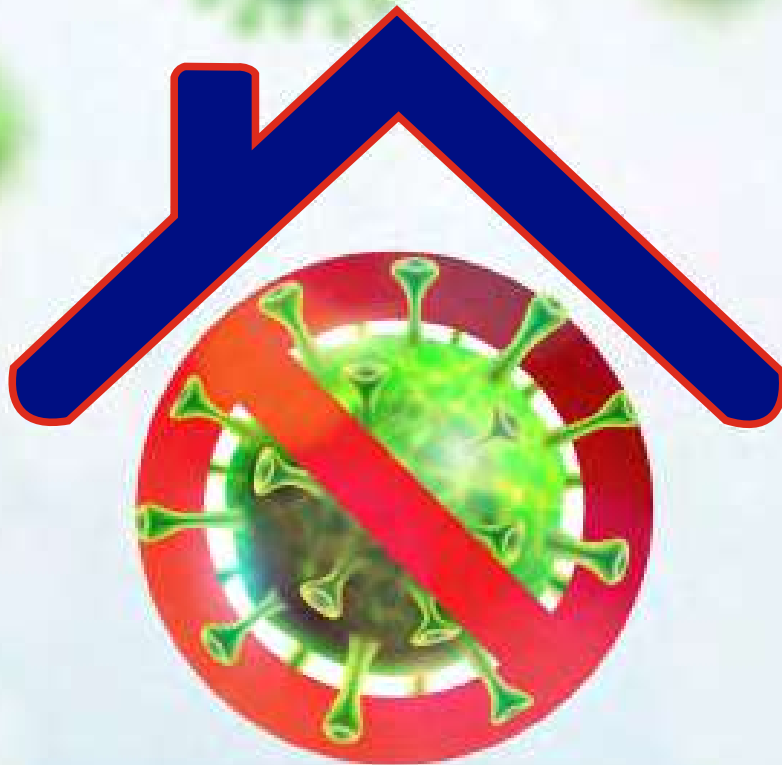




Volume: 9 Issue: 04
April 2020

Kerala IMA News Letter

OFFICIAL NEWS LETTER OF INDIAN MEDICAL ASSOCIATION KERALA STATE



**STAY HOME
STAY SAFE**



Ladders and Snakes

Life is like that. Some are phoney wars. Some are Pyrrhic victories. There is always a lingering sense of an unfinished task. None other than Pandit Jawaharlal Nehru had captured it aptly. In his midnight tryst with destiny he admitted to redeeming the pledge not wholly or in full measure. And what a nation he made out of it.

After half a decade of struggle that sense of emptiness pervades. Yes, it was an ordinance. True it was on violence. Did they miss the North pole for equator?

Politics is an art of possibilities. Power is just a perception. Did anyone ever thought candles were weapons? For that matter salt was not one either.

The Union Home Minister invited IMA for an hour's deliberation. Certainly weather was not the agenda. It was the collective political capital of the profession in display. White Alert and Black Day were just the instruments. It was the finest hour of IMA. Cynics say we were outsmarted. Its the process not the product that tells the story.

The Rules of the game have changed forever. Read the Home Secretary's letter to the Chief Secretaries. Cudd chew the Wednesday. Intellectual dissection and reading in between the lines will tell you another story. IMA today is pure nascent oxygen. Patience and Perseverance are the nitrogen holding it back. Morning after the storm is always eerie.

Citus Altus Fortius

Yet gentle and soft

We are in rarefied space.

Deservingly so befitting our presence in all districts; Only three organisations in India can make the claim.

Good will is power. Encashable anytime. Empowered by destiny.

Power is responsibility.

Power is hard work.

Power is sacrifice.

Dr R. V. Asokan

Hony. Secretary General, IMA



**Indian
Medical
Association
Kerala State Branch**

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IMA CULTURAL WING e-magazine തൊഴിൽ



Release by
Dr. Abraham Varghese
State President, IMA Kerala State Branch

Through
IMA Live Web Page

STAY TUNED...



Dr. Abraham Varghese
State President

Dr. Manoj K.T.
Chairman, Cultural Wing

Dr. Gopikumar P.
State Secretary

Dr. Dhanya P.G.
Gen. Convenor, Cultural Wing



President's Column

Greetings to you all from IMA KSB.

We are all in the midst of a pandemic where the only option in front of us is to live with Corona. A big salute to all our colleagues who are fighting at the war front amongst all odds. But, we are disturbed by the news coming from Poonthura where Health care workers are abused & threatened. Our colleagues are keeping maximum restraint. The public awareness we all are giving sometimes doesn't show the results we expect. But still we have to do our role most diligently. Let's all use face masks properly and set an example for others. Face shields also should be worn wherever possible.

It's disturbing to know that more than 100 medical professionals in India have lost their lives while fighting Covid. Let's all protect ourselves and our families. Please follow all the guidelines prepared by IMA. Make sure you circulate the guidelines prepared by IMA KSB for the benefit of people around. The guidelines prepared for the police personnel have been accepted by National IMA. It will be used nationwide. Congratulations to the different committees who prepared excellent guidelines for different sections of people.

Doctors day was organized in a very low key this year considering the pandemic. Lessen the mortality of Covid 19 was this year's theme. Kerala Chief Minister addressed our members on July 1st. This was the first time a CM was addressing us on Doctors day. He stressed on the contributions made by State branch. On behalf of state branch let me congratulate all the awardees chosen by National IMA on Doctors day.

During the lock down period, our members has shown their hidden talents by participating actively in many programs organized by our Cultural wing. The e- magazine and monsoon melodies were typical examples.

The lecture series initiated by IMA Research Cell & IMAlive on Covid management is reaching out to many professionals. Three days a week we have CME sessions through video conferencing. Its widely appreciated.

The state working committee had to be postponed indefinitely. We will organize it as and when it's possible. The state conference planned at Kunnampulam may have to be dropped. IMA KSB may conduct the conference on a minimum agenda, if the situation continues like this.

We are closely working with the government to handle the present crisis. We have to overcome this situation. Expecting your whole hearted cooperation to face the hurdles in front of us.

Jai Hind.... Jai IMA

Dr. Abraham Varghese
State President



From the Editor's Desk...

Dear colleagues,

We are in an unprecedented unparalleled situation; we are fighting a pandemic. CoVid 19 has jeopardized the normal living of human beings across the globe. We are in a lock down in our country and State. Extra caution, safe infection control measures are necessary in our day to day professional practice in the days ahead.

One to one, face to face meetings are deferred, online virtual webinars are the rule now. Stringent measures to prevent the disease and spread are being taken and being the healthcare workers our responsibility as the front line warriors is paramount.

It is equally important to safeguard ourselves from the disease, since the warriors should remain healthy and robust. We have to make aware the public, the seriousness of the situation and why they should not be complacent, because their role as the responsible citizen of this country is extremely important in this fight.

