



# INDIAN MEDICAL ASSOCIATION, TELlichERRY

*Monthly Report of Activities for the month SEPTEMBER 2025*

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**MEMBERSHIP**

<b>SCHEME</b>	<b>SCHEMES JOINED THIS MONTH</b>	<b>TOTAL MEMBERS JOINED</b>
<b>NEW MEMBERS</b>	<b>1</b>	<b>681</b>
<b>JDN(Less than 40)</b>		<b>128</b>
<b>SSS I</b>		<b>327</b>
<b>SSS II</b>		<b>283</b>
<b>SSS III</b>		<b>239</b>
<b>PPS</b>		<b>369</b>
<b>CGP</b>		<b>38</b>
<b>AMS</b>	<b>-</b>	<b>133</b>
<b>PEPS</b>		<b>10</b>
<b>KHS</b>	<b>-</b>	<b>380</b>
<b>MBS</b>		<b>28</b>
<b>PENSION SCHEME</b>	<b>-</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**

#### **24.09.2025: COMBINED EB MEETING**

Combined Executive Committee Meeting on 24.09.2025. Dr.Nadeem Abootty (Secretary IMA Thalassery) welcomed the gathering and 30 members attended the meeting. Vote of thanks was proposed by Dr.Sreejith V (Secretary IMA Thalassery).



### **II) GENERAL BODY MEETING**

#### **10.09.2025: ELECTION GB**

Election General Body meeting was held at Lions Hall,Thalassery at 8:00 pm. IMA president Dr.Nadeem Abootty presided over the meeting. Returning officer Dr. Arun Kumar M K. declared the names of the new office bearers and he informed that there were only stipulated number of nominations for each post and henceforth election was not conducted. Dr. Johnny Sebastian was declared as the incoming President, Dr. Rejna Dilnath as the incoming Secretary and Dr. Sijad as the incoming Treasurer. Other posts were also declared along with SWC and CWC members list.



### III) CULTURAL EVENTS

#### 07.09.2025: ONAM CELEBRATION

The Onam Celebration of IMA Thalassery was held on 7th September 2025 at Pearl View Auditorium, Thalassery, with the wholehearted participation of around 150 members and their families. The event turned out to be a grand success, filled with cultural programs, fun games, and a spirit of togetherness.

#### **Highlights of the Program**

The event commenced with a warm gathering and welcome, setting the festive mood.

Traditional Onappattu and Thiruvathira performances brought alive the essence of Onam.

Several engaging programs, including music, dance, and fun games, added color and vibrancy.

The musical chair contest was especially enjoyable, with senior members Dr. Radha Madam and Dr. Rajan Sir emerging as winners, much to the delight of the audience.

Tug of War brought energy and excitement, symbolizing the unity and enthusiasm of members.

A special appearance by Dr. Pradeep Sir as Maveli and the delightful role of Vamanan by Ishan Sreejith (son of Dr. Sreejith KP) added a traditional and festive touch.

The event concluded with a sumptuous Onam Sadya, which was relished by all participants.



**12.09.2025: ONAM CELEBRATION ORGANISED BY DISTRICT COMMITTEE, KANNUR**

WIMA along with IMA Thalassery members participated in the Onam celebration organised by District Committee, Kannur on 12th September 2025. 10 of our WIMA members participated in the Thiruvathira dance which was well appreciated by the audience.



## **3. BRANCH CHAPTERS**

### **WIMA**

#### **24.9.25: WIMA EB**

WIMA members actively participated in the executive committee meeting. IMA Office bearers congratulated WIMA team for their support through out the year in the form of various activities.



### 27.9.25: SESSION ON “FINANCIAL PLANNING .

WIMA in association with IMA Thalassery organised a session on “Financial planning .The program started at 6.30 pm with the welcome address by Dr.M.Biji ,Chairperson WIMA .Dr.Haritha introduced the speaker, Mr.Udhayabhanu, Associate Vice President, Learning and Development ,SBI Life followed by a very interactive and enlightening session by him.The session ended at 7.45 pm .



### 27.9.25: SESSION ON “CYBERSECURITY”

WIMA in association with IMA Thalassery organised a session on “Cybersecurity” The program started at 8.00 pm with the introduction of the speaker, Mr.Hariprasad, Assistant Commandant , India Reserve Battalion,Thrissur followed by a very interactive and eye opening session by him.The session ended at 10.00pm with a vote of thanks by Dr.Sreeja Viswan,Secretary WIMA.





## 4) BRANCH COMMUNITY & SOCIAL ACTIVITIES

31.8.25: Our members Dr. Mini Balakrishnan, State WIMA Vice-Chairperson, Dr. Suchitra Sudhir and Dr. Geetha Mekkoth participated in a breast cancer awareness program “Bye bye breast cancer” conducted at Kannur bus stand.



