



# INDIAN MEDICAL ASSOCIATION, TELlichERRY

*Monthly Report of Activities for the month of January 2023*

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## **2.MEMBERSHIP**

<b>SCHEME</b>	<b>SCHEMES JOINED THIS MONTH</b>	<b>TOTAL MEMBERS JOINED</b>
<b>NEW MEMBERS</b>	<b>1</b>	<b>562</b>
<b>JDN(Less than 40)</b>		<b>128</b>
<b>SSS I</b>		<b>315</b>
<b>SSS II</b>		<b>276</b>
<b>SSS III</b>		<b>236</b>
<b>PPS</b>		<b>319</b>
<b>CGP</b>		<b>36</b>
<b>AMS</b>	<b>-</b>	<b>133</b>
<b>PEPS</b>		<b>10</b>
<b>KHS</b>		<b>347</b>
<b>MBS</b>		<b>28</b>
<b>PENSION SCHEME</b>	<b>-</b>	<b>28</b>
<b>PDSS</b>		<b>14</b>
<b>NAMMUDE AROGYAM COPIES</b>		<b>500</b>

### **3. ACADEMIC ACTIVITIES**

#### **a) BRANCH LEVEL**

18.01.2023: IMA Thalassery conducted a Panel Discussion on topic END HOSPITAL ATTACKS, A PUBLIC DEBATE. The session was moderated by Dr. Ramesh R (Former DHS Kerala & IMA Past State President). The panelists were Dr.Babu Ravindran T N (IMA Past National Vice President), Dr.Srikumar Vasudevan (IMA Past State President), Mr.P P Sadanandan (Crime Branch SP, Kannur), Mr.K K Marar ( Artist & Historian), Adv.K Viswan ( Thalassery Bar), Mr.Navas Methar (Former Press Club President) . Mr.P P Sadanandan (Crime Branch SP, Kannur) opined that strict rules are there to prevent hospital attacks and also given instruction to implement the same to raise the morale of doctors. Historian Sri.K K Marar depicted picture of old fashion doctor during the debate and asked society to be vigilant in preventing hospital attacks. Senior lawyer Adv.Viswan sensitized the members regarding the laws pertain in to medical profession and also laid out the importance of proper documentation. Meeting was attended by 110 members, representatives of Social organizations and hospital managements.



