



INDIAN MEDICAL ASSOCIATION KERALA STATE BRANCH

NEWS LETTER

DECEMBER 2023 & JANUARY 2024





**INDIAN
MEDICAL
ASSOCIATION**
KERALA STATE BRANCH

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**INDIAN
MEDICAL
ASSOCIATION**
Kerala State Branch



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IConnect IMA KSB



Dr. Joseph Benaven
State President, IMA Kerala



Dr. Sasidharan K.
State Secretary, IMA Kerala



President's Column

Dr. Joseph Benaven
State President
IMA Kerala

Dear Colleagues

The Indian Medical Association takes pride in being the largest professional organisation in the world and IMA Kerala, the most vibrant and active of the state branches. To continue to maintain these coveted glories, year on year, it is important we remain focused on strengthening as well as infusing young blood into our association. With these goals, membership promotion was declared the main organisational activity of the year 2023-24.

As you are aware membership promotion plays a crucial role in the growth and development of the Indian Medical Association. The campaign aims to unite the medical fraternity and bring them under one umbrella. Increased membership will enhance the collective strength and amplify our voice on important healthcare issues. It enhances the credibility and visibility of the association enabling us to advocate and influence policy changes with policymakers, government bodies and other stakeholders. Moreover the Indian Medical Association remains the only platform for doctors to come together, network, collaborate and enjoy the camaraderie and fellowship of the medical fraternity.

Membership Dhamakka 50K was launched after much deliberations with our branch, district and a large cross section of leaders, seemingly a realistic and achievable target. The State responded whole heartedly offering the lowest ever discounts across all categories and with very special packages for young doctors. 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. As we conclude the Phase I of our membership campaign, the progress we have made is a clear indicator that if we harness the collective might of IMA, the target is easily achievable.

Let us continue our quest through the remaining part of the year, reaching out to each and every doctor of modern medicine to enroll as a member. Let us make sure that not one amongst us is outside the protective nest of the Indian Medical Association, because **WE CARE!!**



From the Editor's Desk



Dr. Sasidharan K
State Secretary
IMA Kerala

Back to the campus

To plan for a better future, as far as any organisation is concerned, the tag line goes like this.....
"Catch them young".....

There was a time when the medical students of the state were united under the banner of a mighty organisation called "Kerala Medicos Association" or KMA. Things were easy those days whenever the Government or other bodies came out with draconian decisions which challenged the modern medical education. But today the situation is different and the young medicos are finding it very difficult to stand united in critical situations. Indian Medical Association is keen to address the various issues faced by medicos, residents and junior doctors of the state. Our duty is to motivate the youngsters and feel them safe and comfortable under one banner, without any political, religious or any other divisive thoughts.

There comes the significance of Medical Students Network or MSN, Young Doctors Forum and Junior Doctors Network or JDN.

This year our beloved State President had declared the year 23-24 as the "Year of youngsters". We at IMA feel it really uncomfortable to see the young Medicos and Doctors finding it very difficult to cope up with the innumerable issues being faced by them. Keeping these in mind we have formed the various forums and entrusted efficient leaders to lead from the front.

Regarding MSN I feel that the activities must be very much focused and centred at the campuses. Apprehensions shared by the medical students need to be enlisted as the top priority of the forum. Creating good rapport with the authorities, building up the inter personal relationship and creating a robust support system can do wonders in our campuses. Coordinating the academic activities and organising cultural, literary and sports events can add to the benefits.

Youngsters..... be a member of the largest professional organisation in the world.....Indian Medical Association.

And medicos.....stay united and remain focused on your campuses and prepare to join IMA. You are the future of our association because you are the future of the profession.

Jai IMA.....Jai Hind

STATE ACTIVITIES

DECEMBER 2023

STATE PRESIDENT ATTENDED THE INSTALLATION CEREMONY OF NEW OFFICE BEARERS OF IMA NEDUMBASSERY BRANCH AT MUSCAT – 01.12.2023



BRANCH PRESIDENT SECRETARIES MEET AT IMA PERIYAR HOUSE, ALUVA – 2ND & 3RD OF DECEMBER



State President & Secretary at Pariyaram Medical College. Declaring solidarity to the House Surgeons who are on strike against the denial of stipend. Met the College Principal, Vice Principal and Medical Superintendent. Later met Sri. M.V.Govindan in this regard - 06.12.2023



State President Inaugurated & Addressed participants at Karmantha 2023, National Management Fest, hosted by Vimal Jyothi Management Institute at Kannur on 07.12.2023



State President on the venue of Convocation of outgoing Doctors of PK Das Institute of Medical Sciences on 08.12.2023



SOUND OF SILENCE UNVEILING HUMAN RIGHTS VIOLATION AGAINST DOCTORS SIMA PERIYAR HOUSE, ALUVA – 10.12.2023

A momentous occasion when the Presidents & Executive Committee Members of KGMOA, KGMCTA, KGIMOA, KPMCTA & KMPGA joined hands with the IMA to "Tread the Road Less Traveled"



**Joint Meeting on CEA at Periyar House.
Representatives of KPHA, IDA, QPMPA , KASC attended - 10.12.2023**



**MEETING WITH KMPGA REPRESENTATIVES OF GMC,
THIRUVANANTHAPURAMIMA STATE HQ, TRIVANDRUM - 12.12.2023**



**STATE PRESIDENT AND STATE SECRETARY WITH MSN
GMC TRIVANDRUM - 13.12.2023**



**STATE PRESIDENT ADDRESSING ORGANISING COMMITTEE MEETING OF IMA
NATIONAL CONFERENCE IMA STATE HQ, TRIVANDRUM - 13.12.2023**



**INAUGURATION OF RENOVATED IMA STATE OFFICE - IMA STATE HQ,
TRIVANDRUM - 14.12.2023**



**STATE SECRETARY ADDRESSING THE GATHERING AT THE OCCASION OF
INSTALLATION CEREMONY OF I.A.P. THALASSERY - 15.12.2023**



**STATE PRESIDENT ATTENDED THE 1ST ANNIVERSARY & PHASE II
COMMISSIONING EXPANSION OF BABY MEMORIAL HOSPITAL
KANNUR – 15.12.2023**



**State President at TEcon, Kerala 2023... Hunting Partners for Promoting
Entrepreneurship & Innovation among Doctors. Had multiple meetings...
On the whole PROMISING!! - 16.12.2023**



**Membership Promotion Committee Meeting
IMA Periyar House, Aluva – 17.12.2023**



Meeting of the Committee to Promote Healthy Aging
IMA Periyar House, Aluva – 17.12.2023



98TH IMA NATIONAL CONFERENCE - THARANG
HOST : IMA TRIVANDRUM – 26TH, 27TH & 28TH OF DECEMBER 2023

IMA NATIONAL CONFERENCE INAUGURATION BY HON. CHIEF MINISTER OF KERALA
SRI PINARAYI VJAYAN @ KOVALAM





INDIAN MEDICAL ASSOCIATION

Kerala State Branch



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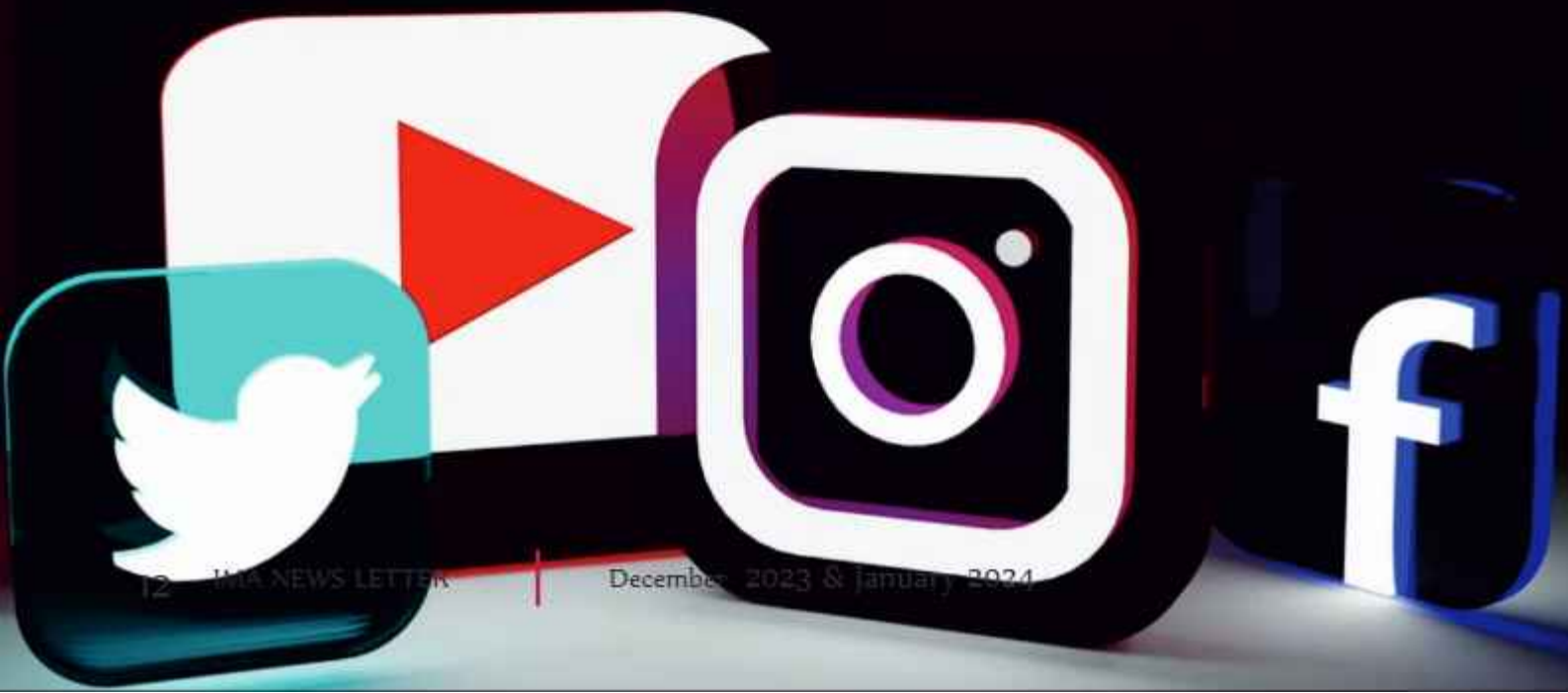
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Dr. Joseph Benaven
State President, IMA Kerala



Dr. Sasidharan K.
State Secretary, IMA Kerala





1 WIMA Kollam

Health screening camp for students of Kendriya Vidyalaya by IMA Kollam branch in three phases in November and December 2023. Checkup of 1200 students were completed successfully. A dedicated member of WIMA, Dr Anchitha actively participated in the camp and extended her valuable support for the IMA team.

17.12.23: CME and Workshop on importance and benefits of documentation and effective communication for doctors inaugurated by Sri.P.Rajendran, Ex.MP. Dr Srikumar Vasudevan Secretary National PPS Scheme and Past State President spoke on Importance and Benefits of documentation and effective communication for Doctors.

29.12.23: ELS and First aid class (RAKSHITHAM) for students NSS Volunteers of Govt.VHSS Chathanoor, by Dr.Anchitha .P.M.

2 WIMA Kunnamkulam

01.12.23: World Aids Day was observed at Unity Hospital inaugurated by Dr Vargese Job Director of Unity Hospital. Awareness class for nursing and lab staff by Dr Sreejith Sreenivasan (Secretary IMA Kunnamkulam Branch).

AIDS Day was observed at CHC Pazhanji. World Aids Day was inaugurated by Dr Saju P K Medical superintendent & Awareness class by Dr Surumi Mammu (Secretary WIMA Kunnamkulam). The message "Let communities lead" was conveyed to the audience.

04.12.23: Condolence meeting on Dr. N Subramanian senior member of IMA Kunnamkulam passed away.

11.12.23: South zone diabetic and pediatric hospital, Kunnamkulam IMA and WIMA Kunnamkulam organized an oncology camp in association with South Zone Diabetic Hospital and VPS Lakeshore Hospital by Dr Shameer Sulaiman, MD South Zone hospital.

12.12.23: Antenatal class was by Dr Naima Khader, Gynecologist at Al Ameen Hospital.

14.12.23: Cultural committee meeting headed by Dr Dhanya Sreejith and Dr Pinky Paul discussed the schedule and final arrangements for the Christmas New year celebrations

along with the main branch members at IMA Kunnamkulam house.

16.12.23: Antenatal Awareness class - Ansar Hospital, Perumpilav by Dr Surumi Mammu, WIMA Kunnamkulam Secretary and Consultant Gynecologist Ansar Hospital.

16.12.23: Executive committee meeting.

17.12.23: A medical camp lead by Dr Shameer Sulaiman at Chandanam medical centre, Karikkad.



19.12.23: Cancer Awareness at Ansar Women's College Perumpilav "An enlightening day at Ansar Women's College".

20.12.23: As a part of social commitment, IMA Kunnamkulam extends a helping hand to IMA Guruvayur to conduct the First Aid services run by Guruvayur Municipality during the Sabarimala pilgrimage season.

27 & 28.12.23: Attended 'Tharang' - the 98th National Conference of IMA held at Udaya Samudra, Kovalam.

31.12.23: Xmas New Year Celebrations - IMA House Kunnamkulam

3 WIMA Thalassery

01.12.23: CANDLE LIGHTING AND AWARENESS PROGRAMME AT CENTRAL PRISON Dr. Rejna Dilnath attended the programme and gave an awareness talk.

01.12.23: World AIDS Day programme conducted at Krishna Menon Vanitha College, Pallikkunnu, Kannur. An awareness class to college students was given by Dr. Rejna Dilnath.

01.12.23: As part of the World AIDS Day an awareness rally conducted at St. Martin De Poress Nursing College. Rally lead by Dr. Rejna Dilnath.

01.12.23: As part of the World AIDS Day an awareness



programme was conducted to Lower Primary school students at Payyambalam Beach. Dr. Rejna Dilnath inaugurated the programme and gave an awareness talk.

01.12.23: As part of the World AIDS Day a Food Ball match was conducted at Kannur. Doctors from IMA Thalassery participated in the football match.

02.12.23: Training to Faculty and Nursing Staff at Hospital Lecture Hall, Govt Medical College, Pariyaram on Communication Documentation by Dr.Mini Balakrishnan and Dr.Latha Rajeevan.

04.12.23: WDW members donated the Idli Maker and Dosa Thava to Govt Childrens Home for Boys, Chirakkara, Thalassery.

05.12.23: grocery and food item donated to Samaritan Home Thalassery by WIMA Members.

27 & 28.12.23: In NATIONAL CONFERENCE, 10 members attended IMA National Conference THARANG 2023 at Kovalam, Trivandrum

28.12.23: ELS TRAINING CLASS FOR NSS STUDENTS At Holy Angels School by Dr Dhanya MK, Past president IAP Thalassery

30.12.23: Awareness Class on First Aid to NSS Volunteers(Thottada HSS) At Koduvally Higher Secondary School, Thalassery by Dr Sreeja Viswan.

4 WIMA Cochin

12.12.23: monthly meet along with Christmas celebrations on December 12th 2023, Chief guest Dr Aleyamma Thomas delivered Christmas message.



Greeting birthday girls with saplings
Inaugural function was followed by variety entertainment programs

01.12.23: Talk on millets and its health benefits by Dr Mumtaz Khalid Ismail.

Awareness class for police at traffic police station on 2nd December on HIV AIDS, personal protection by Dr Parvathy A

26.12.23: Class for Adolescents in Ernakulam on December 26th December 2023.

30.12.23: Class on Women health issues at Elamkulam by Dr Marie Simon

Awareness session on current management of AIDS by Dr Parvathy at Renai Medicity.

WIMA KOCHI team at Malakkappara Medical Camp organized by IMA KOCHI

BRANCH ACTIVITIES

December 2023



65
108

1 Desinganad

02.12.2023 & 03.12.2023: Participation of State President/Secretary meeting at IMA Periyar house, Aluva.

05.12.2023: Monthly executive meeting. Inaugurated Subscription campaign of "NAMUDE AROGYAM".

09.12.2023: Dr. Bindu Mary Francis delivered a talk on Adolescent health tips and awareness on HIV for Regional youth camp, organized by Y'S men international, at Crowther Masonic Hall Kollam.

15.12.2023: Monthly General body meeting and CME on "CIVIL & CRIMINAL LIABILITIES IN MEDICAL PRACTICE" by Dr. Jayakrishnan AV, Chairman, PPS.



27.12.2023: 98th National Conference 2023 was well attended by Desinganad members.

2 Thalassery

01.12.2023: As part of World AIDS Day, conducted AIDS Day awareness class & Red Ribbon Oath at Govt Brennen College Thalassery. Dr. Aravind C



Nambiar (President IMA Thalassery) presided over the function. AIDS Day awareness class was delivered by Dr. Ramesh R (Former Project Director, Kerala State AIDS Control Society).

01.12.2023: Coordinated the AIDS day program at Kannur Medical College Anjarakandy. Awareness sessions were conducted at all institutes in Anjarakandy integrated campus. Public awareness was conducted at the Chakkarakkal Bus stand. Flash mob, mono act and drama was showcased to the public in line with the theme of world AIDS Day.

01.12.2023: CANDLE LIGHTING AND AWARENESS PROGRAMME AT CENTRAL PRISON 01.12.2023: World AIDS Day programme conducted at Krishna Menon Vanitha College, Pallikkunnu, Kannur & awareness class to college students by Dr. Rejina Dilnath.

01.12.2023: As part of the World AIDS Day, awareness rally conducted at St. Martin De Poress Nursing College lead by Dr. Rejina Dilnath. An awareness programme conducted for Lower Primary school students at Payyambalam Beach. As part of the World AIDS Day, a Food Ball match was conducted at Kannur.

02.12.2023: Leader attended the Branch President/Secretary meet at Periyar House, Aluva.

02.12.2023: Training to Faculty and Nursing Staff at Govt Medical College, Paryaram on Communication Documentation.

03.12.2023: A talk at National Health Summit 2023 by Dr. Srikumar Vasudevan (IMA Past State President).

