



IMA TELlicherry NEWS LETTER – NOVEMBER 2019

ORGANIZATIONAL ACTIVITIES

13.11.2019: Executive Meeting

Executive committee was held at IMA hall on 13.11.2019. President welcomed the gathering. 35 members attended the meeting.



27.11.2019: General Body Meeting

The **General Body Meeting** was held on 27.11.2019 at IMA Hall Thalassery at 8.00 pm. Dr. Sajeev Kumar P B presided over the meeting. 40 members attended the meeting.



ACADEMIC ACTIVITIES

27.11.2019: IMA Thalassery conducted a CME on “Management of Empyema & Approach to Non Resolving Pneumonia” by Dr. Harilal V Nambiar, Cardio Thoracic Surgeon, Baby Memorial Hospital, Calicut and Dr. Sabir M C, Consultant Interventional Pulmonologist, Baby Memorial Hospital, Calicut. Dr. Sajeev Kumar P B presided over the meeting. 40 members attended the meeting.



Training Programme

05.11.2019: Rota Virus Vaccine introduction training to medical officers and health workers at CHC Pinarayi on 05.11.2019. Class taken by Dr. Dhanya Chandran, Treasurer WIMA Thalassery.



association with Kannur Gynaecology Society conducted a Seminar on Safety Adolescent for Girls and Boys at Panoor Block Panchayath Hall. Seminar was inaugurated by Sri. N Anoop (Panoor Block Panchayath President). Class was taken by Dr. Mini Balakrishnan, Consultant Gynaecologist, Tellicherry Co-operative Hospital. 70 students attended the class.

24.11.2019: Basic Life Support Training at Tely Medical Centre, Thalassery.

IMA Thalassery conducted a BLS Training for Staff of Tely Medical Centre, Thalassery on 24.11.2019. Dr. Nadeem Abouty conducted the training session. Total 50 staff participated in the training programme.



21.11.2019: Malabar cancer centre as part of foundation day, organised a seminar & panel discussion on Ethics in Cancer .Dr. Satheesan Balasubramanian welcomed the gathering which had doctors, Nurses, BSc MRT & Nursing students, patients, care givers, Press, Members of Kannur cancer control consorsium, various cancer support groups of MCC.



Seminar & Panel Discussion

20.11.2019: Seminar on Safety Adolescent for Girls and Boys

IMA and WIMA Thalassery, I C D S Panoor, Panoor Block Panchayath and Love India Charitable Trust in

Three speakers from different areas spoke on the occasion.
 1. Dr. Srikumar Vasudevan- Ethics in cancer treatment- Current perceptions and Practices.
 2. Mr. Navas Methar- Medias perception.
 3. Adv. Sheela .V.T- The ethics of working with people with cancer.

Followed by panel discussion, moderated by Dr.Srikumar Vasudevan, Chairperson-Mr.Narayanan, President , Kannur cancer control consorsium, Co-Chairperson-Dr. M.S Biji

Panelists included Dr.Sajeev Kumar P B, IMA President ,Thalassery, Dr.Chandran .K.Nair,H.OD Clinical Haematology and medical oncology, Dr. Vijayan, PIK, Adv.Sheela .V.T, Mr. Ranjith, Press representative and Mrs. Sheela Suresh, Thejus , Breast support group President. It was an interactive session stressing the media to play an important role.



STATE, REGIONAL MEETING & FUNCTION

10.11.2019: IMA State Conference

20 members from IMA Thalassery attended IMA State Conference “Neelakurini 2019 held at Thodupuzha. IMA Thalassery bagged the following awards which were declared at the venue.

- Dr.Pareed Pillai Memorial Award for Second Best Branch of the State.

- Dr.N K Thomas Vaidyan Award for the best President.

- WIMA Award 2019 for the 2nd best WIMA Local Branch

- Women Doctors Wing IMA KSB 2019 Appreciation Award

- Chairpersons Special Appreciation Award presented to IMA Thalassery Branch Third Place for enrolling maximum percentage of members in the scheme Category III

- Chairman Appreciation Award presented to IMA Thalassery for enrolling 50 % of life members in IMA Thalassery Branch during 2018-19 IMA Year.

