



The Experience of a Lifetime – 2020 AKMG Symphony Cruise Convention

by Pradip Baiju, MD, Convention Chair

“I cannot rest from travel: I will drink Life to the lees:
All times I have enjoy'd greatly, have suffer'd greatly,
Both with those that loved me, and alone
Yet all experience is an arch wherethro' gleams that untravell'd world...”
— Alfred Lord Tennyson

What is it about a cruise that makes us want to go again and again? Is it the opportunity of experiencing opulent luxury and entertainment in the largest ship in the world, while being overawed by endless ocean

surrounding us? Or, is it the opportunity of sailing into exotic locations and experiencing new cultures, traditions and cuisine? Yes, it is all this and more, but nothing can beat waking up in the morning in the middle of the ocean and the only thing that we have to do the whole day and night is to be happy and have uninterrupted fun with our old and new found friends and family. That, in my opinion, is what makes this cruise convention an experience of a lifetime.



On behalf of the 2020 Symphony Cruise Convention team, it's my pleasure to provide you with information on the 2020 AKMG Symphony Cruise convention to be held from July 18th to 25th, 2020 aboard the pride of Royal Caribbean's fleet and the largest ship in the world, the Symphony of the Seas.

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Usha Mohandas, MD
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2020 Symphony Cruise Convention

Just as we were preparing to release the first digital only version of AKMG Reporter, we are all saddened by the passing of our first President, Dr. K. S. Gokulanathan, a great doctor, an anthropologist, a philosopher, an author and above all a compassionate man who was a guiding light and touched many lives. (See page 8)

As we recall the well attended and organized Ruby Convention days spent in New York City this summer, a big Thank You to Dr. Thomas Mathew, Dr. Unnikrishnan Thampy, Dr. Alex Mathew and the entire Ruby Convention team that worked so hard to make it such a great experience for all of us. Well done.

AKMG has always been ahead of the curve; from being the first ... Continued on page 6

2020 AKMG Symphony Cruise Convention 7-Night Western Caribbean Round-trip Miami, FL July 18th–25th, 2020

Visiting:
Labadee (Private Island)
Falmouth, Jamaica
Cozumel, Mexico



Visit www.akmg.org for the latest convention info.

AKMG IRS Tax Exemption Nos.
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AKMG is cruising again in 2020!



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The 40th Annual AKMG Convention, 2019 - the Ruby Convention in Sheraton Hotel, Times Square, New York - was a smashing success. Dr. Thomas Mathew and his NY team pulled off magic after working so hard for so many months. We were all thrilled with starter/appetizer, the Cornucopia cruise with fantastic food and entertainment, but the best was yet to come. The next two days engaged us with excellent CME activities under the watch of a dedicated academician and CME Chair, Dr. Madhu Bhasker, and well deserved entertainment activities as well as the Women's Forum. The venue was unique and historic, and many of us enjoyed the walk to the famous Central Park on our own schedule. A big THANK YOU to Dr. Thomas Mathew and the NY team for an unforgettable experience!!!

The upcoming 41st Annual AKMG Convention, 2020 is scheduled for July 18th through July 25th. Our AKMG President, Dr. Usha Mohandas and her Florida team are now taking the AKMG families to a very different experience off shore - a Caribbean Cruise on the biggest and newest ship, Royal Caribbean's "Symphony of the Seas" for our aptly named "2020 AKMG Symphony Cruise Convention". We all will have enough days and nights to enjoy the tropical weather with all varieties of entertainment and activities on board the ship as well as off board/onshore. Please go online to akmg.org and reserve your cruise ship rooms. You can refer to the specific details in the related article by Dr. Usha Mohandas.

Dr. Subra Bhat, the AKMG President Elect, is planning the 42nd Annual AKMG Convention, 2021, to be held at the Intercontinental Hotel, Buckhead, Atlanta, August 13th and 14th. I applaud Dr. Bhat in announcing a 2-day AKMG Convention. It is worth noting that for the first time ever, the 35th Annual AKMG Convention was held as a 2-day event in Las Vegas at the Bellagio Hotel, under Dr. Hari Parameswaran, the then AKMG President and myself as the Convention Chair, which was a great success. I personally support a 2-day Annual AKMG Convention going forward, preferably Friday and Saturday nights, which I believe is much easier on a clinician's schedule, children of AKMG members in school etc., apart from saving on hotel room expense at the least for a night.

