



# IMA TELlicherry NEWS LETTER – OCTOBER 2019

## ORGANIZATIONAL ACTIVITIES

### **23.10.2019: Executive Meeting**

Executive committee was held at IMA hall on 23.10.2019. President welcomed the gathering. 54 members attended the meeting.



## ACADEMIC ACTIVITIES

**30.10.2019:** IMA Thalassery conducted a CME on “MINIMALLY INVASIVE HERNIA REPAIR- NEWER CONCEPTS & THORACOSCOPY - JOURNEY TO NEW HORIZONS” by Dr. Shyam Krishnan, MBBS, MS, DNB, FMAS and Dr. Jimmy C John, MBBS, MS, Aster MIMS Kannur. Dr. Sajeew Kumar P B presided over the meeting. 44 members attended the meeting.

### **27.10.2019: State Working Committee**

Dr. Babu Raveendran, T N, Dr. Gopeenathan P, Dr. Jayakrishnan Nambiar attended the State Working Committee at Periyar House, Aluva.

### **30.10.2019: General Body Meeting**

The **General Body Meeting** was held on 30.10.2019 at IMA Hall Thalassery at 8.00 pm. Dr. Sajeew Kumar P B presided over the meeting. 44 members attended the meeting.



### Training Programme

**23.10.2019: CPR Training class for staff of GH Thalassery.**

Lactation Councilor Training Programme for staff nurses by IAP and KFOG for promotion of breast feeding in hospital at General Hospital, Thalassery on 23.10.2019 for staff nurses of hospitals in Kannur Kasargod District.



### SOCIAL ACTIVITIES

#### Medical Camp

**01.10.2019:** IMA & WIMA Thalassery observed blood donation day. Blood Donation Camp was organized at Government Hospital, Thalassery. Could manage to mobilize about 22 Engineering students and other locals. As part of these programme 22 units of blood were collected. IMA President donated blood on the occasion.

Dr Jayakrishnan Nambiar and Dr Maya Jithin had interactions with the donors regarding the blood donation and the pros and cons of it.



### Health Education

**01.10.2019:** As a part of World Elders Day IMA & WIMA Thalassery, Lions Club Thalassery, Pakalveedu and Snehaveedu Association conducted a **motivational class** by Mrs.Nandini Pradeep for inmates of Snehakoodu at KTDC Dharmadam. Attended by Dr.Sajeev Kumar P B (President IMA Thalassery), Dr.Saina Sunil (Chairperson WIMA Thalassery), Dr.Maya Jithin (Secretary WIMA Thalassery) and Dr.Dhanya Chandran (Treasurer, WIMA Thalassery).





**10.10.2019:** As a part of World Mental Health Day IMA Thalassery conducted a class on **Suicide Prevention to students** at Chovva School, Kannur. Class was taken by Dr.Reshmi Ramesan, Asst.Professor, Dept of Psychiatry, Kannur Medical College.



**10.10.2019:** As a part of World Mental Health Day IMA Thalassery conducted a class on **“Suicide-Early features identification and preventive strategies”** to teachers of Sanjos Higher Secondary School, Thalassery. Role of gatekeepers in suicide prevention. Training for teachers as part WMHD theme 2019 working together to prevent suicides. Around 60 teachers benefitted with the training. Deputy Principal inaugurated the function. Dr.Sajeev Kumar P B (President IMA Thalassery) took the class.



**16.10.2019:** IMA Thalassery & WIMA Thalassery conducted a class on **‘Our Acts are Our Future’** for students and Teachers at Higher Secondary School, Chirakkara, Thalassery. Talk was given by Dr.Jayakrishnan Nambiar and Dietician Smt.Sujala and attended by Rtd.Major Govindan and Principal Vijish Kumar. The classes were well appreciated.



**16.10.2019:** IMA & WIMA Thalassery conducted a class on **“Healthy Food Habits”** for ICDS Workers (Supervisors, Anganwadi Teachers and Helpers) at Panoor block development office, Chembad.



**23.10.2019:** Dr.Sajeev Kumar (President IMA Thalassery) took training class to Medical Officers of Kerala Health Services. This is part of DMHP training programs to MOs of

PHCs that are upgrading to family Health Centres. Took class on topic Behavioral Problems in Child & Adolescents.



**23.10.2019:** IMA&WIMA Thalassery conducted a **Breast Cancer Awareness Class** at Aniyaram School, Thalassery. Class was taken by Dr.Dhanya Chandran (Treasurer, WIMA Thalassery)

**23.10.2019:** As a part of World Polio Day IMA & WIMA Thalassery conducted an **awareness class** at Peringalam PHC. Dr.Dhanya Chandran (Treasurer WIMA Thalassery) took a class on Polio vaccines.

**OBSERVATION OF IMPORTANT DAYS**

**01.10.2019: Blood Donation Day**

- IMA & WIMA Thalassery observed National blood donation day on 01/10/2019 by organizing class for the students of Christ College, Thalassery. Awareness regarding what is blood donation, various misconceptions and motivating them for blood donation

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was done. The class was delivered by Dr. Bidhun Balan, Assistant Prof. in the Dept. of pathology and I/C of blood bank at Kannur medical college, Anjarakandy. It was an interactive session.44 students attended of which 40 were girls & 4 boys. Blood grouping was done for 44 students in association with Leo Lab. Thalassery. **Objective:** “Formation of Blood donor’s forum”.



