



IMA TELlicherry NEWS LETTER – OCTOBER 2018

ORGANIZATIONAL ACTIVITIES

10.10.2018: Executive Meeting

Executive committee was held at IMA hall on 3.10.18. President welcomed the gathering. 47 members attended the meeting.



17.10.2018: Generalbody Meeting

The General Body Meeting was held on 26.09.2018 at IMA Hall Thalassery at 8.00 pm. Dr. Rajeev Nambiar presided over the meeting. 40 members attended the meeting.



ACADEMIC ACTIVITIES

17.10.2018: IMA Thalassery conducted a CME on “Update on Acute Stroke Management for General Practitioners by Prof. Dr. James Jose, MD, DM, HOD, Dept of Neurology, Calicut Medical College. Dr. Rajeev Nambiar C K presided over the meeting. 55 members attended the meeting.



SOCIAL ACTIVITIES

Medical Checkups & Camps

01.10.2018: IMA Thalassery along with WIMA Thalassery arranged an Old Age Home visit and a medical camp at Samaritan Home, Holloway Road Thalassery on 01.10.2018 as part of Elders Day Celebrations.

Dr. Vanaja Raghavan (Ophthalmologist, Comtrust Eye Care Hospital, Thalassery), Dr. Rajeev Nambiar (Neurologist, Tellicherry Co-operative Hospital, Thalassery), Dr. Sandhya B Ravindran (Dermatologist, Tely Medical Centre) Dr. Nadeem Abootty (Physician, Keerthy Hospital and HNC Clinic, Thalassery) examined the inmates and gave necessary medicines. Dr. Johnny Sebastian (Secretary IMA Thalassery), Dr. Radhika Aravind (Secretary WIMA Tly) and Sr. Lisset coordinated the Camp.

IMA TELlicherry NEWS LETTER, OCTOBER 2018



28.10.2018: IMA Thalassery conducted a Mega Medical Camp at Kolayad on 28.10.2018. About 300 inmates were examined by doctors from various specialities. Dr. Rajeev Nambiar C K (Neurologist), Dr. Johnny Sebastian (Paediatrician), Dr. Aravind Nambiar (General Medicine), Dr. Prashanth M (Endocrinologist), Dr. Sanjeev Kumar (Chest Specialist), Dr. Jayakrishnan Nambiar (Ortho), Dr. Rajeev Raghavan (Ortho), Dr. Sreeja Viswan (General Medicine), Dr. Biji MS (General Medicine) participated in the camp. Medicines were distributed at free of cost. The camp was well appreciated.



Health Education

01.10.2018: As part of Elders Day Celebration IMA Thalassery in association with Elders Forum conducted an **awareness class** for elders on **Arthritis/Osteoporosis** on 01.10.2018 at IMA Hall Thalassery. Dr.JayakrishnanNambiar(Orthopaedic Surgeon, Tellicherry Co-operative Hospital) was the speaker. 75 elderly people attended the class. Dr.Johnny Sebastian (Secretary IMA Thalassery) and Sri.Sadanandan (Secretary,Chettamkoonu Residents Association) offered felicitations on the occasion.



IMA TELlichERRY NEWS LETTER, OCTOBER 2018

10.10.2018: As a part of World Mental Health Day IMA Thalassery conducted an **awareness class** at Christ College, Thalassery. Dr.Muneer(Psychiatrist,General Hospital,Thalassery) took a class on **depression**.



10.10.2018:“**Young People and Mental Health in a changing world**” IMA Thalassery in association with Kannur Psychiatry Guild & Department of Psychiatry, Kannur Medical College conducted an awareness class at Central Hall. Dr.T Ramesan inaugurated the function. Dr.Sajeev Kumar, MD delivered the thematic address.



10.10.2018: IMA Thalassery conducted **awareness street play and flash mob** at Down Town Mall. Students from Kannur Medical College conducted street play on Mental Health. Awareness pamphlets were distributed to the general public. Dr.Rajeev Nambiar, Dr.Johnny Sebastian,Dr.Sajeev Kumar and Dr.Vineetha Raghavan attended the function.



12.10.2018: IMA Pain and Palliative Care Unit, Dharmadam Santhwanam Charitable Society and Brexa Thalassery conducted a **Pain and Palliative Awareness Class** at the Seminar Hall,Brennen College,Dharmadam. Prof.Major Govindan(Swanthnam President) presided over the function.

IMA TELlichERRY NEWS LETTER, OCTOBER 2018

Dr.Rajeev Nambiar (President IMA Thalassery) inaugurated the function.Sri.Ummer Kootumugham (Treasurer,Kaniv, Rehabilitation Trust), Sri.K K Santhosh Kumar (Secretary, Kaniv) conducted the Pain and Palliative awareness class.