04.12.2023: WDW members donated the Idli Maker and Dosa Thava to Govt Childrens Home for Boys, Chirakkara, Thalassery.

05.12.2023: As part of the Don't do Drugs campaign IMA Thalassery in association with Care and Cure Foundation conducted a Awareness Session at Care and Cure Foundation, Thalassery.

05.12.2023: Grocery and food item donated to Samaritan Home Thalassery by WIMA Members

06.12.2023: Executive Committee Meeting.



07.12.2023: Unveiling of Kotta Cup and Honouring of Dr.JayakrishnanNambiar at Laurel Gardens Mahe.

10.12.2023: IMA Thalassery and Comtrust Hospital jointly conducted one day Ophthalmology CME – MEDIFINE INSIGHT. Sri AN Shamseer, Honorable Speaker Kerala legislative Assembly inaugurated the Ophthalmology CME programme.

10.12.2023: Dr.RajeevNambiar was honoured by NSS KarayogamMattannur for his achievements and services rendered towards the society.

12.12.2023: As part of the Don't do Drugs campaign IMA Thalassery in association with Lions Club Dharmadam conducted a Awareness Session at PalayadHSS,Thalassery. Dr.Sajeev Kumar P B & Dr.DilnathKallat took awareness classes on Drug Abuse.

18.12.2023: Attended the ENT camp.

20.12.2023: General Body Meeting.

20.12.2023: CME on "URINOGRAM INTERPRETATION" by Dr.Akhil P R (Consultant Nephrologist, Thalassery).

21.12.2023: Dr. Rajeev Nambiar gave a talk on Management of Stroke at Kuthuparamba IMA hall.

24.12.2023: Dr. Rajeev Nambiar was honoured by NSS KarayogamThiruvangad for his achievements and services rendered towards the society.

26.12.2023: A CME on "WHEN THE LESS IS ADEQUATE IN RECTAL CANCER" by Dr Shivakumar and Dr Nizamuddin M.P.

27.12.2023 & 28.12.2023: Members attended IMA National Conference THARANG 2023 at Kovalam,Trivandrum.

27.12.2023: ELS Training class for NSS Students at Thalassery LP School by D. Anand K.

28.12.2023: Awareness Class on First Aid to NSS Volunteers At Holy Angels School by Dr Dhanya MK.

30.12.2023: Awareness Class on First Aid to NSS

Volunteers (Thottada HSS) by Dr Sreeja Viswan.

30.12.2023: Dr.Nadeem Abootty led an IMA ELS training session for 50 NSS students(Kadirur HSS) at Chirakkara GVHSS.

3 North Wayanad

15.12.23: Executive committee meeting. New executive committee members and other office bearers were selected and finalized unanimously.

28.12.23: ELS class for NSS students in Mananthavady Taluk at Government Technical College Dwaraka by Dr.Savan Sara Mathew.

4 Malappuram

01.12.2023: Dr K A Pareed took class on AIDS

07.12.2023: Awareness class about menstrual hygiene

14.12.2023: Monthly GBM and CME by Dr Asha Varrier on "health care communication skills".

22.12.2023: Members attended IMA DC meeting over zoom.

23.12.2023: Leaders attended State Membership Promotion Committee Meeting over zoom

25.12.2023: Executive committee meeting.

27&28.12.23: Leaders attended National IMA Conference at Kovalam.

29.12.2023: Celebrated new year and xmas.



5 Kazhakkootom

01.12.23: Medical Camp to students of MGM School, Kaniyapuram by paediatricians Dr Asha and Dr Bijoy was inaugurated by Dr Shibu, President, IMA Kazhakkuttam.

Dr.Chithra took an awareness session for students and staffs of SI-MET college of Nursing, General Hospital, Thiruvananthapuram

World Aids day awareness program by Dr Benny PV at Gokulam Medical College. MPH team has conducted an Awareness program at Mary Nilayam School,

Pongumoodu focusing on Anaemia prevention in adolescent girls and Distribution of free coupon for Hb estimation sponsored by Gopinath diagnostic lab.

07.12.23: General Body meeting. A talk on glucose lowering drugs in DM cases by Dr Mathew John, Endocrinologist, Providence Hospital.



11.12.2023: Eye Camp done at Parish Hall, Mariyanadu as part of Snehatheeram Project of IMA Kazhakuttam. CGP IMA Kazhakootam conducted a talk on YOUNG STROKE by Dr SoumyaSundaram consultant neurologist at SCTIMST.

6 Nedumangad

01.12.2023: Observed World Aids Day. Inauguration and awareness talk by chief guest Dr. S.K. Harikumar, Senior National Consultant in HIV/AIDS.

05.12.2023: Seminar on mindful bodies at Lourde Matha college of arts and science inaugurated by rev. fr.paul pediyekkal.

07.12.23: Empowering differently-abled lives - in collaboration with snehasandram charitable trust, commemorated the international day of persons with disabilities inaugurated by Adv. M.V. Jaysdolly, Chairperson of Handicapped Welfare Corporation.

10.12.23: Leaders attended Sound of Silence: Unveiling Human Rights Violation against Doctors program at IMA Periyar house, Aluva

12.12.23: Breast cancer screening & awareness class.

17.12.23: First aid & CPR training with ELS by Dr. Shiju Stanley, Emergency Medicine, Ananthapuri Hospital.

20.12.23: Cricketmatch @ IISER, Vithura inaugurated by Dr. Hema Francis.



23.12.23: General body and scientific session by Dr Xavier Thomas, Consultant Pathologist, Metropolis Healthcare on Allergy panels.

23.12.2023: Xmas & New

year Celebration inaugurated by Dr. Alex Franklin.

27,28&29.12.2023: Members attended 98th national conference @ kovalam.

29.12.23: Talk on changing dietary habits and family dynamics by Dr Siji V.S – Asst. Professor Community Medicine, SUT Medical College at Sambhavana residents association hall, Vazhayila.

7 Nemom

01.12.23: Observed World AIDS Day in Government Women's College, Trivandrum inaugurated by Dr. SmtAnila J. S. (Vice Principal, Women's College). Interactive session on "HIV & AIDS" by Dr.Santhosh Kumar and "Menstrual Health, Hygiene & Menstrual Cup" by Dr.Chandini Devi.

01.12.23: AMS Chapter: Virtual CME on Shattering the Stigma and Understanding HIV & AIDS by Dr. Santhosh Kumar for students of MBCET.

04.12.23: AMS Chapter: Virtual CME on Post Exposure Prophylaxis in HIV AIDS.

10.12.23: Lifestyle Disease clinic in association with Cherupazhanji devi Sewa Society, Karamana

10.12.23: Participation in Organizing Committee Meeting of National Conference.



10.12.23: "Valsalyam" camp on Breast Cancer awareness and detection in Erattakkalunk Residents Association Hall, Smt. O. A. Bindu, ward member inaugurated the camp.

10.12.23: Participation in the seminar on Sound of Silence; Unveiling Human Rights Violation Against Doctors at Periyar House, Aluva

13.12.23: Participation in Organizing Committee Meeting of National Conference at HQ, Anayara

14.12.23: AMS Chapter: Virtual CME on Haemorrhagic Stroke by Dr. Ajayakumar, Neurosurgeon, Azeezia Medical College, Kollam.

14.12.23: Talk on Life Style Diseases and Ageing to be Young in Trivandrum Club. Dr. V. Mohanan Nair of IMA Nemom delivered the talk and answered the questions.

15.12.23: Observance of "International Day of the persons with disabilities" with the inmates of Karunya Vishranthi Bhavan, Sreekaryam.

16.12.23: Participation in Organizing Committee

meeting of National Conference at HQ, Anayara.
17.12.23: Executive Committee meeting.



20.12.23: Participation in Organizing Committee Meeting of National Conference at Kovalam
26 to 28.12.23: Participation in IMA National Conference IMA National Conference was held at Kovalam from 26th to 28th of December 2023.
29.12.23: ELS class for NSS volunteers of students
30.12.23: ELS class for NSS volunteers of Higher Secondary School students
31.12.23: Organizing Committee Meeting of NATCON – a review

8 Cherthala

01.12.23: Celebrated World AIDS Day.
03.12.23: Branch President & Secretary attended President Secretaries Meet at IMA House Aluva.
10.12.23: Participated Sound of Silence as part of World Human Rights Day.
13.12.23: GB & CME
27 & 28.12.23: ELS training as part of NSS training at school students. President along with various doctors of IMA Cherthala attended 98th All India National Medical Conference @Kovalam.

9 Koyilandy

07.12.23: Executive meeting
14.12.23: General body meeting & CME on Diabetic retinopathy by Dr Jayachandran, VTRUST hospital and CME on Glaucoma by Dr Varun of the same hospital.

10 North Paravur

Attended the Branch President Secretary's meet @ Periyar house.

A live webinar was conducted on topic "synerG in Diabetes care maximizing treatment effectiveness" by DrUnnikrishnan A G.

10.12.23: Attended the World Human rights Day meeting inaugurated by Justice DevanRamachandran @ Periyar house Aluva.

14.12.23: Executive committee meeting with CME on "Novel Combination therapy to converge management of Diabetes" by Endocrinologist DrNibu Dominic.

15.12.23: CME session was conducted on topic "Changing paradigms in management of Allergic Rhinitis" by DrPrasobh Stalin, HOD & ENT surgeon LF hospital Angamaly.

21.12.23: General body meeting with CME on "Epilepsy surgery: Indications, Procedure & Outcome" by Dr Biji Bahuleyan and "Evaluation and management of Stroke" by Dr Jacob Chacko Neurologist, Welcare hospital, Ernakulam.

27 & 28.12.23: Attended THARANG, 98th National conference at Kovalam on 27 & 28 December 2023.

27.12.23: ELS training program for NSS volunteers was conducted.

a)VHSS Kadamakkudy: 50 volunteers were trained at SNVHSS NORTH PARAVUR by DrSurendran

b) 30.12.23: 50 volunteers were trained at SSS Sabha VP school by DrJavedRiswan

c) 30.12.23: SNHS Pullamkullam North Paravur volunteers were trained by DrSurendran at Government school Karumalloor

31.12.23: CME session was conducted on topic SGLT2 Inhibitors in Type 2 Diabetes mellitus by Dr N Madhu

11 Balussery

27.12.23: Dr Devadas and Dr Rasheed ortho surgeon took BLS class for NSS camp of students of Thrikuttissery school

31.12.23: Celebrated new year eve with Orchestra, quiz and family games.

12 Chalakkudy

04.12.23: Executive meeting

30.12.23: ELS classes

13 Mavelikkara

Executive committee meeting

28.12.23: Dr Arundev, Dr Indulekha Pilla and Dr

Sangeetha P Sukumar conducted classes on ELS training for students as part of Rakshitham program of NSS camps at GVHSS Eravankara, Mavelikara and Puliyoor respectively.

31.12.23: Christmas /Newyear Celebrations. On the same day, handed over the demise claim cheques of SSS1 and SSS3 policies of Late Dr Kamala to her family members.

14 Chirayinkeezhu

01.12.23: Poster designing competition at SSPBHSS Kadakkavoor on the occasion of world AIDS day to create awareness about HIV/AIDS among school children.

07.12.23: Executive committee meeting

12.12.23: Donated fridge to the Light to Blind School as a part of Observance of International Day of Persons with disabilities in collaboration with IMA Varkala.

24.12.23: Organised Cancer – Palliative care programme – Rogha Rahitha Bhavanam, which included Cancer Awareness seminar, Pulmonology and orthopedics camp, distribution of wheel chair, water beds, walker, walking stick, bed sheets and food packets.



27.12.23: Conducted Emergency Life Support Training Programme for VHSS Boys Attingal at Kunnuvaram UP school Keezhattingal.

28.12.23: Conducted Emergency Life Support Training Programme for Karavaaram VHSS school Kallambalam at KTCT BED. College, Kaduvayil.

15 Karakkonam

01.12.23: An awareness program about AIDS for MBBS students and organized voluntary blood donation campaign at Blood Centre, Dr SMCSI Karakonam on 1st December 2023 as a part of observance of World AIDS day. The Symposium was inaugurated by Dr Saritha Ebenezer, NSS program

officer.

Report on 'Sahachari' Christmas Celebration at Buds Rehabilitation Centre

21.12.23: Organized a heartwarming Christmas celebration at a rehabilitation centre for specially-abled children. The event aimed to bring joy and festive cheer to the children, creating a memorable experience for everyone involved.

16 Irinjalakkuda

18.01.23: General body meeting & CME by Dr Cyriac Thomas- PPS scheme- Managing litigations in medical practice.

ELS session was conducted by Dr Binil and IMA ijk members for physical education students of christ college irinjalakuda. Hands on training was given on COLS.

17 Cochin West

01.12.23: AIDS Awareness Class along with WIMA

29.12.23: Conducted ELS training for the NSS Volunteers MARADU VHSS

Executive meeting

Sound of Silence program was attended by 3 members.

WIMA office bearers were selected General Body meeting & CME on Emergency medicine (Dr Johnson) ; Head and neck malignancies(Dr. Santhosh) from ASTER KOCHI.

President and SWC member attended Tharang. Attended President Secretary meet at ALUVA, IMA house.

18 Mukkom

15.12.23: Monthly GB meeting and installation of office bearers for 2023-24.

27.12.23: ELS training for NSS students of Mukkam and chennamangallur HSS.

19 Feroke

ELS training at NSS camp Iringallur conducted by Dr Jumna, Anaesthetist, Red Crescent Hospital, Feroke.

20 Panoor

31.12.23: Compression Only Life Support (COLS)

Happy to inform that the State Cultural & Literary Fest, "SAMANWAYA" will be hosted by IMA Palakkad Branch on 2023 May 4th & 5th. Kindly share the flyer in all Branch whatsapp groups.



INDIAN MEDICAL ASSOCIATION, KERALA STATE BRANCH

COMMITTEE FOR CULTURAL & LITERARY PROMOTION

PRESENTS

STATE CULTURAL & LITERARY FEST 2024

DETAILS TO FOLLOW

BLOCK THE DATES

MAY 2024

4,5

PALAKKAD

The logo for SAMANWAYA features a stylized red stethoscope where the earpieces are joined by a heart shape containing a silhouette of two people dancing. Below this, the word "SAMANWAYA" is written in large, bold, multi-colored letters (pink, orange, yellow, green, blue).

SAMANWAYA
Weaving Bonds within
the Fraternity

training conducted for the NSS volunteers at Central U. P. School Elangode and Nambiar U. P. School, Kariyad, president Dr Hassan inaugurated the camp and Secretary Dr Abubakkar conducted the training.

21 Kadakkal

23.12.23: Executive meeting & discussed Organisational Matters.

22 Tirurangadi

Executive meeting, various matters discussed in presidential -secretarial meeting held at aluva on 3rd & 4th were addressed.

30.12.23: Monthly GB CUM CME by Dr. Noorudheen razi, a consultant psychiatrist at Tiroor govt hospital on 'Happy Before Giving Happiness.' The talk addressed mental health issues in doctors, offering insights on tackling these problems to prevent suicidal tendencies among medical professionals.

28.12.23 & 29.12.23: Two ELS training programs for schools. The first session at kolappuram School on 28.12.23 by Dr. Ashwani Kumar and Dr. Hasna. The second program on 29.12.2023 at Chandan Brother's School in Vallikunnu, with training provided by Dr. Ashwanikumar and Dr. Sajeevan.

23 Guruvayur

27.12.23: Executive meeting. The first aid booth for Sabarimala pilgrims is running 24*7 all days... Everyday doctors take turn and give their free service at first aid booth. IMA Guruvayur donated free medicines to the booth. Around 150 -200 PATIENTS get free service and medicines on a daily basis at the first aid booth.

24 Pathanamthitta

29.12.23: ELS training imparted to 43 NSS students at V-kottayam SNDP School with the help of Muthoot hospital Pathanamthitta.

25 Iritty

21.12.23: GB Followed by CME by Aster Mims Kannur at Riverbreeze Gardenia, Iritty

26 Sulthan Bathery

15.12.2023: Family get-together & Installation of office bearers for the year 2023-24.

27 Vadakara

01.12.23: AIDS day class in DH by Dr Rini N R

01.12.23: AIDS Day CME by Dr Rahima Salim, Professor of Dermatology, MCH Calicut

02 & 03.12.2023: State President & Secretaries Meet in Periyar House Aluva, attended by Vadakara IMA President & Secretary

05.12.23: Audiology camp done for the hearing impaired children of Rotary School. With Audiology test and ENT & Paediatrician visit.

07.12.23: Human Rights day celebration of IMA KSB attended by senior members.

15.12.23: Executive meeting

21.12.23: GB & CME

26 to 31.12.23: ELS Classes given for students & NSS cadets.

27.12.23: UNICEF foundation day celebrated

31.12.23: New year eve celebrated with colourful songs and dance & maximum participation. Chief guest was Circle inspector of Police Mr. Manoj.

28 Changanassery

18.12.23: Monthly meeting held in contour backwater resorts & monthly GB was conducted - Academic session on reproductive medicine done by Dr Cicija Kallopparamban.

29 Ponnani

13.12.23: Executive meeting

30.12.23: General body meeting cum CME on suicide among doctors and its prevention by Dr Abdu salam O.K, Consultant psychiatrist Almas hospital kottakkal.

30 Cherukunnu

19.12.2023: GB & CME at SMDP O P hall on Real-Life Cases: Evidence-Based Decision Making in Infectious Diseases by Dr T P Rakesh, Dept Of Infectious Diseases, Baby Memorial Hospital Kannur.



27 & 28.12.23: Leaders attended National conference held at Thiruvananthapuram

29.12.23: 'Rakshitham' NSS camp at Irinave Hindu School by GGVHSS Cherukunnu by Dr Santhosh B Medical Superintendent W&C Kanhangad and IMA Kannur member and Dr Jelna of Cherukunnu branch.

30.12.2023: Dr Anilkumar P K conducted class for NSS students of Kalliasseri Higher Secondary School

30.12.2023: Dr Rajesh took class at Neruvambram UP School for NSS students of GVHSS Madayi

31 Valluvanad

06.12.23: Executive committee meeting

20.12.23: General body meeting

ELS sessions - 4 done on 20/12, 27/12, 28/12, 29/12

32 Themmalapuram

2 ELS classes

AIDS Day Awareness Programme

33 Uppala

08.12.23: ELS training conducted by district ELS committee.