Our AKMG Vice President, Dr. Nigil Haroon has penned a very thorough and thought provoking article that you all should peruse in this edition of the AKMG Reporter. There are so many points to ponder over and please do take the time to think over these relevant issues. He has poignantly raised the issue of AKMG Convention expenses especially for the very young as well as the retired AKMG members/clinicians, whose financial resources are limited. I have personally supported for two decades ideas about having our Annual AKMG Conventions being held at 4-Star hotels, and also 2-day/night events to minimize punitive financial aspects and time constraints as it relates to our work schedules.

Dr. Geetha Nair is our AKMG Secretary/Treasurer. I have never seen Dr. Geetha Nair thinking and acting at less than 200 mph, she is so energized all the time!!! I have had the luxury of having met and known Dr. Geetha Nair and her loving husband Murali over so many AKMG Annual Conventions over the past two decades. We can all look forward to Dr. Nair taking over the reins of AKMG in the near future - get ready for the ride!!!

Let us all try in earnest to recruit new members in Medical and Dental professions in North America - the U.S.A and Canada - to join AKMG. As we know, the strength of any organization lies in the number of members.

AKMG-HS (Humanitarian Services) has been pivotal in financially supporting so many crucial humanitarian projects in Kerala, other parts of India as well as in North America. Please do not forget to contribute a small fraction of your income whenever possible to strengthen AKMG-HS. As a non-profit entity, please remember that your contributions to AKMG-HS are tax exempt. The joy of giving is unparalleled.

2021 Convention at the Intercontinental Hotel in Buckhead, Atlanta



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We had the kick-off meeting on September 7th, 2019. We had over 60 people in attendance. We discussed about establishing a new 501(c)(3) corporation for the Georgia Chapter. Charity work in Georgia and Kerala will be done under this organization. Student scholarships will be given once we have enough funds.

We discussed hosting the 2021 AKMG Convention. Dates have been finalized as August 13th and August 14th, 2021 at the Intercontinental Hotel, Buckhead, Atlanta. It will be a 2-day event with Onam and Indian Independence themes. Please

mark your calendars and plan on attending our AKMG Convention in Atlanta.

Dr. Lizy Taliath will be the convention chair, Dr. Swapna Madhavan



and Dr. Sheraj Jacob will be the co-chairs for this event. The office bearers of the Georgia Chapter are: President: Dr. Shankar Unnikrishnan; Secretary: Dr. Ashley Joseph; and Treasurer: Dr. Sreekala Sateesh.

We had a variety of entertainment from AKMG members and children of AKMG members. The meeting ended with a delicious dinner. We plan on having meetings 2-3 times every year.



What Members Want...



Nigil Haroon, MD
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Let me begin by thanking all the members and families who attended the New York Convention and made it a big success. We had a wonderful time together, and thanks to Dr. Thomas Mathew and team, it was a terrific party in the Big Apple.

Success can be measured in many ways, but without an engaged membership all achievements fall short. There have been concerns around falling attendance, lack of engagement among young AKMG members and low numbers of people taking up new AKMG membership. In the process of understanding the reasons behind this we had previously reached out to people in different stages of their career. The most important reasons mentioned were: 'expensive', 'exorbitant for young families', 'prodigality', 'extravagance', 'out of touch', 'mickey mouse', 'no connection', 'don't know anyone', 'over \$5000 for two people', 'can go to Cuba two times', 'not a doctors meeting', 'low caliber', 'have been thinking', 'do I need to?' and many more. The responses to these catch phrases were interesting as well. 'people have money', 'can't they spend a bit?', 'stick to tradition', 'don't take any risk', 'too much work', 'cheap venue means cheap organizers' etc. I don't think the famous JFK statement "ask not what your country can do for you, ask what you can do for your country" is really applicable here.

To extend this to a larger group of AKMG members, we designed an online survey. We received 175 responses in total. There were good suggestions on how to keep costs low and the meetings still worthwhile. Over 65% of individuals requested we keep the registration fee below \$500 with 38% preferring it be below \$400.

Room Rate: 51% preferred to have the rate in the range \$150-250 and 25% preferring it below \$150

Among the factors related the venue, the most important factors were proximity to major airports and modern and relatively new rooms.

Food: Clearly, we do not need to go overboard with food. The majority (65%) felt we only need select Kerala dishes for some meals. Lunch can be boxed according to 39% and another 39% felt it could be on our own. The remaining felt all meals should be provided.

Regarding the entertainment activities 77% felt we need variety (rather than have just song and dance all days of the conference). There was

no interest in spending to get talents or politicians from India (unnecessary expense). The majority (61%) strongly suggested that we use local talents. The only group that had some traction was to consider bringing top Malayalee physician achievers for the conference.

