



INDIAN MEDICAL ASSOCIATION, TELLICHERRY

Monthly Report of Activities for the month of March 2025

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MEMBERSHIP

SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS	30	674
JDN(Less than 40)		128
SSS I		323
SSS II		283
SSS III		239
PPS	1	359
CGP		37
AMS	-	133
PEPS		10
KHS	-	380
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		400


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2.BRANCH MEETING

I) EXECUTIVE COMMITTEE MEETINGS

26.03.2025: Executive Meeting

Executive Committee Meeting on 26.03.2025. Dr.Nadeem Abootty (Secretary IMA Thalassery) welcomed the gathering and 32 members attended the meeting. Vote of thanks was proposed by Dr.Sreejith Valappil (Secretary IMA Thalassery).


**INDIAN MEDICAL ASSOCIATION
THALASSERY**

SIXTH EXECUTIVE COMMITTEE MEETING

Dear Doctor,
Notice is hereby issued for Sixth Executive Committee Meeting of the IMA year 2024'-25, to be convened at **Lions Hall,Opp.PWD Rest House,Thalassery, on Wednesday, 26th March 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.JOHNNY SEBASTIAN
DR.RADHAKRISHNAN C M
DR.RAMESH KUMAR MAROLI
DR.SIDDEEK K P A
DR.SUDHIR P
DR.SUCHITRA SUDHIR
DR.VASUDEVAN P P**

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

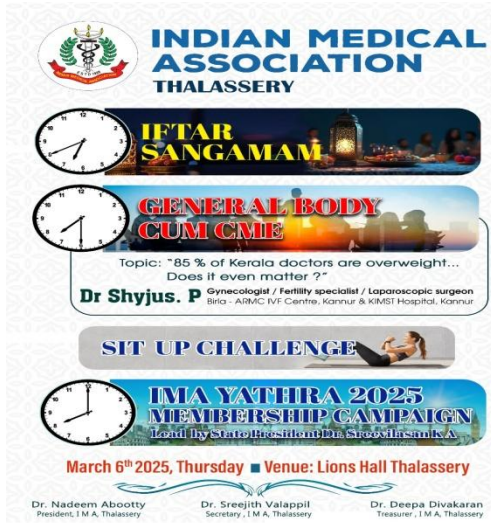
Dinner will be served from 7.30pm onwards



II) GENERAL BODY MEETING

06.03.2025: 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 80 members attended the meeting.



The poster features the IMA Thalassery logo at the top. Below it, there are four clock icons, each marking a different event: 1. 'IFTAR SANGAMAM' with a night scene. 2. 'GENERAL BODY CUM CME' with a sunset scene, including the topic '85% of Kerala doctors are overweight... Does it even matter?' and speaker 'Dr Shyjus. P'. 3. 'SIT UP CHALLENGE' with an image of a person exercising. 4. 'IMA YATHRA 2025 MEMBERSHIP CAMPAIGN' with the Malayalam text 'ലാലിയിടയാത്ര 2025 അംഗത്വ പ്രചാരണ ക്യാമ്പയിൻ'. At the bottom, it states 'March 6th 2025, Thursday ■ Venue: Lions Hall Thalassery' and lists the names of the President, Secretary, and Treasurer.



III) CULTURAL EVENTS

06.03.2025: Ifthar Sangamam

An Ifthar party was organised at Lions Hall Thalassery during the Holy month. Mr Maqbool KM gave the ramzan message. Ifthar was attended by 50 members.



IV) BRANCH CME

06.03.2025: CME

IMA Thalassery conducted a CME Program on “85% of Kerala doctors are overweight..... Does it even matter? ,Speaker: Dr.Shyjus P(Gynaecologist/Fertility Specialist/Laparoscopic Surgeon,ARMC IVF Centre,Kannur.Dr. Nadeem Abootty presided over the meeting, which was attended by 80 members. Dr. Sreejith V proposed the vote of thanks.



