



# INDIAN MEDICAL ASSOCIATION, TELlichERRY

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

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CONTENTS

1. MEMBERSHIP
2. BRANCH MEETING
  - a)Executive Meeting
  - b)General Body Meeting
  - c)Cultural events
  - d)Branch CME
3. BRANCH CHAPTERS
  - a)AMS
  - b)CGP
4. RECEPTION TO STATE SECRETARY
5. HOSTING DC MEETING
6. PARTICIPATION IN STATE MEETING
7. STATE PROGRAMS
  - a)Nammude Arogyam Subscription
  - b)Observation of state designated days
8. SPECIAL PROJECTS BY BRANCH
  - a)Palliative Care Centres
  - b)Elderly Clinics
  - c)TIDA Projects

**MEMBERSHIP**

<b>SCHEME</b>	<b>SCHEMES JOINED THIS MONTH</b>	<b>TOTAL MEMBERS JOINED</b>
<b>NEW MEMBERS</b>		<b>592</b>
<b>JDN(Less than 40)</b>		<b>128</b>
<b>SSS I</b>		<b>321</b>
<b>SSS II</b>		<b>281</b>
<b>SSS III</b>		<b>239</b>
<b>PPS</b>		<b>331</b>
<b>CGP</b>		<b>37</b>
<b>AMS</b>	<b>-</b>	<b>133</b>
<b>PEPS</b>		<b>10</b>
<b>KHS</b>		<b>362</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 Meetings

### **I) EXECUTIVE COMMITTEE MEETINGS**

10.01.2024: Executive Committee Meeting on 10.01.2024. Dr.Aravind C Nambiar (President IMA Thalassery) welcomed the gathering and 35 members attended the meeting. Vote of thanks was proposed by Dr.Bithun Balan Kunnummal (Secretary IMA Thalassery).

**INDIAN MEDICAL ASSOCIATION  
THALASSERY**

**FOURTH EXECUTIVE  
COMMITTEE MEETING**

Dear Doctor,  
Notice is hereby issued for Fourth Executive Committee Meeting of the IMA year 2023-'24, to be convened at IMA Hall, on **Wednesday, 10 th January 2024 at 8.00 pm.** 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. Other matters with the permission of the chair.

**SPONSORS**  
DR.MANOJ KUMAR P  
DR.MOHANAN P K  
DR.SIDDEEK K P A  
DR.SIMI MANOJ KUMAR  
DR.SHEELA SUDHAKARAN  
DR.SUDHAKARAN KOMATH

Sd/-  
Dr.Aravind C Nambiar (President)  
Dr.Bithun Balan Kunnummal (Secretary)  
Dr.Akhil P R (Treasurer)

**INDIAN  
MEDICAL ASSOCIATION  
THALASSERY**

**EXECUTIVE COMMITTEE MEETING**

**IMA HOUSE**

## II) GENERAL BODY MEETING

24.01.2024: General Body Meeting was held at IMA Hall Thalassery. Dr.Aravind C Nambiar (President IMA Thalassery) welcomed the gathering. 44 members attended the meeting. Vote of thanks proposed by Dr.Bithun Balan Kunnummal (Secretary IMA Thalassery).



## III) CULTURAL EVENTS

### 03.01.2024: NEW YEAR & CHRISTMAS CELEBRATION.

The event had a participation of nearly 300 members. Members, their family including children showcase their talents on the 4 hour long stage events. Meeting concluded with a grand gala dinner.





## IV) BRANCH CME

### 24.01.2024: Session on Social Security Schemes

IMA Thalassery conducted a session on social security schemes I, II & III for the members of IMA Thalassery. Various aspects of the scheme from the initiation day to the modern day transformation along with the various benefits and pay out options were discussed. Various concerns and doubts regarding the schemes were clarified. Dr Sanjeev Kumar M - SSS-I, Dr. Suresh V - SSII, Dr Gopeenathan P - SSIII gave the presentations on the social security schemes.





### 3.Branch Chapters

#### AMS

#### 19.01.2024 : ACADEMIC MEETING

IMA AMS in association with Physicians club conducted an academic meeting on 19/1/24. Dr Anjana Ashokan gave a presentation on the topic "Contrast induced Nephropathy". Meeting was attended by 25 members.



## CGP

### 30.01.2024: ACADEMIC MEETING

IMA Thalassery in association with CGP Thalassery conducted an academic meeting on 30.01.2024. Dr Jinesh V, HOD ,Emergency Medicine, Aster MIMS Kannur gave a presentation on the topic "Approach to Trauma and Management ". Meeting was attended by 37 members.