IMA's activities will be two pronged, first will be equipping our members to deal with CoVid 19 and second to prepare the general public to ensure safety profile thus reducing disease spread. We are planning the training programs on infection control measures and safety for our members. So also, guidelines for general public on various aspects of their day to day life are also planned.

Friends let's dedicate ourselves in this fight against COVID19, maintaining own safety.

Yours in IMA

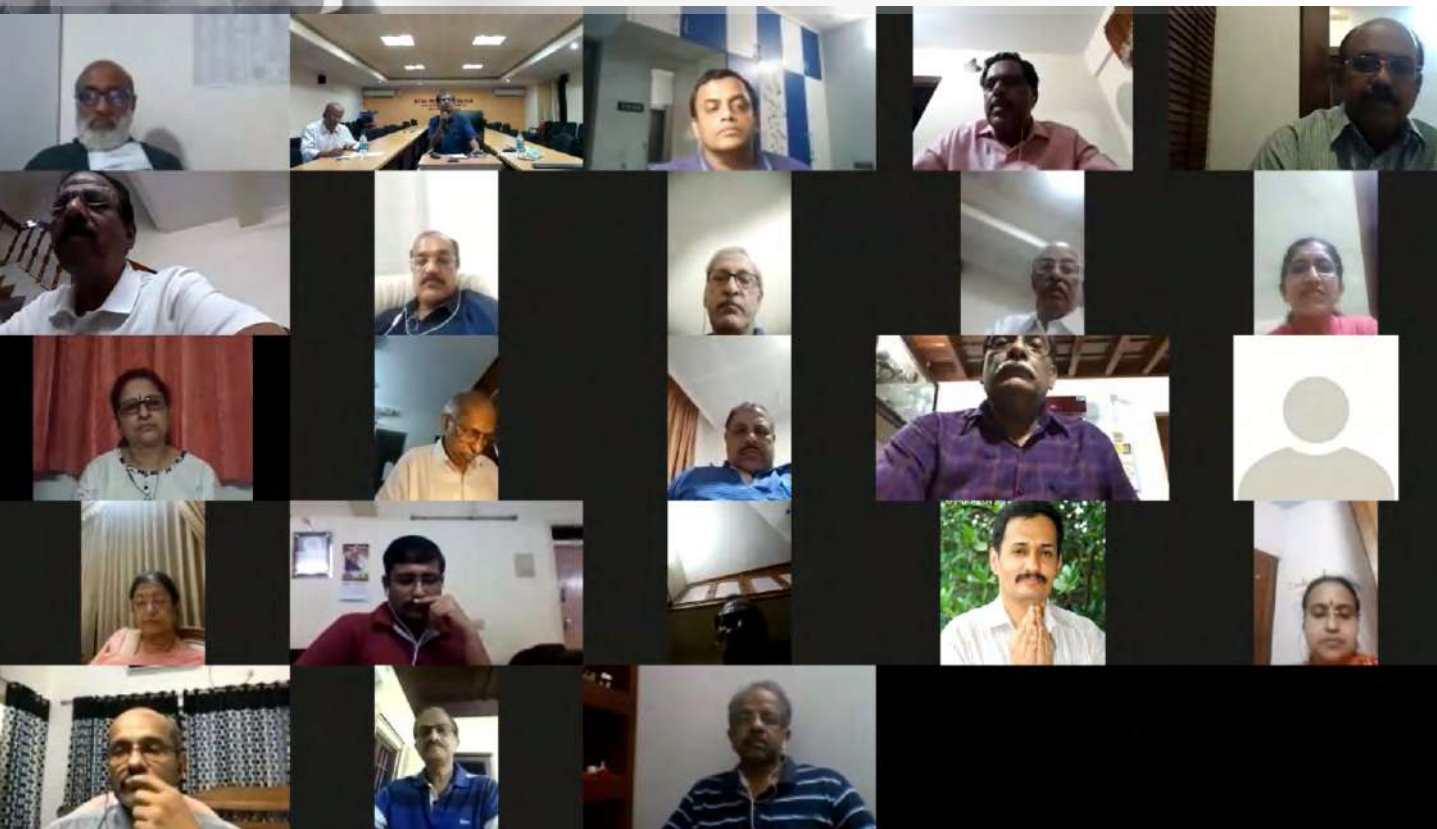
Jaí Hínd....Jaí IMA

Dr. P. P. Gopikumar
State Secretary



CoVid 19
WEBINAR

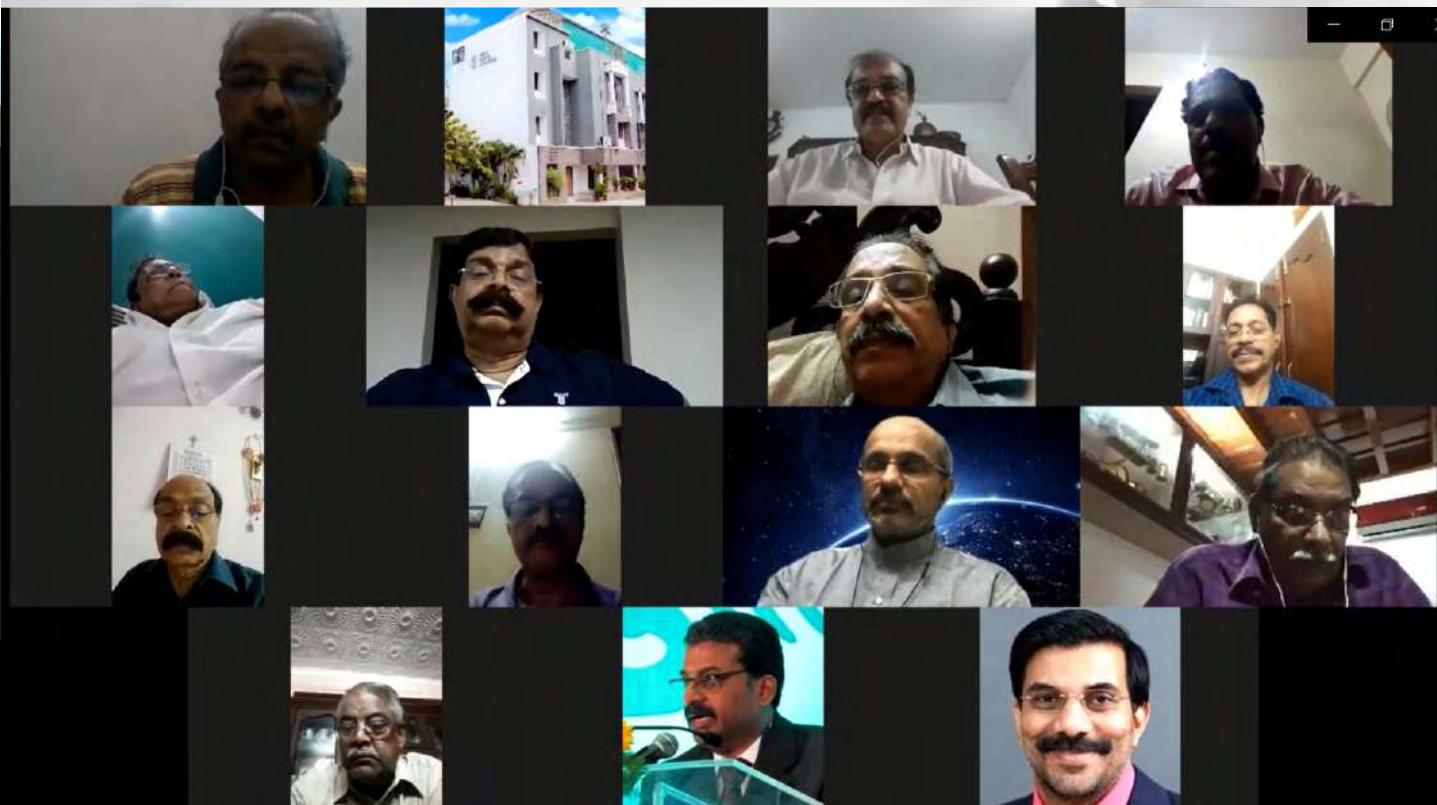
CORONA CONTROL MEETING - 29.04.2020



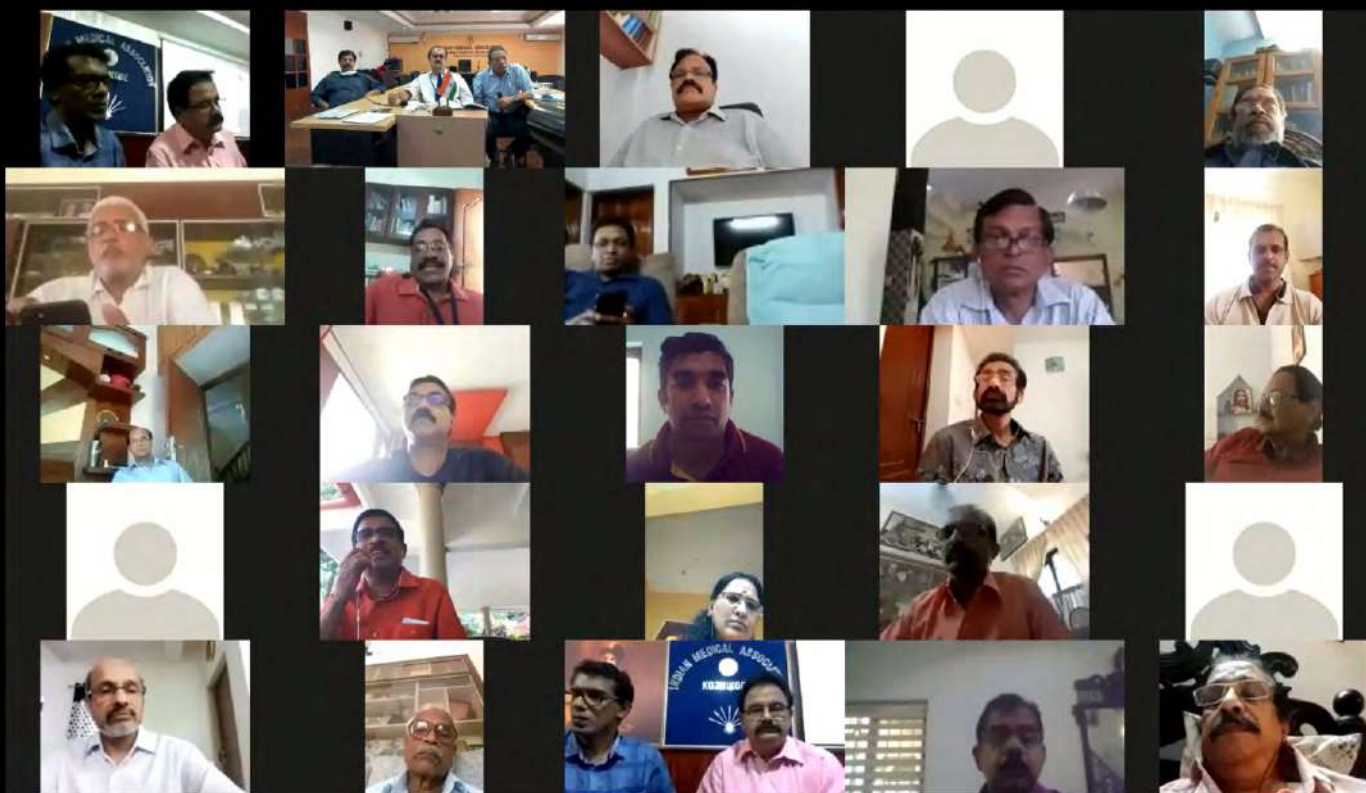
CORONA CONTROL MEETING - 30.04.2020



PAST PRESIDENTS MEETING - 21.04.2020



MANAGEMENT COMMITTEE MEETING





PEPS IMA Activities April 2020

As a part of our endeavour to help and assist our members in the wake of lockdown and scarcity of infection control Equipments we supplied personnel protection Equipments and infection control kits to wherever needed. IMA PEPSMED ensures supply of protection of medical fraternity by supplying all the items. We have supplied 1142 nos PPE kit to DMO Pathanamthitta. We arranged 300 PPE kits for SYNTHITE Industries Pvt Ltd, Kolencherry for donating to Kasaragod District as per the directions from State President.

April PEPS MED SALES REPORT

SL.NO	ITEM	QTY	
1	Face Shield	560	Nos
2	Sanitizer	165	Nos
3	Gown	1111	Nos
4	PPE	8783	Nos
5	3 Ply mask	131390	Nos
6	N 95	2867	Nos
7	Gloves	7950	Nos
8	IR Thermometer	8	Nos





PEPS IMA Activities April 2020



Union Health Minister invited IMA to have a discussion on CoVid 19 pandemic. State President Dr. Abraham Varghese and State Secretary Dr. P. Gopikumar attending on 1st April 2020





PPE, masks and other infection control materials being sent to Wayanad, Kannur and Kasaragod.... I Safe Project of IMA PEPS..





