



INDIAN MEDICAL ASSOCIATION, TELlichERRY

Monthly Report of Activities for the month of AUGUST 2023

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MEMBERSHIP

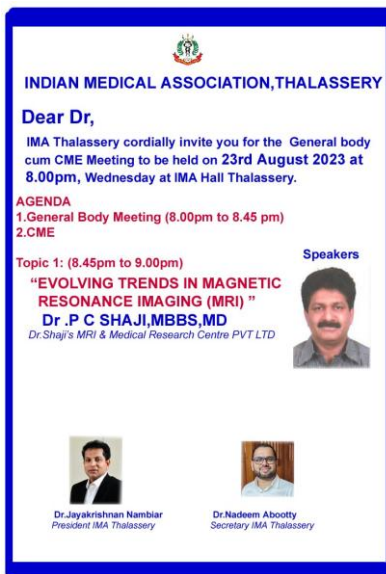
SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS		584
JDN(Less than 40)		128
SSS I		319
SSS II		279
SSS III		237
PPS	1	327
CGP		36
AMS	-	133
PEPS		10
KHS	-	356
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		400

3. ACADEMIC ACTIVITIES

a) **BRANCH LEVEL**

23.08.2023: CME

IMA Thalassery conducted a CME on 23.08.2023 at IMA Hall Thalassery. CME on “Evolving Trends in Magnetic Resonance Imaging(MRI) “by Dr.P C Shaji, MBBS,MD, (Dr.Shaji’s MRI & Medical Research Centre, PVT LTD). The CME was followed by a lively interaction. Dr.Jayakrishnan Nambiar (President IMA Thalassery) presided over the meeting. 39 members attended the meeting.



b) **SUB FACULTY OF AMS**

24.08.2023: IMA Thalassery & AMS Thalassery conducted a CME on “SYSTEMIC TREATMENT FOR CANCER;BEYOND CHEMOTHERAPY” by Dr.Praveen Kumar Shenoy, Associate Professor, Department of Clinical Hematology and Medical Oncology.The CME was followed by a lively interaction. Dr. Jayakrishnan Nambiar presided over the meeting. 30 members attended the Zoom platform. Vote of thanks by Dr.Nadeem Abooty (Secretary IMA Thalassery).



4. ORGANIZATIONAL ACTIVITIES

1) GENERAL BODY MEETING

23.8.2023 : General Body Meeting was held at IMA Hall Thalassery .Dr.C K Jayakrishnan Nambiar (President IMA Thalassery) welcomed the gathering. 39 members attended the meeting. Vote of thanks proposed by Dr.Nadeem Abootty (Secretary IMA Thalassery).



2) EXECUTIVE COMMITTEE MEETING

09.08.2023:Executive Meeting

Executive Committee Meeting on 09.08.2023 at IMA Hall Thalassery. Dr.Jayakrishnan Nambiar (President IMA Thalassery) welcomed the gathering. 27 members attended the meeting. Vote of thanks was proposed by Dr.Nadeem Abootty (Secretary IMA Thalassery).



3. ATTENDANCE IN SWC MEETINGS

06.08.2023: SWC Meeting

Dr.Pradeep Kumar,Dr.Rajeev Nambiar and Dr.Nadeem Abootty attended 276thSWC Meeting at Alappuzha.



4. WOMEN DOCTORS WING ACTIVITIES

23.08.2023: WDW Meeting at IMA Hall Thalassery. Agenda State WIMA Fest. Meeting was attended by about 20 members.



WDW members donated the Water Purifier to Thiruvangad Girls Higher Secondary School, Thalassery.



5. SOCIAL ACTIVITIES

1.FIRST AID CLASSES & ELS TRAINING

14.08.2023: IMA Thalassery conducted First AID class for NSS Students at Muzhappilangad HSS. Class was taken by Dr. Sreeja Viswan. Attended by about 70 students.



2.HEALTH EDUCATION CLASSES

21.08.2023: Class on reproductive health for commerce students Plus One on 21st August at Chirakkara Higher Secondary School.



22.08.2023: Class on adolescent health & menstrual cup at higher secondary school Chirakkara Plus One Science Students.



3.MEDICAL CAMP

24.08.2023: Free Fibro scan organized by Thalassery IMA at Co-operative Hospital, Thalassery.60 patients got the free service. Dr.Sandeep Narayanan, Consultant Gastroenterologist examined the patients.

