

May 2025

FP Connect

Dedicated to Family Health Excellence



"Family Physicians: The Core of Healthcare"



Contact us

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Federation of Family Physicians' Associations Of India

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Editor and Designed by

Dr Pragnesh R. Shah

MBBS, PGDCC (Dip. Cardiology), PGCIH, PGCDM

FFPAI Bulletin Board

Dr Janak Shah

Dr Manoj Kodwani

Dr Neha Shah

Dr Mehboob Merchant

Dr Suryakant Pandit

Dr Nilesh Makwana

Dr Manish Jain

Call for Clinical Cases and Scientific Articles

We invite submissions of clinical cases and scientific articles in PPT format. The Bulletin Committee will review and select the most meritorious submissions. Share your insights and experiences with us!-

- Submission format: PPT
- Evaluation criteria: Merit, relevance, and impact
- Contact us for queries and submissions



Editorial & President Message

Dr Pragnesh R. Shah

MBBS, PGDCC (Dip. Cardiology), PGCIH, PGCDM

Dear Friends,

Our mission is to strengthen family physicians across the nation by implementing a comprehensive strategy that fosters collaboration, education, and support.

Firstly, we aim to create new units in underserved regions to ensure that every community has access to quality family medicine. By establishing these units, we can expand our reach and provide essential healthcare services to more individuals and families.

Organizing zonal conferences will be a key initiative. These conferences will serve as platforms for family physicians to share knowledge, discuss best practices, and network with peers. Through these events, we can promote continuous professional development and keep our physicians updated on the latest advancements in medical science.

Building strong relationships with other medical associations is another priority. By collaborating with various healthcare organizations, we can foster a unified approach to patient care, share resources, and advocate for policies that benefit family medicine. This collaboration will also help us to raise awareness about the crucial role of family physicians in the healthcare system.

Effective government liaison is essential to our mission. We will work closely with government bodies to influence healthcare policies, secure funding, and ensure that family physicians are adequately represented in national health initiatives. By advocating for supportive legislation, we can create an environment where family medicine can thrive.

Increasing membership in the Family Security Scheme is vital. This scheme offers financial protection and support to family physicians and their families in times of need. By encouraging more physicians to join, we can strengthen the safety net for our community and ensure that our members receive the support they deserve.

Releasing new guidelines and conducting research are critical components of our mission. Developing evidence-based guidelines will help standardize care and ensure that patients receive the best possible treatment. Conducting research will

continue

enable us to stay at the forefront of medical innovation and continuously improve the quality of care we provide.

In summary, our mission is to empower family physicians through the establishment of new units, organization of zonal conferences, collaboration with medical associations, effective government liaison, expansion of the Family Security Scheme, and ongoing development of guidelines and research. By working together, we can enhance the capabilities of family physicians and improve healthcare for all.

Dear friends, I believe that सिद्धिर्भवति कर्मजा। (Success is born out of action.)

Jay Hind, jay bharat.

Yours,

Dr Pragnesh Shah, MBBS, PGDCC (Dip. Cardiology), PGCIH, PGCDM

National President,

Federation of Family Physicians' Associations of India.

[E-mail : pragnesh8399@gmail.com](mailto:pragnesh8399@gmail.com)

Ph : 9426336422

Dear members,

Your active participation is crucial for our collective growth and success. Join us in all our upcoming activities to share knowledge, network, and strengthen our community. Let's collaborate, innovate, and support each other in providing the best care to our patients. Together, we can make a difference! Your involvement matters!

Please share your insights, clinical tips, or pearls related to clinical practice, as well as topics for scientific articles or continuing medical education (CME). Additionally, feel free to suggest any activities or initiatives for our association, along with potential solutions.

Team FFPAI



National Secretary Message

Dr Pragnesh Vachharajani
MBBS

Dear Members,

It is with great pride and pleasure that we share with you the first physical publication of the **Federation of Family Physicians' Associations of India (FFPAI)**. This marks a significant step in our journey of uniting family physicians across the country with a shared commitment to learning, service, and leadership.

As Mahatma Gandhi once said, "The best way to find yourself is to lose yourself in the service of others." At FFPA India, we strive to embody this spirit through our core mission:

1. Academic Empowerment:

We aim to keep our members updated with the latest in medical science and clinical practice, creating a strong academic community for mutual growth.