34 Chathannur

21.12.23: 266 th GBM and CME at Madathil Regency, Kottiyam. CME on Imeglimin - newer agent in Type 2 DM

35 Kannur

07.12.2023: Monthly GB & weekly CME

14.12.2023: Weekly CME

21.12.2023: Weekly CME

28.12.2023: Weekly CME

28.12.2023: ELS training at MTM School, Kannur

28.12.2023: ELS training and NSS camp @ Azheekal

29.12.2023: ELS training at GVHSS Municipal High School, Kannur

30.12.2023: ELS training at Thottada High School for NSS Volunteers

36 Kottayam

01.12.2023: Observed world AIDS Day.

05.12.2023: IMA Kottayam in association with Shabda hearing aid center & rotary club conducted a free hearing testing camp spanning from 5-15 December 2023.

27.12.2023: ELS training to NSS students – VHSC Puthupally. 35 students trained.

28.12.2023: ELS training to students of VHSS Kothala.

28.12.2023: ELS training to 43 NSS volunteers of Nattakom HSS Kottayam.

29.12.2023: ELS training to Devivilasam GVHSS Kumaranalloor Students.

37 Thalappilly

14.12.23: Executive Meeting on Zoom Platform

19.12.23: General Body Meeting @ Deliza Hotels Wadakkancherry & CME on Rational use of Antibiotics by Dr Anagha Senior Resident of GMC Thrissur Six Sessions of COLS Training to NSS Volunteers @ their Camps & to public.

As per directions from State IMA Committees were formed for Doctors Support Cell, & Membership Promotion Activities.

38 Amala Nagar

21.12.2023: Monthly GB & CME

39 Pattambi

GB & CME

40 Kuthuparamba

01.12.23: World AIDS day was observed by a Quiz competition for higher secondary level students under Kuthuparamba subdistricts; Dr. KM Asokan was the Quiz master.

02.12.23 & 03.12.23: Attended the meeting for presidents and secretaries at Periyar house Aluva. The state vigilance officer and past state treasurer Dr.Lalith sundaram taken class about Budgeting and accounting

03.12.23: Dr.Srikumar vasudevan addressed the national health summit on medical ethics and healthcare violence at Delhi.

21.12.23: General body meeting & CME on "Acquired neuropathies-pain awareness programme" by consultant neurologist of co-operative hospital , thalassery Dr.Rajeev Nambiar.

41 Perinthalmanna

01.12.23: Observed World Aids Day

02.12.23: Attended 2 Day Branch Presidents And Secretarirs Meeting

03.12.23: Cols And First Aid Training Kunnakkavu



05.12.23: Blood Donation Camp @ Al Ameen Engg College

09.12.23: Free Medical Camp At Amina Hospital

10.12.23: Attended World Human Rights Day Seminar

16.12.23: ELS Training At Moulana Hospital

16.12.23: X-Mas Celebration With Care Of Elderly People

17.12.23: Presented Membership Promotion Committee.

17.12.23: Trauma Care Volunteer Training

17.12.23: COLS & first aid training at the NSS camp

20.12.23: Monthly GB & CME

21.12.23: WIMA X-Mas Celebration

27.12.23: Attended Tarang Ima Natcon Conclave.
27.12.23: Cols And First Aid Training At Gvhss Perinthalmanna

28.12.23: IMA Trip To Poovar

29.12.23: Cols And First Aid Training At Aups Pacheeri

30.12.23: ELS Training At Kattukulam

30.12.23: ELS Training At Pulappatta

30.12.23: ELS Training At Tharakan Hss

31.12.23: Attended Trauma Care General Body Meeting

42 Thodupuzha

02 & 03.12.23: Attended the Branch Presidents and Secretaries Meet at IMA Periyar House.

10.12.23: Members attended the IMA KSB Conclave "Sound of Silence" Unveiling Human Rights Violation Against Doctors, at IMA Periyar House.

13.12.23: Emergency Management of Cardiac Arrhythmias by Dr. Antony Thatchil.

ELS Training Program in co-ordination with National Service Scheme under Rakshitham Project of IMA KSB.

43 Kanhangad

01.12.23: Observed AIDS day

11.12.23: Executive committee meeting

08.12.23: Cultural committee meeting.

21.12.23: Family meet conducted along with Christmas – New year celebration



Conducted ELS training for NSS Volunteers at 9 schools.

44 Jubilee Mission

01.12.23: Aids Day was celebrated in association with Department of Transfusion Medicine and Department of Dermatology

02 & 03.12.23: President and Secretaries meet was attended by our members.

3 Members received ICMR grants for various funded projects.

UPI and QR based bank collection was instated and Associate membership and Annual working fund collection has been initiated through this facility.

27.12.23: First Aid and CPR training session was initiated, and the first session was conducted at GVHSS Ramavarmapuram.

45 Kattappana

31.12.23: Family meet celebration for Christmas and New Year, inaugurated by IMA Kattappana President Dr. Jolly Varghese.

46 Karunagappally

02 & 03.12.23: Attended the branch Presidents and Secretaries meeting held at IMA Periyar house on 2nd and 3rd of the month.

13.12.23: Routine executive meeting was conducted

20.12.23: General body meeting & CME programme by Dr. Anil kumar Sivan, Senior Consultant in Dept. of Neurology of Believers Church Medical College Hospital, Tiruvalla on Acute Stroke Management.



27 & 28.12.23: Members attended the National Conference held at Kovalam.

29.12.23: COLS and First aid training to NSS students of five VHS schools in the jurisdiction of the branch, classes were conducted at Govt. VHSS Oachira, Govt. VHSS Cheriazheekkal & JFKM VHSS Karunagappally.

30.12.23: COLS Training given for students of Govt. VHSS karunagappally

31.12.23: COLS Training given for students of PU VHSS Pallickal near Anayadi. Live COLS training on

mannequin was also arranged.

47 Thrissur

01.12.23: Blood Donation Camp on World AIDS Day inaugurated by the Managing Director Atreya Hospital Shri.P.Balachandran.

01.12.23: Observed World AIDS day in association with Thrissur Obstetrics and Gynaecological Society and Mother College of Paramedicals. Participated Career Guidance Program for DON BOSCO School.

Medical Camp at Mother Hospital.

IMA Blood Bank Complex and Research Centre observed World AIDS Day at Atreya Hospital.

02&03.12.23: Attended Branch President's & Secretary's meet at Periyar House Aluva.

05.12.23: Participated at the Nava Kerala Sadass at Hotel DASS Continental.



08.12.2023: Handed over Fraternity Benefit of SS Schemes

10.12.23: Participated in the Sound of Silence, at IMA Priyar House.

16.12.23: Session on Artificial Intelligence in Primary Health Care in association with Amala institute of Medical Sciences.

15.12.23: Observed Human Rights Day & UNICEF Foundation Day at Hotel Elite International.

18.12.23: Executive Committee Meeting.

21.12.23: Health awareness program on reproductive health problems in College students at Mother Hospital Thrissur.

23.12.23: Health Vogue 2023, fusion of Health and Fashion at CBSE School Mannuthy

27.12.23 & 28.12.23: Participated at the 98th National Conference of Indian Medical Association, "Tharang" at Kovalam.

29.12.23: General Body And Scientific Session at Hotel Elite International Thrissur

31.12.23: First Aid & BLS Training @ Govt HSS Ayyanthole & NSS Camp @ Ollurr.

48 Kollam

02&03.12.23: Attended the Branch Presidents and Secretaries meet at IMA Periyar House, Aluva.

14.12.23: Executive Committee Meeting

17.12.23: NS MEDCON - the CME & Workshop on importance & benefits of documentation and effective communication for doctors was conducted at NS Mediland Palathara inaugurated by Sri.P.Rajendran Ex.MP.



22.12.23: General body Meeting and CME on live demonstration of in_ hospital primary care of trauma by Dr Ashwin Rajnish, Dr Anand Rex, Dr Arya and the nursing staff of NS Hospital.

24.12.23: ELS and First aid class for NSS Volunteers of Mannam memorial NSS COLLEGE, KOTTIYAM by Dr. Athuradas.

27.12.23: ELS Training and First aid class for students of Govt VHSS girls Kottarakkara by Dr. Shifas Basheer, Intensivist.

28.12.23: ELS and First aid class for NSS Volunteers of Govt VHSS, Pakalkuri by Dr.Athuradas, (Intensivist). And ELS and First aid class for NSS Volunteers of TKDM GVHSS, Uliyakovil by Dr. Kiran Kumar T, (Anaesthetist, NS Hospital).

29.12.23: ELS and First aid class for NSS Volunteers of MVGVHSS, PEROORKOLLAM by Dr. Athuradas, (Intensivist). And ELS and First aid class for NSS Volunteers of Govt.VHSS Chathanoor, by Dr. Anchitha.P.M.

ELS TRAINING FOR STUDENTS - RAKSHITHAM-IMA KOLLAM BRANCH

30.12.23: ELS and First aid class for NSS Volunteers of Govt. VHSS, Ayathil, was conducted by Dr.S.Hari Govind of IMA Kollam branch. The camp was attended by 43 students.

30.12.23: ELS and First aid class for NSS Volunteers of Govt.VHSS, Eravipuram, was conducted by Dr. Sandeep.S (Anaesthetist, BBH Kollam) of IMA Kollam branch. The camp was attended by 39 students.

31.12.23: ELS and First aid class for NSS Volunteers of VVHSS, Vellimon by Dr. Athuradas, (Intensivist).

49 Palakkad

03.12.2023: CME in association with NACO, KSACS in IMA hall Palakkad in connection with World AIDS day.



15.12.2023: As part of ima-ams activity, monthly CME on "medical trivia quiz" by dr arvind venkitaramanan.

17.12.2023: As part of ima-ams activity, monthly grand cme for junior doctors & general practitioners & topic on hiv act 2017 by legal aids defence council Palakkad.

21.12.2023: As a part of ima palakkad cme programme, cme in coordination with karpagam hospital, Coimbatore by Dr joby thomas mammen on epilepsy in pregnancy.

50 Kothamangalam

01.12.23: An awareness program in connection with World AIDS Day inaugurated by Mr. Tomy Abraham, Municipal Chairman.

Dr. Sam Paul took an awareness class on AIDS at THQ Hospital, followed by a flash mob by students of Nursing School, MBMM Hospital, in connection with World AIDS Day.

Blood Donation Camp

02 & 03.12.23: Attended IMA Branch Presidents' & Secretaries' Meet held at IMA Periyar House, Aluva.

05.12.23: Executive Committee Meeting

06.12.23: Formed a full fledged Karuthal Team consisting of Psychiatrist, Psychologists, Physician, Neurologist & Paediatrician/Adolescent Physician, to meet the psychological issues & provide solace to Doctors & Health care providers.

An emergency life support awareness & hands on

training workshop given to Junior Red Cross students of Mar Elias High School, Kottappady.

08.12.23: Talk on Respiratory Infections in Children by Dr. Biju Chacko.

09.12.23: A COLS & First AID Hands-On Training class for the students of Tribal Hostel, Karukadam. COLS, Choking, Electrocution, Drowning, Snakebite, Dogbite & Amputation were the topics covered. A medical camp for the tribal kids of Post Metric Hostel, Karukadam.

09.12.23: Awareness on Health Consequences of Soft Drink Consumption by Dr. Liza Thomas.

12.12.23: General Body Meeting



12.12.23: Inauguration of Karuthal Program by Dr. Liza Thomas. Scientific session led by Dr. Biju Chacko, Consultant Paediatrician, St. Joseph's Hospital Dharmagiri, on "Sepsis Management & Recent Guidelines".

14.12.23: Medical Camp for Adolescents

15.12.23: A friendly football match was organized & hosted

17.12.23: Medical Camp at Punnekkadu Purappara Shri Bhadrakali Temple Auditorium, in association with Pindimana Shri Sathya Sai Sewa Samithi. Care & Cure for the Elderly: Awareness on Knee Pain in Elderly by Dr. George Mathew Yesudas.

20.12.23: Awareness class was given on "Facts & Myths of Constipation" by Dr. Biju Chacko, for the students of St. Joseph's College of Nursing Kothamangalam, in connection with Constipation Awareness Month.

Winners of Antimicrobial Resistance Poster

Competition were awarded with gifts. Dr. Biju Chacko & Dr. Hadil handed over the gifts.

21.12.23: Eye Camp @ Human Rights Day.

24.12.23: COLS & First AID Training Hands on training was given to the staff & BEd students of Indira Gandhi Training College, Nellikuzhy.

27.12.23: COLS & First AID Training given to the NSS volunteers of Indira Gandhi College of Arts & Science, Nellikuzhy.

29.12.23: COLS & First AID Training held at St. Mary's Public School, Karukadam, for the NSS volunteers of GVHSS Mathirappilly.

The third eye camp organized by IMA Kothamangalam was held at St. Mary's Public School, Karukadam, for the NSS volunteers & staff of GVHSS Mathirappilly, at the seven day NSS Camp of the school. Screening & counseling were done for the local general public too.

29.12.23: COLS & First AID Training at St. John's High School, Pulinthanam, for the NSS volunteers of GVHSS Kadavoor, at the seven day camp of NSS.

30.12.23: ELS & First AID Training.

31.12.23: Tribal Camp: The seventh camp for tribal population, in association with Indira Gandhi College of Arts & Science* was held at Panthapra Adivaasi Colony.

51 Madhya Kerala

01.12.23: World's Aids day was commemorated at St. Xavier's college along with the Regional Blood bank. COLS and first Aid Class for junior councillors of Junior Red Cross Society.

04.12.23: Awareness program on Violence against Women conducted at St. Xavier's college.

16.12.23: Breast Cancer Detection Camp conducted

08.12.23: COLS and First Aid Classes held at SNDP High School Aluva.

27.12.2: COLS and First Aid training to NSS students at Marampally NIVHS School

20.12.23: General Body meeting and Clinical meeting Dr. Tisha Ann Babu, consultant in Pain Management from Lourdes hospital spoke on Interventional Pain Management and Dr. K K Pradeep, Cardiothoracic surgeon from Lourdes Hospital spoke on Valvular Heart Disease a surgical perspective.

52 Perumbavoor

01.12.23: WORLD AIDS DAY OBSERVATIONS: Awareness sessions conducted.

02 & 03.12.23: Attended Presidents/Secretary's meet at IMA Periyar House Aluva.

06.12.23: Executive Committee members attended and had fruitful discussions on IMA activities, monthly CME cum GB, Christmas & New year celebrations in the month.

10.12.23: WORLD HUMAN RIGHTS DAY observed @ IMA Periyar house on 10th Sunday, as "Sound of Silence", Branch President Dr Deepa Augustin and Past President Dr Mohd Ashraf, represented.

14.12.23: Social Security Fraternity Claim amount, handed over to Mrs Fensamma Thomas, wife of late Dr Thomas K K, by President, Secretary & SWC member of the branch.

15.12.23: HPV vaccination Awareness class by Dr Preethy Nilangan, Gynecologist, Sabine Hospital, Muvattupuzha.

20.12.23: Monthly GB cum CME on Is Robotic Surgery, better than Laparoscopic surgery, in benign Gynecology By Dr. S Maya Devi Kurup, Aster Medcity, Kochi.

Two community helpline projects, inaugurated by President, Dr Deepa Augustin.

- a) Old News Paper challenge
- b) Old/Usable dresses in our wardrobe collection and donate to needy.

As part of promotion of 'Nammude arogyam', the pamphlets with QR code distributed to schools during the NSS camp.

28.12.23: As part of Hands on training program, arranged for NSS volunteers of GVHSS, Iringole and VHSS, Odakkaly @ IMA house, Perumbavoor. Dr Raveedranath Kamath and Dr Johnson K J, were the Trained trainers.



28.12.23: CHRISTMAS & NEW YEAR celebrations, with GB cum Family meet.

30.12.23: ELS training at SALEM HSSS, Vengola by Dr. Nilangen, Emergency Medicine Consultant, Rajagiri Hospital, Aluva.

53 Kasaragod

01.12.23: World AIDS Awareness Class by Mr Anil Kumar V Councillor ART Centre Kasaragod & inaugurated by Dr B Narayana Naik District Convener IMA Kasaragod.

02.12.23 & 03.12.23: Attended the IMA Kerala State Branch President/ Secretaries Meet 2023 at the IMA Periyar House, Aluva.

04.12.23: medical check up for students of Kendriya Vidyala.

05.12.23: Executive Committee Meeting

08.12.23: ELS Training Programme State Meeting of Young Doctors through ZOOM platform

13.12.23 to 15.12.23 & 18.12.23: Medical Check Up for School Children.

17.12.23: Adventure club conducted a trek to Kodachadri Hills.

19.12.23: GB and CME by Dr Mahesh Bhat, Paediatric Neurosurgeon from Aster MIMS Kannur, on low back pain.

22.12.23: ELS/ BLS/ CPR Class.

26.12.23: ELS training to NSS volunteers by Dr Jithin Mohan and Dr V Monisha Naik.

27 & 28.12.23: Attended IMA National Conference at Kovalam.

29.12.23: TB elimination board meeting



30.12.23: ELS + First aid training for NSS students of Mogralputhur HSS by Dr. Jamaluddeen M. ELS training at VHSS Karadaka by Dr. Anoop.

54 Muvattupuzha

01.12.23: Observed World Aids Day & awareness classes.

02 & 03.12.23: Attended the Branch President and Secretary meet at IMA Periyar House , Aluva.
 07.12.23: Cervical cancer awareness programme by Prof Dr Agnes Mathew.
 08.12.23: Doctors club meeting.
 15.12.23: Friendly football match.
 17.12.23: vaccination drive on HPV vaccine to prevent cervical cancer
 21.12.23: General body meeting.
 27&28.12.23: Attended the 98th National IMA Conference held at Kovalam.
 30.12.23: ELS Training Project conducted for NSS Volunteers - "Rakshitham" at GVHSS Muvattupuzha.