15.10.2018 **Class on breast cancer awareness and self breast examination for lady advocates** conducted by WIMA&IMA in association with MCC & Bar association , Thalassery. Class taken by Dr Neethu, division head, Department of Community Oncology, MCC. A highly Interactive Session, attended by more than forty lady advocates. Pamphlets on SBE was also distributed. Program was coordinated by

Adv Ajith Kumar, Secretary, Bar Association & Dr Sithara Aravind, Chairperson WIMA.



16.10.2018: WIMA & IMA in association with GEMS international school conducted a class on Good dietary habits and food hygiene for students and parents of GEMS school. Class was taken by Mrs Sruthi, dietician, TLY Co-op hospital and was coordinated by Dr Radhika Aravind, Secretary, WIMA & Dr. Sreeja Viswan. The class was well appreciated.



24.10.2018: As a part of World Polio Day IMA Thalassery conducted an awareness class at Pinarayi CHC. Dr. Johnny Sebastian (Secretary IMA Thalassery) took a class on Polio vaccines.



30.10.2018: IMA & WIMA Thalassery conducted an Awareness Class on Adolescent health by Dr. Radhika Aravind at Koduvally Govt Higher Secondary School.



31.10.2018: IMA Thalassery conducted a **Breast Cancer Awareness Class** at CHC Pinarayi. Class was taken by Dr. Mini Balakrishnan (Consultant Gynaecologist, Tellicherry Co-operative Hospital).



OBSERVATION OF IMPORTANT DAYS

01.10.2018: Elders Day

- As part of Elders Day Celebration IMA Thalassery in association with Elders Forum conducted an awareness class for elders on Arthritis/Osteoporosis on 01.10.2018 at IMA Hall Thalassery. Senior IMA Member Dr. Mohammed Abdulla welcomed the

gathering. Dr. Jayakrishnan Nambiar (Orthopaedic Surgeon, Tellicherry Co-operative Hospital) was the speaker. As a part of the awareness class a free sugar and cholesterol estimation was done. 75 elderly people attended the camp. Dr. Johnny Sebastian (Secretary IMA Thalassery) and Sri. Sadanandan (Secretary, Chettamkoonu Residents Association) offered felicitations on the occasion.

- IMA Thalassery along with WIMA Thalassery arranged an Old Age Home visit and a medical camp at Samaritan Home, Holloway Road Thalassery on 01.10.2018 as part of Elders Day Celebrations. Dr. Vanaja Raghavan (Ophthalmologist,

Comtrust Eye Care Hospital, Thalassery), Dr. Rajeev Nambiar (Neurologist, Tellicherry Co-operative Hospital, Dr. Sandhya B Ravindran (Dermatologist, Tely Medical Centre) Dr. Nadeem Abouty (Physician, Keerthy Hospital and HNC Clinic, Thalassery) examined the inmates and gave necessary medicines. Dr. Johnny Sebastian (Secretary IMA Thalassery), Dr. Radhika Aravind (Secretary WIMA Tly) and Sr. Lisset co-ordinated the Camp.



- On 05.10.2018 as part of Elders week celebration a

programme was conducted at Samaritan Home for honouring the Elders. Few of the elderly inmates were honoured at the function and shawls were given to them.



01.10.2018: Blood Donation Day

- Blood Donation Day was celebrated on the 1st of October 2018 along with College Union, Brennen College and BREXA at Govt Brennen College Thalassery. College Principal Prof. L. Beena inaugurated the camp. Major Prof. Govindan felicitated on the occasion. Blood donation was inaugurated by Dr. Rajeev

Nambiar (President IMA Thalassery) by donating blood. Dr.Rajeev Nambiar (President IMA Thalassery) gave an awareness class about the importance of Blood Donation. The camp was attended by 100 people.

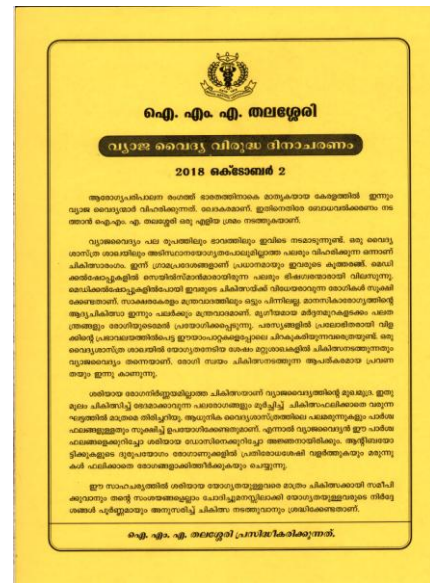


02.10.2018: IMA Anti Quackery Day

Antiquackery day pamphlets were distributed in all the hospitals in Thalasseryas well as at the Railway Station, Bus Stand and through all the news papers.