"Education is the most powerful weapon which you can use to change the world." – Nelson Mandela

2. Social Commitment:

From breast cancer awareness campaigns to elderly care initiatives and active involvement in the Government of India's mission to combat obesity, our outreach projects are designed to make a lasting impact on society.

"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King

3. Policy Engagement:

We are working to ensure that the voice of family physicians is heard where it matters most—among policymakers and public health authorities. Together, we can shape a future where our role is not only recognized but celebrated.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." – Margaret Mead

We sincerely **invite your active participation and whole-hearted cooperation** in this journey. Each one of you is vital to this mission. With your energy, your ideas, and your dedication, we can build a healthier and more equitable future for all.

Let this publication be not just a communication tool, but a symbol of our collective strength, purpose, and passion.

Warm regards,

Dr Pragnesh Vachharjani, Honorary General Secretary, FFPAI India

<https://ffpaindia.org/>

Proposed Vision for FFPAI in coming Two years

Dear Sir/Madam,

At the outset, we would like to express our deepest gratitude to each one of you for placing your trust in us once again. It is truly an honour to be entrusted with such a prestigious role within FFPAI, and we take this responsibility to heart. Your faith in us fills us with great pride and determination, and we are excited to embark on this new chapter together.

As we begin this new term, we are aware that with fresh opportunities come new challenges. To overcome these challenges and succeed, we will need the collective energy, support, and collaboration from each one of you. We will soon be organizing a virtual meeting to discuss our plans and how we can work together to achieve our shared goals. We will send you the details soon, and we hope to connect with each of you in the near future.

Our journey as family physicians has never been easy, and we know the daily challenges we face in providing care. But we also know that with each challenge comes the opportunity to grow and evolve. In this new term, our focus will be on continuous learning, upgrading our skills, and delivering the highest standard of care to those who trust us with their health. Together, we will embrace these opportunities for growth and ensure that we rise to meet the evolving needs of our patients.

This year, we are introducing several exciting initiatives that we believe will make a real difference in our field:

1. Ideal FFPAI Clinic

We are deeply committed to raising the standard of family practice across India. The "Ideal FFPAI Clinic" initiative aims to bring consistency and excellence to the care we deliver. This initiative will allow us to make a lasting impact on the quality of family practice, and we look forward to discussing it further with you during our upcoming meeting. For now, we are sharing the guidelines for your review.

2. FFPAI Guidelines

We know that guidelines can help provide clarity and consistency in our practice. That's why we are introducing a set of practice guidelines to standardize care for a variety of common conditions. Our first set will focus on Hypertension, and we plan to roll out additional guidelines in the future. These will be made available on our website for easy access and distribution.

continue

3. Bi-Monthly Newsletter

Starting February 2025, we will be bringing back our beloved e-newsletter, *FFPAI CONNECT*. This publication will be released every alternate month, and we invite you to share your unit's activities, accomplishments, and any other valuable information. Your contributions will help make this newsletter a true reflection of the strength and unity of our community. Please send your updates by the 25th of each odd months, with the first submission deadline of **25th May 2025**.

4. Scientific Initiatives

We are excited to explore new educational opportunities for our members. This includes offering certificate courses and possibly collaborating with universities to create a diploma program. Our regular webinars will continue to be an important part of our learning journey, and we encourage you to stay engaged and share your experiences.

5. Communication

At the heart of everything we do is the need for strong, open communication. We are committed to keeping every unit updated on FFPAI's activities and ensuring that we remain connected as a family. We kindly ask for your help in spreading the word—please share updates from the FFPAI main group with your local units. Your support in this will help us stay united in purpose.

6. Virtual Conference

Looking ahead, we are planning a major virtual conference for next year. We are excited to bring our members together in this way and will provide more details as the event approaches. Stay tuned for more information!

7. Zonal Conferences

Local units are truly the backbone of our organization, and we encourage you to invite family physicians from neighbouring areas to your annual conferences. These gatherings are a wonderful opportunity to connect with peers, share knowledge, and highlight the valuable work of FFPAI. We are also compiling a conference calendar to help coordinate sponsorships and support for your events.

continue

8. Social Projects

One of our greatest passions is making a positive impact on society. Our ongoing social service project, Buzurgoka Humsafar, has already touched many lives, and we are eager to expand this initiative. We encourage you to plan at least one program per quarter, and our committee is here to offer any help you may need. Together, we can continue to bring about meaningful change.

