



INDIAN MEDICAL ASSOCIATION, TELlichERRY

Monthly Report of Activities for the month MARCH 2026

—
SL NO

CONTENTS

1. MEMBERSHIP
2. BRANCH MEETING
 - a) Executive Meeting
 - b) General Body Meeting
 - c) Cultural Events
3. BRANCH CHAPTERS
 - a)WIMA
4. BRANCH COMMUNITY & SOCIAL ACTIVITIES
5. PARTICIPATION IN STATE MEETINGS
 - a)State WIMA meet
6. STATE PROGRAMS
 - a)Nammude Arogyam Subscription
 - b)Observation of state designated days
7. SUB COMMITTEE ACTIVITIES
 - a) ELS Program
8. SPECIAL PROJECTS BY BRANCH
 - a)Palliative Care Clinic
 - b)TIDA Projects

MEMBERSHIP

SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS	12	698
JDN(Less than 40)		128
SSS I		332
SSS II		284
SSS III		240
PPS	4	384
CGP		38
AMS	-	133
PEPS		10
KHS		388
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		225

-

2.BRANCH MEETINGS

I) EXECUTIVE COMMITTEE MEETINGS

04.03.2026: EXECUTIVE MEETING

Executive Committee Meeting on 04.03.2026. Dr.Johnny Sebastian (President IMA Thalassery) welcomed the gathering and 29 members attended the meeting. Vote of thanks was proposed by Dr.Rejna Dilnath (Secretary IMA Thalassery).



II) GENERAL BODY MEETING

18.03.2026: GENERAL BODY MEETING

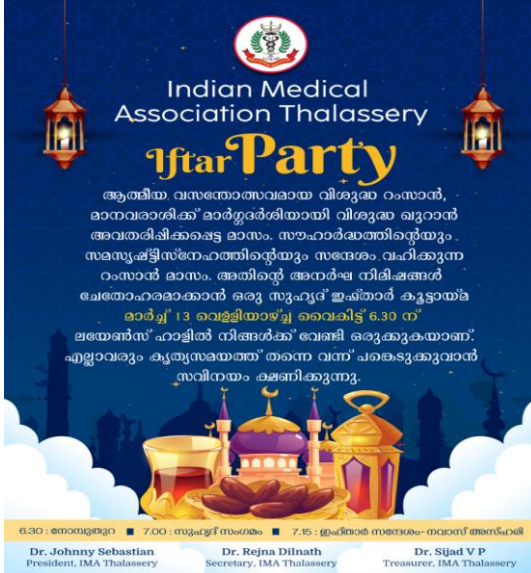
The General Body Meeting was held at Lions Hall, Thalassery. Dr. Johnny Sebastian (President IMA Thalassery) welcomed the attendees. Dr. Rejna Dilnath (Secretary IMA Thalassery) proposed a vote of thanks. A total of 31 members attended the meeting.



III) CULTURAL EVENTS

13.03.2026: IFTHAR SANGAMAM

An Ifthar party was organised at Lions Hall Thalassery during the Holy month. Mr Navas Azhari gave the ramzan message. Ifthar was attended by 57 members.



29.3.26: WIMA Thalassery celebrated Women's Day with a unique twist at beachside homestay property.

Our members brought iconic Malayalam characters to life with stunning costumes, making the day truly vibrant and nostalgic. The celebration was filled with fun games, captivating cultural performances, and an energetic DJ night that kept everyone on their feet.

A heartfelt "Walk Through the Memory Lane" session revisited the beautiful journey of WIMA, adding a touch of emotion to the festivities.

With beach vibes, laughter, and togetherness, it was a day to remember!



IV) BRANCH CME

18.03.2026: CME

IMA Thalassery conducted a CME on : “Don’t Miss Glaucoma : Early Clues & Timely Referral” by Dr. Swetha K (Secretary KSOS Kannur, Consultant Galucoma and Phaco Surgeon, Jyothis Eye Care Hospital, Kannur). Dr. Johnny Sebastian (President IMA Thalassery) presided over the meeting, which was attended by 31 members. Dr. Rejna Dilnath (Secretary IMA Thalassery) proposed the vote of thanks.



**INDIAN MEDICAL ASSOCIATION
THALASSERY**

Dear Dr,
You are cordially invited to attend the General Body cum CME, which will be held at 7.30pm on Wednesday, 18th March 2026, at Lions Hall, Thalassery.

AGENDA
1. General Body Meeting (8.00pm to 8.45pm)
2. CME (8.45pm to 9.15 pm)

“Don’t Miss Glaucoma: Early Clues & Timely Referral”



Speaker
Dr. SWETHA K
Secretary, OSK
Consultant Glaucoma
and Phaco surgeon
Jyothis Eye Care Hospital
Kannur

Dr Johnny Sebastian
President IMA Thalassery

Dr. Rejna Dilnath
Secretary IMA Thalassery

Dr. Sijad V P
Treasurer IMA Thalassery



4) BRANCH CHAPTERS

WIMA

8.3.26: DRESS COLLECTION CAMPAIGN

A dress collection campaign was organized among WIMA members to support the residents of Kripa Charitable Trust, Peravoor. The collected packages were handed over to the trustee by Chairperson Dr. Shajeera Beegum.



