



IMA TELlicherry NEWS LETTER – NOVEMBER 2016

ORGANIZATIONAL ACTIVITIES

02.11.2016: Executive Meeting

Executive committee was held at IMA hall on 02.11.2016. President welcomed the gathering. 40 members attended the meeting.



16.11.2016: NMC Strike by medical students and doctors 16.11.2016. President Dr. Sanjeev Kumar actively took lead in organizing the strike. Around 20 members from IMA Thalassery participated in the Satyagraha held at Collectorate, Kannur.



27.11.2016: Dr. Johny Sebastian (Treasurer IMA Thalassery) attended the **TOT Programme on IMA UNICEF** at Conference Hall, Govt General Hospital, Ernakulam.

23.11.2016: General Body Meeting

The *General Body Meeting* was held on 23.11.2016 at IMA Hall Thalassery at 8.00 pm. Dr. Sanjeev Kumar presided over the meeting. 30 members attended the meeting.



STATE, REGIONAL MEETING & FUNCTION

November 12th & 13th : IMA State conference

Members of Thalassery IMA attended IMA State Conference "Periyar medfest 2016" held at Aluva. 100 members registered for the state conference. IMA Thalassery bagged the following

awards which were declared at the venue.

IMA AMS 2nd Best Branch, IMA Merit Certificate Thalassery, IMA WIMA Merit Certificate, Chairman Appreciation award IMA AMS Thalassery, IMA Nammude Arogyam Award Appreciation Award, Presidents Appreciation award, Membership enrolment award 2nd place medium branches, IMA Womens wing appreciation award, Chairmans appreciation award IMA AMS Thalassery, Kerala Health Scheme-Best medium branch



ACADEMIC ACTIVITIES

CME Programme:

23.11.2016: IMA Thalassery conducted a CME on 23.11.2016 at IMA Hall Thalassery. CME on *"Oncocardiology, Less known face of Cancer "* by Dr.Rakesh Gopal, Senior Consultant Cardiologist, Aster MIMS,

Calicut. The CME was followed by a lively interaction. The meeting was attended by 30 members.



SEMINAR

07.11.2016: Seminar- In association with Cancer Awareness Day, Malabar cancer Centre organised a seminar on myths and realities about cancer 'Nerarivukal'. Around 200 members from various walks of life participated in the function held at IMA Hall, Thalassery. Dr Sanjeev Kumar, President, IMA Thalassery was a panelist in this interactive session.



13.11.16: As Thalassery WIMA has decided to do enhancement of Waste Management system of Thalassery municipality as a theme project of 2016-17, we conducted an interactive session with the Municipality Councilors and Kudumbasree workers at IMA Hall Thalassery. Dr.Rethika Srikumar WIMA President presided over the function. Municipality Vice Chairman Mrs.Najma Hashim Inaugurated the session. We have given cotton bags to all the workers. Dr.Radha V gifted the pack of bags to the vice chairman as inaugural ceremony.

Arogyastanding committee chairman Mr.Raghavan gave felicitation speech. Mr.Sureshkumar resource person Suchitwa Mission took class on Waste Management. Dr.Shajeera Beegam WIMA Secretary offered the vote of thanks.



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SOCIAL ACTIVITIES

Medical Checkups & Camps

04.11.2016: IMA Thalassery conducted a **Medical camp** at Special School Dharmadam. Dr. Prashanth.M, Endocrinologist, Delmon Poly Clinic, Thalassery examined the patients.



Health Education

14.11.2016: Diabetes Awareness Class at Indira Gandhi Hospital, Thalassery. Dr. Rajasekharan & Dr. Sanjeev Kumar took the class.



15.11.16: IMA Thalassery, Kerala Kaumudi and Janamythri police conducted the awareness class at Janamythri police station, Thalassery. Dr. Sajeev Kumar conducted the Awareness

class on “Substance Use Among Adolescents “ IMA secretary dictated anti-drug abuse oath to students at BEMP School Thalassery.