55 Pala

02 & 03.12.23: Attended the Branch Presidents/ Secretaries meeting at Periyar House.
 12.12.23: Executive meeting.
 21.12.23: Condolence meeting for Dr. Sister Stella Theruvil.
 28.12.23: ELS training to NSS volunteers at Sree Krishna GVHSS Kurichithanam by Dr. Sam Savio.
 30.12.23: Christmas and New year celebration.



56 Tirur

02 & 03.12.23: Attended Branch President and secretary Meeting held at IMA Periyar House.
 Condolence Meeting (December 5th 2023):Held in memory of the former president and senior 06.12.23: "Dyslipidemia management in Indian patients, focus

on Rosuvastatin", by Dr Kochuraghavan P V.
 20.12.23: Coconducted Music club
 21.12.23: PACEMAKERBASICS by Dr.Kochuraghavan P V.
 22.12.23: General Body Meeting (along with CME by Navigating through Epistaxis - Dr. Jaseela Jamaludeen and a Book launch - ലളിതചിന്താ ഗാനങ്ങൾ-രണ്ടാം ഭാഗം- authored by our own very own Dr. Ramakrishnan and to be released by artist and singer Sri. Firose Babu.
 27 & 28.12.23: ELS Training Sessions - ELS and First aid class for NSS Volunteers of Govt GHSS , BP Angadi by Dr. Anwar Shakeel(Intensivist) & ELS and First aid class for NSS Volunteers of GVHSS Paravana by Dr. Anwar Shakeel(Intensivist).
 27 & 28.12.23: Attended IMA National conference at TVM.

57 Varkala

01.12.23: Aids day observation
 11.12.23: Observed Interventional day of persons with disability in co orporation with Chirayinkeezhu IMA.
 22.12.23: Executive meeting.
 27& 28.12.23: Attended IMA National conference at TVM
 29.12.23: Emergency Life Support Training Program (Rakshitham) at Govt.Vocational Higher Secondary School, Alamcodu.
 31.12.23: ELS program at Govt.Vocational Higher Secondary School, Vakkom.



58 Trivandrum

01.12.23: observed World Aids Day on 1st Dec 2023 in Zoom platform.
 10.12.23: All India Medical Conference 2023 Experts Prelim Meet at IMA Headquarters. The draft was prepared during the public health workshop held at IMA Headquarters Anayara Trivandrum on 10th Dec 2023. Former health ministers P K Sreemathi, VS

Sivakumar and KK Shylaja, Kovalam MLA Shri Vincent, PMO secretary Shri TKA Nair former DGP Jacob Punnose, DME Dr Thomas Mathew IMA National President elect Dr R V Asokan attended the workshop.

12.12.23: AMS zoom meeting & CME on Havoc a stone - A Multi-Disciplinary case capsule by Dr Arun kumar M L

13.12.23: Organizing committee meeting Mega organising committee meeting was held at IMA Head quarters Anayara Trivandrum.

16.12.23: All India Medical Conference 2023 Organizing committee meeting at KTDC SAMUDRA.

19.12.23: All India Medical Conference 2023 Pre conference webinar at IFHC Pangappara.

20.12.23: All India Medical Conference 2023 Press conference at IMA Headquarters.

26.12.23: All India Medical Conference Pre conference workshop Basis in Trauma Life Support at PRS Hospital conducted by IMA Thiruvananthapuram, PRS Hospital and Yuv Tharang at PRS Hospital on 26 December.

All India Medical Conference Pre conference workshop EM SIM & Skills Workshop at KIMS Health

27.12.23: 98th Central Council meeting, Inaugural ceremony, Youth Conclave, Award ceremony, Paper presentation, Banquet

28.12.23: Installation Ceremony

31.12.23: Monthly General body meeting and x mas and new year celebrations at IMA Headquarters Anayara.

59 Cochin

10.12.23: Super specialty medical camp for poor patients of the Ernakulam and nearby areas inaugurated by Shri. V D Satheeshan MLA.

13.12.23: Combined executive committee.

17.12.23: Super specialty medical camp at Malakkappara and was inaugurated by Shri. Benni Behanan MP.

20.12.23: General Body meeting and Scientific Session.

20.12.23: Christmas celebration.

143 poor patients availed the free medicine from our medicine bank.

31.12.23: Celebrated new year.

60 Pandalam

01.12.23: Awareness class on HIV & AIDS for the

paraclinical staff of all hospitals in & around Pandalam as part of World AIDS day by Dr. Amrutha Raman Nair, Asst. Professor, MZMC medical college, Adoor.

21.12.23: GB & CME on Menopause, how to tackle? by Dr. Divya Ramalingam, consultant gynecologist, Caritas Hospital, Kottayam.

Christmas & New Year celebrations also conducted.

30.12.23: ELS training class for VHSE students(T. K. M. R. M. School, Vallana) as a part of Rakshitam program by Dr. Swathy S.L, Anaesthesiologist, C. M. Hospital, Pandalam.

61 Taliparamba

A CME on Stress Management in Doctors by Dr. Dhruvin A V, Professor, Department of Psychiatry, Government Medical College, Kannur.

27.12.23: First Aid Training to NSS Volunteers by Dr. Arun Sankar, Secretary IMA Taliparamba at GVHSS Kurumathur NSS Camp at Koonam UP School & at Taliparamba Arts and Science College NSS Unit Camp at Morazha UP School & at Tagore Vidyanikethan NSS Unit Camp at Taliparamba Arts and Science College, Kanhirangad.

28.12.23: First Aid Training at Govt VHSE Karthikapuram NSS Camp at Govt Higher Secondary School Sreepuram, Manakadavu by Dr. Bijoy Mathew.

31.12.23: New Year Celebrations.



62 Kozhikode

01.12.23: Observation of WORLD AIDS DAY: Branch President Dr. Raju Balaram C. as chief Guest in the inaugural function of Dist. level observation of World Aids Day @ Jilla Planning Conference Hall, Kozhikode.

01.12.23: Observation of WORLD AIDS DAY @ Govt. Women and Children Hospital

Observation of World Aids Day @ PHC, Thalikulathur.

01.12.23: Imm. Past President Dr. B. Venugopalan nominated as District Committee Chairman

03.12.23: Past President Dr. Roy R Chandran received the Fellowship in Pain Medicine

05.12.23: Observation of International Day for People with Disability @ 10 am in BEM Girls High School
Chief Guest: Ms Tiffany Brar, Founder of Jyothirgamaya

05.12.23: Condolence Meeting Dr. Anil Kumar P.C. @ 7.00 PM

05.12.23: WIMA - GB & Observation of International Day for People with Disability @ 7pm

07.12.23: Branch Secretary Dr. T.P. Ashraf & Vice Principal GMC, Manjeri, addressed the observation of International Day for People with Disability & inauguration of Malappuram Parivar block official meet

08.12.23: Condolence Meeting Dr. Sujatha M. @ 7.00 PM

08.12.23: Executive Committee Meeting at 7.30 pm

10.12.23: Branch Secretary Dr. T.P. Ashraf, AMS Chairman Dr. K. Mohandas Nair, NZ Joint Secretary Dr. KV Raju & KGMOA State President Dr. TN Suresh attended the State level observation of World Human Rights Day @ Periyar House, Aluva

10.12.23: SAAKSHARA – A project of WIMA for children Govt. LP School, Thoppayil. WIMA sponsored travel expenses for WAVELAND water theme park visit

15.12.23: Past CGP Asst. Director Dr. PN Suresh Kumar bagged Dr. G.C. Boral Award for the best scientific paper presented at the 20th Annual National Conference of Association of Industrial Psychiatry of India held at Pune.

16.12.23: IMA "E" Care 2023 – State level Skill enhancement and advanced simulation workshop. Organised by in association with IMA CGP Sub Faculty

16.12.23: Building Committee Meeting with builder @ 8 pm

16.12.23: Branch Secretary Dr. T.P. Ashraf & Vice Principal GMC, Manjeri, addressed MBBS students as part of ATCOM training at GMC Kozhikode. Topic was Cultural diversity and interpersonal relationship



16.12.23: Conducted ELS Training for Chartered Accounts Students @ CA Bhavan.

17.12.23: Branch President Dr. Raju Balaram C felicitated the inaugural function of 10th Anniversary of Kokkooori Infertility Clinic

17.12.23: Imm. Past WIMA Chairperson Dr. Sapna Nambiar bagged 2nd prize for senior

consultant award paper at RHINOCON 2003 @ Bikner

18.12.23: Conducted ELS Training for Rotary Calicut Central members @ Hotel Malabar Palace

20.12.23: MBS Managing committee meeting at 7.00 pm

20.12.23: AMS Monthly CME

Topic: "Sepsis in ICU Settings" by Dr Mahesh Balakrishnan, Director Critical Care & ECMO Services, PVS Sunrise Hospital, Kozhikode

21.12.23: WIMA Chairperson Dr. Sheeba T. Joseph gave talk on Cancer Cervix – Prevention and Screening @ WC Hospital

22.12.23: WIMA – Christmas & New Year celebration in Govt. LP School, Thoppayil @ 12 noon. SAAKSHARA – A project of WIMA for children

22.12.23: General Body Meeting at 7.30 pm

24.12.23: ELS TOT Programme for branch representatives of Kozhikode District in IMA Hall, Kozhikode @ 1.00 pm

27&28.12.23: IMA NATIONAL CONFERENCE @ KOVALAM. About 50 members from our branch participated the conference

31.12.23: Represented WIMA in Jail day celebration in Special Sub Jail, Kozhikode. Former Minister Sri. Ahamed Devarkovil inaugurated the function.

31.12.23: NEW YEAR CELEBRATIONS

63 Kunnamkulam

01.12.23: AIDS awareness program in malankara hospital by Dr Mohan Thomas, Senior Consultant and Physician and Dr Babumathew Medical Superintendent.

World AIDS DAY observations at various hospitals and schools.



02.12.23 & 03.12.23: Attended branch presidents/secretaries meet at IMA Periyar House, Aluva.
 10.12.23: Attended SOUND OF SILENCE program.
 12.12.23: Medical camp-South zone diabetic and pediatric hospital,Kunnamkulam headed by Dr Shameer Sulaiman,MD Southzone hospital.Dr Anupama S Consultant Surgical and Gynaec Oncology and Dr Karthi M D Consultant Urologist-both from VPS Lakeshore hospital briefed about different types of cancers, symptoms,diagnosis and treatment. CME on Non allergic rhinitis manner.
 16.12.23: Executive Committee Meeting
 17.12.23: Medical camp lead by Dr Shameer Sulaiman at Chandanam medical centre,Karikkad.
 19.12.23: Cancer awareness program.
 20.12.23: As part of our social commitment, IMA Kunnamkulam extends a helping hand to IMA Guruvayur to conduct the First aid services run by Guruvayur Municipality during the Sabarimala pilgrimage season.
 27 & 28.12.23: Attended National IMACON at Udayasamudra Kovalam.
 28.12.23: VHSS Pazhanji - Class For BLS And First Aid Was Taken By Dr Ajith NSS Camp TMVHSS Perimpilavu BLS And First Aid By Dr Ajith
 30.12.23: NSS Camp at M D College pazhinji by dr shajeem ahmed
 31.12.23: NSS Camp & BLS Training With First Aid Clasess By Dr Shajeem Ahmed At Tmv Hss Akkikkavu Christmas and new year celebration with family get-together and cultural programmes.

64 Kulanada

20.12.23: GB and CME at Arogyanikethanam, Kulanada. CME was conducted on the topic "Osteoarthritis".

65 Vaikom

19.12.23: Class for nursing students at Mercy Hospital Pothu, Kottayam on cardiopulmonary life support
 21.12.23: General Body and CME at IMA House Thalayolaparambu. Discussion on clinical establishment Act and central govt act at amending the culpability of doctors in negligence cases.
 23 to 31.12.23: Class for school students on emergency life support. Classes were conducted under the leadership of Dr Dominic Mathew President IMA Vaikom.

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. Sasidharan K.
 State Secretary, IMA KSB

Link: <https://t.me/imakerala>

Hospital

The Hub of Communication skills



Dr. R. RAMESH

Former Director of Health Services
Past State President, IMA
Chairman, IMA Committee for Promotion of
Leadership & Communication Skills.



We have always thought why there is increasing incidence of Assaults and litigations against Doctors. We also are worried about the insecurities around our Profession. From verbal abuse to physical assaults, social media bullying and now brutal murder of a very young Intern. Horrendous and unacceptable! Once upon a time Doctors were considered almost like GOD. The times have changed, the outlook of the society we live in has changed and more importantly we have also changed. In the present times the Technological revolution has influenced a lot in the patient care. Few decades back when the clinician could diagnose a case with History and Clinical examination aided with minimal investigations, presently its more of Technology involved. One way it is good that these technological advances aid in correct Diagnosis and treatment. But on the other hand aren't we not losing the human touch? We need to preserve the human touch along with usage of the advances in Technology for a better patient care.

Coming back to the assaults on the Medical Professionals and the litigations there is no doubt that it can never be justified as the outcome of the patient care is always not in our hands or control. Despite the enormous advancement in the field of Modern Medicine unfortunately complications

can occur which may not be attributed to negligence of the Doctor. More over no Doctor will do anything intentionally to cause harm to the Patients. Unforeseen complications can occur any time. So violence is not justified in any situation. We need to fight this menace strongly individually and as Organisation. But at the same time we also need an honest introspection if there is anything which can be corrected or improved from our side. Studies have shown that Doctor patient communication is often inadequate leading to lapses and patient dissatisfaction.

Communication is undoubtedly the strong pillar on which art and practice of clinical medicine stands. We might have done everything possible for the patient but its not communicated properly which is also important. Quality interaction with patients and their near and dear ones has a strong impact.



One of the major myths about communication is that it is an inborn quality and being a Doctor, I can communicate well and I as a Doctor do not need to learn communication. Extensive research has shown that no matter how knowledgeable a Doctor might be but if he or she is not able to open good communication with the patient he or she may be of no help. Indian Medical Association has taken up the task of imparting training to Doctors and other Health care service providers. Every Hospital needs to take initiative in this regard and IMA can facilitate the training. IMA Branches can also organize sessions for its members.



The word Communication is derived from a Latin word .. communis = commonness

Definition:- Communication is a two way process by which two or more people exchange ideas, facts, feeling in ways that each gains a common understanding of meaning, intent and use of message. The Act by which information is shared.

A process by which we relate and interact with others. It includes listening & understanding, expressing views and ideas and passing information to others in a clear manner. A Good communication is very necessary to establish a trusting relationship between the Doctor and the patient, to gather information, to deliver information to learn & teach, to explain, to motivate behavior and life style change , to promote self understanding

and to reduce tension & resolve conflict

Doctors need to learn essentials of Good Communication more than other Professionals because patients are human beings with sensitive needs. Doctors cannot practice medicine without effective communication skills. The Doctor and the Patient are on two opposite ends.

The Doctor has a high level of knowledge about the problem, the patient knows nothing or less. The Patient is concerned with illness. The Patients are more educated and better economy This is the age of Age of Information and Google Factor Patient are aware of rights and autonomy , ability to question Doctor and Consumerism.

Hence it is imperative for a Doctor to have Knowledge and skill and ability to elicit information from patients Interpersonal skills to respond to patient's feelings and concerns



WHAT CAN BE DONE ?

Always:

- Cultivate A Patient centred Partnership.
- Work on Mutual trust.
- Open ended questions to solicit concerns and opinions of the Patients.
- Develop a redressal system .
- Respect patients as experts in the experience of illness.
- Have enough time discuss with the patient
- Have timely reassurance whenever needed
- Listen..listen..listen
- Give attention to verbal and non verbal communication
- Ask questions whenever needed to facilitate
- Use simple words
- Have an open attitude
- Explain the situations

In communication words have only 7% significance , 28% Tone and 65% Body language. So we need to be careful in these aspects. Non verbal part decides if the communication succeeds.

Breaking Bad News is another most important aspect to be given importance as most of the issues arise when bad news is communicated. We need to follow certain principles: Ensure we communicate to the patient or by stander with privacy and not openly .Be calm and attentive. We should try to understand What your patient already knows, What does the patient want to know .Warn the patient that you have a bad news .Acknowledge and address patient's emotions. Empathy Make the patient agree.

A Good Communication skill leads to better Doctor Patient Relationship.

A good communication is required for effective Health care. Its part of Therapeutic process.

Good Communication can up to some extent prevent litigations, assaults

Communication can be effective if it is Complete, Clear, Concise, courteous, correct, concrete and with consideration. (7Cs)

Never :

- Be in a hurry
- Be a premature pacifier
- Pretend listening
- Ignore what patient says
- Interrupt more frequently than needed
- Use medical jargon
- Be judging
- Keep on advising/ never patronize
- Compare with other patients
- Give offers which cannot be fulfilled.
- Argue with patient/ bystander



Interpersonal communication with in the Team is also very important. Mutual respect, trust and accommodation are the key elements .

IMA Kerala State Branch has initiated a process to impart a training to the Doctors and other Health care providers across the State. We have 16 master trainers trained by the prestigious Indian Institute of Health Communication, New Delhi who have developed 7 modules covering all possible situations in our Hospitals. All the Branches can take the services of these trainers to organise training sessions in their Branches and Hospitals.

I conclude with a quote of Rudyard Kipling :
"Words are the most powerful drugs used by Mankind".



