



INDIAN MEDICAL ASSOCIATION, TELlichERRY

Monthly Report of Activities for the month of April 2024

SL NO	CONTENTS
1.	MEMBERSHIP
2.	BRANCH MEETING a)Executive Meeting b)General Body Meeting c)Special Meeting d)Branch CME
3.	BRANCH COMMUNITY &SOCIAL ACTIVITIES a)Awareness Class
4.	HOSTING OF DC MEETING
5.	STATE PROGRAMS a)Nammude Arogyam Subscription b)Observation of state designated days
6.	SUB COMMITTEE ACTIVITIES ELS Training
7.	SPECIAL PROJECTS BY BRANCH a)Palliative Care Centres b)TIDA Projects
8.	NATIONAL PROGRAMMES

MEMBERSHIP

SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS		625(Transfer out 2) 623
JDN(Less than 40)		128
SSS I		321
SSS II		282
SSS III		239
PPS	2	336
CGP		37
AMS	-	133
PEPS		10
KHS	7	373
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		400

-

2.Branch Meetings

I) EXECUTIVE COMMITTEE MEETINGS

17.04.2024: EXECUTIVE MEETING

Executive Committee Meeting on 17.04.2024. Dr.Aravind C Nambiar (President IMA Thalassery) welcomed the gathering and 26 members attended the meeting. Vote of thanks proposed by Dr.Bithun Balan Kunnnumal (Secretary IMA Thalassery).



II) GENERAL BODY MEETING

24.04.2024: GENERAL BODY MEETING

General Body Meeting was held at IMA Hall Thalassery. Dr.Aravind C Nambiar (President IMA Thalassery) welcomed the gathering. 36 members attended the meeting. Vote of thanks proposed by Dr.Bithun Balan Kunnnumal (Secretary IMA Thalassery).



III) SPECIAL MEETING

17.4.2024: Meet the candidate

IMA Thalassery handed over the Health Manifesto and Charter of demands to Shri.Shaffi Parambil, UDF candidate of Vatakara constituency. Dr. T.N. Babu Ravindran, Past National Vice President, elaborated our demands and handed over the document. Leaders from Kuthuparamba, Thalassery and Panoor branches attended the meeting.



21.04.2024: Meet the candidate

Handed over the Health Manifesto and Charter of demands to Smt.Shylaja Teacher, LDF candidate of Vadakara constituency. Dr R Ramesh IMA Kerala State Past President listed out the demands and Dr Rajesh OT - IMA District Chairperson elaborated the demands. The meeting was attended by Representatives from Kannur District Committee, Kuthuparamaba, Panoor.



23.04.2024: Meet the candidate

Handed over the Health Manifesto and Charter of demands to Sri.Praful Krishnan, NDA candidate of Vatakara constituency. Dr. T.N.Babu Ravindran ,Past National Vice President, elaborated on our demands and handed over the document. IMA Kerala State President Dr Joseph Beneven, Kerala State Secretary Dr Sasidharan, Representatives of District Committee, Kuthuparamaba, Thalassery and Panoor branches attended the meeting.



IV) BRANCH CME

24.04.2024: CME

IMA Thalassery conducted a CME on 24.04.2024 at IMA Hall Thalassery. CME on “Evolution of treatment of acute lymphoblastic leukaemia- a poster child for cancer cure” by Dr. Ajay Sankar, Specialist-Pediatric Oncology-Centre for Blood Diseases, Bone Marrow Transplant & Cancer Immunotherapy, Meitra Hospital, Kozhikode. The CME was followed by a lively interaction. Dr. Aravind C Nambiar (President IMA Thalassery) presided over the meeting. 36 members attended the meeting.

