



IMA TELLICHERRY

NEWS LETTER – OCTOBER 2021

### Presidents Message

Dear members,

The covid pandemic has struck the whole world and slowly we are coming back to normal. Some of our members stopped practice and many of our members were covid victims and survivors. All of us were in front as Covid warriors and in this battle we have lost some of our members have lost their lives. Hence in remembrance to their service IMA Thalassery is donating generously an amount of 1,00,000 rupees towards Covid Martyrs Fund. Let us all remain safe and united under the shelter of IMA.

Thanking you

JAI IMA

**Dr. Mini Balakrishnan**  
President IMA Thalassery



### ORGANIZATIONAL ACTIVITIES

#### **11.10.2021- INSTALLATION OF NEW OFFICE BEARERS**

Installation ceremony was on 11<sup>th</sup> October at 7.30pm at IMA Hall Thalassery & Zoom platform. Smt. Anukumari, IAS (Sub Collector, Thalassery) was the Guest of Honour for the function.

Dr Samuel Koshy (IMA State President elect), installed the new office bearers. Dr. Mini Balakrishnan, Dr. Aravind C Nambiar and Dr. Devaraj T V were installed as the President,

Secretary and Treasurer respectively.

Welcome address was given by Dr. Sajeew Kumar P B President 2020-21. Guest of Honour was introduced by Dr. Sandhya B Ravindran. Installing Officer was introduced by Dr. Sasidharan K. Secretary Dr. Jayakrishnan Nambiar presented the reports for the year 2020-21. Key note address by Dr. Babu Raveendran (Past National Vice President IMA). Dr. Ramesh R (IMA Past State President), Dr. Srikumar Vasudevan (IMA Past State President),

Dr.Gopeenathan P(Secretary IMA NPS), Dr.Surendra Babu V P(North Zone Vice President Elect) addressed the audience. Dr.Lalith Sundaram,Dr.Arun Kumar M K, Dr.Pradeep Kumar K and Dr.Rajeevan V K delivered felicitation speeches. The meeting was attended by members of Thalassery IMA, neighboring IMA branches, other service organizations including Lions Club, Elders Forum, Senior Citizens Forum, Senior Chamber, Jaycees, IDA and members from the press. Vote of thanks was proposed by Dr.Aravind C Nambiar, Secretary IMA Thalassery.



### **03.10.2021 Managing Committee Meeting**

Dr.Babu Ravindran,Dr.Dilnath Kallat, attended the Managing Committee Meeting on Zoom Platform.



### **24.10.2021:State Working Committee Meeting**

Dr.Babu Raveendran,Dr.Mini Balakrishnan, Dr.Surendra Babu, Dr.Pradeep kumar attended the State Working Committee Meeting on Zoom Platform.



## 20.10.2021:Executive Committee

Executive committee was held at IMA hall on 20.10.2021. President welcomed the gathering. 34 members attended the meeting.



## 27.10.2021: General Body Meeting

General Body Meeting was held at IMA hall on 27.10.2021. President welcomed the gathering. 40 members attended the meeting.



## **ACADEMIC ACTIVITIES**

### **CME Programme:**

**27.10.2021:** IMA Thalassery conducted a CME on 27.10.2021 at IMA Hall Thalassery. CME on “*Approach to Upper GI Bleed*” by Dr.Vivek Kumar K V,Consultant Gastroenterology and “*Approach to space occupying lesions of the liver*” by Dr.Amrthuraj C, Consultant Gastrointestinal Surgery. The CME was followed by a lively interaction. Dr. Mini Balakrishnan presided over the meeting. 40 members attended the meeting.



### **PANEL DISCUSSION**

### **Panel Discussion on How to Implement Covid Appropriate Behaviour in Schools**

Organized by IAP Thalassery in association with IMA Thalassery

Welcome address by Dr.Sakkariya P P (President IAP Thalassery).