**INDIAN MEDICAL ASSOCIATION  
THALASSERY**  
Invites you for CB cum Panel Discussion

**END HOSPITAL ATTACKS.  
A PUBLIC DEBATE**

At IMA Hall (8:00 PM) on  
Wednesday, 18th January 2023

**MODERATOR**  
**Dr.Ramesh R**  
(Former DHS Kerala & IMA Past State President)

**PANELISTS**

**Dr.Babu Ravindran**  
(IMA Past National Vice President)

**Mr.K.K.Marar**  
(Artist & Historian)

**Navas Methar**  
(Former Press Club President)

**Mr.P.P.Sadanandan**  
(Crime Branch SP,Kannur)

**Adv.K.Viswan**  
(Thalassery Bar)

**Dr.Sreekumar Vasudevan**  
(IMA Past State President)

**PROGRAM SCHEDULE**

8:00 PM-8:35 PM General body meeting  
8:35 PM-9:15 PM Panel discussion

**PRESIDENT**  
Dr. Jayakrishnan Nambiar

**SECRETARY**  
Dr.Nadeem Abootly

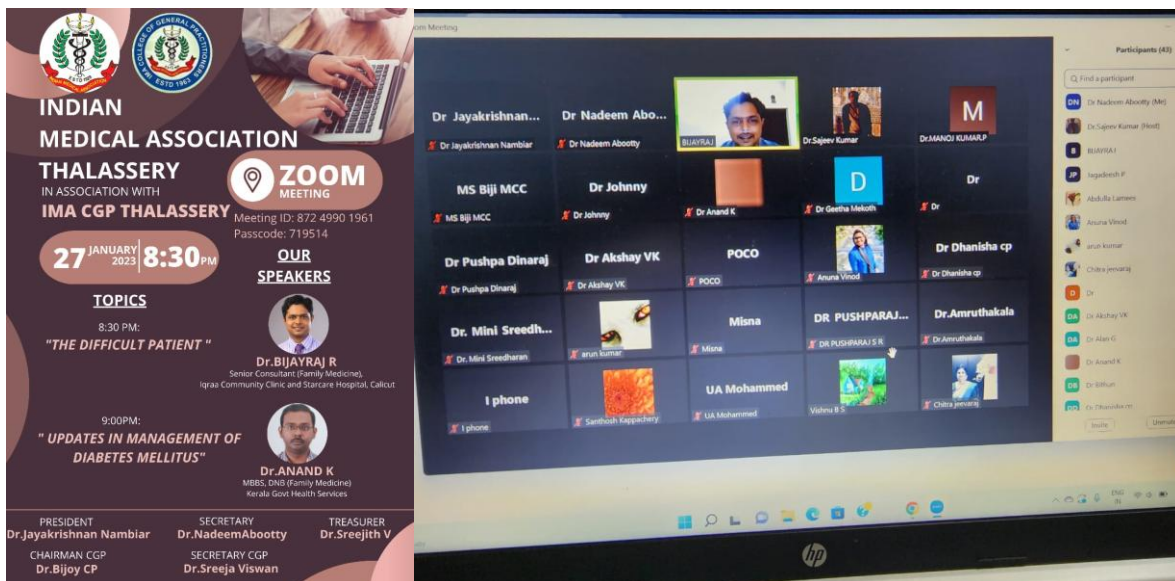






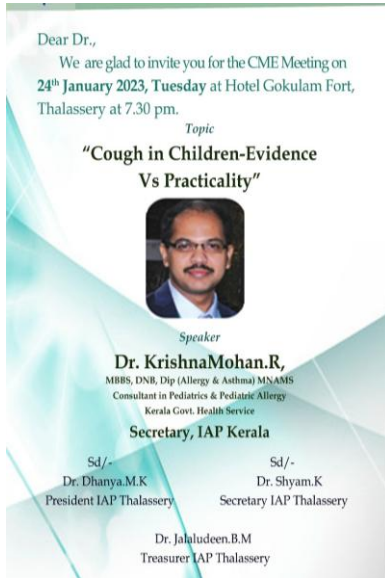
## b) SUB FACULTY OF CGP

27.01.23: IMA Thalassery in association with CGP Thalassery conducted a Talk on 27.01.2023 on Zoom platform. Talk on “The Difficult Patient” and “Updates in management of Diabetes Mellitus”. Speakers: Dr.Bijayraj, Senior Consultant Family Medicine, IQRA Community Clinic, Calicut and Dr.Anand K, Family medicine, Kerala Govt Medical Services. The CME was followed by a lively interaction. Dr.Jayakrishnan Nambiar (President IMA Thalassery) presided over the meeting.53 members attended the meeting.



## c) SUB FACULTY OF AMS

24.01.2023: IMA AMS Thalassery & IAP Thalassery conducted CME at Hotel Gokulam Fort Thalassery. CME was on topic "Cough in children - Evidence Vs practicality " by IAP Kerala state secretary Dr Krishna Mohan R. Presidential Address was given by Dr Dhanya MK President IAP Thalassery and vote of thanks by Dr Maya K Vice president IAP Thalassery.



### **d) SPECIAL TRAINING PROGRAMME**

31/01/2023: Refresher training program (module 3 )to Anganwadi workers of Pinarayi block by Dr . Dilnath Kallat, Past President IMA at AKG Training Centre Pinarayi.



31.01.2023: Immunization Training to JPHNs by Dr.Johnny Sebastian ,Vice President IMA on 31/01/2023 at District TB centre Kannur.



29.01.2023: Soft skill Training Sessions conducted with activities and games for Reception and Front Office staffs of Tellicherry Co-operative Hospital.





## **4. ORGANIZATIONAL ACTIVITIES**

### **1).GENERAL BODY**

#### **18.01.2023: General Body Meeting**

General Body Meeting was held at IMA Thalassery on 18.01.2023. Dr.C K Jayakrishnan Nambiar (President IMA Thalassery) welcomed the gathering. 110 members attended the meeting. Vote of thanks proposed by Dr.Nadeem Abootty (Secretary IMA Thalassery).



## 2) EXECUTIVE COMMITTEE MEETINGS

### **11.01.2023: Executive Committee**

Executive Committee Meeting on 11.01.2023. Dr.Jayakrishnan Nambiar (President IMA Thalassery) welcomed the gathering. 41 members attended the meeting. Vote of thanks was proposed by Dr.Nadeem Abootty (Secretary IMA Thalassery).