MEMBERSHIP DHAMAKKA

Upto 10.03.2024

LIFE SINGLE MEMBERSHIP

Less than 1 year

Existing Rate ₹ 16,649/-

With Discount ₹ 10,000/-

**PG / DNB students
with Discount ₹ 11,500/-**

Exclusive offer for PG/DNB: PPS Membership @ ₹ 1500/-

Upto 3 years

Existing Rate ₹ 16,649/-

Jackpot Discount ₹ 11,500/-

3-6 years

Existing Rate ₹ 18,449/-

Jackpot Discount ₹ 12,500/-

More than 6 years

Existing Rate ₹ 25,061/-

Jackpot Discount ₹ 17,000/-

LIFE COUPLE MEMBERSHIP

Less than 1 year

Existing Rate ₹ 24,974/-

With Discount ₹ 16,000/-

**PG / DNB students
with Discount ₹ 17,000/-**

Exclusive offer for PG/DNB: PPS Membership @ ₹ 1500/- each

Upto 3 years

Existing Rate ₹ 24,974/-

Jackpot Discount ₹ 17,500/-

3-6 years

Existing Rate ₹ 27,674/-

Jackpot Discount ₹ 19,000/-

More than 6 years

Existing Rate ₹ 38,192/-

Jackpot Discount ₹ 27,000/-

LIFE SINGLE TO LIFE COUPLE

Upto 10.03.2024

Existing Rate ₹ 13,125/-

With Discount ₹ 9,844/-



Dr. Joseph Benaven
State President, IMA KSB



Dr. Sasidharan K.
State Secretary, IMA KSB

STATE ACTIVITIES

JANUARY 2024

RECEPTION TO STATE SECRETARY
IMA THALASSERY – 03.01.2024



X' mas & New Year Celebration & Reception to State President & Secretary
IMA Kannur – 04.01.2024



State President & Secretary attended the DC meeting
Kollam – 05.01.2024



State President greeting Dr. Gangadhar, NMC Chairman
Trivandrum – 06.01.2024



X' mas & New Year celebration IMA State HQ, Trivandrum – 06.01.2024



Golden jubilee / New Year Celebration
IMA Cherthala – 06.01.2024



State President & Secretary attended the WIMA Inauguration
IMA Kottayam – 07.01.2024



X' mas & New Year Celebration - IMA Kottayam – 07.01.2024



State President & Secretary attended the DC meeting
kottayam – 07.01.2024



MEMBERSHIP CAMPAIGN - 08.01.2024



@ Aster Medicity, Kochi. With Mr Farhan, Vice President Aster Group, Dr. Anup Wariyar & Dr. John



With Dr. Krishnanunni, CMD @ Renai Medicity, Kochi



With Mr Abdulla .C.K, MD @ Lakeshore Hospital, Kochi



Had a meeting with Adv. Hussain Koya Thangal, President KPHA at Ernakulam. Discussed about the issues faced by Doctors in private hospitals. He shared few of their apprehensions. Decided to have mutual exchange of charter of demands and to have a meeting afterwards. Other associations like CHAI, AHPI will be incorporated into the discussions - 08.01.2024

State President & Secretary attended the DC meeting Ernakulam - 08.01.2024



MEMBERSHIP CAMPAIGN - 09.01.2024



With Mr Sudarsan, CEO & Dr.Ramesh Kumar, Director @ Apollo Adlux Hospital

Attended State Presidents/ Secretaries meeting at National HQ, Delhi. Presented State projects and put forward our suggestions. Major decisions taken regarding membership drive - 12.01.2024



State President attended the Industry Academia Partnership Summit Probing Opportunities for Doctors!!! - NIT Kozhikode - 13.01.2024



State President & Secretary attended the DC meeting Kozhikode - 13.01.2024



State Secretary attended the State Conference of KGIMOA – "Seacon"
kozhikode – 14.01.2024



State Secretary attended Golden Jubilee Celebration Inauguration of
CEEYEM Hospital, Vatakara



State President & Secretary attended the DC meeting
Kannur – 15.01.2024



North Malabar Chamber of Commerce honored State President of
IMA KSB – 16.01.2024



State President & Secretary attended the DC meeting
Kasargod – 16.01.2024



State president @ Kerala medtech
consortium stakeholders connect
addressing doctors at dr.Moopens
medical college wayanad - 19.01.2024



State President addressing students
at WIMS Wayanad - 19.01.2024



State Secretary inaugurated the 10th anniversary celebration of IMA Nedumbassery & WIMA activities @ Muscat- 19.01.2024



State President @ MVR Cancer Centre & Research Institute, Kozhikode. Honouring the chief guest and overjoyed to take the opportunity to introduce our chief guest of the day to MVRCCRI 7th anniversary celebrations - 20.01.2024



State President attended the DC meeting Malappuram - 20.01.2024



IMA IMAGE Paristhithi Mithra District Level (Hospital Category) Award 2023 is being awarded to M/s. Edappal Hospital, Malappuram. Dr. Gopinathan (MD of the Edappal Hospital) has received the Award from State President 20.01.2024



State Inauguration & TOT program by Committee for Promotion of Leadership & Communication Skills - IMA Hall, Madhya Kerala – 21.01.2024



State President & Secretary attended the KGMOA State Conference Munnar – 21.01.2024



Visited Karakkonam Medical College, Trivandrum Govt. Medical College, KIMS hospital, SUT Medical College as part of Membership Promotion - 22.01.2024

State President & Secretary attended the DC meeting
Trivandrum – 22.01.2024



Meeting with DME Dr.
Thomas Mathew 22.01.2024



Memorandum submitted to
Hon'ble Health Minister Smt. Veena
George at her official residence –
23.01.2024



Submitting a memorandum to Hon'ble
Chief Minister Sri. Pinaraayi Vijayan at Cliff
House – 23.01.2024



Meeting With Hon'ble Speaker
Sri. A.N Shamseer at his chamber –
23.01.2024



Meeting With Sri. Muhammed Haneesh
Principal Secretary, Health and family welfare
at his chamber - 23.01.2024



State President & Secretary attended the DC meeting
Alappuzha - 23.01.2024



State President & Secretary attended the DC meeting
Palakkad - 24.01.2024



IMA Membership promotion meetings conducted in Daya Hospital and JMM Hospital Thrissur by State President Dr. Joseph Benavan - 25.01.2024



IMA Membership promotion meetings conducted in Amala Medical College Hospital Thrissur - 25.01.2024



State President & Secretary attended the DC meeting Thrissur - 25.01.2024





The unfurling of the National Flag @ IMA State Headquarters by Dr. Oommen Varghese, Head Quarter's Jt. Secretary IMA KSB on 26.01.2024

Managing Committee Meeting IMA Periyar House, Aluva – 28.01.2024



SSS - I

SSS - II

IMAGE

PCS

Inauguration Of Committee for Cultural & Literary Promotion IMA Madhya Kerala – 28.01.2024



State President & Secretary attended the DC meeting
Idukki – 29.01.2024



State President attended the Covid Martyrs Day Commemoration
Organised by Thiruvananthapuram District Committee – 30.01.2024



State Secretary attended the Covid Martyrs Day Commemoration
Organised by Thalassery branch – 30.01.2024



"Snehahastham" – Tribal Welfare program of IMA KSB
Vana bhavan, Trivandrum – 31.01.2024



State Secretary attended online meeting on "To intensify the activities for Cancer detection & prevention", conducted by Department of Health Services - 31.01.2024



ഐ.എം.എ നമ്മുടെ ആരോഗ്യത്തിന്റെ ഭ്രമംസകൾ!

ഇന്ത്യയിലെ ഡോക്ടർമാരുടെ
സ്വന്തം മാസിക
പൊതുജനങ്ങൾക്കായി....

ഒരു വർഷത്തേക്ക് വെറും 300 രൂപക്ക്
കേരളത്തിലെ ഏറ്റവും വിജ്ഞാനപ്രദമായ
ആധുനിക വൈദ്യശാസ്ത്ര മാസിക

വരികാരാവാൻ നിങ്ങൾ ചെയ്യേണ്ടത്

താഴെ കാണുന്ന QR കോഡിലോ അക്കൗണ്ട് നമ്പറിലോ വരിസംഖ്യ
ട്രാൻസ്ഫർ ചെയ്ത ശേഷം ട്രാൻസ്ഫറിന്റെ വിവരങ്ങളും പൂർണ്ണ മേൽവി
ലാസവും മൊബൈൽ നമ്പറും 94 000 126 00 എന്ന നമ്പറിലേയ്ക്ക്
വാട്ട്സ് ആപ്പ് ചെയ്യുക.



nammudearogyam@cnrb



വരിസംഖ്യ 1 വർഷം : 300 രൂപ 2 വർഷം : 580 രൂപ 3 വർഷം : 850 രൂപ

A/c Name: Nammude Arogyam | A/c No. 2769101002614

IFSC Code: CNRB0002769 | Canara Bank, Pettah Branch



1 WIMA Kasaragod

06.01.24: Celebrated New Year and Cricket tournament.
24.01.24: Sanitary pad winding machine donated to GHSS kasaragod

2 WIMA Kondotty

13.01.24: Monthly meeting on Google platform
14.01.24: Dr.Ayisha Febin conducted class on adolescent health
18.01.24: WIMA members attended class on communication skills by state resource person Dr.Rakhi Suresh at IMA Kondoty branch meeting at hotel AFRAD.

3 WIMA Kozhikode

Dexa Scan – All what you want to know by Dr. Roy R Chandran, Asso. Prof of PMR, GMCH Kozhikode ICICI Savings and Mutual funds by Mr. Iris John, Product specialist ICICI
17.01.24: HPV VACCINES. WIMA Chairperson Dr. Sheeba T Joseph gave talk for WC hospital staff, Kozhikode.



18.01.24: WIMA Kozhikode branch actively participated PALLIATIVE CARE DAY PROGRAM in Govt General Hospital Kozhikode & donated Rs. 5000/- by the WIMA members
18.01.24: CANCER CERVIX SCREENING CAMP for HARITA KARMA SENA Kozhikode - Joining hands with the Kozhikode Corporation & amp; COGS at Idiyangara TB centre
25.01.24: OBSERVATION OF INTERNATIONAL GIRL

CHILD DAY in Medical College Campus School. Awareness class on adolescence, menstrual hygiene & explanation of Menstrual Cup by Dr Smitha Santhosh, Asst.Prof. of O&g, G IMCH.

26.01.24: WIMA members participated in the REPUBLIC DAY CELEBRATION at IMA Hall

28.01.24: SWASTHYA PROGRAM – Second dose HPV Vaccine @ASPIRE Children & specialty Centre, Eranhipalam

30.01.24: OBSERVATION OF WORLD LEPROSY DAY at Govt. Dermatology Hospital, Kozhikode in association with WIMA & donated emergency lamp and other equipments and followed by cultural programmes by staff and inmates of hospital.

30.01.24: OBSERVATION OF COVID MARTYRS DAY. Arranged a music tribute to martyrs at IMA Hall. WIMA members actively participated in the programme

4 WIMA Thodupuzha

07.01.24: WIMA Inauguration "AARAMBH 2024" at IMA Hall Kottayam was attended by Dr. Sumi Emmanuel, Dr. Jayanthi James and Dr. Sibymol Aji.

26.01.24: Republic Day Celebration at IMA Blood Bank Hall Thodupuzha.

5 WIMA Taliparamba

Monthly GB meeting held prior to ima gb meeting to contribute to increasing membership, plan for monthly activities, and to help in conduct of north zone CGP conference.

New Year celebrations: lively gathering with whole hearted and lively participation of IMAmembers and family seminar by Dr Twinkle on ophthalmologic disorders talk at Ezhimala Naval base Dr Sabnam S Nambiar for navy cadets on common gynecological problems, talk on menstrual cup and



menstrual hygiene by Dr Malini Raghavan at Lourdes school of nursing.

6 WIMA Perinthalmanna

01.01.24: New year celebrations.
02.01.24: ELS class at Chungathara Marthoma HSS.
COLS & first aid awareness class at Eravimangalam AMUP School.
30.01.24: Online executive committee meeting (malapuram).
04.01.24: Pain and palliative financial contribution inauguration
05.01.24: COLS and first aid training to fire station officers.
06.01.24: airway management, usage of aed & defibrillator to moulana O.T & ICU staffs.
07.01.24: Aarambh 2024 inauguration of WIMA at Kottayam IMA
08.01.24: WIMA Perinthalmanna members meeting.
09.01.24: WIMA family and kids new year celebration.
12.01.24: National youth day.
13 & 14.01.24: Annual sports meet –momentum.
15.01.24: aagawo chalo social scheme inauguration.
palliative care day.
18.01.24: palliative family get together
20.01.24: district committee meeting.
mallapuram ophthalmic society conference
20.01.24 & 21.01.24: mesogcon and noesis 3.0
21.01.24: wima marathon for scale up conclave 2024
palliative class at moulana hospital
23.01.24: els training at branch level
24.01.24: national girl child day
awareness class on adolescent health at perinthalmanna h.s.s girls school.

7 WIMA Pala

Christmas New year celebration
17.01.24: Adolescent health class by Dr.sheena abhilash at Chavara public school.

8 WIMA Desinganad

07.01.24: State level inauguration of WIMA KSB Activity at IMA Hall Kottayam was attended by Dr. Bindu Mary Francis
09.01.24: Dr Namita Nazeer Desinganad IMA WIMA Chairperson conducted CME on "PREVENTING DOCTOR SUICIDES – A HELPING HAND TO MENTAL HEALTH SUPPORT" during the general body meeting of the branch
09.01.24: Christmas New year Celebration cum general body meeting held by the branch and Members of WIMA performed various Variety entertainments.



9 WIMA Cochin West

13.01.24: Celebrated the new year in magnificent style at Marion Hall Thoppumpady, with WIMA members actively participating in cultural activities.
15.01.24: Observed Palliative Day. The Cochin Palliative Team received donations of health care supports such as wheelchairs and backrests.

9 WIMA Alappuzha

24.01.24: A session on "MENTAL WELL-BEING IN ADOLESCENTS" as part of "National Girl Child Day Celebrations" for the high school students of Government Girls' Higher Secondary School, Alappuzha by Dr. Shalima Kairali, Assistant Professor in Psychiatry, Govt. Medical College Alappuzha.

10 WIMA Manjeri

Formed WIMA Manjeri WhatsApp group and selected executive committee members and planned future activities. Arranged a get-together in January and our official inauguration and self-defense training program will be on 9th February.

11 WIMA Kazhakootam

12.01.24: An interactive discussion session with a group of students of Government Women's College, Thiruvananthapuram on the topic "Menstrual Hygiene" by Dr. Nisha Nishanth, Consultant Gynecologist and Laparoscopic Surgeon at Jubilee Mission and Sree Ramakrishna Hospitals, Thiruvananthapuram.
15.01.24: Research Methodology workshop conducted by WIMA member and Associate Professor SATH, Dr.Priya Sreenivasan

16.01.24: Emergency Care and Life Support Training for the budding athletes and the members of LNCPE Parents fitness group by Dr.Shiju Stanley,HOD,Dept.Emergency Medicine, AHRI. Kazhakuttam co ordinated by WIMA Convener Dr. Asha Nazimudeen

Awareness Class on Menstrual Hygiene to the students of MGM School, Kariyapuram by Dr.Deepthi, WIMA Kazhakuttam member and Consultant Gynecologist and Laparoscopic Surgeon, KJK Hospital



18.01.24: WIMA Kazhakuttam Monthly GB at Hotel Karthika Park,Kazhakuttam.

Awareness Classes for Ammathotttil caretakers of Kerala at Sisukshema Samithi- batch 1, by Dr.Priya Sreenivasan, WIMA member

21.01.24: (National Girls Day Programme) Awareness Sessions on Adolescent Health and Menstrual Hygiene and Medical Camp at Dr.Ambedkar Memorial Girls School for girls of Tribal Community by Dr.Zinia Nujum and Dr.Nisha Nishanth,WIMA members

24.01.24: Awareness session on Zoom platform to the members of our branch about 'Cervical Cancer Screening and Recent Updates on HPV Vaccines' by Dr.Thanooja, WIMA Kazhakuttam member

25.26 & 31.01.24: Sessions on various topics at National Pedicon 2024 by Dr.Priya Sreenivasan and Dr.Bindusha

30.01.24: Awareness Classes for Ammathotttil caretakers of Kerala at Sisukshema Samithi- batch 2, by Dr.Priya Sreenivasan,WIMA member.

12 WIMA Nemom

07.01.24: Inauguration of activities of WIMA at the state level

09.01.24: Interactive session in Government Girls' Higher Secondary School, Cotton Hill, Vazhuthacaud on menstrual cup

13.01.24: General Body Meeting

20.01.24: Palliative Care week observance in CHC Vellarada in association with Ruckmini College of Nursing Vellarada

20.01.24: Palliative Care week observance in CHC Vellarada

in an orphanage in Kiliyoor

22.01.24: Sensitization session on "Menstrual Cup" at Government Girls Higher Secondary School, Malayinkeezhu

24.01.24: Awareness programme at W & C Hospital Poojappura in connection with the National Day of Girl Child

24.01.24: Awareness programme at International School, Vatturoad, Kazhakkootam on " Adolescent Health and Menstrual Health"

25.01.24: Special session in connection with the National Day of Girl Child in Government Girls' Higher Secondary School, Malayinkeezhu



26.01.24: 29th Valsalyam Camp on "Breast Cancer detection and Awareness generation" in association with the Kavalloor Lane Residents Association, Kanjirampara.

27.01.24: General Body Meeting

31.01.24: Awareness session on PCOD in Government Girls' Higher Secondary School, Malayinkeezhu

13 WIMA Kunnamkulam

12.01.24: National Youth Day Observance – Concord Higher Secondary School, Kunnamkulam

15.01.24 to 21.01.24: Palliative Care Week

Dr Pinky Paul, Treasurer WIMA Kunnamkulam took class on the importance of palliative care.

17.01.24: CHC Pazhanji & 18.01.24: GVHSS, Pazhanji

19.01.24: Recognition for WIMA Kunnamkulam by Inner Wheel Club of Kunnamkulam, Liwa Tower Kunnamkulam

20.01.24: Antenatal Class at Ansar Hospital, Perumpilav headed by Dr Prasanna, Consultant Gynaecologist Ansar Hospital. Antenatal session on Birth deformities was taken. Dr Surumi Mammu, Secretary WIMA Kunnamkulam

26.01.24: Republic Day Celebration IMA House Kunnamkulam Dr Padmasini R,Past Chairperson WIMA Kunnamkulam

28.01.24: State Cultural Wing Inauguration – Aluva WIMA and IMA Kunnamkulam under the leadership of Dr Pinky Paul (Cultural committee convener TCR district) coordinated programs for the inaugural function of Cultural Wing of IMA KSB.

29.01.24: First Aid Class and Life support- St John's Bethany Under IMA and WIMA Kunnamkulam a hands on session was conducted at St John's Bethany School, Kunnamkulam for Junior Red Cross(JRC) students.

