



IMA

News Letter

2022 January



Be Safe....Be Committed



INDIAN
MEDICAL
ASSOCIATION
Kerala State Branch

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73rd Republic Day of our country celebrated in IMA KSB at 08.30 am on 26.01.2022. National Flag hoisted by Dr. V. Mohanan Nair, IMA KSB Vice President, South Zone in the presence of all staff of IMA KSB. In his speech he reminded all to be vigilant in all matters of the country and also asked them to be the best citizen of the Nation. He also reminded the contributions made by the Freedom fighters in getting our freedom from the clutches of mighty Britishers who ruled our country for about 200 years.





Dr. Samuel Koshy
State President, IMA KSB

President's Column...

ATTACKS AGAINST DOCTORS AND HOSPITALS WILL NOT BE TOLERATED.

Physical and Verbal attacks against Doctors and Health Care Workers are common in our country especially in our State. Actions against such violence in hospitals is rare even when Lady Doctors are attacked brutally. Authorities and the Government fail to act as per the laws existing in our Country even when human rights violations occur openly against doctors and health care workers. Demand for a National law incorporating Criminal clauses falls on deaf ears and attacks in hospitals continue unabated.

More than 100 cases of attacks against doctors, nurses and other health care providers occurred in the state during last two years. Many more, especially verbal abuse, are happening against health care providers in many hospitals throughout the state. Most of them are not reported and the situation is deteriorating to an extent where it is becoming almost impossible for Doctors and other healthcare providers to work safely in hospitals. Police and the Government machinery fail to provide adequate protection to health care providers in their places of work. They fail to prevent attacks against hospitals. Even in reported cases, Police fail to take immediate actions including arrest of culprits. Proper FIRs as per the prevailing laws are not registered and arrests are purposefully delayed giving the culprits adequate time to move for anticipatory bail. Cases are argued in various courts for name sake paving way for the culprits to go unpunished.

The situation must change. The main sufferers during these attacks are the

patients especially in emergency departments and ICUs. Most of them in critical stages are mentally and physically traumatised and denied appropriate treatment at appropriate time. Nobody including the social activists say anything against these human rights violations or attacks against women. Human rights commission and Varitha Commission, known for suo moto cases being initiated often, fail to see these atrocities against patients and health care workers. Society and the Government machinery fail to see health care providers who were risking even their lives during the Covid Pandemic, as human beings.

IMA can't be a mute spectator to this acts of atrocities against doctors and other healthcare providers. The Government must own the responsibility to provide a safe working environment in hospitals. Attacks in hospitals must be prevented with adequate security measures. Hospital attacks should be given adequate priority among law and order issues and clauses should be incorporated in the existing laws to punish erring police officials.

Government must declare Hospitals as 'Safe Zones against Violence' to create a safe working environment for doctors and all hospital staffs. No patient should suffer due to acts of atrocities happening in hospitals. IMA has formed effective mechanism to face these acts of violence and will be in the forefront in protecting the patients, doctors, nurses and other health care staffs against these acts of violence in work place.



From the Editor's Desk...

Dr. Joseph Benaven
State Secretary, IMA KSB

The dawn of 2022 ushered in a ray of hope with the waning of the pandemic and life limping back to normalcy. Unfortunately it was not to be, with the omicron wave which was engulfing the world since late November moved to India and subsequently to our state. By mid January, Kerala was in the severe grip of omicron with TPR rising to unprecedented highs. But the surge was in itself a relief as hospitalisation and mortality rates were low compared to the second wave which had taken its toll across the country.

Our association activities too which was gaining momentum over the past two months had to be decelerated; physical meetings and events giving way to the hybrid and online modes. Not to be deterred by the unexpected set back, the state leadership focused its attention on organisational activation. Almost all committee meetings were convened with clear cut performance road map for each.

The ambitious Membership Promotion Campaign was launched on the 20th January, 2022 - **TARGET 50000**. The State President offered unprecedented discounts in the HFC, the focus being young doctors in early career. The decision to reduce HFC was solely based on feedbacks received from a large cross section of our leaders and members. The membership Promotion Committee has since been working in tandem with the Districts Committees and Branches setting targets at each level. Membership promotion review meetings are also being held on a regular basis. The enthusiasm and commitment shown by the Branch and District leaders give much optimism to the campaign. I am confident if we harness the collective might of IMA, the target is easily achievable.

I am happy to note that we have bettered the branch representations in this issue with 88 branches submitting their activities. It is even more encouraging to have 6 districts with hundred percent representation. I hope to hit 100 in the coming issue if not 108.

Let's be steadfast in our commitment to our members and the association!!



Greetings from IMA HQs New Delhi

I thank all for elevating me to the post of National Vice-President of Indian Medical Association. I am fully aware that the Modern Medical Profession in India is sailing through turbulent waters. On one side there is attack from people and on the other side by the Government of this country.

Attacks on Doctors and Hospitals are increasing, which hurts the morale of Doctors. Consumer Protection Act 2019 is more dangerous to the profession than the Act of 1986. National IMA under the Presidentship of Dr. Sahajanda Prasad Singh has taken up all the issues earnestly. The target is to have a Central Hospital Protection Act with more stringent penal provisions and try maximum to exclude Medical Profession from the ambit of CP Act by an amendment. Hope that we will win in all issues.

I would like to tell all of you that we Doctors are dealing with the most valued asset of a human being - Health. Remember the saying "Health is wealth". Everyone knows, what will be our mental status when we suffer from even a trivial illness. Naturally when you deal with the most valued asset, definitely there will be problems. So Doctors should not worry about the issues faced by the Profession. In that context, we Doctors in Modern Medicine are the most powerful persons in this world. Actually we do not realise the power we have. When all the Doctors in this profession realise this fact, I am sure, all our problems will be solved.

The issues with AYUSH systems is haunting us. The COVID-19 pandemic has proved two things. 1) Modern medicine has relevance in protecting the life of human beings. 2) AYUSH systems has no relevance during these type of pandemics, which we can expect more frequently in future due to fast Global warming.

In Budget, only 1.13% of GDP is spent as Health Expenditure, whereas world average is 7%. Out of this small expenditure, a remarkable amount of money is diverted to AYUSH systems. This results in under development of Modern Medical Institutions. This can lead to problems in safe guarding the Health of the citizens of this Country.

Friends, even though there are problems, I am sure that Modern Medicine has a bright future. Challenges should be there for progress. We have to conquer the challenges and move forward. I assure all of you that Indian Medical Association is there to guide, help and protect the Modern Medical Profession.

Thanking you
Yours in IMA

Dr. Joseph Mani



TROJAN HORSE 2.0

Or it could be Basmasura 2.0. It could be Siraj Ud Daula 2.0 or Mohammad Bin Thuglak 2.0 as well. Your pick. The National Medical Commission can be any one of this or more. What they are not is for certain. They are NOT MCI. MCI had spine. MCI stood upto powers. MCI was autonomous. That was why it had to go. Lock, stock and barrel. The look out was for a robot or slave. They got a hybrid. History of India tells us that there never was a shortage for this subspecies.

It is said that the British plotted partition in 1919. Decimation of modern medicine in India is a well thought out conspiracy. NMC was born with translocation 32, 50 and 51. Perfectly legal. Yet illegitimate. Somehow it didn't Belong. The intentions were certainly malafide.

Then came the Frankenstein National Educational Policy. The fig leaf of four sentences deserved by modern medicine could not cover the shame of mixopathy. Multiple entry. Multiple exit. Legalised loot by colleges. Anarchy.

CHINA ? Scratch any Indian for warts. Not for our own clueless Alice in wonderland: NiTI AAYOG. Eulogising China for their lytic cocktail of mixopathy NITI AAYOG set up four committees in medical education, clinical practice, research, public health and administration to officially mix all systems of medicine. Insane? Kaliyug. Someone could have told them Chinese Traditional Medicine disappeared from the face of the earth after the misadventure.

CCIM's AYUSH surgery regulation was certainly no island. Now UG Board upped the ante by exiling Hippocrates for possessing Greek passport. They camouflaged and fostered mandatory 'optionals' on unsuspecting house surgeons. Neat job. More loyal than the king. Conspiracy is a mild word. All these amount to rape.

We have no one to blame. All the conches of Lanka failed to awaken Kumbhakarna. Sleep walking Rip von Winkles are the order of the day than exception. Wake up before it whistles past point of no entry. Spread the word. Awareness of vulnerability is half the battle won. We suffer siege from within. Defend your identity. Refuse the atavistic forces. Modern Medicine belongs to Humanity. Geneva Declaration is the best human civilisation has ever conceived. Blurring the identity is to take away the esteem and the reason to fight.

Parting word to NMC
"First do no harm".

DR. R.V. ASOKAN

IMA NATIONAL AWARD - 2021

held @ Patna

1. Dr. Kanak Goel Award for SAFE MOTERHOOD PROJECT: Dr G Sudarsanan, IMA Kazhakoottam Branch
2. Dr. Kanak Goel Award for SAFE MOTERHOOD PROJECT: Dr. Vincy Nelson, IMA Kollam Branch
3. DR. D.S. MUNAGEKAR AWARD for RESEARCH : Dr. Raveendran A V, IMA Kozhikode
4. Dr. Deepak Banerjee Award for Best Published in JIMA for RESEARCH : Dr Shyam Mohan, IMA Cochin
5. Dr. A.P. Shukla Memorial Distinguished Service Award: Dr. Murlidharan
6. Dr. A.P. Shukla Memorial Distinguished Service Award: Dr. A.V Jayakrishnan
7. Dr. P.C. Bhatla Award for OUTSTANDING & DISTINGUISHED SERVICES : Dr. Sree Kumar Vasudevan, IMA Taliparamba Branch
8. Dr. P.C. Bhatla Award for OUTSTANDING & DISTINGUISHED SERVICES: Dr Alex Franklin, IMA Nemom Branch
9. IMA National President's Appreciation Award for Best adjudged President of a Local Branch (For Major Branch >1000): Dr. Prashant C.V, IMA TVM Branch



10. IMA National President's Appreciation Award for Best adjudged President of a Local Branch (For Major Branch >1000): Dr. Venugopalan, IMA Kozhikode Branch
11. IMA National President's Appreciation Award for Life Long Services to IMA: Dr. Mohanan Nair
12. IMA National President's Appreciation Award for Life Long Services to IMA: Dr K V Devadas
13. IMA National President's Appreciation Award for Life Long Services to IMA: Dr. T. N Babu Ravindran
14. Best IMA Local Branch Rotating Trophy of Gujarat State Branch (For Major Branch > 1000 members): IMA Thiruvananthapuram Branch
15. Best IMA Local Branch Rotating Trophy of Gujarat State Branch (For Major Branch > 1000 members): IMA Cochin Branch
16. IMA National President's Life Membership Enrollment Award to be given to a State/Terr. Branch enrolling maximum number of Life Members during the Association Year: IMA Kerala State
17. IMA National President's Appreciation Award for overall golden star Best adjudged

President of State/Terr. Branch: Dr. P.T Zacharias

18. IMA National President's Appreciation Award for overall golden star Best adjudged Hony.State Secretary of State/Terr. Branch : Dr. P.Gopikumar

19. IMA National President's Appreciation Award for Best adjudged President of a Local Branch (For Medium Branch 500-1000): Dr. Muhammad Ismath Rifayi

20. IMA National President's Appreciation Award for Best adjudged President of a Local Branch (For Medium Branch 500-1000): Dr Joy Manjila

21. IMA National President's Appreciation Award for Best adjudged President of a Local Branch (For Medium Branch 500-1000) : Dr. Cini Priyadarshini V.A

22. IMA Community Service for Individuals: Dr. Rajeev Jayadeven

23. IMA National President's Appreciation Award for Best State Office Bearer:
Dr Cyriac Thomas (IMA PEPS)

24. IMA National President's Appreciation Award for Best State Office Bearer:
Dr. Alfred V Samuel

25. IMA National President's Appreciation Award for Best State Office Bearer :
Dr. T. Radhamoni

26. IMA National President's Appreciation Award for Best State Office Bearer:
Dr. Shyam D Gopal



27. IMA National President's Appreciation Award for Best State Office Bearer:
Dr. Ajit Bhaskar

28. Best IMA Local Branch Rotating Trophy of Gujarat State Branch (For Major Branch > 500=1000 members) : IMA Perinthalamanna Branch

29. IMA National President's Appreciation Award for Best adjudged Hony. Secretary of a Local Branch : Dr. M.S. Pavan Madhusudanan

30. IMA National President's Appreciation Award for Best adjudged Hony. Secretary of a Local Branch : Dr Indira Amma

31. IMA National President's Appreciation Award for Best Branch for organising Community Services : IMA Thiruvananthapuram Branch

32. IMA National President's Appreciation Award for Best Branch for organising Community Services : IMA Thrissur Branch

33. IMA National President's Appreciation Award for Best Branch for organising Community Services : IMA Kozhikode

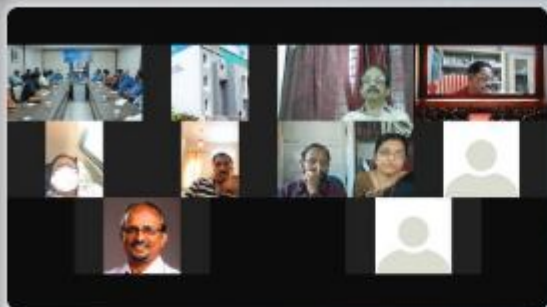
34. IMA National President's Appreciation Award for IMA Doctor's Day Celebration :
IMA Kollam Branch



35. IMA National President's Appreciation Award for Best Project of IMA: I.SAFE (Dr. Sreejith N Kumar)
36. IMA National President's Appreciation Award for Best Project of IMA : SWAYAM (Dr Kavitha)
37. IMA National President's Appreciation Award for Best Project of IMA: PG Entrance Coaching (IMA Thiruvanthapuram Branch)
38. IMA National President's Appreciation Award for Best Project of IMA: IMAGE (Dr. Sharafudheen K.P)
39. IMA National President's Appreciation Award for Best Scheme of IMA: NHS (Dr. Alex Franklin)
40. Best News Bulletin Award: IMA Kerala State
41. IMA National President's Appreciation Award: Dr Sulphi Noohu
42. IMA National President's Appreciation Award: Dr Pradeep Kumar V G
43. IMA National President's Appreciation Award for Best Scheme of IMA: National Family Welfare Scheme (Dr. T Mohan Roy)
44. IMA DR. I Venkata Rao Oration Award: Dr R V ASOKAN
45. IMA National President's Appreciation Award for Academic Contribution: Dr. Vinay Ranjan H
46. IMA National President's Appreciation Award for Women for Best Social Activity: Dr. Shaniba V.S



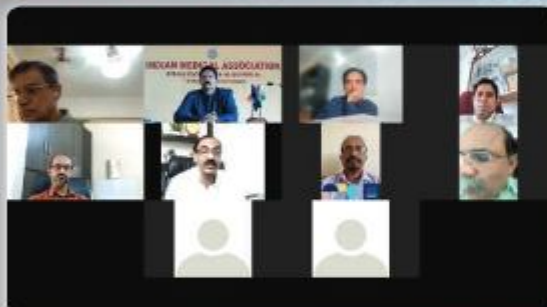
State Activities....