- As a part of observing blood donation day and to encourage blood donation by females, WIMA members, donated blood to cancer patients at MCC. The programme was coordinated by Dr Sithara Aravind, Chairperson & Dr Maya Jithin, Treasurer, WIMA, Thalassery.



02.10.2018: Gandhi Jayanthi

IMA Thalassery in association with Brexa and Amritha Vidyalaya conducted a Cleaning Programme at Temple Gate Railway Station. Dr.Rajeev Nambiar (President IMA) addressed the gathering and explained the Importance of Gandhi Jayanthi and the need for keeping our premises clean. Cleaning activity was conducted at Temple Gate Railway station and the waste disposal was done.



10.10.18: Mental Health Day Programme

- As a part of World Mental Health Day IMA Thalassery conducted an awareness class at Christ College,

Thalassery.

Dr.Muneer(Psychiatrist,General Hospital, Thalassery) took a class on depression.



- “Young People and Mental Health in a changing world” IMA Thalassery in association with Kannur Psychiatry Guild & Department of Psychiatry, Kannur Medical College conducted an awareness class at Central Hall. Dr.T Ramesan inaugurated the function. Dr.Sajeev Kumar, MD delivered the thematic address. As a part of the celebration College

Union conducted a Mobile Photography contest on this year's theme. Many students participated, prizes were given to the best 3 photos.



- Conducted awareness street play and flash mob at Down Town Mall. Students from Kannur Medical College conducted street play on Mental Health. Awareness pamphlets were distributed to the general public. Dr.Rajeev Nambiar, Dr.Johnny

Sebastian, Dr.Sajeev Kumar and Dr.Vineetha Raghavan attended the function.



- Dr.Sajeev Kumar P B was among 3 panelists in a special CME on the occasion of World Mental Health day 2018 conducted by Kannur Psychiatry Guild. He presented topic- Management update on Bipolar Disorder.



- Dr.Sajeev Kumar Chairperson WIMA interacted with kids delivered thematic address on the topic of kindergarten, talked to them about the value of parents and teachers, and “Young People and Mental Health in a Changing World” at a distributed gifts. It was a lively session with kids singing songs and giving tit for function organized by Swabiman Trust at Kannur. tat answers for all questions asked.



12.10.2018: World Pain and Palliative day

- WIMA & IMA in association with MCC observed world palliative care day with palliative patients at MCC. A workshop on paper pen and paper bag making was organized for the members of SRISHTI- the group for rehabilitation of palliative patients. The class was taken by Mrs. Zafeera Amin and was attended by more than 50 SRISHTI members. Programme was coordinated by Dr

11.10.18 : International day for girl child

WIMA & IMA in association with Indian radiation and imageologists Association , Thalassery chapter celebrated International day for girl child at Valiya Madavil Govt School, Thalassery. This was done as a part of RAKSHA project by IRIA themed Save Girl Child. Dr Rethika, Consultant radiologist and Dr Sithara Aravind,

Biji, division head, division of palliative medicine, MCC & Dr Sithara Aravind, Chairperson WIMA



- IMA Pain and Palliative Care Unit, Dharmadam Santhwanam Charitable Society and Brexa Thalassery conducted a Pain and Palliative Awareness Class at the Seminar Hall, Brennen College, Dharmadam. Prof.Major Govindan (Swanthanam President) presided over the function. Dr.Rajeev Nambiar (President IMA Thalassery) inaugurated the function. Sri.Ummer

Kootumugham (Treasurer, Kaniv, Rehabilitation Trust), Sri.K K Santhosh Kumar (Secretary, Kaniv) conducted the Pain and Palliative awareness class.



Breast Cancer Awareness Month

- 15.10.18 : Class on breast cancer awareness and self breast examination for lady advocates conducted by WIMA&IMA in association with MCC & Bar association , Thalassery. Class taken by Dr Neethu, division head, Department of Community Oncology, MCC. A highly Interactive Session, attended by more than forty lady advocates. Pamphlets on SBE was also distributed. Program was coordinated by Adv Ajith

Kumar, Secretary, Bar Association & Dr Sithara Aravind, Chairperson WIMA.



- A Panel discussion on Cancer Awareness by Asianet News.

