



INDIAN MEDICAL ASSOCIATION, TELlichERRY

Monthly Report of Activities for the month JANUARY 2026

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MEMBERSHIP

SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS	4+3 Transfer in-Transfer Out 1	686
JDN(Less than 40)		128
SSS I		331
SSS II		284
SSS III		240
PPS	1	375
CGP		38
AMS	-	133
PEPS		10
KHS	-	383
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		225

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2.BRANCH MEETINGS

D) EXECUTIVE COMMITTEE MEETINGS

26.01.2026: EXECUTIVE MEETING

Executive Committee Meeting on 26.01.2026. Dr.Johnny Sebastian (President IMA Thalassery) welcomed the gathering and 24 members attended the meeting. Vote of thanks was proposed by Dr.Rejna Dilnath (Secretary IMA Thalassery).


**INDIAN MEDICAL ASSOCIATION
THALASSERY**

**FOURTH EXECUTIVE
COMMITTEE MEETING**

Dear Doctor,
Notice is hereby issued for the Fourth Executive Committee Meeting of the IMA year 2025-'26, to be convened at **Lions Hall, Opp.PWD Rest House,Thalassery, on Monday 26th January 2026 between 8.00 pm and 9.15pm.** Kindly attend on time, without fail.

AGENDA

1) Opening remarks from the chair. 4) Planning of activities until next executive meeting.
2) Minutes of the 3rd Executive Committee meeting 5) Other matters with the permission of the chair.
3) Review of activities till date.

SPONSORS
DR.RAJAN V V
DR.REMYA T K
DR.RAMAKRISHNAN K P
DR.SEETHALAKSHMI K V
DR.SURENDRA BABU V P
DR.SUJATHA B K
Dinner will be served from 7.30pm onwards


Dr.Johnny Sebastian (President)


Dr.Rejna Dilnath (Secretary)


Dr.Sijad V P (Treasurer)



II) GENERAL BODY MEETING

29.01.2026: GENERAL BODY MEETING

The General Body Meeting was held at Gokulam Fort, Thalassery. Dr. Johnny Sebastian (President IMA Thalassery) welcomed the attendees. Dr. Rejna Dilnath (Secretary IMA Thalassery) proposed a vote of thanks. A total of 41 members attended the meeting.



22.01.2026: CONDOLENCE MEETING

A condolence meeting was held on the sad demise of Dr. Chandrasekharan P. A condolence resolution was passed. IMA members including the IMA president and secretary visited his residence and paid homage to the departed soul.



28.01.2026 : IMA KANNUR DISTRICT CONVENTION 2026

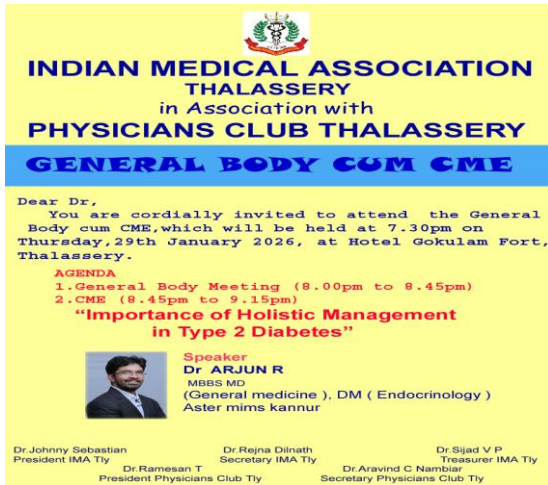
President, Secretary, Senior leaders and members attended the District convention organised by the District Committee. Chaired by DC Chairperson Dr. Mini Balakrishnan. President Dr. Johnny detailed on the membership promotion plans and assured maximum support to the State President for the membership promotion drive. Membership forms of the new members were handed over by President and Secretary to the State President Dr. M N Menon. Dr. Babu Ravindran, Dr. Ramesh R, Dr. Srikumar Vasudevan and Dr. Sasidharan addressed the gathering.



III) BRANCH CME

29.01.2026: CME

IMA Thalassery conducted a CME on : Importance of Holistic Management in Type 2 Diabetes” by Dr. ARJUN R (MD,DM Endocrinology) Aster MIMS Kannur .



Special
INDIAN MEDICAL ASSOCIATION THALASSERY
in Association with
PHYSICIANS CLUB THALASSERY
GENERAL BODY CUM CME

Dear Dr,
You are cordially invited to attend the General Body cum CME, which will be held at 7.30pm on Thursday, 29th January 2026, at Hotel Gokulam Fort, Thalassery.

AGENDA
1.General Body Meeting (8.00pm to 8.45pm)
2.CME (8.45pm to 9.15pm)
“Importance of Holistic Management in Type 2 Diabetes”

Speaker
Dr ARJUN R
MBBS MD
(General medicine), DM (Endocrinology)
Aster mims kannur

Dr.Johnny Sebastian
President IMA Tly
Dr.Rameean T.
President Physicians Club Tly
Dr.Rejna Dinath
Secretary IMA Tly
Dr.Aravind C Nambiar
Secretary Physicians Club Tly
Dr.Sijad V P
Treasurer IMA Tly



3. BRANCH CHAPTERS

WIMA

11.01.2026: Introduced "FUN, FACTS, FITNESS" initiative as part of recreational activities for our members. Regular classes of self defence commenced.