## 4.EVENTS HOSTED ON BEHALF OF IMA

### i)Multiple sports events

#### 31.01.2024: CRICKET TOURNAMENT & TUG OF WAR

IMA Thalassery cricket team participated in the Brennen Alumni Assembly cricket tournament held at Thalassery cricket stadium and emerged as the runners up team on 30/1/24.



#### 31.01.2024: KANNUR DISTRICT IMA SOCCER LEAGUE SEASON 3

IMA Thalassery football team participated in the Kannur district IMA Soccer League Season 3 held at Kannur Police grounds Turf on 30/1/24.



## 5.RECEPTION TO STATE & NATIONAL LEADERS

03.01.2024: RECEPTION TO DR.SASIDHARAN K (STATE SECRETARY IMA)

Reception to Dr.Sasidharan K (State Secretary IMA) was conducted at IMA hall Thalassery. On behalf of IMA thalassery Dr Sahidharan was felicitated by Dr Babu Ravindran, Dr Ramesh R, Dr Sreekumar Vasudevan and Dr Surendrababu. Dr Rajeevan VK narrated the life trail of Dr Sashidharan with a photo log presentation.



## 6.HOSTING DC MEETINGS

### 30.01.2024: COVID MARTYRS DAY

IMA Kannur district committee observed Covid Martyrs day on 30th January, 2024 at IMA hall, Thalassery hosted by IMA Thalassery Branch. Dr.Aravind C Nambiar , President of IMA Thalassery welcomed the gathering. District Committee Chairman Dr.Rajesh OT remembered the contributions of Dr.Vijayan P from Cherukunnu who lost his life in the fight against Covid. IMA Kerala State Secretary Dr.Sasidharan K , IMA Past National Vice President Dr. Babu Ravindran T N also addressed the gathering. IMA Kannur district committee Convenor, Dr Vinayak M proposed the Vote of thanks.



## 7.PARTICIPATION IN STATE MEETINGS

### I)MAJOR STATE EVENTS (MINIMUM 2 MEMBERS)

#### 28.01.2024: MANAGING COMMITTEE MEETING

Dr.Rajeev Nambiar ,Secretary Patient Care Scheme & Dr.Sanjeev kumar,Joint Secretary NZ ,IMA SSS1 attended the managing committee at Periyar House,Aluva.



21.01.2024: Dr.Mini Balakrishnan was a faculty for TOT on committee for promotion of Leadership and Communication skill and has presented a topic on disclosure of medical errors at Periyar House,Aluva.



## **8.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.

### iii) Observation of State designated days

#### 12.01.2024: NATIONAL YOUTH DAY

Dr Bithun represented IMA Thalassery in the national youth day program at Kannur Medical College Anjarakandy. The session emphasized on the strength of the young, about social consciousness, leadership, and roles and responsibility in building the future of the nation.

#### 15.01.2024: IMA COMMUNITY SERVICE DAY

IMA Thalassery partnered with Central Laboratories - Kannur Medical College in public awareness on anemia in pregnant women. Dr Sajid Omer, Dr Bithun, Dr Vineetha coordinated the event. 119 pregnant women were reached out on phone, health awareness given and were encouraged to get screened for anemia.

#### 17.01.2024: PALLIATIVE CARE DAY

IMA Thalassery Pain and Palliative Care Society observed Palliative Day at General Hospital Thalassery. Dr.Aravind C Nambiar(President IMA Thalassery) presided the function. Welcome address by Dr.Pushparaj S R. Dr.Rajeevan V K( Supdt, GH Thalassery), Dr.Ramesan T(Joint Secretary, Pain and Palliative Care Society), Dr.Vanaja M, Sri.Narayanan (KCC Kannur), Prof.Major Govindan, Sri.Ummer Kootumugham, Sri.Abdul Rahiman Kolathayi, Dr.Mini Balakrishnan, Dr.Bithun Balan Kunnummal (Secretary IMA Thalassery) felicitated the function. Followed by Palliative Volunteers get together and Awareness Class by Abdurahman Kolathayi(Palliative Trainer).Vote of thanks proposed by Smt.Anitha(Palliative Volunteer).





17.01.2024: As a part of Palliative Care Day, IMA Pain and Palliative Care Society Thalassery, PHC Eranholi conducted an Palliative Care Volunteers Training Class at PHC Eranholi. Dr.Amruhakala presided over the function. Smt.Sreesha (President Eranholi Gramapanchayath) inaugurated the function. Class was taken by Sri.Ummer Kootumugham(Palliative Trainer).



17.01.2024: IMA Pain and Palliative Care Society Thalassery, FHC Muzhapilangad conducted an Palliative Care Awareness Class at FHC Muzhapilangad. Class was taken by Dr.Sreeja Viswan.



