



# INDIAN MEDICAL ASSOCIATION, TELlichERRY

*Monthly Report of Activities for the month of November 2024*

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**MEMBERSHIP**

<b>SCHEME</b>	<b>SCHEMES JOINED THIS MONTH</b>	<b>TOTAL MEMBERS JOINED</b>
<b>NEW MEMBERS</b>	4	<b>630</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>		<b>346</b>
<b>CGP</b>		<b>37</b>
<b>AMS</b>	-	<b>133</b>
<b>PEPS</b>		<b>10</b>
<b>KHS</b>		<b>376</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**

#### **13.11.2024: Executive Meeting**

Executive Committee Meeting on 13.11.2024. Dr.Nadeem Abooty (President IMA Thalassery) welcomed the gathering and 45 members attended the meeting. Vote of thanks was proposed by Dr.Sreejith Valappil (Secretary IMA Thalassery).

  
**INDIAN MEDICAL ASSOCIATION  
THALASSERY**

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**SECOND EXECUTIVE COMMITTEE MEETING**

Dear Doctor,  
Notice is hereby issued for Second Executive Committee Meeting of the IMA year 2024'-25, to be convened at **Lions Hall,Opp.PWD Rest House,Thalassery, on Wednesday, 13th November 2024 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.	4. Account Presentation for last One year
5. Presentation of the proposed budget.	6. Other matters with the permission of the chair.

**SPONSORS**  
Dr. AJITH KUMAR K N  
Dr. AKHIL P R  
Dr. ARAVIND C NAMBIAR  
Dr. ARUN KUMAR M K  
Dr. BALAKRISHNAN  
Dr. BIJI M S  
Dr. JALALUDHEEN B M  
Dr. NIMISHA SURESH  
Dr. SREEJA VISWAN  
DR. SUGHOSH K

Sdr.  
Dr.Nadeem Abooty (President)  
Dr.Sreejith Valappil (Secretary)  
Dr.Deepa Divakaran (Treasurer)

*Dinner will be served from 7.30pm onwards*



## II) GENERAL BODY MEETING

### 26.11.2024: General Body Meeting

The General Body Meeting was held at Lions Hall, Thalassery. Dr. Nadeem Abbootty (President) welcomed the attendees. We appreciated the State Award Winners of our branch. As part of the healthy IMA we conducted a Plank Challenge for our members and family. 20 people attended the plank challenge. Dr. Sreejith V (Secretary) proposed a vote of thanks. A total of 65 members attended the meeting.

**INDIAN MEDICAL ASSOCIATION THALASSERY**

**GENERAL BODY cum CME MEETING**

26th November 2024 Tuesday 7.30pm @ Lions Hall Thalassery

7:30 PM : Dinner  
8:00 PM : General Body Meeting  
8:10 PM : **Honouring DR. BABU RAVINDRAN T N**  
*For receiving the Lifetime Achievement Award during IMACON 2024* **Speaker**

8:30 PM : Talk on **Disclosure of Medical Errors**  
by **Dr. MINI BALAKRISHNAN**  
*Consultant Gynaecologist, Thalassery*

9:00 PM : **Healthy IMA, Healthy Thalassery Campaign -**  
*Announcement of IMA Groups for the year for all health, sports, and cultural events to encourage fitness and unity among members.*  
*Health Challenge for the Day: Plank Challenge - Test your endurance and strength!*

9:15 PM : Vote of thanks

Team IMA Thalassery





### III) BRANCH CME

26.11.2024: CME

IMA Thalassery conducted a CME program on "**Disclosure of Medical Errors.**" The session was led by Dr. Mini Balakrishnan (Consultant Gynaecologist, Thalassery) and followed by an interactive discussion. Dr. Nadeem Abootty presided over the meeting, which was attended by 65 members. Dr. Sreejith V (Secretary IMA Thalassery) proposed the vote of thanks.



### 3) BRANCH COMMUNITY & SOCIAL ACTIVITIES

03.11.2024: IMA & WIMA Thalassery conducted a leptospirosis class at Family Welfare Centre Meruvambayi. Class was taken by Dr.Sreeja Viswan (Secretary WIMA Thalassery).



