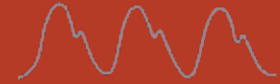




# THE IDF PULSE



June 2011

Volume 1 Issue 1

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## President's message:

An in-house journal/newsletter is an integral part of any socio-cultural organisation, especially one as large and dynamic as the IDF.

It serves as a means of communication between members and also is a medium for the members to express their creativity. I am really happy that we are bringing out our in-house newsletter this term. The newsletter will feature articles, stories, poems etc. submitted by our members and also highlight achievements and milestones accomplished by the members of the IDF family.

The newsletter will have both a print version as well as an electronic version. The electronic version will be uploaded onto our website.

I sincerely hope that our members will use this opportunity to display their creative skills and submit articles for future issues of the newsletter.

This current issue being the first one also serves as a souvenir of IDF activities the first year of this term.

Let us all together work to make this venture a grand success.

Jai Hind. Jai Kuwait. Jai IDF



**Dr. N Nampoory**  
drnampoory@hotmail.com

## From The Editor's Keyboard

It is with a sense of satisfaction that I am writing these words. The idea of having an in-house newsletter has been floating around for quite some time but due to various reasons, it never took off. And I am really glad, that finally, we have been able to bring out "The IDF Pulse", the newsletter of the IDF.

Most of our communication is by e-mail and in these days of gigabyte spam, e-mail is something which is at best ephemeral and rarely read through. How many of us go back to an email and re-read it? Once a mail is opened and cursorily looked over, it is forgotten, confined to the anonymity of a voluminous inbox. The printed word, I feel, is much more resilient, it seeks attention and its physical presence on a desktop engages a person to look through it perhaps more than once.

This is the annual version of the newsletter – highlighting the activities of the IDF in the past one year. Very often, our members don't get to know the activities of the IDF, especially the community oriented ones. These activities may have commenced and proceeded without much fanfare but the benefit it yielded the community has been significant. This first edition of the newsletter provides information about the IDF activities in the past one year, so that our members are aware of these activities and in turn can help future endeavours by providing support, ideas and resources. This issue of the newsletter (as will future issues) carries a few articles by our members. Successive issues (it is sincerely hoped!) will carry more articles and contributions by members and I sincerely hope that this newsletter will evolve into a dynamic medium of communication for the IDF.

Your suggestions, criticism, ideas and contributions towards this newsletter are most welcome.

Warm regards,



**Dr. Sebastian Mathew**  
sebntess@gmail.com

## Diabetes Awareness Campaign

Taking into account the global impact that diabetes is having on public health, IDF has focussed its energies on Diabetes Mellitus as a theme this term. To initiate the diabetes awareness campaign and also to commemorate World Diabetes Day (Nov 14<sup>th</sup>), a free diabetes screening and meet the specialist program was organised at the KMA Hall by the Indian Doctors Forum.

### Free Blood Sugar Screening & Seminar

More than 200 individuals were screened for diabetes and free spot consultation was offered by a group of our members comprising of Dr Arjith, Dr Yousuf Dar, Dr Shankar, Dr Ramaswamy, Dr Sanjay, Dr Thinaker Vel, Dr Sreekumar and Dr Amir Ahmed. In the seminar, Dr Noble Zachariah, Diabetologist gave an overall review of diabetes with emphasis on



medical nutrition therapy and dietary modifications. Dr Unnikrishnan, specialist in physical medicine and rehabilitation spoke on the role of exercise in diabetes both as a preventive measure and as a part of management.

Dr Ahmed Al-Shatti, WHO expert on Health Promotion and Director of Occupational Health under the Ministry of Health and prominent health activist in his address emphasized the role of prevention, and



the role of creating awareness. He appreciated the initiative taken by IDF for prevention of this life style disorder. Deputy Director of Dasman Centre for Diabetes Research and prominent Diabetologist, Dr Abdulla Ben Naqi in his presentation outlined the growing problems of diabetes, and the gross economic burden on the individual and the state at large. He informed that the incidence of diabetes among children was increasing at an alarming rate & announced a plan by Dasman Diabetic Research Center to educate as well as screen all school children in Kuwait.

### Meet the Specialists

The final session was a highly interactive Question & Answer session. More than 50 questions related to different aspects of diabetes was addressed by a panel of experts from different specialities comprising of Dr Nampoory (Nephrologist), Dr John Alexander (Neurologist), Dr Arjith Chatopadhyaya (Endocrinologist), Dr Syed Belgrami (Surgeon), Dr Arun Narayanswamy (Urologist), Dr Ganga Devi (Gynecologist), Dr Arun Joshi (Dermatologist), Dr Niranjana Kumar (Ophthalmologist), Dr Unnikrishnan (Physical Medicine) & Dr Noble Zachariah (Diabetologist).



Indian Ambassador to Kuwait Shri Ajai Malhotra, who spoke at the event lauded the role of IDF in promoting health awareness among the community. The Indian embassy has joined hands with IDF to

reach out to different communities by forwarding awareness leaflets on 'dos and don'ts' of diabetes in different regional Indian languages.