8.3.26: INTERNATIONAL WOMENS DAY

On the occasion of Women’s Day, WIMA leaders visited the homes of the senior-most members. The visits were a heartfelt gesture to honour and appreciate their dedication, leadership, and lasting impact on the organization. It was a meaningful moment of gratitude, celebrating the pioneers whose efforts helped shape WIMA into what it is today.



13.3.26: WIMA in association with IMA honoured senior WIMA members Dr Radha V, Dr Radha TV and Dr Suchithra Sudheer.



"Strong Women Create Stronger Generations"
INDIAN MEDICAL ASSOCIATION THALASSERY
in association with WIMA
Celebrates
INTERNATIONAL
Womens Day
March 13th 2026 at 7:30 pm @ Lions Hall Thalassery
Honouring Senior WIMA Doctors

Dr. Radha V Dr. Radha TV Dr. Suchithra Sudheer

Talk on financial Empowerment
Topic: "Mutual Funds Sahi Hai"
A Guide to Smart Fund Selection
Dr Ajith Menon - Consultant Pediatrician

29.3.26: WIMA members had a get together at a beach side resort in Thalassery



5) BRANCH COMMUNITY & SOCIAL ACTIVITIES

HPV Vaccination Awareness Class

4.3.26: SESSION ON HPV VACCINATION

Awareness class on HPV vaccination conducted at Muzhappilangad community hall for health care workers, panchayat members & Asha workers. Session was led by Dr Sreeja Viswan.



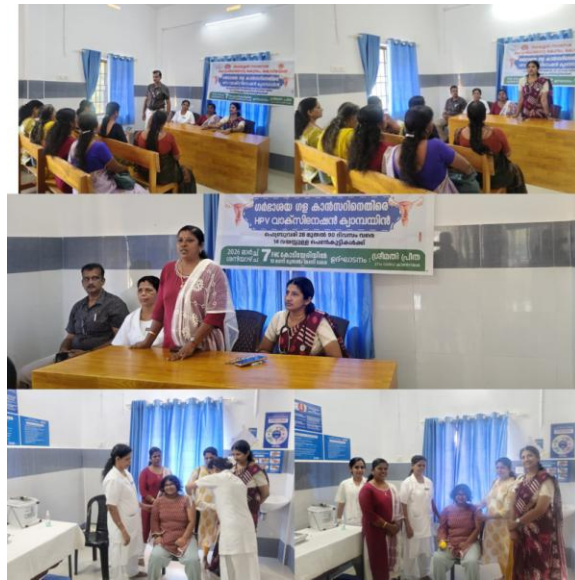
5.3.26: SESSION ON HPV VACCINATION

Session on HPV vaccination conducted at PHC Mangattidam by Dr Sreeja Viswan.



07.03.2026: SESSION ON HPV VACCINATION

Session on HPV vaccination conducted at FHC Kodyeri by Dr Dhanya M K



13.3.36: Class on Financial Management and Smart Fund Selection for Investments. The session was taken by Dr Ajith Menon, Paediatrician, Kannur. The talk focused on helping participants understand the basics of financial planning and managing personal finances



13.3.26: An awareness class on cervical cancer was organised at Indira Gandhi Cooperative Hospital, Thalassery for the nursing and paramedical staffs. It was led by Dr Reshma V. M, Consultant Gynaecologist, Indira Gandhi Co-op Hospital, Thalassery).



14.3.26: HPV VACCINATION CAMPAIGN

HPV vaccination campaign conducted for WIMA members and family. 7 members vaccinated.



26.3.26: AWARENESS CLASS ON PREVENTION OF MONSOON DISEASES

Awareness class on prevention of monsoon diseases conducted at Panchayath hall, Mangattidam by Dr Sreeja Viswan. Healthcare workers including ASHA workers & NREG workers attended the session.



6.PARTICIPATION IN STATE MEETINGS

WIMA State celebration of International women's day

08.03.2026: WIMA Thalassery actively participated in the WIMA State celebration of International women's day on 8th March held at IMA Periyar House, Aluva. Dr.Biji M S & Dr.Geetha Mekkoth attended the program.



7) STATE PROGRAMMES

i) Nammude Arogyam Subscription

Thalassery IMA has been the subscriber for Nammude Arogyam. 225 copies being ordered this month. These copies are being distributed through various private hospitals in Thalassery.

ii) Observation of State designated days

04.03.2026: WORLD HEARING DAY

Health awareness class at AKG Vayanasala, Parapram on 4-3-2026. Class was taken by Dr.Dilnath Kallat.



