



Kerala

# IMA



APRIL  
&  
MAY  
2024

# News Letter

Indian Medical Association Kerala State Publication





**INDIAN  
MEDICAL  
ASSOCIATION**  
KERALA STATE BRANCH

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# INDIAN MEDICAL ASSOCIATION

Kerala State Branch

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Dr. Joseph Benaven  
State President  
IMA Kerala



# Snehahastham

*(The hand of Love)*

Snehahastham, the humanitarian face of the medical fraternity has been conceived as the largest ever community outreach program of the Indian Medical Association, with the objective of reaching out to the remotest tribal settlements in Kerala with comprehensive healthcare. The nobility of the project has been well appreciated and embraced by the Government of Kerala, with the Departments of Forest & Wildlife, Tribal Welfare and Health & Family Welfare collaborating with the IMA.

The medical camps provide vital healthcare services which addresses significant healthcare disparities faced by tribal populations, who often lack access to quality medical facilities and face unique socioeconomic challenges. Even though Snehahastham was launched with the goal to conduct medical camps in 100 settlements across the state, the enthusiasm and commitment of our members saw the project breaching the 200 mark in a short span of five months. Many more are on the anvil!

Snehahastham camps organized by the branches and district committees, bring together a team of dedicated medical professionals which includes doctors and allied healthcare workers. They offer a range of services, from general check-ups and diagnostic tests to the distribution of essential medicines and awareness campaigns on preventive healthcare. One of the key focuses of these camps is to cater to the specific healthcare needs of women and children in tribal communities. The camps also provide screening for malnutrition and infectious diseases, ensuring the well-being of the most vulnerable members of these populations. Tribals who need specialized care are taken to higher centres to ensure their specific healthcare needs are met.

Beyond just medical assistance, Snehahastham camps also play a crucial role in building trust and fostering stronger connections between the tribal communities and the healthcare system. The camps' outreach efforts help to overcome cultural and linguistic barriers, empowering tribal people to seek medical attention when needed and breaking down the stigma surrounding certain health conditions.

As IMA continues to expand the reach of these camps, it is making significant strides in addressing the longstanding healthcare challenges faced by Kerala's tribal populations. The impact created by these camps will make Shehahastham the flagship community service initiative of IMA Kerala State Branch.

Snehahastham plays a pivotal role in strengthening bonds of trust and confidence between the community and medical fraternity....

**Let us continue to extend our hand to the needy!**





### Generation... Next

Indian Medical Association is being led by some of the great leaders who have been working hard to sort out the core issues being faced by the modern medical profession. Being an apolitical organisation IMA hasn't ever failed in raising our voice whenever the governments failed in addressing our needs. And that is why we have grown in numbers and strength to become the largest professional organisation in the world.

But it is really disappointing to see that youngsters are not coming forward to take responsibilities to lead the association. When most of the seniors were able to lead a dignified life with comfort and satisfaction, the younger generation is finding it difficult to meet the two ends. Unemployment has become a reality in the modern medical profession. Stressful and stringent working atmosphere is creating a lot of mishaps among the junior Doctors.

One cannot blame the youngsters for not associating with the association and not taking part in the activities. Most of the youngsters are disappointed and unmotivated and they are finding it very difficult to cope up with the existing scenario. Independent practice has become a tricky business and corporations have caught hold of the healthcare industry. Above all there is a huge disparity between demand and supply.

What is the way out?

The Younger generation should support IMA in all the activities so that the leadership will be motivated to do things in a better way. Youngsters should find time to attend IMA meetings where all the association matters are discussed. Involve in the discussions and deliberations in IMA meetings .Raise your voice so that issues concerned can be taken up at all the levels of our organisation. Take up the responsibilities in IMA and be the leaders who can lead from the front. Youngsters are the future torch bearers of IMA. We can achieve many things in the future, with the strong leadership of junior Doctors ably supported by the experienced seniors.

Long live IMA

Dr. Sasidharan K.  
State Secretary

**Committee for promotion of leadership & communication skills 3 days residential master trainer program in Healthcare communication skills ima periyar house, aluva05<sup>th</sup> - 07<sup>th</sup> april 2024**



**Memorandum of Understanding between Santa Monica & IMA KSB. MOU signed with Santa Monica study abroad and Santa Monica tours and travels. 06.04.2024**



**Meeting of the coalition of professional medical associations for Tb elimination. Ima ksb is the patron of this prestigious professional Medical association for tb elimination' which is the coalition of Modern medicine doctors of various organisations like ima ,KGMOA, KGMCTA, QMPA, KGIMOA and various specialty organisations Apollo dimoro, Trivandrum - 06.04.2024**



# WORLD HEALTH DAY STATE FUNCTION IMA STATE HQ - 08.04.2024



# Ernakulam district committee business meeting Muvattupuzha - 11.04.2024



**KASARAGOD DISTRICT COMMITTEE BUSINESS MEETING  
KASARAGOD - 15.04.2024**



**KOTTAYAM DISTRICT COMMITTEE BUSINESS MEETING  
KOTTAYAM - 19.04.2024**



**IMA Kerala Intermedicoz Inter district professional cricket league 2023 – 24  
inauguration @ Kottayam - 19.04.2024**





**MANAGING COMMITTEE MEETINGS OF SCHEMES  
IMA PERIYAR HOUSE - 20<sup>TH</sup> & 21<sup>ST</sup> APRIL 2024**



**Meeting of advisory board with chairmen and secretaries of schemes to chart out the plans for membership campaign of schemes IMA Periyar house - 20.04.2024**



**ETHICS COMMITTEE MEETING IMA PERIYAR HOUSE ALUVA - 21.04.2024**



**MSN SOCCERMALA 2.02 Kalamassery - 21.04.2024**



**WAYANAD DISTRICT  
COMMITTEE BUSINESS  
MEETING  
KALPETTA - 22.04.2024**

**KANNUR DISTRICT COMMITTEE BUSINESS MEETING  
Thalassery - 23.04.2024**



**Palakkad district committee business meeting  
Palakkad - 24.04.2024**



**Handed over the Health Manifesto and Charter of demands to all the candidates of Vatakara constituency. Sri.Shafi Parambil, Smt.K.K.Shylaja and Sri.Prabhul Krishnan accepted the manifesto at functions held at Thalassery.**



**KOZHIKODE DISTRICT  
COMMITTEE BUSINESS  
MEETING  
KOYILANDY - 25.04.2024**

**INAUGURATION OF DIAMOND JUBILEE CELEBRATION OF  
THRISSUR IMA HALL 27.04.2024**



**YOUNG  
DOCTORS  
FORUM - MID  
ZONE MEET  
AMALA  
MEDICAL  
COLLEGE,  
THRISSUR -  
28.04.2024**

**THRISSUR DISTRICT COMMITTEE BUSINESS MEETING  
THRISSUR - 28.04.2024**



**RECEPTION TO STATE OFFICIALS  
IMA TRIVANDRUM - 30.04.2024**



**STATE PRESIDENT ATTENDED SNEHAHASTHAM PROGRAM  
EDAMALAKUDY - 03.05.2024**



**IDUKKI  
DISTRICT  
COMMITTEE  
BUSINESS  
MEETING  
ADIMALI -  
03.05.2024**

## SAMANWAYA 2024: The IMA State Cultural and Literary Fest for Doctors



Samanwaya 2024, the annual cultural and literary fest of the Indian Medical Association (IMA), Kerala State Branch, was a landmark event hosted by IMA Palakkad on 4th & 5th May 2024 at Hotel Tripenta, Palakkad with more than 1000 participants. It marked a vibrant celebration of creativity and talent among medical professionals across the state. Being the first of its kind in Kerala, the fest brought together doctors from various specialties, providing them with a unique platform to showcase their artistic prowess, literary flair, and cultural heritage, allowing them to unwind and express themselves beyond the demands of their profession.



The fest was inaugurated by Dr. Joseph Benavan, IMA Kerala State President, who highlighted the significance of work-life balance and the role of cultural activities in promoting holistic well-being. The ceremony featured a traditional lamp-lighting ritual by State Secretary, Dr Sashidharan, Chairperson Cultural Committee, Dr Kochu S mani, Convenor Cultural Committee, Dr R Sathyajith Chairman and other state cabinet members along with past state presidents followed by an array of captivating performances.



The literary segment included a range of competitions such as poetry writing, essay writing, and short story narration. On-stage literary events like extempore speaking and art events like pencil sketching, cartoon sketching, and Mehndi art were also held. These events saw enthusiastic participation from doctors, who showcased their literary talents and passion for the arts. The themes explored in these competitions ranged from reflections on the medical profession to broader societal issues, with winners receiving accolades for their insightful and creative contributions.



A major highlight of Samanwaya 2024 was the cultural performances, which included classical and contemporary dance, music recitals, and theatrical presentations. Doctors took on the role of performers, gracing the stage with confidence and elegance. The performances reflected the rich cultural diversity of the region, with participants exploring traditional art forms like Yakshagana, performed by IMA Kasaragod, as well as other modern expressions. The fashion show and group dance competitions were particularly noteworthy and garnered much attention.



A photography exhibition was organized, showcasing the artistic talents of doctors behind the lens. Notable participants included Dr. Dhanya Srijith, Dr. Asher Nayagam, and Dr. Praveen Das, whose works were highly appreciated by the attendees.

The fest concluded with a grand award ceremony, where winners of various competitions were honored. Special recognition was also given to the organizers from IMA Palakkad for their exceptional efforts in making the event a success. The evening ended on a celebratory note with a gala dinner, providing attendees with an opportunity to network and revel in their shared achievements.

IMA Thrissur emerged as the overall champions, with IMA Palakkad securing the runner-up position.



Samanwaya 2024 was a resounding success, bringing together the medical community in a celebration of culture and creativity. The event not only provided a platform for doctors to explore and showcase their talents but also fostered a sense of camaraderie and unity among participants. As the fest continues to grow in scale and scope, it stands as a testament to the multifaceted lives of medical professionals and the importance of cultural engagement in their personal and professional development within IMA.





**Finance Committee meeting at IMA HQ Trivandrum. Thorough scrutiny and evaluation of the accounts of IMA KSB and schemes. 09.05.2024**



**STATE PRESIDENT INAUGURATED IMA MSN SUT UNIT TRIVANDRUM - 09.05.2024**



**TRIVANDRUM DISTRICT COMMITTEE BUSINESS MEETING TRIVANDRUM - 09.05.2024**



**IMA HOUSE CHERTHALA FOUNDATION STONE LAYING CEREMONY  
10.05.2024**



**STATE  
PRESIDENT  
INAUGURATED  
IMA KOLLAM  
CRICKET  
LEAGUE  
KOLLAM -  
10.05.2024**

**ALAPPUZHA DISTRICT COMMITTEE BUSINESS MEETING  
CHERTHALA - 10.05.2024**



**SPECTRA IMA JDN MID ZONE MEET @ GMC THRISSUR  
11.05.2024**



**MALAPPURAM DISTRICT COMMITTEE BUSINESS MEETING  
PERINTHALMANNA - 11.05.2024**



**NEXUS IMA  
MSN  
CONCLAVE @  
WIMS  
WAYNAD  
11<sup>th</sup> & 12<sup>th</sup> May  
2024**



**INAUGURATI  
ON OF TRIES @  
TIRUR  
12.05.2024**

**SPECTRA IMA JDN MID ZONE MEET @ GMC THRISSUR  
11.05.2024**



**IMA AMS  
NORTH ZONE  
CONFERENCE  
HOST : IMA  
KONDOTTY  
BRANCH -  
12.05.2024**



**KOLLAM DISTRICT COMMITTEE BUSINESS MEETING  
DESINGANAD - 14.05.2024**



**279<sup>th</sup> STATE WORKING COMMITTEE  
HOST : IMA COCHIN - 19.05.2024**



**INAUGURATION OF IMA TRAVANCORE BRANCH  
DUBAI - 17.05.2024**



**LAHAR 2024  
IMA JDN  
NORTH ZONE  
FEST  
GMC,  
KOZHIKODE -  
18.05.2024**

**STATE PRESIDENT INAUGURATED MOHABATH 2024  
IMA KOZHIKODE - 18.05.2024**



**STATE PRESIDENT INAUGURATED SNEHAHASTHAM XIII  
KOTTOR - 25.05.2024**



**IMA JDN SOUTH ZONE SUMMIT - ESPOIR 2024  
TRAVANCORE MEDICAL COLLEGE, KOLLAM - 25.05.2024**



**INNOVATION SUMMIT IN HEALTHCARE FOR DOCTORS  
IMA KOZHIKODE - 26.05.2024**



**MEDICOS INTER DISTRICT BASKETBALL TOURNAMENT  
TMCAA INDOOR STADIUM, THRISSUR - 26.05.2024**



**"SANJEEVANI" HEALTHY DOCTOR INITIATIVE ORGANISED BY IMA WIMA  
KOLLAM DISTRICT HOST : IMA KOLLAM - 26.05.2024**



**WINZONE - 2024 IMA WIMA NORTH ZONE FEST  
HOST : IMA KOTTAKKAL - 26.05.2024**





**INAUGURATION OF DR. SIVADAS MEMORIAL HALL & gb  
IMA PALAKKAD - 29.05.2024**



**INAUGURATION OF DR.  
SIVADAS MEMORIAL  
HALL & gb  
IMA PALAKKAD -  
29.05.2024**



**INAUGURATION OF  
RENOVATED IMA  
HOUSE & RECEPTION  
IMA CHIRAYINKEEZHU  
BRANCH - 31.05.2024**

# WIMA

## NEMOM

**04.04.2024:** Medical Camp at Punnamood and Awareness session on Cancer cervix and health issues of females  
WIMA Nemom organized a Medical Camp at Punnamoodu in connection with the Dhikkubali festival in the Dikkubalikalam in Punnamoodu.. Dr.R.Jayakumar led the ENT examination, Dr. Aparna led the Eye camp, Dr.Saji and Dr.Beena Saji led the dental examination and Dr.Nandu led the general medical camp.