### 07.09.2025: 3RD HPV VACCINATION CAMPAIGN

WIMA in association with IMA Thalassery organised the 3rd HPV vaccination campaign at Josgiri Hospital, Thalassery on 7.9.25. Dr. Biji M S, Chairperson WIMA Thalassery welcomed the gathering. The program was inaugurated by Dr. Asoka Valsala, State WIMA Chairperson. IMA Thalassery President Dr. Nadeem Abootty presided the function. Dr. Mini Balakrishnan, State WIMA Vice President gave the keynote address. Dr. Sr. Anjali, Administrator, Josgiri hospital Felicitated on the occasion and Dr. Sreeja Viswan, Thalassery WIMA Secretary gave the vote of thanks. Around 50 people including nursing students participated in the program. Around 21 children took the vaccination.



#### **4.09.2025: 4TH HPV VACCINATION CAMPAIGN**

WIMA in association with IMA Thalassery organised the 4th HPV vaccination campaign at Josgiri Hospital, Thalassery on 14.9.25 under the supervision of Dr. Biji M S, Chairperson WIMA Thalassery and Dr. Sreeja Viswan, Secretary, WIMA Thalassery. Around 42 (members and children) took the vaccination.



#### **17.09.2025: CLASS ON “WOMEN’S HEALTH”**

A class on “Women’s Health” was taken by Dr. Sreeja Viswan for the out patients of Mangattidam PHC on 17.9.25.



### **18.9.25: SNAKEBITE AWARENESS & WOMEN EMPOWERMENT**

Dr.Sreeja Viswan took a session on Snakebite awareness & Women empowerment class for Asha Workers of Mangattidam panchayat.Nearly 35 members attended the session.



### **24.9.25: BLS CLASS FOR STAFF AND ASHAWORKERS**

Dr.Sreeja Viswan took BLS class for staff and Ashaworkers of FHC kadirur.50 members took part in the interactive session.



### 24.5.25: “CHAT WITH DOCTOR”

Women’s wing of Thalassery BAR Association along with WIMA Thalassery organised a program “CHAT WITH DOCTOR” at Thalassery court. Today’s chat was with Dr. Suchitra Sudhir, President KFOG who took a session on “Common cancers in females” and the session was moderated by Dr. Sreeja Viswan. Around 65 lady advocates participated in the program.



28.9.25: As part of KFOG Milan, Palakkad Obstetrics and Gynecological Society conducted monthly CME. Dr. Mini Balakrishnan was the resource person for “Communication skills” and Dr. Geetha Mekkoth gave a “Health talk”.



## 5) 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

#### 10.09.2025: WORLD SUICIDE PREVENTION DAY

World suicide prevention Day was observed on 10th September 2025. A session on suicide prevention was taken for healthcare workers of Mangattidam PHC by Dr. Sreeja Viswan. Around 10 staff attended the interactive session in which discussions regarding the various work place and family stress individuals face and the possible solutions to overcome was done.



## **28.9.25: IMA THALASSERY SPORTS DAY 2025**

Healthy IMA, Healthy Thalassery

The Indian Medical Association, Thalassery Branch, successfully organized its much-awaited Annual Sports Day 2025 on 28th September at the Thalassery Municipal Stadium and other venues. The event was part of our year-long campaign “Healthy IMA, Healthy Thalassery” and brought together doctors, their families, and IMA members in the spirit of sportsmanship and comradeship.

The day began with Badminton Doubles (Men & Women) at KUMA Indoor Court, followed by Table Tennis and Carroms at Cosmopolitan Club. By the afternoon, members gathered at Arena Turf near Mukund Junction for an exciting Football 7s Tournament, which witnessed energetic participation and cheering from all sides.

The evening session at Thalassery Municipal Stadium was the highlight, featuring Cricket, a wide range of Track & Field events on the synthetic track, and lively participation from members across all four IMA groups. The events included 100m, 200m, 400m runs (Men & Women), Reverse Fun Run, Relays (Men, Women, Mixed, and Masters categories), Javelin Throw, Discus Throw, and Shot Put. Special races for kids added fun and enthusiasm, ensuring the whole family could share the joy of the day.

Despite heavy rain later in the evening forcing a postponement of some events, the energy and spirit of our members remained high. The pending track and field events were rescheduled to 5th October 2025, ensuring a fair and complete competition.

Dr. Babu Raveendran, IMA Past National Vice President, distributed the medals to the winners of various events, adding encouragement and inspiration to the participants.

The Overall Champions Trophy and Runner-up Trophy will be formally presented during the upcoming IMA Thalassery Installation Meeting.

The Sports Day was a resounding success, thanks to the dedicated efforts of the Organising Committee, team captains, volunteers, and enthusiastic participation of all members. It showcased not only the competitive spirit but also the unity and friendship within IMA Thalassery.







## 29.09.2025: IMA THALASSERY WORLD HEART DAY ELS PROGRAMS

IMA Thalassery observed World Heart Day 2025 by organizing a series of Emergency Life Support (ELS) training programs across Thalassery and nearby areas. The programs aimed to spread awareness and provide practical training on COLS (Compression-Only Life Support) and Basic Life Support (BLS) to the public and healthcare workers.

