



# INDIAN MEDICAL ASSOCIATION, TELLICHERRY

*Monthly Report of Activities for the month of January 2025*

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**MEMBERSHIP**

<b>SCHEME</b>	<b>SCHEMES JOINED THIS MONTH</b>	<b>TOTAL MEMBERS JOINED</b>
<b>NEW MEMBERS</b>	3+Transfer in 7=10	<b>642</b>
<b>JDN(Less than 40)</b>		<b>128</b>
<b>SSS I</b>		<b>323</b>
<b>SSS II</b>		<b>283</b>
<b>SSS III</b>		<b>239</b>
<b>PPS</b>	6	<b>358</b>
<b>CGP</b>		<b>37</b>
<b>AMS</b>	-	<b>133</b>
<b>PEPS</b>		<b>10</b>
<b>KHS</b>	4	<b>380</b>
<b>MBS</b>		<b>28</b>
<b>PENSION SCHEME</b>	-	<b>28</b>
<b>PDSS</b>		<b>14</b>
<b>NAMMUDE AROGYAM COPIES</b>		<b>400</b>


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## 2. BRANCH MEETING

### I) EXECUTIVE COMMITTEE MEETINGS

#### 08.01.2025: EB MEETING

Executive Committee Meeting on 08.01.2025. Dr.Nadeem Abootty (Secretary IMA Thalassery) welcomed the gathering and 43 members attended the meeting. Vote of thanks was proposed by Dr.Sreejith Valappil (Secretary IMA Thalassery).

  
**INDIAN MEDICAL ASSOCIATION  
THALASSERY**

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**FOURTH EXECUTIVE COMMITTEE MEETING**

Dear Doctor,  
Notice is hereby issued for Fourth Executive Committee Meeting of the IMA year 2024-25, to be convened at Lions Hall, Opp.PWD Rest House, Thalassery, on Wednesday, 8th January 2025 between 8.00 pm and 9.15pm.  
Kindly attend on time, without fail.


**AGENDA**

1. Opening remarks from the chair.	2. Review of activities till date.
3. Planning of activities until next Executive Meeting	5. Other matters with the permission of the chair.

**SPONSORS**  
DR.DILNATH KALLAT  
DR.JITHIN T K  
DR.KOCHUKRISHNAN V  
DR.MADHUSOODANAN  
DR.MAYA JITHIN  
DR.RAJAN V V  
DR.RAJEEV NAMBIAR  
DR.REJNA DILNATH  
DR.SEETHALAKSHMI K V  
DR.SHYAM MOHAN K C

Sd/-  
Dr.Nadeem Abootty (President)  
Dr.Sreejith Valappil (Secretary)  
Dr.Deepa Divakaran (Treasurer)

*Dinner will be served from 7.30pm onwards*



## II) GENERAL BODY MEETING

### 29.01.2025: GENERAL BODY MEETING

The General Body Meeting was held at Lions Hall, Thalassery. Dr. Nadeem Abbooty (President) welcomed the attendees. Dr. Sreejith V (Secretary) proposed a vote of thanks. A total of 90 members attended the meeting.



22.01.2025: The Advisory Board meeting of IMA Thalassery Branch was held on 22 January 2025 at Pearl View Hotel, Thalassery. Eleven members participated in the meeting:

### III) CULTURAL EVENTS

#### 2)02.01.2025: NEW YEAR CELEBRATION

New Year celebration was held at Pearlview Hotel, Thalassery. It was a grand cultural extravaganza. Cultural programme were presented by doctors and their families. **The programme was co-ordinated by WIMA Thalassery.** Cake cutting was done by senior doctors, Dr.Radha T.V , Dr.Radha V and Dr.Babu Ravindran T N. 300 members participated the programme.

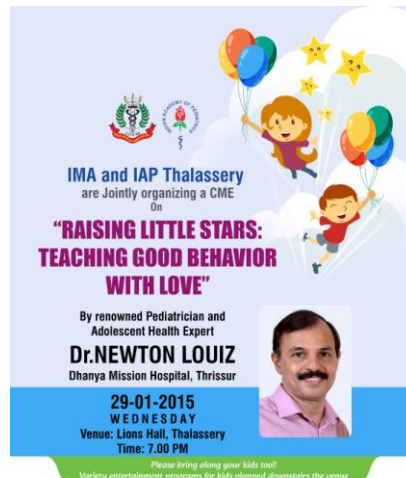




## IV) BRANCH CME

### 29.01.2025: CME

IMA Thalassery & IAP Thalassery conducted a CME program on **"RAISING LITTLE STARS: TEACHING GOOD BEHAVIOR WITH LOVE"**. Dr. Nadeem Abootty presided over the meeting, which was attended by 90 members. Dr. Sreejith V proposed the vote of thanks.



