



IMA TELlicherry NEWS LETTER – OCTOBER 2017

ORGANIZATIONAL ACTIVITIES

18.10.2017: 1st Executive Meeting

Executive committee was held at IMA hall on 18.10.17. President welcomed the gathering. 47 members attended the meeting.



20.10.2017: General Body Meeting

The *General Body Meeting* was held on 20.10.2017 at IMA Hall Thalassery at 8.00 pm. Dr. Pushparaj presided over the meeting. 54 members attended the meeting.



22.10.17: Managing Committee Meeting

Managing Committee meeting on 22.10.17 at Kadav Resort, Calicut. Dr. Pradeep Kumar K, Dr. Shaji, Dr. Pradeep Kumar, Dr. Dilnath Kallat, Dr. Babu Raveendran and Dr. Gopeenathan attended the meeting.

29.10.2017: SWC Meeting

State Working Committee meeting on 29.10.2017 at Periyar House, Aluva. Dr. Babu Ravindran, Dr. Srikumar Vasudevan, Dr. Ramesh, Dr. Gopeenathan, Dr. Shaji, Dr. Anoop Koshy, Dr. Rajeevan V K, Dr. Pradeep Kumar and Dr. Pushparaj attended the meeting.



ACADEMIC ACTIVITIES

CME Programme:

20.10.2017: IMA Thalassery conducted a CME on 20.10.2017 at IMA Hall Thalassery. CME on "**Obstructive Jaundice-Medical & Surical Aspects** " by Dr.Biju, MD DM(Gastro) and Dr.Shylesh Aikot, MS, DNB FMAD, MCH. The CME was followed by a lively interaction.Dr.Ramesan T Moderated the session. Dr. Pushparaj S R presided over the meeting. 54 members attended the meeting.



22.10.2017: CME in association with Comtrust Eye care Hospital.

CME Conducted by Comtrust Eye Care Hospital, Thalassery with IMA Thalassery, Ophthalmic Society of Kannur on 22.10.2017 Sunday at Central Avenue Kannur on Ophthalmic Diagnosis & Management. Inauguration by chief guest K S O S State General Dr.Thomas Cherian. Attended by 80

delegates. 2 Hours of CME credit was given.



Seminar

05.10.2017: As a part of MR vaccination campaign a Seminar was conducted at IMA hall panoor. Dr.Dilnath kallat Past IMA President Thalassery took the class. All doubts and queries regarding MR vaccination were well cleared. Dr.Moidu P IMA President Panoor presided the function.



10.10.2017: IMA Thalassery in association with Mayyazhi Rotary club and Health Dept Mahe conducted a Seminar at Mahe Civil Station on 10.10.2017 4.00pm. The programme was inaugurated by the Principal Govt Ayurveda College Mahe. Dr.Sajeev kumar P

B (Psychiatry) conducted a talk on "Mental Stress at Work place" Dr.Pushparaj, Dr.sakkariya P P, Mr.Yoosuf,MayyaMayyazhi Rotary were felicitated the function.



Vasudevan (ENT) Dr.Pradeep Kumar (Surgeon) Dr.Anoop Koshy Mathew (Ortho)Dr.Pushparaj (Anaesthesiologist), Dr.Ramesh Babu (Urologist), Dr.Thufail (Gynaecologist) , Dr.Aravind Nambiar (General Medicine), Dr.Johnny Sebastian, Dr.Sakkariya and Dr.Sithara were actively participated in the camp.

Follow up camps were also planned.



SOCIAL ACTIVITIES

Medical Checkups & Camps

01.10.2017: IMA Thalassery in association with General Hospital blood bank a blood donation camp at Kadirur. Dr.Remya, Medical Officer co-ordinated the camp.



01.10.2017: IMA Thalassery conducted a medical camp at Samaritan Home. About 50 inmates were examined by doctors from various specialities. Dr.Srikumar

Health Education

01.10.2017: Blood donation day observation we conducted a blood donation awareness class for staff and public at General Hospital, Thalassery. Class taken by Dr.T Ramesan, Professor,Dept of medicine, Anjarakandy.