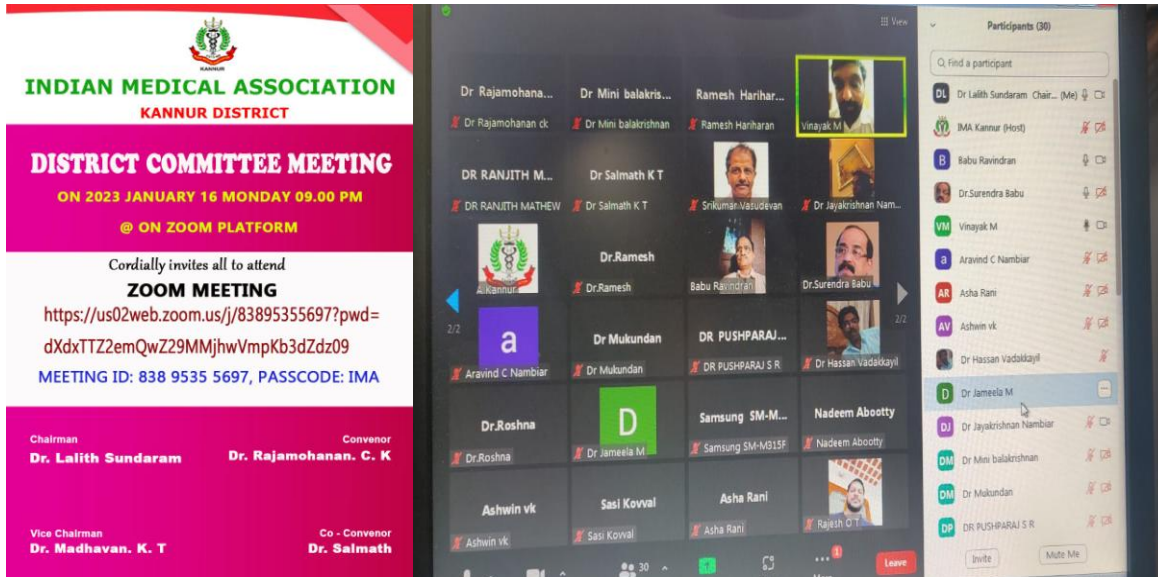


## **3. ATTENDANCE IN STATE MEETING**

### **16.01.2023: District Committee meeting**

District Committee meeting held in Zoom platform was attended by Dr.Jayakrishnan Nambiar(President IMA) , Dr.Nadeem Abootty (Secretary IMA), Dr.Babu Ravindran T N (Past National Vice President), Dr.Surendra Babu (Past President IMA), Dr.Srikumar Vasudevan(Past State President), Dr.Ramesh R (Past State President). President

and Secretary briefed about various activities of Thalassery IMA and future plans in coming months.



22.01.2023: Dr.Rajeev Nambiar at Patient Care Scheme meeting at IMA Head Quarters.

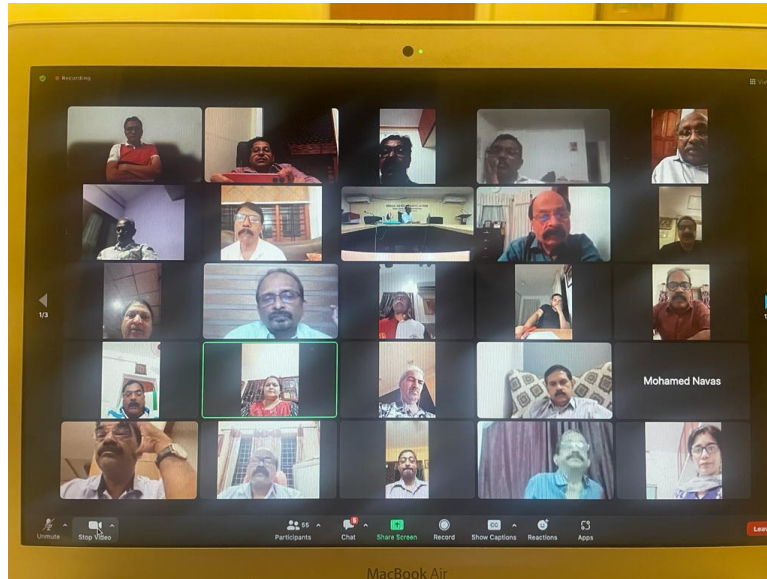


### 31.01.2023: North Zone Meeting

North Zone Presidents and Secretaries meeting in Zoom Platform was attended by Dr.Jayakrishnan Nambiar (President IMA Thalassery) & Dr.Nadeem Abootty (Secretary IMA) . Briefed about the Don't do drugs campaign and “why I Should be an IMA Member” Campaign in detail by Dr.Jayakrishnan Nambiar. State President appreciated the



efforts of Thalassery IMA and thanked for the help rendered by Thalassery office bearers for meeting political leaders including speaker for submitting HPA Amendment proposal.



#### **4.WOMEN DOCTORS WING ACTIVITIES**

01.01.2023: Dr.Mini Balakrishnan(Past President IMA Thalassery) was the Chief Guest at the Sapthadina Sahavasa Camp of NSS Unit of Sacret Heart School,Thalassery held at Girls Higher Secondary School,Thiruvangad.









26.01.23:Dr.Geetha M (Chairperson WDW Thalassery) was the Chief Guest on the occasion of Silver Jubilee celebration of Kudumbasree Unit , Pinarayi North, Ward 4.



31.01.2023: Geetha M (Chairperson WDW) inaugural function of radheshyam in her hometown pinarayi.





31.01.2023: Dr.Mini Balakrishnan (IPP) inaugurated the Vanitha Sammelanam of Sri.Subhanandha Trust.



