



INDIAN MEDICAL ASSOCIATION, TELlichERRY

Monthly Report of Activities for the month of March 2024

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MEMBERSHIP

SCHEME	SCHEMES JOINED THIS MONTH	TOTAL MEMBERS JOINED
NEW MEMBERS	1	627(Transfer out 3,Transfer in 1) 625
JDN(Less than 40)		128
SSS I		321
SSS II		282
SSS III		239
PPS		334
CGP		37
AMS	-	133
PEPS		10
KHS	3	366
MBS		28
PENSION SCHEME	-	28
PDSS		14
NAMMUDE AROGYAM COPIES		400

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2.Branch Meetings

I) EXECUTIVE COMMITTEE MEETINGS

06.03.2024: Executive Meeting

Executive Committee Meeting on 06.03.2024. Dr.Aravind C Nambiar (President IMA Thalassery) welcomed the gathering and 29 members attended the meeting. Vote of thanks proposed by Dr.Bithun Balan Kunnummal (Secretary IMA Thalassery).

**INDIAN MEDICAL ASSOCIATION
THALASSERY**

**SIXTH 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, 6th March 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.AJITH KUMAR K N
DR.BINDHU C K
DR.DEEPA DIVAKARAN
DR.KOCHUKRISHNAN
DR.REMESH BABU M
DR.SUJA AJITH

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



II)GENERAL BODY MEETING

20.03.2024: General Body Meeting

General Body Meeting was held at IMA Hall Thalassery. Dr.Aravind C Nambiar (President IMA Thalassery) welcomed the gathering. 30 members attended the meeting. Vote of thanks proposed by Dr.Bithun Balan Kunnummal (Secretary IMA Thalassery).



III)IFTAR SANGAMAM

20.03.2024: Ifthar Sangamam

An Ifthar party was organised at IMA Hall Thalassery during the Holy month. Mr Maqbool KM gave the ramzan message. Ifthar was attended by 30 members.





IV) BRANCH CME

20.03.2024: CME

IMA Thalassery conducted a CME on 20.03.2024 at IMA Hall Thalassery. CME on “Interesting cases of Acute Kidney Injury by Dr. Akhil P R, Consultant Nephrologist, Tellicherry co-op Hospital. The CME was followed by a lively interaction. Dr. Aravind C Nambiar (President IMA Thalassery) presided over the meeting. 30 members attended the meeting.



3. BRANCH COMMUNITY & SOCIAL ACTIVITIES

08.03.2024: Session for nurses introduction to communication skills

IMA Thalassery undertook a session on fundamentals of communication skills to nurses of Cooperative hospital Thalassery. Dr. Mini Balakrishnan led the informative class, equipping nurses with essential tools to effectively interact with patients, their families, and colleagues. The session likely covered topics such as active listening, clear and concise communication, empathy, and building rapport. This training empowers nurses to provide exceptional patient care and navigate challenging situations confidently.



16.03.2024: Awareness Class of Elderly

Dr. Sreeja Viswan led an informative session titled "Care of the Elderly" for the Elders Forum. The class focused on providing valuable knowledge to senior citizens on how to maintain their well-being.



22.03.2024: Communication class

Communication class for the Gyanec Club by Dr.Ramesh R. Dr.Mini Balakrishnan(WIMA Co-ordinator,North Zone), Dr.Geetha Mekkoth(Chairperson WIMA Thalassery) and Dr.Suchitra Sudhir attended the programme.



24.03.2024: Palliative Care Training Class

Ummer kootummukham is conducting palliative care training class based on life style diseases for the pharmacy students in district hospital Kannur.



20.03.2024 : Dr.Mini Balakrishnan (WIMA Co-ordinator, North Zone) attended the function of the grand opening of **CENTURY Textiles** .



3.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

03.03.2024: World Hearing Day

IMA Thalassery organized an Awareness Class for healthcare workers at the District Hospital in Kannur on the World Hearing Day. The event also featured a Flash Mob by nursing students to raise awareness about hearing health.



03.03.2024: Pulse Polio Immunisation

On the occasion of pulse polio vaccination drive, Dr. Aravind C. Nambiar (President, IMA Thalassery) and Dr. Bithun Balan Kunnummal (Secretary, IMA Thalassery) inaugurated two transit booths at the bus stand and railway station by delivering the dose to children. Dr. Vidhya, a member of IMA Thalassery and the Medical Officer at Kolassery CHC, coordinated the event. Dr. Praveena VV, another member of IMA Thalassery, also participated. IMA Thalassery generously sponsored food for the healthcare workers stationed at the transit booths.



03.03.2024: World Obesity Day

IMA Thalassery, along with IAP Thalassery and Cyclist Club Thalassery, organized a Cyclothon cycle rally to raise awareness about obesity. The event kicked off at Thalassery Pier, with participants cycling all the way to Dharmadam Beach, covering a distance of approximately 8 kilometers. In conclusion a breakfast gathering of all participants and members were arranged at IMA hall thalassery.





08.03.2024: International Womens Day - Menstrual Health Awareness: Dr. Mini Balakrishnan, WIMA's North Zone Coordinator, led an informative session on menstrual cups and menstrual hygiene at the Kuthuparamba Municipal Office. This session aimed to empower women with knowledge about menstrual health management.



