

Happy  
Deepavali



MAAM  
MEMBERS & FRIENDS



Vol - VI

MANIPAL ALUMNI ASSOCIATION MALAYSIA NEWS LETTER

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## MAAM - ROCHE CPD-Staying On Top

The President and MAAM Committee would like to extend our deepest appreciation to all our members for the awesome response to our "souled out" CPD held on 09-09-07 at PJ Hilton. We showcased 4 excellent speakers viz.



Rapt attention ...or nearly

- 1) Dr. P.T.Thomas
- 2) Dr.Zanariah Hussein
- 3) Dr.Thomas Abraham &
- 4) Dr. Mohd.Ali Noor

The moderators were Dr.Nirmal and Dr.Padma Soosai. Tea and snacks were served prior to CPD to keep participants bright and alert during the lectures.



Xavier anaesthetises members

The CPD kicked off at 6.00 pm and lasted till 9pm.with a short intermission. Roche lecture was conducted by Dr.Ali who spoke on Bonviva which has been hailed as a miracle drug for Osteoporosis- Readers Digest Oct' 2007. A brief Q&A session followed each lecture where all air and seeds of doubts were cleared.



Sothy under X-Examination



### MANIPAL CONVENTION 2007

14-16 DECEMBER  
BAYVIEW BEACH RESORT  
PENANG



Wanita MAAM Cawangan KL

Cocktails accompanied by a sumptuous buffet dinner whilst hot Manipal fellowship dialogues. Highlight of the later evening was a stand-up performance by Prabhu. Lights out at 12pm. Occasionally or.... has it always been said that **SIZE** does matter and so the 60+ participants augurs extremely well for MAAM and our sponsors. Who said Manipalites can only rock...hey.... we can be Status Quo Nerds if we decide to.



Amigos-Sothy, Ruban & Tiger Lee



Shan, Jeeva & Mike Koogs  
Soldiers of Fortune

Thanks  
-Sheila / Henry & Roche gang for the co-ordination.  
-Pharmaniaga for the support.



Sheila & Henry (ROCHE)

## NOTICE BOARD

### REGISTRATION FORM

1) Please take note that all hotel bookings will be done by us. Only those staying for 1 night will have to do their own bookings.

2) All meals are included in Residential package including 21st Anniversary Dinner / Informal Beach Dinner. Only Non -Residential / One night occupants need to fill up Section IV & V.

3) Further enquiries please contact Secretariat / Committee Members.



### MAJLIS SUKAN MAAM

Manipal games are back again and this time on the great island of Penang. Coincidentally the rugby world cup is also a North – South affair..... Hmmmm now who emulates from whom?? And what about cricket??..... MAAM pioneered the 20-20 game and the ICF has followed suit!! Trend setters?? Are we ?? Look at the cosmonauts...again a first.....?? mere coincidence ??

The north boys have sent out a warning..... "forget it you southerners. You come to our turf and expect to win". High hopes (guys remember the high hopes of our orientation days) claim the northerners- you ain't winning a single game this time!!

The south footballers..... watch it .... Your trophy is at stake.... North has won it 2 times in a row..... let them win again this year and they have the trophy for keeps. South boys.....you have a job or vice versa.

The north gals say that they have had it..... always loosing to the south and have threatened to give the south a walk over if they do not come to the round table before hand and come to a settlement ..... maybe for exchange of some goodies ....??? What are the goodies

- Dr. Nirmal Singh

# Nirmala Menon goING places

MAAM is very proud to announce the appointment of our Alma mater Dr. Nirmala Menon or Nimmi as she is popularly known as the CEO/Director of ING Malaysia.

**THE STAR (11/09/07)**

**" under Nirmala Menon ING has become the leading provider of employee benefits scheme in the country"**

Preamble,

A few members of the Committee celebrated the occasion with her and we decided to do a very brief and humble personality profile. I had a difficult time with this assignment and finally manage to conjure up these questions that I later posed to her in an e-mail interview.