05.10.2017: Drug Abuse Awareness Class

As a part of IMA School health Programme a Drug Abuse Awareness Class was conducted at St.Josephs Higher Secondary School,Thalassery, Dr.Sakkariya P P took the class on the occasion. After the class a short film regarding drug abuse was shown to the students.



07.10.2017:: Health Education Class

Health Education class was conducted to the girls of Koduvally Higher Secondary School by Dr.Mini Balakrishnan (President FOGSI Kannur) Dr.Sakkariya P P and Dr.Sandhya B Raveendran were attended the function. It was a well interactive class. The class was well appreciated by the students.



13.10.2017 : Health Awareness Class

As part of School Health Programme IMA Thalassery conducted an Health awareness class at Rajiv Gandhi Memorial Higher secondary School, Mokeri Panoor.The class was taken by Dr. Sakkariya.P.P, Secretary IMA Thalassery.



13.10.2017: Breast cancer awareness class

at Sacred Hearts Girls High School by Dr.Joneetha, Department of Radiation Oncology, Malabar Cancer Centre in connenction with Breast cancer awareness month. The class emphasized the need for self breast

examination (SBE).
Dr.Sithara,Secretary WIMA
conducted the programme. It was a
highly interactive class attended by
Higher Secondary students and
teachers.



Pamphlets on SBE were also
distributed.

24.10.2017: MR Vaccination
awareness class by Dr.Dilnath
Kallat at Chinmaya Vidyalaya
Kannur. The class was well
appreciated by the principal and
teachers.



24.10.2017: Class on Health and Menstrual Hygiene in adolescent girls
by Dr.Sajna Dilshad, Gynaecologist, Indira Gandhi Hospital, Thalassery at Sacred Heart Girls High School. Attended by higher secondary students. Dr.Sandya B Raveendran, Chair person WIMA conducted the programme. The class was well appreciated by the Principal and teachers.



25.10.2017: MR Vaccination
awareness class by Dr.Dilnath
Kallat at Koduvally High School.
The class was well appreciated by
the principal and teachers.



26.10.2017: MR Vaccination awareness class by Dr.Dilnath Kallat at Kendriya Vidyalaya,Thalassery. The class was well appreciated by the principal and teachers.



OBSERVATION OF IMPORTANT DAYS

01.10.2017: **Blood Donation Day**

- IMA Thlassery in association with BREXA and Govt Hospital Thalassery observed Blood Donation Day at General Hospital Thalassery. The programme was presided by IMA President Dr.Pushparaj. The camp was inaugurated by Dr.Babu Raveendran. Dr.Rajeevan V K, Deputy Supdt General Hospital, Thalassery, Prof. Major Govindan, Brexa Co-ordinator were delivered felicitation. Dr. Sakkariya P P IMA Secretary given vote of

thanks. IMA Members, Staff from General Hospital Thalassery and Brexa members were participated. As part of these programme 48 units of blood were collected. IMA President and Secretary donated blood on the occasion.



- As part of blood donation day observation we conducted a blood donation awareness class for staff and public at General Hospital, Thalassery. Class taken by Dr.T Ramesan, Professor, Dept of medicine, Anjarakandy.



- IMA Thalassery in association with General Hospital blood bank a blood donation camp at Kadirur. Dr.Remya, Medical Officer co-ordinated the camp.



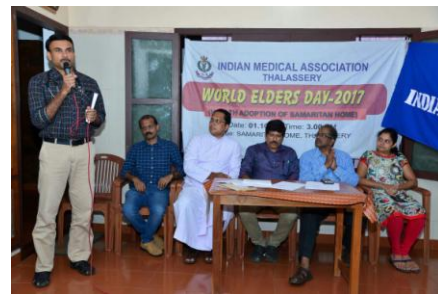
01.10.2017: Elders Day

As a part of Elders Day observation IMA Thalassery adopted Samaritan Home at Thalassery. Health Adoption programme was precided by Dr.Pushparaj S R President IMA Thalassery. The programme was inaugurated by **Very Rev.Fr.Shaji Thekkemuriyil** by giving "First AID Kit" to Sr.Deena Administrator,Samaritan Home. Key note address given by Dr.Srikumar