- State Presidents Appreciation Award 2018-19 presented to Dr.BabuRaveendran

- In Recognition of outstanding excellence honouring Thalassery Branch IMA for maximum enrollment in SSS I

- State Presidents Appreciation Award 2018-19 presented to Dr.Gopeenathan P

- State Presidents Appreciation Award 2018-19 presented to Dr.SurendraBabu V P

- Award of Appreciation presented to Dr.Shaji S Dist Representative KHS

- IMA CGP 2nd Best Sub faculty Award 2019

- In recognition of outstanding excellence honouring Kannur Dist IMA for maximum enrollment in SSSI 2018-19

- State Presidents Appreciation Award 2018-19 presented to Dr.Sasidharan K



SOCIAL ACTIVITIES

Medical Camp

09.11.2019: Medical Camp

IMA and WIMA Thalassery along with IAP Thalassery arranged a Medical Camp at Sanjos Metropolitan School, Thalassery as part of Children's Day Celebration. Dr. Saina Sunil Kumar, Dr. Jalaludheen B M, Dr. Jeevaraj V S, Dr. Sr. Deepa, Dr. Dhanya Chandran, Dr. Rejna Dilnath, Dr. Roja Shaji, Dr. Divya, Dr. Sreeja Viswan examined the students and gave necessary medications. Comtrust Eye Care Hospital Refractionists & Mahe Dental College Faculty & House Surgeons along with a nurse participated in the camp.

24.11.2019: Medical Camp for Women

IMA and WIMA Thalassery arranged a Medical Camp for Women at Kappummal, Thalassery. Dr. Mini Balakrishnan examined the patients.



Health Education

04.11.2019: Class on "Role of Gate keepers in suicide prevention"

IMA and IAP Thalassery members in association with Kannur Psychiatry Guild and DMHP Kannur visited Chembilode Higher Secondary School. 2 students committed suicide few days back. Discussed with Principal, Parents, Teachers, Panchayath President and other state

holders. We did a need assessment, according to their request planned series of capacity building interventions focusing on Suicide preventive measures.

Class on “Role of Gate keepers in suicide prevention” by Dr. Sajeev Kumar P B, President IMA Thalassery and Consultant Psychiatrist, Aster MIMS Kannur. Positive Parenting by Dr. Gaurav, DMHP Kannur Nodal Officer. Dr. Dhanya Chandran represented IAP Thalassery and met few students and supported them in this crisis situation. Will continue to visit the school and planned series of awareness classes focusing on Adolescents Mental Health.



11.11.2019: Class on adolescent health care

IMA and WIMA Thalassery conducted an awareness class on adolescent health care for Anganwadi teachers at Panoor Block Panchayath hall on 11.11.2019 by Dr. Dhanya Chandran, WIMA Treasurer.

13.11.2019: Adolescent Health Education Class

IMA and NSS Unit VHSS Kadirur jointly conducted an adolescent Health Education class for NSS students. Class was taken by Dr. Seethalakshmi. K. V, Consultant Gynecologist. 75 students and teachers attended the class.



15.11.2019: Awareness Class on Menstrual Hygiene

IMA and WIMA Thalassery jointly conducted an awareness class ON MENSTRUAL HYGIENE at Sacred Heart Higher Secondary School Thalassery. Awareness Class was taken by Dr. Bobby George, Consultant Gynaecologist. 150 students and teachers attended the class.



18.11.2019: Awareness class on Adolescence Mental Health focus on suicide prevention and drug abuse for parents and Teachers

IMA Thalassery in association with Thalassery Municipality, Kannur Psychiatry Guild and District Mental Health Programme responder in a timely manner. There was a surge in suicides in plus two students in district within few months around 8 students in four months. Sensitisation classes focusing on suicide prevention and adolescents mental health were given. To parents, teachers, school counselors, Medical Officers of FHCs, Sauhrudha Club in charge staffs and all the stake holders.

Educated around 2000 parents, 500 teachers of selected 10 schools in Thalassery Municipality.

Topic discussed were

1. Role of gate keepers in Suicide Prevention
2. Substance abuse and unhealthy use of mobile phones.
3. Positive parenting
4. Common mental disorders of adolescents etc were covered by experienced psychiatrists.

Dr. Sajeev Kumar President of both IMA Thalassery and Kannur Psychiatry Guild took a lead role in organizing the programs. Dr.Guarav, Dr.Muneer Psychiatrists from DMHP actively participated in the programs. We will make this an year long ongoing program to empower teachers and parents.