Additionally, we are planning a series of national social service initiatives, including a Breast Cancer Awareness campaign. We will share more details as these initiatives take shape.

9. The National Institute of Mental Health and Neuro-Sciences:

We are in the process of collaboration with this prestigious institute for doing some good work in the field of Mental Health. Survey, training programs etc. Will share more details.

We are incredibly grateful for your ongoing support and commitment to FFPAI. Together, we can make a lasting difference in the lives of our patients and in the development of family medicine in India. We look forward to your cooperation and to working closely with all of you in the coming months.

With heartfelt appreciation and warm regards,

Dr. Pragnesh Shah
National President,
FFPAI

Dr. Pragnesh Vachharajani
Hon. Secretary,
FFPAI

Call for Contributions: 'Practical Family Medicine: A Quick Reference Guide'

We invite family physicians to contribute chapters to this comprehensive guide. Please select a relevant topic and submit your proposal by July 31, 2025. The book is scheduled for publication on November 30, 2025. For queries or discussions, please don't hesitate to reach out.

For more details please refer page no. 33 and 34.

Dr Pragnesh Shah - 9426336422

Antibacterial therapy in URIs

Therapy addressing specific symptoms is the mainstay for most upper respiratory infections (URIs). Most URIs are self-limited viral infections that resolve without prescription drugs.

Recognizing viral and bacterial diseases for which specific therapy is available is important. Awareness of local trends in prevalent organisms and local resistance patterns is key. Antibacterial therapy is appropriate for patients with any of the following:

- Group A streptococcal pharyngitis
- Bacterial sinusitis
- Epiglottitis
- Pertussis
- Diphtheria

Antibiotics used in group A streptococcal infection are as follows:

- Penicillin VK (Penicillin V)
- Penicillin G benzathine
- Erythromycin
- Cefaclor
- Ceftriaxone
- Amoxicillin
- Cefadroxil
- Amoxicillin and clavulanate
- Cefuroxime
- Azithromycin

Antibiotics used in epiglottitis are as follows:

- Cefuroxime
- Ceftriaxone
- Cefotaxime

Antibiotics used in pertussis are as follows:

- Clarithromycin
- Erythromycin
- Azithromycin

Antibiotics used in acute bacterial rhinosinusitis are as follows:

- Amoxicillin/clavulanate
- Doxycycline

health care professionals should consider side effect profile, co-morbid conditions, drug interaction & contraindication before starting any antibiotics

Source : <https://emedicine.medscape.com/article/302460-medication#showall>



FAMILY SECURITY SCHEME (FSS)

FEDERATION OF FAMILY PHYSICIANS' ASSOCIATIONS OF INDIA

C/O. AHMEDABAD FAMILY PHYSICIANS' ASSOCIATION

B-503, Premium House, Opp. Gandhigram Railway Station, B/h. Ashram Road, Ahmedabad-380 009.

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Executive Committee Members

Dr. Anuradha Paramesh M. +91 9845040451 Bangalore	Dr. Mehmood Merchant M. +91 9820060997 Mumbai	Dr. Mansukh S. Gatiwala M. +91 9925556683 Surat	Dr. Pragnesh C. Joshi M. +91 9824187892 Surat
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CALL FOR FRATERNITY CONTRIBUTION 2024-2025

ANNUAL SUBSCRIPTION 2025-2026

FSS No. :

15th April 2025

Dear Members

Greetings from Executive committee of Family Security Scheme of FFP AI.

- Important: Please note that from 1.4.2024, the office of FSS is shifted to Ahmedabad.
- You are requested to make all the correspondence with the Ahmedabad office.
- **Some important Developments that we wanted to bring to your notice.**

All the accounts of FSS will now be operated under name of FFP AI as advice by our CA. FFP AI will maintain a dedicated account for FSS. This is done to due to procedural difficulties in managing the scheme and investing money of FSS. This is resolved and passed in last GBM of FSS on 23-12-2023 and Central council meeting of FFP AI on 18.2.2024.

Proper accounts will be maintained as per advice from our CA.

Office Timing: 2pm-6pm-Monday to Saturday.

- For any claim, please send physical intimation or email with relevant documents to office. In case of any difficulty please get in touch with any of the committee members.