## 5. MEETING ON CURRENT ISSUES


01.01.2023: Executive Committee discussed about Hospital Against Violence at General Hospital,Thalassery. Dr.Jayakrishnan Nambiar (President IMA)briefed about Hospital Violence incident at General Hospital Thalassery and also raised the concerned regarding members not informing IMA in case of many hospital violence in recent times. President explained actions took in previous cases and asked members not to loose hope, as we have intervned all incidents in the best possible way. He explained the members regarding an allegation against a doctor in Thalassery and the stand of IMA in above matter. Dr.Sasidharan K gave a total outlook of GH incidents and also regarding circum stances for issuing bail to the culprit . He asked IMA to concentrate more on member related activities and also to sensitize members regarding the need of IMA by going to them. Dr.Pushparaj also added about the General hospital issue and requested to follow up the case .Dr.Babu Ravindran(Past National Vice President) advised to take an legal opinion to know further about this issue of issuing bail and also to guide in like circumstances if similar issues occur. Dr.R Ramesh(Past State President IMA) stressed upon focusing only on Dr related issues instead of all other matters, he also advised to pressurize on director General of Prosecution and also to raise the concern of issuing the

bail in case of hospital attacks. He also requested to meet Thalassery Govt Hospital SUPDT and also a meeting to be convened at GH Thalassery for all doctors. Dr.Santhosh M K (Past President IMA) opined an induction training must be given for all New IMA Members. He also raised the query why bigger hospitals like GH Thalassery have less IMA executive members. He asked IMA should introspect, how we can be appealing to doctors and members. Dr.Mini Balakrishnan, IPP depicted problem faced by IMA during various hospital issues in previous situation. She asked to activate act force in full swing. Dr.Pradeep Kumar(SWC Member) requested to a make sure IMA acts only a professional organisation and also not involve in any situations of violences against health care workers if they are not requesting any help from IMA .Dr.Surendra Babu advised IMA must take stern action against doctors if they violate the rules and if found unethical. A unanimous decision was taken to visit GH Thalassery by branch officials and Senior IMA Leaders in next week if possible and to sensitize doctors at GH Thalassery how to deal incase of any hospital Violences.

## **6.ACTION AGAINST VIOLENCE ON DOCTORS**

18.01.2023: IMA Thalassery conducted a Panel Discussion on topic END HOSPITAL ATTACKS, A PUBLIC DEBATE. The session was moderated by Dr. Ramesh R (Former DHS Kerala & IMA Past State President). The panelists were Dr.Babu Ravindran T N(IMA Past National Vice President), Dr.Srikumar Vasudevan (IMA Past State President), Mr.P P Sadanandan (Crime Branch SP, Kannur), Mr.K K Marar ( Artist & Historian), Adv.K Viswan ( Thalassery Bar), Mr.Navas Methar (Former Press Club President) . Mr.P P Sadanandan (Crime Branch SP, Kannur) opined that strict rules are there to prevent hospital attacks and also given instruction to implement the same to raise the morale of doctors. Histrorian Sri.K K Marar depicted picture of old fashion

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<b>Navas Methar</b> (Former Press Club President)	<b>Dr.Sreekumar Vasudevan</b> (IMA Past State President)

**PROGRAM SCHEDULE**

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**PRESIDENT**  
Dr. Jayakrishnan Nambiar

**SECRETARY**  
Dr.Nadeem Abootyy







22.01.2023: State President and team met Shri. A N Shamseer Speaker at his Chamber and submitted our memorandum regarding HPA Amendment. Team includes our member Dr.Rajeev Nambiar too.



31.01.2023: IMA Thalassery branch President Dr. Jayakrishnan Nambiar and Secretary Dr. Nadeem Abootty visited Adv.A N Shamseer (Kerala legislative assembly Speaker/Thalassery MLA) and handed over the HPA Act amendment suggestions of IMA Kerala State. He assured full support for the above mentioned cause of IMA .



## 5.SOCIAL ACTIVITIES

### MEDICAL CAMPS

01.01.2023: IMA Thalassery and Matha Amridanandamai Madam Thalassery conducted a Free Medical Camp at Matha Amridananda Madam, Thalassery. Dr. K M Ramakrishnan, Dr.Padmanabhan, Dr.Jeothirmayi and Dr.Ramesh Kumar Maroli examined the patients.



06.01.2023: IMA & IAP Thalassery in collaboration with College of Nursing Thalassery conducted School Health programme and Exhibition at Andaloor Senior Basic School Dharmadam. Dr.Swapna Agnus (Principal, College of Nursing) Presided the function. Programme was inaugurated by Dharmadam Panchayath President Mr.N K Ravi. Students were screened by BSc Nursing Students and Health Checkup was done by Dr.Dhanya M K (President IAP Thalassery). There was Medical Exhibition for students and parents in the school auditorium.





10.01.2023: Dr. Mini Balakrishnan inaugurated the Blood Donation Camp of Sevabharathy at BEMP School for Malabar cancer care society blood bank.



17.01.2023: Free Hearing Test Camp conducted at Tellicherry Co-Operative Hospital,Thalassery.



22.01.2023: Mega Medical Camp at Josgiri Hospital,Thalassery. Dr.Arun Kumar(Consultant Orthopedics), Dr.Sr.Deepa,Dr.SR.Jyothis and Dr.Jayakrishnan Nambiar examined the patients.