January 19-24: 1st batch of WIMA members of age 40 yrs and above underwent Mammogram & Pap smear screening at discounted rates at nearby screening center.

4) BRANCH COMMUNITY & SOCIAL ACTIVITIES

01.01.2026: NEW YEAR CELEBRATION- IMA OFFICE

New year celebrations were held at IMA Office.



04.01.2026: HERITAGE RUN

12 IMA Thalassery members actively participated in the Thalassery Heritage run season-5 on 4th Jan 2026 .4 members completed the 21 km run.



10.01.2026: AWARENESS CLASS ON CERVICAL CANCER

An awareness class on cervical cancer was conducted by WIMA at General Hospital, Thalassery. Dr Suja Ajith, Consultant Gynaecologist at General Hospital gave the talk and highlighted on the importance of HPV vaccination.



11.01.2026: IDA INSTALLATION CEREMONY

Dr.Johnny Sebastian (President IMA) and Dr.Rejna Dilnath (Secretary IMA) attended the IDA Installation ceremony held at Hotel Pearlview Thalassery. Dr.Johnny Sebastian (President IMA) offered the felicitation.



5) RECEPTION TO STATE & NATIONAL LEADERS

15.01.2026: A reception honouring our National Vice President Dr Ramesh R was organised by the North Malabar chamber of commerce Thalassery wing at Hotel Pearl view on 15.01.2026. The meeting was attended by senior IMA leader Dr Babu Raveendran(Past National Vice President) and IMA Secretary Dr Rejna Dilnath .Municipal chairperson Karayi Chandrashekharan honoured. Dr R Ramesh.Dr Babu Raveendran and Dr Rejna Dilnath offered felicitations.



6) PARTICIPATION IN STATE MEETINGS

Participation in Zonal Meets

11.01.2026: IMA Kerala Health Scheme North Zone Conclave-Branch Officials & Branch Resource Person. Dr.Shaji S ,Dr.Nadeem Abootty & Dr.Nimisha Suresh attended.

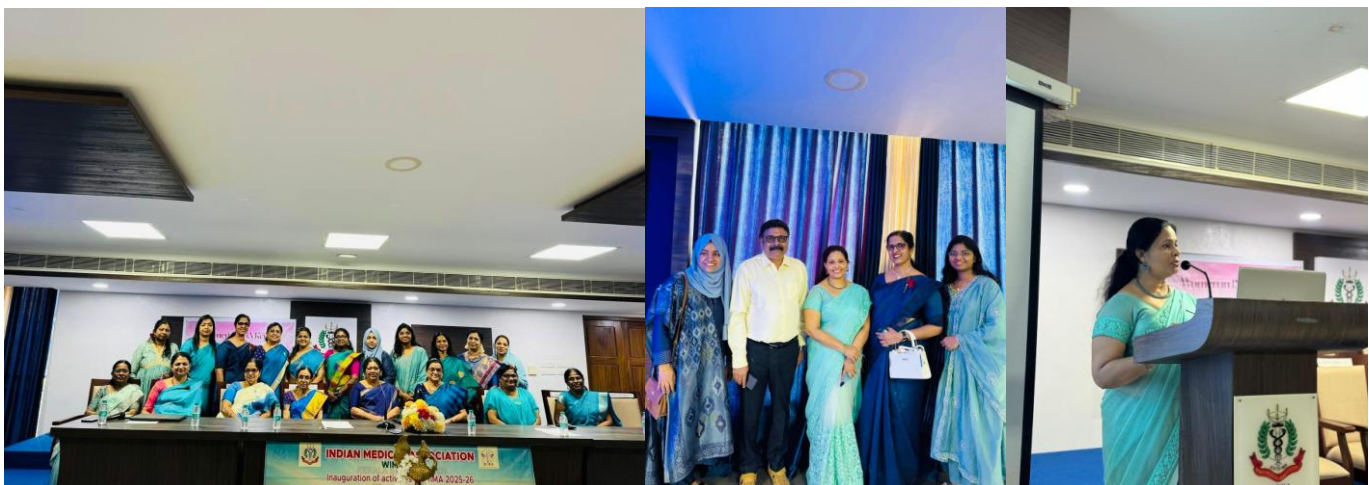


WIMA State Meets

18.1.26: WIMA STATE INAUGURATION OF ACTIVITIES

WIMA State Meeting attended by Dr.Mini Balakrishnan (Dist Committee Chairperson IMA),Dr Shajeera Beegam (Chairperson WIMA Thalassery), Dr Haritha C (Secretary,WIMA Thalassery), Dr Biji M S (Kannur district WIMA coordinator).

Talk on HPV vaccination by Dr Mini Balakrishnan(Dist Committee Chairperson Kannur) at WIMA KSB meeting.