If you find my questions ridiculous...hey this is not my daytime job. Anyway hope you enjoy this unedited article especially - Nimmi's friends and classmates.....Read on



1) Congratulations Nimmi on your recent appointment and could we begin with a brief insight on yourself?

- Year of graduation- MBBS? **1984**
- Any other supplementary/ PG qualifications? This is a certification – **American Board certification in Insurance Medicine.**
- Details on marriage-i) no of years ii) husband –name / occupation  
**i)23yrs, ii) Suresh Menon, Executive Director RAM.**
- Children-names,age etc. **3 kids, Natasha 22yrs, Suneil 19yrs & Nikesh 15yrs**
- Hobbies – **Traveling, Reading.**

2) Why did you leave a medical career for a corporate one? **When I joined Aetna/ING, it was as Medical Director, involved in the setting up & running of a clinic and very medical albeit different from public service, in nature.**

- Year you were employed by ING. Any other job in between both
- First position in ING till present- the demand in responsibilities – **I will attach my CV to answer both parts..**



**Good wine & Great company**

3) What have been your golden and worst moments in ING?  
**Its all been challenging but really interesting as a whole new world opened up. I suppose the Golden moment would be now that I have been recognized & been given the position to lead the company.**

a) Any other memorable experiences?

**I would say that managing the turnaround of the Employee Benefits division from being a loss making division with unhappy employees, to one which contributes 30% of overall premiums & profits with staff strength of 240 highly charged & engaged staff is something that I am most proud of & would consider as the best part of my work life so far. I achieved this in 3 years and for the last 3 yrs ING EB is the leading provider of Employee Benefits packages in Malaysia with more than 38% market share.**

4) Any advice for Medical graduates who will like to follow your footsteps and seek a corporate career?

**Open mindedness, desire for change & an insatiable appetite for learning is key to making the change as it is something that is so different from the narrow perspective that we as medical graduates have. However, I think our training as doctors, teaches us logical decision making ability, practical solutions to problems & the ability to perform under pressure, all of which makes us better able to cope with any situation.**

a) Time Management- how do you manage your busy schedule and your family responsibilities?

**As long as you want to do something which is important to you, there will always be the time to do it. Smart prioritization is key at the work place.**

b) Anger Management-how do you chill out? **hahaha, I get angry quickly & am impatient - my weaknesses. Relaxing with friends & family – at the bar perhaps???? But I also am quick with appreciation, recognition & encouragement.**

c) What are the values you like and dislike most in your employees?

**Passion, Discipline and a hunger to win - what I promote among all my staff & colleagues. You must love what you do coz so much time is spent at work. Make mistakes & learn from them. Always DREAM!! I hate laziness, disengagement & tardiness. I also hate it when people do not take responsibility for their actions.**

5) Finally Nimmi (you can sigh now) what

- a) persons – My Father – my biggest supporter & fan who always believed in me! He shaped my life & made me believe in my abilities. My Mother – my protector, I believe that as long as she is there to pray for me things will be ok. My Husband – who gives me all the support & encouragement to do whatever it is that I like to do.
- b) book – read anything I can lay my hands on. Am a big follower of the Jack Welsh philosophy in my work life.
- c) person/s – as above. I admire many selfless people like Mother Theresa, Nelson Mendela, who stood firm for what they believed in & always hope that I too never ever compromise on values & principles in life.
- d) movie - ????. Does a movie really make changes in your life???



Heart Ripping Babes

And anything else that has made that tiny little difference in your life?

I have been very blessed in my life, with a great childhood (born with the proverbial silver spoon), a great husband & kids & also a great career & I thank God everyday for all the blessings He has given me. (Must have been good in my last life I reckon!!!)hahaha

I hope I have answered all questions to your satisfaction Simon.

Cheers!  
Nimmi.

NEXT : AVTAR - WHAT IS IT RALLY ABOUT.

