



## IMA TELlicherry NEWS LETTER – MARCH 2019

### **ORGANIZATIONAL ACTIVITIES**

#### **13.03.2019: Executive Meeting**

Executive committee was held at IMA hall on 13.03.2019. President welcomed the gathering. 32 members attended the meeting.



#### **20.03.2019: Condolence Meeting**

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

#### **26.03.2019: IMA Kerala Yathra Reception & Lunch Meet**

Reception was given to IMA Kerala Yathra and a lunch meet was organized by IMA Thalassery on 26.03.19 at IMA Hall at 2.30pm. IMA members along with the State Office Bearers had a sumptuous lunch at the IMA Hall at 2.45pm. Meeting co-

ordinated by the Kannur District Committee started at 3.00pm. Dr. Rajeev Nambiar (President IMA Thalassery) welcomed the gathering. Dr. Anoop Koshy (DTF Chairman) presided over the function. Dr. Sugathan M E (President IMA KSB), Dr. Sulphy N (Secretary IMA KSB), Dr. Roy R Chandran (Treasurer IMA KSB), Dr. Balanarayanan O K (Vice President North Zone), Dr. Varghese T G (Vice President South Zone), Dr. Joju Pomson (Joint Secretary North Zone) Dr. Gopikumar (Secretary Elect, IMA KSB) and Dr. Joseph Benavan (SSS II Chairperson, IMA KSB) spoke on the occasion. Dr. M E Sugathan (State President) was honoured with Ponnada by Dr. Rajeev Nambiar (President IMA Thalassery) and Dr. Johny Sebastian (Secretary IMA Thalassery) on behalf of the host branch. New membership forms of 22 New Members were handed over to the State President during the occasion by the Branch Secretary. Dr. Johny Sebastian (Secretary IMA Thalassery) proposed the vote of thanks and the meeting was closed at 4.00pm. The meeting was attended by around 40 IMA Members. The reception and lunch was well appreciated by the State Office Bearers as well as

members from the neighbouring branches.



of Neuro Surgery, Aster MIMS Hospital, Kannur, and “EEG in Clinical Practice” by Dr. Sreejith Peediackal, Consultant Dept of Neurology, Aster MIMS Hospital, Kannur. Rajeev Nambiar C K presided over the meeting. 41 members attended the meeting.



### **27.03.2019: General Body Meeting**

The **General Body Meeting** was held on 27.02.2019 at IMA Hall Thalassery at 8.00 pm. Dr. Rajeev Nambiar presided over the meeting. 53 members attended the meeting.



### **27.03.2019: CME Meeting**

IMA Thalassery conducted a CME on “Restoring Balance – Current Concepts in the Management of Vertigo” by Dr. P. Muraleedharan Nampoothiri, HOD, Ent Department, Calicut Medical College. Rajeev Nambiar C K presided over the meeting. 53 members attended the meeting.



## **ACADEMIC ACTIVITIES**

### **20.03.2019: CME Meeting**

IMA Thalassery & Academy of Medical Specialities, Thalassery conducted a CME on “Surgical Management of Epilepsy” by Dr. Ramesh C V, Senior Consultant Neuro Surgeon, Spine Surgeon, Dept

## **SOCIAL ACTIVITIES**

### **Medical Checkups & Camps**

#### **10.03.2019: Mega Medical camp**

IMA Thalassery, Indira Gandhi Co-op Hospital Thalassery and All Kerala Balajanasakhyam together conducted a Mega Medical Camp at Ulikkal Aadivaasi Colony on 10.03.2019. Camp was inaugurated by Sri.Thomas Varghese (Member of Dist.Panchayath Kannur). Dr.Rajasekharan T S, Dr.Khaleel, Dr.Sajna Dilshad, Dr.Sumith Sudhakaran, Dr.Vincy, Dr.Darshana and Dr.Blessy examined the patients. About 300 Patients attended the camp and free medicines were distributed to them.



#### **17.03.2019: Cardiology Camp at Co-operative Hospital**

IMA Thalassery in association with Tellicherry Co-operative Hospital, Thalassery conducted a Cardiology Camp at Tellicherry Co-operative Hospital. Dr.Rajeev Nambiar (President IMA Thalassery) presided over the function.

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Dr.Sreejith & Dr.Sreekumar (Consultant Cardiologists) examined the patients. 200 patients attended the camp. For needy patients 50% reduction in charges were given for Angiogram & Angioplasty. The camp was well appreciated by the public.



#### **24.03.2019: Medical camp**

IMA Thalassery in association with Panoor Panchayath, ICDS & Love India Charitable Trust, Thalassery Branch organized a medical camp at Champad. Awareness Classes were taken on Malnutrition in General as well as Malnutrition in Pregnant Ladies. Classes were taken by Dr.Rajeev Nambiar & Dr.Shyjus. Investigations were done at free of cost Dr.Rajeev Nambiar, Dr.Mini Balakrishnan, Dr.Madhusoodanan T & Dr.Shyjus attended then camp. The camp was attended by more than 500 people.





