



IMA TELlicherry NEWS LETTER – OCTOBER 2016

ORGANIZATIONAL ACTIVITIES

19.10.2016: Executive Meeting
Executive committee was held at IMA hall on 19.10.2016. President welcomed the gathering. 44 members attended the meeting.



26.10.2016: General Body Meeting

The *General Body Meeting* was held on 26.10.2016 at IMA Hall Thalassery at 8.00 pm. Dr. Sanjeev Kumar M presided over the meeting. 42 members attended the meeting.



ACADEMIC ACTIVITIES

CME Programme:

16.10.2016: CME in association with Comtrust Eye care Hospital.

CME Conducted by Comtrust Eye Care Hospital, Thalassery with IMA Thalassery, Ophthalmic Society of Kannur on 16.10.2016 Sunday at Central Avenue Kannur on Pediatrival Ophthalmology. Inauguration by chief guest Sri. Adv.A N Shamseer, MLA Thalassery. Attended by 117 delegates. 4 Hours of CME credit was given.



26.10.2016: IMA Thalassery conducted a CME on 26.10.2016 at IMA Hall Thalassery. CME on "*Basics in the Management of Pancreatitis*" by Dr.Shylesh Aikot, Chief of Gastrointestinal Surgery, Baby Memorial Hospital, Calicut. The CME was followed by a lively

interaction. The meeting was attended by 42 members.



SEMINAR

30.10.2016: Seminar on Waste Mangement

Two eminent speaker in the field conducted a workshop on Topics:

- a) "Domestic waste management" by Sri.E Mohanan, Dist Asst.Co-ordinator, Shuchitwa Mission Kannur.
- b) "E -Waste Management" by Mr.G Pramod, Project Mnager, Clean Kerala Company Ltd, Govt of Kerala.

IMA & Clean kerala company agreed to help each other in disposing E-Waste from IMA Thalassery members.

- Distributed eco-friendly cloth carry bags to IMA Members and pledged to use NO PLASTIC bag for daily use.



SOCIAL ACTIVITIES

Medical Checkups & Camps

21.10.2016: Health check up camp

A Health check up camp conducted by Wima at Chettamcoon LP School. Doctors from different specialities examined the students. Almost students attended the camp along with parents. Dr.Siddeek and Dr.Sakkaria pediaticians screened the students and consulted specialists for concerned problems. ENT Specialist Dr.Sheela, ophthalmologist Dr.Thahira, Dentist Dr.Abusamath, Psychologist examined the students.



30.10.2016:Thyroid Test Camp
 IMA Thalassery conducted a *Thyroid Test Camp* at Sporting Youth Library Hall, Keezhanthi Mukku,Thalassery Dr.Prashanth M examined the patients. The medical camp was attended by 40 Patients. Thyroid estimation did during the camp.

23.10.2016:Medical Camp

IMA Thalassery and Souhrdavedi Punnol conducted a *Medical Camp* at Punnol L P School. Dr.Madhusoodanan T examined the patients. The medical camp was attended by 150 Patients. Free medicines were dispensed to the patients. A blood sugar & Thyroid estimation camp was held during the camp.



Health Education

24.10.2016: Breast Cancer Awareness Month

In co ordination with WIMA

- In Indra Gandhi co-operative Hospital took class to the audience they clarified their doubts with the doctor. As a theme of International Breast Cancer awareness month pamphlets attached with pink ribbon re distributed to the audience. Speaker stressed upon the importance of life style modification and early detection of breast lump by self examination.





- At General Hospital Thalassery Dr.Preeja took class to the audience along with pamphlet distribution.



- Dr.Shajeera Beegam taking class to the staffs of Josgiri Hospital in connection with the breast cancer awareness month

30.10.2016: IMA Thalassery conducted a *Awareness Class* at Sporting Youth Library Hall, Keezhanthi Mukku, Thalassery Dr.Prashanth M(DM, Endocrinology) took the awareness class.

- At GEM International pre school Mrs.Sonia distributed the pamphlets to the mothers. The programme well appreciated by the audience.



OBSERVATION OF IMPORTANT DAYS

01.10.2016: Elders Day

Two programs organized by IMA Thalassery in co-operation with Pinarayi Grama Panchayath and Kannur Dementia Care Society.

1. Kozhur UP School

Dr.Sajeev kumar(IMA Secretary & Psychiatrist) took awareness class to public on topic Demenia and Geriatric care.

2. RC Amala School, Pinarayi
Awareness class took by Dr.Akash on Dementia and geriatric care.



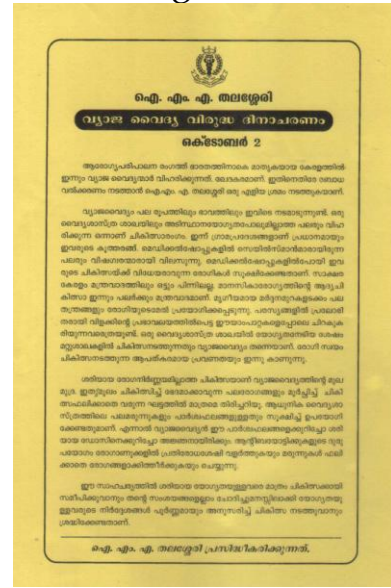
01.10.2016: Blood Donation Day

Voluntary blood donation day IMA Secretary Dr. Sajeev Kumar P B, donated blood at Govt. General Hospital blood bank.



02.10.2016: IMA Anti Quackery Day

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



10.10.2016: World Mental Health Day

Dr.Sajeev kumar P B , Secretary IMA Thalassery actively participated in programme organized by Indian Psychiatry Society, Kannur guild.

Dr.Sajeev kumar conducted a Specific Learning Disability Screening Camp. More than 100 students with their parents availed benefit of camp.

Dr.Sajeev kumar P B participated in World Mental Health Day 2016. As one of the panelists who talk on mental health day theme: "Mental Health First Aid for all".

Dr.Sajeev Kumar P B presented a topic on "Youth and Mental Health" Program organized by School of Behavioural Sciences, Kannur University.

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

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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 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

11.10.2016 : Installation of new office bearers for the year 2016-17 attended by all members in press and media in Thalassery area.

PUBLIC RELATIONS & SOCIAL INVOLVMENT

18.10.2016: Dr.Rethika Srikumar & Dr.Pushparaj S R attended a meeting at Thalassery Municipal Office to have a discussion on Arogyamythri.