



IMA TELlicherry NEWS LETTER – FEBRUARY 2018

ORGANIZATIONAL ACTIVITIES

07.02.2018: Executive Meeting

Executive committee was held at IMA hall on 07.02.2018. President welcomed the gathering. 49 members attended the meeting.



18.2.2018: State Working Committee Meeting

Dr.Babu Ravindran T N(IMA Past National Vice President IMA KSB), Dr.Srikumar Vasudevan(IMA Past State President),Dr.Pushparaj S R(President IMA Thalassery),Dr.Pradeep Kumar K(SWC Member) ,Dr.Shaji S(District Representative KHS) & Dr.Rajeevan V K(Treasurer,Pension Scheme) attended the State Working Committee meeting at IMA Periyar House, Aluva

11.02.2018: Managing Committee Meeting

Dr.Rajeevan V K (Treasurer,Pension Scheme),Dr.Dilnath Kallat(Dist.Representative PPS Kannur) attended the Managing Committee Meeting at Thrissur.

16.02.2018: General Body Meeting

The *General Body Meeting* was held on 16.02.2018 at IMA Hall Thalassery at 8.00 pm. Dr. Pushparaj presided over the meeting. 32 members attended the meeting.

ACADEMIC ACTIVITIES

16.02.18: IMA Thalassery conducted a CME on 16.2.18 at IMA Hall Thalassery. CME on "*Standards for TB Care in India* " by Dr.Sanjeev Kumar M & Dr.Rejna Dilnath . The CME was followed by a lively interaction. Dr. Pushparaj S R

presided over the meeting. 32 members attended the meeting.



Oration

21.02.2018: Dr. Albert Kallat Memorial Oration was delivered on 21st February 2018 at IMA Hall. Dr. Anoop Kumar A S, Consultant & Chief Critical Care Medicine, Baby Memorial Hospital, Kozhikode delivered the oration. The topic was “**Changing Trends in Perioperative Nutrition**”. Dr. Pushparaj S R, President IMA Thalassery welcomed the gathering and presided the function. Prior to the meeting Late Dr. Albert Kallat was remembered by Dr. Shanthakumari P K. Dr. Anoop Koshy Mathew introduced the guest speaker. The oration was attended by 57 members including Late Dr. Albert Kallat’s wife Mrs. Rejani Kallat.



SOCIAL ACTIVITIES

03.02.18: IMA & WIMA Thalassery in association with Police force, Thalassery Conducted a **Basic Life Support Training for Pink Police Team** on 3rd February at IMA Hall Thalassery.

The session was inaugurated by Mr Premachandran, Circle Inspector, Thalassery.

Dr. Sandhya B Raveendran, Chairperson, WIMA welcomed the gathering. Dr. Anoop Koshy, Chairman, IMA district committee, Dr. Dilnath Kallat, Past President, IMA Thalassery gave felicitations. Vote of thanks delivered by Dr Sithara Aravind, Secretary WIMA

Dr Nikhil mohan and Dr Sarath KE were the instructors and the session was attended by the entire Pink Police Team of Thalassery. It was a hands on demonstration class on basic life support and was well appreciated by the police team.



Health Education

18.02.2018: Dr.Rajeev Nambiar,Vice President talked about **Drug Abuse** conducted by Vivers Ward,Thalassery.



05.02.18: Dr.Sajeev Kumar P B,Psychiatrist @ Mind Clinics,Thalassery conducted a motivational class to Exam going

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SSLC Batch of Palayad GHSS.Topic “Behavioural Techniques to sharpen Memory and Overcome Exam Fear”.



15.02.2018: IMA & WIMA organized a class on “How to Sharpen your memory and overcome exam fear “by Dr.Sajeev Kumar (Associate Professor, Dept of Psychiatry, Kannur Medical College) at San Jose Metropolitan Higher secondary School for exam going students.100 students attended the class.



23.02.2018: WIMA Thalassery conducted an Interactive session on “Adoloscent Health Awareness” conducted by

Dr.Radhika Nambiar, Consultant Gynaecologist at Mubarak Vanitha college,Thalassery.



27.02.2018: IMA Thalassery conducted a class on Bio Medical Waste Management by Dr.Rajeevan V K (Deputy Supdt,General Hospital,Thalassery) at General Hospital,Thalassery.50 staff nurse attended the class.



