



INDIAN MEDICAL ASSOCIATION, TELlichERRY

Monthly Report of Activities for the month of December 2022

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2.MEMBERSHIP

SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS	2	559
JDN(Less than 40)		128
SSS I	3	315
SSS II	2	276
SSS III	1	236
PPS	2	319
CGP		36
AMS	-	133
PEPS		10
KHS		347
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		500

3. ACADEMIC ACTIVITIES

a) BRANCH LEVEL

13.12.2022: IMA Thalassery in association with IAP Thalassery conducted a CME on 13.12.2022 at Gokulam Fort Thalassery. CME on “**Follow up of High Risk Neonate**” by **Dr.Prasad Kumar P, Consultant Neonatologist, BMH Kannur**. The CME was followed by a lively interaction. Dr.Jayakrishnan Nambiar (President IMA Thalassery) presided over the meeting.30members attended the meeting.



28.12.2022: IMA Thalassery conducted a CME on 28.12.2022 at IMA Hall Thalassery. CME on “**Role of Interventional Radiology in Clinical Practice**” by **Dr.Dilip Kumar, Sr. Consultant Endovascular and Neuro – Interventional Radiologist, Aster MIMS Kannur** . The CME was followed by a lively interaction. Dr. Jayakrishnan Nambiar presided over the meeting.40 members attended the meeting.



b) SUB FACULTY OF CGP

13.12.2022: IMA Thalassery in association with CGP Thalassery conducted a CME on 13.12.2022 at IMA Hall Thalassery. **CME on “Basics of Backache” by Dr. Mahesh Bhat, Consultant Paediatric Neuro Surgery, Aster MIMS Kannur.** The CME was followed by a lively interaction. Dr. Jayakrishnan Nambiar (President IMA Thalassery) presided over the meeting. 30members attended the meeting.



c) SUB FACULTY OF AMS

09.12.2022: IMA Thalassery in association with AMS Thalassery conducted a CME on 09.12.2022 at IMA Hall Thalassery. CME on “**Guest lecture on Parapharyngeal Tumours UNRAVELING THE PYRAMID**” by **Dr. Sajith Babu , Senior Consultant Surgical Oncology, Aster MIMS**. The CME was followed by a lively interaction. Dr. Jayakrishnan Nambiar (President IMA Thalassery) presided over the meeting. 30 members attended the meeting.



14.12.2022: Clinical Club Meeting

IMA Thalassery in association with IMA AMS Thalassery conducted Clinical Club meeting on 14.12.2022 at Hotel Navarathna INN Thalassery. **Topic-1 “Blood Transfusion-Reviewing the Practices” by Dr. Mohandoss M, Additional Professor, Division of Transfusion Medicine, Department of Clinical Laboratories and Translational Research, Malabar Cancer Centre and Topic-2 “ Human rights in Medical Practice” by Dr. Srikumar Vasudevan, National Faculty & Trainer of International Chair in Bioethics, Convener, Ethics Committee, National IMA & Past State President IMA**. The Clinical Club was followed by a lively interaction. Dr. Jayakrishnan Nambiar presided over the meeting. 50 members attended the meeting.



d) SPECIAL TRAINING PROGRAMME

27.12.2022: Dr.Dilnath Kallat lead an awareness session and **Special Training** for handling communicable diseases for health care workers / Asha workers which was conducted at PHC Dharmadam.



4. ORGANIZATIONAL ACTIVITIES

01.12.2022: Condolence Meeting

A condolence meeting was held on the sad demise of **Dr. Varghese V L**. A condolence resolution was passed. After the meeting many members including the IMA members visited his residence and paid homage to the departed soul.



1).GENERAL BODY

28.12.2022: General Body Meeting

General Body Meeting was held at IMA Thalassery on 28.12.2022. Dr.C K Jayakrishnan Nambiar (President IMA Thalassery) welcomed the gathering. 40 members attended the meeting. Vote of thanks proposed by Dr.Nadeem Abootty (Secretary IMA Thalassery).