### 26.01.2023: Fibro Scan Test Camp

Free Fibro scan organized by Thalassery IMA at Co-operative Hospital, Thalassery. 69 patients got the free service. Dr.Sandeep Narayanan, Consultant Gastro entomologist examined the patients.

**സാജന്യ കരൾരോഗ നിർണ്ണയ ക്യാമ്പ്**  
 തോണ്ട് ആൾക്കോളിക് ഹാറ്റി ലിവർ ഡിസീസും മറ്റ് കരൾരോഗങ്ങളും നിർണ്ണയിക്കുന്നതിനായുള്ള

**ഫൈബ്രോ സ്കാൻ ടെസ്റ്റ്**

തലശ്ശേരി കോ-ഓപ്പറേറ്റീവ് ഹോസ്പിറ്റലിലെ പ്രമുഖതയ്ക്കായ ശ്യാമലക്ഷ്മി എൻ്റോളജിസ്റ്റ് ഡോ. സന്ദീപ് നാരായണൻ്റെ നേതൃത്വത്തിൽ നടത്തപ്പെടുന്നു.

ഈ സ്കാൻ-ൽ തികച്ചും വേദനരഹിതവും തോണ്ട് ഇൻവേസീവുമാണ്

**26 ജനുവരി 2023 വ്യാഴം**  
 രാവിലെ 9.30 മുതൽ ഉച്ചയ്ക്ക് 12.00 മണി വരെ

**മുൻകൂട്ടി രജിസ്ട്രേഷൻ നിർബന്ധം**

**24** വിശദീകരണ വേദികളുടെ സേവനം ലഭ്യമാണ്




### 3. HEALTH EDUCATION CLASSES

09.01.2023: IMA Thalassery conducted a Awareness Class on Nutrition for Parents and Students at Paral DIUP School, Kodyeri by Dr.Dhanya M K. Welcome address was given by School Head Master Sri.Rafeeq Master. BMI of All students checked by JHI Mrs. Bindhya and JPHN Mrs.Noufi and Advice given regarding Dietary modification. More than 70 participants attended the programme.





10.1.2023: IMA Thalassery conducted a **Reproductive Health Awareness Class** at **Kadambur HSS**. Dr. Radhika Aravind took the class. 85 students attended the class.



07.01.2023: Class for public & staff at Kadirur PHC on **Menstrual Hygiene & Menstrual Cup** distribution by Dr. Suja Ajith (Secretary WDW). Conducted by Dr. Shahina.



7.01.2023: IMA Thalassery conducted an **Anemia awareness Class and Anemia detection camp** at Govt Homeo Dispensary Kadirur. Class was taken by Dr. Sahina.



11.01.2023: IMA Thalassery conducted a **Reproductive Health Awareness Class** at Girls School, Thalassery. Dr. Mini Balakrishnan took the class. 85 students attended the class.





13.01.2023: IMA Thalassery conducted a Reproductive Health Awareness Class at Thiruvangad Girls Higher Secondary School Thalassery .Dr.Mini Balakrishnan took the class. 85 students attended the class.



19.01.2023: IMA Thalassery conducted a Reproductive Health Awareness Class at Pattanoor HSS Thalassery .Dr.Radhika Aravind took the class. 100 students attended the class.





19.01.2023: IMA Thalassery conducted a Reproductive Health Awareness Class at Girls Higher Secondary School Thalassery .Dr.Mini Balakrishnan took the class. 85 students attended the class.



25.01.2023: Awareness class for nursing students on Respiratory Diseases at District Chest Centre, Kannur. Class was taken by Dr. Rejna.



25.01.2023: IMA Thalassery conducted a Adolescent Health Awareness Class at Girls Higher Secondary School Thiruvangad .Dr.Mini Balakrishnan took the class.70 students attended the class.



26.01.2023: IMA Thalassery conducted a Reproductive Health Awareness Class at Sacret Heart Higher Secondary School Thalassery. Dr.Mini Balakrishnan took the class.70students attended the class.



26.01.2023: IMA Thalassery conducted a talk on Menses : Where Boys talk about Menses in front of a Mixed audience of Girls and Boys at Parassinikadavu HSS. Class was taken by Dr.Shyjus P.



27.01.2023: Awareness talk on Adolescent Health and reproduction to students of St.Josephs School Thalassery by Dr.Maya (Pediatrician,GH Thalassery) and Dr.Muhammed Hafis (PHC Chokli)





#### **4. INVOLVEMENT IN NATIONAL HEALTH PROGRAMMES**

All National Health days were observed .

World Braille Day, Doctors Service Day, Palliative Care Day, IMA Community Service day, National Girl Child Day of India, National Deworming Day, National Youth Day Republic Day of India and World Leprosy Eradication Day

#### **5. COMMUNITY DEVELOPMENT PROGRAMMES**

Financial AID for completing residential work for Blind Couples in Thalassery was done as part of Community Charity Work of IMA Thalassery Branch.