3. BRANCH CHAPTERS

WIMA

29.03.2025: A group of enthusiastic WIMA Thalassery members set off on a refreshing one day trip to Wayanad Village resort on 29.3.25. The trip was filled with fun, relaxation and bonding moments, offering an escape from the daily routine. Members involved in various activities, including swimming, outdoor games and a nature walk. A sumptuous lunch was served with delicious local cuisine. The serene ambience of the resort provided a rejuvenating experience, leaving all members refreshed and re-energized. The trip concluded with happy memories and a promise to organise more such refreshing retreats in the future.



WIMA THALASSERY
presents
□ A DAY OF FUN, LAUGHTER & MEMORIES! □
At Wayanad Village Resort

Trip Highlights:

- ✓ Scenic Drive & Nature Retreat 🌄
- ✓ Delicious Local Cuisine 🍽️
- ✓ Adventure & Relaxation 🌿
- ✓ Fun Games & Bonding Moments 🎮

LET'S RELAX & ENJOY A DAY
29th & 30th March 2025

Made with PosterMyWall.com

4) BRANCH COMMUNITY & SOCIAL ACTIVITIES

a) Awareness Class

07.03.2025: Class on 'Common cancers in women'

Class on 'Common cancers in women' was taken by Dr.Sreeja Viswan at Muzhappilangad Panchayat hall on 7.3.25. Around 30 Panchayath staff attended the class.



12.03.2025: A class on menstrual cup

A class on menstrual cup was taken by Dr.Sreeja Viswan on 12.3.25 at Mangattidam Panchayath Hall for the public. Around 60 ladies attended the interactive session.



12.03.2025: Health and fitness program

Dr. Geetha Mekkoth took a session in a Health and fitness program in ITM college Mayill on 12.3.25. Around 70 students and teachers attended the program.



14.03.2025: A class on TB and Antimicrobial Resistance

A class on TB and Antimicrobial Resistance was taken by Dr. Sreeja Viswan at Mangattidam panchayat hall on 14.3.25 for public. Around 70 people attended the session. To public



22.03.2025: Ifthar Sangamam –Press Forum Thalassery

Dr.Nadeem Abooty(President IMA Thalassery) was invited as guest of honour to deliver Ramzan message for Ifthaar Sangamam organized by Thalassery Press Forum.



23.03.2025: Samooha Nombuthura

Dr.Nadeem Abooty(President IMA Thalassery) was invited as guest of honour to deliver Ramzan message for Ifthaar Sangamam organized by Souhrda Kootayma,ThiruvangadThalassery.



27.03.2025: Ifthar Meet

Dr.Nadeem Abootty(President IMA Thalassery) was invited as guest of honour to deliver Ramzan message for Ifthaar Sangamam organized by The North Malabar Chamber of Commerce,Thalassery .



28.03.2025: Meet & Greet ISHITHA ROY IAS

Dr. Nadeem Abootty (President, IMA Thalassery), Dr.Rajeev Nambiar (Secretary PCS IMA KSB),Dr.Sreejith Valappil (Secretary IMA Thalassery),Dr.Mini Balakrishnan(Vice Chairperson WIMA KSB)& Dr.Dhanya Nellissery(EB Member) attended a A program of "Meet & Greet Ishita Roy IAS" at Overbury's Folly on 28.03.2025.



31.03.2025: Dr.Nadeem Abootty (President IMA Thalassery) was invited as guest of honour to deliver Ramzan message for Ifthaar Sangamam organized by Thalassery CH Centre .



5)RECEPTION TO STATE & NATIONAL LEADERS

6.03.2025: IMA YATHRA-Membership Campaign 2025

IMA Thalassery, in association with nearby branches of IMA Panoor and Koothuparamba, gave a warm reception to the IMA Yatra led by State President Dr. Sreevilasan and Secretary Dr. K Sasidharan. The meeting was attended by 80 members, and 39 new members were announced by the president, Dr. Nadeem Abootty.



6) STATE PROGRAMMES

i) Nammude Arogyam Subscription

Thalassery IMA has been the subscriber for Nammude Arogyam. 300 copies being ordered this month. These copies are being distributed through various private hospitals in Thalassery.