17.01.2024: IMA Pain and Palliative Care Society Thalassery conducted an Medical Camp at Snehakoodu Old Age Home,Thalassery. Dr.Pushparaj examined the patients.



17.01.2024 IMA Thalassery conducted Palliative Care Training Program for students at Kannur Medical College.Class was taken by Dr.Ramesan T.

15.01.2024:In connection with palliative care day to be observed on Jan 15th ,a program ‘Sensitisation in palliative care’was conducted for nursing students of MCC on 13 th Jan in the paediatric conference hall of MCC.The program was inaugurated by Dr.Satheesan ,Director MCC.Sessions on Introducing palliative care was taken by Dr.M.S.Biji, Communication skills by Mr.Sobhith from Division of Psycho oncology and Nursing issue by Mrs.Sheeja Palliative Nurse.Around 50 nursing students attended.



### 26.01.2024: REPUBLIC DAY

President hoisted the National Flag on the occasion of Republic day at IMA Hall Thalassery.15 members attended the function and saluted the National Flag. Republic Day message was given by Dr.Aravind C Nambiar(President IMA Thalassery).



### 27.01.2024: Cancer Awareness Rally

Cancer awareness rally was held at Thalassery. Sub Collector Sandeep Kumar,IAS flagged off. Child Rights Commission chairman Adv.K V Manojkumar as the chief guest. Dr.Mini Balakrishnan and Dr.Neethu conducted awareness class on the occasion.,Dr.Shyjus,Dr.Aravind C Nambiar and Dr.Geetha M also spoke on the event.





28.01.2024: Minister Ramachandran Kadanapalli inaugurated the Adolescent Health Summit where the physical and mental problems of teenagers were discussed. Kerala Federation of Obstetrics and Gynecology (KFOG) Adolescent Committee Chairperson Mini Balakrishnan presided over the meeting. Kfog President Dr. Ashwant Kumar was the chief guest. . Kannur Gynaec Society President Dr. Geeta Mekoth, Secretary Dr. AB Bhavya, FOGSI Midlife Management Committee Chairperson Dr. P. Shyjus and Dr. Suchitra Sudheer spoke. Kannur Crime Branch SP PP Sadanandan, District Women Protection Officer P. Sulaja, Child Protection Officer PM Preetha, Papinissery AEO Bigimol and Press Club Secretary K. Vijesh participated in the discussion. Dr. DG Sangeetha took a class on menstrual problems.





## 11.SUB COMMITTEE ACTIVITIES

### I)Doctors Support Cell formation

Doctors Support cell formed at IMA Thalassery Branch with Dr.Arun Kumar M K as the Chairman and Dr.Nadeem Abooty as the Convenor.

- 1.Dr Arunkumar MK -Chairman
  - 2.Dr Nadeem Abooty-Convenor
  - 3.Dr UK Raveendran
  - 4.Dr Rethika
  - 5.Dr Premjith
  - 6.Dr Sreeja Viswan
  - 7.Dr Sajeev kumar PB
- Ex-officio members
- 8.Dr Aravind C Nambiar
  - 9.Dr Bithun Balan

## Public ELS program

### 16.01.2024: ELS TRAINING FOR STAFF MEMBERS OF GOVERNMENT HOSPITAL THALASSERY

IMA Thalassery conducted ELS Training Program for Staff at General Hospital, Thalassery. Class was taken by Dr. Pushparaj S R.



## 5.SPECIAL PROJECTS BY BRANCH

### i) Palliative Care Centres

PAIN AND PALLIATIVE CARE SOCIETY (JANUARY 1st to 31st 2024 reports)

1. NUMBER OF NURSES HOME CARE CONDUCTED... 9( ON ALL WEDNESDAY AND SATURDAY )
2. NUMBER OF VOLUNTEERS HOME CARE CONDUCTED... 9
3. NUMBER OF VOLUNTEERS HOME CARE PATIENTS... 36
4. NUMBER OF NURSINS HOME CARE PATIENTS... 36
5. NUMBER OF OUT PATIENTS (OP) CONDUCTED... 5( ON ALL WEDNESDAY )

6. NUMBER OF PATIENTS OP ATTENTED....93
7. NUMBER OF WOUND CARE PATIENTS... 6
8. NUMBER OF CATHETER CARE PATIENTS...12
9. NUMBER OF DEATH CASE.. 6
10. NUMBER OF MORBHINE PATIENTS.. 16
11. NUMBER OF CANCER PATIENT,.. 80
12. NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED.... 6
13. NUMBER OF NEW CSSE... 20

## ii) ELDERLY CLINICS

17.01.2024: IMA Pain and Palliative Care Society Thalassery conducted an Medical Camp at Snehakoodu Old Age Home,Thalassery. Dr.Pushparaj examined the patients.