## **Breast Cancer Awareness Campaign**

Screening and early detection of breast cancer has significantly improved cure rates. Keeping this objective in mind, an initiative was taken up by the Indian Women's Association with the active support of the Indian Doctors Forum, to create awareness amongst women in the community regarding breast cancer.

With the motto "Early Discovery Aids Recovery", the campaign was inaugurated on 9th Oct 2010 at J.W. Marriott and continued for one month with seminars and workshops at different venues in Kuwait.

A total number of twelve workshops and seminars were conducted with the help of our members which were well attended and appreciated by the general public. Free mammographies were also conducted as part of the screening campaign. Dr. Ali Juzer, Dr. Muralidharan, Dr. Murali Gopal, Dr. Madhu Gupta, Dr. Renu Gupta, Dr. Amir Ahmed, Dr. Sanjay Thuruthel, Dr. Ananthapriya conducted the seminars and workshops and helped to answer the questions from the attendees.

The campaign came to an end on 29th October at KMA Hall with the final seminar.



**Early Discovery Aids Recovery**

## Beat Diabetes Walkathon

IDF cosponsored the walkathon organized by CENTREPOINT on Nov 27 2010 along with the Ministry of Health, Dasman Diabetes Research Centre & Kuwait Diabetes Society.

The walkathon began at 9am and was attended by Faisal Al-Dosari, PR and Media Manager of the Ministry of Health, Dr Kaathem Behbehani, General Director of Dasman Diabetes Institute, Sepal Basso, Executive Operation Manager of

Landmark Group, and other officials. At least 4,000 people belonging to different age groups, gender and nationalities participated in the “Beat Diabetes” walkathon for which the Yachting Club in Salmiya served as the starting point of the race, and the finish line was set at the Green Island. Many of our IDF members were enthusiastic participants in the Walkathon.



## Teachers Seminar

Indian Doctors Forum organised a special seminar for teachers of Indian Schools at KMA Hall on 11th Dec 2010. Conducted by Mr. B.S. Warriar, the seminar highlighted teaching methods and techniques to train children to face exams. Organised in an informal way, the seminar was well attended and well appreciated. Mr. Warriar shared his insights about teaching drawn from his rich experience of teaching and research. He stressed the need to involve and include all students of a class while teaching and not just to concentrate on the achievers. The atmosphere was lively with active interaction by the participants.

Many members of the community expressed their thanks and hoped that IDF would organise further events like this.



## Guiding Careers with Mr. B.S. Warriar



Apacked auditorium, eage young students, attentive parents and an expert faculty characterised the Career Guidance Program organised by the Indian Doctors Forum on 11th Dec 2010 at KMA Hall.

The Career Guidance Program on Saturday was organised as part of IDF's ongoing commitment towards school outreach programs.

In this age where career options range from astronomy to marine biology, actuarial sciences to event management, medicine to catering, the average teenager is confused with the choices he or she has to make. Even after making such a choice, the child and parents are often faced with difficulties on how to achieve their goal - which are the good institutions, what are the course requirements, are scholarships available etc. Recognising this need, IDF decided to invite Mr. B.S. Warriar, a renowned career guidance expert from India, to present a talk on career options to the Indian community in Kuwait.

Mr. B.S. Warriar, is well known in India, being a regular columnist in national and regional newspapers as well as a participant in various career related

programs on television. He has, in addition, presented numerous seminars and lectures all over the country as well as abroad on career guidance. He has received numerous awards in India for his work in the education sector. Although an engineer by profession, he is a keen educationalist and researcher. Through years of painstaking effort, he has compiled and validated an unbelievably large amount of data related to various career options, institutions, admission procedures, course requirements, fees etc. Although this was his first visit to Kuwait, he is well known in the Gulf region, having presented similar programs in other Gulf countries.

Mr. Warriar presented his talk in a dynamic and interactive style engaging the audience with questions, comments and anecdotes. Mr. Warriar's talk was followed by an energetic interactive session where students and parents addressed their queries to him. Utilising his extensive database, Mr. Warriar comprehensively answered all the questions providing even minute details wherever required.



## The 1st IDF Inter-School Health Quiz 2010

**For the first time in the Gulf region**

A feather in IDF's cap!  
IDF conducted the 1st IDF Interschool Health Quiz on 26th November 2010 for senior schoolchildren. It was a grand success in all aspects.



Conceived by Dr Sebastian Mathew, the Health Quiz was meant as a 'fun' way to spread health awareness among Indian schoolchildren and also to highlight the achievements of the medical profession. Out of 16 Indian schools in Kuwait, 14 attended the quiz. A written preliminary was conducted on the same day and the top six teams were selected for the finals. The schools which qualified for the finals were:

- GULF INDIAN SCHOOL
- INDIAN COMMUNITY SCHOOL SHARA AMMAN
- INDIAN COMMUNITY SCHOOL SR GIRLS
- INDIAN EDUCATIONAL SCHOOL (BHAVANS)
- INDIAN PUBLIC SCHOOL
- FAHAHEEL AL WATANIAH INDIAN PVT SCHOOL

This unique event – the very first of its kind in the Gulf region – had 8 distinctive rounds each with its special characteristics and had the participants and the audience in eager anticipation.