സൗജന്യ കരൾരോഗ നിർണ്ണയ ക്യാമ്പ്

നോൺ ആൾക്കോഹിക് ഫാറ്റ് ലിവർ ഡിസീസും മറ്റ് കരൾരോഗങ്ങളും നിർണ്ണയിക്കുന്നതിനായുള്ള

തലശ്ശേരി കോ-ഓപ്പറേറ്റീവ് ഹോസ്പിറ്റലിലെ പ്രബന്ധ ഗ്യാസ്ട്രോ എന്ററോളജിസ്റ്റ് ഡോ. സന്ദീപ് നാരായണൻ നേതൃത്വത്തിൽ നടത്തപ്പെടുന്നു.

24 ആഗസ്റ്റ് 2023 | വ്യാഴം
രാവിലെ 9 മുതൽ ഉച്ചയ്ക്ക് 12 വരെ

24x7 ഹെൽപ്പ് ലൈൻ
വീട്നിന്നുവെച്ചു
സൗകര്യമുള്ള
സേവനം ലഭിക്കാൻ

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3. INVOLVEMENT IN NATIONAL HEALTH PROGRAMMES

All National Health days were observed .

World Breast Feeding Week, Independence Day, Thiruvonam, National Sports day

6.NAMMUDE AROGYAM SUBSCRIPTION

Thalassery IMA has been the subscriber for Nammude Arogyam. 400 copies being ordered this month. These copies are being distributed through various private hospitals in Thalassery.

6.OBSERVATION OF IMPORTANT DAYS

01.08.2023: **World Breast Feeding Week**

Breast Feeding Week inauguration at General Hospital Thalassery. Organised by senior IMA leader Dr.Jayagopal P P (Consultant Pediatrician ,General Hospital, Thalassery).



01.08.2023: Breast feeding Awareness class At Andaloor Health and Wellness Centre by Dr Dhanya MK.



01.08.2023: Breast feeding Awareness class At BKJM Nursing College, Thalassery. Class was taken by Dr Dhanya MK



01.08.2023:ORS Week Celebration at CHC Pinarayi. Class was taken by Dr.Maya Jithin.



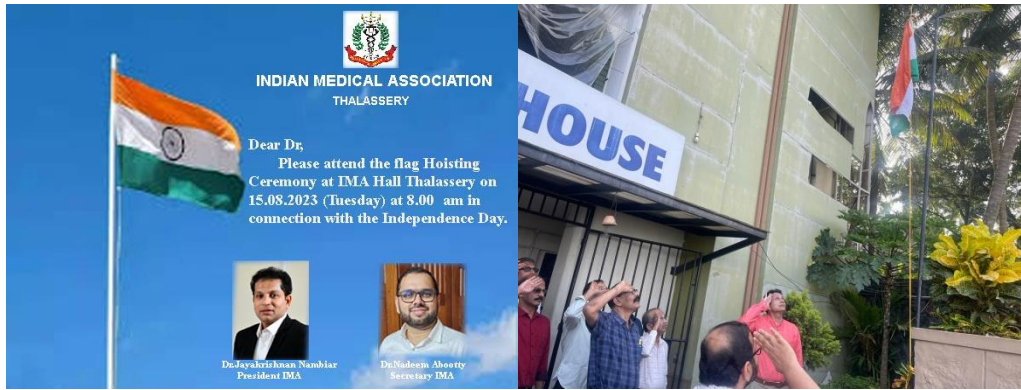
01.08.2023: **World Lung Cancer Day**

Dr.Aiswarya A P ,Consultant Pulmonologist, Thalassery Mission Hospital gave an awareness class on Kannur News Channel regarding –Lung Cancer.



15.08.2023: Independence Day

Dr. Jayakrishnan Nambiar IMA President hoisted the national flag at the IMA House. 18 members attended the flag hoisting ceremony. Independence day message was given by senior IMA leader Dr Mohan Babu.



15.08.2023: Dr. Jayakrishnan Nambiar was the chief guest for the Independence Day Celebration programme at St. Joseph's High School.