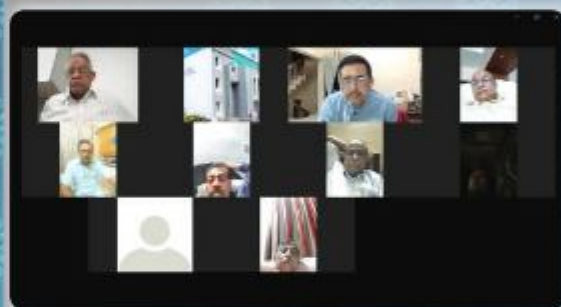
02.01.2022 - Membership Promotion Committee Meeting, Emergency Life Support Committee Meeting & HBI.



03.01.2022 - District Committee Chairman & Convener Meeting



04.01.2022 - Discussion on CEA



07.01.2022 - HBI Meeting



08.01.2022 - Cabinet Meeting

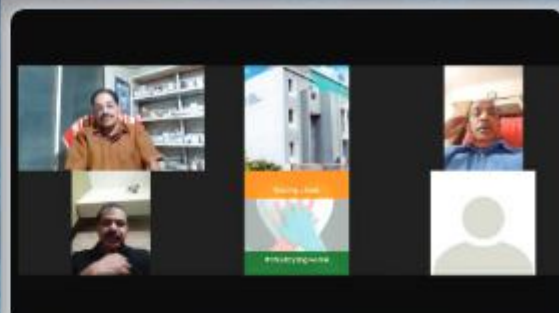


09.01.2022 - Act Force Against Violence, Action Committee & Epidemic Control Cell

State Activities....



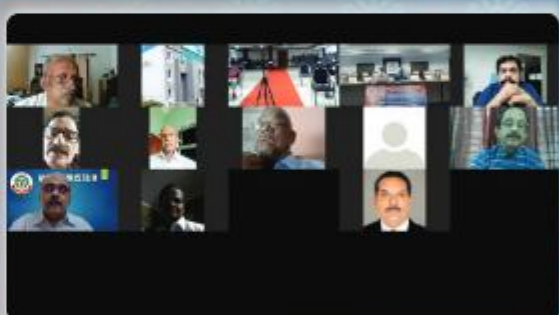
12.01.2022 - Pathanamthitta District Committee Meeting



13.01.2022 - Hospital Accreditation Committee



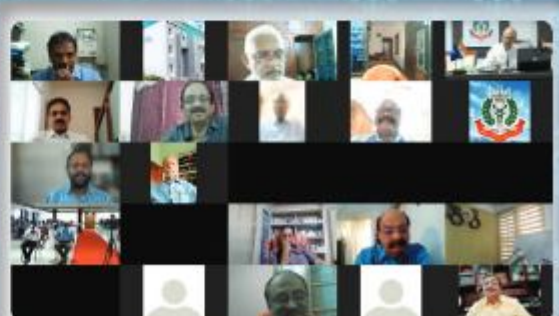
14.01.2022 - I safe Meeting



16.01.2022 - Employment Facilitation Committee, Committee for Small & Medium Hospitals, Committee for Employed Doctors, Committee for PF NEET, JDN & MSN



21.01.2022 - I Safe 3 CME



23.01.2022 - Managing Committee Meeting

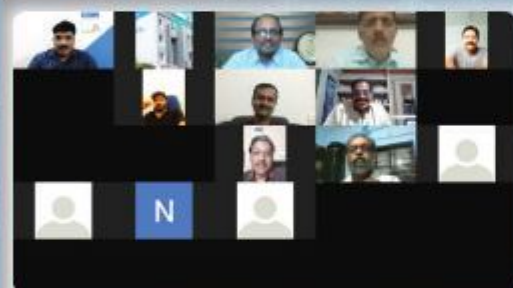
State Activities....



**24.01.2022 - Inauguration Ceremony
- WDW**



**25.01.2022 - Meeting with Health
Minister**



**IMA CGP Meeting conducted on
20.01.200 & 25.01.2022**



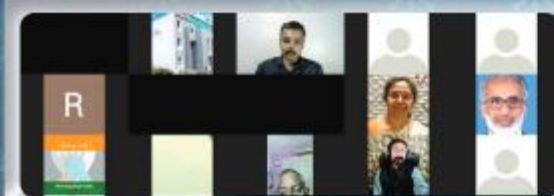
**25.01.2022 - Past Presidents
Cabinet Meeting**



27.01.2022 - Ethics Committee Meeting



**30.01.2022 - Managing Committee
Meeting**



**UNICEF IMA CME Series on Covid 19 conducted on
06.01.2022, 16.01.2022, 20.01.2022, 27.01.2022 &
30.01.2022**

CONVENIENT AND INCONVENIENT

Truths of the pandemic



Dr Rajeev Jayadevan

Vice Chairman, Research Cell
IMA Kerala State

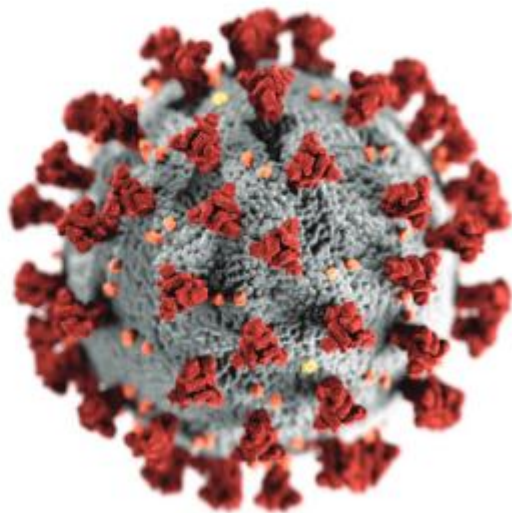
As we enter the third year of the pandemic, this is a good time to review the available evidence and correct some of the original concepts, that were popular at a time when nothing much was known about this virus.

1. The first is the concept of 'herd immunity' which was popularised by some Western academics. They claimed that if we vaccinated a particular percentage of the population, we could stop the pandemic. Many of us wrote early that this was wrong, because unlike polio or measles, this is a respiratory virus coming from the coronavirus family - which is well known for repeated infections.

In spite of pointing out multiple episodes of repeated infections, herd immunity proponents continued to claim that their theory was valid, often asserting that reinfections were either unreal or wrongly reported. They minimised vaccine breakthrough infections when they started occurring, and were of the persistent view that vaccination was the only way to end the pandemic.

After numerous waves that occurred in highly vaccinated nations, most of the world has now realised that herd immunity for this virus is a myth.

2. There are some opinions that it is possible to eradicate this virus. If we look at the history of the pandemic, the number of cases that were infected in every subsequent wave is larger than the other. In addition, there are plenty of animals that get infected as well. In such a setting, it is impossible to even think of this virus being eradicated, unless for some reason the virus accumulates deleterious mutations and self-destructs into extinction.



3. Early during the pandemic, there was a move to obsessively clean all the surfaces - using assorted cleaning agents - which were sold for millions of dollars worldwide. The view held

by many at that point was this virus would survive for a long time on surfaces, and therefore one must continuously clean all the services using the best cleaning agents available.

Finally, the world has realised that this was wrong and that this virus primarily spreads through air. The most recent research paper from Duke University US, has shown that the chance of finding a 'live' virus on a high-risk surface (that is inside a COVID-19 patients hospital room), was only three in thousand. That is, 997 times out of 1000, there was no virus even when we look for it.

This information helps us prioritise our preventive measures. Instead of continuing to obsessively focus on cleaning, we must turn our attention to two things: 1) how well ventilated is the office setting that we work in and 2) how good is the mask that we are wearing.

The SARS CoV2 virus spreads through aerosols that hang around for hours in closed rooms. Aerosols, like invisible mist, are generated when people talk, rather than cough or sneeze. I was one of the first to describe this process in detail, in an article published as early as 10 April 2020 titled: "How does the SARS CoV2 virus really spread?"

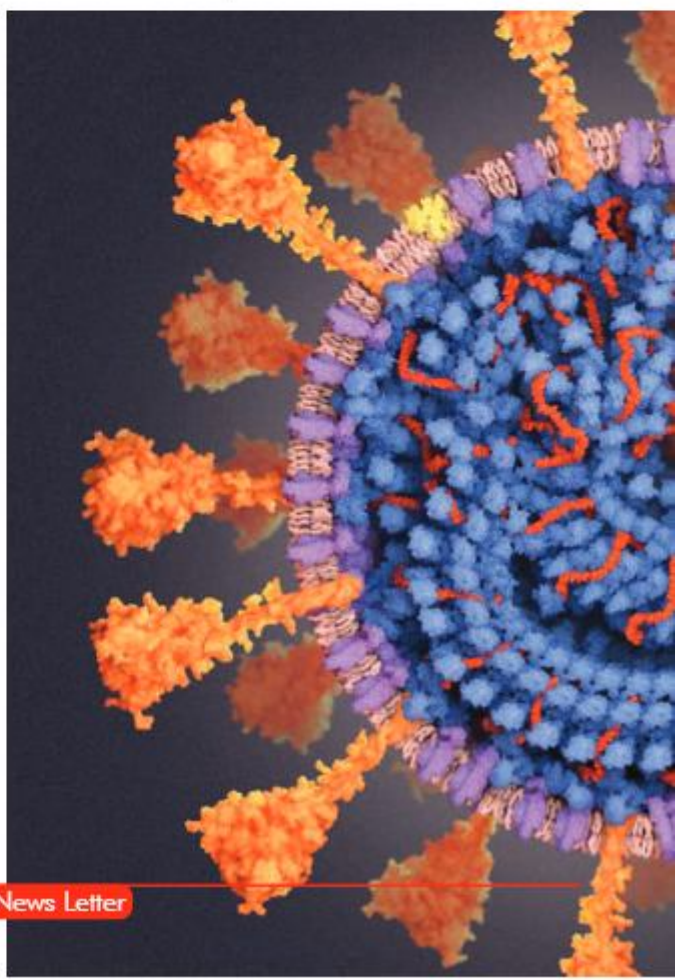
Clearly, sitting inside a closed room where people frequently come, sit down and talk, carries a higher risk of getting infected - whether we like it or not. Unfortunately, science is inconvenient. We need to accept this fact in order to have a safe working environment in the future.

Air exchange rates (ACH) hold the key, that is how many cubic feet of room air is being replaced by outside air per

hour. For an aircraft in flight, ACH is about 20. Which means that the cabin air gets replaced by fresh air 20 times an hour. An air filter is not going to achieve that.

4. We really need to go back to the basics of public health if we are to fight this pandemic scientifically. For instance, cholera bacillus can easily be subdued with antibiotics. However, for a disease that has killed millions of people, it is worth remembering that cholera was not controlled using antibiotics, but with old-fashioned public health measures that were meant to gain control over the environment of spread of this organism.

To put it in simple words, cholera was defeated by chlorination of water. Thus, our long-term solution to the COVID-19 pandemic is effective con-



trol of the medium this virus uses to spread between people. For cholera, it was the water we drink, and for SARS CoV2 virus, it is the air we breathe.

Unfortunately, amidst all the glamour, drama and money associated with vaccination and other medications which got all the publicity, enough attention has not been paid to improving the quality of the air that we breathe.

This virus is not going away anytime soon, and the sooner we bring our focus on to the air that we breathe, the better our chances of surviving the pandemic without much damage. Multiple waves will continue to come, spaced apart by months. This is the feature of many cyclical viruses that infect man. In the case of the SARS-CoV2 virus, will only know the biological traits of the next big variant after it arrives.

Wishful thinking is not a solution, it is unfortunately common to see even people of science claim that this is "the end of the pandemic" and that Omicron is the "last variant" and that "COVID-19 has become the common cold".

5. Even though vaccines up to 2 doses are very effective at reducing the severity of disease, whether additional doses provide any meaningful additional protection is still debatable. It is possible that in select individuals, this might have a slight additional benefit.

