



INDIAN MEDICAL ASSOCIATION (HQs.)

(Registered under the Societies Act XXI of 1860)
Mutually Affiliated with the British & Nepal Medical Associations
I.M.A. House, Indraprastha Marg, New Delhi-110 002
Telephones: +91-11-2337 0009 (10 lines), 23378680 / +91-9999116375, 9999116376, Fax: +91-11-23379470
Website: www.ima-india.org ; Email: hsg@ima-india.org



National President
Dr. Sharad Kr. Agarwal
+91-9717111942
np@ima-india.org

Immediate Past National President
Dr. Sahajanand Pd. Singh
+91-9334118698
sahajsurgery.phulwarisharif@gmail.com

Honorary Secretary General
Dr. Anilkumar J Nayak
+91-9825051333
draniljnayak@yahoo.co.in

Honorary Finance Secretary
Dr. Shitij Bali
+91-9910755660
shitij.bali@yahoo.com

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ADVISORY ON FESTIVAL OF HOLI

Let us all celebrate Holi in the spirit of *Friendship & Gaiety*. Play safe and enjoyable Holi.

What to do:

- Use sunscreen cream before leaving your home
- Use only organic colours or flowers
- Play with willing persons only
- Ask children to use sunglasses
- Keep your eyes, nose and ear well protected
- Strictly follow government guidelines for safety
- Always stay with your family especially young & children
- Save Water
- Hand Wash
- Be ready with water in case of fire on Holika Dehen

What not to do:

- Don't play with synthetic colours
- Don't play with non-willing persons
- If you have symptoms of Cold & Cough then don't play
- Avoid Crowded Areas
- Don't Drink & Drive
- Don't hit the drivers with water balloons
- Don't indulge in cannabis and other intoxicants.

Dr. Sharad Kumar Agarwal
National President, IMA

Dr. Anilkumar J Nayak
Honorary Secretary General, IMA



One for All – All for One... a cohesive, collective, enhance, communicative approach to break all sectorial walls and bring all clinicians at one platform to help in building a Healthy Nation