2) EXECUTIVE COMMITTEE MEETINGS

07.12.2022: Executive Committee Meeting

Executive Committee Meeting on 07.12.2022. Dr.Jayakrishnan Nambiar (President IMA Thalassery) welcomed the gathering. 49 members attended the meeting. Vote of thanks was proposed by Dr.Nadeem Abootty (Secretary IMA Thalassery).



3. ATTENDANCE IN STATE MEETING

05.12.2022: Branch Presidents/Secretaries Meet

Dr. Nadeem Abbooty (Secretary IMA Thalassery) attended the Presidents/Secretaries meet at Trivandrum.



4. REGISTRATION IN NATIONAL CONFERENCE

27.12.2022: National Conference

6 members attended IMA National conference NATCON 2022 held at Prayagraj, UP. IMA Thalassery bagged the following awards which were declared at the venue.

1. Dr. R Ramesh- IMA Dr. P C Bhatla Award for outstanding and Distinguished services



2. Dr. T N Babu Ravindran- IMA Dr. A P Shukla Memorial Distinguished Service Award.



3. Dr. Mini Balakrishnan- IMA National Presidents Appreciation Award for best adjudged president of a Local branch.



5. WOMEN DOCTORS WING ACTIVITIES

23.12.2022: WDW Thalassery conducted a talk on “Delaying the Inevitable Skin Antiaging Approaches” by Dr. Susna Ranjith (Consultant Skin Specialist). Dr. Geetha M (Chairperson WDW) presided the function. 30 members attended the Meeting

WOMEN DOCTORS WING
THALASSERY

Welcoming all WDW Members for today's meeting

Topic of discussion
“Delaying the Inevitable”
Skin Antiaging Approaches

Speaker
Dr.Susna Ranjith
Consultant Skin Specialist
Tellicherry Co-op Hospital

Date: 23.12.2022(Today)8.00pm at IMA Hall,Tly

Meeting will be followed by Dinner



A group of nine women in sarees standing on a stage, holding a white banner that reads "IMA WOMAN DOCTORS WING" and "WDW 15 The Voice of Women in Medicine".

17.12.2022: WDW member Mrs. Soniya Pushparaj conducted bouquet making unit in Chamber Expo 2022 conducted at Kannur.



5.SOCIAL ACTIVITIES

FIRST AID CLASS & ELS TRAINING

25.12.2022: IMA Thalassery conducted ELS Training class at Kadambur School. Class was taken by Dr. Shameel Usman. Attended by about 75 students.



29.12.2022: IMA Thalassery conducted ELS Training class for NSS Students (Koduvally HSS) at Palayad Diet. Class was taken by D. Anand K. Attended by about 45 students.



31.12.2022: IMA Thalassery conducted a ELS Training Programme for the Health workers of Tellicherry Co-operative Hospital. Class was taken by Dr. Shameel Usman Moidu.





MEDICAL CAMPS

02.12.2022: Free Thyroid Camp

Free Thyroid Camp at Thalassery Mission Hospital. Dr. Jayakrishnan Nambiar (President IMA Thalassery) presided the function.

www.thalasserymissionhospital.com

സൗജന്യ തൈറോയ്ഡ് രോഗ ചികിത്സാ ക്യാമ്പ്

നൂറു രാജീവ് ലക്ഷ്യം
100 പേർക്കി സൗജന്യ കൺസൾട്ടേഷൻ

ക്യാമ്പിൽ പങ്കെടുക്കുന്നവരിൽ ശസ്ത്രക്രിയ ആവശ്യമുള്ളവർക്ക് ഇളവ്

ഡിസംബർ 4
10AM-1PM
ഉടൻ രജിസ്റ്റർ ചെയ്യൂ :
0490 23 25 925
+91 9400 625 923

 Thalassery Mission Hospital
Goods Shed Road, Thalassery

www.thalasserymissionhospital.com
tymision@gmail.com

16.12.2022: Surgery Camp at Tellicherry Co-op Hospital. Dr. Jayakrishnan Nambiar (President IMA Thalassery) presided the function.



23.12.2022: Blood Donation Camp at Tellicherry Co-operative Hospital. Dr. Rajiv Nambiar inaugurated the camp.