30.01.24: Sparsh Campaign and Inauguration



Skin Camp – FHC Thaikkad Dr Jisha Gangadharan lead the activities of Sparsh campaign inauguration and camp conducted at FHC Thaikkad.

14 WIMA Kottayam

07.01.24: The state level inauguration of WIMA activities was hosted by WIMA Kottayam at IMA hall Kottayam.

Got inaugurated by Dr. Joseph Benevan President IMA KSB. Guest of Honor was Mrs. Lathika Subash. Meeting was graced by the presence of Dr. Sasidaran, State secretary Dr. Deepa Augustine, State WIMA Chairperson, Dr. Jose kuruvila, Dr. Joseph Mani, Dr. Rajalakshmi, Dr. Ganesh kumar, Dr. Kavitha Ravi, Dr. Rajeswariamma sk, Dr. Ashok Valsala, Dr. Nirmala Prabu, Dr. Sapna S Nambiar. Two scientific session were also done

1. Diabetes and Women - Dr. Geethu Antony Cons. Endocrinologist Mar-Sleeve medicity Kottayam

2. Functional Diet and Healthy Living – Dr. Sankar Ram Cons. in PMR GH Trivandrum Almost sixty Drs from Various WIMA branches across the state participated.

15 WIMA Thalassery

03.01.24: NEW YEAR & CHRISTMAS CELEBRATION.

HPV Vaccine awareness inauguration in Kendriya vidyalaya Kannur by Dr Geetha Mekoth

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

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

13.01.24: Dr. Geetha Mekoth conducted Cervical Cancer Awareness in the programme of PEDAL FOR PREVENTION conducted by JCI Kannur

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

15 WIMA Kochi

17.01.24: Monthly meet along with New year celebrations were held at IMA house.

Session on deafness-A world without sound was conducted by Dr Geeta Nair, Talk on Ibreast examination for members Followed by variety entertainment programs, fun games, refreshments

04.01.24: Excel in Board examination... Class for class10 Bhavans vidhyashram Munshi Thiruvankulam by Dr Girija Sarojini. Antenatal awareness session by Dr Marie Simon at AUHC Kaloor

Dr Sheeja Srinivas took a class on "Different Stages of Palliative care" on January 15 th Monday as a part of Kerala Palliative Care Day observation

16.01.24: Adolescent health education at St. Josephs H. S. Chathiath, Vaduthala by Dr Gracy Thomas

18.01.24: Dr Marie Simon taking Adolescent Reproductive health class for students at Ernakulam.

24.01.24: Class at Marthoma public school Kakkanad on Adolescent health by Dr Girija Sarojini.

Dr Maria Varghese participating in OFFSA national webinar series on remedial measures to protect children from unsafe food

Dr Mumtaz in Instagram on healthy nutrition

07.01.24: WIMA Kochi members at Inauguration of state WIMA activities hosted by Kottayam WIMA at Kottayam IMA house.

Performed during local festival at Ernakulathappan temple

21.01.24: Dr Lisamma Joseph conducting medical camp.

26.01.24: Republic day celebrated at IMA House Kochi

28.01.24: IMA cultural wing inauguration at Madhyakerala. Conducted swimming classes by experts exclusively for ladies at IMA house

-Registered WIMA Kochi members had opportunity to undergo Ibreast examination at subsidized rates in association with Dlabs

Dr Ashna Haneesh Awarded Best of Women in business; award by JCI Dr Lisamma Joseph being honoured as charter members of kochi tosmasts

Dr Arya Sivaprasad receiving best Taluk Convenor in Ernakulam award 2023 from Kerala Govt Medical Officers Association, Ernakulam during annual meet on 28 th January, Article by Dr Sheeja Srinivas "നീലക്കുറിഞ്ഞി പുത്തപ്പോൾ" in KGMOA souvenir of Pragathi 2024.

16 WIMA Payyannur

24.01.24: Observed national girl child day & conducted Self-defense training for girls and ladies by Masters Taikwondo academy payyanur

17 WIMA Muvattupuzha

The year 2024 began with first WIMA Muvattupuzha program at the family IMA Christmas and New Year celebration.

18 WIMA Madhya Kerala

05.01.24: Christmas and New Year Celebration.

07.01.24: Participated at inauguration of WIMA Activities at Kottayam.

08.01.24: Members attended the District Committee meeting on membership promotion held at IMA Kochi.

09.01.24: Blood donation camp at Mentor academy, Kothamangalam. Dr. Beena Mary Thomas WIMA Madhya Kerala led the camps.

20.01.24: Palliative day observation and palliative patients' family meet at Family health centre Thuravoor by Dr Anitha R Krishna, ENT Surgeon and Medical officer in charge and WIMA Madhyakerala Secretary.

21.01.24: State Communication Skill workshop was held at IMA Madhya Kerala Hall attended by Dr. Anitha R Krishna, ENT Surgeon and Medical officer in charge, FHC Thuravoor.

26.01.24: Republic Day Celebrations.

27.01.24: Free medical camp conducted by Dr Sobhana at Deivadan centre Malayattoor.



27.01.24: Talk on epilepsy by Dr Sobhana for Nursing students at kanjoor Hospital.

28.01.24: Elderly care camp by Dr Sobhana, Physician, Kanjoor Hospital at Deivadan centre Kanjoor.

30.01.24: Awareness class to students of government school Allapra about kidney disease and dialysis by Dr. Aswani Kumari.

Dr Rajeswari Amma attended the Webinar on Healthy Longevity to lifestyle Modification.

28.01.24: Madhyakerala team at Inauguration of Cultural activities meeting.

28.01.24: Inauguration of the State Committee for Cultural and Literary Promotion was attended.

19 WIMA Kodungallur

January 2024, WIMA Kodungallur was officially launched by IMA Veteran Leader and Past State President Dr. PKM Rasheed during IMA General Body meeting. The installation of WIMA leaders was also done on the same day

12.01.24: WIMA, in association with IMA, observed the National Youth Day, conducted classes and a quiz competition at MES Asmabi College P. Vemballur, Kodungallur. Mental Health in youth, Need of Balanced diet



in young. Exercise for youth were the topics covered. WIMA Chairperson Dr. Nadeera Bhanu led the classes and the Quiz. Psychiatrist Dr. Mukundan and Physician Dr. Nasar also handled the classes.

WIMA along with IMA arranged the family meet and New year celebrations. WIMA members participated in various cultural events.

20 WIMA Irinjalakuda

Dr. Namrutha, WIMA member secured third prize in the WIMA logo competition.

21 WIMA Nedumbassery

19.01.24 & 20.01.24: WIMA Nedumbassery, in collaboration with IMA Nedumbassery, orchestrated a delightful Family Get-Together as part of their 10th-anniversary celebrations. The event took place at Al Nahdha Resort in Barka, located 60 km from Muscat city, Gracing the event as the Chief Guest was Dr. Shashidharan, the esteemed State IMA Secretary, The highlight of this gathering was the inauguration of WIMA's 23-24 activities, a momentous occasion, then Zumba session on the next day morning, which was well-received by the 30 families who stayed overnight, further enhancing the sense of camaraderie and togetherness.

22 WIMA Thrissur

03.01.24: Participated at the Women's Mega Conclave *

Sthree Sakthi " at Thekkinkadu Maidan, conducted by Hon. Prime Minister of India, Shri Narendra Modi Ji. Hon Prime Minister in his address promised Cultural and fundamental uplift of Women. Many women awardees of National and international Sports, Cultural and Social personnel's were honored. Dr Belma Rose, Chairperson, WIMA Thrissur, Dr Shobana Mohandas, Dr Suvama and other WIMA members actively participated at the Women's Mega Conclave.

19.01.24: Observance of YOUTH DAY conducted class on TOPIC - TEENAGE CRISIS INTERVENTION at St MARY'S COLLEGE Thrissur for College students.

20.01.24: WIMA Thrissur in association with IMA Blood Bank Complex and Research Center Thrissur conducted Blood Donation camp at Shobha City Mall, Puzhaykkal, Thrissur.



21.01.24: Conducted health awareness class at sobha city mall.

Welcome speech by Dr Emil Davis Director Of Belmil Medical Centre ; The inaugural address by Dr. Joseph George IMA, President. Dr Sangeetha P L, Clinical Psychologist spoke on Warning signs of Mental and Behavioral Disorders. Dr Indudharan R, Treasurer, Dr PP Mohanan, Dr Paul. O Raphel, Dr Binil Isac and others participated. Dr Belma Rose WIMA Chairperson anchored and coordinated the program.

21.01.24: " Know Your Number " health awareness class at sobha city mall.

21.01.24: IMA WIMA Thrissur Conducted Solace, Health Vogue Charity Drive and Musical Program at Shobha city. Charity drive was for relief to people suffering from Chennai Floods. Welcome speech was by Dr Emil Davis Director Of Belmil Medical Centre And IMA Executive Member. The inaugural address was given by Dr. Joseph George IMA, President. Dr Indudharan R, Treasurer, Dr P P Mohanan, Dr Paul. O Raphel, Dr Binil Isac and others participated. Dr Belma Rose WIMA Chairperson anchored and coordinated the program. Followed by Musical program.

23 WIMA Changannur

Basic Life Support Awareness course for the students of govt High school Pathiyoor.

24 WIMA Kannur

Participated in the IMA Kannur branch new year celebration

for fashion show-Bollywood retro.

25 WIMA Mavelikkara

Conducted 2 sessions for high school students at MES school Thazhakara on Stress and time management

One session for degree students of Bishop Moore College Mavelikara on Mental Health Matters.

One session for nursing students of Sreekanthapuram hospital on Emotional wellbeing -around 20 nurses were present in the session. All these sessions by Dr Manju Peethambaran.

26 WIMA Palakkad

Formed a new group including Medicos and non-Medicos. We have prepared an agenda for the coming months.

21.01.24: Members attended a one-day workshop conducted by the IMA Kerala state branch on COMMITTEE FOR PROMOTION OF LEADERSHIP AND COMMUNICATION SKILL

28.01.24: Attended the IMA STATE CULTURAL INAUGRATION at Aluva and participated in events like 2 group dances and a fashion show.

27 WIMA Trivandrum

Awareness session was conducted in Kendriya Vidhyalaya SAP Camp school

Stress management by Dr. Aggy S Valentine

Adolescent health care and Menstrual hygiene Dr. Simi Haris.

28 WIMA Kottarakkara

19.01.24: Kit distribution for palliative patients by IMA and Community Health Centre, Vellinallor. Awareness classes and oath taking at the health center and implementing palliative care activities and house visits in Vellinallor panchayat throughout the week.





INDIAN MEDICAL ASSOCIATION

Kerala State Branch

Sanjeevani
The healthy doc initiative.

Hands-on training workshop @ Kochi | 24.03.2024

Dear friends,

Doctors are the guardians of health. Yet we tend to neglect our own health very often. Even though we are aware of the importance of exercise and nutritious diet we fall short in practicing it to perfection.

Recent advances in areas of Exercise physiology, gut microbiome, exercise modalities have given a huge fillip to wellness and prevention and management of lifestyle diseases.

IMA & WIMA join hands in taking forward this novel concept in organizing a half day hands-on training workshop in Kochi on March 24, 2024.

It focuses on enabling doctors of all age groups to get a hands-on experience of doing cardio and strength training using body weight exercises and gym equipment. Inputs on how to follow a healthy ,nutritious diet is also incorporated in the workshop.

We have only 50 slots. Please register at the earliest with your spouse and children (age 15+)

EXERCISE : ELIXIR OF LIFE

Hands-on workshop will cover

- ▶ Importance of cardio and strength training for all age groups 15 to 80+
- ▶ How to start exercising ▶ Do's and don'ts of exercising
- ▶ Behavioral change for exercising regularly ▶ Zone 2 training and HIIT
- ▶ Strength training using body weight ▶ Strength training using free weights
- ▶ Strength training using multi gym ▶ Healthy nutrition for longevity
- ▶ Tailor made exercises for low back ache, cervical spondylosis, periarthritis shoulder, OA knee, PCOD, obesity, fatty liver...to name few ▶ Exercises for prevention of fall in the elderly



Dr. Joseph Benaven
State President
IMA Kerala



Dr. Sasidharan K.
State Secretary
IMA Kerala



Dr. Deepa Augustin
Chairperson
WIMA



Dr. Nirmala P.
Secretary
WIMA

BRANCH ACTIVITIES

January 2024



66
108

1 Kanhangad

09.01.24: Executive committee meeting at IMA House.
14.01.24: BLS Training for Doctors at IMA House by Dr Narayana Naik, Dr Ramya R K, Dr Vinod Kumar P, Dr Anoop and Dr Harikrishnan.



15.01.24: Observed Palliative day & get together of breast cancer survivors and awareness class by Dr Raju Mathew Cyriac.

16.01.24: Extended DC Meeting and Reception to State Leaders.

23.01.24: Building committee & Cultural Committee meeting at IMA House.

26.01.24: Republic Day Celebrated by unfurled the flag by Dr Manikandan Nambiar.

30.01.24: WIMA Meeting at IMA House.

30.01.24: General Body meeting

30.01.24: Covid Martyrs Day observed at IMA House and paid homage to Dr Satish Kumar, covid martyr from Kanhangad branch.

Conducted class on Finance Management for Doctors in association with Global Garner Business Solutions Company.

2 Kulanada

24.01.24: GB & CME

3 Thalassery

03.01.24: Reception to Dr.Sasidharan K (State Secretary IMA). On behalf of IMA thalassery Dr Sahidharan was felicitated by Dr Babu Ravindran, Dr Ramesh R, Dr Sreekumar Vasudevan and Dr Surendrababu.

03.01.24: New Year & Christmas Celebration.

10.01.24: Executive Committee Meeting

12.01.24: Dr Bithun represented IMA Thalassery in the national youth day program at Kannur Medical College Anjarakandy.

15.01.24: IMA Thalassery partnered with Central Laboratories - Kannur Medical College in public awareness on anemia in pregnant women.

15.01.24: A program 'Sensitisation in palliative care' for nursing students of MCC in the paediatric conference hall of MCC & inaugurated by Dr.Satheesan Director, MCC.

16.01.24: ELS Training Program for Staff at General Hospital,Thalassery by Dr.Pushparaj S R.

17.01.24: Pain and Palliative Care Society observed Palliative Day at General Hospital Thalassery.

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

17.01.24: Palliative Care Awareness Class at FHC Muzhapilangad by Dr.Sreeja Viswan.

17.01.24: Medical Camp at Snehakoodu Old Age Home,Thalassery by Dr.Pushparaj.

17.01.24: Palliative Care Training Program for students at Kannur Medical College by Dr.Ramesan T.

19.01.24: IMAAMS in association with Physicians club conducted an academic meeting. Dr Anjana Ashokan gave a presentation on the topic "Contrast induced Nephropathy".

20.01.24: Dr.Suchitra Sudhir was invited as the Special Guest of Chamber Expo 2024.

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

24.01.24: General Body Meeting.

24.01.24: Session on Schemes - social security schemes I ,II &III for the members of IMA Thalassery by Dr Sanjeev Kumar M, Dr.Suresh V, Dr Gopeenathan P - SSIII respectively.

26.01.24: Celebrated Republic day at IMA Hall Thalassery.

27.01.24: Cancer Awareness Rally & Sub Collector Sandeep Kumar,IAS flagged off. Child Rights Commission chairman Adv.K V Manojkumar as the chief guest.

28.01.24: Minister Ramachandran Kadanapalli inaugurated the Adolescent Health Summit where the physical and mental problems of teenagers were discussed.



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

30.01.24: IMA Kannur district committee observed Covid Martyrs day at IMA hall, Thalassery.



30.01.24: IMA Thalassery in association with CGP Thalassery conducted an academic meeting. Dr Jinesh V, HOD ,Emergency Medicine, Aster MIMS Kannur gave a presentation on the topic "Approach to Trauma and Management".

31.01.24: CRICKET TOURNAMENT & TUG OF WAR - IMA Thalassery cricket team participated in the Brennen Alumni Assembly cricket tournament held at Thalassery cricket stadium and emerged as the runners up team.

31.01.24: IMA Thalassery football team participated in the Kannur district IMA Soccer League Season 3 held at Kannur Police grounds Turf.

4

Guruvayoor

14.01.24: General body meeting along with new year family meet at Jumeirah beach resort at Chavakkad.

5

Desinganad

02.01.24: The monthly executive meeting.

05.01.24: District Committee meeting and state level inauguration of membership campaign lead by IMA State president Dr. Joseph Benaven and Secretary Dr. Sasidharan K.



07.01.24: State level inauguration of WIMA KSB Activity at IMA Hall Kottayam was attended by Dr. Bindu Mary Francis

09.01.24: Christmas New year Celebrations and monthly general body cum CME Meeting Conducted at IMA Hall Desinganad. CME on "PREVENTING DOCTOR SUICIDES – A HELPING HAND TO MENTAL HEALTH SUPPORT" by Dr. Namita Nazeer, MD Psychiatry, District Hospital, Kollam.

23.01.24: Executive meeting.

26.01.24: Observed Republic Day by unfurling the national flag by Dr. Harikumar S.

30.01.24: Covid Martyrs Day commemoration was conducted by the branch leaders who paid homage to

Dr Mohammed Haneef P A by visiting his family at his residence at Parippally.

6 Palakkad

11.01.24: CME on "technology in health care" by Dr K Madeswaran, Chairman – Royal care hospital.

19.01.24: As a part of IMA- AMS Activity by IMA AMS Palakkad Monthly CME.

24.01.24: District committee meeting - agenda of meeting-increase membership in all branches. State president updated on recent updates in CEA & further plans of IMA in upcoming time.



28.01.24: As part of committee for promotion of leadership & communication skills, work shop has been conducted.

30.01.24: As A Part Of Covid Martyrs Day ,Palakkad District Committee & Ima Palakkad Members Visited The Family Of A Covid Marryr & Holded. A Commemoration Meeting In Ima Hall Palakkad At 8 Pm To Pay The Respect On Departed Souls.

7 Nilambur

Christmas & New year celebrations.

BLS training conducted by IMA Nilambur branch for CEEP students (The students selected from different schools by screening test for their career guidance) in peeves school. ELS session jointly organised by RTO nilambur and IMA nilambur by Dr Rajesh AJ.