OBSERVATION OF IMPORTANT DAYS

19.02.2018: As a part of observing World Cancer Day, IMA &WIMA Thalssery organized 3 programmes

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1) Malayalam Short story writing competition for high school students on topic- paediatric cancer- I can, We can. (എനിക്കും സായുദ്ധാണു, നമുക്കും സായുദ്ധാണു.)

60 students from 6 schools in Thalassery attended the competition. A certificate and Cash prize of 3000,2000 and 1000 Rupees were awarded to the 1st and 3rd winners respectively.

Details of winners

1st Prize: Aiswarya A, 9th Std,Sanjos Metropolitan School,Thalassery

2nd Prize :Nirmal S,8th Std, St.Josephs Higher Secondary School,Thalassery.

3rd Prize : Adithya C,8th Std, Govt Brennen Higher Secondary School,Thalassery.

Special Prize : Divya Sanjeev, 9th Std, BEMP Higher Secondary School,Thalassery.



2) WIMA and IMA thalassery in association with Malabar Cancer Centre, Thalassery organised a panel discussion on "Paediatric cancer- Myths and Facts" with an aim to make people aware of the false information circulating in social media and also to emphasize the need for taking correct treatment at the right time for conquering Paediatric cancer.

Dr Pushparaj S , president IMA welcomed the gathering. Felicitations offered by Dr Satheesan B, Director MCC and Dr Sandhya B Raveendran, Chairperson WIMA. Vote of thanks proposed by Dr Sithara Aravind, Secretary WIMA.

Prizes for winners of short story writing was awarded by Dr. Satheeshan B, Director, MCC.

Panelists: Dr Satheesan B (Director MCC), Dr Jithin (Paediatric oncologist, MCC), Miss Jisha(onco psychologist MCC), Mrs Shijina (Cancer survivor)

Moderator : Dr Vineetha (Paediatrician, MCC)

Programme was attended by school teachers, nursing students and tutors, bar association members, media persons and public. The programme was well appreciated and widely covered by media.

Pamphlets on paediatric cancer was also distributed



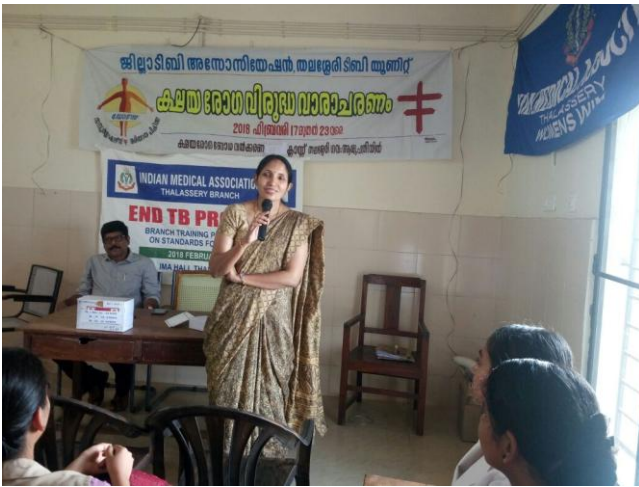
3) IMA Thalassery conducted a Cancer Awareness Class at IMA House Thalassery. Pain and Palliative Volunteers attended the class.



22.2.18: TB WEEK OBSERVATION

Dr Rejna Dilnath conducted a session on elimination of TB and introduction of newer management protocols for nursing students at

Government General hospital Thalassery. Dr.pushparaj S R Presided the Function.



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.

11.02.2018: Pain & Palliative Volunteers training

2nd part of volunteers training programme was conducted on 11.02.2018 at IMA House,Thalassery. Programme was presided by IMA President Dr.Pushparaj. S R,

Topics

- 1." Cancer & HIV Aids" by Dr.T Ramesan(Physician& Joint Secretary,IMA Pain and Palliative Care Society)
2. Rehabilitation and Govt aid by K Ramachandran,Trainer PIK.
3. End of Life Care by Mr.Abdul Rahman Kolatahyi (Master Trainer)
- 4 Communication & Social Psycho Support by Mr.Abdul Rahman Kolatahyi (Master Trainer)

More than 100 members attended the programme. Certificates were distributed to all the volunteer.



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.

IMA & Media:

25.02.2018: Dr.Sajeev Kumar P B participated in Live Phone in Programme of All India Radio, which broadcasted all over Kerala.



PUBLIC RELATIONS & SOCIAL INVOLVMENT

21.01.2018: IMA President attended and gave felicitation "Paithrukham 2018" conducted by Kerala Chitrakala Parishath.