If we look at the graphs comparing two and three dose vaccines in the US as well as in Switzerland and all over UK, one thing is clear. Whether we are two or three dose vaccinated, the critical care admission rate and mortality rates are very close to zero. If a marginal

difference is there, it is only in the over 60 age group.

Now, it is quite possible to exaggerate the difference between two numbers that are very close to zero, but still that does not make them much larger than zero.

Such exaggerations are common in marketing, and are used to trick people into purchasing certain products over others.

For instance, a newer model of the same phone might claim to have a 5% faster processing speed and some new technical jargon for its display. But for everyday use both phones look identical, and work the same. However, people who spend a lot of money and buy the new model are absolutely convinced they are better placed than the ones who had the old phone.

In simple terms, it means that if we are reasonably healthy and have taken two doses of vaccine, our immune memory has been built up for a lifetime, and we have reduced our post-infection mortality risk to the extent possible. This is through long-lived B cell and T cell memory, which prevent organ damage in the event of an infection. Further reduction in individual infection mortality risk is unlikely to be possible.

Unlike neutralising antibodies, our T cells are not outwitted or fooled by variants, including Omicron. In addition, natural processes like affinity maturation of antibodies improves the quality of our immune response with time.

Although repeated doses of vaccination might temporarily increase antibodies, it might not further improve

a person's chance of surviving - if he or she were to get infected. Thus, we need to focus on preventing infection in every way possible.

It is also true that for 10 weeks after an mRNA booster, there will be a temporary window of protection against infection (and its natural outcomes).

But the question is, are repeated boosters a sustainable strategy? How often can we give ourselves injections to artificially awaken our immune system - when it is already primed by the first two doses? How will that affect our response to a real infection in the future? How much additional protection against severe disease is provided by breakthrough infections? These are unknowns.

6. Needless to add, we now know that vaccines are not very effective at preventing infections or transmission. This fact was outlined in my article "COVID-19 vaccines, separating the facts from hype" of 9 December 2020, published a month before vaccines were launched in India. But we saw the western world launch many flawed campaigns based on the mistaken assumption that vaccinated people will not get infected or transmit. Some of these mandates are now being discarded.



The truth is that sterilising immunity is largely a feature of viruses that spread through blood, for instance Hepatitis B, where the vaccine is near 100% protective. It has not been described in any respiratory virus.

7. Masks save lives. Our focus must remain on the best possible masks and the best possible use of masks, both of which are different entities. The best possible masks are good quality N95 masks which allow us to breathe and talk without impediment at the workplace and other indoor settings.



Human heads are of different shapes as are our noses and jaws, therefore one size or one shape of mask will not fit everyone. Just as there are different sets of clothes for different people, we must have different sizes and shapes of masks for different faces. These are the future directions we must look forward to. I remember ordering a large carton of N95 masks in the beginning of the pandemic, and they were way too small to fit my face. When I asked for larger size, they simply were not available with the vendor.

The fit of the mask is important, as also our protocols for mask removal. Doctors have shared that the moment complacency sets in or we become careless, we have a greater chance of getting infected. There is also anecdotal evidence that people who get infected while being careful, are less likely to be sick; this is most likely because of smaller inhaled dose of virus. There is published evidence in nonhuman primates to prove this point that the lowest inhaled dose of the virus caused almost no illness, whereas higher doses induced more symptomatic disease.

This means that if we are fully vaccinated and continue to be careful, we might get away with a mild illness even if we get infected. On the other hand, if we end up in a place where we are continuously inhaling large amounts of virus without the protection offered by a mask, we could potentially have a more severe infection.

8. Nasal vaccines are being developed, yet none have been proven successful enough to get approval. It is my opin-

ion that it is unlikely that they will ever work a 100%.

This is because it is impossible to achieve lasting mucosal immunity against common respiratory viruses, of which coronavirus are only one group. In other words, these viruses are built to repeatedly infect the respiratory mucosa of their mammalian hosts.

Even in the case of Influenza, which is really a basket of many different viruses, diligent research has confirmed that the same strain could re-infect volunteers in one year. This shows that the first infection - that actually occurred through the mucosal portal of entry - could only protect against reinfection for a few months. It is unlikely that any mucosal vaccine can top that.

Until clear proof is available that such a mucosal vaccine works long-term, this can be considered a near uncertainty. As I mentioned in the beginning, there are many things that we want to believe, but are simply not true.

What lies ahead?

At this point, the reality is that this is a cyclical viral illness which is going to be a continued menace to mankind for a very long time, causing huge disruption of economies and healthcare delivery, continued morbidity and deaths. A look at the latest US COVID-19 death graphs will confirm that.

Unfortunately, we do not have a clear single solution at this point. Multiple strategies have to be continued simultaneously. However, using the available evidence, we can fine tune our approach, so that the damage can be minimised.



ആരോഗ്യകരമായ ഭക്ഷണം

(Healthy Diet)



ഡോ. വെന്നി പി.വി
ഫ്രൈഡസർ & ഫെഡ് ഓഫ് ഡിപ്പാർട്ട്മെന്റ്
കമ്മ്യൂണിറ്റി മെഡിസിൻ
ശ്രീ ഗോകുലം മെഡിക്കൽ കോളേജ്
ഡയറക്ടർ - ഐ.എം.എ സി.ജി.പി കേരള

ശരാശരി മൂന്ന് കിലോയുള്ള നവജാത ശിശു വളർന്നു ഒരു മുതിർന്ന വ്യക്തിയായി മാറുമ്പോൾ ശരീരഭാരവും അതിനോടൊപ്പം കൂടി ശരാശരി അറുപതു മുതൽ എൺപതു കിലോഗ്രാം വരെ എത്തുന്നു. ഈ ഭാരം അത്രയും ആർജിക്കുന്ന നമ്മൾ കഴിക്കുന്ന ആഹാരത്തിലൂടെയാണെന്ന് ആർക്കും തർക്കവുമില്ല. എന്നാൽ എത്രത്തോളം ഗുണകരമായ അല്ലെൽ പോഷക സമർത്ഥമായ ആഹാരമുപയോഗിച്ചാണ് ഈ ഭാരം ആർജിച്ചതെന്നു ആരും ചിന്തിക്കാറില്ല.

വ്യത്യസ്തമായ ആഹാര ശൈലികളാണ് മനുഷ്യൻ സ്വീകരിച്ചുവരുന്നത്. ആഹാരത്തിന്റെ അളവിലും ഗുണനിലവാരത്തിലുമെല്ലാം അജഗജാന്തര വ്യത്യാസമാണ് ഒരു മനുഷ്യനിൽ നിന്നും മറ്റൊരു മനുഷ്യനുള്ളത്. അസുഖം വരാതെ ആരോഗ്യവാനായി ജീവിക്കുവാൻ നമ്മൾ നമ്മുടെ ആഹാരത്തെക്കുറിച്ച് അറിയുകയും അത് നടപ്പുവരുത്തേണ്ടതും അനിവാര്യമാണ്. ജനിതകപരമായ തീരുമാനിക്കപ്പെട്ട പൊക്കത്തിന് അനുസരിച്ചുള്ള ശരീരഭാരം ക്രമപ്പെടുത്തേണ്ടത് ഓരോ വ്യക്തിയുടെയും കടമയാ

ണ്. ഊർജ്ജ അസന്തുലിതാവസ്ഥ പലപ്പോഴും അമിതഭാരത്തിലേക്കോ ഭാരക്കുറവിലേക്കോ നയിച്ചേക്കാം. ഊർജ്ജത്തിന്റെ തുലനാവസ്ഥ നിയന്ത്രിക്കുവാൻ നമ്മൾ ആഹാരത്തിലൂടെ കൊടുക്കുന്ന ഊർജ്ജത്തിന്റെ അളവും നമ്മൾ ഉപയോഗിക്കുന്ന ഊർജ്ജവും പൊരുത്തപ്പെടുത്തേണ്ടതായുണ്ട്. അതിലുപരി നമ്മുടെ ശരീരത്തിൽ നടക്കുന്ന പല പ്രവർത്തനങ്ങളെയും നിയന്ത്രിക്കുന്ന സൂക്ഷ്മ പോഷകങ്ങളും ക്രമപ്പെടുത്തേണ്ടതായുണ്ട്.

ഹോമോസാപിയൻസ് എന്ന ആധുനിക മനുഷ്യൻ ഏഴു ലക്ഷം വർഷത്തെ ചരിത്രമാണ് രേഖപ്പെടുത്തിയിരിക്കുന്നത്. എന്നാൽ കല്ലുകൾ തമ്മിൽ ഉരച്ചു മനുഷ്യൻ തീ ഉണ്ടാക്കിയിട്ടാകട്ടെ മുപ്പതിനായിരം വർഷത്തിന്റെ ചരിത്രവും. മനുഷ്യൻ തീ ഉണ്ടാക്കുന്നതിനു മുന്നേ രൂപകൽപ്പന ചെയ്ത മനുഷ്യൻ ശരീരം ഇപ്പോൾ ഉപയോഗിക്കുന്ന പല ആഹാരങ്ങളും ഉപയോഗിക്കാൻ അനുയോജ്യമാണോ എന്ന് നമ്മൾ പരിശോധിക്കേണ്ടതായുണ്ട്. ഇതിൽ എടുത്തു പറയാനുള്ളത് ധാന്യങ്ങളുടെ അമിതമായുള്ള ഉപയോഗം. കഴിഞ്ഞ അമ്പതു വർഷത്തിൽ ഏറെ ആയില്ല ഇത്രയും ധാന്യങ്ങളുടെ അമിത ഉപയോഗം ഉണ്ടായിട്ട്.

യു.എസ് ഫുഡ് ആൻഡ് അഗ്രിക്കൾച്ചറൽ ഓർഗനൈസേഷൻ (USDA) കാലഘട്ടങ്ങളിൽ ആരോഗ്യകരമായ ഭക്ഷണമെന്നത് പലതരം മാർഗരേഖ വഴി നിർദ്ദേശിച്ചിട്ടുണ്ട്, അതിൽ, ബേസിക് 7 (1943-1956), ബേസിക് ഫോർ (1956-1992), ഫുഡ് ഗൈഡ് പീരമിഡ് (1992-2005),



മൈപിരമിഡ് (2005-2013) എന്നിവയാണ്. ഈ മുൻകാലപോഷകാഹാരഗൈഡുകളുടെ ശുപാർശകൾ സംയോജിപ്പിച്ച് വായിക്കാൻ എളുപ്പമുള്ള ഒരു ഗ്രാഫിക്കിലേക്ക് 2011 ൽ USDA നിർദ്ദേശിച്ചതാണ് "My Plate". USDA വിഭാവനം ചെയ്ത "My Plate" ആഗോളതലത്തിൽ വളരെയധികം ആരോഗ്യവിപ്ലവത്തിനു വഴിയൊരുക്കി.

അഞ്ചു ഭക്ഷണ ഗ്രൂപ്പുകളായാണ് 'മൈപ്ലേറ്റ്' വിഭാവനം ചെയ്തത്. പഴങ്ങൾ, പച്ചക്കറികൾ, ധാന്യങ്ങൾ, പ്രോട്ടീൻ ഭക്ഷണങ്ങൾ, പാലുൽപ്പന്നങ്ങൾ എന്നിവയാണ് ഇവ. എണ്ണകൾ ഒരു ഭക്ഷണഗ്രൂപ്പല്ലെങ്കിലും, അവ ആരോഗ്യകരമായ ഭക്ഷണരീതിയുടെ ഭാഗമായി ഊന്നിപ്പറയുന്നു, കാരണം അവ അവശ്യ ഫാറ്റി ആസിഡുകളുടെയും (essential fatty acids) വിറ്റാമിൻ E യുടെയും പ്രധാന ഉറവിടമാണ്. മൈപ്ലേറ്റിനെ ഏകദേശം 30 ശതമാനം ധാന്യങ്ങൾ, 40 ശതമാനം പച്ചക്കറികൾ, 10 ശതമാനം പഴങ്ങൾ, 20 ശതമാനം പ്രോട്ടീൻ എന്നിങ്ങനെ നാല് ഭാഗങ്ങളായി തിരിച്ചിരിക്കുന്നു. അതോടൊപ്പം ഒരു ഗ്ലാസ് പാൽ അല്ലെങ്കിൽ ഒരു കപ്പ് തൈര് പോലുള്ള ഡയറിയെ പ്രതിനിധീകരിക്കുന്ന ഒരു ചെറിയ സർക്കിൾ.

'മൈ ഹെൽത്തി പ്ലേറ്റ് ഫോർ ദി ഡേ' എന്ന പേരിൽ ഐ.സി.എം.ആർ നാഷണൽ ഇൻസ്റ്റിറ്റ്യൂട്ട്



ഓഫ് ന്യൂട്രീഷൻ രൂപകൽപ്പന ചെയ്ത പ്ലേറ്റ്, ഇന്ത്യക്കാരുടെ ആവശ്യമായ കലോറി അല്ലെങ്കിൽ ഊർജ്ജ ആവശ്യങ്ങൾ നിറവേറ്റുന്ന സമീകൃതാഹാരം നേടുന്നതിന് പ്രതിദിനം കുറഞ്ഞത് 8 ഭക്ഷണ ഗ്രൂപ്പുകളിൽ നിന്ന് മാക്രോ ന്യൂട്രിയന്റുകളും മൈക്രോ ന്യൂട്രിയന്റുകളും ലഭിക്കത്തക്ക രീതിയിലാണ് വിഭാവനം ചെയ്തിരിക്കുന്നത്.