28.03.2019: IMA & WIMA Thalassery in association with Santhwanam Medical Trust, ICDS Panoor, AMD AIMA conducted a class on Osteoporosis and BMD Analysis Camp for the Anganwadi Workers of Panoor ICDS and members of “Pakalveedu” at IMA Hall Thalassery. Dr.Rajeev Nambiar (President IMA Thalassery) delivered the welcome note and presidential address. The class was taken by Dr.Jayakrishnan Nambiar (Consultant Orthopaedician, Tellicherry Co-operative Hospital). 60 people attended the camp. Dr.Jayakrishnan Nambiar and Dr.Radhika Aravind( Secretary,WIMA Thalassery) attended the patients.



### Health Education

#### **01.03.2019: Motivation Class**

As a part of International Womens Day, WIMA Thalassery conducted a session on Motivation at IMA Hall,Thalassery. The session was conducted by Mr.Jayagopal Chandrasekharan (International Motivation Speaker and Social Activist). 20 WIMA Members attended the session.



#### **05.03.2019: Self Defense Session**

On 5<sup>th</sup> March WIMA Thalassery organized a session on Self Defense at IMA Hall,Thalassery. The class was conducted by Mr.Koshy and Mr. Haseed (International FSA Kenshinkan Karate Organization Kannur). 30 WIMA Members attended the session.



**24.03.2019:** IMA Thalassery, TB Unit Thalassery & PHC Eranholi conducted a World TB Day Awareness Class at Kandancherry KunhiRaman Smaraka Hall. Dr.Bejoy C P(Treasurer IMA Thalassery) inaugurated the function and took the Awareness class. Members of other social organizations, Health Workers of PHC, ASHA Workers and Kudumbasree members attended the meeting.



Malabar Branch. Dr.Sanjeev Kumar & Dr.Rejna Dilnath took the classes.



**24.03.2019:** IMA Thalassery, conducted an awareness class on Airborne infections and Tuberculosis at AKG Hospital. Dr.Rejna Dilnath took the class. 100 Nursing Students and public attended the class.

**OBSERVATION OF IMPORTANT DAYS**

**International Womens Day Programmes**



**01.03.2019: Motivation Class**

As a part of International Womens Day, WIMA Thalassery conducted a session on Motivation at IMA Hall,Thalassery. The session was conducted by Mr.Jayagopal Chandrasekharan (International Motivation Speaker and Social Activist). 20 WIMA Members attended the session.

**24.03.2019:** IMA Thalassery along with TB Unit Thalassery conducted a Public Awareness class at CHC Iriveri. Dr.Kalesh (Chest Physician, General Hospital,Thalassery) took the Awareness Class. Dr.Dilnath Kallat offered felicitation on the occasion.



**24.03.2019:** As part of IMA END TB initiative a district level programme was conducted at Broad Bean Hotel in association with IMA Kannur North

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**08.03.2019: Dr. Radha V** was honoured on the International Womens day by the **Kerala Blood Donors Forum, Kannur**

### 08.03.2019: International Women's day

International Women's day was celebrated by IMA & WIMA on the 8<sup>th</sup> of March 2019 at IMA House Thalassery. WIMA Chairperson Dr. Sithara Aravind welcomed the gathering. Dr. Rajeev Nambiar (President IMA Thalassery) presided over the Function. Dr. Adeela Abdulla, IAS (Regional Director, IMG, Calicut) took a class on "Enrichment of Leadership Qualities – An INTEGRAL Component of Women Empowerment". IMA Secretary Dr. Johnny Sebastian offered felicitation on this occasion. WIMA secretary Dr. Radhika Aravind proposed the vote of thanks. Around 200 students including WIMA members attended the meeting.



**08.03.2019: Dr. Biji M S** (Malabar Cancer Centre, Thalassery) was honoured on International Womens Day by **Kerala Foundation** for her services in Palliative Care.





**08.03.2019:**Dr.Sithara(Chairperson, WIMA Thalassery) attended Womens Day Celebration of IAP Thalassery at Gokulam Fort,Thalassery and gave a talk on “Balance for Better”.



participated in the discussion with the public.



**11.03.2019: No Smoking Day**

IMA Thalassery conducted a Poster exhibition at Co-Operative Hospital, Thalassery. Posters were exhibited for the public and staff. Dr.Sreejith, MD, DM (Cardiology), Dr.Srikumar,MD,DNB (Cardiology) and Senior Chest Physician (Past State IMA Vice President) Dr.Mohammed Abdulla gave awareness talks to the public regarding the bad effects of smoking. Dr.Rajeev Nambiar and Dr.Mini Balakrishnan (Vice President IMA) co-ordinated the function and actively participated in the discussions with the public.

