



INDIAN MEDICAL ASSOCIATION, TELlichERRY

Monthly Report of Activities for the month of December 2023

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MEMBERSHIP

SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS	1	592
JDN(Less than 40)		128
SSS I		321
SSS II		281
SSS III		239
PPS	1	331
CGP		36
AMS	-	133
PEPS		10
KHS		362
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		400

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ACADEMIC ACTIVITIES

BRANCH LEVEL

10.12.2023: CME

IMA Thalassery and Comtrust Hospital jointly conducted one day Ophthalmology CME – “MEDIFINE INSIGHT” on 10.12.2023. Dr Aravind C Nambiar (IMA President Thalassery) presided the function. Sri AN Shamseer, Honorable Speaker Kerala legislative Assembly inaugurated the Ophthalmology CME programme .

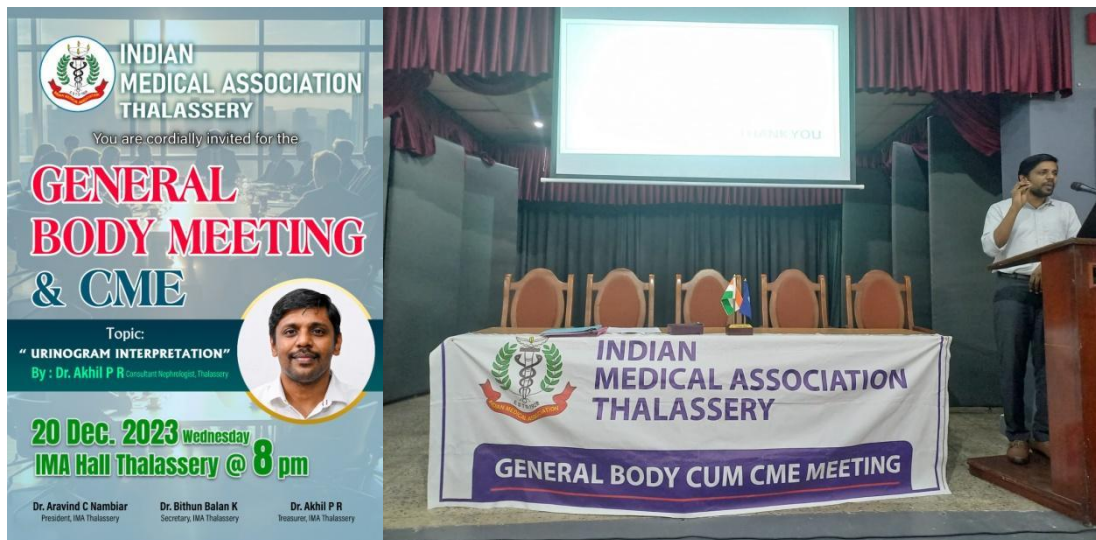


Dr.MohanBabu, Senior Ophthalmologist was honored by Adv.A N Shamseer, Speaker, Kerala Legislative Assembly during the inaugural ceremony .



20.12.2023 : CME

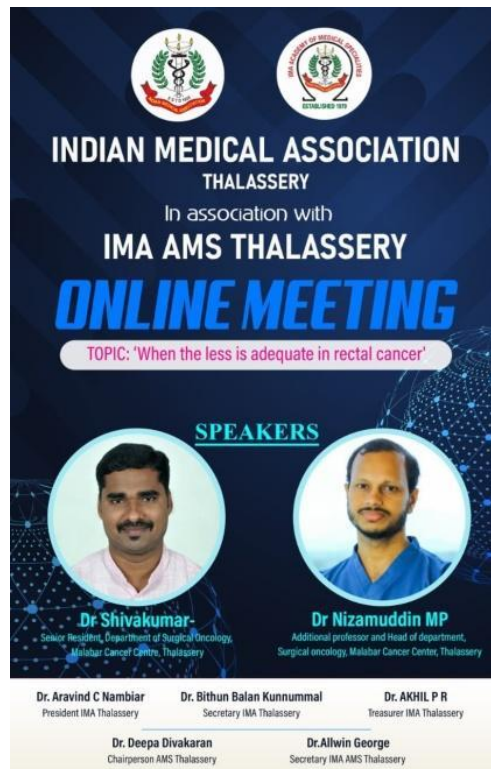
A CME on 20.12.2023 at IMA Hall Thalassery was conducted. The topic was **“URINOGRAM INTERPRETATION”**. Dr. Akhil P R (Consultant Nephrologist, Thalassery). The CME was followed by a lively interaction. Dr.Aravind C Nambiar (President IMA Thalassery) presided over the meeting. Vote of thanks proposed by Dr.Bithun Balan Kunnummal (Secretary IMA Thalassery). 36 members attended the meeting.



