



## IMA TELlicherry NEWS LETTER – DECEMBER 2018

### **ORGANIZATIONAL ACTIVITIES**

#### **05.12.2018: Executive meeting**

Executive committee was held at IMA hall on 05.12.18. President welcomed the gathering. 39 members attended the meeting.



#### **12.12.2018: General Body Meeting**

The General Body Meeting was held on 12.12.2018 at IMA Hall Thalassery at 8.00 pm. Dr. Rajeev Nambiar presided over the meeting. 49 members attended the meeting.



#### **19.12.2018: Clinical Meeting**

The *General Body cum Clinical Meeting* was held on 19.12.2018 IMA Hall Thalassery at 8.00 pm. Clinical case presentations was followed by lively interaction. Dr. Rajeev Nambiar presided over the meeting. 52 members attended the meeting.



### **ATTENDANCE IN NATIONAL CONFERENCE**

10 members attended IMA National conference IMA NATCON 2018 held at Bangalore. IMA Thalassery bagged the following awards which were declared at the venue.

1. IMA Thalassery bagged the Best IMA Local Branch Rotating - Trophy of DR.N. S Bose (for medium branch 101-500) for the Year 2017-18.

2. Dr. Surendra Babu V P bagged the National President Appreciation Award 2017-18 for his distinguished services.



12.12.2018: IMA Thalassery conducted a CME on “Approach to Dyspnoea” by Dr. Sreejith Valappil, Consultant Interventional Cardiologist, Tellicherry Co-operative Hospital. Rajeev Nambiar C K presided over the meeting. 49 members attended the meeting.



23.12.2018: President/Secretaries meeting

Dr. Rajeev Nambiar (President IMA Thalassery) attended the President/Secretary meet at Trivandrum.

## ACADEMIC ACTIVITIES

## SOCIAL ACTIVITIES

### Seminar

**09.12.2018:** IMA Thalassery in association with Vyapari Vyavasai Ekopana Samithy and Metro Vartha organized a public awareness Seminar "Safe Track" on Road Safety at Vyapara Bhavan Thalassery. The programme was inaugurated by Dr. Rajeev Nambiar (President IMA Thalassery).



### Medical Checkups & Camps

**11.12.2018:** IMA Thalassery in association with Cannannore Obstetrics and Gynaec Society Kannur conducted a camp at Tribal colony Chadachikundam. The camp was attended by Dr. Mini Balakrishnan (Vice President IMA

Thalassery), Dr Shyjus Nair, Dr. Balakrishnan A, and Dr. Ajith. A total of 100 people came for the camp and food kits were distributed to all.

**16.12.2018:** IMA Thalassery conducted a medical camp at Thalayi coastal police station for the natives of Thalayi coastal area. Dr. Rajeev Nambiar (President IMA Thalassery), Dr. Jayakrishnan Nambiar, Dr. Maya Jithin, Treasurer, WIMA Thalassery, Dr. Seethalakshmi and Dr. Sheela Padmakshan attended the patients.



**27.12.2018:** IMA & WIMA Thalassery in association with NSS organized a diabetic detection camp for staff at DIET Palayad. The camp was inaugurated by

Dr Sasidharan. K, Chairman, INTEC who gave a talk on patient safety- the present scenario.



### Health Education

09.12.2018: IMA Thalassery conducted a class on “Old Age Diseases” at Kavumbhagam for senior citizens. Class was taken by Dr.Rajeev Nambiar (President IMA Thalassery).



25.12.18: IMA Thalassery conducted an awareness class on Adolescent Health at NSS Winter

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Camp at St. Joseph’s Higher Secondary School Thalassery. The class was conducted by Dr Sajeev Kumar P B (Psychiatrist, Kannur Medical College), which was followed by a lively interactive session with active participation by the students.



11.12.2018: IMA Thalassery conducted an Awareness Class at Govt Hospital, Pinarayi in connection with UNICEF Day. Dr.Johnny Sebastian, Secretary IMA Thalassery took a class on Child Care and Vaccinations.





### National AIDS Control Programme

- 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”. First and Second prize winners were awarded a cash prize of 3000 Rupees and 2000 rupees.
- IMA Thalassery conducted an AIDS day Awareness rally on 01.12.2018. Rally started from the Municipal Stadium at 8.30am. Dr.Surendra

Babu V P flagged off the rally. AIDS Day oath was given by Dr.Mohan Babu V O. The rally was lead by Dr.Rajeev Nambiar, Dr.Mohan Babu, Dr.Johnny Sebastian, Dr.Mini Balakrishnan and Dr.Sithara Aravind. Members of IMA, WIMA , Nursing College Students, NSS Volunteers, NCC Cadets and students from various schools participated in the rally. A total of 200 people participated in the huge rally wearing red ribbon and World AIDS Day Cap.Around 1000 AIDS Awareness pamphlets were distributed to the general public during the rally.