The teams were given names of the greats in Medicine like Jenner, Fleming, Osler, Khorana, Christiaan Bernard and Harvey.

There were audience questions also (with prizes!) which kept the 450 plus audience clamouring for more.

The team from FAIPS (DPS) represented by Immanuel Amrita Rhema and Sherwari Rajesh Pandit won top spot while Indian Community School, Amman Br. represented by Jay C Ambalavanan and Sandeep Govindan Prasad, secured the 2nd place. The grand IDF Rolling trophy was presented by the main sponsor of the event Mr Remesh, Country Manager of Gulfmart along with prizes of a laptop each to the DPS team. Mr. Titus, Director and General Manager of BEC Exchange, presented the runners up with their medals and a netbook each.

**Keenly competing teams**





Dr. Sebastian Mathew and Dr Ananthapriya were the quizmasters for the event and ensured that the questions were topical, interesting and informative.

The software for the quiz was specially created by Dr. Sebastian and featured participant-selected question numbers which guaranteed fairness.

The points tally and scoring - a most crucial aspect of the quiz - was accurately and efficiently handled by Dr Niranjana, Dr. Reji Athyal and Dr. Surendra Nayak.

Dr. Amir seamlessly integrated the whole event in his role as master of ceremonies with spontaneity and liveliness.

Dr. Prasad Nair introduced the event to the audience at the start of the program.

The backup to the quizmasters in terms of research and support was provided by Dr. Reji, Dr. Raju, Dr. Liji and Dr. Noble. Technical help for the buzzers were provided by the engineers of NITCAA.

IDF has received a lot of appreciation from parents, students, teachers and the general public complimenting us about the event.

This is an event that we can be proud of and it is definitely a bright feather in IDF's cap. May we have further successes like this in the future!

**Laptops and notebooks given as prizes!**



## The IDF-KMA Oration Award 2011

The Oration Award was constituted by the IDF to recognise exceptional talent and ability among Indian doctors working in India. This year's awardee, Prof. Ramachandran, a world renowned diabetologist is the Chairman of the A. Ramachandran's Diabetes Hospitals, President of the India Diabetes Research Foundation, Visiting Professor at the Imperial College, London and Regional Editor of Diabetic Medicine (UK). He has more than 300 original research papers to his credit and was recently awarded the World India Diabetes Foundation (WIDF) Award for outstanding Investigator for Diabetes Research in India. Prof. Ramachandran delivered the IDF-KMA Oration 2011 on 8th May 2011 at Crowne Plaza



**Dr Ramachandran has more than 300 publications to his credit and has been awarded the World India Diabetes Foundation Award**

Hotel, Kuwait. The oration this year addressed the topic "Diabetes in the Middle East : why is it high and different?". Taking India as

a prototype, Dr. Ramachandran presented his findings derived from numerous epidemiological and clinical studies he had conducted in India and

abroad. In addition to strong genetic predisposition to diabetes, he said that Asians have lower threshold levels for risk factors such as body mass index and upper body adiposity.

The Indian Doctors Forum has focussed a lot of its energy on diabetes this term. In addition to various awareness seminars, workshops, 'Meet the specialist' programs and screening camps, IDF brought out its annual health guide for 2011 with diabetes mellitus as its topic. A unique web based initiative called the "Beat Diabetes Group" was also formed this year.

The oration was attended by a large number of



Kuwaiti and Indian doctors of various specialities. Dr. Ramesh Pandita, Consultant, K.C.C.C., Senior Executive member and former President of the IDF, introduced the Oration Awardee Prof Ramachandran. Prof. Abdul Latif Ahmed Al Bader, President, Kuwait University and Secretary General, KIMS, was the chief guest of the event. Charge d' affairs Mr Vidhu Nair presented the IDF-KMA Oration Award to Prof. Ramachandran. Dr. Abdulla Bennakhi, the Deputy Director General of Dasman



Diabetes Institute, introduced the topic of the oration and spoke about the problem of diabetes in the Middle East. Earlier, the President of the IDF, Dr N Nampoory, in his presidential address enumerated the various activities of the IDF especially with regard to the management of diabetes. The Charge d'Affaires of the Indian Embassy to Kuwait, Mr. Vidhu Nair in his speech lauded the efforts of the IDF in this regard. Felicitations were expressed by Dr. Ahmed Murad the treasurer, Kuwait Medical Association and Prof. Dashti. The Vice-President of the IDF, Dr. Amir Ahmed compered the event and Dr. Murali Gopal, the General Secretary of the

**“..Asians have lower threshold for risk factors for developing diabetes..”**

IDF delivered the vote of thanks. The event was coordinated by Dr Niranjan Kumar and Dr. Yousuf Dar. Prof. Ramachandran, during his stay in Kuwait, also delivered lectures at Dasman Diabetes Institute on aspects of primary prevention of type 2 diabetes, and about new trials in the management of type 2 diabetes to the Faculty of Medicine. He also delivered lectures to doctors at Amiri Hospital, Kuwait. Following the oration and lectures by Dr. Ramachandran, Dasman Diabetes Centre has expressed interest in joint research in diabetes and the details are being worked out by the IDF.

