



## IRA E-BULLETIN : ISSUE 1 | JANUARY 2020

### EDITORIAL IRA



Dear All,

May this New Year 2020 be the most amazing and jubilant year of your life!

I am delighted to take over the reins of the IRA newsletter from the ever popular and eloquent Sapan Pandya. I hope to keep up the excellent work initiated by my predecessors—Banwari and Sapan; attempt to take it up by a notch or two and make it more interesting and readable. This can be achieved by making this newsletter more interactive, graphical, and easier to access. Efforts are 'ON' in this direction.

Greetings to our new Executive Committee, presided by Prof Alakendu Ghosh. Wishing him and his team a tenure filled with success, innovations, and novelties.

In an effort to bring 'young rheumatologists' to the forefront of this issue of the newsletter, we have added a winner's column, wherein winners at IRACON2019, of oral papers and posters in different sections, have summarized their research work. Also, winner images from the newly instituted IRA image bank have been included. We have added a section titled, 'Made in India' to showcase publications from India. Please do feel free to send us a link/abstract for the same to avoid any oversight. In 'My Life—My Choices,' I have requested a young rheumatologist to reflect on his transition from a 'student to a teaching faculty.' I request all youngsters to send us any interesting write-ups about your research, difficult cases, interesting radiology, or even new rheumatological ventures. A brief summary of events at the immensely successful IRACON 2019 is also enclosed for those who missed this highly educative event.

Themed around 'Fibromyalgia,' Dr. Dharmanand has summarized responses to frequently asked questions and Dr. Benzeeta has written a wonderful piece yet again, titled 'The Invisible Illness.' Dr. Vikram Raj Jain has summarized a new workshop (procedural skills) conducted during IRACON 2019, titled 'The Interventional Rheumatologist'. Pharma Desk has information about a new molecule under investigation in Osteoarthritis. The Lupus Support group at St. John's has written about their experience as 'Lupus Warriors' and the trip to Pondicherry for 'Patient's Conclave.' Young trainees, please look up the Secretary's message for information regarding various fellowship opportunities and grants. I hope this piece will force all of you to 'zone out' and immerse yourself in its contents. Please remember to publicize it on Facebook, Twitter, Instagram or any other Social Media platforms.

Stay tuned for the next newsletter with better graphics and more interactive documents.

Let me end by quoting St. Jerome-

Good, better, best. Never let it rest. Till your good is better and your better is best.



**Vineeta Shobha**

Editor, IRA E Newsletter.

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