24.01.2026: STATE MEMBERSHIP PROMOTION COMMITTEE

Secretary Dr Rejna Dilnath (Secretary IMA Thalassery) attended the state membership promotion committee zoom on Jan 24th.

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

15.01.2026: PALLIATIVE CARE DAY

Visit to Sneha koodu destitute home at Thalassery by IMA pain and palliative team under leadership of Dr Pushparaj. Health check up of residents and essential medicines were given. House visit to homes of senior doctors Dr Chandrasekharan and Dr Rajalakshmi.



16.01.2026 : In connection with Kerala Chapter Palliative care Day 2026, a program on “Recreational therapy” was organised in MCC by Dr.Biji MS (IPP WIMA Thalassery) on 16th January. Patients were taught yoga. Patient’s and their accompanying persons participated in various games like dumb charades ,musical chair & memory game.



26.01.2026: REPUBLIC DAY

IMA joined with GH Thalassery staff council to participate in the Republic Day celebrations at General Hospital, Thalassery

It was a well arranged and memorable program. IMA Thalassery President Dr. Johnny Sebastian, secretary Dr Rejna Dilnath,RMO Dr Jithin also addressed the audience. The flag hoisting was carried out by Superintendent Dr. Rajeevan V.K., who also presided over the meeting that followed.

IMA Thalassery members, and SWC member Dr Pradeep attended the function.



8) SUB COMMITTEE ACTIVITIES

i)Doctors Support Cell Formation

DOCTORS SUPPORT COMMITTEE

Chairman

Dr Mini Balakrishnan 94956 45134

Convener

Dr Nadeem Abootty 9496361572

Members

Dr Siddeek K P A 9846091867

Dr Pushparaj S R 9447371345

Dr Shajeera Beegam 9496344182

Dr Neethu Varma (Psychiatrist) 8971548367

Dr Haritha C(below 35) 8762003732

Ex Officio members

Dr Johnny Sebastian 9447519169

Dr Rejna Dilnath 9847739010

ii)Public Awareness Session on Substance Abuse

02.01.2026: STREET PLAY ON SUBSTANCE ABUSE

A Street play on substance abuse was conducted by nursing students of Malabar Cancer Centre at Kodyeri.



iii)Committee for ELS Training

18.01.2026: AWARENESS CLASS ON CPR

Awareness class on CPR conducted by Dr Dhanya MK at Moozhikkara Vyapara Vyvasayi samithi.35 members attended the class.



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

07.01.2026: 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.Ramesan T & Dr.Rejna Dilnath.



11.01.2026: GENERAL BODY MEETING –PAIN AND PALLIATIVE CARE SOCIETY

General body meeting of IMA pain n palliative society was held on 11.1 2026 at Hotel Gokulam Fort.Meeting was presided over by IMA president Dr Johny Sebastian. Dr Pushparaj delivered the welcome address. Senior member Dr Arun Kumar MK inaugurated the function. Dr T Rameshan presented the activities since the last General body and presented the audited accounts for the financial year. Executive members for the present term were selected. Dr Pradeep Kumar,Dr Rajeevan VK, Dr Mini Balakrishnan, Dr Raveendran UK spoke on the occasion. Secretary Dr Rejna Dilnath delivered the vote of Thanks . Session on palliative care was taken by Dr Suresh Kumar.K, Director, World Health Organisation, Collobarating Centre for Palliative Care,Calicut.The meeting was attended by 59 participants.



15.01.2026: PALLIATIVE CARE DAY

Visit to Sneha koodu destitute home at Thalasserry by IMA pain and palliative team under leadership of Dr Pushparaj. Health check up of residents and essential medicines were given. House visit to homes of senior doctors Dr Chandrasekharan and Dr Rajalakshmi.



28.01.2026: Pain and Palliative Clinic received certificate of appreciation from the district administration for its activities.



IMA Pain & Palliative Care Society Report

1. 1.NUMBER OF NURSES HOME CARE CONDUCTED... 9 (ON ALL WEDNESDAYS AND SATURDAYS)
 2. NUMBER OF VOLUNTEERS (HOME CARE CONDUCTED) .40
 3. NUMBER OF VOLUNTEERS HOME CAREPATIEN
 4. TS... 9
 - 5.NUMBER OF NURSES HOME CARE PATIENTS... 40
 5. NUMBER OF OUT PATIENTS (OP) CONDUCTED... 4 (ON ALL WEDNESDAY)
 6. NUMBER OF PATIENTS OP ATTENDED,....78
 7. NUMBER OF WOUND CARE PATIENTS.... 6
 8. NUMBER OF CATHETER CARE PATIENTS.... 9
 9. NUMBER OF DEATH CASE.. 5
 10. NUMBER OF MORPHINE PATIENTS.. 17
 11. NUMBER OF CANCER PATIENTS... 56
 - 12.NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED.... 7
 13. NUMBER OF NEW CASE...13
 - 14.DOCTOR'S HOME CARE... 3 days
 15. NUMBER OF DOCTOR'S HOME CARE PATIENTS.. 20
- January 1st to 31th 2026 reports.