b)SUB FACULTY OF AMS

26.12.2023: CME

IMA Thalassery & AMS Thalassery conducted a CME on **“WHEN THE LESS IS ADEQUATE IN RECTAL CANCER.** Speakers Dr Shivakumar,Senior resident, Department of Surgical oncology, Malabar Cancer Centre, Thalassery and Dr Nizamuddin MP,Additional professor and Head of department, Surgical oncology, Malabar Cancer Center, Thalassery by Dr.Praveen Kumar Shenoy, Associate Professor, Department of Clinical Hematology and Medical Oncology. The CME was followed by a lively interaction. Dr. Aravind C Nambiar presided over the meeting. 40 members attended the meeting on Zoom platform. Vote of thanks was proposed by Dr.Bithun Balan Kunnummal (Secretary IMA Thalassery).



c) SPECIAL TRAINING PROGRAMME

02.12.2023 : FACULTY TRAINING PROGRAMME

Training to Faculty and Nursing Staff on 2nd December 2023 at Hospital Lecture Hall, Govt Medical College, Pariyaram. Topic: Communication Documentation. Speakers Dr. Mini Balakrishnan (IPP) and Dr. Latha Rajeevan.

IMA COMMUNICATION SKILL
FACULTY TRAINING PROGRAMME
TRAINING TO FACULTY AND NURSING STAFF

On Saturday 2nd December 2023, 11.30am to 3.30pm
Hospital Lecture Hall, (4th Floor Hospital Block) GMC Kannur, Pariyaram

TOPIC: COMMUNICATION DOCUMENTATION

- 8 - 9.30 am
Managing and resolving complaints: Dr Latha Rajeevan
- 9.30 - 11 am
Handing over tools - Handling uncooperative patient :
Dr Mini Balakrishnan
- 11.30 - 1pm
Handling an aggressive patient / relatives :
Dr Latha Rajeevan

Faculty training Hospital Lecture Hall

- 11.30 - 1pm
Breaking bad news and Disclosure of Medical error :
Dr Mini Balakrishnan
- 1.30- 3pm
Managing and resolving complaints and
Handling an aggressive patient : Dr Latha Rajeevan

PROGRAM CONDUCTED BY FIP & MEU, GMC KANNUR





4. ORGANIZATIONAL ACTIVITIES

GENERALBODY MEETING

20.12.2023: 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 Kunnummal (Secretary IMA Thalassery).



EXECUTIVE COMMITTEE MEETING

06.12.2023: EXECUTIVE COMMITTEE

Executive Committee Meeting on 06.12.2023. Dr.Aravind C Nambiar (President IMA Thalassery) welcomed the gathering and 36 members attended the meeting. Vote of thanks was proposed by Dr.Bithun Balan Kunnummal (Secretary IMA Thalassery).



ATTENDANCE IN STATE MEETING

02.12.2023: BRANCH PRESIDENT/SECRETARY MEET

Dr.Aravind C Nambiar(President IMA), Dr.Bithun Balan (Secretary IMA Thalassery) attended the Branch President/Secretary meet at Periyar House, Aluva.



ATTENDANCE IN NATIONAL MEETING

03.12.2023: Gave a talk at National Health Summit 2023-Dr.Srikumar Vasudevan (IMA Past State President).



REGISTRATION IN NATIONAL CONFERENCE

27.12.2023 & 28.12.2023: NATIONAL CONFERENCE

10 members attended IMA National Conference THARANG 2023 at Kovalam, Trivandrum.

- Dr.Sasidharan- IMA National President Appreciation Award
- Dr.Srikumar Vasudevan (Associate member) received the prestigious JYOTHI PRASHAD GANGULY AWARD from National IMA President



WOMEN DOCTORS WING ACTIVITIES

04.12.2023: WDW members donated the Idli Maker and Dosa Thava to Govt Childrens Home for Boys,Chirakkara,Thalassery .



05.12.2023: grocery and food item donated to Samaritan Home Thalassery by WIMA Members.