'മൈ ഹെൽത്തി പ്ലേറ്റ് ഫോർ ദി ഡേ' പ്ലേറ്റ് യു.എസ്.എഫ് ഫുഡ് ആൻഡ് അഗ്രിക്കൾച്ചർ ഓർഗനൈസേഷൻ വിഭാവനം ചെയ്ത 'മൈ പ്ലേറ്റിൽ' നിന്നും വളരെ വ്യത്യസ്തമല്ല. ഈ

| Food Group | Subgroups | Sample Foods |
|---------------|------------------------------|---|
| Fruits | Whole Fruit* Fruit Juice* | apple, banana, orange, peach, pear, grapes, watermelon, cantaloupe, pomegranate, strawberry, pineapple, mango, raisins, grapefruit, cherries, raisins, 100% fruit juice, etc. |
| Vegetables | Dark Green Vegetables | broccoli, collard greens, spinach, romaine, etc. |
| | Red and Orange Vegetables | carrots, red peppers, tomatoes, sweet potatoes, etc. |
| | Beans and Peas** | kidney beans, black beans, chickpeas, split peas, lentils, etc. |
| | Starchy Vegetables | white potatoes, corn, green peas, etc. |
| | Other Vegetables | mushrooms, summer squash, iceberg lettuce, avocado, etc. |
| Grains | Whole Grains | whole wheat bread, brown rice, popcorn, oatmeal, etc. |
| | Refined Grains | pretzels, English muffins, corn tortilla, grits, regular pasta, etc. |
| Protein Foods | Seafood | salmon, tuna, trout, tilapia, sardines, herring, mackerel, shrimp, crab, oysters, mussels, etc. |
| | Meat, Poultry, and Eggs | beef, chicken, turkey, pork, eggs, etc. |
| | Nuts, Seeds, and Soy | nuts, nut butters, seeds, soy products, etc. |
| Dairy | Milk and Yogurt* Cheese* | milk, yogurt, kefir, cheese, cottage cheese, calcium-fortified soymilk, etc. |

*While the Fruits Group and Dairy Group do not technically have subgroups, the 2015-2020 Dietary Guidelines for Americans recommend that Americans consume more whole fruits than fruit juice and more milk and yogurt than cheese. Whole fruit includes fresh, canned, frozen, dried, cut-up, and pureed fruit.

**Beans and peas can be considered part of the Vegetables Group or Protein Foods Group. They include key nutrients from both food groups.

Note: Americans are encouraged to choose foods in their most nutrient dense forms and to drink and eat less sodium, saturated fat, and added sugars. For example, in the Protein Foods group beef, chicken, turkey, and pork should be lean or skinless. Choices from the Dairy group should be low-fat or fat-free. And for canned vegetables, choose low sodium or no salt added options.

രണ്ടു പ്ലേറ്റ് ഡിസൈനിംഗും ഒരു കാര്യം വ്യക്തമായി പറയുന്നു നമ്മുടെ ഫുഡ് പ്ലേറ്റിൽ പകുതി ഭാഗം പച്ചക്കറികളും പഴവർഗങ്ങളും ആകണമെന്നത്.

ഐ. സി. എം. ആർ രൂപകൽപ്പന ചെയ്തിരിക്കുന്ന 'മൈ പ്ലേറ്റ്' ഇന്ത്യക്കാർക്കുള്ള ശുപാർശിത ഡയറ്ററി അലവൻസുകളുടെ (ആർ.ഡി.എ) മാർഗ്ഗനിർദ്ദേശങ്ങളുടെ അടിസ്ഥാനത്തിലാണ് പ്ലേറ്റ് രൂപകൽപ്പന ചെയ്തിരിക്കുന്നത്, വ്യത്യസ്ത ഭക്ഷണ ഗ്രൂപ്പുകളിൽ നിന്ന് സമീകൃത ഹാരം നേടുന്നതിന് ഉതകുന്ന രീതിയിലാണ് ഈ ഭക്ഷണം ക്രമപ്പെടുത്തിയിരിക്കുന്നത്.

ഐ. സി. എം. ആർ നിർദ്ദേശപ്രകാരം, സമീകൃത ആഹാരമെന്നാൽ, മൊത്തം കലോറി യുടെ 50 മുതൽ 60% കാർബോഹൈഡ്രേറ്റിൽ നിന്നും, 20 മുതൽ 30% കൊഴുപ്പ്/എണ്ണകളിൽ നിന്നും, കുറഞ്ഞത് 10 മുതൽ 15% പ്രോട്ടീനുകളിൽ നിന്നുമാണ് ലഭിക്കേണ്ടത്. 'മൈ പ്ലേറ്റ്' ഡയറ്റ് പ്രകാരം പ്രോട്ടീനിൽ നിന്നും 13.5% കലോറി, കൊഴുപ്പിൽ നിന്ന് 29 % കലോറി, കാർബോഹൈഡ്രേറ്റിൽ നിന്ന് 56% കലോറിയാണ് ലഭിക്കുന്നത്. ഇതിൽ പലപ്പോഴും തെറ്റിദ്ധരിക്കപ്പെടുന്നത്, ഒരു പ്ലേറ്റിൽ 50-60% ധാന്യങ്ങൾ വേണമോ എന്നതാണ്. ഇതാണ് പലപ്പോഴും പല ആരോഗ്യപ്രശ്നങ്ങളിലേക്കും തളളിവിടുന്നത്. ഒരു പ്ലേറ്റിൽ 25-30% വരെ മാത്രം ധാന്യങ്ങളും ബാക്കിയുള്ള കാർബോഹൈഡ്രേറ്റ് പച്ചക്കറിയിൽനിന്നും പഴവർഗങ്ങളിൽ നിന്നുമാണ് നൽകേണ്ടത്. ധാന്യങ്ങൾ ഉപയോഗിക്കുമ്പോൾ അതിൽ പകുതിയെങ്കിലും മുഴുവൻ ധാന്യം (whole grain) ആകാൻ ശ്രദ്ധിക്കേണ്ടതാണ്.



ശരീരഭാരവും ചെയ്യുന്ന ജോലികളുടെ തോതും അനുസരിച്ചുവേണം ഒരാൾക്കുള്ള ആഹാരം (കലോറി) എത്രവേണം എന്നത് തീരുമാനിക്കാൻ. ശരീരഭാരം കുറയ്ക്കുവാൻ ഒരു കിലോ ഗ്രാം ശരീരഭാരത്തിനു 20 കലോറി എന്ന കണക്കിലും ശരീരഭാരം അതേപോലെ നിലനിർത്താൻ ഒരു കിലോയ്ക്കു 30 കലോറി കണക്കിലും ശരീരഭാരം കൂട്ടുവാൻ ഒരു കിലോയ്ക്കു 40 കലോറി എന്ന കണക്കിലും ആഹാരം ക്രമീകരിക്കണം.

ആഹാരം ആണ് മനുഷ്യന്റെ ശരീരം, അത് എന്ത് ആഹാരം കൊടുത്തുകൊണ്ട് സംരക്ഷിക്കണമെന്ന് നമ്മൾ തീരുമാനിക്കണം. ക്രമീകരിച്ച നല്ല ഭക്ഷണം ആരോഗ്യവും അതിലൂടെ ആയുസും ആനന്ദവും ലഭിക്കുന്നു.

മൈപ്ലേറ്റ് ഡയറ്റിനെ യഥാർത്ഥ പ്രായോഗിക പതിപ്പാക്കി മാറ്റുകയാണെങ്കിൽ, ഇതായിരിക്കാം;

പ്രഭാതഭക്ഷണത്തിന്: ഒരു ചപ്പാത്തി/ദോശ/അപ്പം + രണ്ട് പുഴുങ്ങിയ മുട്ട + അര പ്ലേറ്റ് പച്ചക്കറികളും പഴങ്ങളും.

ഉച്ചഭക്ഷണത്തിന്: ഒരു ചപ്പാത്തി/ഒരു ചെറിയ കപ്പ് ചോറ്/ ഒരു ചപ്പാത്തി + 20% പ്ലേറ്റ് മത്സ്യം/മാംസം/പയറു വർഗ്ഗങ്ങൾ + അര പ്ലേറ്റ് പച്ചക്കറികളും പഴങ്ങളും.

അത്താഴത്തിന്: ഒരു ചപ്പാത്തി/ഒരട്ടി/ദോശ + 20% പ്ലേറ്റ് മത്സ്യം/ ഇറച്ചി /പയറു വർഗ്ഗങ്ങൾ + അര പ്ലേറ്റ് പച്ചക്കറികളും പഴങ്ങളും.

രാവിലെ 10 മണിക്ക് ലഘുഭക്ഷണം: കുറച്ച് സലാഡുകൾ

വൈകുന്നേരം 4 മണിക്ക് ലഘുഭക്ഷണം: കുറച്ച് നട്ട്സ് (4 അല്ലെങ്കിൽ 5 അല്ലി). ഒരു ചെറിയ കപ്പ് തൈർ അല്ലെങ്കിൽ മറ്റു പാൽ ഉൽപ്പന്നങ്ങൾ ചേർക്കാവുന്നതാണ്, പ്രത്യേകിച്ച് സസ്യഭുക്കുകൾക്ക്.

DOES OUR TREATMENT HISTORY LACK SOMETHING?



Dr T Suresh Kumar

Chief Editor

IMA Nammude Arogyam

(Monthly health magazine published by IMA)

All of us are aware that history taking is the most important task in the clinical examination of a patient.

History of the presenting complaints, past history, the treatment history, the family history..... all these have a connect with the final diagnosis we arrive at the end of the clinical examination.

I am now drawing your attention to only the treatment history which has assumed a significant role in the causation and clinical course of many illnesses.

Usually we ask the patient about the treatment, mainly the drugs he/she has taken for the past or the present ailments and we

list out the same often as a very customary exercise.

But as Clinicians, do we have any idea about the treatment he/she has taken from other systems of medicine ?

We may mention, he/she took Ayurvedic/homeo/Sidha treatment for some time without much response and stopped it etc, etc.

Is it enough in the present settings?

We should be aware of the fact that a lot of developments are happening in other sys-



tems of medicine and a large population is taking medications of other systems of Medicine for trivial conditions to major diseases.

For example, Ayurveda system has almost undergone a sea change in the manufacturing process of their medicines. In the older times they had prepared medicines customizing to the needs of their individual patients. Now they started manufacturing medicines at large scales, from handmade to mechanical modes. Naturally the ingredients also changed accordingly.

It is a widely known fact that they started adding synthetic chemicals and even modern medicine drugs in their preparations. Likewise, they modernized their preparations in the form of tablets, capsules etc (For our luck, they haven't started injectable preparations).

On another front, Sidha people have been using heavy metals in their preparations. They have also changed their modes of preparations from manual to machine. Heavy metals like lead, mercury etc are dangerous ingredients as far as we know. But they claim that the ill effects of such poisonous substances are nullified through various processes mentioned in their holy books dating back to Jambavan.

But then, who supervises or ensures that the final products are safe for human consumption?

Likewise, we recently saw what our Homoeopathic friends use Arsenicum as a preventive drug for the Covid 19.

They claim that they are using the medicine in high dilutions. Who measures the dilutions? If the dilutions are faulty? Arsenicum is a metalloid which is not at all required for the body. If it's consumed, it can cause deleterious effects, physically and not spiritually !!



The point I intend to highlight here is that the drugs manufactured and consumed largely by the people of this country, are Greek and Latin to us and even to the Drugs Controller !!

Normally, our treatment history should reveal whether the patients have been consuming such drugs of other systems of Medicine for a long time.

Could this probably be the cause or course of the illness ?

Are we aware of the pharmacology of these stuff? Should we not know it to think in those lines and make a more scientific approach to arrive at a rational conclusion ?

Moreover, we have to make a search for the details of the drugs the patient has been consuming and if needed, analysis of the contents has to be done in a nearby chemical lab.

If all of us in Modern Medicine start such practice, the manufacturers and prescribers of such drugs would get alerts that we are probing their medications for proving its safety in human beings and its' ill effects.

I think it's high time we started analysing the treatment history in its vast perspectives in the light of more incidences of life style diseases and their varied kinds of complications and presentations.

CCLS MEETING



IMA Perinthalmanna and ISA Malappuram City Branch conducted a meeting on CCLS IRC guidelines on Resuscitation at MES Medical College, Perinthalmanna on 07.01.2022 (online) & 09.01.2022 (offline).

MANAGING COMMITTEE MEETING



WOMEN DOCTORS WING

The tiara of IMA



Dr Kavitha Ravi

Hony. Secretary
National IMA WDW

The Women Doctors wing was formed by the National IMA HQ with the following objectives.

- To bring together the women members of Indian Medical Association under the banner of IMA Women Doctors wing.
- To encourage women doctors to take keen interest in community welfare activities, particularly education, health camps, immunization centers etc.
- To maintain the honour and dignity of the women doctors and their welfare.
- To cooperate with other agencies in all matters related to or connected with the upliftment of women doctors in India regarding their education, social status and service conditions.
- To encourage women in India to opt for advance medical and allied sciences in all their different branches and to promote the improvement of health of women and children in India
- To involve women doctors in all the activities of IMA and to ensure their participation in organising an effective health care delivery system or restructuring the same to meet the National Health needs.

➤ To organise seminars and meetings to discuss the problems of women doctors. Particularly their service conditions and conditions to practice as well as to improve their professional knowledge and skill and administrative capabilities.

At IMA KSB, 62 IMA branches have formed the WDW with a Chairperson, Secretary and a 10-15 member executive.

As per the constitution, any IMA Branch with 15 women members can form a unit of the WDW.

It is a fact that all these branches with WDW have geared up their activities with more vibrancy and many innovative projects with the involvement and active participation of the women.



Many talents and leaders were identified and brought to the forefront of activities.