25.08.2023: National Eye Donation Fortnight

As a part of Eye Donation Fortnight, IMA Thalassery conducted a CME on 25.08.2023 at IMA Hall Thalassery. CME on topic "Eye Donation" by Dr. Sreeni Edakhlon, Medical Director and Eye Surgeon, Comtrust Eye Hospital, Thalassery. The CME was followed by a lively interaction. Dr. Jayakrishnan Nambiar (President IMA Thalassery) presided over the meeting. 39 members attended the meeting.



29.08.2023:**Thiruvonam**

IMA in association with Chettamcoon Residents Association and other various social organizations conducted Onam Celebration at Bright School. Dr.Jayakrishnan Nambiar(President IMA Thalassery) presided the function. Sri.Sandip Kumar, IAS(Sub Collector, Thalassery) was the chief guest. Smt.Jamuna Rani (Municipal Chairperson) was the guest of Honour. Dr.Arun Kumar and other various doctors attended the function. There was a grant Onam Sadhya followed by cultural programmes. There was various drawing competitions for the children.



Onam celebrations WDW



29.08.2023: National Sports Day

As part of National Sports Day , IMA Thalassery conducted various sports competitions for doctors and Nursing staffs . Program was lead by Dr Jayakrishnan Nambiar, Dr Rajeev Nambiar and Dr vinayak. Good number of IMA members and nursing staffs actively participated and made the program colourful.



7.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.

ACTIVITY REPORT OF IMA PAIN & PALLIATIVE CARE SOCIETY, THALASSERY

Pain and Palliative Reports

- 1.NUMBER OF NURSES HOME CARE CONDUCTED.... 8 (ON ALL WEDNESDAY AND SATURDAY)**
- 2..NUMBER OF VOUNTEERS HOME CARE CONDUCTED... 8**
- 3..NUMBER OF VOUNTEERS HOME CATE PATIENTS.. 28**
- 4..NUMBER OF NURSES HOME CARE PATIENTS. 28**
- 5..NUMBER OF OUT PATIENTS (OP) CONDUCTED... 5(ON ALL WEDNESDAY)**
- 6.. NUMBER OF PATIENTS ATTENDED... 90**
- 7..NUMBER OF WOUND CARE PATIENTS... 5**
- 8..NUMBER OF CATHEETER CARE PATIENTS.. 9**

9.NUMBER OF DEATH CASE... 5

10..NUMBER OF MORBINE PATIENTS.. 23

11..NUMBER OF VOUNTEERS PARTICIPATED IN THE HOME CARE VISITED...5

12..NUMBER OF NEW CASE... 17

1st August 31 st 2023

TIDA PROJECT

Update on TIDA's Healers Haven Project.

IMA Thalassery's pride project is going well as planned. Currently 14th floor construction is going on out of 18 storey building. TIDA's phase 2 is in pipeline, it's mandatory government approval's process are being done. Almost 100 apartments is sold out.

DON'T DO DRUGS

Year Long Mission of IMA Tellicherry

One of the most terrifying menaces faced by the present world is drug abuse. Drug abuse refers to reckless usage of psychoactive drugs as recreational substances, consumed for pleasure. There are various mediums through which Drugs are consumed, like smoking, oral ingestion, inhalation, injection, etc.

All these drugs have tremendous side effects, which can later give rise to several diseases. Drug abuse affects one's stability of mind, inflicting mood swings and later psychological and physical addiction, leading to physical, emotional, job-related and other social problems. The statistics of drug abuse is frightening everywhere. Each year, drug abuse is directly and indirectly responsible for 11.8 million deaths all over the world. The number of drug

related maladies is much more than this. Thus drug abuse can turn out to be a very scary affliction for the entire humankind.

In our state, the available data is alarming. Drug abuse among youngsters and even school children are being reported with a day by day increase. Government has come up with strict rules and regulations against drug abuse and distribution, which are being over thrown in many instances. Hence it becomes everyone's duty as responsible citizens, not to misuse the drugs and to involve in anti-drug campaigns.

As an association vouched to the comprehensive well being of the society, IMA Thalassery has decided to conduct a Year Long Mission to fight against drug abuse, with a catch line 'DON'T DO DRUGS'.

The general plan is to spread awareness by conducting classes, audiovisual demonstrations and advice sessions all over our territory by experts from medical field and others like educationists, sports persons, excise & police officials, lawyers, screen celebrities and opinion makers.

Moreover, IMA plans to involve in preventive and treatment aspects of the problem also. Such programs will address not only the drug abuse behavior itself, but also the relevant cultural, ethnic, regional, environmental and bio – psycho-social aspects of various population segments.