**Indian
Medical
Association**
Kerala State Branch

NORTH ZONE ZOOM WEBINAR ON COVID 19

In association with Hospital Board of India, PEPS & Corona Control cell

17th April 2020, Friday 3pm onwards



1. Introduction "Open Sesame" The Reopening Secrets.
2. Battle field....From the War front.
3. PEPS and PPE
4. CONTAGION- Infection Control Measures
5. Pandoras Box- How to open
6. Interactions

Meeting ID 701-9966-362

Password 336699

zoom

Dr Abraham Varghese
President IMA KSB

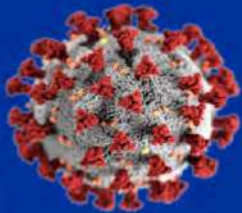
Dr Samuel Koshy
Vice President(NZ), IMA KSB

Dr A V Jayakrishnan
Chairman, IMA HBI

Dr Gopikumar P
Secretary, IMA KSB

Dr Ajit Bhaskar
Joint Secretary(NZ), IMA KSB

Dr Sreejith N Kumar
Chairman, PEPS IMA KSB



IMA KSB, HBI, PEPS MID ZONE WEBINAR

18.04.2020 @ 3 pm

Zoom Meeting ID : 8374798

1. BACK TO THE FUTURE :

Dr. A.V. Jayakrishnan - Chairman, HBI

2. ARMOUR & AMMUNITION : (Procuring PPE & others)

Dr. Sreejith N. Kumar - Chairman, PEPS

3. CONTAINING THE CONTAGION :

Dr. Suryakala R. Nair

4. OFFENCE OUR BEST DEFENCE : (Treatment Protocols)

Dr. Sumesh T. Krishnan

5. HEALTHY MIND IN COVID TIMES:

Dr. Sebind Kumar

6. RAPID FIRE :

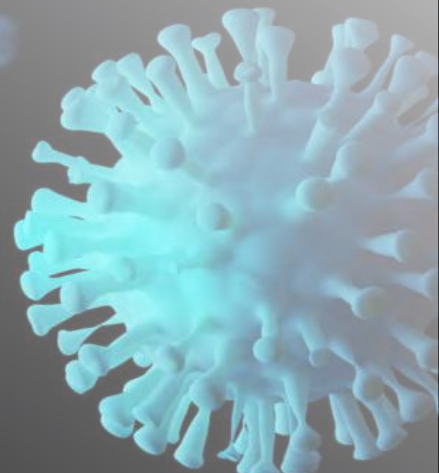
Q & A

Dr. Abraham Varghese
State President, IMA KSB

Dr. P. Gopikumar
State Secretary, IMA KSB

Dr. Abraham C. Peter
Vice President, Mid Zone, IMA KSB

Dr. Jain Chimmen
Joint Secretary, Mid Zone, IMA KSB



ആയിരം ആശുപത്രികൾക്ക്
സുരക്ഷാ ഉപകരണങ്ങളുമായി
പി.എം.ഐ.

ഞനും പ്രതിഷേധിച്ചു.
 ഹരിയന, ഗോവ, ഒഡീഷ, കർ
 ണാടകം, തമിഴ്നാട് സർക്കാർ
 കൾ ഡോക്ടർമാർക്കും ആരോഗ്യ
 ഗുപ്തവർത്തകർക്കും അധിക
 ശമ്പളവും ആനുകൂല്യങ്ങളും നൽ
 കിവയ്ക്കുന്നുണ്ടെന്നും കേരളം ശമ്പള
 പിടിക്കുന്ന തീരുമാനം എടുത്ത
 ഒന്നെന്നും അവർ വക്തൃമാക്കി

—19നെ ചെറുക്കുന്ന ആരോഗ്യമേ
 വെച്ചു! കൈത്താങ്ങായി ഇന്ത്യ
 മെഡിക്കൽ അസോസിയേഷ
 ന്നു(എ.എം.എ.).കീഴിലുള്ള പെ
 പ്സിന്റെ നേതൃത്വത്തിൽ സമാ
 ഹരിച്ച സാനിറ്റൈസർ, മാസ്ക്സ്
 വാഷ്, ഫെയ്സ് ഷീൽഡ്, ഡിസ്
 ഇൻഫിക്റ്റർ ഉൾപ്പെടെയുള്ള

ഇന്ന് ഐ.എം.എ.
(പ്രതിഷേധദിനം

အထူးစာအုပ်စာရင်း စာအုပ်စာရင်း

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ഐ.എം.എ. മുൻ ദേശീയ പ്രസിഡൻ്റ് ഡോ. എ.മാർത്താണ്ഡപിള്ള, പെപ്സ് ചെയർമാൻ പ്രതിജ്ഞിത് എൻ.കുമാർ, ഐ.എം.എ. സംസ്ഥാന വൈസ് പ്രസിഡൻ്റ് ഡോ. സുരേഷ് കുമാർ, ഡോ. ആർ.സി.ശ്രീകുമാർ, ഡോ. അനൂപ് കുമാർ മുതൽ പങ്കെടുത്തു.

ഉപകരണങ്ങൾ എടുത്തിക്കുന്നതിനു പുറമെ അണുബാധ നിയന്ത്രണത്തിനുള്ള ശാസ്ത്രീയ പരിശീലനവും ഐ.എം.എ. നൽകുമെന്ന് ഭാരവാഹികൾ അറിയിച്ചു.

**ആരോഗ്യപ്രവർത്തകർക്കെതിരായ അതിക്രമം;
വേണ്ടത് സ്ഥിരംനിയമമെന്ന് ഡോക്ടർമാർ**

[illegible]

ലോക്ക് ഡൗൺ 2 ആഴ്ച കൂടി നീട്ടണമെന്ന് ഐ.എം.എ

നൂഡൽഫി: രാജ്യത്ത് കൊറോണ വൈറസ് വ്യാപിക്കുന്നതോടൊപ്പം ആരോഗ്യപ്രവർത്തകർ കൂടി വൈറസിന്റെ പിടിയിലാകുന്നത് ആശങ്കാജനകമാണ് എന്ന് ഇന്ത്യൻ മെഡിക്കൽ അസോസിയേഷൻ. ലോക്ക് ഡൗൺ 2 ആഴ്ച കൂടി നീട്ടണമെന്നും ഐ.എം.എ നിർദ്ദേശിച്ചു. ഇളവുകൾ പ്രഖ്യാപിക്കുന്നെങ്കിൽ ഏറെ കരുതലോടെ വേണമെന്നും കൂടാതെ, ഇന്ത്യയിൽ എത്തിച്ചേരുന്ന പ്രവാസിക്ക്മെ വിടുകകളിൽ വിടരുതെന്നും ഐ.എം.എ ആവശ്യപ്പെട്ടു.

ലയിലായി: 4 മാസമായ കടന്നൊഴിവും
നി കേരളത്തിൽ കോവിഡ്

■ 11 വേദത്തിലെ മറ്റൊരു അദ്ധ്യായത്തിൽ അനാഥന്മാരുടെയും
■ കുട്ടികളുടെയും സംരക്ഷണത്തിനായി കോളാലയം 2 ഡെപ്യൂട്ടി സൂപ്രണ്ട്മാർ
സംയോജിച്ച് സർവ്വീസുകൾ നടന്നു കൊണ്ടിരിക്കുന്നു.