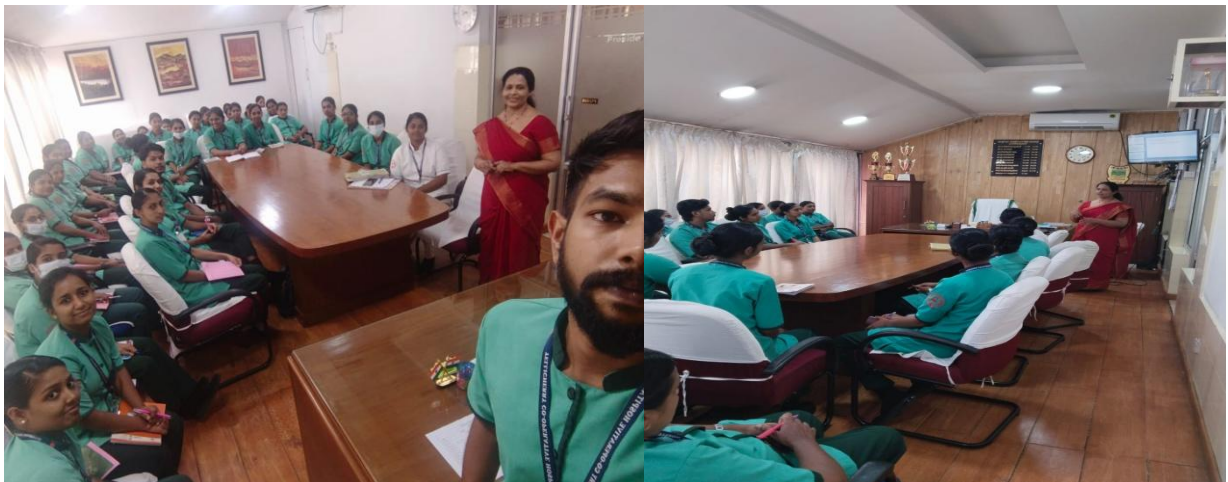


3. BRANCH COMMUNITY & SOCIAL ACTIVITIES

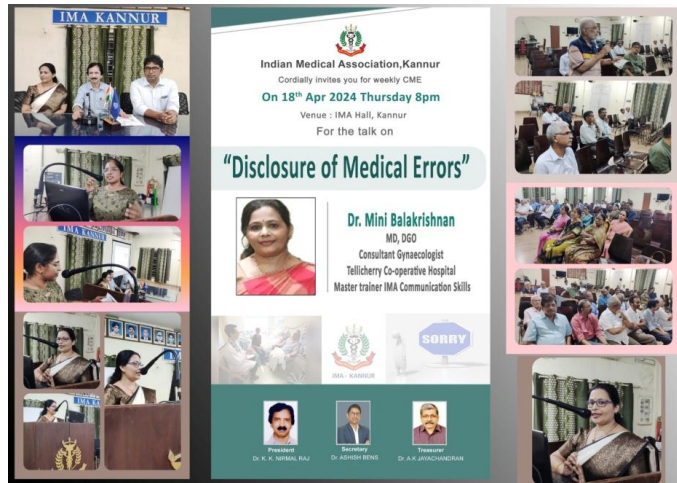
05.04.2024: Session on Communication skills

SESSION FOR NURSES INTRODUCTION TO COMMUNICATION SKILLS

A introductory session for nurses on communication skills was conducted at Thalassery Co-operative Hospital. Dr. Mini Balakrishnan took class.



18.04.2024: session on communication skills (interbranch participations as resource person and faculty)
Talk on Disclosure of medical errors by Dr. Mini Balakrishnan(Past President IMA) was conducted at IMA hall Kannur .



4.HOSTING DC MEETINGS

23.04.2024:Dist Committee Meeting

District committee meeting was hosted by IMA Thalassery. State President Dr Joseph Beneven, State Secretary Dr Sasidharan, District Committee Chair Dr Rajesh OT, District Committee Convener Dr Vinayak conducted the meeting. Representations from Thalassery, Koothuparamba, Iritty, Panoor, Thaliparamab, Kannur, Patyannur, Chrukunnu attended the meeting.





5.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

02.04.2024: WORLD AUTISM DAY

IMA Thalassery in Association with IAP Thalassery and HOPE Early Intervention Centre, Thalassery organized Awareness sessions for parents and caregivers of children with Autism On World Autism Awareness Day, April 2nd, 2024 Tuesday 10am to 12 noon, Venue: IMA Hall Thalassery

Shri.Karunakaran , Chairman, HOPE Early Intervention Centre, welcomed the gathering
Dr.Jayagopal P.P, President IAP Thalassery presided over the function.

Felicitations given by

- 1) Dr.Sashidharan K, IMA State Secretary
- 2) Dr.Akhil P.R , Treasurer, IMA Thalassery

Awareness sessions were handled by

1) Dr.Soumya C.V

Consultant Neurologist, Aster Mims, Kannur

2) Dr.Reshmi Rameshan, Consultant Psychiatrist, Kerala Health Services

3) Dr.Sujatha Surendra Babu

Consultant Psychiatrist, Doctors Rehabilitation Centre

This was followed by an interactive session with the parents and caregivers, in which many of the myths associated with the etiology and management of Autism in Children were clarified by the Specialists.

Around 50 parents and caregivers attended the program. 10 Occupational and Speech therapists also attended the sessions

Vote of Thanks was proposed by Dr.Priya P.Rajendran , Secretary IAP Thalassery.



07.04.2024: WORLD HEALTH DAY

IMA Thalassery in association with Kannur Medical College Anjarakandy observed World Health Day by conducting flash mob at Chakkarakkal Bus Stand. Health talk at Chakkarakkal Bus Stand. There was session on prevention of cancer and prevention of lifestyle diseases conducted for general public. A Poster competition was conducted for students of the campus and the best posters was awarded. Principal Dr.Purushotham handed over the prizes. Dr.Sajid Omer, Dr.Bithun, Dr.Deepa, Dr.Vineetha participated.



11.04.2024: NATIONAL SAFE MOTHERHOOD DAY

Dr.Mini Balakrishnan, Past President IMA Thalassery, gave an awareness class on Kannur News Channel regarding ഗർഭിണികളും കുട്ടികളിലെ വളർച്ച കുറവും.