### 06.11.2024: GYNEC AWARENESS SEMINAR

Tellicherry Lions Club and IMA WIMA Thalassery jointly conducted an Gynec Awareness Seminar at Govt Brennen HSS,Thalassery. Awareness class was taken by Dr.Seethalakshmi K V(Senior Consultant Gynaecologist,Tellicherry co-op Hospital).





13.11.2024: Awareness Class on Importance of Vaccination for public at PHC Mangattidam by Dr.Sreeja Viswan(Secretary WIMA Thalassery).



### 13.11.2024: Reproductive Health Awareness Class

WIMA Thalassery conducted a Reproductive Health Awareness Class at Koduvally HSS,Thalassery.Class was taken by Dr.Mini Balakrishnan(Past President IMA) .



15.11.2024: Awareness Class on Immunisation at Azhikodan Smaraka Vayanashaala by Dr.Maya Jithin.25 mothers participated.



26.11.2024: Awareness classes on Adolescent Healthy Lifestyle, Substance Abuse & Anti microbial Resistance by Dr.Maya K at AKG Memorial Higher Secondary School Pinarayi on 26.11.2024. Class attended by 382 students.



27.11.2024: Adolescent Health awareness class at Hadiya Academy, Subulusalaam Campus,Thalassery for 70 +2 students attended . Class was taken by Dr.Nadeem Abbooty (President IMA Thalassery) & Dr.Priya P R(Secretary IAP 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

### 10.11.2024: World Immunisation Day

World Immunisation Day awareness class at FHC New Mahe. Class was taken by Dr.Nimisha Suresh ( Medical Officer FHC New Mahe).25 members from public attended.



13.11.2024: World Immunisation Day programme at PHC Kodyeri by Dr.Dhanya Chandran. Around 20 mothers participated.



### 14.11.2024: Childrens Day

On November 14th, 2024, on behalf of IAP Thalassery and IMA WIMA Thalassery, we, Dr.Priya P.Rajendran , Secretary IAP Thalassery and Dr.Sreeja Chali, Secretary WIMA Thalassery visited the Jaycee Special School Dharmadam to celebrate Children's Day with the students.

The differently abled children performed various cultural events for us. We distributed colouring sets and sweets to the kids. Mrs. Shobhana, Principal coordinated the activities. The teachers discussed various challenges they face while managing these children. It was really a heart filling experience for us to spend time with these kids and we returned promising ourselves to do more for them !



### 14.11.2024:World Diabetes Day Program by IMA Thalassery

IMA Thalassery, in association with the Youngsters Club and Tely Fitness, organized a successful World Diabetes Day program on November 14, 2024, at Thalassery Municipal Stadium. The event was inaugurated by Dr. R. Ramesh, IMA National Vice President Elect, and presided over by Dr. Nadeem Abootty, President of IMA Thalassery.

Dr. Sreejith Valappil, Secretary of IMA Thalassery, and Dr. Sreeja Vishwan, Secretary of WIMA Thalassery, addressed the gathering. Shri Nisar Padippurakkal welcomed everyone, and Justice Ubaidulla (Additional Chief Judicial Magistrate) presented a memento to IMA. Dignitaries in attendance included Sri Arjun SK (APS to the Kerala Speaker), Sri Suresh (Retd. Excise Deputy Commissioner), Jafar O V (NRI Commission, Kerala State) and Hamza Keloth.

Over 100 people, including prominent figures from Thalassery, participated. The event concluded with a free blood check-up provided by Heed n Heal Clinic, supporting diabetes awareness and health for all.

