



INDIAN MEDICAL ASSOCIATION, TELlichERRY

Monthly Report of Activities for the month FEBRUARY 2026

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MEMBERSHIP

SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS	6	692
JDN(Less than 40)		128
SSS I	1	332
SSS II		284
SSS III		240
PPS	5	380
CGP		38
AMS	-	133
PEPS		10
KHS	5	388
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		225

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2.BRANCH MEETINGS

D) EXECUTIVE COMMITTEE MEETINGS

11.02.2026: EXECUTIVE MEETING

Executive Committee Meeting on 11.02.2026. Dr.Johnny Sebastian (President IMA Thalassery) welcomed the gathering and 31 members attended the meeting. Vote of thanks was proposed by Dr.Rejna Dilnath (Secretary IMA Thalassery).



II) GENERAL BODY MEETING

18.02.2026: GENERAL BODY MEETING

The General Body Meeting was held at Pearlview Thalassery. Dr. Johnny Sebastian (President IMA Thalassery) welcomed the attendees. Dr. Rejna Dilnath (Secretary IMA Thalassery) proposed a vote of thanks. A total of 51 members attended the meeting.

Valentines day -Love letter writing competition was conducted by IMA. Prizes were distributed at General Body Meeting.



3. BRANCH CHAPTERS

WIMA

07.02.2026: WIMA continued its self defense classes.



11.02.2026: WIMA EXECUTIVE MEETING

WIMA Executive meeting at Lions Hall, Thalassery. Around 15 WIMA members attended the meeting.



18.2.26: WIMA GB MEETING

WIMA GB Meeting was conducted. Prize distribution to the winner and participants of Valentine's day photo contest was done. Senior member Dr Radha marked her gracious presence for the meeting.



27.02.2026: EMPOWERING WIMA WITH AI

An Online session was organised by WIMA about insights on AI. The class was taken by a senior platform engineer at Adalat AI. Around 30 members attended the google meet.



4) BRANCH COMMUNITY & SOCIAL ACTIVITIES

Achievements

01.02.2026: TALK ON ANTIBIOTIC STEWARDSHIP

Dr Haritha C (WIMA, Secretary) gave a talk on antibiotic stewardship at AFPI state conference 2026. She was awarded the best young doctor of the year 2025.



Articles

01.02.2026: An **article** on TB Awareness written by Dr.Rejna Dilnath, (Consultant Chest Specialist & Secretary IMA Thalassery) got published in Nammude Arogyam (February).



Awareness Classes

04.02.2026: AWARENESS CLASS ON CANCER PREVENTION AND HPV VACCINATION

Awareness class on Cancer prevention and HPV vaccination in association with IDA at holy family college Dharmaram.sessions by Dr Mini Balakrishnan and Dr Janisha.



25.2.26: AWARENESS CLASS ON HEALTH AND NUTRITION

An awareness class on Health and nutrition was organised at Vayojana Kendram, Kolassery for Kudumbasree members. The class was led by Dr Sreeja Viswan.



27.2.26 : AWARENESS CLASS ON BREAST CANCER AND SELF BREAST EXAMINATION

Awareness class on breast cancer and self breast examination was conducted for nursing staffs at GH, Thalassery. The class was led by Dr Suja Ajith (Consultant gynaecologist, GH Thalassery).



27.2.26: AWARENESS CLASS OF HPV VACCINATION

Awareness class of HPV vaccination was conducted by Dr Sreeja Viswan at PHC, Chittariparamb to the healthcare workers.



Public Program

09.02.2026: Meeting convened by the opposition leader Mr VD Satheeshan for the eminent personalities of the Society. They had highlighted the important health related issues as well as other issues faced by the society on the whole. Dr.Babu Ravindran T N & Dr.Rajeev Nambiar attended the meeting called by opposition leader Mr.Satheesan at Thalassery.