### iii) 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.

### Paper cuttings



തലശ്ശേരിയിൽ കേരള ഗൈനിക സൊസൈറ്റി, മലബാർ കാൻസർ സെന്റർ, കണ്ണൂർ ഡിസ്ട്രിക്റ്റ് കാൻസർ കൺട്രോൾ കൺസോർഷ്യം എന്നിവർ നടത്തിയ കാൻസർ ബോധവൽക്കരണറാലി സബ് കലക്ടർ സന്ദീപ് കുമാർ ഫ്ലാഗ് ഓഫ് ചെയ്തു. ബാലാവകാശ സംരക്ഷണ കമ്മീഷൻ അംഗം കെ.വി. മനോജ് കുമാർ മുഖ്യാതിഥി ആയിരുന്നു. പി.കെ. സുരേഷ് അധ്യക്ഷത വഹിച്ചു. ഡോ. മിനി ബാലകൃഷ്ണൻ, ഡോ. നീതു എന്നിവർ ക്ലാസ് എടുത്തു. ഡോ. ഷൈജസ്, ഡോ. അരവിന്ദ് സി.നമ്പ്യാർ, ഡോ. ഗീത മെക്കോത്ത്, ഡോ. ഭവ്യ, കെസിസിസി പ്രസിഡന്റ് പി.നാരായണൻ എന്നിവർ പ്രസംഗിച്ചു.



ഐഎംഎ തലശ്ശേരിയിൽ സംഘടിപ്പിച്ച സാന്ത്വന പരിചരണ സമ്മേളനം ഡോ. ടി.രമേശ് ഉദ്ഘാടനം ചെയ്യുന്നു. ഡോ. അരവിന്ദ് സി.നമ്പ്യാർ, ഡോ. എസ്.ആർ.ചൂഷ്പാജ്, ഡോ. വി.കെ.രാജീവൻ, ഡോ. എ.വനജ, പി.നാരായണൻ, പ്രഫ. പി.ഗോവിന്ദൻ, ഉമ്മർ കട്ടുമുഖം, അബ്ദുൽ റഹ്മാൻ കൊള്ളത്തായി, ഡോ. മിനി ബാലകൃഷ്ണൻ, ഡോ. ബിതുൻ ബാലൻ, അനീത എന്നിവർ പ്രസംഗിച്ചു.



തലശ്ശേരി ഐഎംഎ സംഘടിപ്പിച്ച കോവിഡ് രക്തസാക്ഷിത്വ ദിനാചരണ പരിപാടിയിൽ മുൻ ദേശീയ വൈസ് പ്രസിഡന്റ് ഡോ. ടി.എൻ. ബാബുവർണ്ണൻ സന്ദേശം നൽകുന്നു. ഡോ. ഒ.ടി. രാജേഷ് അധ്യക്ഷത വഹിച്ചു. സംസ്ഥാന സെക്രട്ടറി ഡോ. കെ. ശശിധരൻ ഉദ്ഘാടനം ചെയ്തു. ഡോ. അരവിന്ദ് സി.നമ്പ്യാർ, ഡോ. വിനായക്, ഡോ. ശ്രീകുമാർ വാസുദേവൻ, ഡോ. ലളിത സുന്ദരം എന്നിവർ പ്രസംഗിച്ചു.

### അർബുദ ബോധവൽക്കരണ റാലി

തലശ്ശേരി ▶ അർബുദ ബോധവൽക്കരണത്തിന്റെ ഭാഗമായി തലശ്ശേരിയിൽ ബോധവൽക്കരണ റാലി നടത്തി. സബ് കളക്ടർ സന്ദീപ് കുമാർ ഫ്ലാഗ് ഓഫ് ചെയ്തു. ബാലാവകാശ കമ്മീഷൻ ചെയർമാൻ അഡ്വ. കെ.വി. മനോജ് കുമാർ മുഖ്യാതിഥി മിയായി. പി.കെ. സുരേഷ് അധ്യക്ഷതവഹിച്ചു. ഡോ. മിനി ബാലകൃഷ്ണൻ, ഡോ. നീതു എന്നിവർ ബോധവൽക്കരണം നടത്തി. ഡോ. ഷൈജസ്, ഡോ. അരവിന്ദ് സി. നമ്പ്യാർ, ഡോ. ഗീത മെക്കോത്ത്, ഡോ. ഭവ്യ, പി. നാരായണൻ എന്നിവർ സംസാരിച്ചു. മലബാർ കാൻസർ സെൻററും വിവിധ സംഘടനകളുമാണ് റാലി നടത്തിയത്.