Dr. Nadeem Abootty President IMA	Dr. Sreejith Valappil Secretary IMA	Dr. Deepa Vivek Treasurer IMA
Dr. Santosh M.K President IAP	Dr. Priya Rajendran Secretary IAP	Dr. B.M.Jalaludeen Treasurer IAP



### 3) BRANCH COMMUNITY & SOCIAL ACTIVITIES

#### a) Awareness Class

#### 08.01.2025: LIFESTYLE DISEASE AWARENESS CLASS

Lifestyle Disease Awareness Class conducted at GHSS Vadakkumbad-08.01.2025. Dr Amruthakala took class. 150 students..12th STD...BMI evaluation and NCD screening also done. About 150 students.



### **10.01.2025: GYNAEC AWARENESS CLASS**

Gynac awareness class was taken by Dr.Seethalakshmi K V for lady lawyers at Thalassery court on 10.01.24. Around 25 lady lawyers attended the program which was an interactive session.



### **11.01.2025: HEALTH EDUCATION CLASS**

Health Education Class at Mangattidam Panchayath. Class taken by Dr Sreeja Viswan. About 60 members attended.



11.01.2025: Cancer awareness class conducted at Kerala State Service Pensioners Association (KSSPA) Dharmadam Mandalam kudumba Sanganam on January 11th 2025 at Palayad. Dr.Neethu A P gave an awareness class.



**13.01.2025: CLASS ON “RABIES PREVENTION”**

Class on “Rabies prevention” was taken by Dr.Sreeja Viswan for students of Vattipram U P school Mangattidam on 13.01.24. Around 40 students attended the class.



## **14.01.2025: TB AWARENESS AND SCREENING CAMP FOR ANGANWADI HELPERS**

120 Anganawadi helpers were screened on 14/01/2025 at Morakunnu anganwadi pledge awareness class and screening was done.



## **14.01.2025: CLASS ON "PREVENTION OF NON COMMUNICABLE DISEASES"**

Class on "prevention of non communicable diseases" was taken by Dr Susna for around 75 students of Govt Brennen Higher Secondary School on 14.01.25.



18.01.2025: Dr.Geetha Mekkoth took a Gynaec awareness class in the program “THUDIPPU” (formation of ladies blood donors force) organized at Kadirur FHC.



19.01.2025: Dr. Sreejith Valappil, Secretary of IMA Thalassery, delivered a session on ‘Young Heart Attacks and Heart Attack Prevention’ to the Kadirur Stadium Group, on 19th January at 7 am.



19.01.2025: Sreejith Valappil, Secretary of IMA Thalassery, served as the chief guest at the all Kerala Pharma Cricket Tournament organized by MR Thalassery on 19th January.



19.01.2025: Dr.Sreejith Valappil,Dr.Deepa Divakaran,Dr.Rejna Dilnath and Dr.Geetha Mekkoth attended the Kannur Dist Coalition Meeting at Dist TB Centre Kannur.



22.01.2025: Awareness Class on Palliative care for Pharmacy students on 22.01.25 at Palliative Clinic, GH Thalassery. Dr Ramesan took an awareness class.



23.01.2025: A class on “Old age problems” was taken by Dr.Sreeja Viswan on 23.01.25 at Vayojana Kendram Keerachi, Mangattidam. Around 30 people attended the class.



22.01.2025: AFPI Kerala state conference AFPICON KERALA 2025 held at Thalassery. Dr Nadeem Abootty president IMA Thalassery was the scientific committee chair of AFPICON KERALA. Dr R Ramesh was a panelist for policy related panel discussion and was an invited guest for inauguration. Dr Sreejith valappil was one among the faculty for workshops conducted. AFPICON Kerala 2025 Souvenir released by Founder President & Chairman Emeritus AFPI Dr. Raman Kumar sir by handing over to IMA National Vice President Elect & Former DHS Kerala Dr. R. Ramesh. About 25 IMA Thalassery members attended the conference.



27.01.2024: Dr. Mini Balakrishnan ,WIMA Vice Chairperson took a session on "Early Adolescent Changes" followed by a session on "Importance of Oral Hygiene During Puberty" by Dr. Preetha Rajeev (WDC President and WIMA member) in a program organised by Women Dental Council ,IDA Thalassery branch on 27.01.24 at Thiruvangad Girls School,Thalassery ,in honour of National Girl Child Day.Around 75 students and 9 teachers attended.



31.01.2025: Lifestyle Disease Awareness Class conducted at Kannamvelly Friends Vayanashaala.Peringalam. Dr Sreejith Valappil(Secretary IMA Thalassery& Consultant Interventional Cardiologist,Thalassery Co-operative Hospital) took class.



**a) Medical Camp**

**17.01.2025: FREE BLOOD SUGAR AND BP TEST CAMP**

An Health Awareness Class and Testing of Random Blood Sugar and Blood Pressure was organized on 17.01.2025 for people attending Ayyapanthodu Mosque in Mangattidam Panchayath. Dr.Sreeja Viswan took the Health Awareness Class in which 35 people attended.