**IMA THALASSERY**  
Joins with  
**YOUNGSTERS** **Tely Fitness**

For HEALTHY THALASSERY On  
**WORLD DIABETES DAY**  
NOVEMBER 14

**ലോക പ്രമേഹ ദിനാചരണം**  
**ആരോഗ്യ ബോധവൽകരണവും**  
**സൗജന്യ രക്ത പരിശോധനയും**

14 നവംബർ 2024 വ്യാഴം രാവിലെ 7:30  
വി ആർ ക്ലബ്ബിനടുത്ത് മൈക്കോറിയാൽ  
തലശ്ശേരി മുനിസിപ്പൽ സ്റ്റേഡിയം

സാന്നിദ്ധ്യം

ഡോ. രമേശ് രാമേശ്വറി (IMA നാഷണൽ വൈസ് പ്രസിഡന്റ് ഇലക്ട്)  
ഡോ. സ്രീജിത് വലപ്പിൾ (IMA തലശ്ശേരി സെക്രട്ടറി)  
ഡോ. സ്രീജാ വിഷ്വൻ (WIMA തലശ്ശേരി സെക്രട്ടറി)

Organised by  
**Heed n Heal CLINIC**  
Saidarpalli, Thalassery  
7559885566, 0490 2325566  
www.heednheal.com





IMA WIMA Thalassery & Mangattidam PHC conducted a Diabetic Awareness Class & Free Eye Checkup at Navodaya Vayanashaala, Mangattidam. Class was taken by Dr.Sreeja Viswan ( Secretary WIMA Thalassery). Free blood sugar estimation was done at Navodaya Vayanashaala ,Mangattidam for all those who had attended the programme.



IMA WDW Thalassery conducted an Diabetic Camp and Health Education class at Chokli Panchayath Hall. Class was taken by Dr.Sreeja Viswan(Secretary WIMA,Thalassery). 30 members attended the programme.). Free blood sugar estimation was done at Chokli Panchayath Hall for all those who had attended the programme.



20.11.2024: In connection with COPD Day an awareness class and spirometry camp was conducted at District Chest Centre, Kannur on 20/11 /24.Dr.Rejna Dilnath took the awareness class.



### 20.11.2024: International Day for violence against women 2024

In connection with International Day for violence against women 2024 WIMA Thalassery in association with Kadirur Grama Panchayat and Kadirur FHC conducted a panel discussion at 3.00pm on 20/11/24 at Kadirur Panchayat conference hall. Nearly 160 ladies from various walks of life including students participated in the programme. Dr. Sreeja Viswan welcomed the gathering.

Dr. Mini Balakrishnan, Adv. Preethi Parambath, Sub Inspector Deepthi V, and Mrs. Najuma Hashim, past Municipal Councillor were the panelist and Dr. Suchitra Sudhir moderated the panel discussion. Dr. Maya Jithin gave the vote of thanks. The program ended at 5.30pm.



22.11.2024: Class on Anti Microbial Resistance and National Deworming Day at Mangattidam Panchayat Hall on 22.11.24. School teachers and anganwadi teachers attended. Class was taken by Dr. Sreeja Viswan (Secretary WIMA Thalassery). About 60 participants.



22.11.2024: National Deworming Day awareness class at Pinarayi Gramapanchayath Hall for school teachers,ASHA, &Anganvadi workers by Dr Maya K ( Treasurer WIMA Thalassery).



25.11.2024: Anti microbial Resistance awareness class at FHC Muzhapilangad for 20 Asha workers attended. Class was taken by Dr.Sreeja Viswan(Secretary WIMA Thalassery).



25.11.2024: Anti microbial Resistance awareness class at PHC Kodiyeeri for 40 Teachers and Asha workers attended . Class was taken by Dr.Dhanya (Medical Officer,PHC Kodiyeeri).



**26.11.2024: National Deworming Day**

National Deworming Day awareness class at Punnol Mappila L P School . Class was taken by Dr.Nimisha Suresh (Medical Officer FHC New Mahe).40 students participated.



### iii) Registration in State Annual Conference

#### 09.11.2024: IMA State Conference

39 members from IMA Thalassery attended IMA State Conference “ IMACON 2024” held at Thrissur. IMA Thalassery bagged the following awards which were declared at the venue.