## MAAM MEMBERSHIP

*MAAM would like to welcome the following members who have joined MAAM in September / October 2007. We apologize for not printing earlier newbies due to space constraints.*

- 1)DR SARA VERGHESE
- 2)DR VIJYAKUMARI A.SUGITHALINGAM
- 3)DR SIVAROSHAN PUVANESWARAN
- 4)DR GUNASEELAN SUBRAMANIAM
- 5)DR KULJEET SINGH SIDHU
- 6)DR JASPAL SINGH
- 7)DR SIVARUBAN S
- 8)DR JEEVA MALAR SINNADURAI
- 9)DR PARAM SOTHY R
- 10)DR PREMNATH NAGALINGAM
- 11)DR GAN WEI BENG
- 12)DR SASHEELA SRI LA SRI PONNAMPALAVANAR
- 13)DR MAHENDRAN
- 14)DR JEYANTHY PANCHALINGAM
- 15)DR RAMESH PERIASAMY
- 16)DR CHANG YOKE POI
- 17)DR OOI SE EN
- 18)DR NAGENDRAN S.RAMIAH



Sarvanan earns commission

- 19)DR SHOBANA NADARAJAH
- 20)DR KANTHA RASALINGAM
- 21)DR SIVA PERAGASAM
- 22)DR RAGU V.EKAMBARAM
- 23)DR SARAVANAN KANNIAPPAN
- 24)THIRUCHELVAM BALAKRISHNAN
- 25)DR LING KWONG LING
- 26)DR SUBRAMANIAM NACHIMUTHU
- 27)DR JELTHA RAMACHANDRAM
- 28)DR MONIKA BARDHAN
- 29)DR DR LALITA VEERIAH
- 30)DR MAHADEV V.SHANMUGAM
- 31)DR SYED MAQBOL
- 32)DR SURINDER SINGH
- 33)DR PRAVEEN SELVARAJAH
- 34)DR VIJAYAVEL
- 35)DR ANUSHIA
- 36)DR LILIAN GEORGE
- 37)DR SUSEELA DEVI

## Dato' Arunaslam in new venture with Manipal – Northern corridor initiative



MAAM memo to Dr.Pai



Dato Dr.Arun & Guests

September 17<sup>th</sup> marked the MOU signing ceremony between Sri Arunesh Sdn. Bhd and Manipal Health System in a Joint Venture to build an Ultra Modern hospital in Kepala Batas. It was witnessed by The Chief Minister Tan Sri Dr Koh Tsu Koon and he will be the guest honor for the Ground Breaking Ceremony to be held on 25<sup>th</sup> October 2007. The Chairman and Managing Director of Sri Arunesh Sdn. Bhd, Dato Dr Arunaslam a Past President of the Alumni has been working on this project for some time and has finally succeeded in achieving his dream.



Manipal Hospital Penang 2010

The CEO of Manipal Health System Mr R.Basil when met at the dinner hosted by Dato Dr Arunaslam, indicated that the Hospital is keen to see the involvement of specialist from the Alumni and preference will be given to same.



One for the camera

The Manipal Alumni was represented by Dr Koshy and Dr Jeyalan at this dinner and they took the opportunity to hand over a letter to Dr Ramdas Pai requesting Manipal University to collaborate and sponsor some of the activities carried out by MAAM.

The next day, the Executive committee including Dr Simon and Mr.Arasu met some of our members at Penang Sports Club for lunch. We shared various views on the development of the Alumni and had an excellent fellowship.

- Jeyalan

### Fellowship in Penang



# LIVE TO SERVE



Ophtho- Sethu & Michael



Radiology- Viji, Cass & Anu



Sunita performs canine bypass



ENTerprising Rasan is back!