By embracing such an ambitious program, IMA Tellicherry expects to gradually bring about a drug free society around us. While envisaging this dream project, IMA expects honest support and truthful cooperation of responsible citizens from all sections of the society.

Please be with us in this noble pursuit...

Programs will be reported as and when they are conducted.

01.08.2023:As a part of the 'Don't Do Drugs' campaign, IMA Thalassery conducted Awareness programme at Chinmaya Vidhyalaya Kannur. Dr. Jayakrishnan Nambiar (President IMA Thalassery) inaugurated the programme. Dr.Jayakrishnan Nambiar and Dr.Sajeev Kumar (Consultant Psychiatrist) took awareness classes on Drug Abuse. 300 students attended the programme..



08.08.2023:As a part of the ‘Don't Do Drugs’ campaign, IMA Thalassery conducted Awareness programme at Mubarak Higher Secondary School, Thalassery. Principal Sri.Mohammed Sajid welcomed the gathering.

Dr. Jayakrishnan Nambiar (President IMA Thalassery), Dr.Nadeem Abootty(Secretary IMA Thalassery)&Dr.Sajeev Kumar(Consultant Psychiatrist) took awareness classes on Drug Abuse. 600 students attended the programme.



MISSION PINK HEALTH

All the Mission Pink Health activities are going on and has been reported to the Mission Pink Health Chairperson.

Mutual Benefit Scheme

A scheme for members conducted every year, through which members as well as the association is benefited. 23 members of our branch have joined.

PUBLIC FUNCTIONS & SOCIAL INVOLVEMENT

25.08.2023: Dr.V K Rajeevan was the chief guest in the Onam Souhruda Sadas held at MES Bava Residential School, Thalassery on 25.08.2023. Dr Nadeem Abootty secretary IMA Thalassery also attended the program



Dr. Mini Balakrishnan was the Chief Guest of 9th Anniversary Celebration of Sweet Charitable Trust

SWEET CHARITABLE TRUST
Regd. No. 29 (IV)

9th Anniversary Celebration
On 19th August 2023 - 3-6pm

Chief Guest: Dr. Mini Balakrishnan (KOB Adolescent C.P.)

Inauguration by: Smt. O. Preetha (Municipal Vice Chairperson)

Guest of Honor: Dr. Harsha Gangadharan (Malabar Cancer Care Society)

President: Dr. Suchitra Sudhir

Secretary: Smt. Sheena Rajeev

Treasurer: Smt. Thankam Nambiar

LUCKY DIP DRAW MANY PRIZES TO BE WON

- * Honoring of outstanding lady for service to women
- * Scholarships for deserving girl students
- * Food cards for elderly women
- * Entertainment and tea snacks
- * Onam kits distribution

All are Welcome!



PAPER CUTTING

ചേറ്റംകുന്ന് റസിഡന്റ്സ് അസോസിയേഷൻ വാർഷിക ജനറൽബോഡി



☛ ചേറ്റംകുന്ന് റസിഡന്റ്സ് അസോസിയേഷൻ കൂടുംബസംഗമം സബ്കളക്ടർ സന്ദീപ്കുമാർ ഉദ്ഘാടനം ചെയ്യുന്നു

തലശ്ശേരി▶ ചേറ്റംകുന്ന് റസിഡന്റ്സ് അസോസിയേഷൻ വാർഷിക ജനറൽബോഡിയും കൂടുംബസംഗമവും തലശ്ശേരി സബ് കളക്ടർ സന്ദീപ്കുമാർ ഉദ്ഘാടനം ചെയ്തു. പി.വി.സദാനന്ദൻ അധ്യക്ഷത വഹിച്ചു. തലശ്ശേരി നഗരസഭാധ്യക്ഷ കെ.എം. ജമുനാറാണി, ഡോ. ജയകൃഷ്ണൻ നമ്പ്യാർ, ഡോ. അരുൺകുമാർ, കെ.പി.ജംഷീർ മഹമൂദ്, രമേഷ് പൃഴിയിൽ, താഹിറ റാസിഖ് എന്നിവർ സംസാരിച്ചു. ഭാരവാഹികൾ: ജംഷീർ മഹമൂദ് (പ്രസി.), രമേഷ് പൃഴിയിൽ (സെക്ര.).



