



IMA TELlicherry NEWS LETTER – DECEMBER 2019

ORGANIZATIONAL ACTIVITIES

08.12.2019: Presidents & Secretaries Meeting

Dr.Babu Raveendran T N, Dr.Srikumar Vasudevan, Dr.Ramesh R & Dr.Jayakrishnan Nambiar attended the Presidents & Secretaries meet at IMA Head Quarters, Trivandrum.

11.12.2019: Executive Meeting

Executive committee was held at IMA hall on 11.12.2019. President welcomed the gathering. 40 members attended the meeting.



15.12.2019: Managing Committee Meeting

Dr.Babu Raveendran (Past National Vice President IMA), Dr.Anoop Koshy Mathew (Secretary, Pension Scheme IMA KSB), Dr.Sajeev Kumar P B (President IMA Thalassery) attended the Managing Committee Meeting at Periyar House, Aluva.

18.12.2019: General Body cum Clinical Meeting

The *General Body cum Clinical Meeting* was held on 18.12.2019 IMA Hall Thalassery at 8.00 pm. Clinical case presentations were done by Dr.Ramesh Kumar Maroli, Dr.Soumya Das, Dr.Logesh Kumar Sharma and Dr.Jone Alappat. Clinical case presentations was followed by lively interaction. Dr. Sajeev Kumar P B presided over the meeting. 53 members attended the meeting.



ATTENDANCE IN NATIONAL CONFERENCE

Dr.Babu Raveendran T N, Dr.Gopeenathan P and Dr.Rajeev Nambiar attended IMA National conference IMA NATCON 2019 held at Kalkata.

1. IMA Thalassery bagged the Best IMA Local Branch Rotating -Trophy of DR.N. S Bose (for medium branch 101-500) for the Year 2018-19.



SOCIAL ACTIVITIES

Seminar

28.12.2019: IMA Thalassery in association with Resident Welfare Association, Mahe conducted a Vanitha Seminar at Govt L P School, Palloor. Class was taken by Dr. Seethalakshmi K V (Consultant Gynaecologist, Tellicherry Co-operative Hospital).



Medical Camp

22.12.2019: IMA Thalassery in coordination with IAP Thalassery & ICDS Panoor observed Epilepsy Day and conducted an awareness class and medical camp at Panoor. Inaugurated by Mr. Anoop Panoor, President Panoor Block Panchayath. Function presided over by Dr. Jayakrishnan Nambiar, Secretary IMA Thalassery. Felicitation given Mr. Dileep Kumar.T.M, Retd. Headmaster, Motivation Trainer & Psychological Trainer, Mrs. Uma, CDPO. Awareness class by Dr. Rajeev Nambiar IPP IMA Thalassery & Consultant neurologist. Followed by Medical camp for seizure disorders. Attended by Dr. Dhanya.M.K, Dr. Maya Jithin, and Dr. Madhusoodanan.T, Dr. Jayadevan.P IMA Thalassery members.



29.12.2019: KSOS in association with IMA Thalassery and Senior Citizens Friends Welfare Association conducted a Mega Camp to screen T2DM and Diabetic Retinopathy at Comtrust Hospital Premises. Adv. A N Shamseer MLA, inaugurated the

function. Dr.Sajeev Kumar P B, IMA President felicitated the function. A book edited by Dr.Sreeni Edaklom [IMA Thalassery EC member] “NETHRA ROGAIVUM PRAMEHAVUM” published in the function.



Health Education

05.12.2019: IMA Thalassery conducted an awareness programme for adolescent girls. Dr.Mini Balakrishnan (Consultant Gynecologist, Tellicherry Co-operative Hospital) at Koduvally Higher Secondary School for plus two students as part of never me project.



07.12.2019: IMA Thalassery conducted an Adolescent Health Education class at Kavumbhagam High School, Thalassery.

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Class was taken by Dr.Mini Balakrishnan (Consultant Gynecologist, Tellicherry Co-operative Hospital).



18.12.2019: IMA Thalassery conducted an Awareness Class for Students at Nursing College, Thalassery. The class was taken by Dr.Seethalakshmi K V (Consultant Gynaecologist, Thalassery)



National AIDS Control Programme

01.12.2019: World AIDS Day

- As part of World AIDS Day programme IMA Thalassery conducted a Poster competition for all High School and Higher Secondary Schools in and around Thalassery. The topic of the Poster Competition- “Encourage everyone to know their HIV Status”.

- As a part of World AIDS Day programme by IMA, WIMA & IAP Thalassery conducted a awareness class and skit related to World AIDS Day theme. Programme was inaugurated by Dr. Balakrishnan (Consultant Pediatrician, General Hospital, Thalassery), Presidential address by Dr. Abdul Saleem and Welcome speech and programme coordinated by Dr. Maya Jithin. Skit related to World AIDS Day theme by Nursing Students.