The 2nd Annual MAAM Community Services at Sungei Buloh Estate kicked off with the usual 7.30am Sunday morning rendez-vous at Klang GH. After the usual typical 20 mins. Manipal araveh everyone jumped into their respective cars and sped off on the scenic 1hour drive along the Guthrie Corridor. The Paramedics travelled in a mini van with with our MAAM banner strapped around proudly. We were treated to a mouth watering breakfast by our hosts Dr.Nazeeb and Mr.Seow head honchos of Sime Darby. Meanwhile the medical and dental equipment were set up by the respective specialities. Mr.Sam Hogg provided a state of the art trauma trailer where ENT examinations using the latest RM 150K- 3 chip Karl-Storz IMAGE HD1 Endoscopes. The resolution for FULL High Definition is 2 million pixels. 30 Specialists & 13 GPs treated a total of about 300 patients. All the Medical & Dental specialities were represented. Later we were treated to a sumptuous lunch which was followed by a certificate presentation and our usual group photograph at 3 pm. We had to take out the champagne from the ice to congratulate Dr.Satha & Dr.Rasan who were awarded their Datukships a day earlier. We were also ecstatic when NST, Sinaran, The STAR & Malay Mail highlighted our activities the next day with an exclusive article. Check out blog.

- Acknowledgements - Mr.Sam Hogg  
 - Mr.Hari ( NST)  
 - Management & Staff Sungei Buloh Estate esp. Mr.Damo  
 - All Doctors and Paramedics  
 - Thomas Abraham-Coordinator

and last but not least all our beloved patients from the estate who gave us an opportunity to treat them. See you same time next year.



Sam Hogg(R) with old Kajang pals



Satha examining Mr. Seow. No comments



13m. 1.2 million Mobile Trauma Unit



Smiling Magen & O&G gang



Puravi & Satha ENTertain



Bala in action



Thommy- Chef de Mission



Paeds- Padma, Sharmila & Sumita



Estate Chefs (background)



Mrs.Goma Damo & Bala



TQ, Bye & See U next year.

## We Made It Happen



### Who let the dudes out?

EXCELLENT is the only word which comes to my mind when i think bout our reunion. to be very honest, i was telling Sharon that it is going to be a failure.' everyone is going to get bored n kill me' with that on my mind i emailed everyone saying that if the numbers r not good, the reunion will be called off. the same night i called big SAM (Dr ramesh) n told him bout the email i ve sent (he has no email add cos ipoh has no TM net services),but he was very optimistic. he said 'carry on matcha, don t worry, we will be there!' n with that words i immediately email another mail to all saying that whatever happens, it s on!! the resort was good, n the people there were very accommodating in spite of my bad temper during the bookings. the food was ample n tasty. but best of all the company was prices less.. to, Dr Siva roshan- hope your daughter is well Dr sivaruben- u r the man, life of the party. always been n hope will always be. Dr Sara (panther)- thanks for the support. personally, n in cash Dr Sara kaniappan n wife- Sara,for your info, your son does not need a shot of whiskey before he mingles Dr allegen- pls get a car with a reverse camera Dr geetha- thanks for all the wonderful presents Dr ragu- thanks for doing nothing. n the only reason u won the go kart race is cos u r fat n your cart could not spin around dewika- without u the reunion would have been meaningless. pls email everyone your work of art. Dr kumeresh- pls get fit for our next match. call us for your opening. Dr ling(appo), wife, family n aunt-apoo, your kids were great, hope i can say the same bout u, the next time. Dr Gan(lau Gan), wife n b day girl- thanks for coming n happy birthday Gan Xian rui!! Dr Siva n wife- Siva, u look the same awake, asleep or drunk. thanks for coming all the way from alor star. Dr jayanthi- hope u had a good honeymoon, but your neighbours did complain bout the noise nesan- did u really win?? Dr Abdul malik, wife n daughter- we were really happy to see u guys. in spite of fasting, u still managed showed us how football should be played!!! Dr subra- this is what happens when u get some morons on alcohol to play football. hope you get well soon. Dr lau,Dr Edwin Chang,dr andrea - thanks for bring genting highlands to us.Dr gopi- all the way from India. pls don t forget to try our Malaysian cuisines before u leave. Dr thiru- dei! we will never leave u in the resort alone. Dr kantha- thanks for coming all the way from sabah. Siva- u r the worst bartender!! luckily they were already high. Dr shobana & Dr sasheela-thanks for the limo services. hope u sent the little one home safely. Dr ramesh n wife- thanks for all the encouragement n support. all the best for next year s reunion. god bless u. Dr puru- next time, pls bring your better half, condolences to dune. Dr Ravi(rsd)- u took 3 hours to get to pd from seremban. were u already drunk before u got there?? if i ve left out anyone, i m really sorry. thanks again for a wonderful memorable time. pls dont forget bout our wedding in December. keep in touch.n like dewika said,