- IMA & WIMA Thalassery observed blood donation day. Blood Donation Camp was organized at Government Hospital, Thalassery. Could manage to mobilize about 22 Engineering students and other locals. As part of these programme 22 units of blood were collected. IMA President donated blood on the occasion. DrJayakrishnan Nambiar and Dr Maya Jithin had interactions with the donors regarding the blood donation and the pros and cons of it.





**01.10.2019: World Elders Day**

As a part of World Elders Day IMA & WIMA Thalassery, Lions Club Thalassery, Pakalveedu and Snehaveedu Association conducted a motivational class by Mrs.Nandini Pradeep for inmates of Snehakoodu at KTDC Dharmadam. Attended by Dr.Sajeev Kumar P B (President IMA Thalassery), Dr.Saina Sunil (Chairperson WIMA Thalassery), Dr.Maya Jithin(Secretary WIMA Thalassery) and Dr.Dhanya Chandran(Treasurer WIMA Thalassery).



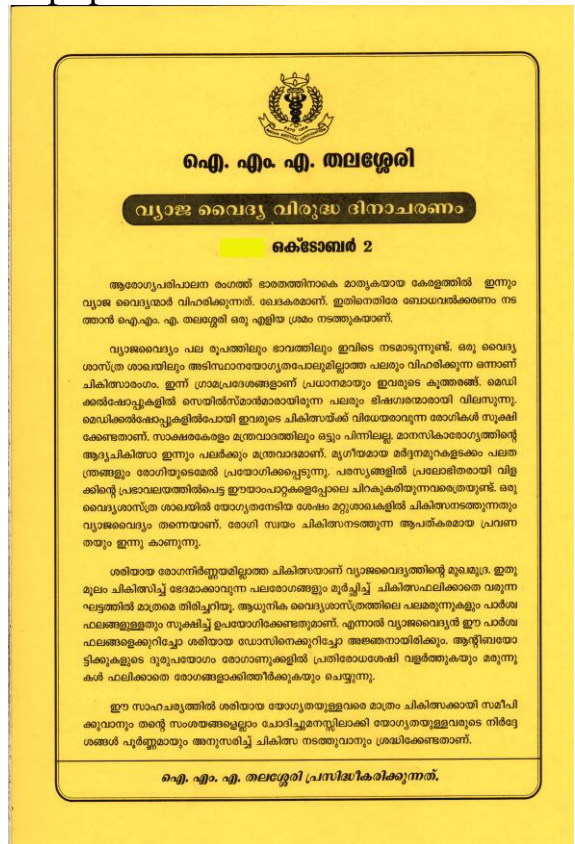
**Intention-** After our motivational class, every weekends the inmates should have a get-together, exhibit their talents & have a

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nice time. It can also be cooking, games, singing, dancing-folk etc. There was good interaction among the inmates, some shared their experiences, sang songs. Mild exercises while playing music was demonstrated. Accept old age and try to find happiness in every small thing and respect others was the motive.

**02.10.2019: IMA Anti Quackery Day**

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



### 02.10.2019 Mahatma Gandhi Jayanthi

- As a part of Gandhi Jayanthi IMA&WIMA Thalassery conducted a Quiz competition at Valiya Maadavil School, Thalassery, for 4<sup>th</sup> to 7<sup>th</sup> standard students on topic: after 72 yrs. of independence how much does our new generation know about Gandhiji. Mrs.Nandini Pradeep (Special Educator & WIMA Co-ordinator, Thalassery) took class and a Quiz Competition was held for the students. Prizes were given in the form of certificates and chocolates to each participant in the batch who got 1<sup>st</sup> and 2<sup>nd</sup> prizes. Dr.SajeevKumar P B (President IMA Thalassery), Dr.Saina Sunilkumar (Chairperson WIMA Thalassery), Dr.Maya Jithin (Secretary WIMA Thalassery), Dr.Dhanya Chandran (Treasurer, WIMA) attended the programme.

**Intention-**Will be an eye opener to the teachers and students to develop reading habits.



- Celebrated Gandhi Jayanthi by cleaning the premises of CMC and near by areas with the help of hospital Staffs. Event was headed by DrJayakrishnan Nambiar and an educational class was taken by DrJayakrishnan Nambiar regarding the importance of clean premises, infective diseases and Swatch Bharath.



### 10.10.2019: WORLD MENTAL HEALTH DAY

- Report of mental health Day at Snehakoodu .Talk by Mrs.Nandini, was to know exactly what is making them stay away from happiness. It is an old age home with 11 inmates in which 3 bed ridden and some with psychiatric problems and other geriatric illnesses. Result of this session was, it has initiated the management to have prayer sessions in the morning and evening daily. Needs repeated visits to bring changes. Attended by Dr.Saina Sunilkumar, Dr.Maya Jithin, & Mrs. Nandini Pradeep.