## 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

#### 04.01.2023: World Braille Day

As a part of **World Braille Day** IMA Thalassery conducted an awareness class at Pee Key Eye Care Hospital, Thalassery. Dr. Jayakrishnan Nambiar (President IMA Thalassery) inaugurated the programme. Awareness class by Dr. Mohan Babu (Senior Eye Specialist, Pee Key Eye Care Hospital, Thalassery) .



### 12.01.2023: National Deworming Day

As a part of Deworming Day, IMA Thalassery conducted a NDD Training programme at FHC Muzhapilangad. Class was taken by Dr.Sreeja Viswan.



Training to Anganwadi teachers, School teachers and Asha Workers by Dr.Dilnath Kallat at PHC Dharmadam.





## 12.01.2022: National Youth Day

IMA Thalassery and JCI Thalassery conducted a cricket tournament on January 12th, 6.00pm at ARENA 58 Turf, Mukundu Mallar Road, Thalassery in connection with the National Youth Day. Various teams in and out of Thalassery participated. 'Don't Do Drugs' campaign was also done. IMA President Dr. Jayakrishnan Nambiar, JCI Thalassery President (2022) V.K. Rajesh were the chief guests and JC Akhila Chandran presided over the function. Dr Jayakrishnan Nambiar gave a speech on National Youth Day. Excise Officer Mr Sameer led the anti-drug pledge. Kerala football team captain Mithun was felicitated at the event. About 85 people attended the program.



## 15.01.2023: Palliative Care Day

Palliative Care Day Program at Community Hall, Muzhapilangad. Palliative training for Bystanders. Class was taken by Dr. Sreeja Viswan and Mrs. Sheeja (Palliative Nurse, MCC Thalassery).



In connection with Palliative Care Day, Kadirur FHC conducted Palliative Family meet which was presided by Dr. Sahina.





### 15.01.2023: Doctors Service Day

As a part of Doctors Service Day, IMA Thalassery conducted a free ENT Camp at Bali LP School Near Pinarayi on 14.01.2023 and distributed medicine for free. Dr.C M Radhakrishnan examined the patients.



### 15.01.2023: IMA Community Service Day

As a part of IMA Community Service Day, IMA Thalassery in association with All India Malayali Association conducted a Mega Medical Camp at Chothavoor HSS, Champad on 29.01.2023. IMA President Dr. Jayakrishnan Nambiar Chief Guest of the function. Dr.V R Rajeevan(Supdt,GH Thalassery) inaugurated the programme. Dr. Mini Balakrishnan, IPP IMA Thalassery, Dr. Nadeem Abootty, Secretary IMA Thalassery, Dr. Geetha Mekkoth, Chairperson WDW, Dr. Dhanya, President IAP Thalassery, Dr. Madhusoodanan. T &Dr.T Ramesan examined the patients.







**24.01.2023: National Girl Child Day**

IMA Thalassery conducted a Adolescent Sexual and Reproductive Health awareness class to students of GVHS School Chirakkara by Dr.Dhanya M K.

**INDIAN MEDICAL ASSOCIATION  
THALASSERY**

**NATIONAL GIRL CHILD DAY**

**DATE: 24.01.2023**  
**Venue: CHIRAKKARA HSS**

**AWARENESS CLASS BY DR.DHANYA M K**

**Dr. Jayakrishnan Nambiar**  
President IMA

**Dr. Nadeem Abooty**  
Secretary IMA

**26.01.2023: Republic Day**

President hoisted the National Flag on the occasion of Republic day at IMA Hall Thalassery.18 members attended the function and saluted the National Flag. Republic Day message was given by Dr.Jayakrishnan Nambiar(President IMA Thalassery)



**30.01.2023: World Leprosy Eradication Day**

Aswamedham Leprosy Case Detection Training to Asha Workers and Volunteers at PHC Dharmadam by Dr.Dhanya M K.





Dr Rajeevan supdt GH Thalassery Inaugurated World anti Leprosy Day programme at Hospital. Dr Reyla Dermatologist presented subject. Senior Dermatologist Dr Satheesh & Nursing supdt Leelamma address the programme. Welcome speech by Jr. HI Vigish Kumar . Programme presided over Dr. Suja and vote of thanks by PHN Sreelatha .



## 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 January Reports**

1. NUMBER OF NURSES HOME CARE CONDUCTED...8  
(ON ALL WEDNESDAYS & 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 WEDNESDAYS)
- 6..NUMBER OF OP PATIENTS ATTENDED.. 88
- NUMBER OF CANCER PATIENTS... 70
- 7..NUMBER OF WOUND CARE PATIENTS.. 6
- 8..NUMBER OF CATHETER CARE PATIENTS.. 16
- 9..NUMBER OF DEATH CASES.. 5
- 10...NUMBER OF MORPHINE PATIENTS....45
- 11..NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME VISIT.. 5
- 12...NUMBER OF DOCTORS HOME CARE.. 4
- 13..NUMBER OF DOCTOR HOME CARE PATIENTS.. 4
- 14..NUMBER OF NEW CASE..14

### **TIDA PROJECT**

#### **Tellicherry IMA Doctors Alliance report**

Healers Heaven residential project is going on as per schedule. 18+2 storeyed building , 6 th 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.