31.12.2022: IMA Thalassery conducted a School Health camp at Andaloor Basic UP School. Class by Dr. Dhanisha.



3. HEALTH EDUCATION CLASSES

02.12.2022: Reproductive Health Session

IMA Thalassery conducted a Reproductive Health Session for adolescent Group at Govt Brennen HSS Thalassery. Class was taken by Dr. Suja Ajith (Secretary WDW). 50 students attended the class.



04.12.2022: Reproductive Health Session

Reproductive Health Session for adolescent Group at AKG Memorial Higher Secondary School, Pinarayi. Class was taken by Dr. Radhika Aravind.



06.12.2022: Reproductive Health Session

Reproductive Health Session for adolescent Group at Kavumbhagam HSS School. Class was taken by Dr. Radhika Aravind.60 students attended the class.

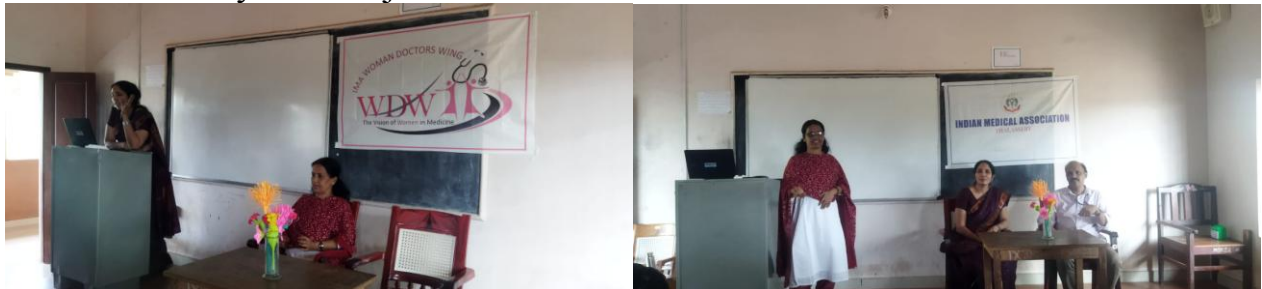


06.12.2022 : Adolescent Reproductive Health Class

Adolescent Reproductive Health Class at Mattannur HSS. Class was taken by Dr. Suchitra Sudhir. 65 students attended the class.



06.12.2022: Reproductive Health Session for adolescent Group at IMNS GHSS . Class was taken by Dr. Rejna Dilnath.100 students attended the class.



07.12.2022: Adolescent Reproductive Health Class

Reproductive Health Awareness Class at Govt Brennen HSS .Class was taken by Dr.Suja Ajith.70 students attended the class.



09.12.2022: Dr.Maya took awareness class for Anganwadi workers on 1. Integrated management of childhood illnesses various, 2. Endemic disease of childhood, 3.Growth monitoring, 4.Immunisation in children at Anganawadi Training Centre,Pinarayi.



11.12.2022: Reproductive Health Class

Reproductive Health Class at Muzhapilangad Higher Secondary School .Class was taken by Dr.Geetha M. 180 students attended the class.



12.12.2022: Reproductive Health Class

Reproductive Health Class at Muzhapilangad Higher Secondary School .Class was taken by Dr.Geetha M. 90 students attended the class.



19.12.2022: Class on Reproductive Health for Plus one students at Town HSS Kannur on December 19th. 2 sessions of 180 students. Class by Dr.Geetha M(Chairperson WDW Thalassery).



28.12.2022: IMA Thalassery conducted Awareness class to Nursing Students at Josgiri Hospital, Thalassery. Class was taken by Dr. Dhanya M K



31.12.2022: IMA Thalassery conducted Cervical Cancer Awareness class to Mattannur Lions Club members at Lions Hall Mattannur. Class was taken by Dr. Suchira Sudhir



4. INVOLVEMENT IN NATIONAL HEALTH PROGRAMMES

All National Health days were observed .