22.11.2016: Program as part of Child and Adolescent mental health awareness week Dr. Sajeev Kumar took awareness class on “Substance use among teens” at Dr. Gundert Foundation School, Thalassery.



National Diabetes Control Programmes

- **Medical Checkup:** FBS & Fasting Serum Cholesterol Checkup on World Diabetes day conducted at IMA House, Thalassery on 14.11.2016. Around 50 patients were examined.
- **Diabetes awareness class at IMA House, Thalassery** was conducted by IMA Thalassery on 14.11.2016. Dr. Rajasekharan T S co-ordinated the event.
- **Diabetes Awareness Class at Indira Gandhi Hospital, Thalassery.** Dr. Rajasekharan & Dr. Sanjeev Kumar took the class.

OBSERVATION OF IMPORTANT DAYS

07.11.2016: Seminar- In association with Cancer Awareness Day, Malabar cancer Centre organised a seminar on myths and realities about cancer 'Nerarivukal'. Around 200 members from various walks of life participated in the function held at IMA Hall, Thalassery. Dr Sanjeev Kumar, President, IMA Thalassery was a panelist in this interactive session.

12.11.2016: World teens day 2016 Observation

World teens day observed at Mubarak Higher Secondary School Thalassery in co-ordination with IAP Thalassery. IMA Secretary and IAP Secretary attended the function. Took awareness class on "Substance use among teens by Dr. Sajeevkumar, Psychiatrist. Around 150 students attended the class.



14.11.2016: Childrens day observation

Dr. Sajeev Kumar conducted awareness class to parents at Mythri Special School Kadachira. Topic: Parenting for specially abled children (MR.Autism etc).Around 60 parents participated.



16.11.2016: World COPD day

Spirometry camp at IMA House,Thalassery. Dr.Sanjeev Kumar examined the patients. 25 patients attended the camp. Pulmonary function test were done to patients free of cost.



16.11.2016: World Diabetes Day Programme

World Diabetes Day programme was conducted at IMA House, Thalassery. Meeting presided by Dr. Sanjeev Kumar, President IMA Thalassery. Diabetes awareness classes by Dr. Rajasekharan T S, Consultant Physician, Indira Gandhi Hospital, Thalassery. Dr. Vanaja Raghavan Senior Ophthalmologist, Comtrust Eye Hospital, Thalassery screened patients for ophthalmic complications of DM. 26 diabetic patients avail benefit of detailed eye examination, vision test and fundus examination. Dietician MS. Sini took a class on Diabetes Diet and clarified various doubts. Fasting blood sugar and post-prandial blood sugar estimation was done during the function. Vote of

thanks proposed by Dr. Sajeev Kumar P B. More than 40 members from Senior Chambers, Elders Forum and Rotary International participated in the function.



14.11.16: Class on Diabetes awareness to Staff & Students (Co-operative Institute of Health Science) by Dr. T Ramesan.

14.11.2016: Diabetes Awareness Class at Indira Gandhi Hospital, Thalassery. Dr. Rajasekharan & Dr. Sanjeev Kumar 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

20.11.2016: IMA Pain and Palliative trip to Paithalmala/Palakkayam thatte.

Around 20 IMA Pain and palliative care volunteers participated in a one day trip to Paihalmala & Palakkayam thatte . Dr.Pushparaj took the leadership in organizing the trip.



various medical camps & functions conducted by IMA Thalassery.

Association with other organizations:

12.11.2016: World teens day 2016 Observation

World teens day observed at Mubarak Higher Secondary School Thalassery in co-ordination with IAP Thalassery. IMA Secretary and IAP Secretary attended the function. Took awareness class on "Substance use among teens by Dr. Sajeevkumar, Psychiatrist. Around 150 students attended the class.

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. 2100 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

PUBLIC RELATIONS & SOCIAL INVOLVEMENT

19.11.2016: IMA Thalassery was invited for

1. Ignite 2016, MCC Fifteenth Anniversary celebrations and family meet. Secretary attended the function
2. JCI, Thalassery, New Office Bearers Installation ceremony. Secretary attended the function