Vasudevan, Past IMA State President, Dr.Pradeep Kumar ,IMAGE North Zone Secretary, Dr.Johnny Sebastian Treasurer IMA Thalassery, Dr.Sithara Aravind WIMA Secretary and Prof.Major Govindan Brexa Thalassery, Sr.Deena Administrator,Samaritan Home gave felicitation. Staffs from Samaritan Home, doctors and members of other social organization were attended the function. Vote of thanks given by Dr.Sakkariya P P, Secretary IMA Thalassery.

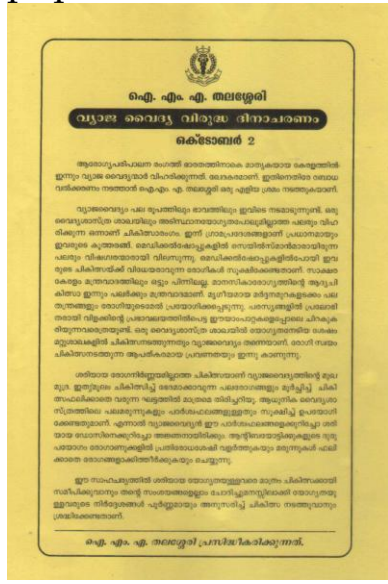
As a part of this programme we conducted a medical camp at Samaritan Home. About 50 inmates were examined by doctors from various specialities. Dr.Srikumar Vasudevan (ENT) Dr.Pradeep Kumar (Surgeon) Dr.Anoop Koshy Mathew (Ortho) Dr.Pushparaj (Anaesthesiologist), Dr.Ramesh Babu (Urologist), Dr.Thufail (Gynaecologist) , Dr.Aravind Nambiar (General Medicine), Dr.Johnny Sebastian, Dr.Sakkariya and Dr.Sithara were actively participated in the camp.

Follow up camps were also planned.



02.10.2016: IMA Anti Quackery Day

- Antiquackery day pamphlets were distributed in all hospital in Thalassery, Railway Station, and Bus Stand and through all news papers.



- An article on Anti Quackery written by Dr.Shyam Mohan (IMA Cultural Secretary) got published in Nammude Arogyam (October)

ordinated by Dr.Sakkariya, IMA Secretary, PROF.Major Govindan (BREXA), Mr.Sreedharan (Mukthi Chairperson) whole waste including plastic were collected and destroyed. Food was served to the members.



10.10.2017: World Mental Health Day

- In association with Kannur Psychiatry Guild IMA Thalassery conducted an awareness Seminar at IMA Hall, Kannur. Class taken by Dr.Vinayak M, Assist. Prof. Dept Psychiatry, Anjarakandy Medical College. The class was attended by Pain and Palliative members and General Public.



02.10.2017: Gandhi Jayanthi

On the day of Gandhi Jayanthi IMA Thalassery in association with BREXA conductd a Cleaning Programme at Muzhapilangad Beach. The function was co-

- As a part of World Mental Health Day observation IMA Thalassery in association with Anjarakandy Medical College conducted a poster competition on the theme Mental Stress at Work Place at Anjarakandy Medical College. All medical and Paramedical Staffs were attended the function best 3 posters were selected and prizes distributed by college principal.



- IMA Thalassery in association with Mayyazhi Rotary club and Health Dept Mahe conducted a Seminar at Mahe Civil Station on 10.10.2017 4.00pm. The programme was inaugurated Principal Govt Ayurveda College Mahe. Dr.Sajeev kumar P B (Psychiatry) conducted a talk on "Mental Stress at Work place" Dr.Pushparaj,

Dr.sakkariya P P, Mr.Yoosuf,Mayyazhi Rotary were felicitated the function.



