



IMA TELLICHERRY  
NEWS LETTER – AUGUST 2021

**ORGANIZATIONAL  
ACTIVITIES**

**01.08.2021: Building Committee Meeting**

Building committee meeting conducted at Zoom Platform. 15 members attended the meeting.

**03.08.21: Building Committee Meeting**

Building committee meeting conducted at Zoom Platform. 15 members attended the meeting.

**09.08.2021: Building Committee Meeting**

Building committee meeting conducted at Zoom Platform. 15 members attended the meeting.

**11.08.2021; General Body Meeting**

Zoom Meeting on 11.08.2021.

President welcomed the gathering.

A reception to Dr. Surendra Babu V P, North Zone Vice President Elect IMA KSB was given .

IMA Dream Project presentation of detailed master plan, design , concept and typical floor plan with cost of individual super luxurious sky villas was done.

40 members attended the Zoom meeting. Vote of thanks was proposed by Dr. Jayakrishnan Nambiar.



**29.08.2021; Building Committee Meeting**

Building committee meeting conducted at Zoom Platform. 15 members attended the meeting.

**30.08.2021; General Body Meeting**

Zoom Meeting on 11.08.2021. President welcomed the gathering. 45 members attended the Zoom meeting.

Vote of thanks was proposed by Dr.Jayakrishnan Nambiar.

**PANEL DISCUSSION**

08.08.2021; A Panel discussion on mix and truths of breast feeding for Jaycees was done by Dr.Mini Balakrishnan, Dr.Suchitra and Dr.Shyjus. It was inaugurated by our former health minister Mrs.Shylaja Teacher. Dr.Jayakrishnan Nambiar, Secretary IMA Thalassery proposed vote of thanks.

**SOCIAL ACTIVITIES**

**Awareness Class**

07.08.2021; An awareness session on Breast Feeding was given by Dr.Mini Balakrishnan, Dr.Sakariya and Dr.Maya in all India radio "Jalakam programme" regarding Breast Feeding .Dr.Jayakrishnan Nambiar co-ordinated the programme.

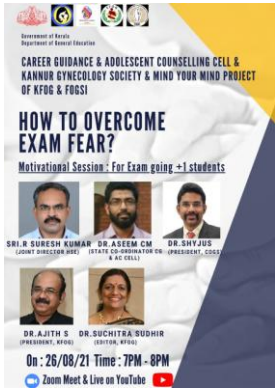
08.08.2021; An awareness class was conducted by Dr.Mini Balakrishnan on Women Health Issues for "Opparam Charitable society" Kolayad on 08.08.2021. Dr.Jayakrishnan

Nambiar(Secretary IMA) co-ordinated the programme.





08.08.2021; A Motivation class was taken by Dr.Shyjus and Dr.Suchitra Sudhir for plus two exam going students on state wide adolescent carrier guidance cell. It was attended by 10000 students.



Dr.Shyjus and Dr.Suchitra conducted a webinar on Mental Stress during covid  
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time for students of Nirmalagiri 9 K Bettalion.

**OBSERVATION OF IMPORTANT DAYS**

**Breast Feeding Week**

District Level inauguration of Breast Feeding week in association with IMA along with Panoor ICDS was conducted on Zoom meeting. Dr.Mini Balakrishnan gave a lecture on various problem associated with Breast feeding. Dr.Jayakrishnan Nambiar, Secretary IMA Thalassery proposed vote of thanks.



### 15.08.2021-Independence Day

Dr. Sajeev Kumar P B IMA President hoisted the national flag at the IMA House. 12 members attended the flag hoisting ceremony.



### 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. 900 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.