**07.04.2024** World Health Day Commemoration : Programme # 1

A community programme in Varkala - "Valsalyam" camp on Breast Awareness and Breast Cancer screening was also organised. Dr. V. Mohanan Nair, CWC membe inaugurated and spoke on "My Health My right" in a session chaired by Mr. Shajeesh Kumar ( President, Desabandhu Arts and Sports club).

**08.04.2024** World Health Day Programme # 2

Organised with the NSS unit of NIMS Nursing College. Dr. V.Mohanan Nair (CWC Member and Founder President, IMA NEMOM ) conducted the awareness session on " My Health, My right" in a programme inaugurated by Dr. Indira Amma (WIMA Chairperson, Nemom) at the NIMS College of Nursing.

**08.04.2024** World Health Day Commemoration : Programme # 3

Poovar Jointly organised with CHC Poovar. A Health Awareness session and immunization camp and campaign were organised in connection with the World Health Day.

**08.04.2024 and 09.04.2024** World Health Day : Programme # 4

Organised with CHC Vellarada and Ruckmoni College of Nursing with various activities . General Awareness sessions, flash mobs and various other activities were arranged. Organised for the students and NSS volunteers of Ruckmoni College of Nursing focusing mainly on the theme of World Health Day

**10.04.2024:** WIMA Executive Committee Meeting

**13.04.2024:** Comprehensive Medical Camp at Vanganoor Grama Panchayat ( ward 16 ) under the "Aao Gaon Chalen" project.

**28.04.2024:** WIMA General Body Meeting along with the Branch GB Meeting.



## KASARGOD

- 09.04.2024: Executive Committee Meeting,
- 15.04.24: DC Meeting
- 19.04.24: CME on ITP
- 20.04.24: DC Handed over IMA Health manifesto to all the three major Party candidates contesting in the Lok Sabha Elections



## KOZHIKODE

- 01.04.24: Observed World Autism Awareness Day in association with IMHANS Kozhikode.
- 20.04.24: HPV VACCINATION at WC hospital Kozhikode. Observation of SAFE MOTHERHOOD DAY Talk by Dr Anjana Soman, Gynaecologist, WC hospital Kozhikode.
- 23.04.24: WIMA GB and CME on Safety and Health at work place by Prof. Elizabeth Varkey, Deputy Chief Nursing officer NABH assessor, BMH, Kozhikode
- VISHU CELEBRATION @ 7 pm
- 27 & 28.04.24: Observation of WORLD CREATIVITY AND INNOVATION DAY: SWASTHYA for the members.
- 'RANG MANJ 2024' - District Cultural competitions



## KONDOTTY

06.04.24: Monthly meeting on google platform. WIMA members attended the cancer breast screening awareness program conducted by WIMA KSB.

## THALASSERY

- 02.04.2024: WORLD AUTISM DAY IAP Thalassery in Association with IMA&WIMA Thalassery and HOPE Early Intervention Centre, Thalassery organized Awareness sessions for parents and caregivers of children with Autism on World Autism Awareness Day.
- 11.04.2024: Dr.Mini Balakrishnan, Consultant Gynaecologist, Thalassery, gave an awareness class on Kannur News Channel in connection with NATIONAL SAFE MOTHERHOOD DAY.
- 18.04.2024: Talk on Disclosure of medical errors by Dr.Mini Balakrishnan (Past President IMA & Senior Consultant Gynecologist, Tellicherry Co-op Hospital) for doctors at Kannur IMA.
- 24.04.2024: Basic Life Support Workshop for Pattiam FHC Staff by Dr.Sreeja Viswan



## MUVATTUPUZHA

On the occasion of world Health day wima members actively participated in the walkathon conducted by IMA Muvattupuzha and by MOGS. Pap smear camp was conducted by Dr Tamanna Shenoy in collaboration with Agelius diagnostics and Nedumchalil trust hospital for health workers.

## THODUPUZHA

- 07.04.24: World Health Day was celebrated by Thodupuzha WIMA with a walkathon.
- 11.04.24: Monthly CME by Dr. Anoop Warier and Dr. Joel.

30.04.24: General Body Meeting, Award Night were conducted and Kids Summer Club was inaugurated. CME by Dr. Alphonse (Urologist)



## KUTHUPARAMBA

25.04.24: CME by President of WIMA kuthuparamba, Dr. Anju Kurup, Assistant professor, Malabar cancer care centre on 'case to case approach in transfusion practices'

## KOTTAYAM

28.04.24: Organized sanjeevani program part- 2 at IMA hall Kottayam inaugurated by Dr. Deepa Augustine State WIMA chairperson. Topics were covered by eminent speakers Dr. Jacob George, Dr. Sankar Ram, Dr. Mumtaz. It was followed by live demonstration of exercise and various challenges.

## PERINTHALMANNA

02.04.24: On World Autism Day, Dr. Priya from ARMC Hospital, Dr. Bindu from MES Hospital, and Dr. Disha from EMS Hospital collaborated to conduct a video seminar on a social media platform. The seminar aimed to raise awareness about autism spectrum disorders, highlighting the importance of understanding, acceptance, and support for individuals with autism.

07.04.24: World Health Day celebrated.

11.04.24: WIMA members delivered a compelling talk at ARMC Hospital, marking National Safe Motherhood Day.

16.04.24: Healthcare Outreach: Medical Camp in Kavalamutta, Nilambur.

19.04.24: Seminar on World Liver Day by Dr. Rema at Moulana Hospital & social media awareness class was also conducted.

20.04.24: Life-Saving Skills Spread: CPR Awareness Class at Moulana Hospital. summer camp for kids at IMA Hall.

23 & 24.04.24: Celebrating Laboratory Excellence: Lab Week Day at Moulana Hospital.

28.04.24: BCLS certification program for paramedics in Malappuram District.



## THIRUVANANTHAPURAM

07.04.24: Actively participated in Walkathon conducted by IMA, Tvm in association with KIMS.

26.04.24: A talk on "All women should know about their health " at Ys men club by Dr. Simi Haris (Chairperson, WIMA Tvm).

## COCHIN

07.04.24: Fun Run:- Beat HPV ,My Health My Right, organised by Lions in association with COGS, AIMS, IMA, WIMA, IDA, IAP at JLN stadium Kaloor.

21.04.24: Monthly meet along with Vishu Easter Ramzan celebrations

24.04.24: Antenatal class by Dr Marie Simon at Kaloor.

28.04.24: Talk on embracing a healthy lifestyle by Dr Mumtaz Khalid Ismail.



## THALIPRAMBA

04.04.24 & 20.04.24: GB+CME .Planned towards Enrollment for samanwaya cultural events Planned for holding pap smear camp mid May at government medical college Kannur. Planning classes on awareness in adolescents to be conducted in May and June Active participation by WIMA members in literary and cultural preliminary online qualifying events for samanwaya

## DESINGANAD

02.04.2024: World Autism Day observance and monthly General Body & CME meeting held at IMA Desinganad Hall,. CME Topic: "Demystifying Autism Spectrum Disorder" by Dr.Meera A R, MD(Paed) FDBP, PGDAP Developmental Paediatrician, CDC in charge, Travancore Medicity medical college, Kollam.  
05.04.2024: ELS training for veterinary doctors of Kollam district by Dr. Cini Priyadarsini V A, Dr. Bindu Mary Francis (President), and Dr. Dania Xaviour in association with IVA.  
17.04.2024: Dr. Bindu Mary Francis and Dr. Krishnenthur participated in Samanwaya district prelims held at IMA hall Asramom Kollam.  
18.04.2024 Dr. Cini Priyadarsini V A, South Zone Jt. Secretary SSS1, IMA KSB conducted Social Security Scheme 1 campaign for Desinganad branch members along with state scheme office bearers.

## MANJERI

Arranged BLS training for WIMA members

## MALAPPURAM

03.04.24: Conducted Iftar meet for all members with family  
24.04.24: Handed over of the Health Manifesto & Charter of Demands to the UDF candidate of Malappuram Lok Sabha constituency by the leaders of Malappuram HQ Branch.

## THRISSUR

07.04.24: SWASTHYA 2024 - World Health Day program at Hotel Elite International.  
21.04.24: Free Medical Camp at Thrissur Hill Gardens Residence Colony, Community Hall  
IMA WIMA Thrissur and IMA JDN Thrissur in association with Midas Hospital and Surgical Center, conducted a Multi specialty Free Medical Camp at Thrissur Hill Gardens Residence Colony, Community Hall.



## ALAPPUZHA

World Health Day 2024\* was observed in association with Health for All Foundation and CAPE College of Nursing.. The meeting was followed by ELS training session for the students of College of Nursing.



## KAZHAKUTTOM

05.04.24: Awareness session for Public in association with World Autism Day Celebrations at Cosmopolitan Hospital, Thiruvananthapuram by Dr.Asha Nazimudeen, WIMA Kazhakuttam Convenor and Senior Consultant Paediatrics.  
23.04.24: Monthly meeting of WIMA Kazhakootam at Hotel SP Grandays, Panavila



## PALAKKAD

As a part of activities of WIMA palakkad branch, along with IMA palakkad branch, conducted literary online competition state wide for IMA state cultural fest, Samanwaya

## KUNNAMKULAM

04.04.24: Ifthar get- together at IMA House Kunnamkulam for its memers and family.

12.04.24: Antenatal class at AL Ameen Hospital Antenatal by Dr Naima Khader ,Gynaecologist at Al Ameen Hospital.

15.04.24: Dr Dhanya Sreejith , Chairperson WIMA Kunnamkulam was a organizer and photo contributor in the Kole birders collective photo exhibition - ' Kanapadavukal' with the theme Biodiversity and conservation of Kole wetlands of Thrissur and Ponnani.

21.04.24: CULTURALACTIVITIES

23.04.24: GENERAL BODY AND CME by Dr Alfred Michael , Consultant Neurosurgeon Ashwini hospital on " Minimal invasive spine surgery", Dr Madhavan V .P , Consultant G I surgeon Ashwini Hospital talked on " Minimally invasive surgery and current trend across specialities" and Dr Praveen R , Consultant Gynaec – endoscopic surgeon Ashwini Hospital talked on "Interesting case scenarios in gynaecology".Dr Joy Manjila,

24.04.24: Safe motherhood and vaccination awareness session – Unity Hospital auditorium for antenatal women and their families by Dr Bindhu Balan, Gynaecologist.

25.04.24: World Malaria Day activities were carried out under WIMA active member Dr Jisha

Gangadharan ,MO in charge.

28.04.24: Dr Pinky Paul ,Treasurer WIMA Kunnamkulam addressed the TCR DC meeting on behalf of the cultural committee presented the report of Symphony 2024 preliminary cultural and literary competition to Samanwaya , cultural fest of IMA KSB to b held in May.



## PAYYANNUR

Organized a delightful ladies' get-together and iftar party, providing a serene atmosphere for relaxation. The event featured engaging discussions on various healthy salads, as well as a demonstration on the art of flower arrangement, fostering a sense of creativity and wellness among the attendees. There was also an engaging session on finance management and retirement plans for doctors led by Mr. Nikhil Gopalakrishnan, CEO of Pentads.

## KOLLAM

01.04.24 to 30.04.24: Summer camp for kids at IMA Centre, Asramom, Kollam.

25.04.24: Attended an online session, a TOT programe on Early Detection of Breast Cancer by Dr Swapna (gynaecologist).



## KOTTARAKARA

04.04.24: Attended the training conducted by the state regarding "Breast cancer awareness" by Dr Reji via Zoom meeting

07.04.24: Organized a Hands-on Training in Emergency Life Support by faculties Dr Gopakumar and Dr Anoop from Department of Anesthesia and critical care



## MADHYAKERALA

05.04.24: Dr Anitha R Krishna, WIMA Secretary attended Midzone Online TOT program on Sexual and Reproductive Module.

07.04.24: World health day observation; Theme : My Health my Right

Medical camp was conducted by Dr Sobhana, Senior WIMA leader and past WDW chairperson at Vimala Hospital Kanjoor.

Awareness class on women's health by Dr Anitha R Krishna, WIMA Secretary at St. Antony's Church Alangad.

WIMA in association with LIONS Club, AIMS, COGS conducted a Fun Run to create an awareness on HPV.

AOGS with FOGSI Urogynaecology committee conducted an awareness class and health camp at Mariya Hall, Our Lady of Grace Church, Thuruthiparambu Mala by Dr Elizabeth Jacob.

HPV Vaccination Campaign was organised at IMA Hall Perumbavoor. Awareness class on cervical cancer was also given to parents and students.

Two day Diabetes detection camp was held at Sreemoolam Clinic Sreemoolanagaram by Dr Rajeswari Amma, Senior WIMA leader.

