

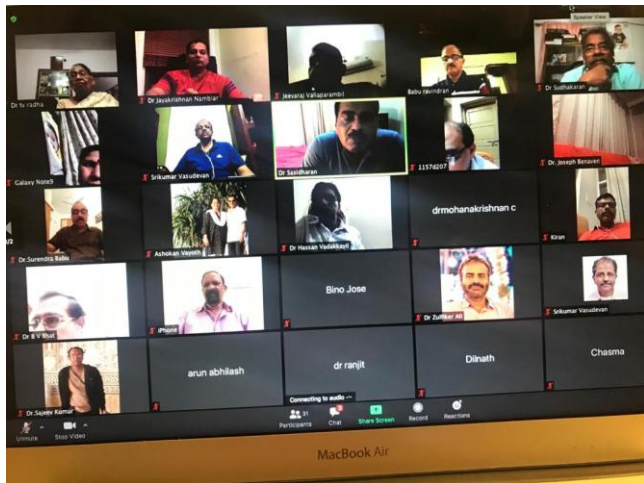


**IMA TELLICHERRY**  
**NEWS LETTER – OCTOBER 2020**

**ORGANIZATIONAL ACTIVITIES**

**16.10.2020: District Committee Meeting(Zoom)**

IMA Thalassery hosted the meeting. Topic: Amendments is Social Security Scheme and PP Scheme. About 45 members attended the meeting.



**26.10.2020: Advisory group meeting(Zoom)**

Dr.Babu Raveendran, Dr.Surendra Babu, Dr.Srikumar Vasudevan, Dr.Mohan Babu, Dr.Sajeev Kumar P B, Dr.Jayakrishnan Nambiar attended the Advisory group meeting.

**27.10.2020: Zonal meeting PDSS Membership drive (Zoom)**

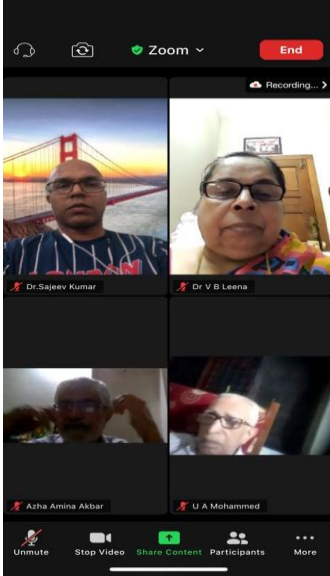
Dr.Jayakrishnan Nambiar (Secretary IMA Thalassery) attended the PDSS Membership drive meeting in Zoom.Dr.Devadas presided the meeting.



**ACADEMIC ACTIVITIES**

**18.10.2020:CME**

Kannur Chest Society in association with IMA Thalassery conducted a CME on Living With Covid by Dr.Jaffar Basheer,Consultant Respiratory Medicine at Govt TQ Hospital,Thaliparamba.



Nodal Officer, Malabar Cancer Centre Thalassery on 13.10.2020.

## OBSERVATION OF IMPORTANT DAYS

### **02.10.2020: Black Day**

All Hospitals in Thalassery observed the black day in connection with the suicide of Dr. Anoop Krishna on 02.10.2020.

### **08.10.2020: World Sight Day**

IMA Thalassery in association with Lions Club, Dharmadam conducted World Sight Day. Dr. Sreeni Edakhlon took class on "Computer Vision Syndrome" Total attendance was about 80.

### **10.10.2020: World Mental Health Day**

- IMA Thalassery in association with Kannur Psychiatry Guild published a booklet on suicide prevention. This is translation of WHO booklet "Preventing Suicide: A resource for General Physician" Malayalam translation is done by Dr. Sajeev

### **28.10.2020: GB CUM CME**

CME on A Step Ahead in patient Care (Communication Skills) Speaker: Dr. Joju Pomson, Pulmonologist. Dr. Sajeev Kumar P B presided over the meeting. 40 members attended the Zoom meeting. Vote of thanks proposed by Dr. Jayakrishnan Nambiar.

