



IMA TELlicherry NEWS LETTER – APRIL 2018

ORGANIZATIONAL ACTIVITIES

03.04.2018: IMA District Committee Meeting

Dr. Babu Ravindran, Dr. Pushparaj, Dr. Anoop Koshy, Dr. Prashanth M, Dr. Dilnath Kallat attended the District Committee Meeting at Kannur.

11.04.2018: Executive Meeting

Executive committee was held at IMA hall on 11.04.2018. President welcomed the gathering. 35 members attended the meeting.



18.04.2018: General Body Meeting

The *General Body Meeting* was held on 18.04.2018 at IMA Hall Thalassery at 8.00 pm. Dr. Pushparaj presided over the meeting. 56 members attended the meeting.



22.04.2018: RHEUMACON 2018 ANNUAL STATE CONFERENCE OF IRA WITH IMA AMS THALASSERY

The meeting started off well at Hotel Pearlview Regency, Thalassery on 22.04.2018. Senior Physician Dr. Babu Ramachandran inaugurated the function in the presence of Dr. Binoy J Paul (IRA Kerala State President). Dr. Sanjeev Kumar (IPP, IMA Thalassery), Dr. P P Vsudevan (IMA AMS Chairman Thalassery) and Dr. Sukesh Edavalath (Organising Secretary) and other dignitaries on and off to dias. About 150 members attended the conference. Theme of the conference was “**ACT NOW NOT LATER**”. Eminent Rheumatologist from the state and outside presented papers. There was active participation

and discussion from the delegates.

IMA AMS Thalassery was honored to be part of the meeting and special thanks to Dr.Binoy J Paul, Dr.Sukesh Edavalath and all the delegates and chairpersons who participated.

Meeting was called off at 4.00pm. Dr.Sukesh Edavalath (Organising Secretary IRA) expressed vote of thanks.



25.04.2018: IMA Kerala Yathra

As part of IMA Kerala Yathra a warm reception of the team leaders and IMA Kannur District Committee meeting was conducted at IMA Hall Thalassery on 25.04.2018 at 7.00pm. IMA Branch President Dr.Pushparaj S R Welcomed the gathering. IMA State President Dr.E K Ummer presided over the function. In his presidential address he mentioned

about almost all problems that doctors community now facing like NMC Bill, Clinical Establishment Bill, Hospital attacks etc...He also pointed out the important role of medical students in the IMA activities. Dr.Sulphy N (State Secretary), Dr.Venugopal K (North Zone Joint Secretary), Dr.Babu Ravindran(Past National Vice President), Dr.Srikumar Vasudevan (Chairman,Ethics Committee) Dr.Surendra Babu (Convenor, Ethics Committee) addressed the gathering. Branch representatives Dr.Aboobacker C (President IMA Panoor), Dr.Ashok Gopinath (President IMA Kuthuparama), Dr.Anil (IMA Kannur), Dr.Rajesh O T (IMA Cherukunnu) & Dr.Sakkariya P P(Secretary IMA Thalassery) were discussed about the branch IMA activities. Vote of thanks proposed by Dr.Lalith Sundaran (Co-ordinator,Kannur Dist Committee)



ACADEMIC ACTIVITIES

18.04.2018: IMA Thalassery conducted a CME on 18.04.2018 at IMA Hall Thalassery. CME on *“Approach to Anemia”* by Dr. Chandran K Nair, Professor, Department of Clinical Hematology & Medical Oncology, Malabar Cancer Centre, Thalassery. Dr. Pushparaj S R presided over the meeting. 56 members attended the meeting.



training sessions. Total 100 KSEB Workers from Dharmadam and Pinarayi Sub Divisions were participated in that function.



27.04.2018: IMA Thalassery conducted a BLS Training Programme for Office Staff and workers of **EKK Builders Mahe-Thalassery Bypass** on **27.04.2018**. Dr. Nadeem Abootty conducted the training sessions.



TRAINING PROGRAMME

12.04.2018: BLS Training for Electricity officials

IMA Thalassery in association with Electricity Workers Conducted a Basic Life Support Training for Electricity officials on 12th April at IMA Hall Thalassery.

Dr. Pushparaj S R (President IMA Thalassery), Dr. Sakkariya P P (Secretary IMA Thalassery) co-ordinated the programme. Dr. Nadeem Abootty conducted the

29.04.2018: As a part of IMA Health Camp a BLS Training Programme for all doctors and their family members of IMA Thalassery conducted on 29.04.2018. Trainers were doctors from **Emergency**

Department, MIMS Calicut. A 4 hour hands on well interactive training session with all training materials was a well experience for the doctors.



As part of the camp a health talk about "Health and Diet" was conducted at 10.00am. Dr.Chandrasekharan P(Senior Physician,Thalassery) took the class. During his talk he mentioned about healthy and unhealthy dietary practices.

SOCIAL ACTIVITIES

Medical Camp

29.04.2018:IMA Thalassery conducted a Mega Medical Camp for doctors and their family members of IMA Thalassery conducted on 29.04.2018 at IMA Hall Thalassery. Camp included Blood Investigations like,Serum Vitamin D Assessment, Serum Total Cholesterol, LDL Cholesterol,HBA1C,Bone Density Scan, Body Fat Assessment and Cardiac Checkup. Camp started on 8.00am. About 95 doctors and their family members participated in the camp.Cardiac Checkup included TMT and ECO Cardiogram for the needies.