12.04.24: Emergency Life Support awareness class and hands on training was conducted

16.04.24: TB - X Ray Screening camp was organized at Family Health Centre Thuravoor by Dr Anitha R Krishna

18.04.24: General body meeting & awareness on Managing litigation in Medical Practice – Dr Cyriac Thomas.

Introduction to effective health care communication – Dr Deepa Augustine WIMA Chairperson

27 & 28.04.24: State KFOG Gynaec Congress at Adlux convention centre was organized by Angamaly Gynaec society and KFOG. Dr. Elizabeth Jacob and Dr. Bindu Suresh served as resource persons for the topics 'Non descent vaginal hysterectomy and pre-operative surgical checklists" respectively.

An awareness class on Malaria and other vector borne diseases was in connection with world malaria



## KOZHENCHERY

Regular physical and virtual meetings were held last month to plan the jubilee meet which is to be hosted by our branch

## WIMA

04.04.24: Online session on early detection of breast cancer.



07.04.24: World Health Day

10.04.24: Executive meeting

28.04.24: Wima Sanjeevani at Kottayam IMA hall.



## KOZHIKODE

08.05.24: Observed INTERNATIONAL DAY FOR FAMILIES & family get together in association with IMA. Sri. Sreejith Kanhilassery, Theatre & Fil practitioner led the cultural programme.

12.05.24: Observation of INTERNATIONAL NURSES DAY @ CHC, Thalakuluthoor

A half day workshop for school students in 8 – 10th std in connection with Observation of WORLD NO TOBACCO DAY sessions by: Dr. Varsha Vidyadharan, Asst. Prof. of Psychiatry, GMC Kozhikode & Dr. Sheeba T Joseph, Dist Coordinator, RKS Kozhikode

14.05.24: WIMA GB

Observation of WORLD SUNSCREEN DAY: CME on Screen the Sunshine by Dr. Neethu, Govt. Dermatology Hospital, Kozhikode

Observation of WORLD MENSTRUAL HYGIENE DAY: CME on Menstrual Cup – A Revolution in Menstrual Hygiene by Dr. Smitha D'Couth, Dept. of O&G, GMC, Kozhikode

WIMA Treasurer Dr Lajni A., presented paper on 'Awareness of Modern Medicine doctors of PMR' at the IAPMR state conference at Tripenta Hotel, Kozhikode.

24.05.24: Observation of WORLD SCHIZOPHRENIA DAY in association with Thanal suicide prevention center, IMA Kozhikode, CRC-K & Chethana.

26.05.24: Participated WINZONE 2024 - WIMA North Zone Conference @ Kottakkal.

28.05.24: Observation of INTERNATIONAL WOMEN'S HEALTH DAY: Distributed Menstrual cup at reduced



## THODUPUZHA

03.05.24: "SnehaHastham" 11 th mega medical camp at Edamalakkudi Tribal settlement.

10.05.24: Monthly CME and Dr. Vandana Das remembrance at IMA Hall Nadukkandam, Thodupuzha.

23.05.24: CME by Apollo Adlux Hospital. Dr. Roy talked about the challenges in renal transplant and Dr. Urmilla talked about robotics in gynaecology.

29.05.24: Overseas tour to Malaysia for 5 days.

## IRITTY

17.05.24: General Body meeting.

04 & 05.05.24: Dr Priya urikkoth, Dr Anjusha Jose bagged 3 rd prize in fashion show at Samanwaya cultural fest.

## PANDALAM

28.05.24: An awareness class on Right to health for women, the members of YWCA Thumpamon in connection with the International day of action for womens health conducted by Dr Swathy anaesthesiologist ,CM Hospital Pandalam





## KONDOTTY

05.05.24: Participated in the IMA cultural fest SAMANWAYA conducted at Tripenta palakkad.

08.05.24: Monthly Google meet of WIMA.

12.05.24: IMA AMS North Zone conference at Al Amana Tower Kondotty.

26.05.24: Attended WIMA North Zone Meet - WINZONE-24 at Rydges Inn, Kottakkal.

## KODUNGALLUR

Participated in the IMA cultural fest and bagged prizes. Dr. Lakshmi Priya secured second prize in both Malayalam story writing and Kuchipudi. Dr. Lakshmi Priya, Dr. Suneetha, Dr. Jeena, and Dr. Nimisha were part of the group dance team that won third prize.

WIMA members participated in the Azerbaijan tour organized by IMA.

In observance of No Tobacco Day, conducted awareness programs at various hospitals and distributed notices.

## MUVATTUPUZHA

27.05.24: In association with Samaritan Hospital conducted an awareness class on HPV vaccine for adolescents and their parents. Talk given by Dr. Rehna, Chairperson WIMA

## KOTTAYAM

04 & 05.05.24: For the cultural and literary competition (Samanwaya) held at Palakkad, members participated in solo female song, group dance, extempore, essay writing and fashion show

## MALAPPURAM

26.05.24: Members attended WIMA North Zone Conference at Rydges Inn Kottakkal.

## PALAKKAD

04 & 05.05.24: The state cultural event, Samanwaya.

29.05.24: In connection with menstrual hygiene day, WIMA palakkad conducted a

class on menstrual hygiene and distributed free menstrual cups to the inhabitants of NIRBHAYA under women and child development department.

## KODUNGALLUR

Vrinda Mahesh, Dermatologist had won the GNG Mrs Keralam Crown of Glory 2024 title held at Raddison Blue Kochi and was also aired on TV by the Reporter new channel.

<https://www.facebook.com/share/v/6fYMWbdiS8J46MWp/?mibextid=xfxF2i>

## THRISSUR

04 & 05.05.24: Actively participated at SAMANWAYA, IMA State Cultural fest at Hotel Tripenta, Palakkad.

11.05.24: Participated in IMA JDN KSB Mid Zone Meet " SPECTRA " at TMC Alumni Association Hall, Mulakunnathuhavu, Thrissur.

23.05.24: Expressed its Solidarity with Junior Doctors by lighting candle

30.05.24: An awareness class for students of Mother College of Paramedicals, Thrissur at Mother Hospital Campus, College Auditorium. Dr. K.Anilkumar, Mphil (NIMHANS) spoke on Coping With Academic and Emotional Stress. Dr. Joseph George, President, Dr. Anettee Sruthi Thomas, WIMA Treasurer, Dr. Melvin, Executive member, WIMA Coordinators Mrs Rohin Rinzony, Julin Bobby, Mini Jain and others spoke on mental stress.

## THALASSERY

04.05. 24: Participated IMA Kerala State Cultural & Literary Fest- Samanwaya 2024.

12.05.24: International Nurses Day observed at Tellicherry Cooperative Hospital by IMA&WIMA Thalassery.

24.05.24: Dr Mini Balakrishnan (Co-ordinator North Zone) presented a talk on " Disclosure of medical errors" at IMA Kuthuparamba.

26.05. 24: Dr.Mini Balakrishnan delivered a talk on "Life is Beautiful" at the North Zone WIMA Meet 2024 held at Kottakkal.

31.05. 24: World No Tobacco Day Distributed Pamphlets: at all private Hospitals and Clinics in Thalassery.

On World Tobacco Day Dr.Rejna Dilnath conducted awareness classes in various schools.  
31.05.24: Programme of Discussion on Health and Beauty to all the members of WIMA. Programme presided by Dr.Geeth; Talk on PCOS by Dr.Mini Balakrishnan(Consultant Gynaecologist,Thalassery).



## KASARGOD

07.05.24: CME on 'Antenatal care for safe motherhood' By Dr. Nebissa & 'Diet for diabetic mother' By Mrs. Nivya



## MADHYA KERALA

07.05.24: World asthma day class along with MDI demonstration class at CHC Kalady Diabetes detection camp. Class was led by Dr Ameera K.

12.05.24: International Nurses' Day Observation in Vimala Hospital Kanjoor

16.05.24: Diabetes detection camp at Sreemoolam Clinic, Sreemoolanagaram Thailand tour by members

23.05.24: Palliative care class Palliative care class was held at Neeleeswaram supported by DePaul extension services by Dr AMEERA K

29.05.24: Anti-addiction awareness programs. Attended a session on women's health and fitness.

31.05.24: World No Tobacco Day observation at CHC Kalady. Awareness class was led by Dr Ameera K



## THALIPARAMBA

08.05.24: Meetings held along with IMA GB+CME

17.05.24: WIMA meeting

12.05.24: Family trip to Wayanad

Ima function to welcome president of national IDA- active participation of wima members

10.05.24: Menstrual health and hygiene class for nursing students at gmck

21.05.24: Breast self-examination class taken for patients coming to obg opd

## NEMOM

04.05.24: Kerala Kaumudi "MEDSCAPE" - Dr.Indira Amma honoured Kerala Kaumudi, the leading media giant organized a public function in Thiruvananthapuram to honour the eminent medical personalities of Modern Medicine.

08.05.24: Executive Committee Meeting

09.05.24: Attended Thiruvananthapuram District Committee Meeting

10.05.24: Attended Brainstorming session on National Initiative on Safe Sound (NISS)

13.05.24: Awareness session on Adolescent Health at the Leo XIII High School at Pulluvila. Dr.Chandini Devi conducted the session inaugurated by Rev.Fr.Antony S.B, the parish priest.

17.05.24: Awareness session on Adolescent Health in Government Girls Higher Secondary School, Malayinkeezhu.

18.05.24: Panel Discussion organised by the Pharmaceutical and Sales Managers Welfare Association in Thiruvananthapuram Our Chairperson

Dr.Indira Amma was one among the panellists in the discussion on "Escalating Healthcare costs- causes and solutions" organised at the National Club, Thiruvananthapuram.

22.05.24: "UMANG-THE SOUTH ZONE WIMA FEST" Organizing committee Meeting

25.05.24: World Thyroid Day was observed in association with the "Madhava Kavi Samskruthi Keendram (MKSK)".

26.05.24: WIMA General Body Meeting & CME on Thyroid diseases and session about IMA and it's schemes by veteran IMA leader Dr.Alex Franklin were the highlights of the GB.

28.05.24: Observance of Menstrual Hygiene day. Dr. Beena Rani conducted the session

31.05.24: Observance of World No Tobacco day

31.05.24: Attended Chirayinkeezhu Branch GB.

## PERINTHALMANNA

12.05.24: Dr. Febina Seethi Inaugurates Casa dei Bambini Montessori TTC Graduation for 2023 Batch

Celebrated Nurses Day with Moulana Hospital Nurses

31.05.24: Public Awareness Class on World No Tobacco Day

04.05.24: Participated in Samanwaya cultural programme, Palakkad.

Attended, winzone wima North zone meeting representing WIMA Perinthalmanna.

28.05.24: Vanitha Sangamam": Empowering Women for Higher Achievement.

11.05.24: Pakkalveedu hosted an enlightening seminar on pain and palliative care, conducted by Febina Seethi.

16.05.24: KAVAI and MAFM organized a legal awareness session for parents of POCSO survivors at MAFM, Pandinhattummuri.



## KOLLAM

04 & 05.05.24: Participated in various cultural events of SAMANWAYA STATE CULTURAL FEST at palakkad district.

24.05.24: Felicitations given for Samanwaya participants on appreciating their efforts for various events.

25.05.24: Participated in IMA Kerala junior doctors network south zone summit 2024 Espoir at Travancore medical college, Kollam.

26.05.24: SANJEEVANI The healthy doc initiative.. Hands-on Workshop. The programme was presided by Dr Shaniba VS.



## PAYYANNUR

GB and awareness session on cyber security "spiders on cyberspace ". The session was handled by Mrs Swapna.N.V ASI DYSPoffice Payyanur.

## ALAPPUZHA

25.05.24: Participated in GB and CME on UTI in females by Dr. Vishnu Raveendranath ( Urologist, Renai Medicity )and Men's health by Dr. Rajanikanth V.S (Urologist, Renai Medicity).



## KUNNAMKULAM

10.05.24: School Wellness Session - In collaboration with IMA Nedumbassery and the Board of Indian Schools, Muscat conducted a wellness session for all the Indian school teachers in Muscat at Indian School, Bousher.

Dr. Paul Abraham, an ENT Specialist, presented the importance of voice care and provided insights into voice-related issues and their remedies, emphasizing its significance for teachers.

Dr. Rajyashree N, a Specialist Surgeon, conducted an informative session on cancer prevention, protection, and early detection through periodic inspection.

Dr. Shifana Attur, a Specialist Gynecologist, delivered an invigorating session focusing on women's pursuit of health and achieving a balance between personal health and professional life.

Dr. Basheer, a Specialist Physician, addressed the audience on strategies for maintaining a healthy heart, a topic that received significant attention and interest.

Dr. Hashim V, Specialist Anaesthesia, concluded the sessions with an informative talk on empowering lay rescuers with essential knowledge in basic life support. This was followed by a hands-on session, ensuring practical understanding and application.

Online Webinar- Mental Health - We conducted an informative online session on "Women and Mental Health" by Dr Vidya Bhargavan, Secretary Of WIMA Nedumbassery. Dr Beena, WIMA

Chairperson introduced and welcomed the speaker for the session, Dr Vijay



## KAZHAKUTTOM

03.05.24: Media awareness in Kairali Channel on Heat Related Illness by Dr Priya Sreenivasan.