ഗർഭിണികളും കുട്ടികളിലെ വളർച്ച കുറവും

നിങ്ങളുടെ സംശയങ്ങൾക്ക് മറുപടിയുമായി

Dr. MINI BALAKRISHNAN
Senior Consultant -GYNAECOLOGY
Thalassery Mission Hospital

KANNUR VISION 3.30-4PM

Thalassery Mission Hospital
Goods Shed Road, Thalassery

19.04.2024: WORLD LIVER DAY

IMA Thalassery in association with MEDNOC live Labs conducted a health checkup camp in association with Sandwanam Olarikkara. Total of 60 people were screened for lifestyle diseases, endocrine and liver diseases.

21.04.2024: WORLD CREATIVITY & INNOVATION DAY

A discussion on innovative methods for engaging more members into IMA activities was taken up. It was decided to take insight from data analytics of the attendance from past meetings to arrive at strategies to improve participation of members. The data analytics part was assigned to the secretary.

24.04.2024: WORLD IMMUNISATION WEEK

- IMA Thalassery conducted a sensitisation class on immunisation and its importance in disease prevention for College of Nursing students at Anjarakandy Integrated Campus. Dr Bithun served as resource person.
- Awareness class on Immunization by Dr.Jayagopal P.P , Senior Consultant Paediatrician and President IAP Thalassery and Dr.Sreejith, Consultant Paediatrician at General Hospital Thalassery on 30-04-2024.



28.04.2024: WORLD DAY FOR SAFETY & HEALTH AT WORK

IMA Thalassery Prioritizes Members' Health

The Indian Medical Association (IMA) Thalassery branch held an event focused on members' and spouse health.

The event featured

1. Comprehensive health checkup,
2. Informative health talk on the importance of a healthy diet, and
3. Engaging aerobics workout training session.


The health checkups provided valuable insights into participants' health, while the aerobics session equipped attendees with practical tools for maintaining a healthy lifestyle.


Dr Sreejith Valappil Cardiologist and Joint Secretary IMA Thalassery though a highly informative and engaging talk, busted the myths around the Fats & Oils with emphasis on the importance of a healthy diet in reducing the risk of cardiovascular events and lifestyle diseases.

This initiative of IMA Thalassery reflects the 2024 office's priority on members' health and well-being.






**INDIAN MEDICAL ASSOCIATION
THALASSERY**
**BASIC HEALTH
CHECK UP CAMP**
FOR MEMBERS & SPOUSES
On 28th April 2024
@ IMA Hall Thalassery. Time: 7AM-10AM

TALK ON :
**"Fats & Oils
Myths & Truths"**
BY

Dr Sreejith Valappil
Consultant Cardiologist
Joint Secretary IMA Thalassery

BREAKFAST will be arranged at IMA Hall

Dr. Aravind C Nambiar | Dr. Bithan Balan Kammurmat | Dr. Ashil P.R.
President IMA, Thalassery Secretary IMA Thalassery Treasurer IMA Thalassery



SUB COMMITTEE ACTIVITIES

ELS TRAINING

17.04.2024: ELS & First AID Session for NSS Volunteers

ELS & First AID Session for NSS volunteers of Brennan College of Teacher's Education on 17.04.24 by Dr.Anand K. Around 50 participants.



24.04.2024: BASIC LIFE SUPPORT WORKSHOP

Basic Life Support Workshop for Pattiam FHC Staff was conducted by Dr.Sreeja Viswan.



8.SPECIAL PROJECTS BY BRANCH

i)Palliative Care Centres

IMA Pain and Palliative Care Society

1. 1.NUMBER OF NURSES HOME CARE CONDUCTED... 6 (ON ALL WEDNESDAYS AND SATURDAYS)
 - 2.NUMBER OF VOLUNTEERS (HOME CARE CONDUCTED).... 6
 3. NUMBER OF VOLUNTEERS HOME CARE PATIENTS... 28
 - 4.NUMBER OF NURSES HOME CARE PATIENTS... 28
 5. NUMBER OF OUT PATIENTS (OP) CONDUCTED... 4(ON ALL WEDNESDAY)
 6. NUMBER OF PATIENTS OP ATTENDED,....60
 7. NUMBER OF WOUND CARE PATIENTS.... 6
 8. NUMBER OF CATHETER CARE PATIENTS.... 13
 9. NUMBER OF DEATH CASE.. 12
 10. NUMBER OF MORPHINE PATIENTS.. 35
 11. NUMBER OF CANCER PATIENTS... 49
 12. NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED.... 5
 13. NUMBER OF NEW CASE... 4
- April 1st to 31st 2024 reports

ii)TIDA PROJECTS

IMA Thalassery's pride project is going well as planned. Currently 18th floor construction is going on out of 18 storey building. TIDA's phase 2 is in pipeline, it's mandatory government approval's process are being done. Almost 110 apartments is sold out.

NATIONAL PROGRAMMES

National Human Rights Commission meeting

Dr. Srikumar Vasudevan attended the National Human Rights Commission meeting in Delhi, led by NRHC Chairman Justice Arun Mishra. IMA representation included Dr. Uttare, Dr. Abul Hassan. NMC Chairman Dr. Gangadhar also attended. Discussions focused on patient rights, doctor rights, resident doctor conditions (including salaries and bond system).

The meeting with HRC & NMC was productive, revealing insights on several issues.

On implementation, it could significantly improve the doctor-patient relationship.