World AIDS Day, International day of People with Disabilities, Human Rights Day, UNICEF Day

5.COMMUNITY DEVELOPMENT PROGRAMMES

28.12.2022: Distributed snacks to Cancer Patients and Bystanders. Cake cutting was done by IMA President Dr. Jayakrishnan Nambiar at Pain and palliative Clinic at GH Thalassery. Dr. Pushparaj, Dr. Ramesan T & Dr.Vanaja Raghavan attended the programme.



6.NAMMUDE AROGYAM SUBSCRIPTION

Thalassery IMA has been the subscriber for Nammude Arogyam. 500 copies being ordered this month. These copies are being distributed through various private hospitals in Thalassery.

6.OBSERVATION OF IMPORTANT DAYS

01.12.2022: World AIDS Day

AIDS Day programme at PHC Dharmadam. Dr. Dilnath, Dr. Dhanya and Dr. Fahad co-ordinated the programme.



Awareness class for inmates of sub jail, Kannur as part of World AIDS Day .
Dr. Rejna Dilnath took the class.



AIDS Day awareness class at FHC Muzhapilangad. Class by Dr. Sreeja Viswan.
60 people attended the class.



Kannur Medical College and IMA Thalassery jointly conducted a Flash Mob at Chakkarakkal Bus Stand at 10.00am on 1st December 2022. Attended by Dr. Bithun, Dr. Vineetha, Mrs. Little Flower, Mr.Noushad.



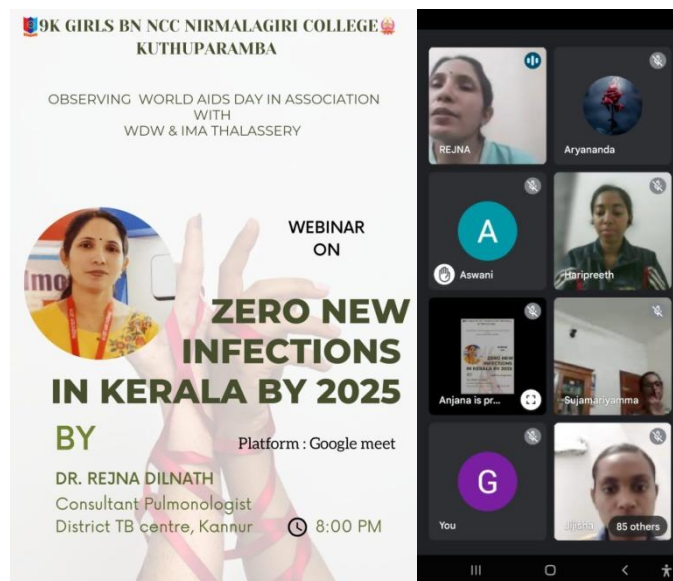
World AIDS Day programme in General Hospital Thalassery by College of Nursing Thalassery in collaboration with IMA Thalassery, WDW Thalassery, Lions Club, TB Unit. Inaugurated by Supdt Asharani. Felicitation by Dr. Suja Ajith. An exhibition on AIDS, Video presentation and puppet show was arranged. Dr. Suja participated in pledge as part of AIDS Awareness.



AIDS Day class and pledge at PHC Chokli. Class was taken by Dr. Amruthakala. 70 people attended the class.



AIDS Day Awareness class at 9K Girls BN NCC Nirmalagiri College, Kuthuparamba on Zoom Platform by Dr. Rejna Dilnath. Around 200 student attended.



3.12.2022: International Day of People with Disabilities

Health Checkup for children conducted at HOPE Early Intervention Centre, Thalassery. Dr. Jayakrishnan Nambiar(President IMA Thalassery) presided the function. Dr. Dhanya Chandran and Dr. Shyam examined the children.



10.12.2022: Human Rights Day

Awareness class to Asha workers at PHC Dharmadam. Class was taken by Dr. Dhanya Chandran.



As a part of Human Rights Day IMA Thalassery conducted a talk on “ Human rights in Medical Practice” by Dr. Srikumar Vasudevan, National Faculty &

Trainer of International Chair in Bioethics, Convener ,Ethics Committee, National IMA & Past State President IMA. 50 members attended the meeting.