5. SOCIAL ACTIVITIES

FIRST AID CLASS & ELS TRAINING

27.12.2023: ELS TRAINING CLASS FOR NSS STUDENTS

IMA Thalassery conducted ELS Training class for NSS Students at Thalassery LP School. Class was taken by D. Anand K. Attended by about 45 students.



27.12.2023: ELS TRAINING CLASS FOR NSS STUDENTS

IMA Thalassery conducted ELS Training class for NSS Students at Palayad HSS. Class was taken by Dr. Sourabh. Attended by about 45 students.



28.12.2023: ELS TRAINING CLASS FOR NSS STUDENTS

IMA Thalassery conducted Awareness Class on First Aid to NSS Volunteers At [Holy Angels School](#) by [Dr Dhanya MK](#), Past president IAP Thalassery . Attended by about 75 students.



30.12.2023: ELS TRAINING CLASS FOR NSS STUDENTS

IMA Thalassery conducted Awareness Class on First Aid to NSS Volunteers(Thottada HSS) At [Koduvally Higher Secondary School, Thalassery](#) by [Dr Sreeja Viswan](#). Attended by about 50 students.



30.12.2023: ELS TRAINING CLASS FOR NSS STUDENTS

Dr. Nadeem Abootty from IMA Thalassery led an IMA ELS training session for 50 NSS students(Kadirur HSS) at Chirakkara GVHSS on December 30, 2023. The focus was on Emergency Life Support skills, with hands-on demonstrations and interactive sessions. Positive feedback indicates the success of the program in empowering participants, marking a meaningful step by Kerala state IMA towards a more prepared community.



MEDICAL CAMPS

18.12.2023: ENT CAMP

Dr. Radhakrishnan C M (Senior ENT Specialist) attended the ENT camp under the urban slum upliftment project where medicines were also distributed for free at Karyatuparambu in Kannur District.



HEALTH EDUCATION CLASSES

Dr.Bithun Balan Kunnummal(Secretary IMA Thalassery) co-ordinated a Community Health Awareness program on Maternal Health at Alakkandy Krishnan Smaraka Vaayanashaala,Muzhappala.



INVOLVEMENT IN NATIONAL HEALTH PROGRAMMES

All National Health Days were observed

World AIDS Day

World Human Rights

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.

6. OBSERVATION OF IMPORTANT DAYS

1) 01.12.2023 : AIDS DAY AWARENESS CLASS & RED RIBBON OATH

As a part of World AIDS Day IMA Thalassery in collaboration with Lions Club of Dharmadam, PHC Dharmadam and NSS Unit Govt Brennen College, Thalassery conducted AIDS Day awareness class & Red Ribbon Oath at Govt Brennen College Thalassery. Dr. Aravind C Nambiar (President IMA Thalassery) presided over the function. AIDS Day awareness class was delivered by Dr. Ramesh R (Former Project Director, Kerala State AIDS Control Society). Vote of thanks proposed by Dr. Dilnath Kallat.



2)01.12.2023 : AIDS DAY PROGRAMME AT KANNUR MEDICAL COLLEGE ANJARAKANDY

Dr Bithun Secretary IMA Thalassery coordinated the AIDS day program at Kannur Medical College Anjarakandy. Awareness sessions were conducted at all institutes in Anjarakandy integrated campus. Public awareness was conducted at the Chakkarakkal Bus stand. Flash mob, mono act and drama was showcased to the public in line with the theme of world AIDS Day.



3)30.11.2023 : CANDLE LIGHTING AT TOWN SQUARE

As part of the World Aids Day on the evening of 30th November candle lighting programme was organized at Kannur Town Square. Our Executive member Dr. Rejna Dilnath attended the programme .





4)01.12.2023: CANDLE LIGHTING AND AWARENESS PROGRAMME AT CENTRAL PRISON

Dr. Rejna Dilnath attended the programme and gave an awareness talk.



5)01.12.2023: KRISHNA MENON COLLEGE

World AIDS Day programme conducted at Krishna Menon Vanitha College, Pallikkunnu, Kannur. An awareness class to college students was given by Dr. Rejna Dilnath.



6)01.12.2023: AIDS DAY RALLY

As part of the World AIDS Day an awareness rally conducted at St. Martin De Poress Nursing College. Rally lead by Dr. Rejna Dilnath.