## The IDF Awards for Academic Excellence

Seventeen children of IDF members who were top academic performers in the last academic year (2009) were awarded the IDF medals of academic excellence on 11th December 2010 at KMA Hall. The medals, certificates and gifts were presented to the children by Mr. B.S. Warriar. The children who achieved this distinction are: Verghese Kurien, Isra Meraj, Silar Khan

Mayana, Pranav Makarand Dhongade, Tejaswini Vivek Wani, Meshaal Mohd Shukkur, Namitha Mariam Raji, Kriti Gupta, Sara Khan, Kristylyn Cherian Thomas, Ishas Jolly, Nehla Amir, Sheena Gupta, Mohd Muqhtdir Sharfuddin, Sushmitha Ramakrishnan, Sonal Mashankar and Syed.

IDF congratulates these achievers and wishes them every success in life!



## IDF Launches School Vision Screening Project

The Indian Doctors Forum, Kuwait launched the School Vision Screening Project on 26th April 2011 in all Indian schools in Kuwait, as part of its School Health Program.

Early detection and correction of visual impairments can potentially prevent or treat visual loss and may enhance academic performance of a child.

The IDF Vision Screening Program aims to train School Health Workers and teachers to screen students for visual impairments therefore creating an 'in-house', independent and ongoing system of screening for each school.

Teachers and the school nurse will be trained to check the vision of students and children detected to have visual problems will be advised to seek further examination with an eye specialist. IDF hopes to screen about 50,000 schoolchildren through this project.

The first such training workshop was held on 26th April 2011 at the Carmel School Auditorium, Khaitan. The workshop was attended by 64 teachers and health workers from 14 Indian schools. Dr. N. Nampoory, President



of the IDF in his introductory speech spoke about the importance of School Health programs and the Vision Screening Project. The workshop was conducted by Dr. Sebastian Mathew and Dr. Niranjan Kumar.

Practical training sessions were given to the participants by Dr. Anitha and Dr. Merley. A Screening Kit was given to each school which included detailed guidelines, vision charts and procedures for referral to an eye specialist.

Some of the schools have already completed the screening in the primary classes and have submitted their data to IDF for review.

IDF will regularly review the progress of the project and conduct refresher workshops when needed.



## Medical Camps



IDF in the last one year, in association with various voluntary organisations has conducted 9 major health camps, numerous meet the specialist events and diabetes screening programs. Almost 9000 people, mostly belonging to the underprivileged section of the community attended these camps and screening sessions. Medical camps have always been one of the main community service activities of the IDF and this effort has been highly appreciated not only by the members of the public and the Indian Embassy but also by the K.M.A. Dr. Yousuf Dar, the Jt. Secretary for Community Service has been tireless in his efforts to ensure that the medical camps are conducted smoothly.

The successful conduct of these camps needs the wholehearted support and co-operation of all IDF members. While, thanking all the doctors who have volunteered their valuable time and energy for these camps, IDF sincerely requests more members to come forward to participate in future camps and meet the specialist programs.



## Milan 2011



Feb 4th 2011, Friday was a red-letter day in the Calendar of the Indian doctors of Kuwait. Milan 2011, the 2011 version of Docfest - the annual cultural program of the Indian Doctors Forum took place in the American International School auditorium, Maidan Hawalli, with a captivated capacity crowd.

Conceptualised, organised and executed by the members of the IDF, the event had the feel of an event conducted by a professional event management team.

### Official function

The initial part of the program was the official

function which began sharp on time at 6:15 pm with the Kuwaiti and Indian national anthems. This was followed by the recitation of passages from the Holy Quran by Dr. Ismail Burud. The MC for the official function, Dr. Amir Ahmed then invited Dr. Murali Gopal, the dynamic and diligent Gen. Secretary of the IDF to deliver the welcome address. Dr. Murali Gopal extended a warm welcome on behalf of the IDF to the attendees which included the chief guest Dr. Ibrahim Abdul Hadi, Undersecretary, Ministry of Health, His Excellency Mr. Ajai Malhotra, the honourable Ambassador of India to Kuwait, Dr. Ahmed Murad the treasurer, Kuwait Medical Association, Dr. Fuad Ali Hassan, Dean of Faculty of





Medicine, leaders and prominent members of the Kuwaiti and Indian community. In his presidential address which followed, Dr N Nampooray enumerated the work done by the Indian Doctors Forum especially for the community by means of medical camps, community outreach programs, school health initiatives etc. His Excellency, the Ambassador, Mr Ajai Malhotra in his inaugural speech, spoke with high praise about IDF's contribution to community welfare. Dr. Ibrahim Abdul Hadi also complimented the Indian doctors in Kuwait. Dr. Fuad Ali spoke at length about the positive contributions of Indian doctors to the Health Care system of Kuwait.