Expecting kind Co-operation as always

Our Scheme has completed 19 years. 5 New Members have joined the scheme. We have lost following 12 members.

Sr.	Name	Unit	Age	FSS No.	Expired on	Amount Paid
1	DR. BALKRISHNA KHIMCHAND VINCHHI	MUMBAI	80	50	14/03/2024	364350/-
2	DR. PANKAJ KANJI MEHTA	MUMBAI	74	62	11/05/2024	364000/-
3	DR. BABASAHEB BHIMGONDA PATIL	KOLHAPUR	76	579	07/06/2024	363650/-
4	DR. RAAMESHCHANDRA BABULAL SOLANKI	AHMEDABAD	79	474	25/07/2024	363300/-
5	DR. SHARAD SHANKAR TAMBE	MUMBAI	79	477	19/08/2024	362950/-
6	DR. VINOD SURAJLAL PARIKH	MUMBAI	82	6	30/09/2024	362600/-
7	DR. SAIFUDDIN SALEHBHAI SAVLIWALA	MUMBAI	90	79	04/10/2024	362250/-
8	DR. ASPI MANECK MEHTA	MUMBAI	77	834	02/10/2024	361900/-
9	DR. RAJESH HARILAL KAKU	MUMBAI	64	256	09/12/2024	358050/-
10	DR. SOLANKI MAHENDRA NAGINCHANDRA	SURAT	78	498	21/12/2024	358400/-
11	DR. HARGOVIND GORDHANDAS PATWARI	AHMEDABAD	79	205	06/03/2025	359100/-
12	DR. CHAWLA KIRAN ANAND	MUMBAI	80	863	31/01/2024	357350/-

Prompt payment were made on your behalf to the nominees of the deceased as shown above.

We have **1024** (effective) members in the scheme as on 31st March 2025.

ATTENTION

The last Executive Committee meeting of FSS of FFPAI held on 8th April, 2025 at 4.00 p.m. on Zoom. It was decided in the meeting that the surplus amount of excess income over expenditure should be distributed amongst the members in the next Fraternity Contribution Notice, subject to the approval of our Chartered Accountant. So, after the approval of our C.A., the amount is distributed amongst the members & the DISCOUNT in Fraternity Contribution is given.

Managing Committee of the Family Security Scheme has decided to collect the Fraternity Contribution as follows :-

1.	Fraternity Contribution (12 x 500/-)	Rs. 6000/-
2.	Discount to members as above	(-) Rs. 2202/-
	Fraternity Contribution Payable	Rs. 3798/-
3.	Annual Subscription of Family Security Scheme for one year (i.e. 2025-2026)	(+) Rs. 100/-
		Rs. 3898/-
4.	GST : SGST 9% Rs. 351/- CGST 9% Rs. 351/-	(+) Rs. 702/-
	(Net Payable upto 30 th June 2025)	Rs. 4600/-

MODE OF PAYMENT

- Please remit the above amount by Cash / Cheque / Demand Draft drawn in favour of "**Federation of Family Physicians' Associations of India**". Post-dated cheques will not be accepted. Outstation members may requested to send the payment by Demand Draft payable at Ahmedabad or by Cheque par at all branches of the bank in India.
- FOR ONLINE PAYMENT PLEASE VISIT OUR WEBSITE www.ffpaindia.org**

Clause of Member's Disqualifications :

- Any member of the scheme who does not pay his / her annual subscriptoin and Fraternity Contribution as specified Clause 7 (i) and (ii) before 30th June, he shall pay Rs. 50/- as Late fee per month of default or part there of.
- Ordinary notice for payment of Annual Membership Subscription and Fraternity Contribution be sent in April to be made before 30th June. After 30th June a notice by courier shall be sent for payment before 31st July with the late fees as prescribed. After 31st July, second reminder be sent for payment before 31st August with the late fees as prescribed. After 31st August notice under Registered A/D shall be sent for payment before 30th September with Late fees as prescribed.

if there is not response to the notices the Membership of the Member shall AUTOMATIC cease from 1st October and all amount standing in his / her name including balance of Fraternity Appropriation Fund shall be forfeited forthwith.

Early compliance will be appreciated.