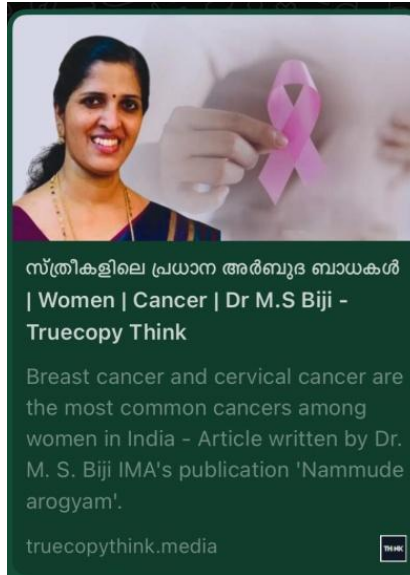
ii) Observation of State designated days

08.03.2025: International womens Day Programmes

- In connection with International women's Day' HPV vaccination campaign was conducted in collaboration with Indian Academy of Pediatrics, Thalassery and Kerala Federation of Gynecologist at Josgiri hospital Thalassery on 2.3.25. The program was inaugurated by Dr.Suchitra Sudhir, President KFOG. Dr.Priya Rajendran, IAP Secretary welcomed the gathering. Presidential address was given by Dr.M .S.Biji, Chairperson WIMA. Dr.Santhosh M K, President IAP, Dr.Mini Balakrishnan, Vice Chairperson State WIMA, Dr.Sachith, Deputy DMO Kannur and Dr.Sr.Anjali, Administrator Josgiri felcitated on the occasion. Dr.Sreeja Viswan, Secretary WIMA gave the vote of thanks. 69 people received the 1st dose of vaccine.



- In Connection with International Women’s Day,Dr.Biji wrote an article on “Common Cancers in Women” for the magazine IMA Nammude Aarogyam, March edition.



- In connection with International Women’s Day a program was organised by Indian Dental Association and Women Dental Council on 8.3.25.Dr.Suchitra Sudhir was the chief guest and she spoke on ‘Women Empowerment’. Around 200 dental doctors participated in the program.



- In connection with International Women’s Day, Dr Mini Balakrishnan inaugurated a program of All India Malayali Association,Kannur at Akshara college on 8.3.25 and lightened the lamp of solidarity for women . Awareness class and free eye check up camp was also conducted.



- WIMA Thalassery actively participated in the WIMA State celebration of International women's day on 9th March held at IMA House Kochi, Roof top hall. The program was inaugurated by Dr.Sreevilasan K A, State IMA President. Dr. Mini Balakrishnan, State WIMA Vice Chairperson and Dr. Rejna Dilnath, State WIMA Treasurer (both from WIMA Thalassery branch) felicitated on the occasion. The other members who attended the program from WIMA Thalassery branch were Dr. M.S. Biji, WIMA Chairperson, Dr. Sreeja Viswan, WIMA Secretary, Dr. Deepa Vivek, IMA Treasurer, Dr. Geetha Mekkoth and Dr. Suchitra Sudhir.



- In connection with International women's Day, a talk on 'Happy Woman...Healthy Woman' was given by Dr.Suchithra Sudhir at PRNSS College,Mattannur on 12.3.25 .Around 150 students participated in the program.



- In connection with International Women's Day,WIMA Thalassery in association with IMA Thalassery honoured Mrs. Reeshma on March 18, 2025, at her residence in Thalassery for her remarkable achievements as Superintendent of Police, Palamu District, Jharkhand. She made history by conducting violence-free elections in a Maoist-affected region after three decades, earning recognition from the Election Commission of India.

The event was graced by Dr. Babu Ravindran (Past IMA National Vice President) and Dr. R. Ramesh (IMA National Vice President Elect). Dr. Babu Ravindran felicitated the gathering and extended his best wishes.

IMA Thalassery President Dr. Nadeem Abootty, WIMA State Vice Chairperson Dr. Mini Balakrishnan, WIMA State Treasurer Dr. Rejna Dilnath, WIMA Thalassery Chair Dr. Biji M S, Secretary Dr. Sreeja Viswan and senior IMA members attended. Her sister, Dr. Reshmi Ramesan, and proud parents, Dr. T. Ramesan & Dr.Rohini Ramesan, were also present.