### Health Guide 2011 Release

This was followed by the most important part of the official event, the release of the Health Guide 2011 on the topic Diabetes Mellitus. Recognising the fact that, the incidence of diabetes mellitus is on the rise and there is a palpable need for easily understood information on various aspects of diabetes, IDF,



this year, brought together a panel of senior doctors, all experts in the field to bring out the Health Guide 2011. Written in simple language avoiding

technical terms, the Health Guide attempts to cover all common aspects of diabetes mellitus and offers guidelines and advice in all aspects of diabetes care. The Health Guide 2011 was officially released by the Dr. Abdul Hadi, Undersecretary, Ministry of Health and the first copy was handed to the Ambassador, Mr Ajai Malhotra to resounding

**A program performed exclusively by members of the IDF family.**



applause by all present. The dais also had present all the Office bearers of the Indian Doctors forum and the editors of the Health Guide, Dr Narayanan, Dr. Noble and Dr. Arijith whose tireless efforts resulted in a publication which would be a great help to the community. The treasurer of the IDF, Dr P C Nair in his vote of thanks, expressed gratitude to the dignitaries for their support and well wishes and brought an end to the official function.

### Cultural Program Milan 2011

It was time for the much awaited Cultural Program of Milan 2011. Over the past years, the annual Docfest of the IDF has become a much anticipated show. This year, the anticipation was keener, the event being conducted at a new venue, with a new theme and a variety of programs. The gracious Mrs.

Ira Malhotra, wife of the Ambassador lit the lamp helped by the the first lady of the IDF, Dr Prabha and also Dr. Mary, Dr. Saroj, Dr. Kiran , Dr. Jolly and Dr. Daisy.

Dr. Sebastian Mathew, the Joint Secretary for Cultural Activities, introduced the theme of Milan 2011 to the audience. He explained that Milan 2011 was a celebration of the diversity of India coming together in artistic expression by members of the IDF family. This year's event was unique in that all the programs were performed exclusively by members of the IDF and their family. The evening's cultural program was initiated by a patriotic group song, "Ye jo desh he mera..." melodiously sung by IDF members and supported by talented musicians of



the IDF family. This was followed by an energetic and adorable dance by the tiny tots wishing the event all the best. The seven classical dance forms of India choreographed to fusion classical Indian music which came next presented visual poetry to the audience and was applauded vigorously. Short humorous skits presented in between the programs provided comic relief and demonstrated the acting talents of the doctors. Music included a mellifluous rendering of Carnatic vocals melding harmoniously with western rhythms which was followed by a medley of popular songs. A surprise inclusion was a unique Western Classical, Eastern percussion fusion. Mozart's Ronda Alla Turca was played with an Indian twist accompanied by the tabla and thoroughly captivated the audience. The dances of the rest of the evening were based



on the theme of the five elements which form the building blocks of the Universe. Each of the five elements Space, Wind, Water, Fire and Earth were performed to resounding applause from the audience and were much appreciated. The grand finale of the program saw dancers from each of the five elements coming together symbolically to unite and form a harmonious universe.

### Banquet

A fitting end to the evening was presented by the sumptuous dinner which followed. All the members and guests were then presented with a copy of the Health Guide and IDF Calendar put in an attractive bag made especially for the IDF by differently abled children as part of their vocational training. All in all, it was an event to remember and reflected the hard work and commitment which went into it to make the program a grand success.