CME: the top-ranking suggestions were to get original contributors and well published speakers rather than just people doing reviews of the literature. Similarly approach to the management of different conditions and journal club style cutting edge / recent advances lectures should be considered.

Around 80% of participants suggested we do a 2-day conference to save money. The Atlanta convention in 2021 will be the next try on this approach with Dr. Subra Bhat leading from the front. When we reduce hours, we do have to sacrifice some events and the majority suggested we give up the literary event, reduce CME hours and start at 7:00am. There was not much support to stay late and finish at 1:00am.

I thank all those who participated in the survey and gave valuable insights. I hope future convention chairs will consider these points while making decisions. I personally feel, conducting the convention is a major undertaking and once a team takes over this, there is no time to rest. We as a community need to support the organizers in whatever way we can. It is not just the job of the local hosts to encourage participation. We are all busy people, but if there is no strong sponsorship, getting an event manager will drive up costs significantly. Direct dealing with hotels rather than through intermediaries could give us a good discretionary amount. We should be careful with the budget and keep all discretionary expenses low until all promised amounts are received. Despite all efforts, the unexpected may happen and if so, we should keep in mind that AKMG would not exist if not for those who take the lead and put in humongous efforts to organize the gatherings.

See you on the boat! **Long live AKMG.**

From the Secretary-Treasurer...



Geetha Nair, MD
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Greetings to my fellow AKMG members and their families! I am deeply honored that you have entrusted me to handle the tremendous responsibilities that come with being our organization's Secretary/Treasurer. Now that I have taken up the position in earnest, I shall contribute in every way I can, and work closely with the new Executive Committee to keep AKMG growing and to help our association enhance its visibility and role among the medical and dental professionals of Kerala origin.

Born in Calicut and raised in Bangalore, I attended Bangalore Medical College and completed my residency in pediatrics from the University of Louisville's Kosair Children's Hospital. I currently practice in Commerce Township, a suburb in Detroit, Michigan. I have been a strong supporter and an active participant in the AKMG community both at

the national level, and with AKMG-Michigan.

I hope to meet several of you at the 2020 Cruise Convention and also over the next few years. Together, and through a common understanding of our hopes and aspirations, and through interactions and actions - we can create, maintain, and energize our bonds of personal friendships and professional growth. In addition, we can channel our medical strengths for the betterment of the state and people of Kerala, as well as to the lands we live in and call home.

Cheers!

AKMG 2019 Ruby Convention at Times Square Sheraton, New York



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Congratulations to President Dr. Usha Mohandas and Convention Chair Dr. Pradeep Baiju for the 2020 Convention preparations.

The Ruby Convention was a delightful, enthusiastic and well-participated event with lots of new faces and displays of a more energized comradery.

The convention was kick started with a majestic cruise on The Cornucopia in the Hudson River facing the Manhattan skyline and that too at night. The food was delicious and the entertainment superb, with the added enchantment of the dance floor filled with attendees.

Morning sessions obviously started with our Yoga. This was followed for the first time with a Plenary Session by our team of experts from Cog Health. The session, led by Antony Satyadas (CEO Innovation Incubators), showcased world leaders in innovation including Dan Cerruti (IBM Watson), Dr. George T. Mathew, MD (CMO, DXC Technology), George Abraham (Professor of Medicine UMass Medical School), and Ernesto Molmenti, MD (Vice Chair Transplant Surgery, Northwell Health). This session was much appreciated by all, especially the Young AKMG.

This year we had the very best speakers in Medicine and Dentistry presenting a world class CME organized by our CME Chair Dr. Madhu Bhasker (Director, Transplant Medicine, Northwell Health). Sessions were short and very informative and well attended by AKMG members. The speakers included, to name a few, Jame Abraham, Prem Soman, Thomas Chengot, Vincy Jones, Veena John, Venkit Iyer, C.S. Pitchumoni, Finny George, Girish Nair, Robin Koshy, Nitya Abraham, Paul Mathew and Madhav Menon. We had the largest number of young CME presenters this year. To continue this momentum for the Young AKMG, we should encourage young physicians to present.

The post lunch session was the Women's Forum organized by Latha Chandran (Vice Dean, Stony Brook University) and led by our own Nisha Pillai, Radha Menon, Usha Mohandas, Nisha Nigil, Elizabeth Mammen, and Annette Kuruvilla. The Women's Forum was enthusiastically attended by the women of AKMG. The forum showcased young and senior members of AKMG and included a guest appearance by Sairu Philip, MD (Vice Principal Alleppey Medical College).

The Literary Seminar, under the leadership of veteran Ramachandran Nair, was the presentation of literary leaders of AKMG. Their books were reviewed and they received accolades from all those who attended.