As part of the Camp a BLS Training Programme for all doctors and their family members of IMA Thalassery conducted at 11.00am. Trainers were doctors from **Emergency Department, MIMS Calicut**. A 4 hour hands on well interactive training session with all training materials was a well

experience for the doctors. A healthy breakfast and lunch also served in the camp.



Health Education

08.04.2018: World Health day

- As a part of world health day observation IMA Thalassery conducted a Yoga Class for IMA Doctors and Family members at IMA Hall Thalassery. About 30 doctors and family were attended the function. Mr.Prakashan and Mr.Rajesh were taken the class. Dr.Sudhakaran Komath and Dr.Sakkariya P P co-ordinated the program.



- As a part of World Health Day Observation IMA Thalassery conducted a Personality Development Class for doctors and staff of IGCH,Thalassery.Mr.Sahadevan (Personality Trainer & Teacher, Novodaya School,Mahe) conducted the class. Dr.Siddeek co-ordinated the function.



- IMA Thalssery conducted a awareness class at Taluk Hospital,Kuthuparamba.Dr.Sa sidharan took the class.



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24.04.2018 to 29.04.2018: IMA Thalassery conducted a 1 Week Yoga Class for doctors and their family members at IMA Hall Thalassery. Class taken by Mr. Prakashan (Insurance Officer). The programme co-ordinated by Dr. Sudhakaran Komath.

OBSERVATION OF IMPORTANT DAYS

02.04.2018: World AUTISM Awareness Day
Dr. Ramesan (Principal KMC) inaugurating SPECTRUM 2018.

World Autism Day programs at Anjarakandy Medical College. Dr. Sajeev Kumar took class thematic address. Dr.Vinayak and Dr.Priya took class to an audience comprises of medical students, nursing students,teachers from schools. Around 200 people participated.



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- IMA Thalssery conducted a awareness class at Taluk Hospital,Kuthuparamba.Dr.Sa sidharan took the class.
- As a step towards health and fitness awareness among lady doctors,WIMA thalassery has **started a once week ZUMBA session for members of WIMA.** The first session was on 20.4.2018 and continues every Friday . The initiative was well accepted and appreciated by WIMA members . More than 25 members are routinely attending the ZUMBA sessions.

17.04.2018:International Haemophilia Day

As a part of World Haemophilia Day IMA Thalassery conducted a Class for teachers and parents at Govt Higher Secondary School,Muzhapilangad on 17.04.2018.Dr.Dilnath Kallat

(District Representative PPS,Kannur)) took the class.



- As a part of World Haemophilia day an Awareness class was conducted at Indira Gandhi Co-operative Hospital, Thalassery. Class was taken by **Dr. Purushotham.B, Professor of Pathology Department, Anjarakandy Medical College, Anjarakandy.** More than 75 staff attended the class. Dr. Siddeek.K.P.A(Medical Director ,IGCH) and Secretary IMA Thalassery Dr. Sakkariya.P.P were present on the occasion.



25.04.2018: World Malaria Day

IMA Thalassery in association with WIMA Thalassery organized a talk on Malaria at Anjarakandy Medical College. The class was taken by Dr Deepa D, Asst Professor, Dept of Microbiology. The class was attended by staff and students and was well appreciated.

- WIMA Thalassery in association with Anganwadi workers Thalassery Division conducted a class for Anganwadi teachers and aayas .The topic was Malaria and other infectious disease. The class was taken by Dr Vineetha Raghavan, Asst Professor, Malabar Cancer Centre. The programme was attended by more than 80

workers. It was a highly interactive session.

- As part of World Malaria Day a Malaria parasite demonstration class was conducted for Lab staff of various hospital laboratory of Thalassery at Indira Gandhi Co-operative Hospital, Thalassery. The class was taken by **Dr. Purushotham.B, Professor of Pathology Department, Anjarakandy Medical College, Anjarakandy.** The programme was co-ordinated by Dr. Siddeek.K.P.A(Medical Director, IGCH, Thalassery), Secretary Dr. Sakkariya.P.P, Lab in charge **Aneesh Varghese.**

26.04.2018: No Horn Day

As a part of No Horn Day IMA Thalssery in Association with Traffic Police Unit Thalassery posted a large No-Horn board in front of General Hospital, Thalassery.



- In association with Traffic Police Dept Thalassery personally met taxi drivers and interact them about the health hazards of loud noises and posted no horn poster on their vehicle.



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 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.

25.04.2018: As a part of Nammude Arogyam campaign, a 100 copies of Nammude Arogyam issued to Tellicherry Co-operative Hospital.

Vishu Celebration

14.04.2018: Vishu

- IMA President Dr. Pushparaj.S.R attended Vishu celebration at Snehakudu Old Age Home, Kuttimakkool. Famous writer Sri. M.Mukundan, Sri. M.B.Aravindakshan also attended the function.



- IMA Thalassery celebrated this year vishu festival with inmates of Samaritan Old Age Home, Thalassery. IMA Secretary Dr. Sakkariya.P.P, Treasurer Dr. Johnny Sebastian, Dr. Shajeera Beegam and Dr. Latha Johnny participated in the function.



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PUBLIC RELATIONS & SOCIAL INVOLVMENT

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