26.11.2019: IMA Thalassery conducted a Healthy teen – interactive session with

teenage girls and immunization session at NAM School, Peringathur by Dr. Dhanya Chandran (WIMA Treasurer)



OBSERVATION OF IMPORTANT DAYS

07.11.2019: National Cancer Awareness Day

As a part of National Cancer Awareness Day IMA and WIMA Thalassery conducted a Cancer Awareness class at Thokilangadi School, Kuthuparamba. The session was conducted by Dr. SuchitraSudhir. 200 students and teachers attended the class.



10.11.2019: World Immunization Day

IMA and WIMA Thalassery conducted an Awareness Class on Immunisation in relation to national immunization day conducted by Dr. Remya Dinesh at PHC Panniyannur Special mention given to introduction of Rota Virus Vaccine in Immunization schedule in Kerala.



14.11.2019: IMA Child Sexual Abuse Awareness Day

As a part of Child Sexual Abuse Awareness Day Programme IMA and WIMA Thalassery in association with Kannur Gynaecology Society held a class on “Adolescent Psychological Problems diet and never me” at Chinmaya Vidyalaya, Kannur. Class was taken by Dr. Mini Balakrishnan, Consultant Gynaecologist, Tellicherry Co-operative Hospital. 250 students attended the class. A pledge was taken by the students- I am proud to be a girl- “Never me”,



14.11.2019: World Diabetes Day

- IMA and WIMA Thalassery conducted a Cataract Detection Camp at Kanhileri LP School, Kuthuparamba. Dr. Vanaja Raghavan, senior consultant, Comtrust eye Hospital examined the patients. Medicines were distributed at free of cost. The camp was well appreciated. Ln. Dr. Suchitra Sudhir co-ordinated the programme.



- IMA and WIMA Thalassery conducted a Diabetes Awareness Class by Dr. Suchitra Sudhir at Kanhileri L P School, Kuthuparamba. Senior citizens

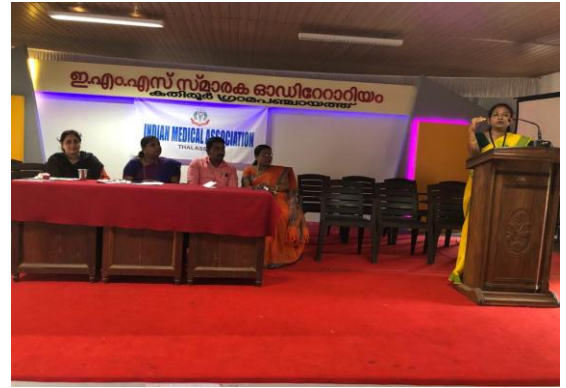
participated & clarified their doubts.



- As part of the World Diabetes Day IMA Thalassery and NSS Unit VHSS Kadirur jointly conducted an awareness class for NSS students about “Jeevithashyiroganghal” VHSS Kadirur. Class was taken by Dr. Sreeja Viswan, Medical Officer Kadirur PHC.



- As part of the World Diabetes Day IMA Thalassery and Kadirur GramaPanchayath jointly conducted an awareness class for public about “complications of Diabetes mellitus” at Kadirur Panchayath Hall. Class was taken by Dr. Sreeja Viswan, Medical Officer Kadirur PHC.



- As part of Diabetes Day Celebration IMA Thalassery in association with Elders Forum conducted an awareness class for elders on 13.11.2019 at IMA Hall Thalassery. BREXA Secretary Major Govindan welcomed the gathering. Dr. Jayakrishnan Nambiar, Secretary IMA Thalassery inaugurated the function. Diabetec Awareness Class was taken by Dr.Prashanth Mappa, Consultant Endocrinologist, Kannur. Class was attended by more than 50 members and was well appreciated. There was free blood tests too. Sri.Yusuf TK (Elders Forum President) proposed the vote of thanks, on the occasion.



- IMA Thalassery in association with Panoor Municipality conducted a Diabetes Awareness program for diabetes patients & family members. Welcomed the gathering by ward councilor Smt. Sajida Ahammed. Panoor Municipality Vice Chairperson Ramla Teacher inaugurated the program. Dr. Dhanya. M.K, WIMA Treasurer, Thalassery taken by an awareness class about diabetes complication, diet, exercises. Asha worker Sujatha delivered vote of thanks.



