



# 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](http://www.ima-india.org) ; Email: [hsg@ima-india.org](mailto:hsg@ima-india.org)



**National President**  
**Dr. Sharad Kr. Agarwal**  
+91-9717111942  
[np@ima-india.org](mailto:np@ima-india.org)

**Immediate Past National President**  
**Dr. Sahajanand Pd. Singh**  
+91-9334118698  
[sahajsurgery.phulwarisharif@gmail.com](mailto:sahajsurgery.phulwarisharif@gmail.com)

**Honorary Secretary General**  
**Dr. Anilkumar J Nayak**  
+91-9825051333  
[draniljnayak@yahoo.co.in](mailto:draniljnayak@yahoo.co.in)

**Honorary Finance Secretary**  
**Dr. Shitij Bali**  
+91-9910755660  
[shitij.bali@yahoo.com](mailto: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