The Annual General Body Meeting with the new Executive Committee of President Usha Mohandas from Florida, President-Elect Subramanya Bhat from Atlanta, Vice President Nigil Haroon from Toronto and Secretary Geetha Nair from West Bloomfield, MI made sweeping decisions regarding the mentorship program.

The AKMG Inaugural function was glorified by the presence of our own Malayalee New York State Senator, Hon. Kevin Thomas; Deputy Consul General of New York, Shatrughna Sinha; and First Deputy Commissioner DOH, Eugene Heslin. The AKMG Talent Night featured talents from all over North America, including New York Chapter members who showcased the "Saree Show".

The Gala Night Event was blessed by Ram Raju (Senior VP, Northwell Health) and Chief Guest Dr. Andrew Dunn (Former Chair of Regents). The musical extravaganza by the Dhvani Tharangam team with Shweta Mohan and Vidhu Pratap mesmerized the audience with a fantastic show.

The AKMG Greater New York Team is humbled and thankful for all the great words of appreciation from all the attendees and families for a wonderful, enjoyable convention. We are proud that we were able to entertain you in the City of New York where we hosted it after 21 years. We also hope that we will be able to encourage the second-generation AKMG members to help carry the torch forward to our Jubilee Convention.



Tomy Paul Kalapparambath, MD
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AKMG Membership Update

AKMG has been bustling with activities after the landmark convention in New York. Members who attended the Ruby Convention were very pleased, and were treated like kings and queens by the New York chapter. With a new energetic team leading AKMG, comes a great wave of enthusiasm in AKMG not seen in recent years. Two new AKMG chapters were formed this year: namely New Jersey and Georgia. The newly formed Georgia Chapter will host the AKMG Convention in 2021 at the Intercontinental Hotel, Buckhead Atlanta for the first time, 42 years after AKMG was formed! New members are lining up under the leadership of President Elect Dr. Subra Bhat. Meanwhile our energetic and hard-working President, Dr. Usha Mohandas, is ready to entertain us with a dream Caribbean Cruise Convention in 2020.

I am very happy to say that the AKMG membership is growing at a rapid pace thanks to the hard work of our leaders and governing body members taking time to engage young AKMG and potential AKMG members. Our mentors in AKMG need a special recognition since new members from Young AKMG become more active when they get guidance and support during the crucial years of trying to enter their medical training in the USA. Please strengthen AKMG by helping the young members and spreading the word about AKMG among potential members.

— Submitted by Dr. Majeed Paduvana for Dr. Tomy Paul Kalapparambath.

From the President

Continued from page 1



Indian Physician Association in North America, to having the first female president in 1999 with Dr. Shakuntala Rajagopal. She was followed by Drs. Parvathy Mohan, Radha Menon, and Raji Menon. It is my privilege to join the ranks of these distinguished female physicians.

I am also honored to follow in the footsteps of the many great leaders and past presidents who have worked hard to build this organization to its current stature. On behalf of the entire AKMG family and myself, I want to give a special thanks to all of you for your services to our organization.

Florida Chapter is excited to present to you the “2020 AKMG Symphony Cruise Convention” from July 18th to 25th, 2020.

It will be a 7-day cruise aboard the Royal Caribbean’s Symphony of the Seas, one of the biggest and newest cruise ships in the world. We will depart from Miami and visit the private island of Labadee, Haiti; Falmouth, Jamaica; and Cozumel, Mexico.

In addition to all the CME and AKMG activities, you get to experience at no additional cost, world-class entertainments and authentic Kerala food.

The 2020 Symphony Convention Chair Dr. Pradip Baiju, Florida Chapter President Dr. K. Moideen and the convention team have been working diligently for the last several months to make it a memorable event.

Please go to www.akmg.org and register.

On behalf of the Florida Chapter and the Symphony Cruise Convention committee, I would like to extend a warm welcome to each and every one of you to join us for the Symphony Cruise Convention. I assure you that it will be the trip of a lifetime!

— **Usha Mohandas, MD**
AKMG President



From the Convention Chair

Continued from page 1

The Symphony of the Seas is not just the “biggest ship” but it’s a multifaceted destination that is in the TIME’s list of 100 World’s greatest places. Not only does the ship itself look like a work of art, but the Symphony is also an art museum with close to 14,000 art pieces elegantly displayed all over the ship.

The megaship has 18 decks with 2800 cabins and accommodates almost 7000 people. There are seven ‘neighborhoods’, each providing its own unique brand of experience, the Boardwalk, Royal Promenade, Central Park with live plants and trees, Entertainment Place, Youth Zone, Pools-Sport Zone with 23 pools and jacuzzi, and the Vitality Spa/Fitness Area.