05.05.24: WIMA Kazhakuttam members Dr.Kavitha Ravi and Dr.Vineetha Nair as faculty in Dr.P Ravindran Memorial CME at Cosmopolitan Hospital

07.05.24: Dr Priya Sreenivasan, WIMA Kazhakuttam member and Additional Professor of Peadiatrics,SATH featured in a video done by DHS for circulation among public on the topic 'How to prevent aspiration of breast milk'

16.05.24: Awareness Class for mothers at Anganwadi Centre of Sreekariyam ward,PHC Pangappara on Healthy Eating Habits for Children and Allergies by Dr.Asha Nazimudeen and

Dr.Vineetha Nair.

18.05.24: Tribal Speciality Medical Camp at 2 Settlement areas under Kuttichal area by Dr.Asha Nazimudeen.

Dr.Kavitha Ravi was the Co Ordinator of 'Lahar,' JDN KSB North Zone Conclave conducted at GMC, Kozhikode.

23.05.24: Dr Aparna,WIMA Kazhakootam member and Consultant Anaesthesiologist, KJK Hospital Trivandrum was the Speaker at IMA Kazhakootam Monthly GB with CME.

28.05.24: Awareness session on Precaution and Wellness during Monsoon to the teachers and non-teaching staff of Chempaka Kindergarten,Thiruvananthapuram by Dr.Asha Nazimudeen,



## DESINGANAD

04.05.24: Dr Jayasree S participated for thiruvathira, as part of WIMA program Samanwaya, Palakad.

05.05.24: Dr. Bindu Mary Francis conducted a cancer awareness class at Mangad church parish hall in association with Ys women Elite club and Mangad Residence Association, Kollam.

07.05.24: World Asthma Day observance and monthly General Body & CME on "Severe & Difficult to Treat Asthma - Management Strategies" by Dr. Venikrishna.

10.05.24: Commemorated the loss of the young soul Dr Vandana Das at a CME meeting.

14.05.24: Hosted Kollam DC business meeting at IMA Desinganad, Mamootilkadav, Kollam.

The State President released the AMS DESICON 2024 brochure.

18.05.24: Dr. Bindu Mary Francis Conducted BLS and first aid training for high school students at youth camp, at Don Bosco boys home, Mundakkal, Kollam.

19.05.24: Dr. Sumitra Nair conducted an awareness class on breast cancer for Ayurveda doctors in association with Rotary club of Anchalumoodu Kollam.

19.05.24: Dr. Cini Priyadarsini V A, South Zone Jt Secretary SSS1, IMA KSB participated at 279th State Working Committee at IMA house, Cochin.

25.05.24: Participated at SZ JDN IMA KSB summit 'Espoir' at Travancore Medical college Kollam.

26.05.24: Organized 'Sanjeevani'-the healthy doc initiative program, by conducting a half day hands on training session on strengthening exercise and healthy diet and nutrition, lead by Dr Sankar Ram and Dr Mumtaz Khalid, at IMA hall, Asramam, kollam.

## WIMA

04 & 05.05.24: Wima members from various branches participated in cultural activities in Samanwaya

26.05.24: SANJEEVANI The healthy doc initiative.. Hands-on Workshop - by WIMA Kollam and WIMA Pathanamthitta branch - A healthy doctor initiative programe inaugurated by Dr Biju B Nelson (SZ, Joint Secretary, KSB) The program was presided by Dr Shaniba VS. The interactive session was supported by fitness equipment training by COSMO SPORTS team, Kollam.



26.05.24: WIMA North Zone Meet WINZONE 24 hosted by WIMA & IMA Kottackal branch @Rhydes Inn Program started with a prayer song and welcome dance. Dr Mini Balakrishnan delivered a speech 'life is beautiful' touching all aspects of a woman's life.

This was followed by self defence program by women Kerala Police team headed by master trainers Mrs Valsala ASI and Mrs Sinimol SCPO from Kerala Police. Inauguration of the program by Dr Joseph Benaven, State President IMA KSB. Dr Deepa Augustine WIMA Chairperson gave the Presidential address. Conference honoured Padmasree Dr Rahmath Beegum for her services in Lashedweep. Master Trainers were honoured. Felicitation was given by Dr Raju North Zone Joint Secretary Dr Shaji, Dr Seethi, DrSharafudheen, Dr Sajeev, DrKavitha Ravi & Dr Rajalakshmi



## MAVELIKARA

07.04.24: Executive committee meeting.  
28.04.24: General Body meeting & CMe on Menopause by Dr Divya Ramalingam, Gynec Lap Surgeon



## COCHIN WEST

06.04.24: Executive meeting.  
07.04.24: Celebrated World Health Day by participating in Walkathon  
08.04.24: Awareness class on Non Communicable Disease by Dr Geena Susan at St Sebastian Church. Attended DC meeting at IMA house, Muvattupuzha. Health manifesto given to contestants of Lok Sabha elections of Ernakulam constituency.  
Monthly GB meeting and CME, Dr Aswin, Neonatologist AIMS, Kochi took class on Congenital Hypothyroidism.  
10.05.24: Paid homage to Dr Vandana Das



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## CHALAUDI

09.04.24: Executive Committee Meeting  
18.04.24: General Body Meeting and CME on Overview of Advances in Cancer Therapy beyond Chemotherapy by Dr Dilip Haridran Vallothal & by Dr Johnson K Varghese on A Theatre day in ED.  
28.04.24: District Committee meeting held at Elite Hotel Thrissur.

## 4

## NEDUMBASSERY

24.04.24: General Body Meeting & 10<sup>th</sup> Anniversary celebrations with CME on "HYPERTENSION- Current Management Guidelines".



**5****SULTHAN BATHERY**

30.04.24: GENERAL BODY & CME on Head Injury: How to think like a Neurosurgeon by Dr Ajay Kumar MBBS, MS, Mch.

**6****MUVATTUPUZHA**

05.04.24 to 07.04.24: Attended the workshop on Health communication skills conducted by IMA KSB in Aluva, Periyar House.



05.04.2024: The cultural wing of IMA Muvattupuzha, Doctors club conducted Mehfil night. The program had ghazal performances and live performances by the members of IMA Muvattupuzha.

07.04.24: Celebrated World Health Day by conducting a Walkathon.

11.04.24: Hosted the second Ernakulam District Committee at IMA Hall.

29.04.24: Executive committee Meeting.

**7****COCHIN**

10.04.24: Executive committee meeting at IMA House



24.04.24: General Body meeting and CME on Probing deep into Deep Brain Stimulation (DBS) by Dr. Nihal Ahemad, Consultant Epilepsy & Functional Neuro Surgeon and Cracking the code : Unravelling Drug Resistant Epilepsy through interesting Case Based Discussion by Dr. Chandu P, Neurologist & Epileptologist



29.04.24: Senior doctors meeting on SWAGG- Moving a people by Poornima Viswanathan, Fitness Coach.

**8****MALAPPURAM**

03.04.24: IFTHAR MEET

21.04.24: Attended MCM @ IMA Periyar House, Aluva



24.04.24: Handed over the Health Manifesto & Charter of demands to the UDF candidate of Malappuram Loksabha constituency

25.04.24: Attended the DC meeting over zoom.

**9****VATAKARA**

04.04.24: CME on Obstructive Sleep Apnoea (OSA) by Dr Bijiraj Vatham Veettil, Senior Consultant ENT Head and Neck Sleep Surgeon

07.04.24: World Health Day CME by Dr KrishnaKumar, former Director, IMHANS Calicut, on My Health, My Right

11.04.24: National Safe Motherhood Day class for Asha Workers by Dr Anuji P Supran, Mother and Child Educator and Instagram Influencer (MythBusterLuffy) and Consultant Dermatologist, on What is new in Maternal and New-born Health: An interactive session with ASHA Workers



18.04.24: Executive meeting of Rang Manj'24.  
 21.04.24: Calicut District Arts and Literary Festival - Rang Manj'24  
 30. 04.24: General Body and CME on Male Sexual Dysfunction by Dr Muhammed Afose, Senior Consultant Physician, Diamond Health Care Vadakara



## 10 IRINJALAKUDA

23.04.24: General body & CME on asthma by Dr Reshma Thilakan- consultant pulmonologist Elite hospital TCR.  
 07.04.24: Observed world Health Day by conducting a medical camp along with Alpha Palliative care and abhayabavan trust at St. Sebastian's church parish hall porathussery.  
 23.04.24: ELS session for asha workers and Anganwadi teachers of Karalam Panchayath at karalam panchayath community hall.  
 28.04.24: Attended Thrissur District committee meeting.



## 11 THALASSERY

02.04.24: Observed WORLD AUTISM DAY by organized Awareness sessions for parents and caregivers of children with Autism at IMA Hall Thalassery. Shri.Karunakaran, Chairman, HOPE Early Intervention Centre, welcomed the gathering

Dr.Jayagopal P.P, President IAP Thalassery presided over the function. Felicitations given by Dr.Sashidharan K, IMA State Secretary, Dr.Akhil P.R , Treasurer, IMA Thalassery Awareness sessions were handled by Dr.Soumya C.V Consultant Neurologist, Aster Mims, Kannur  
 05.04.2024: Session on Communication skills conducted at Thalassery Co-operative Hospital.  
 07.04.2024: Observed World Health Day by conducting flash mob at Chakkarakkal Bus Stand.



07.04.2024: Observed World Health Day by conducting flash mob at Chakkarakkal Bus Stand.  
 11.04.2024: NATIONAL SAFE MOTHERHOOD DAY  
 17.04.2024: EXECUTIVE MEETING  
 17.4.2024: IMA Special Meetings - meet the candidate: Handed over the Health Manifesto and Charter of demands to Shri. Shaffi Parambil, UDF candidate of Vatakara constituency.  
 17.04.2024: ELS & First AID Session for NSS Volunteers  
 18.04.2024: session on communication skills  
 19.04.2024: Observation of WORLD LIVER DAY  
 21.04.2024: Observation of IMA Days WORLD CREATIVITY & INNOVATION DAY  
 21.04.2024: IMA Special meetings- Meet the candidate: Handed over the Health Manifesto and Charter of demands to Smt.Shylaja Teacher, LDF candidate of Vadakara constituency.

23.04.2024: IMA Special Meetings - Meet the candidate: Handed over the Health Manifesto and Charter of demands to Sri.Praful Krishnan, NDA candidate of Vatakara constituency





23.04.2024: Dist Committee Meeting  
24.04.2024: Sensitisation class on immunisation and its importance in disease prevention for College of Nursing students at Anjarakandy Integrated Campus.

General Body Meeting.

CME on "Evolution of treatment of acute lymphoblastic leukaemia- a poster child for cancer cure" by Dr.Ajay Sankar, Specialist-Pediatric Oncology-Centre for Blood Diseases, Bone Marrow Transplant & Cancer Immunotherapy, Meittra Hospital,Kozhikode

ELS session BASIC LIFESUPPORT WORKSHOP

Basic Life Support Workshop for Pattiam FHC Staff was conducted by Dr.Sreeja Viswan.

28.04.2024: WORLD DAY FOR SAFETY & HEALTH AT WORK

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## CHERTHALA

04.04.24: Attended the online program for wima members of south zone by IMA KSB for TOT Program on early detection of breast cancer.

05.04.24 to 07.04.24: Attended the ima ksb workshop on residential master training programme for healthcare communication skills at Ima periyar house,Aluva.



07.04.24: World health day was observed by organising Doctor's marathon DOCATHON 2024.

17.04.24: General Body meeting and continuing medical education.

19.04.24 & 20.04.24: Participated in the IMA All kerala intermedicoz cricket tournament held at kottayam.

21.04.24 : Attended the IMA ksb managing committee meeting at IMA house Aluva.



23.04.24 : Attended Alappuzha district committee meeting.

24.04.24 : Executive committee meeting.

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## THRISSUR

02.04.24: Executive Committee Meeting.

04.04.24: Participated at the Combined meeting of Membership Promotion Committee, Schemes and District Committees on Zoom Online.

06.04.24: World Health Day Observance at Thrissur District Cooperative Hospital inaugurated by branch president Dr Joseph George & spoke on the World Health Day message and Themes "My Health My Right" and Hospital Protection Act.



07.04.24: Observed World Health Day and Conducted Walkathon

Observed World Health Day in association with Pain and palliative Care Society, Thrissur by conducting a Panel discussion on MY HEALTH MY RIGHT at Thrissur Pain and palliative care Hall.

Conducted a flash mob in association with TOGS on World Health Day.

SWASTHYA 2024 on World Health Day at Hotel Elite International in association with JDN.

09.04.24: Meet the Candidate Program in relations with Loksabha Elections 2024 at Hotel Elite International.

14.04.24: A distinguished talk series curated by JDN Kerala, National council members at Chennai. Dr

Belma Rose WIMA Chairperson and National GDN representative under the guidance of Dr.Kavitha Ravi, IMA JDN KSB CHAIRPERSON Inaugural unveiled by the esteemed IMA national President, Dr. R V Ashokan Sir, Dr. J. A. Jayalal Sir, Past IMA National President, Dr. K. M. Abul Hasan sir, Chairman, IMA JDN HQ alongside eminent leaders of IMA and JDN.

15.04.24: IMACON Organizing Committee meeting.  
15.04.24 to 21.04.24: Photography Exhibition - Kanapadavukal at Kerala LalithakalaAkademi Art Gallery, Thrissur

21.04.24: Multi-specialty Free Medical Camp at Thrissur Hill Gardens Residence Colony, Community Hall.Meet the Candidate Program - handed over IMA Health Manifesto 2024 and Charter of Demands to all 3 Candidates Sri K Muraleedharan of UDF, Sri VS Sunil Kumar of LDF and Sri Suresh Gopi of BJP.