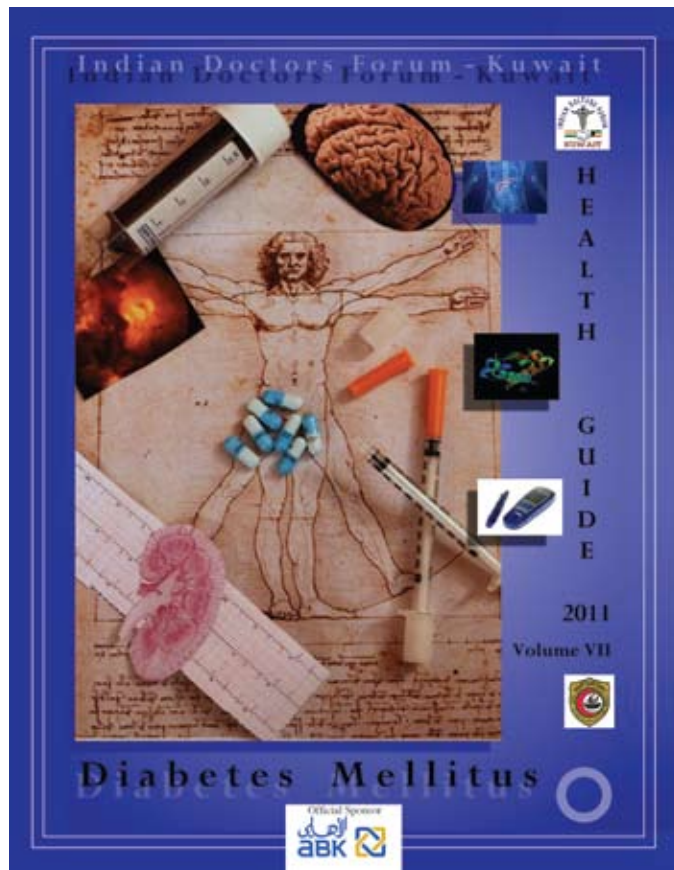
## Health Guide 2011

Each year as part of our efforts to spread health education and awareness, IDF publishes a Health Guide covering pertinent health related issues. The Health Guide is conceived and created with the lay person in mind and disseminates information in clear, non-medical terms. Written by experts in each field from the Indian Doctors Forum, the Health Guide serves as an accurate and comprehensive 'ready-reference' for the community. The Health Guide is distributed entirely free of cost to the community through various associations and over the last few years has become an eagerly sought out publication. This year taking into consideration the increasing prevalence of diabetes in the community, the subject matter of the IDF Health Guide 2011 was 'Diabetes Mellitus'. Diabetes affects at least 171 million people world wide. Proper awareness, a disciplined life style, regular treatment and follow-up can significantly reduce the morbidity due to this disease. It is hoped that this year's Health Guide

will serve as a valuable reference on all aspects of diabetes and help our community to better deal with this global health problem.

The Health Guide 2011 on Diabetes Mellitus features 29 articles including highlights on individual topics written in simple language by experts in their respective fields. Dr. S. Narayanan headed the 3 member Editorial Committee which included Dr. Arijit Chattopadhyay and Dr. Noble Zachariah.

All aspects of diabetes mellitus ranging from epidemiology, manifestations, symptomatology, complications, management, diet etc. are dealt with in the health guide always keeping the target audience in mind. The simple, easy to understand layout and language were appreciated by many members of the community to whom the guide was distributed. Copies of the health guide were distributed free of cost to all Indian voluntary organisations in a function at KMA hall on March 11, 2011.



## The Beat Diabetes Forum – An online initiative

Initiated by Dr. Noble Zachariah, our dynamic web manager, the Beat Diabetes Forum is an email group open to all members of the community who wish to join. The 'Beat Diabetes Forum' is a platform through which members can communicate their problems and doubts with other members and seek a solution. This initiative is not intended nor will serve as a replacement for the medical advice from the treating physician but only serves as a supplement to the guidelines given by the primary treating physician. The group will also post details about

IDF activities like Meet the specialist programs, Medical Camps, workshops, seminars etc.

The forum has been up and running since March 2011 and the response has been tremendous. A large number of members from the general community have joined the group and have posted their queries, doubts and experiences on the group mail. All our members are requested and encouraged to join this email group and help answer queries relating to their medical specialities. Details about this can be obtained by contacting Dr. Noble Zachariah.



## Big Splash at Aqua Park .

What do IDF members do when the temperature hits the forties? Stay at home and turn up the AC? No way!! We beat the heat with our activities!

On July 2nd 2010, IDF arranged a day for its members at the Aqua Park near Kuwait Towers.

Young and old alike were fired up with exuberance and were seen clambering up on all the slides and rides! The cool water was a welcome relief from the summer heat and everyone enjoyed the thrills (and spills!) of the Park.

At the end of the day, there was a unanimous request that such visits be more frequent! Definitely! Seconded...!



## Winter Hungama – Family Picnic at Abdaly Farm

Fridays are usually characterised by sleeping late, lazing around and generally taking things easy but on 17th Dec 2010, a Friday, a steady stream of vehicles could be seen heading for Abdaly early in the morning.

Yes, it was the Winter Hungama Family Picnic at Abdaly farms! Decked out in full picnic regalia our members reached the Abdaly farm early in the morning itself, braving the winter chill in the air. At the farm, hot breakfast awaited the members - a welcome sight after the long drive to reach the farm. After the members and family had refreshed themselves, it was a straight shift to entertainment mode.

The children threw themselves with inexhaustible energy on the trampoline which later inspired some mothers also to join them. As one breathless mom confessed, "Now I know why the children refuse to get off the trampoline, it's so much fun!!".

The tiny tots and younger children participated enthusiastically in the games organised especially for them.

The green grass of the football ground was too tempting to keep away for too long and soon spirited matches were in full swing. IPL style names graced the teams. The women's football was one of the most hotly contested and was quite



the crowd puller. Dr Unnikrishnan was the referee, a post which a lot of the menfolk volunteered for but steadfastly held on by Dr Unni. The men's football saw some spirited playing and sparks of old sporting genius were evident at times! Impromptu cricket and volleyball matches also took place.