11.12.2022: Unicef Day

As a part of Unicef Day , IMA Thalassery conducted Health Checkup camp at Tellicherry Co-op Hospital, Thalassery. Dr. Jayakrishnan Nambiar (President IMA Thalassery) and Dr. Sandeep examined the patients.



7.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.

ACTIVITY REPORT OF IMA PAIN & PALLIATIVE CARE SOCIETY, THALASSERY

Pain and Palliative December Reports

- 1...NUMBER OF NURSES HOME CARE CONDUCTED.... 8.
(ON ALL WEDNESDAY & SATURDAYS)
- 2...NUMBER OF VOLUNTEERS HOME CARE..8
- 3...NUMBER OF NURSES HOME CARE PATIENTS.... 32
- 4....NUMBER OF VOLUNTEERS HOME CARE PATIENTS.... 32
- 5...NUMBER OF OUT PATIENTS.. (OP) CONDUCTED..... 4
(ON ALL WEDNESDAY S)
- 6...NUMBER OF OP PATIENTS AT TENDED... 88
- 7...NUMBER OF CANCER PATIENTS.... 68
- 8....NUMBER OF WOUND CARE PATIENTS..... 5
- 9...NUMBER OF CATHER CARE PATIENTS.... 13
- 10...NUMBER OF DEATH CASE..... 8
- 11...NUMBER OF MORBHINE PATIENTS.... 68
- 12...NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME VISIT..... 6
- 13...NUMBER OF NEW CASE....17

IMA Pain and Palliative Clinic

IMA Pain & Palliative Care Society, Thalassery regularly conducted Free Palliative Clinic at General Hospital on every Wednesday. Dr. Pushparaj, Dr. Vanaja Raghavan, Dr. T. Ramesan examined the patients. Free medicines were distributed. Regular Home care was done under Pain and Palliative Clinic.



TIDA PROJECT

Tellicherry IMA Doctors Alliance report

Healers Heaven residential project is going on as per schedule. 18+2 storeyed building, 6th floor completed. Convention center and Club building work started. Liaison work for mandatory permissions to be taken from government agencies initiated.

Marketing process going on. Tida members periodically join meeting and super the work regularly.

DON'T DO DRUGS

Year Long Mission of IMA Tellicherry

One of the most terrifying menaces faced by the present world is drug abuse. Drug abuse refers to reckless usage of psychoactive drugs as recreational substances, consumed for pleasure. There are various mediums through which Drugs are consumed, like smoking, oral ingestion, inhalation, injection, etc.

All these drugs have tremendous side effects, which can later give rise to several diseases. Drug abuse affects one's stability of mind, inflicting mood swings and later psychological and physical addiction, leading to physical, emotional, job-related and other social problems. The statistics of drug abuse is frightening everywhere. Each year, drug abuse is directly and indirectly responsible for 11.8 million deaths all over the world. The number of drug related maladies is much more than this. Thus drug abuse can turn out to be a very scary affliction for the entire humankind.

In our state, the available data is alarming. Drug abuse among youngsters and even school children are being reported with a day by day increase. Government has come up with strict rules and regulations against drug abuse and distribution, which are being over thrown in many instances. Hence it becomes everyone's duty as responsible citizens, not to misuse the drugs and to involve in anti-drug campaigns.

As an association vouched to the comprehensive well being of the society, IMA Thalassery has decided to conduct a Year Long Mission to fight against drug abuse, with a catch line 'DON'T DO DRUGS'.

The general plan is to spread awareness by conducting classes, audiovisual demonstrations and advice sessions all over our territory by experts from medical field and others like educationists, sports persons, excise & police officials, lawyers, screen celebrities and opinion makers.

Moreover, IMA plans to involve in preventive and treatment aspects of the problem also. Such programs will address not only the drug abuse behavior itself, but also the relevant cultural, ethnic, regional, environmental and bio –psycho-social aspects of various population segments.

By embracing such an ambitious program, IMA Tellicherry expects to gradually bring about a drug free society around us. While envisaging this dream project, IMA expects honest support and truthful cooperation of responsible citizens from all sections of the society.