5.PARTICIPATION IN STATE MEETINGS

i) State Working Committee

08.02.2026: SWC MEETING

Dr.Babu Rvaindran,Dr.Ramesh R,Dr.Sasidharan , Dr.Gopeenathan P , Dr.Pradeep Kumar, Dr.Johnny Sebastian and Dr.Mini Balakrishnan attended the SWC meeting at IMA HQ Trivandrum.



DHARNA

13.02.2026: DHARNA

A Dharna was organised by the Kannur District Committee as part of Public Health Protection day in front of District Collectorate, Kannur on the 12th of January as decided at the State Working Committee of IMA KSB. 28 members from IMA Thalassery attended the dharna. Former National vice president Dr Babu Raveendran inaugurated the dharna. DC Chairperson Dr Mini Balakrishnan presided over the function. President Dr Johnny Sebastian spoke on this occasion. National Vice president Dr R Ramesh, Dr Johnny Sebastian President IMA Thalassery, Dr Surendrababu V.P and Dr Sasidharan.K addressed the gathering. Memorandum was given to the DMO in charge after the Dharna at the DMO office.



6) STATE PROGRAMMES

i) Nammude Arogyam Subscription

Thalassery IMA has been the subscriber for Nammude Arogyam. 225 copies being ordered this month. These copies are being distributed through various private hospitals in Thalassery.

ii) Observation of State designated days

03.02.2026: INTERNATIONAL CANCER DAY

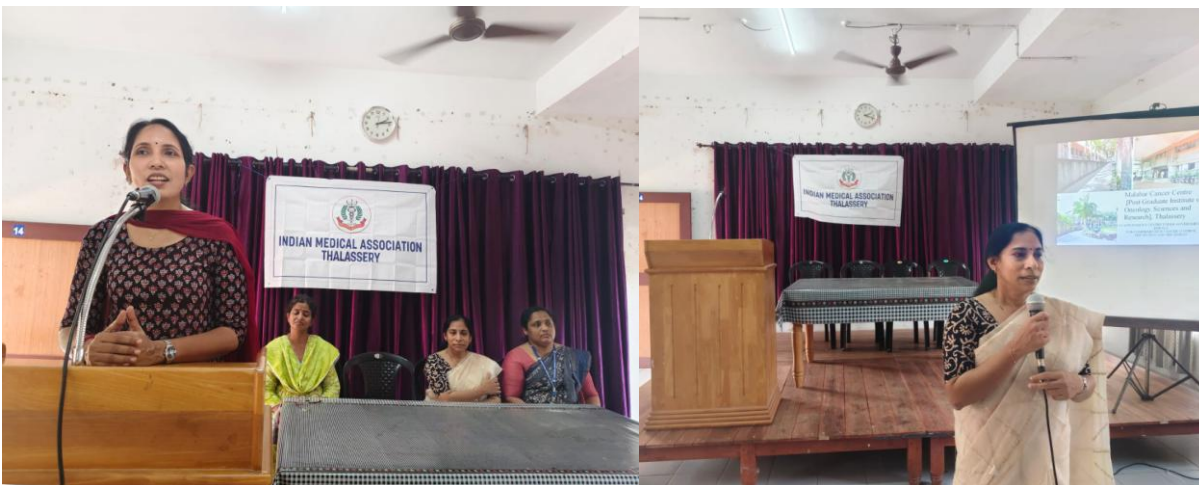
• As part of World Cancer day an awareness programme was organised by IMA Thalassery at General Hospital Thalassery on 03-2-2026. Supdt Dr VK Rajeevan inaugurated the programme .Dr Pushparaj S. R welcomed the gathering. A puppet show , an Awareness session and a poster presentation for the general public and staff was done by nursing students of Malabar cancer centre . Felicitations were offered by Dr Jithin RMO and Dr Bindiya.



- Dr Bithun Balan conducted awareness sessions on early cancer detection and reducing care gap at Kannur Medical College, Institute of Paramedical sciences and Aston international academy. More than 600 students and 35 faculty members participated. A video documentary competition was also conducted along with it.