ശ്രദ്ധ

അനുമതി

മുൻപ് തന്നെ

മുൻപ് തന്നെ

കോവിഡ്

19

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ശ്രദ്ധ

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മുൻപ് തന്നെ

പ്രവാസികളെവിട്ടിലേക്കയയ്ക്കുന്നത് ഐ.എം.എ

തിരുവനന്തപുരം: ഗൾഫിൽ നിന്നു മടങ്ങിവരുന്ന പ്രവാസി കിളിയിൽ രോഗം ലക്ഷണമില്ലാത്തവരെ നിറുക്കില്ലെന്ന് ഉത്തരവ്. ഇന്ത്യയിൽ രോഗം പരന്നുവെന്നു സർക്കാരിനോടാവശ്യപ്പെട്ടു. രോഗം ക്യാരന്റെ നിലയോടും പലപ്പോഴും കണ്ടുവരുന്നു. പ്രവാസി കിളി ഇന്ത്യയിൽ ക്യാരന്റെ വീടാണ്. രോഗം പരക്കുന്നതിനുള്ള സാധ്യതയുണ്ട്. ഇന്ത്യയിൽ രോഗം പരക്കുന്നതിനുള്ള സാധ്യതയുണ്ട്.

പരിശോധിക്കണം - ഐ.എം.എ.

എല്ലാപ്രകാരം ആരോഗ്യകേന്ദ്രത്തിലെ ഡോക്ടർ അടക്കമുള്ളവർക്ക് രോഗബാധയുണ്ടായതിന് ഗുരുവമായതിന് കാരണമെന്ത് ഐ.എം.എ. അഭിപ്രായപ്പെട്ടു. ആരോഗ്യപ്രവർത്തകർക്ക് സർക്കാർ സൗകര്യ ഉപയോഗിക്കണം. കോവിഡ് ചികിത്സ-പ്രതിരോധ നടപടികളിലുള്ള എല്ലാ ആരോഗ്യപ്രവർത്തകരെയും അടിയന്തരമായി പരിശോധിക്കണം. രോഗലക്ഷണങ്ങൾ ഇല്ലാത്തതും രോഗമുണ്ടാവാവുന്നതുമായവരാണ്. അടിയന്തരമായി ഇക്കാര്യം പരിഗണിപ്പിച്ചെങ്കിൽ ആരോഗ്യപ്രവർത്തകർവഴി കൂടുതൽപേർക്ക് പാലം പടരാനിടയായവു. ആന്റി

ബോഡി പരിശോധന നടത്തി രോഗവ്യാപനത്തോൽ അപഗ്രഥിക്കുകയും വേണം. സ്വകാര്യമേഖലയിലും പരിശോധനാ സൗകര്യങ്ങൾ അഭിവൃദ്ധിപ്പെടുത്തി വലകുറവ് ഉണ്ടാക്കിയിട്ടുള്ളതും പരിശോധനാ സൗകര്യങ്ങൾ

വലത്താൽ പിടവ്

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വെലിയിലെ അയ്യപ്പനത്തിന്

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புள்ளி முடிபின்னர் இம்மாதிரியாக
கூடுதலாக வேலைகளில் ஈடுபட
மாற்றம் செய்யப்படும்.

**കേരളത്തിൽ
പാലിവിപ്ലവം**
പരിശോധനകൾക്ക് സൗകര്യം
4000 പരിശോധനകൾക്ക് സൗകര്യം
420 രാത്രി



കേരള

പരിശോധനകൾക്ക് സൗകര്യം
4000 പരിശോധനകൾക്ക് സൗകര്യം
420 രാത്രി

കേരളത്തിൽ പാലിവിപ്ലവം
പരിശോധനകൾക്ക് സൗകര്യം
4000 പരിശോധനകൾക്ക് സൗകര്യം
420 രാത്രി



കേരള

പരിശോധനകൾക്ക് സൗകര്യം
4000 പരിശോധനകൾക്ക് സൗകര്യം
420 രാത്രി

Branch Activities

GURUVAYOOR

21.03.2020: Installed a hand wash sink at Chavakad Taluk Hospital to encourage hand washing hygiene for patients & donated Masks to Chavakad Police Station and Guruvayoor Police Station personnel & Guruvayoor temple police station.



PALAKKAD

03.03.2020: Executive committee meeting.
08.03.2020: International Women's Day was observed. CME (WIMCON) with exclusive women doctors as faculties and Chairpersons was conducted.
16.03.2020: Secretary participated in the "Corona Debate" live telecast by Janam TV in view of the Corona pandemic.
26.03.2020: Training programme for Drivers of private ambulances in caring the COVID-19 patients were held at Collectorate Conference Hall Palakkad, taking all the specified precautions including the social distancing.



WDW TIRURANGADI

08.3.2020: International Women's Day Celebration.



KAZHAKUTTOM

Talk on 'Nutrition & Parenting' for parents of Anganwadi kids at NSS Auditorium jointly organized by WDW & Arogytheeram Project of IMA Kazhakootam.
03.03.2020: Official inauguration of women's week program. Talk on "Balance between Work & Life" organized by WDW. Conducted Executive Meeting & CME on "Subclinical Hypothyroidism".
05.03.2020: Talk on "Cyber Crime" at Marian Engineering College.



KUTHUPARAMBA

01.03.2020: Attended the Kannur District Committee meeting held at IMA House Thalassery.
05.03.2020: conducted Executive Committee meeting at IMA hall, Kutikunnu.
13.03.2020: An emergency meeting of our members in view of the COVID 19 pandemic.
16.03.2020: Attended the emergency meeting called for by the District Collector at Collector Office Kannur to discuss about preparedness of medical services in view of COVID 19 pandemic. Meeting held at Kuthuparamba municipality hall to discuss about COVID 19 pandemic.
18.03.2020: IMA Kuthuparamba along with Project HOPE, Thalassery, distributed educative pamphlets

regarding COVID 19 and also gave towels to public to use for self protection.

21.03.2020: 200 bottles of sanitizers were prepared as per WHO standards and distributed to the public.

24.03.2020: Members of IMA Kuthuparamba volunteered for tele-consultation services being provided by IMA Kerala.

25.03.2020: Meeting held at Principal office, KMC Anjarakandy, to discuss about setting up the Kannur District Covid Treatment Centre at the hospital.

27.03.2020: Provided tele psychiatry services and helped the people who affected mental issues during the lockdown period.

31.03.2020: A talk on online media channel, regarding various aspects of Alcohol Withdrawal Syndrome and also elaborated on the various ways one can overcome the same.



WDW KODUNGALLUR

03.03.2020: Executive Meeting & formal installation program of president & secretary and also conducted women's day celebration. Took classes on menstrual disorders, hygiene & conducted talk about healthy food.

08.03.2020: Observed world international women's day, took 2 health classes to kudumbasree members of Azhecode & about eye care & glaucoma awareness.



NEMOM

01.03.2020 : Attended National Bioethics Conclave, at Kanyakumari

02.03.2020 : International Social Justice Day

03.03. 2020 : International Womens's week observance: "Women's Health and Hygiene" in the Community Health Centre, Vilappil

04.03. 2020 : International Womens's week observance: Session on Good Parenting at Nemom Government Hospital & conducted Regular Executive Committee.