12.10.17: WORLD PAIN AND PALLIATIVE DAY

- IMA Thalassery in association with IMA Pain and Palliative care society and Comtrust Eye Care Hospital conducted a Speciality Camp (Ophthalmology & Dermatology) at Samaritan Home on 12.10.17 Afternoon. Dr.Pushparaj, Dr.Simi Manoj, Dr.Sandya, Dr.Sakkariya and Dr.Johnny Sebastian, attended the camp. Dr.Simi Manojkumar conducted Ophthalmology Camp. Eye Check up and Screening test for cataract were done. Free cataract surgeries and Spectacles at reduced prize were planned to for the needies. Dr.Sandhya conducted dermatology checkup. All medicines were given at free of cost. 40

members of the Samaritan Home were examined.



- IMA Pain and Palliative clinic donated Wheel chair and commode to patients in connection with World Pain and Palliative Day. Dr.Ramesan and Dr.Pushparaj participated in the programme at Pain clinic GH Thalassery.



- As a part of World Pain and Palliative Day IMA Thalassery donated Dressing Material to Sr.Deena, Administrator, Samaritan Home, Thalassery.



Breast Cancer Awareness Month Programme

13.10.2017: Breast cancer awareness class at Sacred Hearts Girls High School by Dr.Joneetha, Department of Radiation Oncology, Malabar Cancer Centre in connection with Breast cancer awareness month. The class emphasized the need for self breast examination (SBE). Dr.Sithara, Secretary WIMA conducted the programme. It was a highly interactive class attended by Higher Secondary students and teachers.

Pamphlets on SBE were also distributed.



25.10.2017: WIMA, Thalassery in association with Malabar Cancer Centre, conducted a **breast cancer awareness campaign at Down town mall, Thalassery.**



The programme started at 6.30 pm with a **flashmob** by students at MCC. This was followed by **distribution of breast cancer awareness pamphlets** and pink balloons by WIMA members to the ladies who visited the mall. The programme was well appreciated by the public and the media.



28.10.2017: Breast Cancer Awareness class at Sanjos Metropolitan School, Thalassery by Dr. Geetha, Department of Radiation Oncology, Malabar Cancer Centre in connection with Breast Cancer Awareness month.

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Dr. Sithara, Secretary WIMA conducted the programme. It was a highly informative class attended by Higher Secondary students and teachers. **Pamphlets on SBE** were also distributed.



29.10.2017: World Stroke Day

- IMA Thalassery in Association with Chettamcon Resident Association observed a World Stroke Day at Josgiri Convent Thalassery. Dr. Sakkariya P P Presided the function. A Class was taken about Stroke by Dr. Rajeev Nambiar, Consultant Neuro Surgeon, Thalassery Co-operative Hospital.



- Stroke Day Awareness class at CHC Pinarayi. Dr. Johnny Sebastian took the class.

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.

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Mutual Benefit Scheme

A scheme for members conducted every year, through which members as well as 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

03.10.2017: Press Meeting

As a part of MR Vaccine Campaign IMA Thalassery with Health Dept Kannur, IAP Thalassery jointly conducted a press conference at Press Forum Thalassery. Dr.Jyothi, District RCH Officer Kannur, Dr.Pushparaj S R IMA President, Dr.Sakkariya, IMA Secretary, Dr.Santosh M K (NNF State President), Dr.Johnny Sebastian IAP State Treasurer were attended the meeting. All the queries regarding MR Vaccine were cleared and doctors stressed the importance of media support to the success of this vaccine programme.



PUBLIC RELATIONS & SOCIAL INVOLVMENT

11.10.2017: Kuthuparamba IMA installation was attended by the Dr.Pushparaj,Dr.Sanjeev Kumar,Dr.Anoop Koshy and Dr.Rethika

04.10.2017 : Installation of new office bearers for the year 2017-18 attended by all members in press and media in Thalassery area.



Association with other organizations:

01.10.2015: Voluntary Blood Donation Day observed at IMA Thalassery, in association with BREXA and General Hospital Thalassery.

10.10.2015: World Pain and Palliative Day programme in association with Comtrust Eye Care Hospital & Thalassery IMA Pain and Palliative clinic was conducted at Samaritan Home, Thalassery.