- IMA Thalasserry in association with Malabar Cancer Centre conducted World Cancer day program at College of nursing Thalasserry. Meeting presided over by Dr Rejna Dilnath, Secretary IMA Thalasserry. Welcome address by Mrs Swapna nursing tutor, Inauguration by Mrs Swapna Principal nursing college. Address. An awareness class on early cancer detection and HPV vaccination was taken by Dr Neethu associate professor, MCC .





Class on cancer awareness conducted at Brennen college Dharmadam. Presided over by Dr Vasanthi, principal Brennen College Dharmadam. Welcome address by Dr Saheer, Inauguration by Dr Rejna Dilnath Secretary IMA Thalassery. Felicitations by Dr Jaikrishnan, vice principal. Class on cancer awareness by Dr Neethu Assistant professor MCC and Dr Finx philip Assistant professor MCC.



14-02-2026: WORLD ANEMIA AWARENESS DAY

WIMA in association with IAP conducted a class on World Anemia Awareness Day Program at CHC Mattannur. Class was led by Dr.Priya P.Rajendran (Pediatician).



7) SUB COMMITTEE ACTIVITIES

i) Committee for ELS Training

09.02.2026: ELS CLASS

ELS class at PHC vengad by Dr Anumole jose. About 30 healthcare workers attended. Class on HPV vaccination conducted along with it. Attended by 31 members.



11.02.2026: BLS TRAINING SESSION AS PART OF "SURAKSHA SAKSHARATHA CAMPAIGN"

IMA Thalassery conducted a BLS training session as part of "Suraksha Saksharatha Campaign" organized by Kanichar Grama Panchayath on 11.02.26 at Kanichar. Class taken by Dr Sourabh. Attended by 75 members.



19.02.2026: CPR TRAINING

National Health Mission, Kannur & District medical Officer, Kannur conducted RSKK Peer educator training programme for school students of Thalassery at Hotel Paris Residency Thalassery on 19.02.2026. Dr Mamta Manohar, Medical Officer at PHC Chalil conducted CPR training for peer educators.



8) SPECIAL PROJECTS BY BRANCH

1) DR. ALBERT KALLAT MEMORIAL ORATION

18.02.2026: The GB cum Dr. Albert Kallat Memorial Oration Meeting was held at Hotel Pearlview, Thalassery. Dr. Johnny Sebastian (President IMA Thalassery) welcomed the gathering and presided over the meeting. Dr. Rejna Dilnath, Secretary IMA Thalassery presented the minutes and recent activities. Dr. Arun Kumar remembered Dr. Albert Kallat, and Dr. Ramesan T introduced the guest speaker, Dr. Suresh Kumar, Institute of Palliative Medicine, Kozhikode, who delivered this year's Dr. Albert Kallat Memorial Oration. The oration was attended by 51 members including Late Dr. Albert Kallat's wife Mrs. Rejani Kallat. Dr. Rejna Dilnath (Secretary IMA Thalassery) proposed the vote of thanks.



II) 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.

III)Pain & Palliative Care Society

- 1.NUMBER OF NURSES HOME CARE CONDUCTED... 8 (ON ALL WEDNESDAYS AND SATURDAYS)
2. NUMBER OF VOLUNTEERS (HOME CARE CONDUCTED) .39
3. NUMBER OF VOLUNTEERS HOME CARE PATIENT.8
- 4..NUMBER OF NURSES HOME CARE PATIENTS... 39
5. NUMBER OF OUT PATIENTS (OP) CONDUCTED... 4 (ON ALL WEDNESDAY)
6. NUMBER OF PATIENTS OP ATTENDED.,...93
7. NUMBER OF WOUND CARE PATIENTS.... 9
8. NUMBER OF CATHETER CARE PATIENTS.... 7
9. NUMBER OF DEATH CASE.. 7
10. NUMBER OF MORPHINE PATIENTS.. 35
11. NUMBER OF CANCER PATIENTS... 67

- 12..NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED.... 7
13. NUMBER OF NEW CASE...16