05.03. 2020 : International Womens's week observance: Session on "Reproductive Health and Hygiene" and IMA AMS Mini JPEF CME:

06.03. 2020 : International Womens's week observance: Essay writing competition at the Lourde's Matha College of Hotel Management and Catering Technology & a Session "Gender Equality and problems of Adolescents" at the SCT Engineering College.

07.03. 2020 : International Womens's week observance: Women's Day Programme at Maternity Hospital, Poojappura.

08.03. 2020 : International Womens's week observance: Breast Cancer detection and awareness camp (Valsalyam) at Pravachambalam & also a Programme in Kairali TV.



WDW NEMOM

03.03. 2020 : International Womens's week observance: "Women's Health and Hygiene" in the Community Health Centre, Vilappil.

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THALASSERY

01.03.2020: District Committee Meeting held at IMA Hall Kannur. Palliative Care Initiative in Kannur(PIK) decided to conduct a conference of all Palliative Care Volunteers of Kannur under the leadership of PIK.

04.03.2020: Executive Meeting was held at IMA hall

08.03.2020: Observed International Women's Day

09.03.2020: Condolence meeting

11.03.2020: Sardar Chandroth Trust for Women Empowerment, along with IMA Thalassery conducted a talk on adolescent health issues to mothers who are members of the trust.

13.03.2020: IMA Thalassery in association with Press club Thalassery conducted a press briefing to public on Covid 19 pandemic and distributed face mask and hand sanitizers to press club members.

16.03.2020: Observed World Kidney Day, World Water Day, World TB Day&Measles Immunisation Day

17.03.2020: conducted an Awareness Class on Corona Virus to Doctors and staff at Tely Medical Centre, Thalassery& to Doctors and staff at Tellicherry Co-operative Hospital, Thalassery& also to Other state workers.

19.03.2020: Break the chain campaign at Thalassery & distributed hand sanitizers to the shops and took awareness class on Covid 19.

20.03.2020: Handed over a box of sanitizers to the Director MCC.

23.03.2020: **Ventilator Class** - task of Training Health workers on basis of ventilator procedures and Conducted an Awareness Class on Corona Virus to Nursing staff at Mission Hospital, Thalassery& Break the Chain Campaign at PHC Peringalam.

30.03.2020: Buttermilk distribution to police department who has been taking so much pain to restrict the traffic in the Covid 19 period.



WDW THALASSERY

07.03.2020: Palliative Family meet was conducted at PHC Peringalam.

08.03.2020: Observed INTERNATIONAL WOMENS DAY & conducted a class was given to the staff of Malabar gold, on the topic women's health and Awareness on corona virus.

09.03.2020: Condolence meeting.

11.03.2020: Sardar Chandroth Trust for Women Empowerment, along with IMA & WDW Thalassery conducted a talk on adolescent health issues to mothers who are members of the trust.

16.03.2020: observed World Water Day/World TB Day&Measles Immunisation Day

19.03.2020: New project initiated by WDW "Drug ban" for the poor patients who are unable to afford medicines.

20.03.2020: Handed over a box of sanitizers to the Director MCC&Break the Chain Campaign at PHC Peringalam. New hand washing facility set & technique explained for patients in front of PHC.



TRIVANDRUM

02.03.2020: launched Telemedicine for Kerala Police at State Police Hq, Trivandrum. 06.03.2020: MEETING OF IMA TRIVANDRUM AND DMO TRIVANDRUM at IMA Trivandrum branch hall

07.03.2020: Health advisory Pamphlets for Attukal Pongala devotees was released & arranged 4 medical booths around pongala premises giving importance for mask and hand sanitizing& also Sports Meet was inaugurated on the same day.

11.03.2020: Meeting called by Trivandrum District Collector and Deputy Collector was held at IMA Trivandrum branch hall

15.03.2020: Conducted corona awareness class at Techno park Trivandrum.

16.03.2020: IMA Trivandrum to constitute a SOP for Management of COVID 19 for Private Hospitals in Trivandrum - Under leadership of IMA Trivandrum meeting has been conveyed of all major hospitals in Trivandrum at IMA Trivandrum Branch Hall.

30.03.2020: IMA Tvm President and Secretary visited one of the community kitchen at Medical college area.



01/03/2020: Community psychiatry camp at maranchery pain and palliative clinic

02/03/2020: Awareness class on pcod at moulana hospital and conducted a class on healthy diet for doctors, nursing staff and paramedics from various hospitals and deceased organ donation committee meeting

03/03/2020: Weekly free elderly clinic at the perinthalmanna ima pain and palliative clinic.

conducted weekly trauma life support training programme for the motor driving licence applicants was held at the perinthalmanna pain and palliative clinic auditorium.

04/03/2020 & 05/03/2020: Conducted a two day workshop on transactional analysis at ima hall organised by ima&wdw perinthalmanna for its members at ima hall perinthalmanna.

06/03/2020: COLS training for nursing students & for the general public and conducted a free dermatology medical camp for the pensioners. awareness class on choking and methods of rescue

07/03/2020: A talk about 'reasons and ways to stay healthy at moulana college of pharmacy and a class on corona virus for patients and relatives at moulana hospital

08.03.2020: International women's day. community psychiatry camp at mankada pain and palliative clinic. conducted bcls & cols training for doctors and nurses at mes medical college

09/03/2020: Free ca cervix detection camp at district hospital perinthalmanna and conducted ima executive meeting at i.m.a house.

10/03/2020:Conducted free medical camp at saketham old age home

11/03/2020: Conducted corona awareness class for nursing& paramedical staff of moulana hospital & corona awareness class for security guards at mes medical college. conducted weekly free elderly clinic.

13/03/2020:Conducted covid-19 awareness class at mes dental college

15/03/2020: Community psychiatry camp at pratheeksha

pain and palliative clinic, kootnadu

16/03/2020: Emergency building committee meeting at i.m.a house.

17/03/2020: CORONA awareness program for ambulance drivers

18/03/2020: Weekly free elderly clinic at the perinthalmanna ima pain and palliative clinic.

20/03/2020: Awareness talk about 'corona and importance of hand washing' for the public.

23/03/2020: Emergency gb about corona action plan.

31/03/2020: ZOOM meeting of IMA Perinthalmanna about the formation of core committee, problems in availability of ppe & working arrangements in the context of hospitals.



WDW PERINTHALMANNA

02.03.2020: organised an awareness class on Polycystic Ovarian Disease and Lifestyle Modifications at Moulana

Hospital, Perinthalmanna & a talk on 'Healthy Diet' for the Doctors, Nursing staff and Paramedics from various hospitals at Moulana Hospital Academy hall.

03.03.2020 - A Motivational class for the nursing students and paramedical staffs on 'Stress Management'.

05.03.2020 - combined Executive Meeting of WDW Perinthalmanna and Koode members to plan the programs on 8th March 2020 for the celebration of International Women's Day.