The Symphony is a culinary paradise with 63 restaurants offering a variety of international delicacies. In addition, we are pleased to bring a slice of Kerala cuisine on board.

The opportunity to entertain and be entertained are endless with our own exclusive AKMG programs along with the Broadway shows and musicals presented by the ship.

The 2020 Symphony Cruise convention will combine both education and entertainment in the same setting. The 10-hour accredited CME programs will provide presentations and discussions on a variety of cutting-edge topics from international experts.

Three of the seven days will be spent on offshore locations of Labadee a private island of Haiti, historic Falmouth in Jamaica and Cozumel in Mexico. These are not only exotic and culturally diverse places, but also are beautiful beaches where we can enjoy the crystal-clear water and soft sands.

When I walked into the Symphony for the first time I was awestruck by the sheer magnitude and magnificence of the ship and the experience of looking down from the 18th deck when the behemoth started moving with a deafening horn was one of the most surreal experiences in my life.

It is so exciting to imagine that in a few months we will be experiencing all this with a lot of my oldest and dearest friends.

When we leave Miami port on July 18th, 2020, we will leave our problems and troubles behind and for the next seven days will ‘drink life to the lees’.

Friends, it is our privilege to host the 2020 Symphony Cruise Convention and we need you all to join us to make this ‘the experience of a lifetime’. **Welcome aboard the Symphony of the Seas.**

— **Pradip Baiju, MD**
Convention Chair

CLICK Below for Important Information

**2020 AKMG Symphony Cruise Convention
ONLINE REGISTRATION Form**

<https://tinyurl.com/wn34008> or cut and paste the following:
https://continuingeducation.net/drupal/register/program_number_2951?programdate=Sat%20Jul%2018&vendor_acronym=&ship_short_name=SYM

Frequently Asked Questions – Detailed Online FAQs
<https://tinyurl.com/rh2xkd7> or cut and paste the following:
<http://www.akmg.org/convention2020/faq.html>

Staterooms Pricing Information
<https://tinyurl.com/szfowl> or cut and paste the following:
http://www.continuingeducation.net/coursedescription.php?topic=AKMG_CME_Caribbean_Cruise_July_2020#pricing

If you are still having problems, visit www.akmg.org and follow the REGISTER NOW link and on-screen directions.

21st Annual ATMG Conference September 20–21, 2019

The Association of Trivandrum Medical College Graduates in the UK - ATMG - conducted the **21st Annual Conference** at the Radisson Blu Hotel in East Midlands on September 20th and 21st, 2019. As sister organizations, AKMG and ATMG have collaborated for so many years. On behalf of the AKMG, myself and my wife Mini Prasad were able to participate in this grand event.

Congratulations to Dr. Muralikuttan, the ATMG President and his hardworking team including the **ATMG Secretary Dr. Anup Vijayan** and **CME Chair Dr. Devika Maheswari** who organized a fabulous program including various cultural activities and a high quality CME program.

Dr. Muralikuttan and I talked about the upcoming **2020 Symphony Cruise Convention** and urged everyone to consider attending this convention in a unique setting.



15th Annual Convention of the Trivandrum Medical College



The **15th Grand Annual Convention of the Trivandrum Medical College Alumni Association** will be held on February 15th and 16th, 2020 in the Trivandrum Medical College Campus. Various cultural events and CME programs are the highlights of the Convention, apart from connecting with the current and former faculty members, meeting old friends and classmates of MBBS and Post Graduate programs. Please note that all AKMG members are welcome irrespective of one's Alma Mater.

Please contact **Dr. John Panicker** via WhatsApp (01191 93882 33606) ASAP if you are able to offer a CME talk. You may consider writing an article or a poem or memoirs regarding your Trivandrum Medical College Campus life and submit the same. Please visit: tmcalumni.in Looking forward to seeing you all in Trivandrum.

— Submitted by Krishna Prasad, MD



A cancer control initiative of the
**Association of Medical and Pediatric
Oncologists of Kerala (AMPOK),
in partnership with the Association of
Kerala Medical Graduates (AKMG)**

Cancer will soon be Kerala's biggest killer. The burden of cancer on our society will increase immeasurably because of our ageing society and changes in lifestyle. If we do not take adequate measures to control cancer, the health and economic well-being of our motherland will be severely impacted. **Kerala Cancer Conclave** aims to find solutions to the extremely challenging problem of rising cancer rates in our state.