8.3.26: INTERNATIONAL WOMENS DAY

- On the occasion of Women’s Day, WIMA leaders visited the homes of the senior-most members. The visits were a heartfelt gesture to honour and appreciate their dedication, leadership, and lasting impact on the organization. It was a meaningful moment of gratitude, celebrating the pioneers whose efforts helped shape WIMA into what it is today.



- 13.3.26: IMA honoured senior WIMA members Dr Radha V, Dr Radha TV and Dr Suchithra Sudheer.

29.3.26: WIMA Thalassery celebrated Women’s Day with a unique twist at beachside homestay property.

Our members brought iconic Malayalam characters to life with stunning costumes, making the day truly vibrant and nostalgic. The celebration was filled with fun games, captivating cultural performances, and an energetic DJ night that kept everyone on their feet.

A heartfelt “Walk Through the Memory Lane” session revisited the beautiful journey of WIMA, adding a touch of emotion to the festivities.

With beach vibes, laughter, and togetherness, it was a day to remember!



24.03.2026: WORLD TB DAY

• World TB day was observed on March 24th in association with Kannur Chest Society and NTEP Kannur. District TB officer Dr Reshmi Mathew delivered the key note address. A panel discussion on TB - changing paradigms was conducted. The discussion was moderated by Dr Sanjeev Kumar and the panelists were Dr Bindu KM, Dr Priya, Dr Pramathakala, and Dr Rejna. Former DTO Dr Arun Kumar spoke on the Kannur PPM model. Meeting was presided over by Vice president Dr Janardhanan. Secretary Dr Rejna Dilynath delivered the vote of thanks. Meeting was attended by 38 members.



- 23.03.2026: Dr.Rejna Dilnath (Secretary IMA & Consultant Chest Specialist) gives a talk on Tuberculosis on World TB Day at Malabar Medical College, Calicut.



- 24.03.2026: Dr.Rejna Dilnath (Secretary IMA & Consultant Chest Specialist) gives a talk on Tuberculosis on World TB Day at KMCT.



- 24.03.2026: An awareness class on Tuberculosis for general public was conducted by Dr Prasheen Chest Physician General Hospital, Thalassery on 24th March at General Hospital, Thalassery.



- 25.03.2026: Dr.Rejna Dilnath (Secretary IMA & Consultant Chest Specialist) gives a talk on Tuberculosis on World TB Day at Calicut Medical College.



- 27.03.2026: Dr.Rejna Dilnath (Secretary IMA & Consultant Chest Specialist) gives a talk on Tuberculosis on World TB Day at Calicut IMA.



- An awareness class on Tuberculosis was conducted for out patients at PHC, Mangattidam by Dr Sreeja Viswan.



8) SUB COMMITTEE ACTIVITIES

i) Committee for ELS Training

13.03.2026: BLS TRAINING PROGRAM FOR NURSING STUDENTS

IMA Thalassery conducted BLS Training Program to Nursing staff of Josgiri Hospital, Thalassery. BLS training programme - Dr.Anand K was the resource person for the programme.



18.03.2026: BLS TRAINING FOR HOSPITAL STAFF:

IMA Thalassery conducted BLS Training Program to Nursing staff of Josgiri Hospital, Thalassery. Dr.Johnny Sebastian (President IMA Thalassery) inaugurated the function and gave the inaugural address. Sr Stella Nursing Supdt gave the welcome address. Medical Superintendent Dr Sr Deepa Presided over the function. BLS training programme- Dr Sreeja Viswan and Dr Priya Rajendran were the resource persons for the programme.





9) SPECIAL PROJECTS BY BRANCH

I) Tida Projects

IMA Thalassery's pride project Healers haven work going well as planned. Structural works completed. Internal plastering almost completed. External plastering ongoing half way done. Phase 2 Convention centre & lodging block work will be starting soon.

II) Pain & Palliative Care Society

1. NUMBER OF NURSES HOME CARE CONDUCTED... 9 (ON ALL WEDNESDAYS AND SATURDAYS)
2. NUMBER OF VOLUNTEERS (HOME CARE CONDUCTED) .46
3. NUMBER OF VOLUNTEERS HOME CARE PATIENT.9
- 4..NUMBER OF NURSES HOME CARE PATIENTS... 46
5. NUMBER OF OUT PATIENTS (OP) CONDUCTED... 4 (ON ALL WEDNESDAY
6. NUMBER OF PATIENTS OP ATTENDED.,...83
7. NUMBER OF WOUND CARE PATIENTS.... 7
8. NUMBER OF CATHETER CARE PATIENTS.... 8
9. NUMBER OF DEATH CASE.. 10
10. NUMBER OF MORPHINE PATIENTS.. 37
11. NUMBER OF CANCER PATIENTS... 64
- 12..NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED.... 7
13. NUMBER OF NEW CASE...16
- 12.DOCTERS HOME CARE... 1
13. DOCTERS HOME CARE PATIENTS.. 1