Please be with us in this noble pursuit...

Programs will be reported as and when they are conducted.

18.12.2022: DON'T DO DRUGS Campaign Inauguration

IMA Thalassery inaugurated **DON'T DO DRUGS Campaign Programme** at Lotus Auditorium Thalassery on 18.12.2022 at 5.30pm. Welcome address by Dr. Nadeem Abootty (Secretary IMA Thalassery). Dr. Jayakrishnan Nambiar (President IMA Thalassery) presided over the function. **Honourable Chief Minister of Kerala Mr. Pinarayi Vijayan inaugurated the 'DON'T DO DRUGS' Campaign. Honourable Speaker Adv. A N Shamseer was the Chief Guest of the day. Unveiling of official logo of 'DON'T DO DRUGS' also done by Hon'ble Chief Minister.** Key note address by Dr. Babu Ravindran T N (Past National Vice President IMA). Smt. K M Jamuna Rani Teacher (Chairperson, Thalassery Municipality), Adv. K V Manoj Kumar (Chairman, Kerala Child Rights Commissioner), Sri. Navas Methar (President Press Club), Dr. Ramesh R (Past Director of Health Services, IMA Past State President), Dr. Srikumar Vasudevan (IMA Past State President, Convener, Ethics Committee National IMA), Smt. Chandrika (Dist. Educational Officer), Sri. Ragesh T (Asst. Excise Commissioner) & Dr. Mini Balakrishnan (IPP, IMA Thalassery) felicitated the function. Dr. Johnny Sebastian (Vice President IMA Thalassery) delivered vote of thanks. About 1000 people attended the function.







18.12.2022: IMA Thalassery in association with cycling club as a promo for official launch of "Don't Do Drugs" campaign conducted cycle rally ..

Rally was flagged off was held in the presence of Inspector of Police by IMA President Dr. Jayakrishnan Nambiar at Lotus Hall at 4.30 pm .

More than 50 cyclists participated in the rally....



27.12.2022:

Awareness Campaign at NSS Camp students. Pattiam West UP School. Teacher Jisha Chidanandan presided over the function and Dr. Sajeev Kumar P B lead the class. 60 students attended the event.



31.12.2022: Don't Do Drugs- Awareness Campaign at Lions Hall, Thalassery. Dr. Jayakrishnan Nambiar (President IMA Thalassery) lead the class. 70 people attended the event.



MISSION PINK HEALTH

All the Mission Pink Health activities are going on and has been reported to the Mission Pink Health Chairperson.

Mutual Benefit Scheme

A scheme for members conducted every year, through which members as well as the association is benefited. 23 members of our branch have joined.

Sports Wing

10.12.2022: World Cup Live Streaming

At IMA Hall Thalassery World Cup Live Streaming was done starting from December 10th to 18th till finals.. More than 50 members participated and all were happy as most of them were Fans of Argentina.



The image is a composite of two parts. On the left is a promotional poster for the 'IMA THALASSERY WORLD CUP LIVE STREAMING' event. The poster features the IMA logo, a soccer ball, and a trophy. It lists the event details: 'For IMA members & families @ IMA HALL From 2nd QUARTER FINAL onwards!'. On the right is a photograph of a soccer match being projected on a screen in a hall. The screen shows a soccer field with players and a crowd in the background.

IMA THALASSERY WORLD CUP LIVE SCREENING SCHEDULE	
10.12.22 12:30AM	NETHERLANDS ARGENTINA
10.12.22 8:30 PM	MOROCCO PORTUGAL
11.12.22 12:30AM	ENGLAND FRANCE
14.12.22 12:30AM	SEMI FINAL 1
15.12.22 12:30AM	SEMI FINAL 2
18.12.22 8:30PM	FINAL