06.03.2020 - organised an awareness class on Choking and the methods rescue the victim & a free Medical Dermatology Camp for the Pensioners & a course on 'Compression Only Life Support' for the General Public and Nursing Students.

07.03.2020 - organised an awareness programme regarding Corona Virus for the patients and their relatives at Moulana Hospital.

08.03.2020—Observed & celebrated International Women's Day by arranging health awareness classes by various experts, general health check-up camp, screening camps for cancer cervix and cancer breast, bone density check-up and laboratory tests at concessional rates.

09.03.2020 - WDW Perinthalmanna in association with District Hospital Perinthalmanna conducted a Ca Cervix detection camp at the District Hospital Perinthalmanna.

11.03.2020 - WDW Perinthalmanna in association with Moulana Hospital Perinthalmanna organised a health awareness class on the 'Corona Pandemic – methods to prevent it' for Nursing and Paramedical staff at Moulana Academy Hall.

20.03.2020 - A talk about the method of hand washing for the public.



WDW MULAMKUNNATHUKAVU

An essay writing competition was conducted for IMA members on the topic Generation equality: Realizing women's rights. As part of the break the chain campaign, purchased handwash packets prepared by Pain & Palliative care society, Thrissur and handed it over to students and house surgeons staying in hostels of Govt Medical College, Thrissur.



KOZHIKODE

03.03.2020: Observation of World hearing day & AMS Special meeting in connection with World Hearing Day. The topic for the CME was "Hearing aids - Current concepts".

07.03.2020: Executive committee meeting and releasing 2nd issue of IMA Newsletter

17.03.2020: Exhibited break the chain campaign banners in different parts of city

18.03.2020: Press meeting at Calicut Press Club and release about the awareness for Corona pandemic

21.03.2020: awareness programmes for break the Chain with medical students in various streets of Kozhikode city.

22.03.2020: Started the Medical Tele helpline with a set of doctors on the Janatha Curfew day for public

24.03.2020: Released a video and uploaded in youtube about the corona pandemic & Corona awareness class and ventilator training programme at Malabar Medical College

25.03.2020: Awareness programme with vehicle and announcement of medical students in various parts of city & Corona awareness class and ventilator training programme at KMCT Medical College.



WDW KOZHIKODE

03.03.2020: Observed Hearing Day by Walkathons at Kozhikode beach.

07.03.2020: Conducted Gynaecology Camp for ERANJIPALAM PALAT Residents.

08.03.2020: International WOMEN'S DAY celebrated at



WDW COCHIN

01.03.2020: Health camp

03.03.2020: Cancer Awareness talk at Ernakulam medical centre

08.03.2020: International Women's Day Celebration at IMA hall & 'An Indian Cultural Fashion Show' by members of WDW Kochi, the theme 'EACH FOR EQUAL' Celebrating birthday of the March born members Surprise dance performance and entertainment program during womens day celebration. And also took awareness class regarding COVID 19 and control the panic among citizens through videos on social media which were also covered by Desabhimani online.

16.03.2020: Awareness about the 'Break the chain hand washing to prevent covid 19'.



WDW MALAPPURAM

08.03.2020: Observed International Women's Day.

29.03.2020: Contribution to migrant workers during Corona epidemic. members visited the community kitchen providing food for migrant workers at the camp & provided rice to the community kitchen and also several

MADHYA KERALA

3rd March 2020 - Executive Committee Meeting
Organisational and branch matters discussed next general body with scientific programme fixed for 18th March 2020. Next month Executive Committee Meeting scheduled for 7th April.

8th April 2020 International Women's Day - Celebration at I M A Hall Aluva, by WDW, the programme was well organized by President Dr. Thara and secretary Dr. Bindhu

11th March 2020 - No Smoking day - Celebrated at K S R T C bus stand Angamaly Town. Handouts were distributed to the Passengers by Dr. Muraleedharan and by Dr. Sagith. The day was celebrated by Dr. M A Thomas, Dr. Ashok Kumar, Dr. Rafeeq and Dr. Jerish at their respective hospitals

17th March 2020 Awareness programme on Covid 19. I M A MKB in association with Indian Red cross society conducted awareness class. M L A Anwar Sadath and Dr. Sagith spoke on that occasion.

18th March 2020 Covid 19 awareness class, Dr. Ashok Kumar took class for the staff at Karothukuzhy Hospital Aluva

18th March 2020 IMA Madhya Kerala Branch membership database updation.

Dr. Muraleedharan, Dr. M N Menon, Dr. GBabu, Dr. Xavier, Dr. Kartha, Dr. Ashok Kumar, Dr. Rafeeq, Dr. Muhammed and Dr. Sagith actively involved in this membership data base

Updation and it was completed and sent to the HQ.

19th March 2020 Awareness programme on Covid 19 - Dr. Muraleedharan, Dr. Rajeswariamma, Dr. M P Thomas, Dr. Muhammed and Dr. Sagith were involved in this programme which was conducted at Aluva Railway Station and at Aluva Post Office. A thermal scanner was handed over to Health Inspector Aluva Railway Station. 9000 handouts were distributed in and around Aluva.

30th March 2020 GB Meeting with Scientific Programme. (ZOOM MEETING) - DR. Akhilesh spoke on symptomatology and triaging in Covid 19.

30th March 2020 Covid 19 Dr. Muraleedharan and Dr. Sagith handed over gloves to the Traffic SI Aluva Station.

30th March 2020 IMA MKB Joined hands with Aluva Municipality for Community kitchen

Dr. Muraleedharan and Dr. Sagith visited the site and handed over food products for the migrant labourers



WDW MADHYA KERALA

Covid pandemic has restricted all our activities to online programmes. Dr. Rajeswari Amma attended the Zoom meetings of district committee of IMA KSB. She also attended state and district committee zoom meetings of Hospital Board of India, IMA KSB. Members attended Zoom meetings of our branch executive and GB meeting.

Due to lockdown members had surplus time to spend as 'She Time'. Some members joined the workout programme via Zoom which was started from April 8th onwards. Many refreshed their

cooking skills and cultural activities. Dr. Liza Thomas wrote a beautiful poem 'Locked down to bloom' which was inspired by the view of the clean Periyar river and the surrounding nature.

Dr. Rajeswari Amma, Dr. Aswanikumari, Dr. Bindu Suresh and Dr. Rubayath continued the teleconsultation program of IMA Madhyakerala and answered many queries of patients.



KANNUR

02.03.2020- IMA Kannur conducted General Body Meeting and gave grand reception to the state leaders of IMA Dr. Abraham Varghese the President and Dr. Gopikumar the Secretary of IMA Kerala State.

05.03.2020 - Conducted CME programme. The topic was TCMC Guidelines for Modern Medicine doctor and the speakers was Dr. Mukundan K.V. member of TCMC.