Thanking you

Dr. Janak Shah
Chairman

Dr. Abhay Dikshit
Convener

Federation of Family Physicians’ Associations Of India

Ideal Clinic

An initiative to standardize family practice across India	
Definition	Clinic means – a medical facility run by a single or groups of doctors providing only outpatient services without any facility for major procedures or indoor bed.
Eligibility Criteria to apply	All the doctors working there must be member of FFPAI/FFPAI units
Mandatory Criteria	<div><div>1. The clinic should be of a size of 150 square feet or above.</div><div>2. Copies of all records and statistics should be kept for 3 years.</div><div>3. The clinic must enlist scope of services available along schedule of its charges.</div><div>4. The clinic must have an FFPAI specified First Aid Box.</div><div>5. The Clinic must adhere to Bio Medical Waste Guidelines</div><div>6. A Required size fire extinguisher</div><div>7. The clinic must have the following equipment’s:<div><div>➤ BP instrument</div><div>➤ Stethoscope</div><div>➤ Glucometer</div><div>➤ Thermometer</div><div>➤ Measuring tape</div><div>➤ Torch light</div><div>➤ Nebuliser</div><div>➤ Weighing machine</div><div>➤ Oxygen cylinder</div></div></div><div>8. The following emergency drugs should always be available:<div><div>➤ Inj. Atropine</div><div>➤ Inj. Hydrocortisone</div><div>➤ Inj. Adrenaline</div><div>➤ Tab. Aspirin</div><div>➤ Inj. Dexamethasone</div><div>➤ Tab. Clopidogrel</div><div>➤ Inj. Diclofenac</div><div>➤ Tab. Atorvastatin</div><div>➤ Inj. Frusemide</div><div>➤ ORS</div></div></div><div>9. All the doctors must have their indemnity insurance.</div><div>10. All the staff working in clinic must be trained in basic CPR.</div><div>11. The family physician should not use prescription pads with pharmacy or any other names printed on it.</div><div>12. The Clinic to have provisions for safe drinking water</div><div>13. The clinic sign board will have the name of the doctor, registration number, Modern Medicine Emblem, timings and type of practice</div><div>14. Clinic Registration with concerned local authority</div></div>

PREFERABLE CRITERIA	<div><div>1. The State Medical Registration Certificate should be displayed at a prominent place.</div><div>2. The clinic should have easy availability for wash room for the patients to use.</div><div>3. The clinic should be well ventilated and lighted.</div><div>4. The clinic should have a sufficient waiting area.</div><div>5. The clinic shall have provisions for a Reception and appropriate place for keeping files and medical records (receipts, registration) or shall have a computerized system for medical records.</div><div>6. While examining any female patient, the doctor should have a female attendant.</div><div>7. Proper hygiene (hand wash, respiratory, cough etiquettes, food and water hygiene) must be maintained in the clinic.</div><div>8. The clinic should have CCTV cameras.</div><div>9. All the drugs and other things should be properly labelled and arranged</div><div>10. Emergency injections should be easily accessible</div></div>
Procedure of Enrolment	<div><div>1. Apply online with all relevant details on FFPAI website</div><div>2. Pay required fees</div><div>3. The committee will visit the clinic and check</div><div>4. Once confirmed Head Quarter will issues certificate for the same which will be sent to you directly valid for 3 years</div></div>
IMPLEMENTATION OF INTIATIVE	<div><div>➤ FFPAI Will form a committee at central level for this: National Convener is Dr Hiren Mehta</div><div>➤ All Vice President will be assigned one zone</div><div>➤ Local units will form a committee with local unit President, Secretary and 2 other EC members</div><div>➤ A form will be created which committee need to fill on spot and send to FFPAI office</div><div>➤ The fees collected will be shared with local unit.</div><div>➤ Fees 1000 Rupees every 3 years: 50% will be shared with unit.</div></div>

DR PRAGNESH SHAH
VADODARA
NATIONAL PRESIDENT

DR PRAGNESH VACHHARAJANI
AHEMADABAD
HON. SECRETARY

DR MEHUL SELAT
AHEMADABAD
TREASURER

Chairman
Dr Hiren Mehta
9904119525

Committee Members:
Dr Sanjay Shah Dr Vasant Kasundra
Dr Priti Shanker Dr Deepak Toravala
Dr Ashesh Patel

Mentor
Dr Jayendra Kapadia

FPNATCON 2025

National Conference of Family Physicians' of India

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India

Affiliation with :