- 1.WIMA – Second
- 2.Life time achievement award-Dr.Babu Ravindran T N
- 3.4<sup>TH</sup> Best Branch in the State Merit Certificate
- 4.President appreciation award
  - 1.Dr.Aravind C Nambiar
  - 2.Dr.Bithun
  - 3.Dr.Pradeep
  - 4.Dr.Rajeev Nambiar
  - 5.Dr.Mini Balakrishnan
  - 6.Dr.Dilnath
  - 7.Dr.Rejna
  - 8.Dr.Biji
  - 10.Dr.Ramesh R
  - 11.Dr.Pushparaj S R
  - 12.Dr.Shaji S
- 5.Editors Appreciation Award 2023-24-Dr.Gopeenatan P
- 6.Editors Appreciation Award 2023-24-IMA Thalassery Br.
- 7.CGP- IMA TLY for the dedicated work done in CGP





## **5) SUB COMMITTEE ACTIVITIES**

### **i)Public Awareness Session on Substance Abuse**

26.11.2024: Awareness classes on Substance Abuse by Dr.Maya K at AKG Memorial Higher Secondary School Pinarayi on 26.11.2024. Class attended by 382 students.



## ii) Sessions on Leadership & Communication skills’ -

03.11.2024: A introductory session for nurses on communication skills was conducted at Nucleus Clinic,Parakkadavu. Dr.Mini Balakrishnan took class.



21.11.2024: Talk on Communication Skill by Dr,Ramesh R (Past President IMA) & Dr.Mini Balakrishnan (Past President IMA Thalassery & Senior Consultant Gynaecologist,Tellicherry Co-op Hospital) for doctors at Ceeyem Hospital,Vadakara.



### iii)Committee for ELS Training

#### ELS Session for NSS Volunteers

#### 12.11.2024: Class on First AID

IMA Thalassery conducted ELS Training class for NSS Students at GVHSS Chirakkara Thalassery. Class was taken by D. Anand K. Attended by about 100 students.



## 8. SPECIAL PROJECTS BY BRANCH

### 1) FITNESS AWARENESS PROGRAM

#### 03.11.2024: FITNESS AWARENESS PROGRAM

As part of the Healthy IMA, Healthy Thalassery campaign, a fitness awareness program was conducted by IMA Thalassery at Muzhappilangad Beach on 3rd November 2024. The program was flagged off by Dr. K. Sasidharan state secretary IMA Kelala State and included an exercise session led by a fitness expert, followed by walking, jogging, and a healthy breakfast. Around 80 participants, including family members, actively took part in the event. Dr. Vinayak and Dr. Geetha Mekkoth served as conveners, organizing the program with support from the team, while IMA and WIMA leaders coordinated the event.



17.11.2024: As part of the Healthy IMA, Healthy Thalassery campaign, a fitness awareness program was conducted by IMA Thalassery at Overburrys Folly on 17<sup>th</sup> November 2024. Zumba session led by a fitness expert followed by a healthy breakfast was the highlight of the program. Around 40 members participants, including family members, actively took part in the event. Dr. Vinayak and Dr. Geetha Mekkoth served as conveners, organizing the program with support from the team.



### **20.11.2024: Organising Committee**

An organizing committee has been formed with the IMA President, Secretary, and wima Leaders along with the following members: Dr. Vinayak, Dr. Geetha Mekkoth, Dr. Shaji S, Dr. Mini Balakrishnan, Dr. Dilnath Kallat, Dr. Pushparaj S R, Dr. Sithara, Mrs. Sonia Pushparaj, Mrs. Monisha, Dr. Hanish, Dr. Sreejith K P ,Dr Sijad V P, and Dr. Nimisha. This committee will oversee the grouping of members into four teams to foster competition and will monitor activities, particularly focusing on health and fitness initiatives, throughout the year.



## 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

- 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... 38
- 4.NUMBER OF NURSES HOME CARE PATIENTS... 38
5. NUMBER OF OUT PATIENTS (OP) CONDUCTED..5 (ON ALL WEDNESDAY )
6. NUMBER OF PATIENTS OP ATTENDED.,...106
7. NUMBER OF WOUND CARE PATIENTS.... 5
8. NUMBER OF CATHETER CARE PATIENTS.... 12
  
9. NUMBER OF DEATH CASE.. 5
10. NUMBER OF MORPHINE PATIENTS.. 28
11. NUMBER OF CANCER PATIENTS... 87
12. NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED...7
13. NUMBER OF NEW CASE...18
- 14..DOCTOR'S HOME CARE... 1
- 15.DOCTOR VISITED HOME CARE PATIENTS.... 1