If you would like to participate or want to get updates on the conclave, please email us at: cancerkerala@gmail.com
Follow us on twitter at: [#KeralaCancerConclave](https://twitter.com/KeralaCancerConclave)

AKMG Congratulates Dr. Jame Abraham



Jame Abraham, MD, FACP, has been appointed the new chair of the Hematology/Medical Oncology Department at Cleveland Clinic. In this capacity, he will recruit and develop staff, and guide the department's focus on patient access and a multidisciplinary approach to care.

Dr. Abraham currently serves as the director of the Breast Oncology Program at Taussig Cancer Institute and co-director of the Cleveland Clinic Comprehensive Breast Cancer Program. He is also a professor of medicine at Cleveland Clinic Lerner College of Medicine. He completed his residency at the University of Connecticut School of Medicine, followed by a medical oncology fellowship from the National Cancer Institute (NCI) and hematology fellowship from the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. He earned his medical degree from Calicut Medical College in Kerala, India. *Congratulations, Dr. Abraham.*

AKMG Welcomes New Office Bearers

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Dr. Nisha Nigil

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Dr. Sunil Kumar

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Dr. Preetha Kuruvilla (Dental Surgeon)

**AKMG Membership
comes with privileges.**

**Become an AKMG
Life Member Today!**

In Memoriam: Dr. K. S. Gokulanathan

AKMG Mourns A Pioneer...

AKMG is extremely saddened to learn that Dr. K. S. Gokulanathan, an eminent Pediatrician and the first President of AKMG has passed away after a brief illness on 11. 11. 2019 at Lanham, Maryland.



Dr. Gokulanathan, originally from the well-known Karakkat family in Ernakulam, was a brilliant medical student and belonged to the first batch of graduates from Trivandrum Medical College. He was one of the pioneers who immigrated to the USA in 1959 and initiated a major Indian medical presence in this country. As the founding

president of AKMG, he worked tirelessly along with other members to facilitate its growth that paved the way for our association to reach the eminent stature that it enjoys today among all the Indian Alumni Associations. He was a scholar and the author of several medical and non-medical books and articles.

A kind and considerate person, Dr. Gokulanathan was highly respected as a Pediatrician, always willing to give guidance to his juniors who sought his help. His wife Dr. Indira Gokulanathan preceded him in death. He is survived by his only son, Prasan. Dr. Gokulanathan will be missed by all those close to him.

AKMG expresses sincere condolences to the family and friends.

— Submitted by *Dr. M. P. Ravindra Nathan*

Dr. Gokulanathan was one of the Indian pioneer doctors who came to USA by 1960. He worked in Dallas Parkland Hospital in Texas and then went on to Regina General Hospital in Saskatchewan in Canada. After a few severe winters in Saskatchewan he decided to move back to USA and practice at Albert Einstein Hospital in NYC. Dr. Gokulan wanted to go to India to work for a few years in small village clinics. On his return he started practice at DC General Hospital and within a few years he and his late wife Indira started their own practice in Lanham, Maryland. They were the 1st Indian pediatricians in PG County, Maryland.

Dr. Gokulan was not only an internal medicine doctor, he was an anthropologist, a philosopher, an author and a deeply religious person. He published many papers in the field of medicine. He authored a chapter in the Encyclopedia of Hinduism and a booklet made for Shiva Vishnu Temple in MD. He was the first president of AKMG, on the board of directors of SSVT, and travelled extensively during his younger years. He was guide to the younger generation and a friend to all. Dr. Gokulanathan is survived by his only son Prasan and his younger brother in India. He will be missed by all.

— Submitted by *Dr. Parvathi Mohan on behalf of Friends of Dr. Gokulanathan*

Our Heartfelt Thanks to Dr. Prem Menon



On behalf of the entire AKMG organization, I would like to thank Dr. Prem Menon for his dedicated services to the AKMG-HS. He has worked tirelessly for over 17 years to make a difference and touch many lives and institutions. AKMG is grateful for all what he has done for the organization and more importantly for the people whose lives were changed.

Please read Dr. Prem Menon's detailed writeup on what was achieved over the years, at [akmg.org http://akmg.org/humanitarian_service.php](http://akmg.org/humanitarian_service.php)

Best wishes to Dr. Sunil Kumar as he begins his term as the new Chair of AKMG-HS.

— *Usha Mohandas, MD*

As you know now, Dr. Prem Menon is stepping down as the Chair of AKMG-HS, our Humanitarian Services arm, after having served for decades – since its formation. Under Dr. Menon's selfless service, guidance and due diligence, AKMG-HS has served the needy, less fortunate humans in North America and India – especially Kerala – with significant financial aid, thanks to generous contributions from our AKMG members who volunteered to open their hearts and wallets for just causes. The most recent instances include aid to the victims and families of the tragic Kollam firecracker explosion and the Kerala floods.