19.04.24 to 21.04.24: Actively participated at the IMA KSB inter district Cricket Tournament held at Kottayam.

24.04.24: Celebrated 20th Anniversary of IMA Blood Bank Complex and Research Centre, JanakeeyaSamithy(Arogyam), Ramavarmapuram.

28.04.24: Young Doctors Zonal Meet & Financial Management Workshop at Amala Medical College Thrissur.

27.04.24: General Body meeting & Scientific Session at Hotel Elite International.



28.04.24: District committee meeting hosted by the IMA Thrissur branch at Hotel Elite International.

30.04.24: COLS & FIRST AID TRAINING SESSION @ College of Veterinary and Animal Sciences, Mannuthy, Thrissur.

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KOLLAM

01.04.24: CHILDREN'S SUMMER CAMP inaugurated by Organising Chairman Dr. D Sreekumar. .

07.04.24: Observed World health day; 'My Health , My Right' - Mime and Flash mob and awareness talk for Nursing students

08.04.24: 'My Health, My Right' Seminar for Nursing students of NS cooperative Hospital Palathara, Kollam.

Poster designing competition for school Children at IMA Hall, Kollam.

09.04.24: Substance Abuse Awareness Role play for school Children.

12.04.24: 'My Health, My Right' Quiz competition for School Children at IMA Hall, Kollam.

CHILDREN'S SUMMER CAMP— Second week

17.04.24: Hosted Cultural (Musical) fest of District Committee at IMA Centre, Asramom, Kollam.

17.04.24: ELS TRAINING FOR CHILDREN at IMA hall, Kollam.

CHILDREN'S SUMMER CAMP— Third week

03.04.24: IMA Kollam Branch, Rotary Club Thangassery, NS Cooperative Hospital and Kerala State Forest dept. join hands to correct major palate deformities of 2 children of Achankovil Tribal Settlement. -SNEHAHASTAM PROJECT

26.04.24: General Body meeting and CME



01.04.24: Observed World Autism Awareness Day in association with WIMA & IMHANS Kozhikode.

05.04.24: Executive Committee Meeting.



15.04.24: KNOW MORE ABOUT IMA SCHEMES:

Interactive session on PPS and Pension Scheme

16.04.24: KNOW MORE ABOUT IMA SCHEMES:

Interactive session on Social Security Schemes I, II & III

17.04.24: KNOW MORE ABOUT IMA SCHEMES:

Interactive session on KHS & PDSS

AMS Monthly Meeting & CME on Genetics Bench to Bedside by Dr Mohandas Nair, Professor of Paediatrics & I/c Paediatric Genetic Clinic, IMCH, Govt Medical College Kozhikode

20.04. 24: HPV VACCINATION at WC hospital Kozhikode; Observation of SAFE MOTHERHOOD DAY.

Kozhikode cricket team participated IMA cricket professional league 2024 in Kottayam medical college ground

20.04.24: IMA Health Manifesto 2024 handed over to all three candidates of Kozhikode LS Constituency.



21.04.24: 'RANG MANJ 2024' - District Cultural competitions @ Vadakara. Adv. Shukoor, film star was the chief guest and inaugurated the programme.

22.04.24: MBS Managing committee meeting

23.04.24: WIMA GB meeting, Vishu Celebration and CME

24.04.24: Special General Body Meeting

25.04.24: Kozhikode DC Business Meeting @ Koyilandy

26.04.24: Branch Secretary Dr. T.P. Ashraf delivered talk on National TB eradication programme update at District TB Centre, Kannur

27 & 28.04.24: Observation of WORLD CREATIVITY AND INNOVATION DAY: Two day summer camp for children organised in association with WIMA.

28.04.24: IMA MSN North Zone Conclave in association with DC Kozhikode & MSN Kerala @ IMA Hall.

30.04.24: General Body Meeting

04.04.24: ELS & First AID Training for VBS Students of St. George Hebron Jacobite Syrian Church, Naganchery.



05.04.24: Attended North Zone Sexual & Reproductive Health TOT organized by IMA KSB, Adolescent Health Academy, IAP & WIMA KSB on Zoom.

07.04.24: Medical Camp for Tribal Population No. 12 @ National Safe Motherhood Day: Medical Checkup Camp for mothers and children of Pinavoorkkudy Adivaasi Colony, in connection with National Safe Motherhood Day.

08.04.24: National Safe Motherhood Day: Dr. Soumya S. Nair (Consultant Obstetrician & Gynaecologist) took class on "Safe Pregnancy" for the pregnant and lactating mothers at St. Joseph's Hospital Dharmagiri.

Organized an awareness class on Autism for the nursing students, staff and bystander parents of St. Joseph's Hospital Dharmagiri.

09.04.24: World Health Day: spoke on "Importance of Fitness & Muscle Strengthening in Daily Life".

Spoke on "Emergency Management of Cardiac Arrhythmias" at the scientific meeting. General Body Meeting.

Executive Committee Meeting:

10.04.24: Workshop on Leadership & Communication Skills for the healthcare workers and nursing staff of Dharmagiri Hospital, Kothamangalam at St. Joseph's College of Nursing.

11.04.24: Attended DC Meeting @ Ernakulam.

12.04.24: Workshop on Leadership and Communication Skills for the healthcare workers of Taluq Hospital Kothamangalam.

14.04.24: Medical Camp for the Elderly.

17.04.24: World Liver Day:

ELS & First AID Training: an awareness class on "Liver Health" for VBS students at Mar Basil School, Kothamangalam.

18.04.24: ELS Training in association with IAP Malanadu & First AID Training workshop for the students of Mentor Academy, Kothamangalam.

19.04.24: An awareness class on Sexual & Reproductive Health and POC SO for the VBS students at Mar Basil School, Kothamangalam

ELS & First AID Training workshop for the staff & nursing students of St. Thomas Hospital, Pothanikad.

20.04.24: Awareness on Perimenopausal Problems to the ladies at MahilaSamajam Zonal Meet at St. Stephen's Besania Church, Kothamangalam, under the Healthy Ageing Project.

20.04.24: Eye Camp, Dental Camp @ Healthy Ageing.

Awareness on Reproductive Health and POC SO

24.04.24: National Immunization Week: took awareness class on "Infant Vaccination" for the staff & students of St. Joseph's Hospital Dharmagiri.

29.04.24: Awareness on Substance Abuse at St. Joseph's College of Nursing, Kothamangalam. This was part of "MOCHANAM", the Comprehensive Anti-Substance Abuse program of IMA KSB.

30.04.24: Awareness on Substance Abuse at St. Gregorios Dental College, Chelad. This was part of "MOCHANAM", the Comprehensive Anti-Substance Abuse program of IMA KSB.

## 17 TIRUR

17.04.24: AMS meeting with a CME on Beta blockers : effects on Cardiovascular continuum. Differentiation matters\* by Dr GIRISH P V, Consultant Interventional Cardiologist, Metro International Cardiac Centre, Kozhikode.

30.04.24: General Body Meeting.



**18****PERUMBAVOOR**

02.04.24: Executive committee meeting;

07.04.24: WORLD HEALTH DAY Observed by conducting HPV VACCINATION camp and Awareness class, for GGHSS

Students @IMA house Perumbavoor



17.04.24: GB cum FAMILY MEET.

ELS training at SANJOE HOSPITAL, Perumbavoor for BSC nursing students.

**19****NORTH PARAVUR**

07.04.24: observed World Health Day &amp; organised a Walkathon from SNIMS campus to Manjaly bridge and return, inaugurated by Dr K.A.Mohamed Salim, President, IMA North Paravur.

18.04.24: Executive committee meeting.

General Body meeting &amp; CME on "Lasers in surgery &amp; It's applications in anorectal disorders" by Dr. Madhukar Pai &amp; "Lasers in Varicose veins" by Dr Resen Rajan.

Training for harbour workers and public on ELS- Emergency life support &amp; emergency management for victims of drowning and electric shock at I.R.Bahuleyan Memorial Hall, Munambam.

**20****PERINTHALMANNA**

07.04.24: World Health Day celebrated. Malappuram district collector Mr VR Vinod was chief guest and inaugurated the function.



15.04.24: ELS -COLS and First Aid Training at Nilambur

20.04.24: ELS CLASS Awareness class on CPR(IRC) to Dialysis Technician and staff of Moulana Hospital.



20.04.24: Handed over IMA HEALTH MANIFESTO to three main candidates of Malappuram constituency as directed from IMA National.

28.04.24: BCLS Certification program and ELS Class for paramedics @ IMA HOUSE Perinthalmanna for paramedics of Malappuram district.

29.04.24: CIVIL SERVICE orientation program arranged as a part of IMA KIDSSUMMER CAMP.

30.04.24: swimming coaching

02.04.24: World Autism Day observance and General Body & CME on



"Demystifying Autism Spectrum Disorder" by Dr. Meera A R, CDC in charge, Travancore Medicity medical college, Kollam.

05.04.24: ELS training for veterinary doctors of Kollam district by Dr. Cini Priyadarsini V A, Dr. Bindu Mary Francis (President), and Dr. Dania Xaviour

16.04.24: Executive meeting.

17.04.24: Participated in Samanwaya district prelims held at IMA hall Asramom Kollam.

18.04.24: Dr. Cini Priyadarsini V A, South Zone Jt Secretary SSSI, IMA KSB conducted Social Security Scheme/campaign.

20.04.24: Dr Bindu Mary Francis and Dr Dania Xaviour Johnson conducted BLS training in youth camp at Don Bosco Boys home, Mundakkal, Kollam.

24.04.24-26.04.24: Participation in various literary online competitions conducted as part of samanwaya IMA KSB cultural fest.



03.04.24: ELS/BLS /CPR Class to 3rd year Nursing Students of SIMET Nursing College Kasaragod by Dr. B Narayana Naik.



04.04.24: ELS/BLS/CRP training for second Batch of 5th semester Nursing Students of SIMET Nursing College, Poinachi, Kasaragod at GH Kasaragod conducted by Dr B Narayana Naik.

Executive Committee Meeting.

07.04.24: ELS/BLS Hands on Training to Staff of Wintouch Hospital Kasaragod as Part of World Health Day Celebration.

15.04.24: DC Business Meeting with the District Representatives of the MPC & all the Schemes and the Branch Presidents/ Secretaries.



18.04.24: General Body Meeting and CME on Haematology case-based Discussion by Dr Rajesh Krishna, Consultant Haematologist and on Rheumatology case-based discussion by Dr Gangarathna Krishna, Consultant Rheumatologist.

20.04.24: Handed over IMA Health manifesto to all the three major Party candidates contesting in the Lok Sabha Elections.

24.04.24: ELS training by Dr Jamaluddeen M.

04.04.24: Executive Meeting:

07.04.24: Iftar Meet; provided an opportunity for communal gathering and solidarity during the auspicious month of Ramadan.

World Health Day Observance at Taluk Headquarters Hospital, Taliparamba inaugurated by Dr Joseph Benaven, IMA KSB State president.

16.04.24: General Body Meeting with CME on "Next Gen Thorax - Navigating the Future with VATS" by Dr. Dinraj T V, Cardiovascular and Thoracic Surgeon, ASTER MIMS Kannur



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## HARIPAD

26.04.24: General body and CME on 'Acute stroke management'.



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## KUNNAMKULAM

04.04.24: Ifthar get-together at IMA House Kunnamkulam



12.04.24: Antenatal class at AL Ameen Hospital by Dr Naima Khader, Gynecologist at Al Ameen Hospital.

15.04.24: PHOTO EXHIBITION IN KOLE BIRDERS PHOTOGRAPHY.

21.04.24: CULTURAL ACTIVITIES

23.04.24: GB meeting & CME by Dr Alfred Michael, Consultant Neurosurgeon Ashwini hospital on "Minimal invasive spine surgery", Dr Madhavan V. P, Consultant G I surgeon Ashwini Hospital talked on

" Minimally invasive surgery and current trend across specialties" and Dr Praveen R, Consultant Gynaec - endoscopic surgeon Ashwini Hospital talked on "Interesting case scenarios in gynecology".

24.04.24 Safe motherhood and vaccination awareness session- Unity Hospital auditorium for antenatal women and their families.

25.04.24: World Malaria Day activities were carried out under WIMA active member Dr Jisha Gangadharan ,MO in charge. A malaria detection camp for migrant labourers ,awareness talk for patients and bystanders using patient education materials were carried out elaborately by the doctors and staff.

28.04.24: DC meeting on behalf of the cultural committee, TCR Dt. Dr Pinky (Coordinator Cultural Committee , TCR Dt) presented the report of Symphony 2024 (hosted by IMA Kunnamkulam)



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## MAVELIKARA

07.04.24: Executive committee meeting.

28.04.24: General Body meeting & CME on Menopause by Dr.Divya. Dr Ramalingam SSS II secretary highlighted the importance of joining SSS II. Dr Dileep kumar IMA PEPS alpy district representative explained the various schemes of PEPS. Dr Aroosh T P, District representative for SSS I took a session on SSS I.



**27****THRIPRAYAR**

18.04.24: Monthly meeting cum family meet to celebrate Vishu, Ramzan & Easter.