08.03.2024: International Womens Day - Women's Day Cake Cutting: A celebratory cake-cutting ceremony was held at Tellicherry Co-op Hospital to mark International Women's Day. Dr. Mini Balakrishnan also graced the occasion with her presence.



08.03.2024: International Womens Day -Financial Independence Talk: Dr. Suchitra Sudhir delivered a talk on the crucial topic of financial independence and stability for women in Kannur. This session likely provided valuable insights and guidance to women from various backgrounds. The text highlights the opportunity to connect and share life experiences, making the event even more impactful.



08.03.2024: International Womens Day -"DARPAN 2024" Felicitation: Dr. Mini Balakrishnan, representing WIMA Thalassery as the North Zone Coordinator, attended the "DARPAN 2024" event held in Calicut to celebrate International Women's Day. The event also featured a song by Mrs. Nandini Pradeep. Dr. Geetha M (Chairperson, WIMA Thalassery) and Dr. Rejna Dilnath were also present at the program.



12.03.2024: World Kidney Day: Dr. Akhil P.R, IMA Thalassery Treasurer and a consultant nephrologist based in Thalassery, appeared on Kannur News Channel to deliver an informative session on kidney diseases and medications.

12.03.2024: World Kidney Day: As a part of World Kidney Day IMA Thalassery conducted a CME on “Interesting cases of Acute Kidney Injury” by Dr.Akhil P R, Consultant Nephrologist, Tellicherry co-op Hospital. The CME was followed by a lively interaction. Dr.Aravind C Nambiar (President IMA Thalassery) presided over the meeting.30members attended the meeting.



16.03.2024: National Vaccination Day: Dr Bithun Balan Kunnummal (Secretary - IMA Thalassery) discussed with the authorities of Kannur Medical College to initiate a preventive clinic under the department of community medicine and promote pediatric and adult vaccination available throughout the week.

24.03.2024: World TB DAY: TB Day Programme at Muzhapilangad Drive in Beach IMA Thalassery in association with DMO (H) Kannur , District TB Centre and NHM in association with Thalassery IMA and Kannur Chest Society observed the world TB day. Tuberculosis awareness cycle ride was organized from Kannur Payyambalam Beach to Muzhapilangad Beach in association with KGMOA and Kannur Cycling Club team members. TB awareness skit and flash mob conducted in association with cooperative college of nursing Thalassery Students at muzhapilangad drive in beach.



4.SUB COMMITTEE ACTIVITIES

Committee for ELS Training

4 hours certificate program for branch members

17.03.2024: IMA Thalassery Conducts Comprehensive Basic Life Support Course for Healthcare Professionals

The Indian Medical Association (IMA) Thalassery chapter, in collaboration with the Indian Academy of Pediatrics (IAP) Thalassery and Aster MIMS Kannur, organized a comprehensive Certificate Course in Basic Life Support (BLS) for healthcare professionals on 17 March 2024 at IMA hall Thalassery.

Dr. Akhil Puthalath, an American Heart Association (AHA) Approved Trainer and Emergency Physician, led the training program. He was joined by a team of experts, including emergency specialists Dr. Jithin and Dr. Faris, and residents Dr. Sahil, Dr. Sreya, Dr. Hrudyra, Dr. Ambareesh, Dr. Vaishakh, and Dr. Hrudyra Johny.

The course provided hands-on training to 40 participants, equipping them with the essential skills and knowledge to effectively respond to cardiac arrest, respiratory arrest, and other life-threatening emergencies in both adults and pediatric patients.

The program was graced by the presence of dignitaries from various organizations, including:

- * Dr Sreekumar Vasudevan, IMA Kerala State Past President and Convener Doctors Support Cell Kerala State.
- * Dr. Pushparaj, ELS convener for IMA Kerala State
- * Dr. Aravind C Nambiar, President of IMA Thalassery
- * Dr. Bithun Balan Kunnummal, Secretary of IMA Thalassery
- * Dr. Jayagopal, President of IAP Thalassery
- * Dr. Priya, Secretary of IAP Thalassery
- * Dr. Nadeem Abooty, Chairperson of ELS IMA Thalassery
- * Dr. Anand, Secretary of ELS IMA Thalassery

This collaborative effort by IMA Thalassery, IAP Thalassery, and Aster MIMS Kannur highlights their commitment to enhancing the preparedness of healthcare professionals in managing critical medical emergencies. By equipping participants with lifesaving BLS skills, the course can significantly improve patient outcomes in Thalassery and surrounding areas.



8.SPECIAL PROJECTS BY BRANCH

i)Palliative Care Centres

- 1.NUMBER OF NURSES HOME CARE CONDUCTED... 8 ON ALL WEDNESDAYS AND SATURDAYS)
- 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.....96
7. NUMBER OF WOUND CARE PATIENTS.... 6
8. NUMBER OF CATHETER CARE PATIENTS.... 10
9. NUMBER OF DEATH CASE.. 6
10. NUMBER OF MORPHINE PATIENTS.. 30
11. NUMBER OF CANCER PATIENTS... 65
12. NUMBER OF VOLUNTEERS PARTICIPATED IN THE HOME CARE VISITED.... 3
13. NUMBER OF NEW CASE... 18

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.