HOST
Family Physicians'
Association, Vadodara

FPNATCON - 2025

HOST
Family Physicians'
Association, Vadodara

FPNATCON

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FEDERATION OF FAMILY
PHYSICIANS' ASSOCIATIONS
OF INDIA



FPNATCON 2025

FAMILY PHYSICIANS'
ASSOCIATION, VADODARA



Federation of Family Physicians' Associations Of India

Highlights of FPNATCON 2025

National Conference of Family Physicians' of India

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India



Highlights of FPNATCON 2025

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Family Physicians' Association, Vadodara

Faculties of **FPNATCON 2025**

National Conference of **Family Physicians' of India**

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India



Faculties of FPNATCON 2025

National Conference of **Family Physicians' of India**

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India



Family Physicians' Association, Vadodara

Forever memories
of
FPNATCON 2025
National Conference of Family Physicians' of India

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India



Federation of Family Physicians' Associations Of India

Forever memories of **FPNATCON 2025**

National Conference of **Family Physicians' of India**

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India



Federation of Family Physicians' Associations Of India

Forever memories of **FPNATCON 2025**

National Conference of **Family Physicians' of India**

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India



Federation of Family Physicians' Associations Of India

Walkathon FPNATCON 2025

National Conference of **Family Physicians' of India**

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India



Inauguration Ceremony

FPNATCON 2025

National Conference of Family Physicians' of India

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India



Federation of Family Physicians' Associations Of India

Clinical Excellence Award

FPNATCON 2025

National Conference of Family Physicians' of India

Date : 4th & 5th January 2025

19th National Conference of Federation of Family Physicians' Association of India

Dr Darshan Banker
In the field of Cardiology



Dr Banshi Saboo
In the field of Diabetology



Family Security Scheme

Federation of Family Physicians’ Associations Of India

President Dr.Pragnesh Shah (+91 9426336422) Ahmedabad	Honorary Secretary Dr.Pragnesh Vachharajani (+91 9825086839) Ahmedabad	Chairman Dr.Janak Shah (+91 9819225424) Mumbai
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Bangalore WONCASAR Conference Diary

Dr Pragnesh Shah and Dr Pragnesh vachharajani attended WONCASAR conference in Bangalore.

We had the opportunity to interact with leadership from South East Asia Nepal, Sri Lanka, Bangladesh & Australia. We were invited in the executive committee of WONCASAR south east Asia also where we shared our thoughts regarding many points. We are thankful AFPI leadership for inviting us to this conference. Our past President Dr Borgaonkar sir was also present and participated actively in ongoing panel discussion. Our Bangalore unit President Dr Harish was with us both the days.



Zonal Annual Conference of Family Physicians

Ahmedabad Family Physicians Association

AFPACON2025

held on 8th & 9th Feb 2025 Accomplished successfully.

Fully Featured Conference:

- ◆ 280 Delegates across whole Gujarat.
- ◆ 20+ Lectures on different topics useful for family physician.
- ◆ 20+ Different Faculties from Ahmedabad & Mumbai
- ◆ Family Physicians Symposium with Panel discussion
- ◆ Spouse Program with Academic session & Indoor as well Outdoor entertainments.
- ◆ Musical Banquet Dinner with Firework in sparking sky.

Dr Vijay Maurya
President

Dr Shailesh Raval
Secretary

Dr Pragnesh Vachharajani
Treasurer



GPA GB Annual Conference Report

General practitioners' association Greater Bombay had their annual conference on 8 and 9th of March 2025 at NICCO hall Wadala. It was a two day Gala affair with more than 20 consultants as speakers along with 8 general practitioners presenting cases research papers and community papers. The conference was attended by nearly 300 general practitioners from various parts of Mumbai. This year, our conference revolved around the theme "Learn, Unlearn, and Relearn," as emphasized in the keynote address by Dr. Bharat Bhatt. The event was a celebration of knowledge, collaboration, and professional development, and we were privileged to have esteemed dignitaries and speakers join us. The conference featured an impressive range of topics, including pathology investigations in diagnosis, pulmonary embolism, cosmetology, liver surgery, stroke, sudden cardiac death, hematological disorders, robotic joint surgeries, liver transplants, decision-making for ICU admissions, AI applications in general practice, communication skills, and fostering creativity in medical practice. Our Chief Guest, Dr. Avinash Supe, delivered an inspiring inaugural address that set the stage for an intellectually stimulating conference. Another highlight of the conference was also the FFPAl life time achievement award that was given to our Bhishm Pitamah Late Dr Vinod Parikh and legendary Dr Ramnik Parekh by Dr Pragnesh Shah, President and Dr Pragnesh Vachharajani, Secretary. Delegates enjoyed early bird gifts and delegate gifts along with 16 lucky draws and scrumptious meals on both days. And here we are with a heart full of gratitude to all who came and brains full of relearning, ready to upscale our general practice.