## SOCIAL ACTIVITIES

### Health Education

#### Covid Mission 19

### **13.10.2020: Class on Corona Prevention**

Class on Corona Prevention for Ashraya members by Dr. Sarath, Corona

Kumar P B with the help of Aswini Kumar Thayyil. Booklet was released by Dr.Babu Raveendran (Past National Vice President IMA).We have planned to distribute this booklet to all doctors in Kannur District.

- IMA Thalassery actively involved in media on awareness creation on the theme of WMHD. Dr.Sajeev Kumar, Consultant Psychiatrist and President participated in RED FM and Facebook Live to talk on Current Mental Health Pandemic due to Covid related difficulties.
- IMA Thalassery in association with Mayyil CDS Gender Resource Centre,Kudumbasree Mission conducted awareness class to their volunteers. Dr.Muneer, Consultant Psychiatrist, GH Thalassery took class on World Mental Health Theme and answered Q& A Session. The function was

inaugurated by T Vasanthakumari, Irikoor Panchayath President. Around 70 members attended the meeting in google meet platform.

- IMA Thalassery & Dharmadam Lions Club conducted awareness Class to their members.Dr.Sajeev Kumar (Consultant Psychiatrist,Aster MIMS Kannur and President IMA Thalassery) took class. The function was inaugurated by Dr.Jayakrishnan Nambiar (Secretary IMA Thalassery). Around 70 members attended the meeting in google meet platform.

### **Post Covid Mental Health Issues**

- It has been noted a good number of patients undergo depression during and post Covid.The great alarm is the suicidal tendencies of these people. Various cases has been

reported in and around Kerala. IMA Thalassery in association with other associations constituted a Covid Wellness Group headed by Psychiatrist Dr.Sajeev Kumar. This group functions in liaison with DMHP. 10 psychiatrists and 15 psychologists and psychiatry social workers were entrusted to help the smooth functioning of the group. Each person attends call for 1-2 hours daily. Services were catered to Covid positive patients and their families. Focus was on mental health and stress reduction of health care workers including doctors too other than the patients. We helped hundreds through telephonic counseling. Few of them needed psychiatry IP care in order to prevent suicide. Dr. Muneer, Psychiatrist, GH Thalassery coordinated with DMHP. It's an on going programme of Thalassery

IMA to attend the calls from affected ones, Health Workers and doctors as well in order to improve the mental health and well being in this Covid Pandemic.

#### 16.10.2020: World Food Day

- World Food day was observed on October 16<sup>th</sup>. IMA Secretary Dr. Jayakrishnan Nambiar inaugurated the function held near the premises of town police station. Gave lunch to about 200 poor people and orphans in connection with World Food Day in association with Athazhakootam and Janamythri Police. The function was well covered by the local channels and dailies.



## 23.10.2020: Breast Cancer Awareness Month

Malabar Cancer Care Society & IMA Thalassery conducted Breast Cancer Awareness Month in Google meet. Topic on "Batling the Breast Cancer Epidemic in India". The session was conducted by Dr. Partha Basu (Head of Screening Group, IARC)/WHO). Dr. Jayakrishnan Nambiar (Secretary IMA Thalassery) felicitated the function.



## 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.

## 29.10.2020: World Stroke Day

- IMA Thalassery observed "World Stroke Day" .*Distributed pamphlets, spreading* awareness on Stroke through bus stand, railway station, Thalassery General Hospital and all private hospitals in Thalassery.
- Observed World Stroke day on October 29<sup>th</sup> at Co-operative Hospital Thalassery by distributing pamphlets to the patients & bystanders.

**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. 1660 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.



**PUBLIC RELATIONS & SOCIAL INVOLVMENT**

Dr Sajeev Kumar (President IMA) & Dr.Jayakrishnan Nambiar (Secretary IMA) attended the reopening function of the Medinova Lab, Thalassery. Dr.Sajeev Kumar inaugurated the function. Dr.Jayakrishnan Nambiar was the chief guestassery.