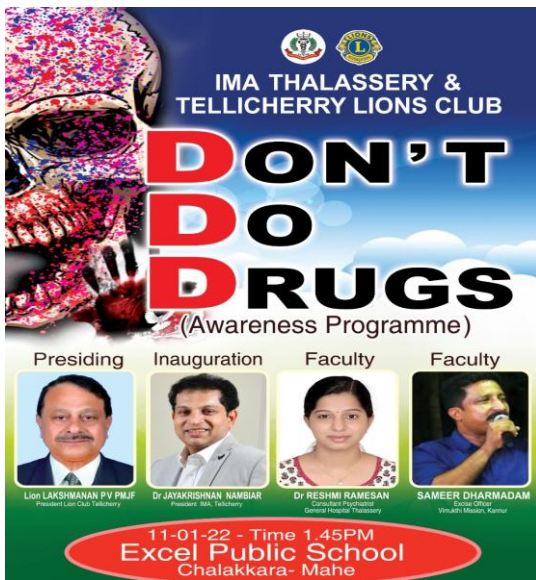
By embracing such an ambitious program, IMA Tellicherry expects to gradually bring about a drug free society around us. While envisaging this dream project, IMA expects honest support and truthful cooperation of responsible citizens from all sections of the society.

Please be with us in this noble pursuit...

*Programs will be reported as and when they are conducted.*

### 11.01.2023 : Don't Do Drugs

Indian Medical Association Thalassery in association with Lions Club Tellicherry conducted an Awareness Campaign **Don't Do Drugs** at Excel Public School, Chalakkara, Mahe. IMA President Dr. Jayakrishnan Nambiar inaugurated the programme. Mr. P V Lakshmanan, President, Lions Club, Mrs. Sathi Kurup, Principal Excel Public School, P.Mohanan, Chairman, Mr. Pradeep Prathibha spoke on the occasion. Dr. Rashmi Rameshan, Consultant Psychiatrist & Mr. Sameer, Excise Officer took an awareness class. More than 300 students attended the event followed by very vibrant interactive session.





12.01.2023:Dr.Jayakrishnan Nambiar (President IMA Thalassery) delivered speech on Don't Do Drugs at Venduttayi in the Mini Marathan held by Yuvarashmi Gramothsavam to propagate Drug Abuse.



29.01.2023: As part of the Don't do Drugs campaign IMA Thalassery in association with All India Malayali Association conducted a Awareness Session at Chothavoor HSS, Champad on 29.01.2023. IMA President Dr. Jayakrishnan Nambiar Chief Guest of the function. Dr.V R Rajeevan(Supdt,GH Thalassery) inaugurated the programme. Dr.Reshmi Ramesan took an awareness session. Sri. Govindan Mash, Sri. Dileep Master spoke on the occasion. Dr.Mini Balakrishnan& Dr.Jayakrishnan Nambiar being honoured by All India Malayalee Association.

**INDIAN MEDICAL ASSOCIATION THALASSERY & ALL INDIA MALAYALI ASSOCIATION**



**DON'T DO DRUGS**  
AT THE FIRST GLANCE DRUGS SEEM SAFE BUT NOT ALWAYS

**Awareness Programme**

**Date : 29.01.2023 (SUNDAY)**  
**Time : 9.30 am**  
**Venue : Chothavoor HSS,Chempad**

 Dr. Jayakrishnan Nambiar President IMA	 Dr. Nadeem Abootty Secretary IMA	 Dr. Sajeev Kumar P B Consultant Psychiatrist	 Dr. Reshmi Ramesan Consultant Psychiatrist
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**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.

### Honoured

Dr. Mini Balakrishnan & Dr. Jayakrishnan Nambiar being honoured by All India Malayalee Association



Dr. Mini Balakrishnan honoured by the Kerala Lalithakala Academy, Thiruvangad.





31.01.2023:Dr.Mini Balakrishnan(IPP) honoured by Thalassery Co-operative Hospital for achieving best branch president award during National Conference.



Awards

28.01.2023:” National ICON AWARD” for Ophthalmological services rendered to the society was presented to Dr.Sreeni Edakhlon on the occasion of Hariyana Ophthalmological Society Annual Conference.