Panelists:-

1.Dr. Sajeev Kumar P B(Consultant Psychiatrist and President IMA Thalassery),



2.Dr.Girija Savitri,Paediatrician,GIM Care Hospital

3.Dr.Dhanya M K(Paediatrician, PHC Dharmadam

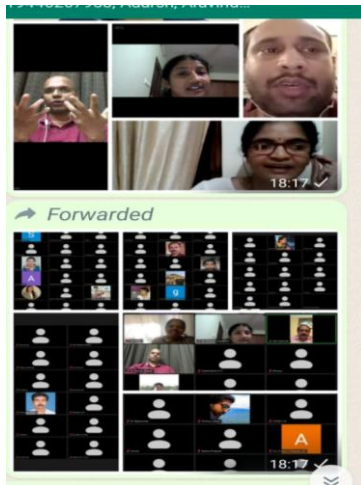
Moderator: Dr.Santosh M K(Past President IAP Kerala

Vote of thanks proposed by Dr.Aravind C Nambiar, Secretary IMA Thalassery.



**Awareness Class**

08.10.2021; IMA Thalassery in association with KSSP Kolayad Unit conducted an awareness class on Glaucoma by Dr.Sreeni Edakhlon.



**SOCIAL ACTIVITIES**

**BLS Training Programme**

13.10.2021: A workshop on Disaster Management and Basic life support was conducted at BKJM Nursing college Josgiri Hospital by Dr.Devaraj T V and Dr.Nadeem Abootty.



10.10.2021; IMA Thalassery conducted an Motivational class for LIC Agents by Dr.Suchitra Sudhir.



11.10.2021: Dr.Mini Balakrishnan conducted an anaemia awareness class for adolescent for the Asha workers and health workers of Kadirur Grama Panchayath.



19.10.2021: Dr.Mini Balakrishnan conducted an class on how to take consent for the nursing staff of Tellicherry Co-operative Hospital, Thalassery.

22.10.2021:Dr.Mini Balakrishnan conducted a Cancer Awareness Class at EMS Smaraka Auditorium,Kadirur

21.10.2021:Dr.Mini Balakrishnan gave an awareness class on Breast Cancer in women conducted by Malabar Cancer Society at Panoor.

30.10.2021:Dr.Sini gave an awareness class on Kairali TV regarding "TUBAL PREGNANCY"



30.10.2021:Dr.Mini balakrishnan an awareness message on social media to the kannur distrit CDPO(District child development project officer) for the parents

30.10.2021:Dr.Johnny Sebastian gave an awareness message on social media to CDPO for the students

**OBSERVATION OF IMPORTANT DAYS**

**01.10.2021:BLOOD DONATION DAY**

Awareness class for nursing students on blood donation components and its indications was conducted by Dr.C V Seethalakshmi at Tellicherry co-op Hospital.



**01.10.2021: ELDERS DAY**

Snehakoodu- Old Age Home was visited by IMA President Dr.Mini Balakrishnan, Secretary Dr.Aravind C Nambiar and Past President Dr.Pushparaj S R.Walker, Chair, Commode, Airbed, Diapers, Thermometer and BP apparatus was donated.

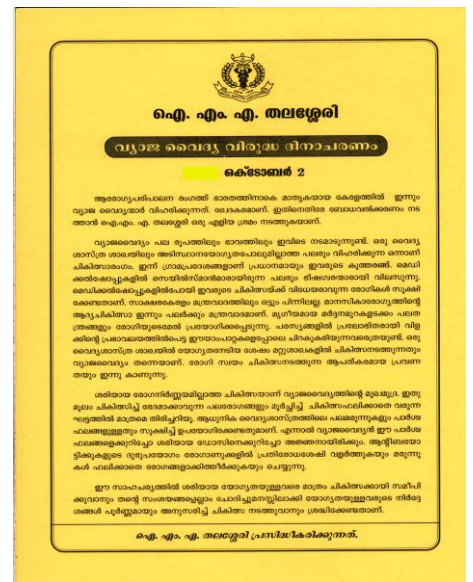
**02.10.2021: IMA ANTI QUACKERY DAY**

- Antiquackery day pamphlets were distributed in all the hospitals in Thalassery.



**02.10.2021: GANDHI JAYANTHI**

Cleaning of protected forest area Poonkottukavu by Dr.Suchitra Sudhir and team on Gandhi Jayanthi Day was conducted by Thalassery IMA.



Observed IMA Anti Quackery Day on October 2<sup>nd</sup> at Co-operative Hospital Thalassery by distributing pamphlets to the patients & bystanders.





**08.10.2021:WORLD SIGHT DAY**

IMA Thalassery in association with KSSP Kolayad Unit conducted an awareness class on Glaucoma by Dr.Sreeni Edakhlon.



IMA Thalassery in association with Lions Club conducted a camp for school children at Mattannur.149 spectacles given to school kids, free of cost done by Dr.Suchitra Sudhir.