Dr. M. G. Sivadas physician & Supdt. Of GH Irinjalakuda took class on Emergency Life support for members as well as for family members after the celebrations

20.04.24: Dr.M. L Sajeev attended managing committee for Schemes meeting at Periyar house

**28****KUTHUPARAMBA**

07.04.24: World health day observed along with Lions club kuthuparamba as a walkathone from kuthuparamba taluk hospital to bus stand.

11.04.24: Executive committee meeting

25.04.24: General body meeting and CME on 'case to case approach in transfusion practices' by Dr. Anju kurup, Assistant professor, Malabar cancer care centre, Thalassery.

23.04.24: Attended District committee meeting

**29****NEMOM**

04.04.24: Multi-speciality Medical Camp at Punnamoodu. Dr. Chandini Devi conducted an awareness session on "Health issues of females and Cancer Cervix". Dr. R. Jayakumar led the ENT examination, Dr. Aparna led the Eye camp, Dr. Saji and Dr. Beena Saji led the dental examination and Dr. Nandu led the general medical camp.

05-04-24: Cabinet meeting was conducted in online platform.

08-04-2024 - Commemoration of World Health Day program in CHC in association with Rukumony college of nursing. MLSP staff conducted classes on non-communicable diseases.

09.04.24: Conducted rally and flash mob as part of world health day celebration.

10-04-24: The 7<sup>th</sup> EC meeting of IMA Nemom Branch for the Association Year 2023-24 in Hotel White Dammar

15-04-24: Inauguration of a two-day camp of differently abled children in GGHSS, Malayinkeezhu inaugurated by Dr. V. Mohanan Nair, Founder President of IMA NEMOM and CWC member of IMA inaugurated a two-day camp of differently abled children in the Government Girl's Higher Secondary School, Malayinkeezhu.

16-04-24: Virtual CME on Everything you wanted to know about autism spectrum disorders

20-04-24: Free Medical camp at Kattakada

21-04-24 - Participation of MCM of SSSI at Aluva

28-04-24: Eighth GB meeting and AMS CME in Hotel White Dammar

GB meeting at Hotel White Dammar, Pappanamcode. CME on "Diabetes Management - case based discussion" and " Role of Dietary Fibre in Diabetes Management" by Dr. Sabeer A Rasheed, Director and Chief Consultant of Dr. Rasheed's Diabetes Specialty Centre.

28-04-24: AMS Chapter: CME as Physical meeting on "Diabetes management, case-based discussion"





**30****KAZHAKUTTOM**

05.04.24: Awareness session for Public in association with World Autism Day Celebrations conducted at Cosmopolitan Hospital.

23.04.24: GB with CME at SP Grand hotel on Management of Respiratory Emergencies by Dr Neethu Mohan Consultant Pulmonologist Cosmopolitan Hospital.



30.04.24: The Monthly General Body meeting and reception for State Office bearers & CME on "Insights into Oncology: Current concepts and referral criteria."

**31****THIRUVANANTHAPURAM**

07.04.24: WORLD HEALTH DAY WALKATHON at Manaveeyam Veedhi as part of World Health Day 2024, flagged off by Sri Nithin Raj IPS, DCP Trivandrum

Quiz Competition for Students at IMA Hall in association with Global Public health institute at IMA Thiruvananthapuram branch Hall on the occasion of World Health Day.

08.04.24: World Health Day Celebrations State Level Program @ IMA HQ hosted by IMA Thiruvananthapuram, inaugurated by Dr. V. Venu IAS, Chief Secretary.



18.04.24: CME on Down Syndrome, can we do better to be inclusive by Dr. K.E Elizabeth.

20.04.24: CRTIC IMA Trivandrum conducted BLS Training for doctors of the Indian Veterinary Association at IMA Branch Hall.

23.04.24: EXECUTIVE MEETING @ IMA BRANCH HALL

27.04.24: BCLS TRAINING to medical and para medical staff of @ CURE CLINIC THIRUVANANTHAPURAM led by Dr Sreejith R.

29.04.24: RENOVATED IMA HALL INAGURATION

**32****TIRURANGADI**

25.04.24: GB CUM CME at MKH Hospital auditorium.

**33****NEDUMANGAD**

02.04.24: TB screening and Awareness session in association with TU Nedumangad at IISER-TVM. The class was taken by Dr. Ramzi Mohammed, MOTU Nedumangad



03.04.24: Free medical camp and mega blood donation camp at Nellikuzhi in association with Loka Medicity.

07.04.24: Cyclothon was conducted by IMA Nedumangad in connection with World Health Day.

On behalf of worldhealthday,ima nedumangad in association with msn sut vattappara conducted flash mob, quiz and bls training.

09.04.24: executive committee meeting at ima house nedumangad

13.04.24: members from ima nedumangad visited the image palakkad.

Met all the Candidates and handed over Health Manifesto and Charter of Demands.



27.04.24: General Body meeting & CME on Painful Shoulder Conditions by Dr Shabeer Basheer. IMA Nedumangad in association with MSN Unit of SUT Medical College Arranged a session on case presentation for the students. IMA Nedumangad under CGP Chapter had a CME at IMA House, Nedumangad.

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## THODUPUZHA

07.04.24: World Health Day Celebration. WALKATHON by WIMA Thodupuzha, in coordination with JWALA (KGMOA Ladies wing) and MOGS.



11.04.24: Conducted CME on when to culture samples and when not to culture (Dr. Anup R Warriar) and Fluid Responsiveness in ICU by Dr. Joel Devasia

Dr. Sanjoy Joseph and Dr. Kim George took ELS Training Class for Indian Veterinary Association Idukki District, at Indo Swiss Cattle Research Centre at Mattupetti, Munnar Idukki.

Met Candidates for Lok Sabha from Idukki, Adv Dean Kuriakose and Adv Sangeeta Viswanathan and gave IMA Health Manifesto and Charter.

21.04.24: IMA Idukki District Cricket Team won the IMA State Cricket Championship held at Kottayam.



30.04.24: General Body Meeting & Kidz Summer Club was inaugurated for the kids of members of IMA Thodupuzha.

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## GURUVAYUR

30.04.24: general body meeting with cme by Dr Christy Titus discussed about Robotic surgery and Dr.Aswin Prabhakaran about abdominal pain in children.



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## PALAKKAD

12.04.24: CME ON TOPIC " UPDATES IN CANCER SCREENING & RECENT UPDATERS IN GYNEC CNACERS " by Dr P MANIVANNAN & Dr T RAJATHARANGANI

19.04.24: IMA AMS Monthly Clinical Case Discussion@IMA HALL.PALAKKAD

1. The Fuss,the Flux, The Crus,the Crux by Dr Govind Purushottaman, Surgical Gastroenterologist ,Paalana Hospital

2. Citrus on the Plate is not always sour by Dr Balaji, Physician, Thangam Hospital
3. Bite in Bright Fright in Night by Dr Lima, DNB General Medicine, District Hospital, Palakkad
4. Medical/Trivia Quiz by Dr Arvind Venkitaramanan

**24.04.24: District Committee meeting - AGENDA OF MEETING- INCREASE in IMA MEMBERSHIP & SCHEME MEMEBERSHIP IN ALL BRANCHES. STATE PRESIDENT HAD AN INTERACTION WITH SAMAVAYA ORGANISING COMMITTEE.**



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## PANDALAM

09.05.24: ELS training class to Mannam Ayurveda medical college students by DR. Swati, consultant anaesthesiologist, C. M. Hospital, Pandalam.



27.04.24: GB & CME by Dr. Sadeep M.S, Professor & HOD, Department of Dermatology, Mount Zion medical college, Chayalode, on Drug reactions.

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## THEMMALAPURAM

Family get together & cultural events; Membership campaign.

**39**

## KARUNAGAPALLY

10.04.24: Executive meeting.

24.04.24: General body cum CME by Dr Shahid Latheef, consultant Joint replacement, Sports Medicine and Arthroscopic surgeon of NS Hospital, Kollam on the necessity of total knee replacement in OA knee.

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## KADAKKAL

27.04.24: Executive meeting

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## PALA

09.04.24: Executive meeting

30.04.24: General Body Meeting and CME.

Topics of the CME was

1. LITIGATION IN MEDICAL PRACTICE AND INTRODUCTION TO VARIOUS IMA SCHEMES

By Dr Cyriac Thomas (Hon. Secretary, IMA PROFESSIONAL PROTECTION SCHEME, Past State Vice President, IMA KSB)

2. LGBTQI (lesbian, gay, bisexual, transgender and queer people, Intersex.) and BEYOND by **Dr Varghese P Punnoose**, Professor of Psychiatry, GMC ,kottayam & **Dr. Sue Ann Zachariah**, Asso. Prof of Medicine, GMC, Kottayam

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## THAMARASSERY

27.04.24: Monthly general body at Wayanad regency as a family meeting & CME on anti microbial resistance.

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## KANJIRAPALLY

09.04.24: General body meeting at Rotary club, kanjirappally.

Academic session led by Dr. Amal dev , consultant endocrinologist, pushpagiri medical College on "Thyroid variations, when not to interfere

**44****KARAKONAM**

08.04.24: Observed world health day by conducting interactive lecture session on "My Health, My Right" at Rukmini Nursing College,vellarada by Dr Anupama ,IMA karakonam branch member and Senior Resident ,Department of Community Medicine at Dr. SM CSI MCH.

**45****KALPETTA**

22.04.24: Met Smt Annie Raja, candidate for Wayanad LS constituency and handed over the IMA health manifesto and the charter of demands.

**46****KANNUR**

04.04.24: General body meeting and CME on Tips and Tricks of Bronchoscopic removal of foreign body by Dr Vishnu G Krishnan, consultant interventional pulmonologist, Aster Mims Kannur.  
18.04.24: CME on Disclosure of medical errors, Academic session by Dr Mini Balakrishnan.

**47****ADIMALI**

17.04.24: Monthly meeting and CME by Holy Family hospital Thodupuzha, by Dr.Nishad, nephrologist on "cardiovascular- kidney -metabolic health"

**48****KULANADA**

24.04.24: GB and CME on "Peripheral angioplasty - when and how" by Dr James Thomas, Consultant cardiologist, Mar Sleeva Medicity, Palai

**49****KANHANGAD**

Executive committee meeting on 9 th April 2024 at IMA House.  
2. General body meeting on 23 rd April 2024 at IMA House.  
CME in association with Surgeons Club of Kasaragod. Dr Namdev Shenoy spoke about "Unlocking the Potential of Laparoscopy".  
Met Mr Rajamohan Unnithgan on 19 th April, candidate of Kasargod constituency to handover the HEALTH MANIFESTO of IMA.



1

## KULANADA

GB & CME on "Diabetic foot ulcer- A physician's perspective" by Dr G Vijayakumar, Chief Consultant Physician, Medical trust hospital, Kulanada



2

## IRINJALAKUDA

23.05.24: General body meeting at IMA hall & CME on Substance abuse disorder and its management by Dr Joe George- consultant in psychiatry- sacred heart mission hospital. Expressed its solidarity towards Junior Doctors network- as advised from the state- by lighting candles by all the members during the general body meeting.

ELS session for the public and the staff of metro hospital by the branch president and Dr Vishwanathan – SWC member. Hands on training was given to the members.

31.05.24: As part of the World Health Organization's campaign against tobacco use, Mapranam Lal Memorial Hospital and IMA Irinjalakuda branch observed World No Tobacco Day. Dr. C.K. Ravi, Managing Director, Lal Nursing School, inaugurated an awareness seminar to sensitise the public about the consequences of tobacco use. Dr Jom Jacob led the classes. This was followed by a mime presentation on the theme "Say No To Tobacco" by nursing students.



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## KOTHAMANGALAM

02.05.24: Scientific Meeting by Dr. Biju Chacko, Consultant Paediatrician on "Gut Microbiota".

04.05.24: Awareness on Substance Abuse. Mr. Francis Muthedan, Project Director & Chief Trainer, MMM IRCA, MOSC Medical College, Kolenchery took awareness class on "Substance Abuse" for teenage children & youth at St. George Geth Seemon Church, Punnekkad.

04.05.24: Attended State Cultural Meet – Samanwaya at Palakkad

05.05.24: Awareness on Emotional Wellbeing. Fr. Binny Joseph, (HOD, Dept of Clinical Psychology, Mount Carmel College, Karukadam) took awareness class on "Emotional Wellbeing" for students, staff & parents of M. A. College of Engineering, Kothamangalam.

Attended the Hackathon, "Hackify" organized by IEDC, M. A. College of Engineering, Kothamangalam and judged the health-related innovatory projects modulated by the students. Dr. Liza Thomas spoke on "Health & Technology".

07.05.24: Workshop on Emotional Wellbeing:

Dr. Liza Thomas (Paediatrician & Adolescent Physician) spoke on Coping with Burnout, Strategies to Recharge and Thrive Professionally", Dr. Jesmon Thomas (Consultant Psychiatrist) on "Unravelling the Knot, Understanding the Impact of Stress on Mental Wellbeing" and Father Binny Joseph (HOD, Dept of Clinical Psychology, Mount Carmel College, Karukadam) spoke on "Emotional Wellbeing through Effective Communication" at the State Level Workshop organized by Dept of Mental Health Nursing (St. Joseph's College of Nursing).

ELS & First AID Training workshop for the students of Indira Gandhi Teachers' Training Institute, Kothamangalam, at their 10 days' Samooaha Samparkka Sahavaasa Camp. Dr. Sam Paul C. (Consultant Preventive & Social Medicine;

Superintendent, Taluk Hospital) took the class. COLS, Choking, Logrolling, Helmet removal, Bites and other emergency situations were covered during the session.