Kannur 28 Jan 2023

**ദേശീയ ഐക്കൺ പുരസ്കാരം ഡോ.ശ്രീനി എടക്ലോണിന്**

തലശ്ശേരി: നേത്രചികിത്സയിലെ ദേശീയ ഐക്കൺ പ്രമുഖ നേത്ര ചികിത്സാ വിദഗ്ദ്ധനും കണ്ണൂർ സ്വദേശിയുമായ ഡോ. ശ്രീനി എടക്ലോണിന്, ഹരിയാനയിലെ ഹിസാറിൽ നടന്ന ഹരിയാന ഐക്ട്രൽ കോളജിക്കൽ സൊസൈറ്റിയുടെ വാർഷിക സംസ്ഥാന സമ്മേളനത്തിൽ വച്ച് പുരസ്കാരം ഏറ്റെടുത്തു. നേത്ര ചികിത്സാരംഗത്ത് ഡോ. ശ്രീനി എടക്ലോൺ നൽകിയ സംഭാവനകൾക്കും സാമൂഹിക സേവന പ്രവർത്തനങ്ങളും പരിഗണിച്ചാണ് പുരസ്കാരം തനിന്തിരുന്നത്. ആൾ ഇന്ത്യ ഐക്ട്രൽ കോളജിക്കൽ സൊസൈറ്റി പ്രസിഡന്റ്



നേത്രചികിത്സയിലെ ദേശീയ ഐക്കൺ പുരസ്കാരം ആൾ ഇന്ത്യ ഐക്ട്രൽ കോളജിക്കൽ സൊസൈറ്റി ദേശീയ പ്രസിഡന്റ് ഡോ.ശ്രീനി എടക്ലോൺ ഡോ. ലളിത് വർമ്മയിൽ നിന്ന് ഏറ്റെടുത്തു

ഡോ. ലളിത് വർമ്മയിൽ നിന്ന് പുരസ്കാരം ഏറ്റെടുത്തു. ഒരു ലക്ഷത്തിലധികം തിരിശു ശസ്ത്രക്രിയകൾ ഇതുവരെ ചെയ്തു. ശ്രീനി എടക്ലോൺ നിലവിൽ ഇന്ത്യയിലെ തന്നെ ഏറ്റവും ഉയർന്ന തിരിശു ശസ്ത്രക്രിയ ചെയ്ത വിദഗ്ദ്ധരിൽ ഒരാളാണ്.

## Celebrations

### **01.01.2023: New Year Celebration**

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







**Book Release**

12.01.2023: Dr.Jayakrishnan Nambiar released the book on “Honey and Health” written by Dr.C O T Musthafa by handing over the same to Dr.Nadeem Abootty(Secretary IMA Thalassery) at a meeting held on 12.01.23 at Heed n Heal Clinic Thalassery.





22.01.23: Directory Release

Dr.Rajeev Nambiar and Dr.Arun Kumar M K together released the medical directory prepared by K P Anvar by handing over the same to P V Sadanandan (Chettamcoon Residents Association President)



IMA & Media

21.01.2023: Dr.Siddeek K P A gave an awareness class on Kannur News Channel regarding Fever in Children.

കുട്ടികളിലെ പനി | ഡോ.സിദ്ധിഖ് | HELLO DOCTOR | KANNUR VISION | #KannurVisionOnline #kannurNews ഏറ്റു... youtu.be

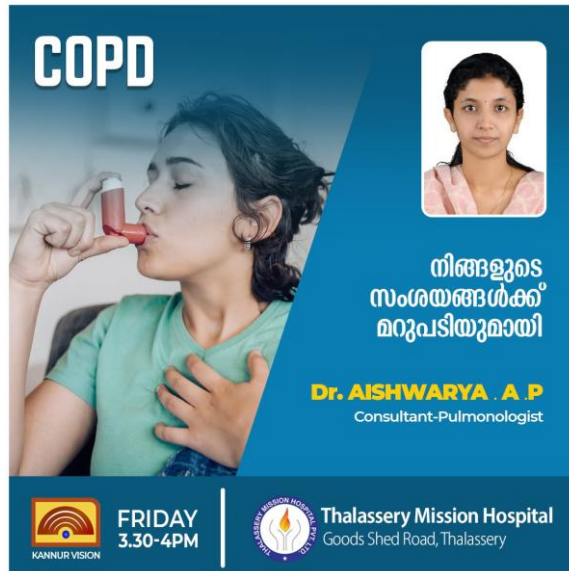
<https://youtu.be/M1opQjfaPKU>

5:32 pm

25.01.2023:Dr.Sayid Fahad Nizar gave an awareness class on Kannur News Channel regarding “Arthritis”.



23.01.2023: Dr.Aiswarya A P gave an awareness class on Kannur News Channel regarding COPD .



28.01.2023:Dr.Mini Balakrishnan gave an awareness class on Kannur News Channel regarding “Pregnancy and Abortion”.



Article

December volume 23 issue 4 of official News Letter of IMA depicted special news about Dr.Vanaja Raghavan on her Special treatment multifaceted ophthalmology and her interest for surgery to the needy people and awareness programs conducted by her.







15.01.2023: Dr.Jayakrishnan Nambiar participated as a guest of honour during the presentation ceremony of cricket tournament conducted by Kannur Cricket Academy and Canara Bank at Conor Vayal Cricket Stadium,Thalassery



18.01.2023: Abhirami Dental Clinic

Dr.Jayakrishnan Nambiar(President IMA Thalassery) was the special guest of Honour on the occasion of the second anniversary of Abhirami Dental Clini,Thalassery inaugurated its special wing with new amenities.