The Kerala WDW is one of the most active branches in the country and have bagged many awards

We focus on the following programmes-

WOMEN'S HEALTH PROGRAMMES FOR THE MEMBERS AND PUBLIC

- Cancer Screening- SWAYAM Project for sensitising and screening for Cervical and Breast Cancer



- Health awareness sessions and medical camps, healthy food habits and exercise programmes, self defense classes, financial management, smart phone applications, cyber crime awareness, sessions against violence towards women and promoting ME time.

AWARENESS CLASSES in Schools and Residents associations on topics such as :

- a) Healthy food habits
- b) Monsoon diseases
- c) Hygiene and Sanitation
- d) Cyber crimes
- e) MISSION MUKTHI {about substance abuse}
- f) good touch,bad touch



- Adolescent Health programmes through National IMA Mission Pink Health project.
- Promote publicity on health related subjects through media and articles
- Promote and participate in State IMA's projects.



KGMOA Protest & Dharna

04th of January witnessed a mass Protest and Dharna in front of the Govt. Secretariat by Government Doctors.

The protest and Dharna was organized by Kerala Govt. Medical Officers Association. This was to show their anguish over the negligent attitude shown by the Govt. in rectifying the irregularities and mistakes of 11th Pay Commission.

At 10.30 Doctors assembled at Martyr's Column at Palayam and paid homage to the Covidmartyrs who sacrificed their life. Doctors from Trivandrum to Kasaragod participated in the Dharna and Protest. Protest march was inaugurated by KGMOA State President Dr. G S Vijayakrishnan.

IMA State President Dr. Samuel Koshy, State Secretary Dr. Joseph Benaven and representatives and leaders of other organization like KGIMO, KGMCTA and other leaders of KGMOA were present and addressed the Protest & Dharna.



MISSION PINK HEALTH

IMA Kerala State

NORTH ZONE

THALASSERY

Dr. Mini Balakrishnan attended the National MPH Meeting.

01.01.2022: Dr. Mini Balakrishnan gave an Adolescents Health Awareness Class for Students of Sacred Heart High School as part of NSS Camp.

08.01.2022: Dr. Mini Balakrishnan & Dr. Shyju P gave a Gynae Awareness Class for the SHE CAMP held at GVHSS Koduvally.

12.01.2022: As a part of National Youth Day, IMA Thalassery conducted an Awareness Class on "Drug Abuse in Youth" conducted at Brennen College Thalassery. Mr. Suresh Kumar, Retd Excise Commissioner inaugu-

rated the Programme. Awareness Class on Drug Abuse in Youth by Dr. Sajeev Kumar P B.

15.01.2022: Conducted a Vaccination Camp for Front Line Workers including Nursing Students in connection with the IMA Community Service Day.

16.01.2022: An awareness class on Mathrubhumi News regarding Remedy for Psoriasis by Dr. Anju Devaraj.

24.01.2022: National WDW conducted a Poster Competition on Save the Girl Child in connection with National Girl Child Day & a talk on Empower girls for better tomorrow" by Dr. Radhika Aravind.

23.01.2022: A webinar on "NATIONAL GIRLS CHILD DAY CELEBRATION" inaugurated by Dr. Rajalakhmy K (State WDW Chairperson). Words of wisdom by Dr. Ranjeswari, Smt. Nandini Pradeep and Dr. S.S. Susna Ranjith had spoken on "Its OK Girls!" and Unmasking skin myths "respectively.

31.01.2022: Hosted the State Level Inauguration of Mission Pink Health Kerala. Flag Salutation done by Dr. Rejina Dilnath (Vice President IMA Thalassery), welcome address given by Dr. Mini Balakrishnan (President IMA Thalassery & Convener MPH). Dr. Samuel Koshy (State President IMA) presided the function. MPH Chairperson Message by Dr. Ajitha P N, Smt. Veena George (Hon'ble Health Minister) inaugurated the function. Key note address was given by Dr. Divya Saxena (National MPH chairperson) followed by address by special guest Adv. Manoj



Kumar (Chairman Kerala State Commission for Protection of Child Rights), Dr. PT Zachariah (IPP), Dr. Joseph Mani (National VP), Dr.T.N.BabuRaveendran (Past national VP),Dr.Surendra Babu (NZ VP), Dr Joseph Benaven (State Secretary), Dr.Rajalekshmi (State WDW chairperson) and Dr. Rajeswari Amma (Past state MPH Secretary) spoke



at the event. Vote of thanks was proposed by Dr.Aravind C Nambiar(Secretary IMA Thalassery) followed by a Webinar on "Mission Pink Health Project Presentation" by Dr.Mini Balakrishnan and "Covid and Psychological issues in Children" by Dr. Krishna Kumar and "Drugs and Addictions in Children" by Dr.Suresh Kumar.

VATAKARA

24.01.2022: National Girl child day was celebrated. An Educative session as an interactive class was conducted on "Stress Management in Adolescent Girls" on Google meet for the students of St. Antony's Girls High School, Vatakara.

Video Compilation on "Proud to Have a Girl Child" was conducted among the group members.

MALAPPURAM

Woman Doctor's Wing IMA Malappuram conducted a cancer awareness class by Dr. Sruthi Sreedhar in District Cooperative Hospital Malappuram in front of gynaecology OP for Nursing students, nursing staff and bystanders as a part of World Cancer Day with emphasis on gynaecological malignancies.

MID ZONE

THRISSUR BRANCH

16.01.2022: HPV Vaccine on campaign was conducted in Govt. Medical College Thrissur with Co-operation from college Union Girl Up Mithra Club, Thrissur OBG Society.

17.01.2022: Sustainable Menstrual on campaign in GMC Thrissur conducted by medical students. Awareness class about menstrual cup and reusable menstrual pads given for mothers and girls.

NORTH PARAVUR

15.01.2022: A talk on cancer awareness was conducted on adolescent HPV Vaccine in Karavelipadi GH on the Palliative Care Day.

24.01.2022: On behalf of IMA Paravur MPH conducted an interactive session with girl students of +1 class at Govt Boys HS North Paravur regarding Anaemia prevention recognition correction and adolescent health issues sexuality menstrual hygiene, vaccination online media impact and POCOS by Dr. Swapna Bhaskar.

THODUPUZHA

06.01.2022: Class on the Prevention of Life style diseases in Adolescent children at Dr.APJ Abdul Kalam HSS,Thodupuzha for the higher secondary school teachers.

22.01.2022: A class on all theatre day in Emergency Department was conducted by Dr.Johnson.K Varghese.

KOTTAYAM

28.01.2022: MPH Programme in connection with National Girl Child Day 2022 an online awareness class on healthy food and menstrual hygiene was conducted for ICDS of Thodupuzha by Dr. Nisha Krishan.

MADHYA KERALA

31.01.2022: Mission Pink Health - Dr. S. K. Rajeswari Amma felicitated the state level inauguration of IMA Mission Pink Health hosted by IMA Thalassery, in association with Child Rights Commission.

SOUTH ZONE

DESINGANAD

An interactive online session for Healthline worker students of TEM VHSS Mylode, Kollam on MTP and Safe abortion procedures by Dr.Reena.

12.01.2022: An online expert interactive session on MTP and safe abortion techniques for second year frontline health worker students of VHSE, Achankovil.

24.01.2022: Observed the National Girl child day session by Dr.Sobhaon nutrition and to spread the importance of 'Welcome the girl child' an aim of mission Pink Health for the students and parents of Devivilasm UP school, puvattoor.



KAZHAKKOOTTAM

24.01.2022: An Awareness class on Menstrual Hygiene by Kazhakoottam branch of Thiruvananthapuram District presided by Dr.Syamlal, President, IMA Kazhakoottam branch addressed the students and teachers of Govt. Higher secondary school, Kazhakuttom. The keynote address was by Dr.Ajitha, State Coordinator, MPH. She talked about the issues faced by the girl child in the different facets of life and about the importance of women empowerment starting from childhood. Awareness Class on Menstrual Hygiene by Dr.Thanooja S& discussed about the physiology of menstruation, common problems associated with menstruation, menstrual hygiene and nutritional requirements of adolescents. Dr.Bindusha. S, MPH Co-ordinator, Kazhakuttom delivered the



concluding remarks.

NEMOM



24.01.2022: Conducted an Interactive Session in connection with National Girl Child in association with Government Girls Higher Secondary School Malayinkeezhu inauguration by Dr.K M Chandini Devi & a Talk on Empowering Girls for brighter tomorrow by Dr. Swapna S Kumar (Convenor MPH).

25.01.2022: Observed National Girl Child Day in St.Mary's School Pappancode & an interactive session on Empowering girls for a brighter tomorrow by Dr.K M Chandini Devi, Chairperson WDW & Dr.V Mohanan Nair was the Chief Guest.

WOMEN DOCTOR'S WING

IMA Kerala State

IMA WDW Kerala State installation of new office bearers.

24.01.2022: IMA WDW general body meeting and installation of new office bearers on zoom platform inaugurated by State President Dr. Samuel Koshy and presided by Dr. Kavitha Ravi. State Secretary Dr. Joseph Benavenand many State and National leaders felicitated the function.

24.01.2022: Observed National Girl Child Day at state level meeting, keynote address by Miss. Dhanya Ravi, famous content writer and disability evangelist followed by an interactive session on difficulties faced by girls.



Dr. Hema Francis presented the topic on "Menstrual Hygiene" and a talk on understanding Gender and Stereotypes by Shri. Namitha Teresa.

Presentation was followed by open interactive session wherein the students participated very actively and queries of the students were addressed. There was a feedback session after the talk where a few students gave their opinion about how they benefitted from the class.



NEDUMANGAD

IMA Nedumangad and WDW in association with Unnat Bharat Abhiyan, IISER Thiruvananthapuram and Iqbal HSS, Peringamala observed National Girl Child Day through Google Meet. The meeting was presided by Dr. Mohammed Asharaf, President IMA Nedumangad who also delivered the welcome address.



NEMOM

18.01.2022: In connection with the observance of National Day of Girl Child & conducted Essay writing competition in St. Mary's School on "Rules in our country exclusively for the upliftment of women" and "Rights and Opportunities for women in India".

24.01.2022: In connection with the obser-

vance of National Day of Girl Child, Interactive session on "Empowering Girls for a brighter tomorrow" in Government Girls Higher Secondary School.

25.01.2022: In connection with the observance of National Day of Girl Child, interactive session on "Empowering Girls for a brighter tomorrow" for the students of St.Mary's School, Pappanamcode.

28.01.2022: Cancer Cervix Awareness programme at NIMS Dental College- Under the "Swayam" Project of WDW.

KAZHAKOOTTAM

08.01.2022:Dr. Chitra L R is selected as the charge Officer, Covid Laboratory testing TVM.

23.01.2022:Dr. Rajathilakam N K Participated in a phone in program in Dooradarshan on Covid and Respiratory system.

KOLLAM

27.01.2022: Conducted an awareness class on HEALTH & HYGIENE through google meet.

In House Blood donation camp

13.01.2022: Kerala Event Management Association-11 donors

Outstation blood donation camps

16.01.2022:Meenadu LPS, Chathanoor-31 donors.

29.01.2022:Kristuraj HSS, Kollam - 44 donors.



DESINGANAD

04.01.2022: Celebrated 15th branch anniversary & reception to State President Dr. Samuel Koshy & State Secretary Dr. Joseph Benaven. State President Dr. Samuel Koshy inaugurated new Reading/Library room & handed over Rs. 1,00,000/- to the State Secretary Dr. Joseph Benaven towards the Covid Martyrs fund, IMA KSB

08.01.2022: Conducted awareness class on Safe Abortion procedures at V.H.S.S Arkanoor by Dr. Reena N R.

09.01.2022: Conducted webinar on MTP & Safe Abortion Procedures for front line health worker student in association with T.E.M.V.H.S.S, Mylode, Kollam by Dr Reena N R.

24.01.2022: Observed National Girl Child Day & Conducted class on Nutrition by Dr. Sobha K.

25.01.2022:Executive meeting.

26.01.2022: Republic Day celebrated.

30.01.2022: Attended Managing Committee of Schemes at IMA Headquarters, Trivandrum.

THALASSERY

08.01.2022: Cervical Cancer Awareness month in association with Malabar Cancer Care Society, conducted a medical camp at Sree Narayana Vaayanshala, Kuttimakkool, Thalassery. Dr. Mini Balakrishnan IMA president and WDW member gave an awareness class and conducted a Free Medical Camp.



08.01.2022: A free Medical Camp held at Kuttimakkol, Thalassery inaugurated by Mrs. Anu Kumari IAS, Sub Collector of Thalassery.

08.01.2022: She Camp - Dr. Mini Balakrishnan IMA President and WDW Member along with Dr. P Shyjus gave a Gynaec Awareness Class for students at GVHSS, Koduvally. Students actively participated by asking questions.



Talk by Dr.Radhika, Vice Chairperson of WDW taking a session on National Day of Girl Child at P R Memorial HSS, Panoor.

12.01.2022: Observed National Youth Day.

17.01.2022: Health Awareness class was conducted by Dr. Geetha Mekoth at Sree Narayana Vayanshala, Pinarayi, Thalassery.

23.01.2022 National Girl Child Day Webinar inaugurated by Dr.Rajalakshmy K (State

WDW Chairperson) Words of wisdom Dr. Rajeswari (National Vice Chairperson, South Zone Coordinator).

Be Bold: topic of 'It's Ok, Girls' was dealt with by Smt. Nandini Pradeep & spoke about the importance of girls' education, self-confidence and empowerment.