The children (and adults) had a special treat in the way of horse rides at the farm. There were also horse carriage rides which both adults and children enjoyed alike. After all the action, the delicious lunch which awaited was welcomed by the members and their families

The pick of the day was undoubtedly the karaoke session held. Members and children rediscovered their hidden talents and the farm was filled with the wonderful melodies rendered by the singers. The singers and listeners alike couldn't just get enough and there were repeated requests for more songs. The singing provided ample evidence to the fact that there was real talent amongst our members!

As the day extended into evening time, hot pakoras were served which were welcome in the dropping temperatures. By late evening, everyone wound up - tired by all the activities but really happy!!

Yeh dil maange more...!!



## The IDF Karaoke Challenge 2011

Going by the experience at the Abdaly Farm Picnic and Milan-2011, we realised that there was a wealth of singing talent in our midst and music seemed to generate a lot of enthusiasm amongst our members. With this in mind a musical evening – a karaoke challenge – was planned out and conducted on May 20th 2011.

The participation was enthusiastic and Al Ahalia Auditorium in Riggae was filled to capacity. This was one competition which was probably toughest for the judges because all the participants were really talented. Dr. Aravind Raina, IDF's own musician and poet, gave a fitting introduction to the event,



singers in the making. Dheeraj Cherry Koshy walked away with the 1st prize, singing a Miley Cyrus song with confidence and control. Shyam Ravichandran with an energetic performance which would have done any rock star proud was declared the runners up in the junior category.

On the whole it was a fun-filled musical evening and concluded with a grand dinner.

IDF congratulates all the winners and the participants and hopes that we will get to hear more of their mellifluous voices in future events!



demonstrating the 'soul' and 'spirit' of music in a masterful way. Sushmitha Ramakrishnan captivated the audience with her melodious and energetic rendering of "Yeh ishq hai baithe bithaye..". Adjudged the winner in the Seniors category of the IDF Karaoke Challenge 2011, she was awarded the Grand Prize of a state-of-the-art Karaoke system and given the title, "Golden Voice of the IDF 2011". Dr. Anish Nair's soulful "Pathar ke sanam.." secured

him the runners-up in the senior category.

The Junior category (for children 10-14 years) demonstrated great potential and promised some great

**Melodious songs filled the auditorium**

**The IDF family has talent!**



## The Online Summer Contests:



**Dr. Sunil's prize winning photograph**  
(Taken with a Canon EOS-450D f/10 Exp 1250/ ISO 200 Focal length 18mm)

The Online Summer Contests:

Did you know that there is a talented lensman lurking inside most of our IDF members? The online summer contests last year yielded a rich harvest of superb photographs taken by our members on the topic "Holiday Time". More than 70 entries were received and the winner was judged by the members themselves by online voting. Dr. Sunil (Armed Forces Hospital) clicked his way to the prize with a superbly taken picture of a family in full holiday mode. The quality of most of the other entries promise a lot of potential and it seems there are enough photo enthusiasts to create a Photography Group with our

members. Any takers on this? Keep watching this space...!!

The Summer contests also included a poetry and story writing contest for children. Budding poets sent in their verse which was evaluated by 3 independent judges and 2 first prize winners were chosen. The judges were all praise for the poems and remarked on the insightful nature of the verse. The winners were Rohitha Raju and Navaneeth Unnikrishnan. The story writing contest was not held due to paucity of entries.

For the poetry contest, the poems written were to be inspired by the picture provided, the poems and

the picture are reproduced below.

This poem is a narration by a village child, noticing the changes in his ageing grandfather, who takes refuge in the "armchair".

### **The Vacant Armchair**

As years passed, as his hair grayed,  
He became lethargic ; on the Armchair he laid.  
He didn't talk much ; nor did he eat,  
He just lay and lay on his seat.  
His arms stretched, His feet raised,  
His head rested backward, To Heavens his eyes placed.  
When I returned from school,  
I wouldn't enter without a hug  
From Grandpa who was either on  
The Armchair or the rug,  
On the veranda where he sat watching the bay,  
His weariness increasing day by day.  
And one day, after school,  
When I came running for a hug,  
I could find no one but  
the Armchair and the rug.  
The Vacant Armchair - That rung a bell

Now I remembered Mummy tell  
"Your Grandpa's gone to get gifts from Heaven"  
What else could that mean to a naive little boy- a  
boy of seven?

- Navaneeth Unnikrishnan

### **A Silent Melancholy**

Memories studded upon the chair  
Like diamonds on a ring  
A sadness as if from here and there  
Deep thoughts did people bring  
And sat down in that lonely place  
And mused long and hard  
'Bout troubles they were yet to face  
Or dreamed of places afar  
It comforted the lonely ones  
Though itself was facing wear  
-a sacrifice- it failed not once  
To give its cozy care

- Rohitha Raju



## Mom, is that you?

-Dr Sebastian Mathew

One of the best parts of my job here as an ophthalmologist is my work with premature babies under followup for ROP (Retinopathy of Prematurity) screening. Its something which I enjoy, being with babies, seeing the progress they make each successive week - becoming stronger, bigger and ever more vociferous in their protests during examination.

