Thy Journey @ IMA

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ABSTRACT

Being a Doctor as a child was an inborn dream, as then the Doctor at home (Late Dr. Balbeer Singh Yadav) was the inspiration all day and all time. The respect, The Love and Gratitude was at its highest Ebb.

The Degree i.e., MBBS is a foundation for a step unto itself. The First step “to Follow the Rounds and take Instructions of methodology in medication process and to learn the technique of physical examination.

The Second step “To See a Patient” and to Treat and see the joy of his belief in our Result i.e., his becoming hale and health.

The Third Step “To enter the arena of Service i.e., IMA activities i.e., meeting senior doctors, our colleagues, serving the society by indulging in health camps, weekly clinics and adopting village as part of headquarters guidance.

I joined IMA Hyderabad City, my parent branch, which has shown the Direction of Life, of Faith, of Friendship, of Compassion, of the prestige to sit with Seniors, of Gaining Confidential access to inner secrets, of the fact that it’s not just Treatment of mankind but also to teach the Mankind, that how not to get the disease.

The journey in IMA is a process of Learning on what not to do (Ramayananam) but it turns out to be a practical scene of what to do (Mahabharata) which is probably the way of life (as Duryodhana we find in plenty) in our daily interaction.

“Smooth as Silk” is a thought but life doesn’t go that way. Living without obstacles is not a life worth living.

Making friends, liking many, avoiding few, and ultimately getting labeled as part of one group as become the order of the day. It is not like that, the whole focus is earn understanding that a few jive with you and that makes the closeness.

Earlier the IMA never had any schemes and only activity was the monthly managing committee meeting (which I think in the whole of South India only IMA Hyderabad City Branch used to abide). The interaction and closeness was paramount, there was basically no divide, family meetings were the order of the day, which led to increase in personal rapport. Never it was imagined that having a State/Central post was so important. Few senior doctors were automatically nominated/asked to lead the way and their decision was so collective that benefit of doubt never took a seed in thought or purpose.

The growth of doctors and in turn the growth in membership is a highly appreciable process. The need to protect our own fraternity rose so the schemes were put into action. The benefit to the family was important.

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so also the CPA became a menace to the practicing doctor. In addition the Family Doctor losing his significance was the highlight of the recent times.

Now that social media platform has created direct access to the patient and his seeking super-specialist for a simple headache or backache is very common. In addition the medical apps and online medical service consulting apps created more distance between the doctor and patient relationships. Grading a doctor and his services like food serving apps have made the real doctor to hide behind the grades.

IMA must take care of all these answers and segments of medical deviation and must once again stress of the fact that your personal family physician is better guide to approach all problems and seek his help to move forward in a stepwise manner to solve the health issues wherein the liability can be pinpointed instead directly seeking specialist and super-specialist.

The line should be like “The spread sheet must answer a few questions on self, so as to bring a simple answer to the equation.”

1. We the people carry the huge burden called “Ego,” which creates a false identity about oneself, like - “I am so & so, I should be loved, I need to be respected, I need to be invited. etc...

   Just Drop - this silly “Ego” & assumption about yourself & see what happens..

2. We the people get irritated instantly by “others actions or words” .. It could be anyone - friend, parents, children, colleagues, spouse etc..... and instantly the sparks of Anger get ignited & one starts fuming ..

   Just Drop... this senseless “negative feeling” & see what happens..

3. We the people compare themselves with others.. in beauty, wealth, life style, marks, talent and appraisals and get disturbed & insecure... forgetting the fact that We must be grateful with what we have ... ..”

   Just drop...- these silly comparisons, negative emotions & see what happens..

4. Some people are attached in a negative way to their jobs, their material possessions, their dear ones which creates more harm than good.

   Just Drop.. detach yourself.. drop the burden of attachment & see what happens..

   We have risen from the Dust & unto Dust we shall return.

   Stay safe and be happy always.

End Note

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Conflict of Interest: None declared

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