## Heritage Run

### **05.01.2025: HERITAGE RUN**

69 IMA Thalassery members actively participated in the Thalassery Heritage run season-4 on 5th Jan 2025 showcasing exceptional commitment to health and fitness. 30 members completed the 21 km run. Dr.Mohammed faseel became the champion among IMA Doctors and secured the cash prize declared by IMA. Which was handed over by Sri.Abdul Rahiman(Sports Minister).Dr.Bindu finished the run in 2 hours 51 min becoming the fastest lady of WIMA Thalassery .



## **4)STATE PROGRAMMES**

### **i)Nammude Arogyam Subscription**

Thalassery IMA has been the subscriber for Nammude Arogyam. 400 copies being ordered this month. These copies are being distributed through various private hospitals in Thalassery.

### **ii) Observation of State designated days**

#### **11.01.25: PALLIATIVE CARE DAY**

In connection with Palliative Care Day, an educational program was organised for SPANDANAM (Ostomates support group of MCC) at MCC. The program was inaugurated by Dr.Satheesan B, Director MCC. Dr.M.S.Biji welcomed the gathering. Sessions on Diet &stoma, management of stoma and stoma irrigation was taken along with introduction of newer stoma bags by 2 pharmaceuticals was done.



### **15.01.25: PALLIATIVE CARE DAY**

WIMA Thalassery observed Palliative care day. WIMA Secretary Dr.Sreeja Viswan joined the palliative care team, Mangattidam Panchayath and visited Palliative patients at Karunya Bhavan Kaithachal. The team interacted with the patients most of whom were paraplegic and were abandoned by the family. The patients expressed desire to eat porotta and chicken and WIMA sponsored the same for all the patients there.



### **25)26.01.2025: NATIONAL GIRL CHILD DAY**

In connection with National Girl Child Day, WIMA Thalassery organised 'SURAKSHA' self defence training for WIMA members and their girl children on 26th January 2024 ,4pm -5.30pm at E.K.Complex, Saidarpally, Thalassery.5th DAN Black belt Sensei Sreebin was the trainer.Girl children as small as 3years to 18 years had participated in the program.Many members were inspired to start learning karate.The same has been communicated to the office bearers of IMA Thalassery.



## 26.01.2025: NATIONAL GIRL CHILD DAY

On the occasion of National Girl Child Day 2025, a collage “CUTE & SMART” children with their beautiful mothers of WIMA Thalassery was created to honour the strength and potential of every girl child.



## 26.01.2025: REPUBLIC DAY

IMA President unfurled the National Flag on the occasion of Republic day at IMA Hall Thalassery. 20 members attended the function and saluted the National Flag. Republic Day message was given by Dr. Nadeem Abootty (President IMA Thalassery).



### 30.01.2025 : WORLD LEPROSY DAY

World Leprosy Day was observed on 30.01.2025. Dr. Dhanya M K took an awareness class at PHC Kodyeri. Around 40 members including health care workers participated in the class. LCDC campaign was inaugurated by Ward member Mr. Manoharan.



## 5) SUB COMMITTEE ACTIVITIES

### i)Public ELS Programme

#### 03.01.2025: TRAINING CLASS FOR ASHA WORKERS AND STAFF

WIMA Thalassery conducted BLS Training class for Asha workers and staff at PHC Mangattidam. Class was taken by Dr.Sreeja Viswan. 30 members attended.



#### 12.01.2025: BLS CLASS

IMA Thalassery conducted ELS Training class for Social Workers of Keezhloor Panchayath . Class was taken by Dr.Nadeem Abootty(President IMA Thalassery).



### 31.01.2025: BLS TRAINING FOR HOSPITAL STAFF

WIMA Thalassery in association with IMA Thalassery conducted BLS Training for hospital staff at Taluk Hospital, Peravoor. Class was taken by Dr. Anand and Dr. Sreeja Viswan, Secretary WIMA Thalassery. 50 staff attended the training session.



## 6) SPECIAL PROJECTS BY BRANCH

### 1) FITNESS AWARENESS PROGRAM

27) 26.01.2025: WIMA Thalassery joined hands with IMA Thalassery in organizing a fitness awareness program “**TABATA, MEDITATION & GROUP CHALLENGE**” for doctors and their family as part of the “**Healthy IMA, Healthy Thalassery Campaign**”, at Overburry Folly on 26.01.2025.



### 2) 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

### 3) Pain and Palliative Care Society

#### **01.01.2025: NEW YEAR CELEBRATION- PAIN & PALLIATIVE CARE CLINIC**

New year celebration was held at Pain and Palliative Care Clinic, Thalassery. Cake cutting was done by Dr. Vanaja M, Dr. Ramesan T & Dr. Pushparaj.



#### **16) 15.01.2025: PALLIATIVE CARE DAY OBSERVATION**

- (1) Mr Abdul Rehman Kollathayi, Trainer, took orientation class for BEd students at Govt BEd College, Thalassery. About 75 BEd trainees and 5 teachers attended the class.
- (2) Mr Ummer Kootumugham, Palliative trainer, took class for NSS Volunteers at Govt Brennen Higher Secondary School. About 50 students attended.

- (3) Mr Santhosh Kumar, Palliative volunteer, took class at BEMP high school, Thalassery. About 50 students attended.