- IMA Thalassery distributed AIDS day Awareness pamphlets in all Govt and Private Hospitals in and around Thalassery and also at the Bus stations.

OBSERVATION OF IMPORTANT DAYS

01.12.2019: World AIDS Day

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“Encourage everyone to know their HIV Status”.

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- IMA Thalassery distributed AIDS day Awareness pamphlets in all Govt and Private Hospitals in and around Thalassery and also at the Bus stations.

03.12.2019: International Handicapped Day

(International Day of Disabled Persons)

As a part of International day for the disabled persons 2 programmes were conducted

1. At “HOPE” An awareness class on legal aspects, various schemes of government were given by Mr.Karunakaran (Trainer). A paediatric wheel chair was donated. Co-ordinated by Dr.Sujatha B K



2. As part of International disability day WIMA,IMA,IAP&JCI, an awareness class was given to the parents of differently disabled children and adults at JCI’s Special School, Dharmadam on how to face adolescents problems among them. Class taken by Dr.Reshmi Ramesan, Psychiatrist. Attended by WIMA members.



09.12.2019: Patient Safety Day **THEME 2019-“Speak up for patient safety”.**

As part of the patient safety day IMA ,WIMATHalassery organized a BLS classes for NSS students. The programmes was well organised by IAP &WIMA Thalassery.

- BLS class was taken to NSS volunteers of Govt. Arts College, Chokli on 25.12.2019 by **Family Physician Dr. Nadeem Abootty**. Well organized by Dr.Amruthakala, WIMA member and Medical Officer PHC, Chokli and Dr.Bejoy C P Joint Secretary IMA Thalassery.



- BLS class was taken to NSS volunteers of Govt. Vocational Higher Secondary School, Kadirur on 26.12.2019. The class was taken by **Dr. SreejaViswan, Medical Officer Kadirur PHC**.



BLS class was taken to NSS volunteers of Govt. Vocational Higher Secondary School, Chirakkara on 26.12.2019. The class was taken by **Dr. Arunima, Medical Officer Chalil PHC.**



10.12.2019: Human Rights Day
THEME 2019-“Stand up for human rights.”

IMA & WIMA Thalassery observed World Human Rights Day and conducted a talk on “Rights of the child & the leadership role of youth and mother in collective movement for a better future” for Asha workers, mother and Health workers. The programme was conducted at Chaithanya Anganawadi, Mukkipeedika, Panoor. The class was taken by Dr.

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Dhanya.M.K, Treasurer, WIMA Thalassery. Health Inspector Mr. Asokan gave welcome speech. Mahesh, JHI, Mrs. Jessy JPHN spoke on various aspects of the subject.



11.12.2019: Unicef Day
THEME 2019-“Awareness among children”.

- IMA&WIMA Thalassery conducted a class on “**Gender equality**” at Vocational Higher Secondary School, Chirakkara, Thalassery by Mrs. Nandini Pradeep (WIMA Co-ordinator & Special Educator, Thalassery) took the class.



- IMA Thalassery in association with Kannur Dementia Care Society conducted an awareness class on

Dementia and Old age mental health to Senior Citizens Friends Welfare Association at PC Guruvilasam UP School. Class was taken by Dr.Benizir Hussain



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.

Association with Other Organisations

22.12.2019: IMA Thalassery in coordination with IAP Thalassery & ICDS Panoor observed Epilepsy Day and conducted an awareness class and medical camp at Panoor.

29.12.2019: KSOS in association with IMA Thalassery and Senior Citizens Friends Welfare Association conducted a Mega Camp to screen T2DM and Diabetic Retinopathy at Comtrust Hospital Premises. A book edited by Dr.Sreeni Edaklom [IMA

Thalassery EC member] “NETHRA
ROGAVUM PRAMEHAVUM”
published in the function.

PUBLIC RELATIONS & SOCIAL INVOLVMENT

01.12.2019:IMA Thalassery distributed AIDS day Awareness pamphlets in all Govt and Private Hospitals in and around Thalassery and also at the Bus stations.

05.12.2019:Kerala State Excise Dept conducted District Wise Awareness Programme “NalatheKeralam, Laharimuktha Nava Keralam” at Municipal Town Hall,Thalassery. Programme inaugurated by Sri.T P Ramakrishnan (Minister for Excise and Labour). Adv.AN Shamseer presided the function.Dr.Jayakrishnan Nambiar (Secretary IMA Thalassery) felicitated the function.