**ഒക്ടോബർ 14**  
**ലോക കാഴ്ച ദിനം**

കെ.എസ്.എസ്.പി.യു  
കോളയാട് യൂണിറ്റും  
പെ.എം.എ. തലശ്ശേരി  
ബ്രാഞ്ചും സംയുക്തമായി  
14-10-2021ന്  
വ്യാഴാഴ്ച 7മണിക്ക്  
സംഘടിപ്പിക്കുന്ന  
കാഴ്ചനിനാചാരണ  
പരിപാടിയിൽ

**ഡോ. ശ്രീനിവാസൻ**  
(കോംഗ്രസ്സ് കണ്ണാശുപത്രി  
തലശ്ശേരി.)

കണ്ണുകളെ ബാധിക്കുന്ന ഗ്ലൗകോമയെ  
കുറിച്ചു ഗുഹിൾ മിറ്റിലുടെ ക്ലാസ്സെടുക്കുന്നു.

Students from 30 school in Iritty Municipality and nearby Panchayath were screened from 30.09.2021 to 11.10.2021.120 students were found to have defective vision and they were examined by Dr.Padma Gopeenathan and correction for refractive error was prescribed.



കാഴ്ചകുറവുള്ള 149 കുട്ടികൾക്കുള്ള കണ്ണട വിതരണം

**10.10.2021 WORLD MENTAL HEALTH DAY**

Dr.Sajeev Kumar conducted a work shop at Christuraja Hospital for mental health staffs. Around 50 staffs participated. Topic was practical tips for implementation of MHC Act 2017.



Half an hour Q&A session was aired by Akashavani Kannur on “positive mental health”.Dr.Sajeev kumar answered doubts of general public.

One hour live programme on positive mental health @ Kannur VisionTV.Dr.Sajeev kumar answered Q&A from general public.

IMA Thalassery conducted an Motivational class for LIC Agents by Dr.Suchitra Sudhir.



IMA Thalassery in association with Malabar Cancer Care Society conducted a Webinar on Theme of Mental health day. Theme “mental health in an unequal world”. Dr.Divakaran(Palium) inaugurated the programme.Chief guest was Dr.Rajagopal(Palium). Dr.Sajeev kumar delivered lecture on the theme. Around 200 members participated and many more watched the event through facebook live.



### 11.10.2021: INTERNATIONAL DAY OF THE GIRL CHILD

Dr.Mini Balakrishnan conducted an anaemia awareness class for adolescent for the Asha workers and health workers of Kadirur Grama Panchayath.





**12.10.2021: PAIN AND PALLATIVE DAY**

Snehakoodu Old Age Home was visited by IMA President Dr. Mini Balakrishnan, Secretary Dr. Aravind C Nambiar and Past President Dr. Pushparaj S R. Walker, Chair, Commode, Airbed, Diapers, Thermometer and BP apparatus was donated.



**13.10.2021: INTERNATIONAL DAY FOR DISASTER REDUCTION**

A workshop on Disaster Management and basic life support was conducted at BKJM Nursing college by Dr. Devaraj T V and Dr. Nadeem Abooty.

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Dr. Mini Balakrishnan offered all medical help from the members of IMA.

**16.10.2021: WORLD FOOD DAY**

Food materials given to tribal colony- Nutritious food materials was given to Adivasi Colony, near Edakaanam on World Food day to nearly 60 people in that colony.



**19.10.2021: WORLD BIOETHICS DAY**

Dr. Mini Balakrishnan conducted a class on how to take consent to the staff of Co-operative Hospital, Thalassery.



**29.10.2021: WORLD STROKE DAY**

Dr.Rajeev Nambiar conducted meeting on Zoom for Opparam Charitable Society.

Dr.Mini Balakrishnan gave an awareness class on Kairali TV regarding breast cancer.