### 1. Morning Walkers' Session – Thalassery Municipal Stadium (7:15 am)

Under the leadership of Dr. Nadeem Abootty, and in association with Youngsters Club, IMA Thalassery conducted an awareness session for morning walkers at the Municipal Stadium. About 30 fitness enthusiasts participated, where training on COLS and basic first aid was provided.



## 2. Tely Fitness COLS Training (8:30 am)

In association with Tely Fitness, Thalassery, IMA Thalassery conducted COLS training for fitness members at the Municipal Stadium. The session was attended by 40 members. Dr. Nadeem Abootty delivered an awareness class on cardiac health and emergency response, followed by hands-on COLS training for the participants.



### 3. Official Inauguration – COLS Training at GH Thalassery

The official World Heart Day program of IMA Thalassery was conducted in association with General Hospital, Thalassery.

The program was inaugurated by Dr. Babu Raveendran (Past IMA National Vice President).

Dr. Sasidharan (IMA State Secretary), Dr. Pushparaj (IMA ELS State Leader), and Dr. Nadeem Abooty (President, IMA Thalassery) graced the function.

COLS training was provided to the participants, with about 100 people attending and benefitting from the session.



#### 4. BLS Training at CHC Mattannur

IMA Thalassery conducted a BLS training session at Community Health Centre, Mattannur for ASHA workers, Anganwadi workers, and health staff. The training was led by Dr. Priya P. Rajendran, with hands-on sessions for all participants. A total of 52 participants attended this program.



## 5. BLS Training at PHC Mangattidam

IMA Thalassery conducted a BLS training program at PHC Mangattidam on 29-09-2025. The session was coordinated by Dr. Sreeja (Secretary, WIMA Thalassery). A total of 20 staff members participated and received hands-on training.



## 8) SUB COMMITTEE ACTIVITIES

### *Committee for ELS Training*

10.09.2025: Compression Only Life Support (Cols) & First Aid Class Taken By Dr Anand Family Physician GH Thalassery, Foundation Class On Palliative Taken By Dr Ramesan.T. Palliative Physician & Orientation Class On Palliative Taken By Dr Pushparaj S R on palliative care to 31 scouts and guides (plus 2 students) Volunteer's from mambaram higher secondary school on 10/9/25. MEMENTOS DISTRIBUTING BY DR VANAJA, PALLIATIVE PHYSICIAN & SENIOR CONSULTANT OPHTHALMOLOGY. Snack & Tea distributed for the students by IMA.



## 9) SPECIAL PROJECTS BY BRANCH

### 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 & Palliative Care Society**

### **03.09.2025: ONAM AT PAIN& PALLIATIVE CLINIC**



### **08.09.2025: CERTIFICATE DISTRIBUTION FOR 51 VOLUNTEERS OF SEVAKENDRAM PALLIATIVE HOME CARE – SECOND BATCH**

Certificates were distributed to 51 volunteers who completed the second batch of training under the Palliative Home Care initiative organized by Sevakendram, functioning under Thalassery Islamic Center.

The program was inaugurated by Dr. Nadeem Abootty, President of IMA Thalassery Chapter. Certificates were handed over by Sunil Mangattidam, State Secretary of the Indian Association of Palliative Care. The session was presided over by Mohammed Basheer N.C, Director of Sevakendram.

Dr. C.O.T. Musthafa (Senior Doctor), Abdul Rahim M.P (Thalassery Area Coordinator, People's Foundation), A.C.M. Basheer (Director, Islamic Center), and K.M. Ashfaq (President, Nanma Welfare Society, Thalassery) conveyed their felicitations.

A.C.M. Shamsudheen, Executive Member of Sevakendram, delivered the welcome address, while Arshad N.K, Convenor of Palliative Home Care, proposed the vote of thanks. The program was coordinated by Tasleema G.K (Home Care Coordinator), Rukhsana Taha, and Noushad P.P.





## Health & Fitness Programme

### 07.09.2025: HEALTHY & FITNESS PROGRAM 'STRONG & SERENE'

WIMA in association with IMA Thalassery organised the Healthy & Fitness program 'STRONG & SERENE' on 7.9.25 at Overbury's Folly , Thalassery. WIMA Chairperson Dr.M.S.Biji welcomed the gathering.The program was inaugurated by State WIMA Chairperson Dr.Asoka Valsala.State IMA Secretary Dr.Sasidharan gave the keynote address and WIMA Secretary Dr.Sreeja Chali gave the vote of thanks.The program started with a Zumba training by Ms Sandhya V, Miss Fitness Kerala (4 times ), Miss South India 2020, Founder of SandyFit Gym, Thalassery and Body Building State Judge (KAPA).This was followed by meditation for half an hour followed by a healthy breakfast.

