends and colleagues who have sent and communicated to me their congratulations on my last President's Pen wherein I have clarified aspects related to Delhi Medical Council.

Many friends asked me why I had not clarified issues earlier. Dear friends, I have always believed that petty professional bickering's should be allowed to die its natural death. However in this case since the false malicious campaign pertaining to Delhi Medical Council had crossed all limits of professional decency, I was forced to clarify about the much hyped issue of extension of retirement age of the Registrar which was a decision taken by the council not by me and presently is sub-judice.

Friends, there have been colleagues who for their vested and malicious interests have been crying foul on aspects of corruption. I have served the Delhi Medical Council, the DMA and IMA with utmost sincerity and honesty and not a single case has been quoted so far to blemish my image regarding corruption.

I must say that I have been the most vocal crusader against corruption all my life and will continue to do so. There have been instances where some of our members have been found corrupt and indulging in financial irregularities of medical associations like the IMA (HQs), the IAP (Indian Academy of Paediatrics); the NNF (National Neonatology Forum) etc. Some of these members have actually been terminated or suspended from respective professional bodies: an extreme step rarely taken by professional associations on charges of proven financial corruption. These charges and their proof have reached finality without being challenged by these members for years and decades. I only hope that I am not forced to open up the past records of proven financial corruptions of these members who are today shouting from rooftops and only making false allegations.

There is a famous saying “those who shout give power to non-corrupt actually want power to be given to those who shout give power to non-corrupt”.

I would sincerely request all professional brethren to refrain from false propaganda and allegations lest the Pandora box of their history of corruption is opened wide for members to know.

I congratulate Dr Ashwini Dalmiya for announcement of taking up of 2nd anniversary of Chalo Rajghat Movement - Road ahead which has received an overwhelming response from the members. I wish him success for the event which is close to my heart.

**Dr. Girish Tyagi**  
President, DMA



## Hony. Secretary Pen...

Dear Friends,

The festive season has filled our hearts with joy, positivity, and togetherness. The lights of Diwali brightened our homes and spirits, reminding us of the victory of good over evil and light over darkness. However, as the celebrations come to an end, it is time to shift gears and return to our professional commitments with renewed focus, energy, and discipline. Let us channel the same enthusiasm that marked our festivities into the meaningful work that lies ahead.

With the Diwali celebrations, Delhi once again finds itself enveloped in a thick layer of smog. The air quality has dipped alarmingly, with pollution levels reaching hazardous marks. The burning of firecrackers, coupled with seasonal weather patterns, has worsened the air we breathe. This has led to an increase in respiratory illnesses, throat irritation, allergies, and worsening of chronic conditions such as asthma and COPD.

As healthcare professionals, we carry the responsibility of leading by example — safeguarding our own health while guiding the community toward preventive measures. Simple steps such as wearing N95 masks outdoors, using air purifiers indoors, maintaining hydration, and limiting outdoor exposure can go a long way in reducing health risks. It is also essential to raise awareness among our patients about the long-term effects of air pollution and the importance of early medical intervention.

Amid these environmental challenges, our spirit of togetherness remains strong. We now look forward with great excitement to the **66th Annual State Conference of Delhi Medical Association**, scheduled on **23rd November 2025 at Hotel Le-Meridien, New Delhi**. This prestigious event, now just a month away, brings an opportunity to share knowledge, celebrate medical excellence, and strengthen professional bonds. Preparations are in full swing, and the organizing team is working tirelessly to ensure a rich and memorable experience for every participant.

We urge all members to **register themselves without delay** and to **motivate their colleagues and friends** to do the same. Your active participation is the key to making this event a grand success. Let us join hands — with commitment, cooperation, and care — to make the forthcoming conference a proud milestone in the journey of the Delhi Medical Association.

**Dr. Satish Lamba**  
Hony. State Secretary, DMA

## OBITUARY

DMA regrets to inform the sad demise of **Dr. Asha Ahooja Member of New Delhi Branch**.

DMA regrets to inform the sad demise of **Dr. V.M Sahuja f/o Dr. Manit Sahuja (East Delhi Branch)**.

DMA regrets to inform the sad demise of **Dr. Anil Garg Member of Rohini Branch**.

DMA regrets to inform the sad demise of **Dr. Shri Paul Member of Outer West Branch**.

DMA regrets to inform the sad demise of **Mother-in-Law of Dr. Mamta Thakur (East Delhi Branch)**.

DMA regrets to inform the sad demise of **Dr. Jagmohan Sardana Member of (West Town Branch)**.

We pray almighty to give peace to the departed souls and give courage to the bereaved family to bear this irreparable loss.

President  
**Dr. Girish Tyagi**

Hony. State Secretary  
**Dr. Satish Lamba**

Hony. Finance Secretary  
**Dr. A S Popli**

Dear Colleagues,

Every day, in wards and clinics, operation theatres and consultation rooms, we heal countless lives. But behind every prescription, every surgery, every reassuring word — stands a doctor who also needs strength, support, and understanding.

Our association was born from that very thought — to create a circle of strength for those who give strength to others. It is not just an organization; it is a heartbeat that connects every doctor who has ever stayed up for a patient, celebrated a recovery, or carried the silent weight of responsibility.

We stand together not only to share knowledge but to share purpose — to lift one another, to



protect our profession's dignity, and to ensure that the voice of every doctor is heard.

In a world that often forgets the healer behind the healing, let this association be our reminder — that when doctors stand with doctors, medicine becomes more human, and compassion becomes limitless.

Let's continue to move forward — learning, growing, and standing tall, together. Because this association is not just for doctors; it is the soul of doctors united.

With warm regards and renewed purpose,

**Dr Manjusha Goel**  
Associate Editor, DMA

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### Highlights

**Awareness Sessions:** Learn about risks, prevention & self-examination.

**Expert Guidance:** Consult leading oncologists, radiologists, and surgeons.

**Screening Camps:** Mammography and clinical breast exams at special rates.

#### Advanced Diagnostic Tools:

- **3D Digital Mammography (Tomosynthesis)** – detects cancers 30–40% earlier than conventional mammograms.
- **Breast MRI & Ultrasound** – for higher accuracy in dense breast tissue.
- **Latest Treatment Technologies:**
  - **Image-Guided Radiotherapy (IGRT) & VMAT** – reduces radiation exposure by up to 50% while targeting tumors precisely.
  - **Robotic & Minimally Invasive Surgeries** – faster recovery, fewer complications.

- **Targeted Therapy & Immunotherapy** – customised treatment with higher success rates.

**Support Programs:** Counselling for patients, survivors, and families.

### Why Awareness & Technology Matters

- 1 in 8 women is at risk of developing breast cancer in her lifetime.
- 70% of breast cancers in India are detected at an advanced stage due to lack of awareness.
- Early detection can improve survival rates up to 90%.
- Combining latest technology imaging, precision radiotherapy, and advanced therapies leads to safer, faster, and more effective treatment outcomes.

**Join us this Breast Cancer Awareness Month  
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Senior Interventional Cardiologist  
Manipal Hospitals Dwarka  
Mob.: 9810305119  
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Author of International Publications in Cardiology



### Expertise

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## Dr Poonam Gulati

Senior Urologist & Transplant Surgeon  
Batra Hospital New Delhi  
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