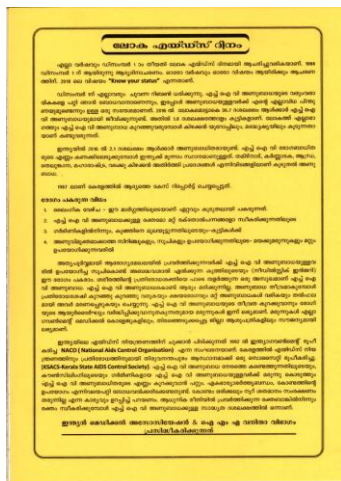


- An AIDS Day Awareness class was conducted at Co-operative Hospital,

Thalassery. Dr.Rajeev Nambiar (President IMA) took the class for the Staff and health workers.



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



- IMA Thalassery in association with Indira Gandhi Co-operative Hospital conducted a Street

Play at Manjodi, Thalassery to promote awareness on AIDS. The Street play was inaugurated by Sri Mambaram Divakaran. Dr.K P A Siddeek, Director, IGCH welcomed the gathering Dr Rajeev Nambiar presided over the function. AIDS Day oath was given by Dr.Shyam Mohan K C. Dr.Babu Raveendran (Past National Vice President) offered felicitation on the occasion. IMA&WIMA members attended the function along with general public. It was a 45 minutes Street play and the message was well conveyed to the public regarding stigmatization of the disease.



## OBSERVATION OF IMPORTANT DAYS

### 01.12.2018: AIDS Day

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**03.12.2018: International Handicapped Day**

IMA Thalassery along with Cannannore Obstetrics and Gynaec Society Kannur , WIMA and IAP Thalassery conducted a medical camp at Ashrayam Special School,Thottada for differently abled children of various ages. This was followed by an awareness class on screening for



genetic disorders in pregnancy. Function was inaugurated by Sri.Sadanandan,DySP Kannur and Dr.Gopeenathan P(Central Council Member) offered felicitation. The camp was attended by Dr.Mini Balakrishnan(Vice President IMA Thalassery), Dr.Balakrishnan A, and Dr.Dilnath Kallat.



#### 09.12.2018: World Patient Safety Day

IMA Thalassery organized a class on Techniques & safety of injections for nursing staff at Tellicherry Co-operative Hospital. The class was taken by Dr.Sudhakaran Komath, consultant surgeon, Co operative hospital, Thalassery. The class asserted the importance of patient safety in modern era and was well appreciated.

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#### 10.12.2018: Human Rights Day

- IMA Thalassery conducted a class for Bankers Forum members at PARCO Residency on 10.12.2018. Class was taken by Dr.Sreejith Valappil, Consultant Interventional Cardiologist, Co-operative Hospital, Thalassery.



- WIMA Thalassery organized a talk on Human Rights at Thalassery cooperative Nursing College by Adv. Sheela. A highly interactive talk, attended by more than 100

students. Program was coordinated by Dr Radhika, Secretary , WIMA Thalassery.



•WIMA Thalassery organized an essay competition for students of Thalassery cooperative nursing college on the theme human rights- present scenario. Awards were distributed by Adv. Sheela to the winners.



### 11.12.2018: UNICEF Day

IMA Thalassery conducted an Awareness Class at Govt Hospital, Pinarayi in connection with UNICEF Day.

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Dr.Johnny Sebastian,Secretary IMA Thalassery took a class on Child Care and Vaccinations.

### 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. 2200 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 various medical camps & functions conducted by IMA Thalassery.

### Association with other Organisations

03.12.2018: IMA Thalassery along with Cannannore Obstetrics and Gynaec Society Kannur , WIMA and IAP Thalassery conducted a medical camp at Ashrayam Special School, Thottada for differently abled children of various ages.

11.12.2018: IMA Thalassery in association with Cannannore Obstetrics and Gynaec Society Kannur conducted a camp at Tribal colony Chadachikundam.

### PUBLIC RELATIONS & SOCIAL INVOLVMENT

08.12.2018: North Malabar Chamber of Commerce installation was attended by Dr.Rajeev Nambiar (President IMA Thalassery). Sri.C M Ibrahim Former Central Aviation Minister and Planning Commission Chairman, Karnataka state allotted separate time for IMA President for a personal interview.

### 15.12.2018:Installation of JCI Thalassery

JCI Thalassery Installation Ceremony was attended by Dr.Rajeev Nambiar,President,IMA Thalassery.

### 21.12.2018:Priyadarshini Cultural Forum

Dr Rajeev Nambiar President IMA attended the 16<sup>th</sup> Anniversary Celebrations of Priyadarshini Cultural Form as Chief guest at the KSTA Hall ,Jubilee complex,Thalassery



### 30.12.2018: Chettamcoon Residents Association Family Meeting

Dr Rajeev Nambiar attended Chettamkunnu Residents Association Family Meeting on 30.12.2018 at Taj Hall Kuyyali. Municipal Chairman Sri.C K Ramesan presided over the function. The meeting was inaugurated by Sri.A Shankaran Nair, Judge, Family Court,

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Thalassery. Inauguration of Medi Help Desk by Dr.Rajeev Nambiar (President IMA Thalassery). Dr.Arun Kumar M K and Dr.Sudhakaran Komath felicitated the programme.



### 30.12.2018:Press Club Family Meeting

Dr.Rajeev Nambiar (President IMA Thalassery) took an awareness class on Food and Calories at the Pensioners Office, Thalassery for the press club members and their families.