I have had the fortune of knowing Dr. Menon since meeting him first time during the Toronto AKMG Convention 1996 and also have partnered with him in various humanitarian activities of AKMG. He has never used any donated funds for his AKMG-HS office expenses, rather has personally contributed in so many ways including spending hundreds of hours on book keeping, paying his personal secretary in this regard.

Dr. Sunil Kumar is stepping in as the Chair of AKMG-HS, knowing very well that he has a tough act to follow, a tall order to meet. While thanking Dr. Menon for decades of his service, I also wish Dr. Kumar Godspeed, on behalf of all AKMG members.

— *Krishna Prasad, MD*

Donate
today to
AKMG-HS
Thank You!

2020 AKMG Symphony Cruise Convention

7-Night Western Caribbean
Round-trip Miami, FL

July 18th–25th, 2020

AKMG PRESIDENT

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ushakmohandas@gmail.com
(407) 333-3992

2020 AKMG SYMPHONY CRUISE CONVENTION CHAIR

Pradip Baiju, MD
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PRESIDENT FLORIDA CHAPTER

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Sunil Kumar, MD
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ENTERTAINMENT

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FOOD

Vandana Kumar, MD
Bessy Kotturan
Sulekha Moideen

REGISTRATION

Velluva Mohandas

LITERARY

Ravindra Nathan, MD
Venkat Iyer, MD

EXECUTIVE COMMITTEE

Paul Kotturan, MD

CME

Ashalatha Dheeraj, MD





Frequently Asked Questions about the 2020 Symphony Cruise Convention

1. HOW DO I MAKE MY BOOKING?

Fill out the Registration Forms by clicking on the button below that says "Register Now!". This will take you to the "Continuing Education Inc./University at Sea" website. Select the blue tab that says "Register Online" to get started. It is highly recommended that you review the frequently asked question (FAQ) below, before you start the Registration process. *It is a two step process.*

Step 1: Go online, complete the form, review the information and hit submit. You will get an confirmation email saying that your information has been received.

Step 2: An agent from Continuing Education Inc./University at Sea organization will call you, at the preferred telephone number you have given in the form in step 1. They will review your input and guide you with the room selection to make sure that you select the right room type for your needs. Please get familiar with the different room types available for this group and their costs as listed in the tab "Cruise Pricing" in this link.

The Continuing Education Inc./University at Sea will process the registration. Your booking is complete only after step 2 and you will get a 2nd email confirming booking completed.

If you do not get either of the two emails call the "Help desk" at Continuing Education Inc./University at Sea organization at +1 727-526-1571 or 800-422-0711

2. WHEN SHOULD I DO MY BOOKING?

Earlier the better. The discounted prices are only for the first 100 registrants. Book now to get the best room of your choice and avoid disappointment.

3. WHEN DO I PAY?

At the time of registration, in step 2. When the Continuing Education Inc./University at Sea calls, you have to pay a \$ 250 deposit per person. The remainder of payments is due by April 10th, 2020. If you wish, you can pay the entire amount at the time of booking or any time before the deadline date of April 10th, 2020.

4. CAN MY FAMILY MEMBER OR FRIEND WHO IS NOT IN AKMG BE ALLOWED TO REGISTER FOR THIS CRUISE?

Yes, It is open to family and friends of AKMG at this time. If the rooms for this sailing date are sold out, AKMG reserves the right to restrict the rooms at this group rate to members only (All prior bookings of members and non-members will not be affected in any way). Hence, we strongly recommend that you book at the earliest.

5. CRUISE PRICING

See the tab "Cruise Pricing" on the University at Sea website (Click Here for Pricing).

Please note that the prices are Per Person based on Double Occupancy.

The following charges get added to the base fare listed there.

- (1) Port charges, taxes and fees \$362.57 per person
- (2) Gratuities range from \$101.50 to \$142.50 per person (depending on the stateroom category)

Royal Caribbean may at times have special promotions. If you see a fare advertised that is less than what you paid, please call Continuing Education Inc./University at Sea at +1 727-526-1571 or 800-422-0711 they will match that price.

6. HOW MUCH IS THE DELEGATE FEE?

The delegate fee is for the various registrant types are shown below.