THRISSUR

The general body & scientific session of our branch held on 16th March 2019, Wednesday 7.30 pm at Hotel Elite International, Thrissur. President Dr. John Sebastian Nivin welcomed the gathering. Secretary Dr Joy Manjila presented the minutes of the previous meeting and passed Dr. R Ravindra Varma conducted the mediquiz and prizes were distributed to the winners. Faculty from Aster Medcity, Kochi conducted the CME. "ROBOTIC – PAST, PRESENT, & FUTURE" Dr Kishore T A, MRCS, DNB, MCH, "PROTON PUMP INHIBITORS AND KIDNEY

DISEASE" AND "BRIEF INFORMATION ON PEDIATRIC TRANSPLANTATION" Dr Vinod Kumar K. DNB, MD Joint secretary Dr V K Praveen Kumar thanked the gathering and the meeting closed for dinner at 9.30 PM

Thyroid awareness & screening program 21st March 2019:- Conducted Thyroid awareness and screening program in association with Family Health Centre Puthur at Thonipara, Puthur. Dr Sumesh T Krishnan physician, General Hospital Thrissur took the Classes and collected 68 blood samples for thyroid estimation.

WORLD HAPPINESS DAY 21 MARCH 2019:- On the occasion of world happiness day, conducted get together with light entertainments including Squit at Thamburattimoola, Vettukad on Thursday 21st March 2019. Around 75 elderly people Participated. MEDICAL SPECIALISTS ASSOCIATIONS :- Meet of Thrissur dt. IMA THRISSUR hosted district committee meeting with office bearers of different associations of medical specialities on 22nd March 2019, at IMA HOUSE THRISSUR, 8pm. The meeting is presided by Dt. Committee Chairman, Dr. HAREENDRANATHAN A M. State president, IMA KSB, Dr. M E SUGATHAN WAS THE GUEST OF HONOUR. Almost all the associations presidents and secretaries took part in the discussion and decided to work together under the flagship of IMA KSB.

IMA DOCTORS FITNESS CLUB THRISSUR – 22ND MARCH 2019:- IMA THRISSUR started doctors fitness training programme on Friday, 22nd March 2019 at IMA HOUSE THRISSUR supported by IMA JUBILEE and IAP THRISSUR. Its weekly thrice training classes of one hour duration for IMA members & their families on every Wednesdays, Fridays & Sundays from morning 6 -7 am. Its programmed with ZUMBA, Resistance training (weights), functional training, Tabata circuit training, Pilates, Yoga, Outdoor sessions, Aqua Zumba and many more.

WORLD TB DAY 24TH MARCH 2019 :- Conducted CME "AN UPDATE ON TB", Tuesday 26th March 2019 at IMA House, Thrissur in association with Pulmonologists, Thrissur (APT). Dr. Aparna Gulavadi, Associate prof. dep. Of Paediatrics, AIIMS, Thrissur Talked on "PAEDIATRIC TB CHALLENGES". Dr. Thomas Vadakkan, Associate prof. Pulmonary Medicine, AIIMS Thrissur explained the "CARDINAL SIDE EFFECTS OF ATT". Dr. P Sanjeev kumar, Pulmonologist, District TB Centre, Thrissur detailed on "RNTCP – WHAT IS NEW?". Dr. T K Raveendran, Pulmonologist, Daya Hospital, Thrissur talked on "RNTCP – IN PRIVATE SECTOR". Dr. Lt.Col. V P Gopinathan, Pulmonary Medicine, AIIMS, Kochi & Dr. Thomas George, HOD, Pulmonary Medicine, GMCH, Thrissur were the Moderators.

IMA KERALA YATHRA "SANGHABHERI" on 26th March 2019 to 30th March 2019 Kasarkode to Thiruvananthapuram:

IMA THRISSUR gave a rousing reception to Dr. M E Sugathan, President IMA KSB, Dr. Sulphi N. Hon. Secretary, and other office bearers of IMA KSB at IMA House Thrissur. IMA Jubilee, IMA M G Kavay, IMA Amala, Ima Thalappilly along with IMA Kodungallur attended the reception. Around 60+ delegates Attended the function. New memberships applications were

handed over by all the branches. Dr. Dilber Pareed of IMA Jubilee, announced the formation of IMA YOUNG DOCTORS WING with a membership of 40.

CME ON 30TH MARCH 2019:- Conducted an additional CME on Saturday 30th March 2019, Hotel Elite International Thrissur, 7.30 pm. Faculty from CEGMAS a unit of Daya Hospital Thrissur conducted the CME. Dr. Sreejith V Eratte, MD, DM Spoke on ROLE OF ENDOULTRASOUND IN GI PRACTICE. Dr. Sajith Prasad MD, DM Gastroenterologist & Dr. Raviram S MS, Mch, Surgical gastro. Gave a class on COLORECTAL CANCER – WHAT WE SHOULD KNOW.

MONTHLY QUESTIONNAIRE FOR IMA BLOOD BANK, THRISSUR

- | | |
|---|---|
| 1. Name of Blood Bank | : IMA Blood Bank Complex & Research Centre
Ramavarmapuram, Thrissur - 680 631
Ph: 0487 - 2320784 |
| 2. Reporting Month & Year | : March 2020 |
| 3. Awareness class on VBD | : 3 |
| 4. Total VBD Camps conducted | : 6 |
| 5. Total blood collected during camps | : 208
Males : 178 Females: 30 |
| 6. Total blood collected at blood banks | : 790
Males : 765 Females : 25 |
| 7. Total blood and components issued | : 2145
a. WB : 113 e. SDP:0
b. PRBC : 1015 f. Cryo : 2
d. PLC: 314 g. Buffy: 0
d. FFP : 701 |
| 8. Training if any | : NIL |
| 9. Other activities | : NIL |
| 10. Important days observed | : NIL |
| Beneficiaries | : PATIENTS OF THRISSUR, PALAKKAD & MALAPPURAM DIST |





Join **image**

It is our responsibility and commitment to keep our Green Land away from the dangerous hazards of Biomedical waste....

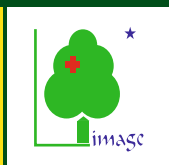


India's largest environmentally safe Common Biomedical Waste Treatment & Disposal facility (CBWTF) in Kerala.

We have service all over Kerala for 15310 Health care Institutions, Both in Government and Private Sector.



The entire process is carefully monitored by Kerala State Pollution Control Board. All the process strictly follows the Biomedical Waste Management Rules 2016.



Contact us for more details

INDIAN MEDICAL ASSOCIATION GOES ECOFRIENDLY

IMA State Headquarters, Anayara P.O., Thiruvananthapuram - 695 029

Manager Administration: 80783 36666, Manager Operations: 94459 98922

Environment Engineer: 80780 26869, Operation Executive: 70122 28469

Billing Section: 98476 62226, Accountant: 96056 69996, Reception: 0471 - 2741188, 2742211

E-mail: imageimaksbvtm@gmail.com, Website: imageima.org

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