Most of the babies become a blur in the routine – the high volumes in the clinic, kind of necessarily overwrite memories of the routine babies. But there are some who remain etched in the mind, surfacing in memories when you least expect it.

There's Baby Jojo for instance, whose Filipino mother died soon after giving birth to her. Born 8 weeks premature, she never knew her mother's touch after birth much less realise her death. Her Egyptian father – for reasons best known to him – fled the country and she was left orphaned in the SCBU. The good nurses of the SCBU stepped in, they collectively became her mother, fussing over her, taking care, feeding, burping, cuddling, nurturing...

Usually, babies get discharged from the SCBU when they are about 810- weeks old, the sick ones stay longer of course but usually by about 1214- weeks they are out from the SCBU, either discharged home or to the Pediatric department. Jojo stayed on till she was nearly 10 months old. Her milestones were achieved in the SCBU to the oohs and aahs of the staff members, turning over, sitting up, standing with support. I started out seeing her as one of the routine babies for ROP screening but the collective maternal instinct of the nurses at the SCBU meant that I had quite a lot of queries about the status of her eyes from the staff. She grew quickly, and was soon out of the screening

requirements.

The days I had ROP screening in the SCBU she would either be brought in by one of the nurses or would toddle into the examination room herself, navigating around in a walker, wearing pretty clothes brought in by the doctors and nurses. Her ROP screening days were long done but I liked to see her each week just the same. The nurses fought for her affection and she was pampered, spoiled and cherished like every baby should be. There were times when I would wonder what her first word would be when she started talking. The staff were a linguistic mixed bag – Arabic, Filipino, Hindi, Malayalam, English, Tamil. I think the nurses had this secret competition going... which language her first word would be. But she left for the Philippines before that, taken in by her grandparents who had to labour long to complete the paperwork to get their daughter's child to be with them. I hope this is a happy ending or rather a happy beginning for Jojo.

There was no way she could stay on in the SCBU indefinitely, however loving the nurses were, however much they wanted her to stay but at times I wonder – the SCBU was the first 'home' she knew, the collective beeps of the monitors were probably as soothing as a mother's lullaby to her, the warm embrace of a thermal blanket the first embrace she felt. Would she, in her subconscious ever miss that? With what or whom did her tiny body bond in the first days of her life? Will she remember the sharp pain of the cannula, the bright light which I focused onto her eyes, the tubes, and the bitter taste of medicines...? With her grandparents now, I hope human touch supplants these memories... a.s.a.p.



## THE MAGIC NECKLACE

-Naina Mary Sebastian (Class IV)

Once upon a time, there lived a very cruel princess named Lyla. Princess Lyla was so cruel that she became best friends with a witch. Soon, it was time for the princess to get married, but she was so grumpy, she did not want to. So, Princess Lyla told her friend, the witch, the problem.

The witch thought about it and gave the princess a magic necklace. She put it around Princess Lyla's neck and told her, "Anyone who removes this necklace will become a bead on it; but be careful! If the necklace breaks, all the people will be free and 'you' will become a bead!"

After a few days, a prince, wanting to marry the princess came on a visit. The princess pretended that the necklace was troubling her and she couldn't remove it. The prince was happy to help her remove it and WHOA!!! In an instant, he became a bead on it!! This went on for sometime.

Then, one day, there came along another prince who knew that one of his friends was a bead on Princess Lyla's necklace. He knew the same would happen to him if he fell for the princess' plan. So, he had a plan of his own.

When he met the princess, he told her that they would play a game, in which she would do what he does and he would do what she did. First, the princess put on her magic necklace. Then the prince did the

same and wore a necklace made of acorns and leaves. Now when it was the prince's turn, he pulled off his necklace and broke it. Princess Lyla, having forgotten the witch's warning did the same and broke her necklace!! Oooops!!! All the beads turned back into princes and Princess Lyla

became a little bead. And that was the end of Princess Lyla and her magic necklace!





Farewell to Ambassador HE Shri Ajai Malhotra



Farewell to Shri Alok Nath 1st Secretary Indian Embassy



Ghabqa 2010



1st executive meeting 2010



1st executive meeting 2010



Ghabqa 2010



Farewell to Dr Vidya



Farewell to Shri K.N.Rao CDA Indian Embassy



Farewell to Dr Rao



Farewell to Dr Ismail Burud.



Farewell to Dr Ramachandra

### Breaking News

IDF has been selected to receive the Jeevan-AI Mulla Exchange Pravasi Award for voluntary organisations in Kuwait. This award is a recognition for the community service rendered by IDF and we can be justifiably proud of this achievement. The award will be conferred in a function to be held at American International School on July 8th 2011.

Dr. Biji Basheer of German Medical Care, Jleeb, has also been selected for the award for his contributions to the welfare of the community.

IDF congratulates Dr. Basheer on behalf of all the members.