



## IMA TELlicherry NEWS LETTER – JANUARY 2018

### **ORGANIZATIONAL ACTIVITIES**

#### **01.01.2018: Emergency General Body Meeting**

An Emergency General Body was conducted on 1.1.18 at 8.00pm in IMA Hall to discuss about the plan of action of strike against NMC Bill. IMA President presided over the meeting. Dr. Anoop Koshy Mathew explained in short regarding NMC Bill. Dr. Babu Raveendran explained in detailed about the bill and its consequences. Dr. Gopeenathan P, Dr. Sasidharan K, Dr. Sanjeev, Dr. Bejoy took part in discussion. Total 77 members attended the meeting.

#### **02.01.2018: Medical Bandh**

All the hospitals actively participated in the medical bandh. Black badge and pamphlets prepared by IMA Thalassery distributed to all hospitals and clinic.

#### **10.01.2018: Executive Meeting**

Executive committee was held at IMA hall on 10.01.2018. President welcomed the gathering. 39 members attended the meeting.



#### **14.01.2018: Honouring Senior Doctors**

IMA visited four senior members of Thalassery who are now unable to come for regular meetings at IMA hall due to health reasons. Dr. Mohandas, Dr. Divakaran, Dr. Chidanandan and Dr. Varghese were once very active members of our branch. On the occasion of new year a few of us spend time with them and honoured them at their residence. The gesture was well appreciated by the doctors and their family members.



#### **28.01.2017: North Zone Meeting**

Dr. Pushparaj S R, Dr. Rajeev Nambiar, Dr. T V Radha & Dr. Mini Balakrishnan

attended the North Zone Meeting at IMA Hall Kozhikode.



St.Peters School,Chalil and NSS unit St Josephs Higher Secondary School conducted a class on 'LifeStyle Diseases' at St.Peters School,Chalil . Class was taken by Dr Anitta K Jossi, Treasurer, WIMA .The class was attended by parents and teachers and was well appreciated.



## **SOCIAL ACTIVITIES**

### **Medical Checkups & Camps**

21.01.2018: Mega Medical Camp by Kavumbhagam Chathayadinagosha Committee in association with IMA Thalassery.

Dr.Madhusoodanan(Consultant Chest Specialist), Dr.Dilnath Kallat (Consultant Pediatrician), Dr.Mohammed Thasneem (Consultant ENT Specialist) examined the patients.



**23.01.18: Talk on communication skill**

Dr Mini Balakrishnan consultant gynecologist took a class for nursing students of cooperative hospital Thalassery on the topic "communication skills for health care providers



### **Health Education**

16.01.2018: IMA& WIMA Thalassery in association with Parents Teachers Association,

### **National Leprosy Eradication Programme**

As a part of observing leprosy day WIMA members and consultant dermatologis **Dr Sandhya B Raveendran and Dr Shajreera Beegum** visited BEMP school Thalassery along with district leprosy workers. A short talk on symptoms of leprosy was given and pamphlets regarding the manifestations and treatment was distributed. The students were made to take an oath to stop the discrimination against leprosy patients. A skin camp and leprosy screening was conducted for all the students from 5<sup>th</sup> to 12<sup>TH</sup> .



### **OBSERVATION OF IMPORTANT DAYS**

#### **15.01.2018: Pain & Palliative Day**

The Pain & Palliative Day was observed on 15/1/2018 with various programmes and **Public rally**: IMA Thalassery in association with Govt Hospital, Thalassery, Santhwanam, Kaniv & Brexa organised a public rally

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for creating awareness on palliative care. The rally started from General Hospital, Thalassery, ended at IMA House Thalassery. The Public function was held at IMA House Thalassery. Dr.T Ramesan (Secretary, Pain & Palliative Care Society) welcomed the gathering. Dr.Pushparaj S R (President IMA Thalassery) presided over the function. Sri. Aravindakshan M P (Municipal Councilor), Prof. Maj. Govindan (Santhwanam, Brexa), Sri.Abdul Khader Paral (President, Kaniv), Sri. Abdul Rahman Kolathayi (Kaniv) felicitated the function. The rally consisted school students along with IMA members, volunteers of IMA Pain & Palliative Care Clinic, NCC, Scout and guide, Junior Red Cross, NSS, BREXA Teachers and members of Kanivu. Around 200 students attended the rally and the programme. After the class a short film regarding drug abuse was shown to the students. Sri.AbdulRahiman Kolathayi took a class on “Importance of Palliative Care” on this occasion.



#### **15.1.2018: Community service day**

As a part of Community service day observation, IMA&WIMA Thalassery provided free subscription of IMA Arogyam magazine to Good Samaritan Old Age Home, Juvenile After care Home for girls, Mahila Mandiram, Juvenile After care Home for boys and Government schools in Tellicherry.



### **30.01.2018: Anti Leprosy Day- Anti Leprosy Week Begins**

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### **Family Meeting**

### **06.01.2018: X Mas & New Year Celebrations**

Christmas and New Year celebration was held at IMA Hall, Thalassery. It was a grand cultural extravaganza. Cultural programme were presented by doctors and their families. Christmas Carols, Santa clause, Lucky dip & Thambola was organized as part of the programme. It recorded a very large attendance with more than 200 members including family.



### **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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### **21.01.2018 & 11.02.2018: Volunteer Training Programme**

1<sup>st</sup> part of volunteers training programme was conducted on 21.1.18 at IMA House, Thalassery. Programme was presided by IMA President Dr. Pushparaj. S R, Municipal Chairman Mr. C K Ramesan inaugurated the function. Felicitations was given by Dr. Arun Kumar M K (IMA Past President) and Dr. Chandran K Nair (Hematologist, Malabar Cancer Centre). Welcome speech was given by Dr. T Ramesan

(Physician & Joint Secretary, IMA Pain and palliative care society) and vote of thanks by Dr. Johnny Sbastian. This programme was consisted with two full day classes home visits and palliative training.

**Syllabus**

- 1."Introduction of Palliative care" by Dr.T Ramesan(Physician& Joint Secretary, IMA Pain and Palliative Care Society)
- 2."Social Involvement in Palliative Care" by Mr.Radhakrishnan, Trainer S I of Police.
3. "Home Care" by Mr.Ummer Kootumugham(Trainer, Retired Store Supdt)
- 4." Communication" by Mr.Abdul Rahman Kolatahyi (Master Trainer)
5. "Nursing Care" by Smt.Mini (Trainer & Staff Nurse)



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.

**IMA & Media:**

13.01.2018: Dr. Pushparaj (President IMA Thalassery) attended the Channel Discussion Ner Rekha Programme (1 Hour) which was discussing about Maternal death.



**Mutual Benefit Scheme**

A scheme for members conducted every year, through which members as well as association is benefited.

29.01.18: Dr Mini Balakrishnan, consultant gynaecologist did a health talk during ladies hour on the topic 'adolescent health problems' in Koumudi TV channel.

**MISCELLANEOUS**  
**Nammude Arogyam:**



**PUBLIC RELATIONS &  
SOCIAL INVOLVMENT**

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