Be Beautiful: Topic 'Unmasking Skin Myths' was skilfully presented by Dr.Susna Ranjith & spoke about Common Skin and hair problems in adolescence and their remedies.

24.01.2022: National Girl Child Day- Poster Presentation on Save a Girl Child Day was conducted for the children of IMA members

Media Movements

16.01.2022: Dr. Anju Devaraj gave awareness class on Mathrubhumi News regarding Remedy for Psoriasis.

26.01.2022 - Article written by Dr. Sini. P (Manorama Arogya Maasika).

30.01.2022: Dr. Mini Balakrishnan gave an awareness class on Kairali T.V regarding Covid Precautions of Pregnant ladies.

Heritage Run: Heritage Run promoted by Tourism promotion Department was inaugurated by Kannur IG Sri. Ilanko and



Thalassery IMA, Sub Collector Mrs. Anukumari IAS. Dr.Mini Balakrishnan(IMA President) and Past President Dr.Rajeev Nambiar were honoured in the ceremony by giving medallions and they have honoured IMA by presenting a memento depicting the Clock Tower. New Year Celebration - Due to Covid regulations on our New Year Day, We had our New Year Celebration on 5.01.2022.

12.01.2022: General Body Meeting of WDW on Zoom Platform. Attended WDW Online Installation ceremony.



MALAPPURAM

02.01.2022: New Year Celebrations.

15.01.2022: Palliative Care day-IMA Malappuram handed over Rs 1,03,250/- to Malappuram pain and palliative clinic. The amount was collected from IMA and WDW members.

24.01.2022:

WDW Malappuram HQ, MPH conducted Mental Health awareness class in connection with National Girl Child Day.

26.01.2022: Republic day Celebrations by flag hoisting.



KOTTAKKAL

21.01.2022: Cervical Cancer Awareness Program by Dr. Remya Bineesh conducted for Staff of Aster MIMS Kottakkal.



NATIONAL GIRL CHILD DAY 2022 OBSERVATION

25.01.2022: WDW of IMA Kottakkal conducted Online meeting for students of Mercury Academy on Adolescent Girl Nutrition by Dr. Rajeswari.

MULAMKUNNATHUKAVU

23.01.2022: With the aim of sharing public awareness videos by our members, a Facebook and an Instagram page was created.

Instagram: https://www.instagram.com/p/CZV6fS6L-Gvu/?utm_medium=copy_link

Facebook: <https://www.facebook.com/109295264989839/posts/114700217782677/>

24.01.2022: Public awareness talk on Rights of Girl Child was done by Dr.Keerthy Rajesh on National Girl Child Day and was uploaded in the pages. Attended the online meeting of Installation of Office bearers organized by State WDW.

KOZHIKODE

08.01.2022: Dr.Mili Moni participated and gave talk on sportsman spirit in Kozhikode district chess championship 2022.

14.01.2022: A talk on New Generation Drug Use by Dr. P N Suresh Kumar. The programme was done in association with Thanal.

16.01.2022: WDW Secretary Dr.Prathyusha had participated State Meet JDN.



24.01.2022: Observance of National Girl Child Day 2022. WDW for the first time in history brought a Trans-woman as chief guest. Ms Sanjana Chandran National Award Winner in Bharathanatyam gave an excellent motivational speech to the members.

25.01.2022: Dr. Vidhu Ashok gave a class on menstrual hygiene for +1 and +2 students of RECGHSS in association with IAP and AHA.

27.01.2022: General Body Meeting.

CHENGANNUR

Conducted covid awareness class for the students of NSS MHSS inaugurated by the Ward Councillor Ms. Mini Sajan, and the class was led by Dr. Sherly Philip, Vice Chairperson Kerala Women's doctor's wing.

24.01.2022: WDW TVPM Executive member Dr.Vidya Vimal conducted health awareness sessions on National Girl Child Day. National Girl Child Day was celebrated by WDW TVPM in association with IAP Tvm with health awareness talk.

ALAPPUZHA

16.01.2022: Participated in Christmas & New Year celebration.

Participated in monthly Academic Programme & Family house boat trip on "COVID – 19 in 2022" by Dr.B.Padmakumar.

27.01.2022: Aster Medicity in association with IMA Alappuzha – Webinar on Role of Interventional Radiology in Clinical practice by Dr.Rohit.P.V.Nair& a Theatre day in Emergency department by Dr.Johnson. K. Varghese.

MADHYA KERALA

05.01.2022: An awareness class on Cervical Cancer by Dr. Sunitha Daniel in association with Inner Wheel Club of Cochin West and Karkinos Healthcare at Palliative Care Unit of General Hospital. Risk assessment and HPV screening was conducted for all women who attended the session.

11.01.2022: Awareness on Infant and Young Child Nutrition by Dr.Liza Thomas talked on baby friendly hospital initiative to postgraduate students of Food Science and Nutrition.

24/01/2022: Observed National Girl Child Day, gave an awareness lecture at National Girl Child Day Celebration of WDW IMA Thalassery.

COCHIN

We are continuing our digital togetherness during this new year and celebrated it enthusiastically in our WIMA group due to strict

COVID restrictions.

15.01.2022: A talk on cervical cancer awareness Dr Gracy Thomas.



Dr.Mumtaz Khalid Ismail had given a talk on problems and consequences of FAD diet such as Keto,Atkin, Zero and Paleo.

Webinar was organised on National Girl Child Day forempowering girl child for a better tomorrow by Dr MumtazKhalid.

20.01.2022: WDW IMA Kochi couple photo contest.

25.01.2022: Commemorating National girl child Day, selfie with a girl child contest was



organised by WDW IMA Kochi.

27.01.2022: Monthly WDW IMA Kochi meeting.

Scientific sessions

1.Dr.Shivadas gave a talk on "Covid vaccination and measures to protect your family in

covid times”.

2. Mr. Pradeesh Narayanan gave a talk on “Hydrogen peroxide an auspice to mankind and its role in covid infection”.

3. Dr. Nadini, Consultant Dermatologist gave a talk on “Skin care tips and how to deal with common issues faced in winter”.

Trekking on India Nepal border with view of Kanchenjunga peaks.

KASARAGOD

24.01.2022: Selfie competition in connection with National Girl Child day with the favourite girl child with appropriate captions.

24.01.2022: A talk on an importance of educating girl child.

25.01.2022: A talk on child abuse was organized for school students teachers and IMA family on zoom platform.



THODUPUZHA

06.01.2022: Class on Prevention of life style diseases in Adolescent children at APJ Abdul Kalam high school, Thodupuzha.

22.01.2022: A Theatre day in Emergency department by Dr. Johnson K Varghese.

PERUMBAVOOR

01.01.2022: New Year Celebrations.

15.01.2022: The New Year celebration of IMA Perumbavoor.

26.01.2022: The Republic day celebration.

27.01.2022: As a part of National Girl Child Day, a webinar on 'Empowering girls for a brighter tomorrow' in association with Soroptimist International, Kochi and IMA Perumbavoor for the students of St Albert's College, Aluva via Google meet.

PERINTHALMANNA

09.01.2022: ACLS programme for doctors at MES Medical College.

12.01.2022: Seminar for youth was conducted in connection with National Youth Day.

13.01.2022: Class on menstrual period by Dr. Kochu S Mani and Dr. Aswathy.

13.01.2022: An awareness session was given to students of Govt girls Higher Secondary School Perinthalmanna on “know everything about menstrual period” by Dr. Aswathy Govind.



16.01.2022: Different programme were conducted in connection with Palliative Day.

24.01.2022: Interactive session was conducted for young girls in connection with National Girl Child Day.

25.01.2022: Awareness talks on childhood and sexuality by Dr. Bindu & Awareness article on omicron by Dr. Soumya Sathyan.

Dr Soumya Sathyan, Consultant Physician, Moulana Hospital, Perinthalmanna published an article on the new covid variant OMICRON on the face book page. The article was

meant for the public, to create awareness about Omicron.

Dr. BINDU, Neonatologist, MES Medical College perinthalmanna conducted many classes and question and answer sessions on childhood sexuality, and care on new born on you tube.



24.01.2022: Installation of new state office bearers.

26.01.2022: Republic Day Celebrated



Dr. Kochu S Mani received an award from Malabar souhrudavedi for her service in the field of health.

VATAKARA

10.01.2022: General Body Meeting.

24.01.2022: National Girl child day.

An interactive class on "STRESS MANAGEMENT IN ADOLESCENT GIRLS" on Google meet for the students of St. Antony's Girls High School, Vatakara.



Video Compilation on "Proud to Have a Girl Child" was conducted among the group members.



BRANCH ACTIVITIES

January 2022



1. ADOOR

Executive committee meeting conducted. The various plans and activities for the month were discussed.

2. ALAPPUZHA

02.01.2022: Christmas and New Year celebration with cultural programs from family members.

09.01.2022: Attended State Action Committee Meeting & Epidemic cell meeting.

10.01.2022: Condolence meeting.

16.01.2022: Monthly Academic program conducted in a houseboat as floating CME on Covid in 2022 by Dr B.Padmakumar.

26.01.2022: Executive Committee meeting to discuss about membership campaign.

27.01.2022: Death benefits of IMA schemes handed over to the nominee. Conducted a CME on Role of interventional CME in clinical practice.

28.01.2022: Attended the State Action Committee meeting of IMA.

3. AMALA NAGAR

Branch conducted TOT Programme.

4. ANCHAL

13.01.2022: Christmas and New Year Cele-

brations and family get together

17.01.2022: CME on balance disorders by Dr.Prabhash.

5. BALUSSERY

22.01.2022: Attended the District Committee Meeting held at Calicut.

31.01.2022: Online General Body Meeting and formed Membership promotion committee.

6. CHANGANASSERY

06.01.2022: Paid homage to one of the Past State President and Branch President Dr. Samuel Krishnamoorthy.

7. CHATHANNOOR

Conducted an online CME on financial management for doctors by Kollam HDFC branch.

8. CHENGANNUR

13.01.2022: Christmas and New Year celebration.



9. CHERTHALA

11.01.2022: General Body meeting. The CME session by Dr. Sangeetha Joseph on Multisystem Inflammatory Syndrome in Children & Dr. Unnikrishnan Kartha delivered a comprehensive session on "Sensitization of Leptospirosis and Pediatric COVID for Private Sector Doctors."

09.01.2022: An overview of the IMA Kerala Action Committee on tackling the "Violence



against doctors" & discussed about how to prevent violence, how to tackle on going violence and what to do after violence has occurred. Also discussed on the importance of district-level coordination and the support of IMA provides in legal matters such as FIR registrations and other issues.

10. CHERUKUNNU

03.01.2022: General body meeting on zoom platform & appreciated state leadership for announcing a discount in H F C and all the Members offered all help to make membership campaign success.



11. CHIRAYINKEEZHU

07.01.2022: General Body meeting & CME on recent developments in management of covid 19 by Dr Raveendran Nair.

15.01.2022: Observed world palliative day by giving Covishield booster doses to palliative patients & awareness class given to

the caretakers of palliative patients.

12. COCHIN

01.01.2022: Training on Basic Life Support by Dr Haneesh Meerasa to students of St Teresa's College Ernakulam.

06.01.2022: A Lecture on Post Covid in The UNICEF –IMA CME series and a talk on Omicron for the general public on 16th January.

12.01.2022: The Monthly Executive Committee meeting.

20.01.2022: Cochin Clinical Society meeting in the online platform attended by the President and Secretary. The Honourable Mayor of Cochin Corporation and gave suggestions on how to effectively control the pandemic which was well taken up by the audience

24.01.2022: The monthly Senior Doctor's Forum on zoom platform & a talk on COPD.

26.01.2022: Observed Republic Day by hoisting The National Flag followed by Pa-



rade and distribution of sweets to members and staff. The monthly General Body and CME on the zoom platform on Topics in Critical Care and Update on recent management of Covid & followed by a short presentation on services offered by IMA PEPS.

13. COCHIN WEST

13.01.2022: Executive committee meeting conducted online discussed about Branch matters, membership drive, schemes promotion and branch level incorporation of IMA activities.

26.01.2022: General body meeting conducted online via Zoom & observance of Republic Day followed by CME on Recent

14. DESINGANAD

04.01.2022: Celebrated 15th branch anniversary and gave reception to State President Dr. Samuel Koshy & State Secretary Dr Joseph Benaven&was blessed with National-State leaders such as Dr R V Asokan, Dr. Alex Franklin and branch member, Dr Sujith V, MLA Chavara. Handed over Rs. 1,00,000/- to the State Secretary towards the Covid Martyrs fund, IMA KSB.



15. ETTUMANOOR

Conducted a poster competition on the topic "WORLD AIDS Day" in various schools in Ettumanoor for creating awareness among children in the month of December 2022 and the certificates for the awardees are distributed on the first 2 weeks of the month of January 2022.

16. GURUVAYUR

12.01.2022: A First Aid Booth for Sabarimala Pilgrims at Guruvayoor Sri Krishna Temple premises. Doctors from Guruvayoor IMA and neighbouring IMA branches have been manning the Booth to help Sabarimala Pilgrims.



17. HARIPAD

05.01.2022: An Executive Meeting on zoom presided by Dr. TD Sobhana. A Building Construction Committee was formed under the Chairmanship of Dr. Ramesh and Dr. Shashikumara Pillai as the Convener. It was decided to conduct campaign to increase the membership in the unit& decided to publish a Directory for the Unit.

28.01.2022: Attended the International Zoom Seminar organized Rotary International.

18. IRINJALAKKUDA

02.01.2022: New Year Celebration.

26.01.2022: Republic Day celebration

28.01.2022: Executive meeting on zoom discussed the strategies to increase IMA membership & form a committee for that.