MCA Cawangan MAAM

"WE MADE IT HAPPEN"  
GOOD BYE.  
FROM  
KUMAR N SHARON.....



Lady Writer on the TV

Howzit Everyone,

We have been pretty busy at the home front with numerous activities as you probably would have already read in the previous pages or the exclusive articles in the NST, Sinaran, The STAR & Malay Mail.

Our new Secretariat is now battle action ready with a fresh coat of paint. Do pay us a visit if you're loafing around Bangsar or if you happen to have tasteful expensive wall paintings you would like to donate to our very pitiful bare naked walls (see pic.)



MAAM-Oval Room

In this volume 3 new columns make their pilot episodes viz. Manipalites in the News, Manipalite Happenings & Letters to the Editor. I would like to make these columns a regular affair ie. if you guys do the necessary and send in your input even if it is 2 sens worth. Please let me know of our aces who have gone places, any reunion parties, manipalite weddings etc.etc.etc. If you have any views/opinions whether they are brickbats or bouquets please write in-It will help in enhancing the quality of this newsletter and subsequently we hope the quantity. OK moving on to our Penang Convention we have finalised the Entertainment/Sound/Lighting. The Sports venues have all been booked and activities drawn up. **Please register as soon as possible.** We have only blocked booked a limited number of rooms and they are being taken up rapidly. We also need to know T-Shirt numbers & sizes. If we need to- we will get the hotel to allocate more rooms.

Please don't put us in an similar embarrassing situation like last year when we were unable to provide any more rooms to the last minute registrants. We will allow 2 weeks notice cancellation with full refund if you have a genuine reason, so get down on it and spare us the excuses. We are trying to avoid a chaotic situation (but who am I kidding) when we would rather be spending time concentrating on all the last minute fine tuning preparations. Those of you who would like transport arrangements from KL to Penang in a luxury bus-please call the Secretariat. We can come up with something if we have sufficient numbers. We would appreciate any volunteers who can help us out here....did somebody mention Ajeet? Please conduct your own private urine test on the bus drivers if you have any nagging suspicions. Hotel "check-in" in all hotels are usually from 2pm....but we will try to release as many room ASAP. Meanwhile refreshments and lunch will be served from 12noon onwards till 3 pm.

Please bear with us and the hotel front desk staff. We understand that many of you will be exhausted from a long drive but please-no excuse to be rude lah. **Please note that all hotel bookings for residential package ONLY will be managed by us.** You are also required to register yourselves with us



Big Boys Play At Night!

where you will be provided with your goodie bags and a wrist colour coded band which you are required to wear at all times. This will allow you entrances to all our outlets except the health club...for obvious reasons. Golfers will be allowed to check in early. Please contact Naga for tee off times. Children's telematches (below 12) will be held in the afternoon in the hotel's premises on 14/12 simultaneous to the cricket match. JB Chen your services will be required again for the telematches. Prizes for all the children participants & mothers be prepared to also take part and lend a hand but no cheating.



We will be having a talent contest (Manipal Idol) during the informal night, divided into 2 categories 1) Adults-above 15 and 2) Children-below 15. Solo/Groups -Singing,Comedy Skits, Magic Show,belly dancing etc.Stricly no male belly dancing allowed. Attractive cash prizes to be won. Judges decision final...hmmm...but after the recent controversial tape...maybe not.

