



# Indian American Medical Association, Illinois

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T. Paul S. Chawla (Chawla & Ravani)

I am Niranjana Shah from Oak Brook, a board-certified Internist, practicing in Chicago for over 25 years. My passion is to provide high quality, ethical patient care.

Working with our young and dynamic Leader and President, Dr. Sreenivas Reddy, this has been a privilege to serve the IAMA as President-Elect during 2018. This year has been a journey of learning, collecting fond memories, and making many new friends while furthering the mission of IAMA.

Let me take a moment to reflect on my journey with IAMA during which I have had the opportunities to witness many strides and accomplishments made by our current and past leaders.

Since its establishment in 1980, IAMA has built a platform that has yielded a common voice, expert capabilities, and value-based impactful services that reach out too many across communities we live in and also where our roots are.

We are fortunate to have a flagship arm of IAMA; established in 1994 - the IAMA-CF - that continues to provide a non-profit 501(c)(3) platform through its free clinic that reaches out the under-served people irrespective of age, race, gender, or ethnicity.

Over the years we have built much more:

- Opioid crisis intervention, initiated by our current president Dr. Sreenivas Reddy, one of the most recent and significant projects on which we want to build forward.
- Participation in world health day summit in 2017 during Dr. Dasgupta's presidency.
- The establishment of IAMA office and creation of a new website and social media presence initiated during Dr. Samir Shah's Presidency, to ensure we represent ourselves fully with the growing community that thrive on technological advances.
- Project SMILE ("Saving More Illinois Lives through Education") founded by collaborative efforts with CMS and ISMS and led by Dr. Vemuri Murthy that is bringing state-of-the-art hands-on CPR programs to local and international communities.
- ACA and Health Care Reform initiatives chaired by Dr. Utpal Parekh.
- Current Global Health Project led by Dr. Rohitkumar Vasa, addressing the postpartum depression in women in Gujarat
- Our partnerships with CMS, ISMS, AMA, and AAPI undertaken by Dr. Vemuri Murthy, Dr. Raj Lal, Dr. Suresh Reddy, and other leaders, underscores our collaborative mindset and actions to create deeper and wider impact.

I would like to see the continued endorsement to these initiatives as well as furthering others, such as, IAMA Golden Stethoscope Award, ongoing CME and Educational Lectures, community Health Seminars and Health Fairs, and equally important - our social events that offer us the food for developing healthy minds.

I am humbled to be accepting the Presidency of IAMA for the coming year. I pledge my commitment and dedication in doing my best and carrying forward the legacy of mission and values of IAMA in a manner that sustains and expands on the accomplishments made to-date by the current and past IAMA leaders.

I believe that with the growing demands, changing healthcare landscape, ever increasing red tape in medical reporting, we need to be better prepared than ever before! IAMA needs to further project its message of adopting a lifestyle that embodies harmony and balance, care and compassion, and personal and spiritual empowerment. We can't care for others if we don't take care of our health first with a balance of all three; mind, body, and soul! Hence my theme and focus in 2019 will be to address "Physician Burnout."

We will increase awareness, educate IAMA members and nonmembers, and recruit local resources to accomplish these goals and to protect the next generation of physicians. We will make efforts towards empowering young physicians to develop new and future leadership for IAMA. I would like to invite and encourage young physicians to get involved and become the stakeholders in IAMA. Title and positions are not as important as a meaningful impact, and this is possible only with the collectiveness and your active participation. I urge you to take a percentage of your wisdom, time, and money and put those to work in making our success more significant.

I look forward to working with our 2019 President-Elect - Dr. Geeta Wadhvani, who is great team player, Secretary - Dr. Suneela Harsoor, who was the recipient of special appreciation award in 2017, my Presidential Advisors – Dr. Samir Shah and Dr. Piyush Vyas, dedicated Executive Committee members, and IAMA Executive Secretary – Heidi Garton, without their help this gala would not have the same glory.

Before closing, I would like to take a moment to recognize two of my mentors. First, my brother, Dr. Ashok Doshi, who has made me the person that I am and influenced me on how I operate as a medical professional. Second, my hero; my husband, Dr. Dipak Shah, who inspires me to do all that I can with his unconditional 24/7 support and encouragement.

I thank you and IAMA leadership for providing me this opportunity to serve and give back to the community. I am excited to be embarking on this journey with your support and involvement.

Finally, please save the date for our 2019 Annual Banquet on November 9, 2019.