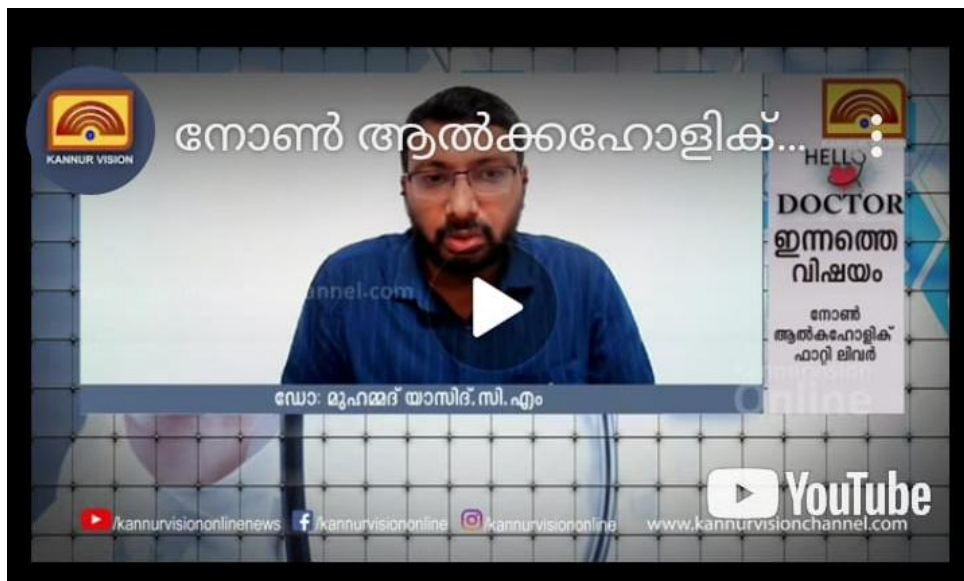
SEE YOU ALL AT IMA HALL ...!

IMA & Media

09.12.2022: Dr.Aishwarya A P gave an awareness class on Kannur News Channel regarding Post Covid Lung Fibrosis.



29.12.2022: Dr. Mohammed Yasid gave an awareness class on Kannur News Channel regarding Non Alkaholic Fati liver.



14.12.2022: Press Meeting

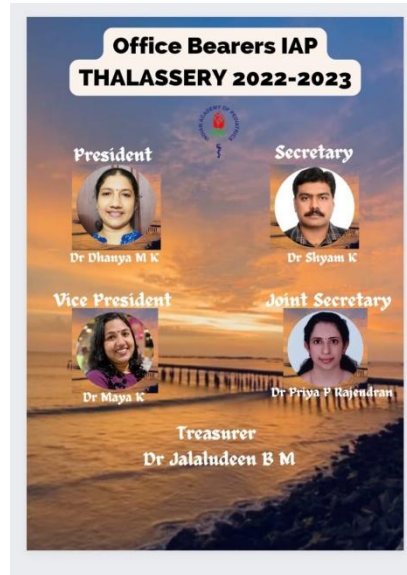
Thalassery IMA conducted a press meet at Thalassery Press Club regarding IMA Thalassery prestigious project launch DON'T DO DRUGS campaign on 18th December by Chief Minister at Lotus Auditorium, Thalassery. Dr. Jayakrishnan Nambiar (President IMA Thalassery) and Dr. Nadeem Abootty (Secretary IMA Thalassery) attended the press meet and briefed the media about the upcoming programme and one Year Long Project.



PUBLIC FUNCTIONS & SOCIAL INVOLVEMENT

05.12.2022: IAP Installation Ceremony

IAP Installation Ceremony at Gokulam Fort Thalassery. Dr. Johnny Sebastian (Vice President IMA Thalassery) attended the function.



10.12.2022: St. Josephs Higher Secondary School Centenary celebration was held on 10.12.2022, Dr. Rajeev Nambiar was special invitee as old student of St. Josephs Higher Secondary School and he delivered speech representing the old student.



26.12.2022: Dr Nadeem Abootty was the chief guest of the finals of the Super Six Cricket Tournament and distributed the prizes held at Thalassery.



Dr.Rajeev Nambiar (Senior IMA Member) attended “NER REKHA PROGRAMME” by Kannur Vission and was a panelist on the debate regarding knr airport functioning and future developments.