10.05.24: Tribute to Dr. Vandana Das: A meeting in memory of Late Dr. Vandana Das, the Doctor who was brutally stabbed to death by a patient at Kottarakkara Taluk Hospital & has given awareness on "Hospital Violence" and "Hospital Protection Act" to all hospitals under its jurisdiction and has displayed posters of Hospital Protection Act at all these institutions.

14.05.24: Executive Committee Meeting & General Body Meeting

Session on Litigation Prevention & Documentation led by Dr. A. V. Jayakrishnan, Chairman, IMA Professional Protection Scheme.

16.05.24: Communication and Leadership Skills by Dr. Biju Raghavan, (Senior Consultant & HOD, Dept of Pain & Palliative Medicine, Rajagiri Hospital, Aluva; Certified Master Trainer of Healthcare Communication Skills, IMA KSB).

Awareness on Hepatitis B & Vaccine Drive providing Hepatitis B Vaccine for the staff & students of St. Gregorios Dental College, Chelad. Awareness class on "Hepatitis B" by Dr. Liza Thomas.

Awareness on Substance Abuse:



19.05.24: 279th SWC Meeting

Dr. James T. Kuruvilla & Dr. Baby Mathew Arambankudiyil at the 279th SWC meeting held at IMA House, Cochin.

21.05.24: ELS & First AID Training workshop for the students of St. Gregorios Dental College, Chelad.

23.05.24: Candle Light Protest in memory of late Dr. Devesh Garg, the latest martyr of toxic professional culture.

27.05.24: Doctors' Premier League

27.05.24: Organized a "Tobacco Awareness Program" at St. Gregorios Dental College, Chelad, in connection with World No Tobacco Day, marking the beginning of the Substance Abuse Awareness Program of IMA KSB. 28.05.24: Workshop on Leadership and Communication Skills for Healthcare Workers at St. Thomas Hospital, Pothanikad.

International Day for Women's Health: Organized a medical/dental camp for the 55 mentally challenged destitute ladies of Snehasadan SD Convent, Keerampara.

31.05.24: World No Tobacco Day seminar at Indira Gandhi College of Arts & Science, Nellikkuzhy.

Dr. Nadah Najeeb Rawther (Dental Director, Indira Gandhi Institute of Dental Sciences) took a class on "Tobacco Use & Oral Health Consequences".

Mr. Francis Moothedan (Project Director & Chief Trainer, MMM IRCA, MOSC MCH, Kolenchery) led the seminar and talked in detail on "Tobacco Abuse & Addiction".

31.05.24: CME on "Substance Abuse" in association with IPS & WIMA, for the branch members, marking the beginning of the 5 months' anti substance abuse and addiction program chalked out by Committee

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## KARAKONAM

31.05.24: Awareness Program to mark World No Tobacco Day, aimed at combating tobacco use. Dr. Jithu Godwin, the Treasurer of IMA Karakonam, delivered a compelling speech emphasizing the importance of refraining from tobacco consumption and its adverse impacts on health.



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## NEDUMBASSERY

10.05.24: As part of the 10th anniversary, a wellness session for staff of Indian schools in Oman.

WELLNESS SESSION FOR STAFF OF INDIAN SCHOOLS IN OMAN

Wellness Session for all the teachers of Indian Schools in Muscat.

Dr. Paul Abraham, ENT Specialist, presented on the importance of voice care and provided insights into voice-related issues and their remedies, emphasizing its significance for teachers.

Dr. Rajyashree N, Specialist Surgeon, conducted an informative session on cancer prevention, protection, and early detection through periodic inspection.

Dr. Shifana Attur, Specialist Gynaecologist, delivered an invigorating session focusing on women's pursuit of health and achieving a balance between personal health and professional life.

Dr. Basheer, Specialist Physician, addressed the audience on strategies for maintaining a healthy heart, a topic that received significant attention and interest.

Dr. Hashim V, Specialist Anaesthesiology, concluded the sessions with an informative talk on empowering lay rescuers with essential knowledge in basic life support.



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## KOTHAMANGALAM

09.05.24 to 13.05.24: International trip to Colombo.



16.05.24: CGP meeting on the topic Steatotic Liver disease by Dr Jithin John, Consultant Gastroenterologist from St. Joseph's Hospital, Kothamangalam was the speaker.

17.05.24: In view of World Hypertension Day, an awareness cricket match against Indian Dental Association Malanad Branch.

19.05.24: Attended SWC MEETING (19/05/2024)

23.05.24: Candle march to honour resident doctor.

26.05.24: IMA Muvattupuzha hosted first Doctors Premier League at Kalikkood Turf, Muvattupuzha.

30.05.24: GENERAL BODY MEETING

Observed World No Tobacco Day during the general body..



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## MADHYA KERALA

07.05.24: Executive Committee meeting

15.05.24: General Body and Vaccination for members.

CPR training was held for our members and family members by Dr. Nisha from Apollo Adlux Hospital.

19.05.24: Attended the SWC meeting held at IMA house Cochin.

26.05.24: Members went for a tour to Thailand



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## KOLLAM

01.05.24: Cultural Fest - summer camp was concluded by a colorful closing ceremony with cultural activities by the participants of the camp.

04 & 05.05.24: Participated the SAMANWAYA INTERDISTRICT CULTURAL MEET, PALAKKAD & bagged 5 prizes

09.05.24: Executive committee meeting

10.05.24: IKCL SEASON 3 Kick starts with a Grand Opening ceremony - IMA Kollam Cricket League was inaugurated by IMA Kerala State branch President, Dr Joseph Benaven

10.05.24: Tribute to Dr Vandana Das. State President, Dr Joseph Benaven lighted the lamp and members and observed one minute silence.

19.05.24: Closing and Prize Distribution ceremony of Cricket



24.05.24: General Body meeting and CME.  
 26.05.24: Sanjeevani - the healthy doc initiative - Hands on Workshop at IMA centre, Asramom inaugurated by Dr Biju B Nelson, SZ IMA KSB Joint Secretary.  
 24.05.24: Felicitations given for Samanwaya participants on appreciating their efforts for various events.  
 25.05.24: Attended the junior doctors network south zone summit 2024 at Travancore medical college, Kollam.



30.05.24: A talk on Extra corporeal membrane oxygenation ,speaker was Dr Rayees A K,Consultant and incharge critical care medicine.



## 9 KANNUR

02.05.24: Monthly GB and CME on giving back the joy of eating, exploring new treatment options for dysphagia. by Dr Padmanabhan k, senior consultant ENT.  
 10.05.24: A talk on understanding 'LUPUS' better in association with world lupus day by Dr Sayid Fahad Nizar, consultant Rheumatologist.



16.05.24: A talk on Tuberculosis diagnosis: An update ,speaker was Dr Amarnath P Prasad,consultant pulmonologist.  
 23.05.24: A talk on Evaluation and management of bladder cancer, speaker was Dr Govind S and Dr Bilal BP,Consultant urologists.

## 10 KOZHIKODE

03.05.24: Executive Committee Meeting.  
 04.05.24 & 05.05.24: 'SAMANWAYA' Inter District Cultural & Literary Fest@Palakkad.  
 05.05.24: Branch Secretary Dr. T.P. Ashraf gave talk in IAP Conference (Summer Pedicon 2024) @ Vadakara  
 05.05.24: Dr. A. RAMANATHAN MEMORIAL ORATION 2014, Orator: Dr K. Moidu, Senior General Practitioner & Chairman, KMCT Group of Institutions



08.05.24: Observation of INTERNATIONAL DAY FOR FAMILIES with WIMA Kozhikode. Sri.Sreejith Kanhilassery led the cultural programme  
 12/05/2024: Observation of INTER  
 12.05.24: WIMA joint hands with OISCA INTERNATIONAL- Half day workshop for school students in 8 - 10<sup>th</sup> std by Dr. Varsha Vidyadharan, Asst. Prof. of Psychiatry, GMC Kozhikode & Dr. Sheeba T Joseph, Dist Coordinator, RKSK



Kozhikode

14.05.24: WIMA GB & Academic Session. Topic 1: Screen the Sunshine by Dr. Neethu, Govt. Dermatology Hospital. Topic 2: Menstrual Cup – A Revolution in Menstrual Hygiene by Dr. Smitha D'Couth, GMC, Kozhikode.

15.05.24: AMS Monthly Meeting & CME on Acute Chest pain or Back pain - Look Beyond the heart - Diseases of Aorta by Dr Salman Salahuddin, Senior Consultant, Head Department of Cardiology, Aster MIMSCalicut

18.05.24: Junior Vice President Dr. Sankar Mahadevan, represented IMA at the IAPMR state conference inauguration at Tripenta Hotel.

18.05.24: LAHAR - IMA JDN North Zone Conclave @ Nila Hall, GMC, Kozhikode



18.05.24: MOHABATH 2024 - Music Nite. Inaugurated by: Sri. V.M. Vinu, Chief Guest: Dr. Joseph Benevan. Chief Singer: Dr Binoy Skaria, Cardiologist from UK

19.05.24: SWC MEETING @ Kochi

20.05.24: MBS Managing committee meeting

21.05.24: Special CME on Legal issues in your practice by Dr TN Ravisankar, Chairman, Standing Committee for Medico Legal Cell, IMA National HQ

22.05.24: CGP Monthly Meeting & CME on Management of End stage renal disease: Transplant Vs Dialysis by Dr Sajith Narayanan, Sr Consultant and HOD of Nephrology, Aster MIMS, Kozhikode

23.05.24: Candle light protection – tragic death of Dr. Divesh Garg, 1<sup>st</sup> year PG student reg.

24.05.24: Observation of WORLD SCHIZOPHRENIA DAY in association with Thanal suicide prevention centre, WIMA, CRC-K & Chethana

26.05.24: IMA INNOVATION SUMMIT @ IMA Hall Kozhikode.

26.05.24: WINZONE 2024 - WIMA North Zone Conference @ Kottakkal.

3.05.24: Special General Body Meeting.

11

KOLLAM

01.05.24: Executive Committee Meeting.

10.05.24: General Body Meeting & remembering Dr.Vandana Das on her 1<sup>st</sup> death anniversary. IMA President Dr. Aravind C. Nambiar presided. Dr. R. Ramesh (Past State President) and Dr Sasidharan K (State Secretary) gave memorial speeches.



22.05.24: General Body Meeting & CME on "Newer Drugs of Abuse" by Dr.Vinayak M, Consultant Psychiatrist, CIMHANS Hospital, Kuthuparamba & Mind Clinic, Thalassery.

23.05.24: Expressed solidarity with JDN to Honour resident doctors to condemn the incident of Dr.Divesh Garg who met with harassment at work place.

15.05.24: CME on "Tumor markers in clinical practice" by Dr.Xavier Thomas, Consultant Pathologist, Sudharma Metropolis and on "Handling aggressive patients and bystanders" by Dr.Latha Rajeev, Dist Co-ordinator Kannur, Committee for promotion of leadership & Communication skill.

12.05.2024: International Nurses Day observed at Tellicherry Cooperative Hospital.

31.05.24: Observed No Tobacco Day & distributed pamphlets at all private Hospitals and Clinics in Thalassery.



14.05.24: Hosted Kollam DC business meeting at IMA Desinganad, Mamootilkadav, Kollam. The State President released the AMS DESICON 2024 brochure.

18.05.24: BLS and first aid training for high school students at youth camp, at Don Bosco boys home, Mundakkal, Kollam by Dr. Bindu Mary Francis.

19.05.24: An awareness class on breast cancer for Ayurveda doctors in association with Rotary club of Anchalumoodu Kollam by Dr. Sumitra Nair.

19.05.24: Participated at 279th State Working Committee at IMA house, Cochin.

21.05.24: Executive meeting conducted at IMA Desinganad Hall.

25.05.24: Participated at SZ JDN IMA KSB summit 'Espoir' at Travancore Medical college Kollam.

26.05.24: Organised 'Sanjeevani'-the healthy doc initiative program, by conducting a half day hands on training session on strengthening exercise and healthy diet and nutrition, led by Dr Sankar Ram and Dr Mumtaz Khalid, at IMA hall, Asramam, kollam.



04.05.24 & 05.05.24: Attended the IMA Kerala State cultural fest - Samanwaya 24 at Palakkad

09.05.24: Executive Committee Meeting.

16.05.24: First AID & BLS / COLS Hands on Training at Talrup Techies Park Naymarmoola Kasaragod.



19.05.24: Members attended the IMA Kerala State Working Committee Meeting at IMA Cochin Branch.

11.05.24 to 19.05.24: International trip to Bhutan



23.05.24: General Body Meeting and CME on Recent advances in Oncology an overview by Dr.Manuprasad A, Consultant - Medical Oncology, Aster MIMS and on Minimally invasive surgery in oncology by Dr.Faheem Ahmed Abdulla, Consultant - Surgical Oncology, Aster MIMS Kannur.

Candle Light Protest in solidarity with JDN at IMA House.

04.05.24: State IMA Conference IMACON 2024 registration at SAMANWAYA 2024, State Cultural Fest at Palakkad at Hotel Tripenta.



04 & 05.05.24: Participated at SAMANWAYA, IMA State Cultural fest at Hotel Tripenta, Palakkad.