Dr. Mini Balakrishnan, Vice President, IMA Thalassery, Dr. Shyjus, Dr. Joneetha, Dr. Manuprasad, and Dr. Vinin participated in the panel discussion.



- 21.10.18: IMA, WIMA in association with Malabar Cancer Centre & Indian Dental Association- Womens Wing, Thalassery organized a Class on Breast Cancer awareness and self breast examination for lady Dental Surgeons. Class was taken by Dr Geetha .M. HOD, Dept of Radiation oncology. A highly Interactive Session, attended by more than 30 Dental Surgeons. Pamphlets on Self Breast Examination was also distributed. Program was coordinated by Dr Sithara Aravind, Chairperson WIMA & Dr Latha Johny, Chairperson Indian Dental Association- Womens Wing.



- 30.10.18 IMA, WIMA in association with Kannur Gynaecologic Society organized a Breast Cancer awareness rally named PINKATHON at Kannur Medical College. Attended by the staff and students of Kannur Medical College wearing pink attire. This was followed by breast cancer awareness class by Dr Mini Balakrishnan, Vice President, IMA Thalassery and a ZUMBA session themed Dance to fight against Cancer.



- IMA Thalassery conducted a Breast Cancer Awareness

IMA TELlicherry NEWS LETTER OCTOBER 2018

Class at Pinarayi CHC. Class taken by Dr. Mini Balakrishnan (Consultant Gynaecologist, Tellicherry Co-operative Hospital).



16.10.2018: World Food Day

- WIMA & IMA in association with GEMS international school conducted a class on Good dietary habits and food hygiene for students and parents of GEMS school. Class was taken by Mrs Sruthi, dietician, TLY Co-op hospital and was coordinated by Dr Radhika Aravind, Secretary, WIMA & Dr. Sreeja Viswan. The class was well appreciated.



- World Food Day was celebrated by giving food, Steel plates, glass and spoons to the needy and poor in the street.



24.10.2018: World Polio Day

As a part of World Polio Day IMA Thalassery conducted an awareness class at Pinarayi CHC. Dr.Johnny Sebastian(Secretary IMA Thalassery) took a class on Polio vaccines.



29.10.2018: Stroke Day

IMA & WIMA Thalassery organized a Walkathon for creating awareness on Stroke. Walkathon was conducted at Municipal Stadium Thalassery at 7.30am. Walkathon started from the Municipal Stadium to the Clock Tower at New Bus Stand, Thalassery. The walkathon was lead by Dr.Rajeev Nambiar (President IMA Thalassery).andDr Johnny Sebastian Secretary IMA .Mr.Azad M, CI Thalassery flagged off the walkathon. A total of around 30 members attended the walkathon. Around 1000 Stroke Awareness pamphlets were distributed along with the walkathon.



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.

Mutual Benefit Scheme

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

MISCELLANEOUS

Nammude Arogyam:

Thalassery IMA has been the largest subscriber for Nammude Arogyam. 2200 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 of various

medical camps & functions conducted by IMA Thalassery.

IMA & MEDIA

27.10.2018: Dr.Sajeev Kumar P B participated in live phone in programme at Kannur Akaashavaani on topic “Drug Adiction and Mental Health of Young People’. It was a one hour live programme broadcasted all over Kerala ,and listeners from all over kerala actively participated in the discussion.



Association with other Organisations

01.10.2017: Blood Donation Day was celebrated on the 1st of October 2018 along with College Union , Brennen College and

BREXA at Govt Brennen College Thalassery.

02.10.2018: IMA Thalassery in association with Brexa and Amritha Vidyalaya conducted a Cleaning Programme at Temple Gate Railway Station.

15.10.18 Class on breast cancer awareness and self breast examination for lady advocates conducted by WIMA&IMA in association with MCC & Bar association , Thalassery.

16.10.2018: WIMA &IMA in association with GEMS international school conducted a class on Good dietary habits and food hygiene for students and parents of GEMS school

PUBLIC RELATIONS & SOCIAL INVOLVMENT

16.10.2018; World Food Day was celebrated by giving food, Steel plates, glass and spoons to the needy and poor in the street.

24.10.2018: IMA President was invited for the 1st anniversary of Snehakoodu(A Home for destitute) as a Special Guest. Programme was inaugurated by Sri.K P Jyotheendranath (High Court Judge).

29.10.2018: Stroke Day

IMA & WIMA Thalassery organized a Walkathon for creating awareness on Stroke. Walkathon was conducted at Municipal Stadium Thalassery at 7.30am. Walkathon started from the Municipal Stadium to the Clock Tower at New Bus Stand, Thalassery.