Senior WIMA member Dr. Radha had the honor of bestowing ponnada and a memento was presented to Mrs. Reeshma Ramesan recognizing her exceptional service and dedication. Mrs. Reeshma expressed her gratitude and shared insights from her challenging journey.



21.03.2025: World Down's Syndrome Day

WIMA Thalassery members visited Dharmadam Jaycee Special School, Thalassery on 21.3.25, World Down's Syndrome Day and presented the kids with a radio. These kids are music lovers which was very evident from the happiness on their faces when they received the gift. It was a very heart touching moment.



7) STATE PROGRAMMES

Public Awareness session on Substance Abuse

29.03.2025: Substance abuse awareness campaign by Excise department was held on 29.3.25 with a district rally at Thalassery. The program was inaugurated by Speaker AN Shamseer, Presided by Chairperson Thalassery Municipality Smt. Jamunarani teacher. The program was felicitated by Thalassery Sub Collector Karthik Panigrahi IAS, Kiran PB IPS Thalassery ASP, IMA Thalassery President Dr Nadeem Abootty, Thalassery WIMA member and WIMA state Vice Chairperson Dr Mini Balakrishnan and Asst Excise commissioner Satheesh.

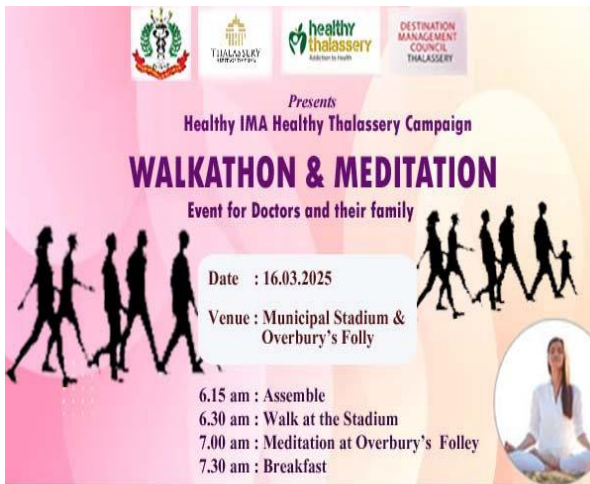


8) SPECIAL PROJECTS BY BRANCH

FITNESS AWARENESS PROGRAM

16.03.2025: Fitness Programme

WIMA Thalassery joined hands with IMA Thalassery in organizing a fitness awareness program **WALKATHON & MEDITATION** for doctors and their family as part of the “**Healthy IMA, Healthy Thalassery Campaign**”, at Overburry Folly on 16.03.2025.



23.03.2025: Fitness Programme

WIMA Thalassery joined hands with IMA Thalassery in organizing a fitness awareness program **ZUMBA & MEDITATION** for doctors and their family as part of the “**Healthy IMA, Healthy Thalassery Campaign**”, at Overburry Folly on 23.03.2025.



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

Pain and Palliative Care Society

Pain and Palliative Care Society

1. 1.NUMBER OF NURSES HOME CARE CONDUCTED... 9 (ON ALL WEDNESDAYS AND SATURDAYS)
2. NUMBER OF VOLUNTEERS (HOME CARE CONDUCTED)...9
3. NUMBER OF VOLUNTEERS HOME CARE PATIENTS... 41
- 4.NUMBER OF NURSES HOME CARE PATIENTS... 41
5. NUMBER OF OUT PATIENTS (OP) CONDUCTED... 4 (ON ALL WEDNESDAY)
6. NUMBER OF PATIENTS OP ATTENDED.,...96
7. NUMBER OF WOUND CARE PATIENTS.... 6
8. NUMBER OF CATHETER CARE PATIENTS.... 12
9. NUMBER OF DEATH CASE.. 9
10. NUMBER OF MORPHINE PATIENTS.. 42
11. NUMBER OF CANCER PATIENTS... 76
- 12.NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED.... 6
13. NUMBER OF NEW CASE...16
- 14.DOCTOR'S HOME CARE... Nil
15. NUMBER OF DOCTOR'S HOME CARE PATIENTS.. Nil