Football & Netball will be held on 15/12 morning at the Penang Sports Club.Bus provided or your own car pool transport to venue. During the CPD lectures in the afternoon Entertainment outlets will be temporarily closed. Please attend the lectures which will only last for about an hour and a half.Attractive lucky draw prizes to be donated by Roche. Children will have their own theme party at night.

We will wind our Convention up with a **BLING BLAST**.Speaking of blast we would like to take this opportunity to congratulate Dr.Sheikh our Alma Mater for being the first Malaysian/Manipalite in space. BTW there is a strong debate that Cosmo is technically the first Cosmonaut officially launched in 1973. More details on Convention in our next flyer soon.. Look out for announcements in our blog: <http://manipal-alumni-malaysia.blogspot.com> / See you in Penang...gtg....Clouds in my Coffee.

Enjoy.  
Happy Deepavali from all of us.  
Bye for now.

**Simon Martin**  
Editor/Publications  
[howzitnews@gmail.com](mailto:howzitnews@gmail.com)



Need I say more

### Letter to the Editor



Dear Simon,

☒ Only received one Howzit. Vol 5 only. What happened to Vol 1 to 4? Anyway you guys are doing a great job. Just one comment if I am permitted: Volume 5 had 17 photos. 10 photos had members with wine beer and cocktails. Are we in the medical fraternity or is this a sub edition of thirsty traveller from discovery travel & living. Don't get me wrong I enjoy my drinks too.

Regards,  
K.Sarva  
Kota Kinabalu



Sarva & Bhavani (KK)

Dear Sarva,

Sorry about the missing volumes.We had some problems with our database software. It has been rectified. Download past issues from [www.manipal.org.my](http://www.manipal.org.my) Please inform us if you are not receiving mail.You will know by keeping in touch with website and friends. I am not sorry about the photographs though. It was purely intentional to obtain some response / feedback to the newsletter. Hope you enjoy this issue. AAA are very proud of us and have given us their certified approval. Thanks Sarva and the many anonymous others for their constructive criticisms All taken in good SPIRITS....sorry i mean humour.

Rgds.  
Simon



**NEW**

ONCE-MONTHLY  
**Bonviva**<sup>®</sup>  
ibandronate

# Bonviva<sup>®</sup> The Once-Monthly Dose in the Management of Postmenopausal Osteoporosis

**Composition:** Ibandronic Acid. Monosodium salt, monohydrate. **Indications:** Treatment of postmenopausal osteoporosis, to reduce the risk of fractures. Efficacy on femoral neck fractures has not been established. **Dosage:** One 150 mg film-coated tablet once a month. For further information on dosage and administration, please see full product information. **Contraindications:** Patients with known sensitivity to ibandronic acid or to any of the excipients, in uncorrected hypocalcemia. **Warnings and Precautions:** Hypocalcemia and other disturbances of bone and mineral metabolism should be effectively treated before starting therapy. Discontinue if patients develop symptoms of esophageal irritation such as worsening dysphagia, pain on swallowing, retrosternal pain or heart burn. Caution during concomitant treatment with NSAIDs. Not recommended for patients with a creatinine clearance below 30 ml/min. No adequate data for use in pregnant women. Not indicated during lactation. Osteonecrosis of the jaw has been reported primarily in patients suffering from cancer, anemia, coagulopathy, infection, pre-existing dental disease. **Interactions:** Calcium supplements, antacids and other oral medications containing multivalent cations (such as aluminium, magnesium, iron) can interfere with bisphosphonate absorption. **Packs:** Film coated tablets 150 mg 1's; 3's.

Full details on composition, indications, contraindications, side effects, dosage and precautions are available on request.