**ഒക്ടോബർ 29**  
**ലോക സ്ത്രീകൾ ദിനം.**



കെ എസ് എസ് പി യു കോളയാട് യൂണിറ്റും ഐഎംഎ തലശ്ശേരി (ബ്രാഞ്ചും)ചേർന്നുകൊണ്ട് 29 10 2021 ന് ലോക സ്ത്രീകൾ ദിനത്തിൽ പ്രശസ്ത സുരോജിന്യ്

**ഡോ. രാജീവ് നമ്പ്യാർ**  
 സുരോജിന്യ്, തലശ്ശേരി കോ. ഓഫ്, ഹോസ്പിറ്റൽ )

മസ്തിഷ്ക അല്ലാതെത്തെ പുറ്റിശ്ശിൾ മിറ്റിഷ്യുടെ അന്നേ ദിവസം രാത്രി 6:00 മുതൽ സംസാരിക്കുന്നതും ശ്രോതാക്കളുടെ സംശയങ്ങൾക്ക് മറുപടി നൽകുന്നതുമാണ്



Dr.Mini Balakrishnan gave an awareness class on Kadirur Grama Panchayath.

**BREAST CANCER AWARENESS MONTH.**

- Dr.Neethu A P conducted the Webinar on Common Cancer in Women held on zoom .





21.10.2021:Dr.Mini Balakrishnan gave an awareness class on Breast Cancer in women conducted by Malabar Cancer Society at Panoor.

Dr.Shyjus conducted a quiz programme for in association with Malabar cancer care society on FM Radio noon as CAN QUIZ.



Dr.Saina Sunil and teams of Malabar cancer care society conducted an awareness campaign on cancers in women.



10.10.2021:Dr.Mini Balakrishnan participated in the Panel Discussion and Webinar on

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Preventing the Cervical Cancers held on zoom by the National Oncology Committee of FOGSI.



### SPECIAL PROJECTS OF THE BRANCH

#### **IMA Pain & Palliative Care Society & Pain Clinic at Govt. General Hospital Thalassery**

This prestigious project of IMA Thalassery is conducted on every Wednesday afternoon with home visits on Wednesdays and Saturdays. Doctors, Volunteers strive to bring solace to the terminally ill patients. The funds are raised from monthly contributions from members and the public.

#### **Pain & Palliative Donation Boxes**

The boxes for raising funds for the clinic were placed in all the Private Hospitals in Thalassery and leading Medical Stores in Thalassery.

#### **12.10.2021: PAIN AND PALLIATIVE DAY**

Snehakoodu Old Age Home was visited by IMA President Dr.Mini



Balakrishnan, Secretary Dr.Aravind C Nambiar and Past President Dr.Pushparaj S R.Walker, Chair, Commode, Airbed, Diapers, Thermometer and BP apparatus was donated.



### TIDA PROJECT

Tellicherry IMA Doctors Alliance LLP (TIDA) a Project of Tellicherry IMA is planning a Residential Project with Club House and Conference Hall,(Healers Heaven) at Edakkad for which land has been purchased and construction is planned to be started by January 2022.

### ADOPTION OF THE VILLAGE

IMA has identified village with lower socioeconomic status and has adopted that village for further medical camps treatment and improving their health conditions near Pettipaalam.

### MISSION PINK HEALTH

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All the Mission Pink Health activities are going on and has been reported to the Mission Pink Health Chairperson.

### ANEMIA FREE ADOLESENT PROGRAMME

Dr.Mini Balakrishnan conducted an awareness class on Anemia Prevention among adolescents for the Kadirur Grama Panchayath.The adolescent girls will be screened for anemia and they will be given necessary treatment.

### Mutual Benefit Scheme

A scheme for members conducted every year, through which members as well as the association is benefited.

### **MISCELLANEOUS**

### *Donation-Covid Martyrs Fund*

**Amount of Rs.1,00,000/- has been contributed towards IMA Covid Martyrs Fund from our branch.**



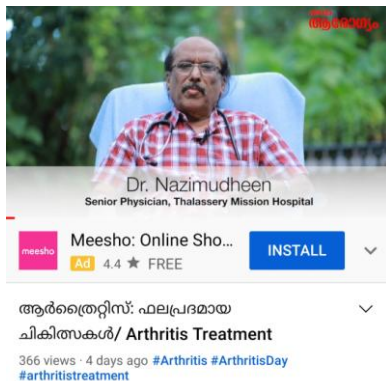
**Honouring**

Covid Warriors Secretary Dr.Aravind C Nambiar and Dr.Nagesh Prabhu were honoured by MLA Adv. A N Shamseer.



**Articles**

An **article** on ARTHRITIS written by Dr.Nazimudheen C P got published in Suprabatham News Paper.



**IMA & Media**

11.10.2021 Installation of new office bearers for the year 2021-22 attended by all members in press and media in Thalassery area.