Clinical Meeting of FPA, Vadodara

Topic : Epilepsy Management
Speaker : Dr Mihir Parekh, Neurophysician
Date : 19th February, 2025 – Wednesday
Time : 9.00 pm onwards
Venue : Hotel Grand Mercury

Topic : Recent Update in Hypertension
Speaker : Dr Kiran Shah, Physician
Date : 27th February, 2025 – Thursday
Time : 9pm onwards
Venue : Hotel New Sayaji

Topic : Basics of Interventional Radiology
Speaker : Dr Vasav Nakshiwala
Date : 23th March, 2025 – Wednesday
Time : 9.00 pm onwards
Venue : Hotel Fern

Topic : Kidneys in Hypertension : **A Race Against Time !!**
Speaker : Dr Jayesh Tripathi
Date : 23th May, 2025 – Wednesday
Time : 9.00 pm onwards
Venue : Hotel New Sayaji

Activities of FPA, Vadodara

March & April
2025

05-02-2025	Dr Harshit Patel Dr Jaydeep Hirpara	Kidneys Can't wait
19-02-2025	Dr. Dhaval Shah	Recent Advances In Management of HF
12-03-2025	Dr. Jayendra Kapdia	Senior Family Physician on Challenges faced by Family Physicians in Practices and it's solution
19-03-2025	Dr. Chintan Bhuvra	Eye Care in DM, Cataract and Foreign Body
26-03-2025	Dr Anshul Aggrawal Dr Jayesh Shah Dr Roshni Dr Ankit Patel Dr Amit Gupta	Cancer Screening Programme - a short guide Surgical Approach of Common Cancers LCDC - Present Facilities & Future Venture Understanding Immunotherapy Cancer - What you should know?



1st January 2025 Wednesday CME **Dr Keyur Yagnik** (Bariatric Surgeon)
Fluoroscopy guided surgery in hernia and Bariatrics



8th January 2025 Wednesday CME **Dr Mitesh Halvawala** (Hemato-oncologist)
Approach to patient - thrombocytopenia- case based Approach



22nd January 2025 Wednesday CME **Dr Joy K Shah & Dr Megha Shah** (Dermatologist)
Use of Modren technologies in treating Skin & Hair Diseases

ANNOUNCEMENT



FPNATCON 2027

National Conference of Family Physicians’ of India

20th National Conference of Federation of Family Physicians’ Association of India

TENTATIVE DATE : JANUARY 2027

HOST

FPA, SURAT

DR PRAGNESH SHAH
VADODARA
NATIONAL PRESIDENT

DR PRAGNESH VACHHARAJANI
AHMEDABAD
HON. SECRETARY

DR K N. SHELADIA
SURAT
PRESIDENT, FPA, SURAT

DR P. P. MISTRY
SURAT
SECRETARY, FPA, SURAT



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Hidden messages of Operation Sindoor

A resounding declaration of India's strength and unity ! We stand tall, many times stronger than our adversaries! Hindu and Muslim, united as one in Bharat, we showcase our nation's true spirit! Led by two brave women officers, one Hindu and one Muslim, embodying the goddess Durga, our women lead from the front! They exemplify courage, resilience, and dedication to our great nation.

India's technological prowess far surpasses that of Pakistan. Our Indian Army is equipped with cutting-edge technology, enabling us to target anywhere, anytime! Our leadership is strong, mature, and resolute, guiding our nation with wisdom and vision.

Meanwhile, Pakistan stands alone, shunned by the world for harboring terrorism! The global community stands with Bharat, united against terror! We will not be intimidated! Operation Sindoor demonstrates our commitment to serving humanity and securing our nation.

Our unity is our strength. Hindu, Muslim, and all Indians stand together, united in our pursuit of peace and prosperity. We will not let terrorism undermine our nation's progress. With Operation Sindoor, we reaffirm our commitment to protecting our citizens and upholding our values.