- Screening Camp conducted at Chokli Medical Centre for all labourers of Chokli town by Dr.Amruthakala and her team. Chokli Panchayath President Mr.Rajesh inaugurated the camp. Dr.Vasumathy, Consultant Gynaecologist was the chief guest.



- A Diabetes Awareness Pamphlet distributed in all hospitals , Railway Station and Bus stand.

15.11.2019: Childrens Day

- As part of the Children's Day IMA and IAP members visit to kodiyeji junior basic school and distributed crayons and painting materials to 122 students of the school. Well co-ordinated by Dr. Maya Jithin, Consultant Pediatrician.



- As part of Children's Day secondly IMA and IAP Thalassery at Kodiyeji Anganavadi by conducting painting competition there under the leadership of Dr. Maya Jithin.



15.11.2019: International Pathology Day

Kannur Medical College and, IMA Thalassery and WIMA Thalassery collaborated to commemorate the International Pathology day which falls in November by organizing a CME under the guidance of HOD Dr.Vidyadhar Rao and Co-ordinated by Assistant Professor Dr.BithunBalan, Department of Pathology and member of IMA Thalassery

Well known and Senior Pathologist of Kannur Dr.P Saleem was present to grace and inaugurate the CME. Principal in charge Dr.Gufran Ahmed, IMA representative Dr.Gopinathan P, Professor of Pathology, Dr.Ahamed Shafi and Associate Professor Dr.Sheethal spoke on the occasion.

There was a talk on Bone Marrow Pathology by Senior Consultant Pathologist Dr.Purushotham Basappa. He spoke on the importance of bone marrow examination, it's interpretation and usefulness in diagnostics. Dr.Suhail Saleem spoke on the topic digital pathology keeping up with the recent trends in pathology and what to expect in the era of personalized and molecular medicine.

CME gave the young doctors an opportunity to learn about the impact of Pathology in

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modern medicine. A total of 193 delighted attended the CME.



17.11.2019: Epilepsy Day

- IMA Thalassery conducted an Awareness Class on World Epilepsy Day at Co-operative Hospital, Thalassery. The function was inaugurated and co-ordinated by Dr.Jayakrishnan Nambiar (Secretary IMA Thalassery). The class was taken by Dr.Rajeev Nambiar (Consultant Neurologist, Tellicherry Co-operative Hospital, Thalassery). The class was well appreciated. Hand Book on Epilepsy was distributed during the function.



- IMA Thalassery conducted a Medical camp on World Epilepsy Day at Panoor Block Panchayat Office, Chambad. Camp was attended by 75 patients. Dr.Jayakrishnan Nambiar(Secretary IMA Thalassery) & Dr.Rajeev Nambiar attended the patients. Medicines were distributed at free of cost. The camp was well appreciated.

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 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.

Awards

14.11.2019: WIMA Members visited, Dr .Sahina, our member from FHC Kadiroor who got NQAS award, from Health Minister. It is a proud moment for us. We also congratulate the team with Dr.Sreeja Viswan and others of FHC Kadirur.



PUBLIC RELATIONS & SOCIAL
INVOLVMENT

Association with Other Organisations

15.11.2019: IAP Installation Ceremony

IAP Installation ceremony started with family get together at Gokulam Fort Thalassery. **Dr. Santosh.M.K, IAP State President was the Installing Officer.** He installed Dr. Jalaludeen.B.M as new branch President,

Dr. Dhanya M.K as new branch Secretary and Dr. Dilnath Kallat as new branch Treasurer. Welcome Speech was given by Dr. Vineetha Raghavan, Treasurer 2019. **Dr. SajeevKumar.P.B, IMA President Thalassery, Dr. Jayakrishnan Nambiar, Secretary IMA Thalassery** gave felicitation in the function.

14.11.2019: A Diabetes Awareness Pamphlet distributed in all hospitals , Railway Station and Bus stand.

25.11.2019: IMA Kuthuparamba in association with Kannur Medical College Union organized a reception to IMA State President at Campus. Dr.Lalith Sundaram IMA State Treasurer presided over the function. Principal Dr. Ramesan T, Dr.Gopeenathan P, **Dr.Sajeev Kumar P B (President IMA Thalassery)** felicitated the function.