8 Vaikom

29.01.24: GB & CME on COLS- Compression only life support by Dr Koyakutty PM - Midzone coordinator IMA ELS and consultant anesthetist at Bharat Hospital Kottayam. New year celebration and family meet was conducted.

9 Irinjalakuda

21.01.24: TOT communication skills class attended.

22.01.24: Branch President was the special guest at palliative sangamam of karalam panchayat phc and also gave medical advice to them.

25.01.24: President , secretary and alternative CWC member attended DC meeting at kunnamkulam and handed over new membership form.

26.01.24: Republic day was celebrated.

10 Cochin West

06.01.24: Executive meeting

07.01.24: Attended WIMA inauguration at Kottayam & Dr Nirmala Prabhu selected as the secretary of State WIMA.

08.01.24: Attended DC meeting at Ernakulam IMA hall

13.01.24: Christmas and new year celebration conducted.

15.01.24: Palliative day observed and handed over equipments to Cochin palliative team.

Basic Life support Skill Training for Doctors and paramedics was conducted at Fathima Hospital Kochi. Cultural Fest attended at IMA house ALUVA, members actively participated.

COVID MARTYRS DAY observed.

11 Chirayinkeezhu

05.01.24: Christmas and New Year Celebration and Family Get-Together



16.01.24: Executive committee Meeting

21.01.24: Medical Camp for Geriatric And Palliative care patients.

26.01.24: General Body Meeting and Scientific Session

30.01.24: Covid Martyr's Day Commemoration Ceremony - honoured the covid martyrs family with a memento.

12 Changanassery

Academic session held at contour backwaters changanacherry on liver transplantation.
Membership promotion campaign.

13 Amala Nagar

18.01.24: Monthly CME & GB

14 Vandiperiyar

27.01.24: Newyear Celebrations

15 Cherthala

06.01.24: Golden Jubilee & New year celebrations was celebrated at Hotel Veliyil Castles. WIMA office bearers were installed during the event.

09.01.24: Alappuzha District Committee meeting was held to discuss about the membership campaign.

10.01.24: Building Committee Meeting

15 to 21.01.24: Observed Palliative care week

16.01.24: Alappuzha DC Meeting to decide regarding the participation in IMA Cricket league.

17.01.24: GB & CME

21.01.24: Committee to promote leadership & communication skill meeting attended

23.01.24: Alappuzha DC Meeting

30.01.24: Observed Covid Martyr Day.

Formed Doctor's Support Cell.

16 Kannur

04.01.24: Christmas & New-year Celebrations

11.01.24: GB & CME

18.01.24: CME

25.01.24: CME

17 Thriprayar

09.01.24: Executive Meeting

23.01.24: New Year Celebration cum family meet

25.01.24: Attended District Committee Meeting

18 Pandalam

24.01.24: GB & CME

25.01.24: ELS training class for medical & paramedical staff of all hospitals, in & around Pandalam @ C. M. Hospital, Pandalam

30.01.24: COVID MARTYRS DAY - commemoration ceremony to pay homage to the covid martyr of our branch, Dr. Varghese V. Jacob.



19 North Paravur

Sensitization for Junior doctors & Interns for importance of Joining IMA along with CME on topic "Dietary Diversity & Diabetes" by Dr Vipin V P from Aster Medcity ,Kochi

30.01.24: Observed COVID Martyrs Day at IPP Dr M K Mohandas's clinic.

20 Balussery

10.01.24: ENT medical camp

11.01.24: Dr Devadas took class on Geriatric health issues at Arappeedikka

13.01.24: Attended Kozhikode DC Meeting

25.01.24: GB

21 Themmalappuram

Information education communications Membership campaign

Executive committee meeting

22 Thamarassery

24.01.24: Monthly GB at Wayanad Regency with a family meeting, a topic on investments by Mr Sandeep, state head

of Aditya Birla investments.

20.01.24: Executive committee meeting at Pulloorampara, Dr Rajendran's residence.

Doctors support committee, and WIMA committee members were nominated.

Membership campaign

23 Cochin

23.01.24: GB & CME

24 Pathanamthitta

Executive and one GB meeting.

Doctor's support cell community formed

19.01.24: President and Secretary attended the Membership Campaign Program at Konni, medical College.

31.01.24: Family meeting with various entertainment programs by our kids and members.

25 Vadakara

06.01.24: Emergency executive meeting related to hospital attack on ASHA Hospital, Vadakara

12.01.24: Young Doctors Meet



12.01.24: CME

16.01.24: Attended District Committee Meeting at Calicut.

18.01.24: Palliative care State training programme for Thanal volunteers conducted at Vadakara IMA hall.

18.01.24: Executive Meeting

26.01.24: Unfurling of National Flag

26.01.24: Republic day talk by former Director General of Prosecution.

30.01.24: Observance of Covid Martyr's Day.

30.01.24: GB

26 Chalakkudy

05 & 29.01.24: Executive meeting

07.01.24: General Body and Family Educational Trip to IMAGE plant and Malampuzha Fantasy Park

08.01.24: Doctor Support Cell Formed comprising 9 members.

12.01.24: Building Executive Committee

25.01.24: District Committee held at Kunnakulam IMA Hall attended by 3 executive members.

29.01.24: Formation of Membership Committee comprising 5 members

27 Sulthan Bathery

31.01.24: GB & ELS training

28 Panoor

26.01.24: General body meeting and CME at IMA hall. Dr Tom Jose conducted the CME on approach to difficult to control Hypertension.

29 Kadakkal

27.01.24: GB

30 Nadapuram

GB & CME

31 Kottayam

04.01.24: Executive committee meeting.

07.01.24: New year celebration & Honoured State cabinet members

07.01.24: State wide inauguration of WIMA.

07.01.24: Kottayam DC Meeting.

28.01.24: Attended and performed at the Inaugural event of Committee for Cultural & Literary Promotion

32 Kottakkal

25.01.24: CME on Cancer.

33 Perinthalmanna

13 & 14.01.24: Conducted indoor sports
15.01.24: Inaugurated Aavo Gaon Chale Project
23.01.24: ELS Training

34 Malappuram

10.01.24: Awareness class about suicide in doctors and prevention by Dr Abdu salam.
10.01.24: Attended state MPC meeting on zoom
15.01.24: Attended paliative care program
15.01.24: Attended zoom meeting -suicide prevention in doctors
16.01.24: Attended zoom class "IMA HELPING HANDS
18.01.24: Attended Mpc over zoom
20.01.24: Attended DC meeting
21.01.24: Attended Committee for promotion of leadership and communication skill workshop
21.01.24: Dr Asoka valsala taking class in work shop
23.01.24: Attended SSS1 state meeting over zoom
23.01.24: Attended IMA suicide prevention program.
25.01.24: Monthly GBM and CME by Dr Jamsheer and dr favas on "recent advance in oncology".
26.01.24: Observed republic day
28.01.24: Attended SSS1 management committee meeting @ periyar house
28.01.24: communications skills training in palakkad

35 Perumbavoor

03.01.24: Executive committee meeting
07.01.24: Attended WIMA State level Inauguration of activities @ IMA Kottayam.
08.01.24: Attendend DC meeting and participated the discussions for attaining maximum membership, during jackpot dhamaka period.
11.01.24, 23.01.24 & 30.01.24: Communication skill classes @ Vathiyayathu Hospital, THQH HOSPITAL, Vathiyayathu Hospital respectively.



17.01.24: Monthly GB cum CME.
15.01.24: Palliative care day & week observation Mr. Francis, of Snehatheram palliative home care unit, Perumbavoor, was honoured by wearing a ponnada and also gifted a cash voucher.
24.01.24: Observed National Girl Child Day - Honoured a Autistic Girl Child with special extra talents, at GVHSS, Iringole, Perumbavoor.
26.01.24: Observed Republic Day.
28.01.24: Inaugural showcase event of C & L promotion committee, Kathakali, goose bumping dance, solo, group music etc.
30.01.24: LEPROSY DAY observed at EMC, KOCHI.

36 Mavelikkara

11.01.24: Executive committee meeting.
11.01.24: Class on parenting at Govt Girls Higher Secondary School by Dr Jayasankar, Secretary.
14.01.24: Handed over the SSS3 policy demise claim cheques of Late Dr P N Narayanan to his family members.
21.01.24: Monthly GB and CME
28.01.24: Mega medical camp.



31.01.24: Visited SGMMH Parumala and conducted a session on the ongoing membership campaign.

37 Thodupuzha

06.01.24: The Christmas & New Year events were celebrated.
25.01.24: Monthly CME Program.
26.01.24: 75th Republic Day was celebrated.



28.01.24: Attended Committee for Cultural & Literary Promotion -Inauguration at IMA Periyar House
 29.01.24: DC Meeting
 30.01.24: COVID Martyrs Day Commemoration.

38 North Paravur

03.01.24: Membership Dhamakka campaign initiated
 04.01.24: CME on Multifactorial approach to Diabetes management by Dr Vipin VP Endocrinologist Aster Medicity Kochi at Hotel Grand Muziris.
 13.01.24: IMA & QMPA jointly conducted Christmas and New year celebrations at IMA Hall North Paravur.
 25.01.24: GB & CME on Approach to Inflammatory Arthritis by Dr Sanjana Joseph, Care hospital.
 26.01.24: Republic Day celebrated & Keynote address by Dr K A Sreevilasan (State President elect).
 30.01.24: Observation of COVID MARTYR'S DAY; Floral tributes & candle light memorial was observed in memory of the doctors who lost their lives fighting COVID pandemic. Doctors Support Cell was constituted.

39 Taliparamba

11.01.24: Executive Meeting.
 Dr. Support Cell Committee was formed and Dr. Jose PV was selected as Chairman, with Dr. Arun Abhilash as Convener.
 18.01.24: In association with Taluk Headquarters Hospital and Taliparamba Municipality, IMA Taliparamba conducted a



Palliative Day Message, Rally and Family Meet inaugurated by Taliparamba Municipality Chairperson Smt. Murshidha Kongai.

23.01.24: General Body Meeting with CME on "Common Ophthalmology Theories in General Practice," by Dr. Twinkle Ann George, Professor of Ophthalmology at Government Medical College, Kannur.
 26.01.24: Republic Day observance.

40 Kuthuparamba

02.01.24: Christmas & Newyear Celebrated.
 15.01.24: District committee meeting.
 18.01.24: CME on Salvaging the diabetic limb by Dr.Mithun Benjamin, General surgeon aster MIMS kannur, Dr.Arjun consultant endocrinologist, and Dr. Sandeep.KM foot and ankle surgeon aster MIMS kannur. Attended Promotion of leadership & communication skill programme at IMA hall Aluva Dr. Srikumar vasudevan took class on breaking the bad news.
 25.01.24: General body meeting and CME on "why Rheumatoid factor (RF) is not RA Factor" by Dr.Manesh manoj ,consultant Rheumatologist AKG hospital Kannur.

41 Cherukunnu

15.01.24: Attended Extended District Committee meeting as part of Membership campaign.
 22.01.24: Attended zoom meeting on tribal Camp preparation
 30.01.24: Attended Covid Martyrs day Commemoration meeting at Thalassery IMA Hall.
 31.01.24: Under the captaincy of Dr Ashwaq participated in Inter Branch Soccer League conducted by District Committee and reached the semifinal.

42 Pala

05.01.24: Started martial arts training for members & family at IMA hall pala weekly once basis inaugurated by the President Dr Sabari.
 09.01.24: Executive committee meeting, discussed various organizational matters like Membership Campaign, Table Tennis Coaching for members and family, Midzone CGP Conference etc.
 13.01.24: Condolence meeting of beloved member Dr P S Joseph.
 30.01.24: Condolence meeting for beloved member Dr K J James Sir. General Body Meeting and CME on Leadless pacemakers: Revolutionary Road & Off pump strategy: Making CABG Safer by Dr Sajan Ahamed & Dr Rajagopal.

43 Tirurangadi

18.01.24: School health education program at Chandan Brothers Higher Secondary School by Dr. Hasna and coordinated by Dr. Sajeevan.
 Attended the intersectoral meeting conducted at Parappanagadi Municipality regarding the recent Japanese

Encephalitis case in Parappanagadi.

31.01.24: GB CUM CME by Dr. Radhakrishnan on AI in day-to-day life; Dr. Antony Jason Augustine by Artificial Intelligence in Healthcare, revolutionizing diagnosis, treatment, and care; Dr. Agil Abdullah on AI in preventive medicine. The program was inaugurated by Dr. Noon Lesli, who also highlighted his insights about AI.

44 Adimali

31.01.24: New year celebrations & Monthly meeting and CME by Dr. Gayathri on "Hemopoietic stem cell transplantation" and Dr Monisha on "CarT cells".

45 Talappilly

04.01.24: Executive committee.

Constituted Committee for Supporting Doctors & Committee for Promoting Membership Campaign.

General Body Meeting along with New Year Celebrations @ Deliza Hotels Wadakkancherry, which included various Cultural Programs of Members.

46 Kozhencherry

09.01.24: Monthly Board Meeting and felicitation of new office bearers, new year celebrations

47 Mukkom

24.01.24: Monthly GB meeting and CME at hotel malayoram, Mukkam. Dr Anil saleem, HOD and senior consultant cardiologist from Meitra hospital calicut gave a talk on "Never forget the aorta" and Dr Jomy Vadasseri jose, Associate consultant from Meitra hospital gave a talk on "preventive cardiology".

48 Valluvanad

17.01.24: Executive meeting. Discussion regarding the membership drive. Planning and execution of new membership drive. Discussion regarding the Doctors' support cell.

49 Jubilee Mission

Formulated Doctors Support Cell.

First year MBBS students at Jubilee received the highest pass percentage in KUHS university examinations.

Membership campaign in each department carried out by Branch President & Secretary.

25.01.24: State President & State Secretary visited the branch and met with young doctors and promoted to them become members.

26.01.24: Celebrated Republic Day.

National Girl Child Day was celebrated in the campus.

50 Ponnani

20.01.24: Executive meeting.

28.10.24: General body meeting CME by Dr. Davidson on Case scenarios in pediatric neurology & Dr. Edwin by Congenital heart diseases, an approach to screen, recognize and manage conducted by Aster Medicity Kochi.

51 Varkala

09.01.24: Executive meeting.

21.01.24: Observed Palliative Care Day & donated a Kit of Groceries, Bed Sheet and Towels to 10 bedridden patients.

24.01.24: Emergency Life Support Training Program at Little Flower English Medium Higher Secondary School, Edava by Dr. Shehnaz.

25.01.24: GB and CME.

30.01.24: As per the instructions from the National & State IMA, for ensuring COVID MARTYRS DAY, all members paid due respect to Dr. Dawn Mohan at his residence to Dr. Saritha Dawn.

Attended Special District Committee meeting (COMMEMORATE MEETING) at IMA Headquarters.

52 Nemom

05.01.24: Cabinet meeting in online platform.

09.01.24: An awareness class in GHSS, Cotton Hill.

13.01.24: GB meeting and CME by Dr. A. Santhosh Kumar, Professor in Paediatrics & Medical Superintendent, Azeezia Medical College, Kollam on 'An update on Rabies Vaccine'.

14.01.24: Lifestyle Disease clinic in association with Cherupazhanjidevi Sewa Society, Karamana. Dr. Sreedhar, DHS (Retired) and IPP of Nemom branch and Dr. Jayakumar, Senior Consultant, ENT (Rtd) conducted the clinic and health education session.

17.01.24: Executive Committee meeting in online platform.

20.01.24: Observed Palliative care week in CHC Vellarada in association with Rukumony College of Nursing & an orientation class by Dr. Beena Rani.



Observed Palliative care week in CHC Vellarada in association with Orphanage in Kiliyoor.

21.01.24: Free camp for Hearing tests and seminar on ENT diseases in association with SNV Library, Peringammala inaugurated by Smt. Mini. A, Ward Member. Participation in Training on Communication Skills at Periyar House, Aluva.

27.01.24: GB meeting and CME by Dr. Radhamony, Associate Professor, Department of Dermatology, Travancore Medical college, Kollam on 'Beat Leprosy'.

29.01.24: Session on "How to face Examination" to the SSLC exam going students of GGHSS, Malayinkeezhu by Dr. V. Mohanan Nair to the SSLC exam going students of Government Girls Higher Secondary School, Malayinkeezhu. He gave health and learning tips to the students. He also contributed copies of his book "Chikilsayile Kanapurungal" to the school library.

53

Kothamangalam

02.01.24: Executive Committee Meeting:

General Body Meeting

Family Meeting and Christmas & New Year Celebrations, Dr. Tiju Thomas IRS was the guest of honour. Dr. Sivapriya Narayanan gave a dance performance and Dr. V. V. Paulochan recited the poem written by himself.

04.01.24: ELS & First AID Training to staff of KSEB, Kothamangalam, at the workshop organized by IMA Kothamangalam.



28.01.24 National Girl Child's Day observed. Medical Camp for Tribal Population "Snehahastham" ELS & First AID Training.

28.01.24: State Cultural & Literary Committee Inaugural Meeting.

IMA Kothamangalam has formed a Doctors' Support Cell, under the IMA KSB Doctors' Support Committee, to support Doctors in view of lack of job opportunities, extended working hours, inadequate remuneration, stressful interpersonal relations, verbal/emotional/physical abuse and other work-related issues.

Formed a fully equipped Karuthal Team to deal with psychological issues of Doctors & Healthcare Workers, as per IMA KSB directive.

07.01.24: Seminar on Innovations & Use of Technology in Health Care settings by Dr. Anna George from Molloy University New York.

08.01.24: Attended District Committee Meeting held at IMA House, Cochin.

09.01.24: Blood Donation Camp.

19.01.24: Awareness on Reproductive Health class on "Reproductive Health" to students of Mar Basil HSS by Dr. Maneesha.

20.01.24: Palliative Care Unit formed.

22.01.24: Observed Palliative Care Day.

24.01.24: Awareness on Reproductive Health, Sexual Abuse & POCOS for the students of St. George HSS.

26.01.24: Republic Day was celebrated.

27.01.24: Organized a medical camp on Healthy Ageing: Care & Cure for the Elderly.