Delegate Fees

REGISTRANT CATEGORY	REGISTRANT FEE
AKMG Member - Delegate Fee	\$299
AKMG Member's Companion Fee	\$99
AKMG Life Member over 70 - Delegate Fee	\$99
Non Members/Companions	\$299
Children under 12 years of age (as of 7/1/2020)	No Charge
Children 12-21 years of age (as of 7/1/2020)	\$99
Fellow/Resident	\$99
Medical Student	No Charge

7. WHAT DOES DELEGATE FEE COVER?

1. Provides access to all AKMG programs.
2. Covers the cost of running a convention^(a).
3. It's a tax deductible educational expense for all the delegates^(b).
4. Provides 10 AMA category I credits in an Accredited CME by international panel of speakers
5. Provides custom menu exclusively for the AKMG family. No Charge
6. Provides private and reserved dining area for the delegates.
7. Provides THREE FREE cocktail events!
8. Covers the cost of bringing our own Entertainers for AKMG programs^(c).
9. Provides the opportunity to participate in an annual AKMG/ national convention.
10. This is one of the LOWEST delegate fee^(d).

(a) Convention Cost includes –

- Delegate fee covers the cost of running a convention, similar to a land convention.
- Ship provides us with 5000 sf of dedicated space 24/7 exclusively for our use.
- Professional entertainers, Coffee breaks during CME, yoga sessions, literary session, karaoke night, senior event, photography sessions.
- Cost of CME accreditation.
- Use and transformation of public venues for exclusive use for AKMG programs

(b) Tax Deduction

- Delegate fee assigns you as a participant in an annual AKMG/ national convention. Since the CME is included in the total delegate fee, you get one receipt for the entire family that can be used for IRS tax purposes (education/ business purpose).
- Please consult your accountant for more details.

(c) AKMG Programs

- Dedicated meeting space for all our programs
- The Welcome reception, AKMG got talent night, Gala night and movie night
- Opportunity to enjoy all 21 meals together in a private area of the Main Dining room

(d) Lowest Delegate Fee

- This is one of the lowest delegate fee for a 7-day long cruise
- The delegate fee was \$595 for the previous cruise convention the AKMG Alaska Cruise in 2011.
- The delegate fee was \$900 for the last land convention, the New York convention in 2019.

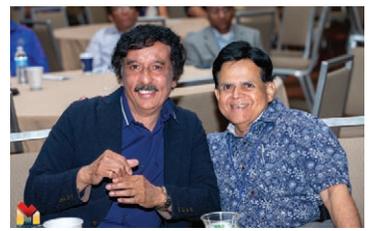
More FAQs are available on the website: www.akmg.org

Click on REGISTRATION.















Symphony of the Seas

FAST FACTS



REGISTRY: BAHAMAS



BUILT AT: STX FRANCE,
ST. NAZAIRE, FRANCE



MAIDEN VOYAGE:
APRIL 7, 2018



GODFAMILY:
ALEXA, CARLOS AND
OCEAN PENAVEGA

228,081 GRT

5,518 GUESTS
(double occupancy) } **6,680 GUESTS**
(total)

215.5 FEET
WIDE



2,200 INTERNATIONAL CREW

22 KNOTS
CRUISING SPEED

1,188 FEET
LONG

30 FEET
DRAFT



16 GUEST DECKS

18 TOTAL
DECKS

24 GUEST
ELEVATORS

4 BOW
THRUSTERS

WITH **7,500**
HORSE POWER EACH

HIGHLIGHTS

- ULTIMATE FAMILY SUITE
- ULTIMATE ABYSS - A 10-STORY SLIDE
- THE PERFECT STORM - TRIO OF WATERSLIDES
- BATTLE FOR PLANET Z - LASER TAG



SEVEN NEIGHBORHOODS



CENTRAL PARK



BOARDWALK



ROYAL
PROMENADE



POOL AND
SPORTS ZONE



VITALITY SPA AND
FITNESS CENTER



ENTERTAINMENT
PLACE



YOUTH ZONE



DINING

COMPLIMENTARY

- MAIN DINING ROOM
- EL LOCO FRESH
- SORRENTO'S
- BOARDWALK DOG HOUSE
- WINDJAMMER
- PARK CAFÉ
- CAFÉ PROMENADE
- VITALITY CAFÉ
- SOLARIUM BISTRO

SPECIALTY

- HOOKED SEAFOOD
- SUGAR BEACH
- PLAYMAKERS SPORTS BAR & ARCADE
- WONDERLAND
- 150 CENTRAL PARK
- IZUMI HIBACHI & SUSHI
- JOHNNY ROCKETS
- JAMIE'S ITALIAN
- COASTAL KITCHEN
- CHOPS GRILLE

2,759 STATEROOMS



For more information on 2020 Symphony Cruise Convention,
visit us at: www.akmg.org