31.01.2022: General Body Meeting &CME on OMICRON CHRONICLES; GOD'S VACCINE ?? by Dr Shaji Jacob & a spoke on membership promotion, scheme membership promotion and IMA act force at district level which has performed admirably.



19. IRITTY

26.01.2022: Republic Day and membership promotion campaign.Senior leaders of the branch participated and gave their valuable inputs. The national anthem was sung at the end of the meeting.

26.01.2022: Executive committee Meeting & have formed a core committee to promote membership campaigns. The committee also decided to waive off the annual working fund for new members.

29. KAZHAKOOTTAM

02.01.2022: Awareness Class on "Health and Clenliness" by Dr. Kalpana Gopan in connection with new year programme.



Dr. Bijoy S took a class for school teachers on life style Disease Prevention in children. Dr.Bhavendu Leela Devarajan was awarded certificate of achievement for his film "Datham" Film Cherry Orchard Film Festival 2021.

20.01.2022: General Body and CME on zoom platform.

21.01.2022: Dr.Riyas gave a talk on covid in children in DDI.

30. KODUNGALLUR

01.01.2022: Christmas & New-year celebrations on online platform.



31. KOLLAM

13.01.2022: Executive Committee meeting.
26.01.2022: Republic Day celebrated by Flag hosting done.



28.01.2022: General Body Meeting with CME on "APPROACH TO ARTHRITIS" by Dr. ASWIN M NAIR.

10.01.2022 to 31.01.2022: COVID VACCINATION CAMP.

32. KONDOTTY

15.01.2022: Active membership campaigning and social security scheme and PDSS campaigning & pain and palliative day financial help for bone marrow transplantation for a Thalassemia patient lead by WDW Kondotty.



33. KOTHAMANGALAM

24.01.2022: General Body Meeting.

34. KOTTAKKAL

11.01.2022: Attended the Malappuram Dis-

strict committee meeting hosted by IMA Ponnani and presented the monthly report of Dec 2021

20.01.2022: CME on Total Knee Replacement in the era of Artificial Intelligence and Robotics by Dr. Basheer Abdul Gafoor & GB conducted as Online.

35. KOTTARAKKRA

19.01.2022: General body cum CME on spectrum of insulinisation from hospital admission to post discharge by Dr. Rony Ruben.

36. KOTTAYAM

26.01.2022: Republic Day celebrated.

29.01.2022: National Girl Child Day Celebration by WDW in association with IMA Kottayam for students of Ebenezer International School Ettumanoor.

37. KOVALAM

New Year Celebration of IMA Kovalam Branch with inmates of Mother Teresa Home, Trivandrum



New Year Celebration



15.01.2022. General Body Meeting.

38. KOYILANDY

02.01.2022: Conducted Christmas and new year celebrations includes various programs and cultural event.

11.01.2022: General body meeting and CME on Obstructive jaundice an overview



by Dr. Santhosh. R.

16.01.2022: Executive meeting on online, the agenda was celebration of 15th anniversary of IMA house.

26.01.2022: Celebrated 15th anniversary of IMA house by both online and physical inaugurated by the State president Dr. Samuel Koshy, program was followed by various cultural events.

39. KOZHENCHERRY

12.01.2022: Executive Committee Meeting. Various important decisions for the conduct of the branch proceedings were vibrantly discussed and important decisions taken to be ratified in the General Body meeting. Dr Binoy Philip, immediate past secretary presented the accounts for the last tenure and was unanimously passed.

40. KOZHIKODE

06.01.2022: NTEP Workshop in association with IAP Kozhikode.

07.01.2022: Executive committee meeting

12.01.2022: Started Kozhikode IMA Kitchen Programme (Taste Buds) – 50 families are being catered breakfast. District Committee Meeting.

15.01.2022: Second Pen – Interaction with Doctor Writers. Moderator: Dr. M. Muralidharan. Inauguration of Kozhikode IMA Book Shelf – Lending library

19.01.2022: AMS – Monthly Meeting & CME on Chronic Fibrosing ILD – Indian Perspective by Dr. Paulo Varghese Akkara.

20.01.2022: Conducted crisis management class for students of Malabar Medical Col-

lege on Suicide Prevention by Dr. Suresh Kumar PN. MBS Managing committee meeting. 26.01.2022: Flag hoisting - Republic Day. CGP – Monthly Meeting and CME. 27.01.2022: General Body meeting. 28.01.2022: Donated 100 PPE kit to Govt. General Hospital, Kozhikode

41. KULANADA

06.01.2022: GB and CME on "Current concepts in Plastic surgery- Dispelling the myths" by Dr Cyril Joseph.



42. KUNNAMKULAM

01.01.2022: Christmas and New Year celebrations, individual and group performances of family members followed by variety of entertainment programmes.

11.01.2022: Combined Executive meeting and organising committee meeting of IMA-CON 2022. Various levels of discussion on formation of different committees were the main agenda.

26.01.2022: On the occasion of 72nd Republic Day of India, flag hoisting was held.

43. KUTHUPARAMBA

06.01.2022: Executive committee meeting. 11.01.2022: Attended DC meeting presided by Dr. Lalith. Attended Managing committee meeting. Members attended the tele consultation services for Covid patients under the municipality.

As part of Palliative day observation, members attended the awareness rally in association with Snehapartham and Palliative care Society.

44. MADHYA KERALA

01.01.2022: General Body Meeting, X'mas & New Year Celebrations. Musical Comedy program Hungama presented by Cinema TV star Prashant Kanjiramattam followed. The President delivered vote of thanks which was followed by National Anthem.



04.01.2022: Executive Committee Meeting. 19.01.2022: Attended District Committee Meeting.

22.01.2022: Medical Camp was conducted at Thulusserikkavala Kizhakkumbhagam NSS Karayogam Mandiram to help the ailing, to care for and cure the sick. Vitamin supplements were given to all children free of cost.

26/01/2022: Republic Day was celebrated by hoisting National flag.

45. MALAPPURAM

02.01.2022: IMA and WDW New year and Christmas celebrations, family meeting with entertainment programs, cake cutting, musical shows, quiz and gala dinner.



New year message by Dr. Asoka Valsala, IMA Malappuram DC Chairperson.

04.01.2022: Our senior leader Dr. K. A. Pa-reed and Dr. Asoka Valsala visited palliative patients meet of Malappuram municipal area at MSM auditorium.

06.01.2022: Branch president and Secretary attended District level meeting organized by IMA District committee and Govt of Kerala-Health department to discuss about booster vaccination for health care workers and school students vaccination.

09.01.2022: Immediate past president, senior leader and District Chairperson addressed KGMOA Vahanajaatha(fromkasargod to Thiruvanthapuram), when it reached Malappuram.

11.01.2022: Members attended District committee meeting at Ponnani for discuss-



ing State president, secretary visit. Membership improvement program.

13.01.2022: Branch President, Branch secretary and senior leaders attended emergency district meeting called by District collector to discuss about Omicron & Vaccination.

24.01.2022: Branch president, Branch secretary and senior leaders attended district committee meeting to plan and discuss about membership promotion.

26.01.2022: Prepared poster for Republic Day and circulated among all social media platforms. Flag hosting ceremony on the occasion of Republic Day.

46. MANJERI

04.01.2022, 14.01.2022, 21.01.2022: Building Committee Meetings

24.01.2022: Attended district level member-

ship promotion committee meeting.

28.01.2022: Executive committee meeting. Agenda: membership promotion, scheme memberships, family get together, hosting district committee meeting on April, appointing branch resource person for schemes and membership promotion committee meeting.

47. MAVELIKKARA

02.01.2022: Christmas & New Year Celebrations followed by a carol singing and a rich cultural program presented by the members and families. Handed over Rs. 10000/- to a student who is under treatment of a complex cardio-neuro illness.



48. MUKKOM

13.01.2022: General Body Meeting & CME on Bone marrow transplantation by Dr. Shinto. Discussed fund raising for Building was done.



49. MULAMKUNNATHUKAVU

07.01.2022: General body meeting.

19.01.2022: Attended patients at the First Aid Booth for Sabarimala Pilgrims at Guruvayoor Sri Krishna Temple premises.

50. MUVATTUPUZHA

01.01.2022: In association with ISA Malanadu conducted BLS training (Hands on training) for plus two students of Ebenezer School, Veettoor.

09.01.2022: Christmas and New Year celebrations by cultural programmes by in-house members.

27.01.2022: General body meeting and CME on COVID PANDEMIC - VACCINES AND THE WAY FORWARD conducted on zoom platform by Dr Padmanabha Shenoy.



51. NADAPURAM

31.01.2022: Executive Committee Meeting.

52. NEDUMANGAD

15.01.2022: In association with Lions club Trivandrum observed community Service day & served lunch to patients of Medical college, SAT Hospital and RCC, TVPM.



22.01.2022: Attended First DC Meeting to discuss about Membership Campaign and Action Plan

27.01.2022: In association with KP Lane

Residence Association conducted an awareness class on "COVID -19 Pedikkendathundo" by Dr. R Sreejith through Google Meet.

28.01.2022: General Body Meeting through Google Meet presided by Dr. Mohammed Asharaf, minutes & report of activities presented by Dr. Hema Francis, followed by Scientific session on "COVID - 19, all about variants and vaccines" by Dr. Praveen K S.

29.01.2022: Branch and WDW in association with Unnat Bharat Abhiyan, IISER Thiruvananthapuram and Iqbal HSS, Peringamala observed National Girl Child Day through Google Meet. Dr. Hema Francis presented on the topic "Menstrual Hygiene" and a talk on understanding Gender and Stereotypes by Shri. Namitha Teresa.

53. NEDUMBASSERY

12.01.2022: New Year Celebration and executive General Body meet. All past executive leaders shared their suggestions with regards to further strengthening of branch across all facets. The meeting also witnessed the heart-warming farewell of our founder member Dr. Moideen Kunhi (past treasurer & sports coordinator) who was leaving to his hometown Kanhangad, followed by cultural programs.



54. NEMOM

05.01.2022: Monthly Cabinet meeting.

12.01.2022: Executive Committee Meeting.

18.01.2022: Observance of "National Day of Girl Child" Programme with Essay writing competition in St.Mary's School Pappanamcode on "Rules in our country exclusively for the upliftment of women" and "Rights and opportunities for women in India".

24.01.2022: Observance of "National Day of Girl Child" Programme with an Interactive session on "Empowering Girls for a brighter tomorrow" virtually for the students of Government Girls Higher Secondary School, Malayinkeezhu.

25.01.2022: Observance of "National Day of Girl Child" Programme with an Interactive session on "Empowering Girls for a brighter tomorrow" virtually for the students of St.Mary's School, Pappanamcode.

26.01.2022: Special Executive Committee meeting to discuss about the "AayurNema", the Project on Doctors' Health.

28.01.2022: WDW IMA Nemom, in association with Women Empowerment Club of NOORUL ISLAM COLLEGE OF DENTAL SCIENCES conducted an awareness program virtually on "Cervical Cancer".

29.01.2022: General Body Meeting and inauguration of "AayurNema" project, was inaugurated by Dr.Samuel Koshy, State President, IMA KSB put forward on membership promotion, enrolment of maximum number of members in schemes and also on other issues like the hospital attack.



55. NEYYATTINKARA

12.01.2022: National Youth day programme started with felicitation by a

Nursing student of Saraswathy College of Nursing, Abhirami Ashok. A presentation was about the challenges faced by youth in modern society which was very well appreciated by the students of the college & narration of various aspects of Girl child day concept, the rights of a girl child in India, various protections offered by the government etc. Students asked questions and shared their experiences and made the session lively. Principal, Govt. VHSS Parassala, praised the work of IMA Neyyattinkara and offered all co-operations in future endeavours.

30.01.2022: The General Body meeting followed by CME by Dr Aravind R on "New Learnings in COVID 19". Various new findings regarding the ongoing COVID pandemic were presented and around 95% of the present COVID cases are Omicron and is the main reason for less hospitalisation in the current pandemic. Various Organisational matters were discussed in deep after the CME and necessary steps were assigned. There was emphasis on Membership drive campaign and adding more members to various schemes.

56. NILAMBUR

17.01.2022: Executive committee meeting, and CME on neurology and interventional radiology and Vaccination Camp. Covid Booster dose camp conducted exclusively for members and families.



57. NORTH PARAVUR

08.01.2022: IMA-QMPMA-WDW FAMILY MEET, IMA Pudava initiative was inaugurated by Dr RV Ashokan, Past National General Secretary, IMA 'Mruthyunjayam' a book written by Dr Abdul Haleem was released by Dr Devadas, Past IMA KSB Secretary.

24.01.2022: National Girl Child Day, The Mission Pink Health Awareness programme was conducted at Govt Boys HSS, North Paravoor for Plus 2 students.

25.01.2022: General body meeting through the Zoom platform. Decisions taken in accordance with IMA KSB's directions, decided to waive off Rs. 1000 to the first 2 categories (0-3, 3-6 years after graduation) and those members who are doing PG course.

26.01.2022: Republic Day by hoisting the National Flag.

58. PALA

IMA House Pala building project is going on in the final stage. The building committee along with executive committee discussed regarding the progress of work and fund utilization.



59. PALAKKAD

District Committee Meeting conducted.



60. PANDALAM

19.01.2022: Executive committee meeting and discussed about the following issues of the branch.

1. to initiate charitable activities at schools and kid age homes.

2. to initiate an active new membership drive in view of president and secretary's state wide yathra .

3. discussion held on surging cases of omicron and covid to take a decision on regular physical meetings.