- IMA Thalassery in association with IPS Kannur Guild design and distributed poster on the theme to all hospitals in Thalassery. Dr.Muneer Psychiatrist took sensation class on “Suicide Prevention” to medical officers of General Hospital,Thalassery.



- As a part of World Mental Health Day IMA Thalassery conducted a class on **Suicide Prevention to students** at Chovva School, Kannur. Class was taken by Dr.Reshmi Ramesan, Asst.Professor Dept of Psychiatry, Kannur Medical College .



- As a part of World Mental Health Day IMA Thalassery conducted a class on **“Suicide-Early features identification and preventive strategies”** to teachers of Sanjos Higher Secondary School, Thalassery.. Role of gatekeepers in suicide prevention. Training for teachers as part WMHD theme 2019 working together to prevent suicides. Around 60 teachers benefitted with the training. Deputy Principal inaugurated the function. Dr.Sajeev Kumar P B (President IMA Thalassery) took the class.



- Dr.Sajeev Kumar (President IMA Thalassery) recorded a video on this year World Mental Health Day theme “Working together to prevent suicide” and uploaded in youtube and widely shared social media platform which got more than 30000 shares and views.

**12.10.2019: World Pain and Palliative Day**

**WIMA Thalassery visited Snehakoodu, a home for destitute women above 60 years of age.**

Visited, interacted & spent few hours with them and decided to take up their medication needs for the coming year with the help of our members. Major, Govindan secretary of Snehakood discussed with WIMA members on bringing feeling of wellbeing among the inmates.

Attended by Dr.Saina Sunilkumar, Dr.Maya Jithin, & Mrs. Nandini Pradeep.



**16.10.2019: World Food Day**

- IMA Thalassery& WIMA Thalassery conducted a class on ‘Our Acts are Our Future’ for students and Teachers at Higher Secondary School, Chirakkara, Thalassery . Talk was given by Dr.Jayakrishnan Nambiar and Dietician Sujala and attended by Rtd.Major Govindan and Principal Vijish Kumar. The classes were well appreciated.



- Celebrated World Food Day at Snehakoodu which was headed by Dr Jayakrishnan Nambiar. Had lunch with the inmates and donated one day expenses. Attended by Dr.Jayakrishnan Nambiar, Mr.Aravindakshan and Rtd.Major Govindan.





- IMA & WIMA Thalassery conducted a class on **“Healthy Food Habits”** for ICDS Workers (supervisors, Anganwadi teachers and helpers) at Panoor block development office, Chempad.



participated the rally. Breast Cancer Awareness flash mob at New Bus Stand Thalassery. Students from BSC MRT, MCC Thalassery participated the rally .Awareness pamphlets were distributed to the general public.



**Breast Cancer Awareness Month**

- **23.10.2019: Breast Cancer Awareness Rally**

IMA Thalassery, WIMA Thalassery, Malabar Cancer Centre, Thejus, Kannur Dist Cancer Control Consortium conducted an Breast Cancer Awareness rally on 23.10.2019. Rally started from the Old Bus Stand Thalassery. Sri.C K Ramesan (Chairman Thalassery Municipality) flagged off the rally. The rally was lead by Dr.Sajeev Kumar P B (President IMA Thalassery), Dr.Jayakrishnan Nambiar (Secretary IMA Thalassery), Dr.Saina Sunil Kumar (Chairperson WIMA). Dr.Maya Jithin (Secretary WIMA), Dr.Mini Balakrishnan, Dr.Dhanya Chandran, Mrs.Nandini Pradeep, Dr.Latha Johnny,Dr.Shamna. Smt.Sheela Suresh (President Thejus), Sri.Major Govindan, Adv.V T Sheela, Sri.T M Dileep Kumar & Nursing Students MCC, Thalassery

- IMA&WIMA Thalassery conducted a **Breast Cancer Awareness Class** at Aniyaram, Thalassery. Class was taken by Dr.Dhanya Chandran(Treasurer, WIMA Thalassery)

**23.10.2019: World Polio Day**

As a part of World Polio Day IMA & WIMA Thalassery conducted an awareness class at Peringalam PHC. Dr.Dhanya Chandran (Treasurer WIMA Thalassery) took a class on Polio vaccines.



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### **16.10.2019: Anaesthesia Day**

As a part of Anaesthesia Day IMA Thalassery celebrated Cake Cutting Ceremony at General Hospital, Thalassery.



### **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. 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.

#### **Association with Other Organisations**

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##### **23.10.2019: Breast Cancer Awareness Rally**

IMA Thalassery, WIMA Thalassery, Malabar Cancer Centre, Thejus, Kannur District Cancer Control Consortium

conducted an Breast Cancer Awareness rally  
on 23.10.2019.

**PUBLIC RELATIONS & SOCIAL**  
**INVOLVMENT**

**20.10.2019:**Dr.Jayakrishnan Nambiar  
(Secretary IMA Thalassery) attended  
the Annual Day Function of Sangeetha  
Gurukulam, Palloor.