7)01.12.2023 : PAYYAMBALAM BEACH

As part of the World AIDS Day an awareness programme was conducted to Lower Primary school students at Payyambalam Beach. Dr. Rejna Dilnath inaugurated the programme and gave an awareness talk.



8)01.12.2023: FOOTBALL MATCH AS PART OF WORLD AIDS DAY

As part of the World AIDS Day a Food Ball match was conducted at Kannur. Doctors from IMA Thalaseery participated in the football match.



10.12.2023:WORLD HUMAN RIGHTS DAY

On World Human Rights Day,Dr.Bithun Balan Kunnummal(Secretary IMA Thalassery) led the Blood Donation Camp conducted by NCC Cadets of Pazhassi Raja NSS College at Kannur Medical College Anjarakkandy.



7.SPECIAL PROJECTS OF THE BRANCH

IMA Pain& Palliative Care Society & Pain Clinic at Govt. General Hospital Thalassery

This prestigious project of IMA Thalassery is conducted on every Wednesday afternoon with home visits on Wednesdays and Saturdays. Doctors, Volunteers strive to bring solace to the terminally ill patients. The funds are raised from monthly contributions from members and the public.

Pain & Palliative Donation Boxes

The boxes for raising funds for the clinic were placed in all the Private Hospitals in Thalassery and leading Medical Stores in Thalassery.

ACTIVITY REPORT OF IMA PAIN & PALLIATIVE CARE SOCIETY, THALASSERY

1. NUMBER OF NURSES HOME CARE CONDUCTED.... 8(ON ALL WEDNESDAY AND SATURDAY)
 2. NUMBER OF VOLUNTEERS HOME CARE CONDUCTED.... 8
 3. NUMBER OF VOLUNTEERS HOME CARE PATIENTS... 32
 4. NUMBER OF NURSES HOME CARE PATIENTS..32.
 5. NUMBER OF OUT PATIENTS (OP) CONDUCTED... 4 (ON ALL WEDNESDAY)
 6. NUMBER OF PATIENTS.OP ATTENDED 70
 7. NUMBER OF WOUND CARE PATIENTS... 5
 8. NUMBER OF CATHETER CARE PATIENTS... 10
 9. NUMBER OF DEATH CASE.. 7
 10. NUMBER OF MORPHINE PATIENTS.45
 11. NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED.. 5
 12. NUMBER OF NEW CASE... 8
- 1st December to 31st 2023 reports

DON'T DO DRUGS

05.12.2023: DON'T DO DRUGS CAMPAIGN

As part of the Don't do Drugs campaign IMA Thalassery in association with Care and Cure Foundation conducted a Awareness Session at Care and Cure Foundation, Thalassery. IMA Past President Dr. Jayakrishnan Nambiar took an awareness session. Dr.Jayakrishnan Nambiar was honoured by Care and Cure Foundation. 200 students attended the class.



12.12.2023: DON'T DO DRUGS CAMPAIGN

As part of the Don't do Drugs campaign IMA Thalassery in association with Lions Club Dharmadam conducted a Awareness Session at Palayad HSS,Thalassery. Dr.Sajeev Kumar P B & (Consultant Psychiatrist) Dr.Dilnath Kallat (Medical Officer Dharmadam) took awareness classes on Drug Abuse. 350 students attended the class.





TIDA PROJECT

Update on TIDA's Healers Haven Project.

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.

MISCELLENEOUS

Honoured

Dr.MohanBabu, Senior Ophthalmologist was honored by Adv.A N Shamseer, Speaker, Kerala Legislative Assembly during the Ophthalmology CME inaugural ceremony .



10.12.2023: Dr.Rajeev Nambiar was honoured by NSS Karayogam Mattannur for his achievements and services rendered towards the society.



24.12.2023: Dr.Rajeev Nambiar was honoured by NSS Karayogam Thiruvangad for his achievements and services rendered towards the society.



PUBLIC FUNCTIONS & SOCIAL INVOLVEMENT

07.12.2023: Unveiling of Kotta Cup and Honouring of Dr.Jayakrishnan Nambiar at Laurel Gardens Mahe.



21.12.2023: Dr.Rajeev Nambiar gave a talk on Management of Stroke at Kuthuparamba IMA hall.



31.12.2023: HERITAGE RUN THALASSERY 3RD EDITION

Around 10 members from IMA Thalassery branch participated in the event completing 18 Km Marathon



Paper Cuttings