54 Kozhikode

05.01.24: Executive Committee Meeting

05.01.24: Life Time Achievement Award on 22nd Neuro Update - Chennai 2024

08.01.24: Visited Smt. Mallika Sarabhai at Kalamandalam, Cheruthuruthi for trying to get madam as chief guest for International Women's Day held at Kozhikode

09.01.24: Membership campaign @ Malabar Medical College, Atholi



11.01.24: Membership campaign @ GMCH Radiology Dept & Medicine Dept

11 & 14.01.24: Dr. T.P. Nazer & Dr. Oliver Noone gave talk in Kerala Literature Festival @ Kozhikode

13.01.24: District Committee Meeting attended by the State President and Secretary.



14.01.24: MEGH MALHAR – Musical Club programme

15.01.24: Dr. Dhanya PG received Pain & Palliative Award for Govt. General Hospital unit, instituted by Prem Naseer Samsarika Vedi in connection with 35th death anniversary of Sri. Prem Naseer in Town Hall.

17.01.24: AMS Monthly CME on "Principles of CKD Management" by Dr. Sajith Narayanan, Senior Consultant Nephrologist, Aster MIMS, Kozhikode.

18.01.24: Palliative Care Day Program in Govt. General Hospital Kozhikode. Donated Rs. 5000 by the WIMA members @ 9 am

18.01.24: CANCER CERVIX screening camp for HARITA KARMA SENA Kozhikode.

18.01.24: MBS Managing committee meeting.

21.01.24: Dr. T.P. Ashraf felicitated the inaugural function Internal Medicine Conference, Govt. Medical College, Manjeri

22.01.24: Membership campaign @ ENT Dept, GMCH & Paediatric Dept, IMCH

24.01.24: CGP Monthly CME on "Movement is life and life is movement "Break- throughs" in bone strength" by Dr. Radhesh Nambiar, Sr. Consultant, Dept. of Orthopaedics, Aster MIMS, Kozhikode

25.01.24: Observation of International Girl Child Day at Medical College Campus.

25.01.24: General Body Meeting

26.01.24: Republic Day Celebration.

27.01.24: Dr. Ashraf TP as faculty of panel discussion on "Learning disorder in children" at 61th National Conference of The IAP @ Grand Hyatt, Kochi.

28.01.24: Participated the cultural programme in connection with the State level inauguration of Committee for Cultural & Literary Promotion @ Periyar House, Aluva

30.01.24: Observation of World Leprosy Day at Govt. Dermatology Hospital, Kozhikode.

30.01.24: Observation of Covid Martyrs Day.

55 Karakkonam

The event, "Meeting the Young Doctors," which turned out to be an insightful and encouraging gathering for budding medical professionals which was carefully organized with different segments, showcasing the IMA's dedication to creating a supportive community for emerging doctors. The State President Dr. Joseph Benaven echoed Dr. Shiburaj's sentiments, emphasizing the importance of the IMA in fostering a strong and united platform for medical professionals.

Dr. Bennett Abraham, Director of Dr. SMCSI Medical College, addressed the audience, shedding light on the need for the Medical Student Network (MSN) program in the institution.

IMA State Secretary, Dr. Sasidharan, took the stage to discuss how the IMA works towards making the lives of medical professionals stress-free. His insights highlighted the organization's commitment to enhancing the well-being of its members, recognizing and addressing the challenges and stressors faced by those in the medical field. Dr. Shiburaj and Dr. Joseph Benaven reiterated the significance of the IMA, emphasizing its strength, unity, and commitment to providing a secure environment for medical professionals.

Branch organized an Emergency Care and Life Support Training at HSS Undancode. Dr. Sheen Tarsis took the stage to conduct the training, focusing on various aspects of emergency care and life support.

56 Madhya Kerala

- 05.01.24: Christmas and New Year Celebration.
- 08.01.24: Members attended the District Committee meeting on membership promotion held at IMA Kochi.
- 09.01.24: Blood donation camp at Mentor academy, Kothamangalam by Dr.Beena Mary Thomas.
- 20.01.24: Palliative day observation and palliative patients family meet at Family health centre Thuravoor by Dr Anitha R Krishna, ENT Surgeon and Medical officer in charge .
- 11.01.24: Executive Committee Meeting
- 26.01.24: Republic Day Celebrations.
- 27.01.24: Free medical camp by Dr Sobhana at Deivadan centre Malayattoor.
- Talk on epilepsy by Dr Sobhana for Nursing students at kanjoor Hospital.
- 28.01.24: Elderly care camp by Dr Sobhana, Physician, Kanjoor Hospital at Deivadan centre Kanjoor.
- 30.01.24: Awareness class to students of government school Allapra about kidney disease and dialysis by Dr. Aswani Kumari.
- 21.01.24: State Communication Skill workshop. Webinar on Healthy Longevity to lifestyle Modification attended by Dr Rajeswari Amma.
- 28.01.24: Inauguration of Cultural activities meeting. Inuguration of the State Committee for Cultural and Literary Promotion.

57 Tirur

- 03.01.24: Conductd Music club.
- 17.01.24: AMS Meeting by Dr Raneesh, Consultant Cardiologist, IMCH, Alathiyoor on "GERD as cardiovascular disease risk factor."
- 19.01.24: Doctors support cell formed headed by Dr. Ahamed kutty.
- 20.01.24: Malappuram district committee meeting.
- 22.01.24: Attended Committee for Promotion of Leadership & Communication Skills workshop & TOT.
- 24.01.24: New year celebration and executive committee meeting.
- 30.01.24: Monthly General Body Meeting & CME by Dr. Afrah Abdurahman Specialist - General Surgery MIMS Kotakkal on 'Evolving trends in breast surgery - Oncoplasty' COVID martyrs' day observed.
- 31.01.24: Attended IMA Tirurangadi's SPECIAL SEMINAR ON ARTIFICIAL INTELLIGENCE in Medical Practice.

58 Trivandrum

- 06.01.24: Reception to NMC Chairman Dr. BN Gangadhar



- 08.01.24: Compression Only Life Support at University College Trivandrum
- 12.01.24: National Youth Day Observed.
- 15&16.01.24: Kerala palliative care week observed.
- 17.01.24: Regular Executive meeting.
- 26.01.24: Observed republic day 2024.
- 27.01.24: Seminar on CERVICAL CANCER by Dr Aparna MP, Assistant Professor, Dept of Radiation Oncology, RCC.



- 30.01.24: COVID Martyrs Day Commemoration.
- 31.01.24: Monthly GB.

59 Muvattupuzha

- 07.01.24: Christmas-New-Year celebrations.



- 08.01.24: District committee meeting.
- 12.01.24: Blood donation camp at Sabine hospital inaugurated Dr Vinod S Nair.
- Formed DOCTORS SUPPORT CELL – 2023-24
- 16.01.24: Organized an awareness class and hands-on training in COLS and BCLS.
- 18.01.24: Monthly CME on "Resistant hypertension in our clinical practice by Dr Jubil P Mathew, Consultant

Interventional Cardiologist, Department of Cardiology, Nirmala Medical center, Muvattupuzha.

20.01.24: Palliative care day was observed in association with Peace valley palliative care center.

25.01.24: Executive committee meeting.

30.01.24: Covid Martyr's Day was observed. Senior leader Dr KE Paulose briefed the crowd on the sacrifices doctors had displayed during the pandemic time which took life of many doctors while doing their duties.



60 Kollam

05.01.24: District Committee meeting attended by representatives of 8 branches in Kollam.



ELS and First aid class for ASHA workers and Staff nurses of Alayamon FHC by Dr. Anchitha.

06.01.24: Dr Anchitha P.M from IMA Kollam branch was the speaker in an ONLINE SEMINAR ON PARENTING TIPS for Govt. college teachers.

The official YouTube channel and Facebook page of IMA Kollam branch was inaugurated by the State President of IMA Kerala Dr. Joseph Benevan at IMA Centre, Asramom, Kollam. He inaugurated by uploading the first video on the YouTube channel.

13.01.24: Christmas and New Celebrations at Rotary community centre, Kollam.

11.01.24: Wellness Centre was inaugurated by Dr George Chacko, who also generously sponsored the same along with some wholehearted contributions from some of the members.

14.01.24: Vaccination campaign as a part of vaccination drive for HPV in association with Serum Institute of India pvt ltd.

17.01.24: As a part of observance of palliative care day,

donated a sterilizer, colostomy bags and capacitabine tablets (chemotherapy) to Kollam Pain and Palliative trust at Radio Santhwanam 90.4 office.

18.01.24: IMA membership campaign and CME on documentation and communication by Dr. Alfred V Samuel. Dr Sreekumar D elaborated on the topic Documentation & he stressed on the importance of its legal importance.

26.01.24: Celebrated Republic day.

General body Meeting and CME on Recent advances in Robotic surgery by Dr Krishna Kumar T, Dr Kannan Nair and Dr Jai Thilak, of AIMS, Kochi.

28.01.24: BADMINTON TOURNAMENT 2024 at NASA INDOOR BADMINTON ACADEMY inaugurated by Dr Karunakaran Nair.



30.01.24: COVID martyrs day commemorated.

61 Kasaragod

01.01.24: Visited SATHS (Shrimad Anantheshwara Temple School), Manjeshwar for honouring Miss Pooja Lakshmi who got state wide Second Prize in World Heart Day Online Quiz competition on IMA ELS (Emergency Life Support) Programme.

02.01.24: Executive Committee Meeting.

05.01.24: District Committee meeting on Zoom platform.

06.01.24: Family Cricket Tournament and New Year Celebration on 06.01.2024 at Green Field Arena, Kasaragod inaugurated by Mr P Bijoy IPS, District Police Chief Kasaragod.

14.01.24: ELS training program.



16.01.24: District Committee meeting.

21.01.24: General Body Meeting and CME on "AMR - An Unwanted Evolutionary Microbial Chain Reaction: Time to Reserve & Evolve" was organised by IMA Kasaragod in association with Microbiology Services Kinder Lab Kasaragod, IMA AMS Kasaragod Branch Chapter, IAP Kasaragod Branch and BIOMERIEUX. The talks were delivered by Dr. Prathibha Bhat, Dr. Vikash Ranjan, and Dr. Vineeth V K.

24.01.24: Sanitary Pad Wending Machine to GHSS school Kasaragod.

26.01.24: Celebrated the Republic Day.

30.01.24: Covid Martyr's Day was Observed at IMA Hall Kasaragod.



62 Thrissur

01.01.24: Christmas and New Year Celebration at IMA Blood Bank complex and Research Center, Ramavarnapuram

02.01.24: Dr Baby Thomas, secretary IMA Thrissur was honored by Lions Club.

2.01.24: Participated at the online Zoom meeting organized by Trichur District membership promotion committee.

06.01.24: Donated medicines for First Aid Booth for the Sabarimala Pilgrims at Guruvayoor Sri Krishna Temple premises.

06.01.24: Actively participated in the 40th year of togetherness of 1984th Batch of Thrissur Medicose at Hotel Elite international.

IMA Thrissur has formed their Doctors' Support Cell

10.01.24: Membership Promotion campaign TACO, Trichur ophthalmic association.

13.01.24: Participated in the Leadership Summit at All India Management Association at Hyatt Regency.

13.01.24: Tribal medical camp at Pettimudi



14.01.24: Scientific Session - Widening the Horizons of Cardiology and Technology interventions, at Hyatt Regency, Thrissur. Launched "ANGELS OF Thrissur at Nalinam Auditorium, Thrissur.

16.01.24: participated at Thrissur Lions Club General Body meeting.

Participated at the PROBUS Club General Body meeting at Hotel Pearl Regency

17.01.24: IMACON 2024 – first meeting of organizing committee at IMA House Thrissur.

19.01.24: Observance of YOUTH DAY conducted class on TOPIC - TEENAGE CRISIS INTERVENTION at St MARY'S COLLEGE for College students

20.01.24: Blood Donation camp at Shobha City Mall, Puzhaykkal, Thrissur

General body and scientific session at Hotel Elite international Scientific Session on 20/1/2024. Dr Deepak Nandan Spoke on LMCA disease - An interventional Perspective. Dr Ram Mohan KP, Spoke on Damage Control Orthopedics, Dr Darwin D

19.01.24: Fight against Anti Microbial Resistance Professional education program.

24.01.24: IMA AMS Thrissur Observed " National Girl Child Day" at Hotel Elite International.

25.01.24: IMA Thrissur actively participated at the IMA new membership promotion campaign.



New membership promotion campaign at Jubilee Mission Medical College.

Participated at the District Committee meeting at Kunnankulam.

26.01.24: Republic Day celebrated.

Multi Specialty Tribal Medical Camp At Sasthampooam Tribal Colony On Republic Day

Emergency Life Support training Session to the students of Kerala Agricultural University High School, Vellanikkara, Mannuthy.

28.01.24: Participated at the Inauguration of IMA Committee for Cultural & Literary Promotion at IMA Madhya Kerala Branch, Aluva

30.01.24: medical Student's Network Coordination meeting at IMA House Thrissur.

Observed Covid Martyrs Day at Shobha Metropolis

31.01.24: EXECUTIVE COMMITTEE MEETING @ Sobha Metropolis, Kuttanellur

63 Kazhakootam

04.01.24: Executive meeting.

08.01.24: Snehatheeram Community activity at a coastal area near Perumathura, Anathalvattom Sub Centre.

16.01.24: Emergency Care and Life Support Training for the budding athletes and the members of LNCPE Parents fitness group led by Dr. Shiju Stanley, HOD, Dept. Emergency Medicine, AHRI. Inauguration done by Dr. G. Kishore, Principal LNCPE and Regional Director of Sports Authority of India.

18.01.24: A class on menstrual hygiene as a part of training for peer educators at Pangappara health Centre.



GB & CME on autoimmune diseases at Hotel Karthika Park by Dr. Glaxon Alex & Dr. Anjana G. Warrior, Consultant Rheumatologists.

64 Nedumbassery

05.01.24: An adventurous hiking trip to the Qantab Flag Pole. The initiative, led by the passionate nature enthusiast Dr. Shifana proved to be a thrilling experience for members and their families.

07.01.24: Executive committee meeting at Badr Al Saama

Hospital Meeting Room, Al Khuwair. IMA Nedumbassery has just completed its 10th year since inception of this branch which was the very first overseas branch of the Indian Medical Association. The attendees were welcomed by Dr. Rajiv Sunny, President IMA Nedumbassery and Dr. Rajesh Eapen, Secretary, IMA Nedumbassery.

19.01.24 & 20.01.24: Family GetTogether as part of the 10th anniversary celebrations at Al Nahdha Resort in Barkan. The highlight of this gathering was the inauguration of WIMA's 23-24 activities, a momentous occasion held on the 19th from 3 pm onwards at the venue. Gracing the event as the Chief Guest was Dr. Sashidharan, the esteemed Kerala State IMA Secretary, whose presence added prestige to the celebration. Dr. Sashidharan delivered an enlightening speech, shedding light on the diverse activities planned by the State IMA for the upcoming year and emphasizing the expected participation from both IMA and WIMA branches. A lively Zumba session was on January 20th, which was well-received by the 30 families who stayed overnight, further enhancing the sense of camaraderie and togetherness.

65 Nedumangad

09.01.24: Breast cancer awareness class and screening at Thekkunkara Residents Association, Kalinga, Nedumangad was inaugurated by Adv. Anila and class by Dr. Hema Francis, Branch President of IMANedumangad.

16 & 23.01.24: Membership campaign by executive members as a part of membership dhamakka. Visited many doctors and hospitals and handed over membership forms to many junior doctors.

16.01.24: Tribal community project conducted mega health check up and Awareness Class on drug abuse for the Narakahinkala tribal Settlement, Vithura Village the class by Dr. Shameej Peter, RMO DH Nedumangad.



16.01.24: Youth football match was conducted in association with fair way football academy as a part of national youth day at club de turf kallampira nedumangad.

18.01.24: GENERAL BODY MEETING AND SCIENTIFIC SESSION on Cancer Screening - Evidence based approach by Dr Ramadas K (Director Clinical Operations and Allied services) & Implementing WHO Strategy on Cervical Cancer Control by Dr.Aswathy G Nath (Consultant Gynaecological Oncology.Karkinos Healthcare

22.01.24: "meet the young doctors" at sut academy of medical sciences, tvm. State president dr joseph benevan and secretary dr sasidharan k were the chief guest. Membership campaign and introduction of different schemes were done during the programme

22.01.24: Hosted the trivandrum district committee meeting.

26.01.24: In collaboration with WIMA NDD, Republic Day was joyously celebrated at IMA House, Nedumangad.



29.01.24: IMA Nedumangad, in association with the Cancer Care Unit and Pain and Palliative Care Unit at DH Nedumangad, observed the Kerala Palliative Week at the Conference Hall, DH Nedumangad presided over by Dr. Hema Francis and inaugurated by Dr. Rekha Raveendran, Superintendent, DH Nedumangad. An essay competition and quiz competitions were conducted.

31.01.24: nedumangad branch ams chapter presented mind your mind, a session on emotional well being & suicide prevention at conference hall, district hospital nedumangad. Dr. Sagar T, Consultant Psychiatrist DH, kollam was the speaker.

66 Pattambi

20.01.24: Monthly GB & CME

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. Sasidharan K.
State Secretary, IMA KSB

Link: <https://t.me/imakerala>



UPCOMING EVENTS



| Dates | Meetings | Venue |
|-------------|---|-------------|
| 10.03.2024 | International Women's Day | Kozhikode |
| 17.03.2024 | AMS Mid Zone Conference | Kunnamkulam |
| 21.04.2024 | Managing Committee Meeting | |
| 28.04.2024 | Managing Committee Meeting | |
| 04&05.05.24 | SAMANWAYA 2024 - State Cultural & Literary Fest | Palakkad |
| 05.05.2024 | CGP South Zone Conference | |
| 12.05.2024 | AMS North Zone Conference | Kondotty |
| 19.05.2024 | 279th SWC Meeting | Cochin |
| 26.05.2024 | WIMA North Zone Conference | Kottakkal |

Articles are invited for the Newsletter.
Kindly send articles to the Email:
newsletter@imakerala.com

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 25,673
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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