4. branch recommended pathanamthitta dc to accept Dr.Swathy Sarath nomination for the post of district representative for IMA life support.

5. to encourage our non-schemes members to join all the schemes at the earliest.

61. PANOOR

26.01.2022: Executive Meeting on zoom platform discussed various level branch activities, in order to attract more junior doctors, decided to not to collect branch working fund for newly added members, planned to meet each young doctors in the area to invite to IMA, also go ahead with Panoor IMA's own building work which was a long dream of Panoor IMA.

62. PATHANAMTHITTA

13.01.2022: Executive board meeting and appointed Dr. PG George as branch coordinator for ELS programme.

26.01.2022: General Body Meeting.

63. PATHANAPURAM

21.01.2022: A General Body Meeting on the zoom platform. In presidential address delivered by Dr. Radhakrishnan Nair, our branch president highlighted the current threats faced by the profession, especially the manhandling of doctors. He urged each and every member of IMA to stay united & participate in all forms of agitations proposed by the leadership. This was followed

by an active discussion by all the participants regarding the current scenario. Other association matters were discussed.

64. PATTAMBI

02.01.2022: Attended state meeting of membership campaign at Aluvaperiyar house.

14.01.2022: Executive committee meeting.

11.01.2022: Attended district committee meeting and presented activities and future plans.

30.01.2022: General body meeting on zoom platform and had detailed discussion regarding organizational matters.

65. PAYYANNUR

02.01.2022: Celebrated New Year eve and family meet physically chaired by Dr Vinaykumar. Members and families actively participated in the celebration.



Conducted an awareness class on 'safe nutrition' by Dr. T Ranjithkumar in association with food and safety department at Moothedath High School, Taliparamba, Seedhi sahib school, Taliparamba and KKN memorial school, Pariyaram.

Executive meeting conducted on zoom platform regarding plans and strategies to get maximum new members. Also conducted zoom meeting for postgraduates of GMC Kannur to create awareness of importance of joining IMA.

66. PERINTHALMANNA

01.01.2022: New Year celebration and cultural events. Conducted CCLS Certification program for JDN at MES Medical College inaugurated by State President on zoom.



15.01.2022: Observed Kerala palliative day & conducted awareness classes for palliative workers in Hybrid platform and conducted BCLS Awareness class for hospital staff at ARMC Hospital.

67. PERUMBAVOOR

05.01.2022: Executive meeting and discussed the Organizational matters.

09.01.2022: Elderly Care Wing of IMA Perumbavoor. Members attended the multi-specialty mega medical camp conducted at Jai Bharat college, Arackkappady and have managed Geriatric and Pulmonology sections.



15.01.2022: IMA Community Service Day.'ANNADANAM' –managed to give LUNCH to all inmates of Bethlehem Old Age Home, Koovappady. Family meet cum New Year Celebrations, after the preliminary branch procedures, the stage was opened for cultural program.

24.01.2022: National Girl child Day - IMA-WDW Perumbavoor in association with SI Kochi and St. Alberts College, Ernakulam conducted a Google meet. The theme was "Empowering Girls for a Brighter Tomorrow". Dr. Deepa Augustine inaugurated the google meet.

26.01.2022: Republic Day by hoisting National Flag and gave Republic Day message.



68. PONNANI

04.01.2022: Executive committee meeting & discussed association matters and preparation for district committee.

11.01.2022: Hosted Malappuram District committee meeting in Ponnani & had fruitful discussions of association matters.

69. PUNALUR

Xmas New year celebration was held on 12.1.2022. Dr Joseph Mani was the chief guest. Dr. R V Asokan also spoke. We handed over a Memento to National Vice president. Entertainment by members. Dinner items also brought by members. About 35 persons attended.

70. SULTHANBATHERI

07.01.2022: General Body and CME.

18.01.2022: General Body and CME.

71. THALAPPILLY

08.01.2022: New Year celebration and family get-together. There were cultural activities of the members and their family member. The meeting honoured many members of the branch for their services in the past for IMA activities and other fields.



72. THALASSERY

02.01.2022: Took part in Heritage Run promoted by District Tourism Promotion Council was inaugurated by District Collector Sri.Chandrasekharan. Kannur Range IG of Police Sri.Ilango, Thalassery Sub Collector Mrs.Anukumari, IAS and District Panchayath President Mrs.P P Divya took part in the inauguration ceremony. Dr.MiniBalakrishnan(IMA President) and Past President Dr. Rajeev Nambiar were honoured in the ceremony by giving medallions .

05.01.2022: New Year celebration with a grand cultural extravaganza by doctors and their families.

17.01.2022: Booster Vaccination Camp for Doctors, Family Members and Front-Line Workers.



73. TALIPARAMBA

26.01.2022: Republic day was celebrated by flag hoisting and distributed sweets. Membership promotion committee was constituted to gear up the membership campaign.



74. TAMARASSERY

06.01.2022: Executive committee meeting.

21.01.2022: General Body Meeting and Remembrance of Dr. Venugopal K on zoom platform.

Formed a committee for getting maximum number of members in IMA & schemes.

75. THEMMALAPURAM

14.01.2022: General Body Meeting.

76. THIRUVALLA

21.01.2022: General Body Meeting and CME on "The Role of Functional Medicines in Modern World" by Dr. Sreekumar A.

77. THIRUVANANTHAPURAM

12.01.2022: Organised a Cyclothon as part of Trivandrum health brigade, social and preventive health initiative inaugurated by Dr Sreejith N Kumar in connection

with National Youth Day & Dr Sulphi Noohu flagged off the rally. All cyclists held placards highlighting Health brigade.



As part of National Youth day, Dr. Prashant C V, Dr. Vivek K B and other doctors, addressed a gathering of young budding doctors of Medical College Trivandrum as a sign of showing solidarity and respect towards the young and budding doctors.

21.01.2022: Executive Committee meeting on zoom platform.

23.01.2022: Conducted a webinar on Covid in Children by Dr. Praveen KS.

26.01.2022: Republic Day celebrated & flag hoisted. Dr. Prasanth CV delivered the Republic day message. Meeting was concluded after National Anthem.

IMA Trivandrum branch has crossed 125 episodes of the public health education program IMA AAROGYAM AANANDAM.

28.01.2022: General body and CME on POST COVID SYNDROME - Prevention & Management by Dr. Anup R. Warriar. Following agendas were discussed.

1. Discussion on Professional issues (Clinical Establishment act)
2. Membership campaign
3. Building Project
4. Bylaw reforms committee and Finance committee formation
5. Six months action plan
6. Smrithi Santhwanam update; Dr Sreejith N Kumar in Kairali news channel discussion on COVID 3rd wave.

Palliative Care cell "SNEHASANTHWANAM" Team includes Doctor, Staff nurse, volunteers & driver. Provided support, nursing care and vitals examination includes: BP, GRBS etc. Also provided food kits, medi-

cines, dressing materials, financial and educational support to needful patients.

78. THODUPUZHA

05.01.2022: General Body meet and Christmas and New year Celebrations. Chief Guest Sr. Mercy Kurian, inaugurated the function and gave New Year message. Chief Guest presented excellence awards to winners of NEET competitive exams followed by variety of entertainment programs of Doctors and families.

26.01.2022: Republic Day Celebration & flag hoisted.



28.01.2022: General Body meet and CME on Zoom Platform on "A Theatre day in ED" by Dr Johnson K Varghese, Consultant in Dept of Emergency Medicine, Aster Medicity, Ernakulam chaired by Dr Sanjoy Joseph George, Critical Care Specialist, Holy Family Hospital.

79. THRIPRAYAR

06.01.2022: Christmas & New Year celebrations. Attended medical camp organised by Guruvayoor municipality and IMA for Sabarimala pilgrims.



26.01.2022: Republic Day celebration & flag hoisting ceremony & contributed Rs. 3.75lac to the family of one of the member who died of covid 19 recently

29.01.2022: National girl child day observed online.

31.01.2022: General Body and scientific session on "Covid 19 epidemic Third wave and omicron".

80. THRISSUR

09.01.2022: Elderly Friendly Hospital Initiative TOT Certified Training. The One Day Workshop was organized by Daya hospital in association with IMA KSB Elderly Care & IMA THRISSUR Branch.

11.01.2022: Executive Committee Meeting.



14.01.2022: A Combined Meeting of District Committee on zoom platform.

26.01.2022: Celebrated Republic Day & hoisted National Flag by Dr. Joy Manjila. Managing Committee Meeting.

27.01.2022: Handed over the SSS3, fraternity cheque to Dr. Sankaranarayanan's House, who passed away.



President, Dr Joy Manjila visited The Doctor who was assaulted physically and verbally abused by the Ambulance driver of the patient.

28.01.2022: GENERAL BODY MEETING AND SCIENTIFIC SESSION on Zoom platform, chaired by President, Dr Joy Manjila and addressed by the Senior Vice President Dr. P Gopikumar. Dr.SrikumarVasudevan, Chairman PPS spoke on DOCUMENTATION - THE SOLUTION TO FUTURE LITIGATIONS followed by Dr Cyriac Thomas, Secretary of PPS giving an INTRODUCTION TO PROFESSIONAL PROTECTION SCHEME.

IMA BLOOD BANK THRISSUR - JANUARY 2022

Blood collected During Camps – 746 Units
Blood collected at Blood Bank – 419 Units
Blood and components issued – 3287 Units
Conducted Blood Donation Camps at different places on 01.01.2022, 05.01.2022, 08.01.2022, 10.01.2022 to 20.01.2022 and 29.01.2022

81. TIRUR

11.01.2022: Branch was represented in District committee meeting.

18.01.2022, 19.01.2022 & 22.01.2022: Actively involved in conducting COVID vaccination camps to the members and health care workers.

27.01.2022: General Body along with CME was on a virtual platform on 'Percutaneous Endoscopic Lumbar Discectomy' by Dr. Shaji K R.

82. TIRURANGADI

05.01.2021: Zoom meet by DMO with IMA & KPHA COVID Vaccination meeting with IMA & KPHA.

06.01.2022: General Body Meeting and CME on Shoulder joint - approach to diagnosis and treatment by Dr. Janees MC.

11.01.2022: Attended DC Meet hosted by Ponnani Branch.

13.01.2022: Zoom meeting called by Hon'ble Dist Collector with Private Hospitals

& IMA on Omicron & Vaccination- meeting with private hospitals.

19.01.2022: Had a BLS training for NSS volunteers of PSMO College inaugurated by Deputy SP of Tanur Mr. Moosa Vallikadan.



83. VAIKOM

Conducted an awareness class on "Post Covid Syndrome" on Zoom platform by Dr. Rohit.

84. VALANCHERRY

Road Traffic awareness programme conducted along with JCI inaugurated by Malappuram RDO. Traffic guidelines notice given to public.



85. VALLUVANAD

02.01.2022: Christmas and New Year Celebrations as a Family get together.

11.01.2022: Attended Palakkad District Council meeting.

12.01.2022: Executive meeting.

86. VARKALA

Attended the First DC meeting of Thiruvananthapuram. Attended the zoom meetings of Isafe., UNICEF and Action committee

and Act force.

87. VATAKARA

01.01.2022: New year celebration with a fashion show by children and exciting games followed by cake cutting. In between cultural events there was a lucky draw following prize distribution & there was a banquet.



88. VENJARAMMOODU

Membership Promotion Committee Meeting-attended through zoom.

In Connection with the National Youth Day, in the subject of Adolescent Health, have organised a programme at Mannania College, Pangode around 300 students had participated.

A Medical Camp conducted in connection with the community day.

24.01.2022: Observed The National Girl Child day and organised an awareness



programme at Mother India Public School, Kallara and AKTIS Education Centre, Kallara save the Girl Child, Child Sex ratios, and the creation of a healthy and safe environment for girls, organized by Dr.Divija, Woman Doctors wing.

26.01.2022: Republic Day celebration and National Flag hoisted.

30.01.2022: General Body meeting and CME was conducted through Google.

SCHEMES

Join
Social Security
Scheme I

Join
Social Security
Scheme II

Join
Social Security
Scheme III

Join
Professional
Protection Scheme

Join
Health Scheme

Join
Pension Scheme

Join
Professional Disability
Support Scheme

IMA KERALA

JOIN US ON TELEGRAM...



Dear Members

Greetings from IMA Kerala State Branch!!

This Telegram platform has been created by IMA KSB to reach out and disseminate information to each and every member of the State, following suggestions from a wide section of our members. This will primarily function as a broadcast group for the State leadership to convey important matters and decisions directly to the members. Various schemes and activities of the state may be promoted through this medium.

Telegram will not be a substitute to the whatsapp groups being popularly used at present but will compliment the present channels of communications albeit with a wider reach connecting members to the state leadership.

Its kindly requested that the link be circulated widely among our members through the branches to onboard all our members on to this platform. Branch Presidents and Secretaries may please take up the responsibility to popularise Telegram in their respective branches.

Thank you for your cooperation

Dr. Joseph Benaven
State Secretary, IMA KSB



IMA Kerala

You can view and join @imakerala right away.

t.me

Join IMA Kerala Telegram Channel to get official news & updates directly from State office

Install Telegram app, click the link & join IMA Kerala Telegram Channel

<https://t.me/imakerala>

With best wishes from

image - CBWTF



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



India's largest and
environmentally safe
Common Biomedical
Waste Treatment
& Disposal facility
for the entire state
of Kerala.

Serving 19,062
Healthcare
Establishments
Across the
Kerala for their
Biomedical
Waste Management

The Biomedical Waste Management Service of IMAGE-CBWTF Ensure the Compliance to the
Biomedical Waste Management Rules and is Monitored by the Central & State Pollution Control Boards

Contact us for more details....



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