IMA Thalassery conducted a Poster exhibition at Indira Gandhi Co-operative Hospital Thalassery also on the same day. Variety of posters were arranged for the public and staff. Dr.K P A Siddeek and Dr.Rethika Srikumar co-ordinated the function and actively

**14.03.2019: World Kidney Day**

World Kidney Day observation was observed at Taluk Hospital, Kuthuparamba in Association with IMA Thalassery by conducting a family get together for the patients attending Dialysis Unit. Provided Lunch and handed over gifts(Thermo Flask).The function was presided by Dr.Sasidharan K(Past President IMA Thalassery) and inaugurated by Dr.Jeeja,Supdt,Taluk Hospital, Kuthuparamba. Gifts were handed over by Dr.Lalith Sundaram, Dr.Sasidharan and Dr.Jeeja followed by Cultural programmes .



### 22.03.2019: IMA Telemedicine Day

IMA Thalassery observed the Telemedicine Day on 22.03.2019 at Indira Gandhi Cooperative Hospital, Thalassery. Dr.Mohan Lieslie, Neurologist as well as a well known figure in IT & promotion of mobile Apps, took a class about the role of new medical apps available on mobile in the management of medical disorders. Dr.Ranjith P.V (Neurologist) welcomed the gathering. Dr. Rajeev Nambiar (President IMA Thalassery) presided over the function and Dr.Johnny Sebastian (Secretary IMA Thalassery) proposed the vote of thanks.



### 24.03.2019: World TB Day

- Dr.Johnny Sebastian (Secretary IMA Thalassery) attended the State Level Launch of Steps Programme- System for TB elimination in Private Sector at Kalpetta, Wayanad as part of IMA END TB initiative. Meeting was presided by Dr.M E Sugathan (State President IMA ).

Dr.Johnny Sebastian offered felicitation on the occasion.



- IMA Thalassery, TB Unit Thalassery & PHC Eranholi conducted a World TB Day Awareness Class at Kandancherry KunhiRaman Smaraka Hall. Dr.Bejoy C P (Treasurer IMA Thalassery) inaugurated the function and took the Awareness class. Members of other social organizations, Health Workers of PHC, ASHA Workers and Kudumbasree members attended the meeting.



- District level function of World TB Day was held at Town Square, Kannur and was inaugurated by District Collector Sri.Mir Mohammed Ali, IAS



Dr.Rejna Dilnath delivered the pledge on the occasion.



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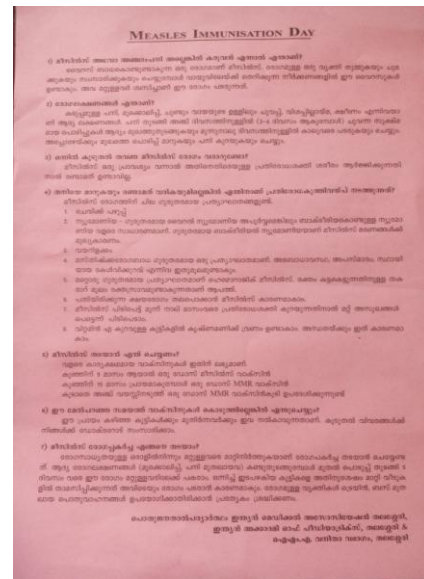
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- As part of IMA END TB initiative a district level programme was conducted at Broad Bean Hotel in association with IMA Kannur North Malabar Branch. Dr.Sanjeev Kumar & Dr.Rejna Dilnath took the classes.

**31.03.2019: Measles**

**Immunisation**

IMA Thalassery in association with IAP Thalassery observed “Measles Immunisation Day”. *Distributed pamphlets, spreading* awareness on measles immunisation through bus stand, railway station, Thalassery General Hospital and all private hospitals in Thalassery.



## **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. 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**

**08.03.2019:** Dr. Sithara (Chairperson, WIMA Thalassery) attended Womens Day Celebration of IAP Thalassery at Gokulam Fort, Thalassery and gave a talk on "Balance for Better".

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Peediackal, Consultant Dept of Neurology, Aster MIMS Hospital, Kannur. Rajeev Nambiar C K presided over the meeting. 41 members attended the meeting.

organized to find out the talented people in Kannur District. Yathra was flagged off by Dr. Rajeev Nambiar (President IMA, Thalassery) and Mr. Azaad M P, CI of Police, Thalassery.

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## **PUBLIC RELATIONS & SOCIAL INVOLVMENT**

**25.03.2019:** Dr. Rajeev Nambiar (President IMA Thalassery) was invited for the programme "Naatile Thaarangal" organized by Kannur Vission. The programme was