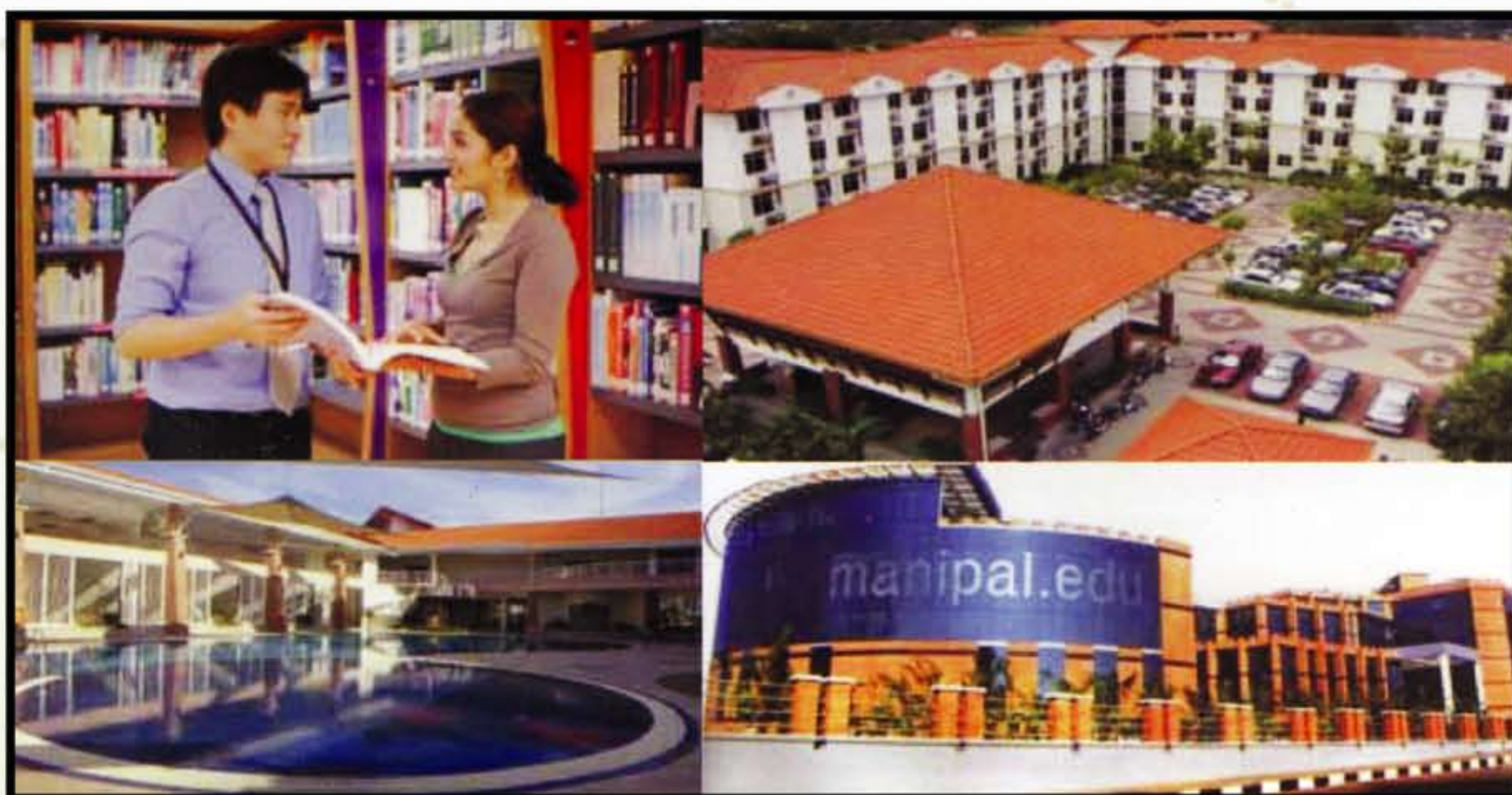
Pharmaceuticals

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# MELAKA-MANIPAL MBBS TWINNING PROGRAMME



Students selected for the programme do 2½ years of pre-clinical training in Manipal, India, Followed by 2½ years of clinical teaching and training based at the Melaka and Muar Hospitals of the Ministry of Health Malaysia. There are two intakes per academic year; March and September. Applicants with suitable grades in any three subjects out of Physics, Chemistry, Biology and Mathematics in their STPM or equivalent examinations will be considered for admission.



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