India's might is not just military, but also moral. We stand for justice, equality, and humanity. Our leadership's strength and maturity guide us through challenging times. We are proud of our Indian Army, our women officers, and our nation's unity.

Under PM Narendra Modi's dynamic leadership, India has emerged as a global powerhouse. The world salutes his vision, strength, and unwavering stance against terrorism, inspiring a new era of progress and unity. Modi's leadership is a beacon of hope for a brighter future.

Long live Bharat ! Jay Hind !

Dr Pragnesh Shah, National President, FFPAI

ओपरेशन सिंदूर

ओपरेशन सिंदूर, आतंकवाद चूर चूर,
भारत सेन्य वीर के सामने आतंकी ढेर।

सिंदूर को ललकारा, नापाक स्थान से,
नापाक आतंकी न शीखे रामायण से!

प्रचंड बदला हुमला आतंकी ठिकानो पे,
छेड़ोगे तो छोड़ेंगे नहीं, बुलंद आगाज़ हे।

सिंदूर को छेड़ के गलती कर दी पाक तूने,
हनुमान सेना आग लगाएंगे, पाक में घुस के!

नरेंद्र राजा है, कैसे भूले तुम पाकिस्तान,
नया भारत है, अब सनातनी हिंदुस्तान।

माधव की राजनीति, रामजी की गंभीरता,
भारतीय सेना का दूसरा नाम शूरवीरता!

जय भवानी, हर हर महादेव की ललकार है,
समजो सुधरो नहीं तो आप नेस्तनाबूद हो।

जय हिंद। जय भारतीय सेना।

डॉ प्रज्ञेश शाह,
वड़ोदरा, गुजरात, भारत।

"Practical Family Medicine: A Quick Reference

"Practical Family Medicine: A Quick Reference Guide" This book aims to provide a concise and practical guide to family medicine, covering a wide range of topics that are relevant to daily practice. The book will feature short, focused chapters written by experts in the field, making it an ideal resource for busy healthcare professionals seeking quick answers to common questions.

The book's structure will allow readers to easily navigate and find information on various topics, from common medical conditions and their management to practical procedures and healthcare guidelines. Each chapter will include key takeaways, practical tips, and evidence-based recommendations.

This book will be a valuable resource for family physicians, residents, medical students, and other healthcare professionals who want to stay up-to-date with the latest developments in family medicine and improve their clinical practice.

50 Suggested Topics for the Book:

1. Acute otitis media management
2. Allergic rhinitis treatment
3. Anemia diagnosis and treatment
4. Antibiotic prescribing guidelines
5. Anxiety disorder management
6. Asthma management in children
7. Back pain management
8. Blood pressure measurement techniques
9. Breastfeeding support and guidance
10. Cervical cancer screening guidelines
11. Childhood vaccination schedules
12. Chronic kidney disease management
13. COPD management
14. Depression : screening and treatment
15. Diabetes management in primary care
16. Diarrhea and vomiting management in children
17. Emergency contraception guidance
18. Family planning options

19. Fever management in children
20. Gastroesophageal reflux disease (GERD) management
21. Headache diagnosis and treatment
22. Health maintenance visits for adults
23. Hypertension management
24. Immunization schedules for adults
25. Infant sleep safety guidance
26. Influenza vaccination guidelines
27. Insomnia management
28. Lipid management guidelines
29. Lower back pain management
30. Lyme disease diagnosis and treatment
31. Mental health screening tools
32. Migraine management
33. Newborn care and screening
34. Obesity management in primary care
35. Osteoporosis management
36. Otitis externa management
37. Pediatric fever management
38. Pneumonia diagnosis and treatment
39. Postpartum care and support
40. Pregnancy care and guidance
41. Preoperative evaluation guidelines
42. Prescription writing guidelines
43. Preventive care for adults
44. Pulmonary embolism diagnosis and treatment
45. Routine newborn care
46. Sinusitis management
47. Skin rash diagnosis and treatment
48. Sleep disorder management
49. Smoking cessation guidance
50. Urinary tract infection management

These topics will provide practical guidance for healthcare professionals in their day-to-day practice, covering common medical conditions, preventive care, and healthcare guidelines.

Dr Pragnesh Shah, President, FFPAI

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