Half an hour Q&A session aired by Akashavani Kannur on positive mental health. Dr.Sajeev kumar answered doubts of general public.

One hour live programme on positive mental health @ Kannur VisionTV. Dr.Sajeev kumar answered Q&A from general public

Dr.Mini Balakrishnan gave an awareness class on Kairali TV regarding breast cancer.

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**Nammude Arogyam:**

Thalassery IMA has been the largest subscriber for Nammude Arogyam. 900 copies

being ordered this month. These copies are being distributed through various private hospitals and book stalls in Thalassery. Free copies of Nammude Arogyam were given for the participants at various medical camps & during functions conducted by IMA Thalassery.

**Association with other Organisations**

11.10.2021 Installation of new office bearers for the year 2021-22 attended all service organisation members like JCI, JCI Heritage City, Lions Club, Senior Citizen Forum, Senior Chamber, Elders Forum, Bar Association, Cosmopolitan Club & Officers Club.

IMA Thalassery in association with KSSP Kolayad Unit conducted an awareness class on Glaucoma by Dr. Sreeni Edakhlon.

IMA Thalassery in association with Lions Club conducted camp for school kids and spectacles given to free of cost.

IMA Thalassery in association with Malabar Cancer Care Society conducted a Webinar on Theme of Mental health day.

**Association with other Branches**

11.10.2021 Installation of new office bearers for the year 2021-22 invited all neighbouring branches.

Dr. Sajeew kumar attended the Vadakara IMA Installation Ceremony

**PUBLIC RELATIONS & SOCIAL INVOLVMENT**

**16.10.2021: WORLD FOOD DAY**

Food materials given to tribal colony- Nutritious food materials given to Adivasi Colony, near Edakaanam on World Food day, nearly 60 people in that colony.

30.10.2021 Dr. Mini balakrishnan an awareness message on social media to the kannur distrit CDPO (District child development project officer) on to the parents

30.10.202- Johnny Sebastian gave an awareness message on social media to CDPO for the students.



# PAPER CUTTINGS



**M Mathrubhumi മാതൃഭൂമി**

**'മാതൃസുരക്ഷ' സ്തനാർബുദ ബോധവൽക്കരണം തുടങ്ങി**

കണ്ണൂർ കണ്ണൂർ ജലബാർ കാൻസർ കെയർ സൊസൈറ്റിയുടെ 'മാതൃസുരക്ഷ' സ്തനാർബുദ ബോധവൽക്കരണ തീവ്ര സ്തനാർബുദ ബോധവൽക്കരണ കർമ്മ വിപാടിയാണിത്. ലോകാരോഗ്യ സംഘടന നോൺ കമ്മ്യൂണിക്കബിൾ ഡിസീസ് കോ-ഓർഡിനേറ്റർ ഡോ. ചെറിയാൻ വർഗീസ് ഓൺലൈനിൽ ഉദ്ഘാടനം ചെയ്തു. മുൻ കേന്ദ്ര ഐ.ടി. വ്യോമ യന സെക്രട്ടറി എ. മാധവൻ നമ്പ്യാർ മുഖ്യപ്രഭാഷണം നടത്തി. എ.സി.സി.എസ്. പ്രസിഡന്റ് ഡി. കൃഷ്ണനാഥ പൈ അധ്യക്ഷത വഹിച്ചു. പ്രസിഡന്റ് ഐ.എം.എ. പ്രസിഡന്റ് ഡോ. ബി.വി. ഭട്ട്, തലശ്ശേരി ഐ.എം.എ. പ്രസിഡന്റ് ഡോ. മിനി ബാലകൃഷ്ണൻ, കണ്ണൂർ ഗൈനക്കോ സൊസൈറ്റി പ്രസിഡന്റ് ഡോ. ഷൈജൻ നായർ, കണ്ണൂർ ഔറകെയർ ചീഫ് ഓഫീസർ ഡോ. മുഹമ്മദ് റഷീദ്, ആകാശവാണി പ്രോഗ്രാം എക്സിക്യൂട്ടീവ് ഫി.വി. പ്രശാന്ത് കുമാർ, ഡോ. വി.സി. രവിന്ദ്രൻ, ടി.എം. ദിലീപ് കുമാർ, ഡോ. സുചിത്ര സുധീർ എന്നിവർ സംസാരിച്ചു.

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