05.05.24: Participated at the 16th Thrissur District Shuttle Badminton Tournament Finals at Indoor Stadium Regency Club, Kuttanalore.

08.05.24: First Aid and Emergency Life Support training for PROBUS Club Family Members @ Pearl Regency

10.05.24: Special General Body Meeting on Zoom Online platform.

11.05.24: Participated IN IMA JDN KSB Mid Zone Meet "SPECTRA " at TMC Alumni Association Hall, Mulakunnathuhavu, Thrissur.

13.05.24: First Aid and Emergency Life Support to the Staff of Hotel DASSCONTINENTAL Thrissur

19.05.24: Participated at the 279th State Working Committee meeting at Cochin & IMACON 2024

Registration Counter

21.05.24: EXECUTIVE COMMITTEE MEETING @ IMA House Thrissur

25.05.24: General Body and Scientific Session at Hotel Elite International

26.05.24: IMA State Inter-medicos Basketball Inter-district Competition "The B Ball Brawl" at TMCAA ( Alumni ) Indoor Stadium, Mulakunnathuhavu, Thrissur. Inauguration by Dr Bibin P Mathew, Chairman Health and Wellness IMA KSB at starting of the Tournament .Welcome address by Dr Joseph George , President IMA Thrissur. Keynote address and Prize distribution by Dr Joseph Benaven President IMA KSB

30.05.24: Organising Committee Meeting at IMA House Thrissur



30.05.24: Awareness class for students of Mother College of Paramedicals, Thrissur at Mother Hospital Campus, College Auditorium

31.05.24: Observed international Nurses Day at IMA House Thrissur.

IMA CGP Thrissur conducted CME and observed international Nurses Day at IMA House Thrissur.

Conducted the Fitness Sessions on every Sunday, Wednesday and Friday of May month by Dr V C Manoj Kumar, with M/s Pooja Manoj - Fitness Trainer.

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## CHERTHALA

09.05.24: IMA Chertthala Vice-President Dr. Aroosh T.P. took online awareness session on SSS 1 scheme of IMA KSB for IMA Alappuzha DC.

10.05.24: IMA Chertthala building Stone laying ceremony by Dr.V V Haridas laid the foundation stone in presence of Chief Guest Hon. IMA Kerala State President Dr. Joseph Benaven, IMA Chertthala President Dr. V. Sreedevan, Building Committee chairman Dr. M L Lukose, Alappuzha DC Chairman Dr. A.P.

Dr. Vandana Das memorial tree, commemorating one year death remembrance, was planted by IMA Kerala State President Dr. Joseph Benaven & IMA Chertthala President Dr. V Sreedevan. Various hospitals in Chertthala observed Dr. Vandana Das one year death anniversary by organising talks on hospital violence namely by Dr. Sreedevi Lal at FHC Mararikulam North.



10.05.24: Hosted Alappuzha District Committee meeting of the Indian Medical Association at Ramada Hotel Alappuzha

12.05.24: International Nurses Day talk by Secretary Dr. Arun G. Nair & Dr. Sr. Christina at St Sebastian Visitation Hospital Chertthala.

15.05.24: General Body Meeting at Town Rotary Hall Chertthala.

19.05.24: Attended the 279th SWC meeting at Cochin.

Conducted Emergency Life Support Training class for Bank Employees of Shertallay Taluk led by Dr. Neethu Mohan.

21.05.24: Executive committee meeting.

23.05.24: Candle march to honor resident doctors to ensure their safety & well-being by demanding the immediate implementation of NMC regulations on fixed working hours.

24.05.24: ELS Training to staff of Kinder Hospital Chertthala



26.05.24: Free medical camp for Old age home residents.

28.05.24: Awareness talk at various hospitals in Cherthala as part of International Women's Health Day.

31.05.24: As part of World No Tobacco Day Observance, organised a Press conference for explaining the importance of Tobacco de-addiction, measures to be taken to stop children from tobacco addiction, IMA Cherthala's future plans to tackle the tobacco addiction among public, etc by Dr. Anoop G. (Psychiatrist, FHC Vettakkal) & IMA Cherthala Doctor's Support Cell Convener) & IMA Cherthala Secretary Dr. Arun G. Nair.

Awareness talk on World No Tobacco Day by IMA Cherthala treasurer Dr. Sufaira K. at CHC Meenangadi & by IMA Cherthala WIMA President Dr. Sangeetha Joseph at General hospital Alappuzha.

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TIRUR

02.05.24: AMS Meeting & talk by Dr P Hussain, MD, MRCP on "Novel combination therapy to converge glossocentric, cardio centric and renoventric management of Diabetes".

12.05.24: IMA CGP Chapter Inauguration

19.05.24: Attended 279<sup>th</sup> SWC meeting at IMA Cochin.

26.05.24: Attended WIMA NORTH ZONE CONFERENCE at Kottakkal.

Attended Innovation Summit at Kozhikode on 26th May 2024.

31.05.24: General Body Meeting & CME on "Recent advancement in Atrial Fibrillation Management - Cryoablation by Dr Praveen Sreekumar, Senior Electrophysiologist, Aster Medcity Kochi, Ernakulam"



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MAVELIKARA

08.05.24: ELS & First AID Training workshop for the nursing students of St. Thomas Hospital, Mepallikutti, at Sanjivani Hospital chengannur.

19.05.24: Attended the SWC meeting held at IMA house Kochi.

24.05.24: Executive committee meeting.

26.05.24: General Body & a CME by Dr Monisha Harimadhavan on CART therapy and by Dr Gayathri Sajeevan on paediatric haematology transplants.

31.05.24: Executive committee meeting evaluated the conduct of hands on training programme under the Sanjeevani healthy doctor initiative of IMA KSB.



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TIRURANGADI

11.05.24: Attended the Malappuram DC Business Meeting.

26.05.24: Attended Winzone 24, the North Zone WIMA Conference held at Kottakkal

29.05.24: GB CUM CME at Karuna Cancer Centre in Pallipadi by Dr. Shoufeej presented on the economics of cancer.



**19****KOYILANDY**

23.05.24: General body meeting & CME by Dr Sreeja Sreedharan senior pathologist of Aswini Lab.  
 23.05.24: General body meeting & CME by Dr Sreeja Sreedharan senior pathologist of Aswini Lab.



31.05.24: Observed WORLD NO TOBACCO DAY at BETHSADA HOSPITAL, VENGOLA. Dr.Shaji S, Senior Psychiatrist was the speaker, "protecting Children from Tobacco Industry Interferences"

**20****PERUMBAVOOR**

01.05.24: Executive Committee Meeting  
 13.05.24: Celebrated International Nurses Day



15.05.24: General Body meeting & CME by Dr. ASWIN JOY, MEDICAL & HAEMATO ONCOLOGIST, RAJAGIRI HOSPITAL, ALUVA on Recent Trends in Oncology.

Dr.VANDANADAS, death anniversary commemoration, was done by lighting candles, in front of her photograph.

19.05.24: Attended STATE WORKING COMMITTEE, at IMA HOUSE, KOCHI.

24.05.24: Observed "Celebrating Power of Community kindness" COMMUNICATIVE SKILL AWARENESS PROGRAMME.

28.05.24: ELS session at GETHANJALLY HOSPITAL, KURUPPANPADY.

**21****THIRUVANANTHAPURAM**

08.05.24: In collaboration with the Kerala Police Cyber Division, organized an online sensitization program focusing on Cyber Awareness for Doctors. Sri Hari Sankar IPS, SP, Cyber Operations, Cyber HQ, served as the speaker. The meeting, which featured addresses by State President Dr. Joseph Benevon & felicitated by IPP Dr. Sulphi Noohu and State Secretary Dr. Sasi Koval.

Dr. Vandana Das Remembrance Day @ IMA Trivandrum Branch Hall

12.05.24: Diabetes Update 2024 @ IMA Headquarters Anayara

13.05.24: Special Executive Meeting (Building committee) at IMA Trivandrum branch hall



19.05.24: Attended STATE WORKING COMMITTEE MEETING

24.05.24: Executive Committee Meeting

31.05.24: General Body Meeting & CME on IMA BLS, ACLS Training programme an Introduction by Dr Sreejith R, Nodel Officer CRTCC IMA Trivandrum

Awareness sessions for adolescents in addition to observing important days like "Menstrual Hygiene Day, International Day of Nurses, International Day of Women's Health and World Thyroid Day."

04.05.24: Reception of Honour of appreciation award in Kerala Kaumudi Medscape Dr.Indira Amma was honoured with "Honour of Appreciation".



08.05.24: Executive Committee meeting at Hotel White Dammar, Pappanamcode

09.05.24: Participation in District Committee Meeting, Thiruvananthapuram in Hotel Hyacinth, Thiruvananthapuram.

10.05.24: Participation in National Initiative for Safe Sound (NISS)

12.05.24: Observance of International Nurses Day at Jothydev's Diabetes Centre Trivandrum

13.05.24: Awareness generation session on "Adolescent Health" in Leo X111 HSS, Pulluvila

17.05.24: Awareness generation session on "Adolescent Health" in GHSS, Malayinkeezhu



18.05.24: Participation in Panel Discussion organised by Pharmaceutical and Sales Managers Welfare Association in Thiruvananthapuram

22.05.24: Special GB meeting to discuss organisational matters of UMENG

23.05.24: Participation in the GB meeting of Kazhakuttom

25.05.24: Observance of World Thyroid Day at Madhava Kavi Samskruthi Kendram

GB meeting and AMS CME in Hotel White Dammar, Pappanamcode

25.05.24: AMS Chapter: CME program on Thyroid Health - World Thyroid Day by Dr. Vishu, Consultant Surgeon Cosmopolitan hospital, Thiruvananthapuram.

28.05.24: Observance of International Women's Health Day in Vellarada

Menstrual Hygiene Day observance with CHC Vellarada

31.05.24: Observance of World No Tobacco Day with CHC Vellarada and Ruckmoni College of Nursing, Vellarada

World No Tobacco Day observed with CHC Poovar and Saraswathi College of Nursing, Parassala

Dr. Mini conducted the session and administered the pledge.

Participation in the GB meeting of Chirayinkeezhu Branch

Sensitization program on Thyroid Health in connection with World Thyroid Day

02.05.24: Group discussion session on "Hypertension" at Hotel Grand Muziris, North Paravur.

19.05.24: Attended the SWC meeting at IMA house, Cochin

20.05.24: BLS training for volunteers at Puthuvype

23.05.24: CME on " Breaking barriers: Transformative approaches to cardiac failure care by Dr K U Natarajan, Senior interventional Cardiologist & Cardiac electro physiologist, Professor & HOD at Amrita institute of Medical sciences, Kochi at Hotel Grand Muziris North Paravur

30.05.24: Executive committee meeting at IMA Hall, North Paravur & CME on "solutions for disc diseases in neurosurgery" by Dr Mishal Johny, Senior Neurosurgeon & "Thrombolysis in acute stroke" by Dr Neena Baby Neurologist from Renai Medicity, Kochi.

31.05.24: On account of World No Tobacco day, a "Flash Mob" with the theme of "Protecting Children from Tobacco industry interference" at Sree Narayana Institute of Medical sciences, Chalakka

**24****VARKALA**

04.05.24 Observed World Asthma Day & Donated 5 Nebulizers To Government Taluk Hospital, Varkala.

07.05.24: Executive Meeting.

09.05.24: Attended District Committee Meeting At Trivandrum..

30.05.24: General Body Meeting and CME

**25****PUNALUR**

09.05.24: As a part of our community outreach programme, conducted a Tribal medical camp at Govt. Tribal LP School, Villumala in collaboration with State Forest Dept..The Camp was inaugurated by Mr. Justin Mohan, Addl Principal CCF at a meeting presided by Dr. S. Narayanan Nair, President, IMA Punalur branch.

**26****CHANGANACHERY**

17.05.24: Monthly meeting & Academic session was on advances in nuclear medicine.

**27****CHANGANACHERY**

16.05.24: General Body meeting and CME in collaboration with meitra hospital, Kozhikode. The speaker Dr Ajay Krishnan who delivered talk about lymphoblastic leukemia. The speaker Dr Ragesh R nair who delivered a talk about Bone marrow transplant.

**28****PATTAMBI**

Condolence meeting.

**29****GURUVAYUR**

30.05.24: Executive committee meeting; Membership drive agenda revised to add new members to Ima. Ima house Guruvayoor renovation plans discussed and Doctor's day celebration ideas for the month of July planned...

**30****KADAKKAL**

25.05.24: General Body Meeting at Rotary hall kadakkal. Presidential address by president Dr Gopinathan Pillai. In his speech he stressed the importance of monthly meeting. Presentation of minutes of the last month by secretary.

**31****KATTAPANA**

30.05.24: CME on recent advances in ENT practice by Dr. Mosin, consultant ENT surgeon, St John's hospital Kattappana. Venue - IMA hall, St John's hospital, Kattappana.

**32****THODUPUZZHA**

03.05.24: Participated in the Mega Medical Camp held at Tribal Settlement at Edamalakudy, Idukki under the IMA Snehahastham Project. The camp was arranged under the IMA Idukki District Committee, and Honourable State President Dr. Joseph Benaven, Dr. Hema Francis, Convenor of Committee for Tribal Welfare IMA KSB, Dr. Binukutten PV, South Zone Co-ordinator Committee for Tribal Welfare IMA KSB also attended the Medical Camp.

08.05.24: Monthly CME Programme at IMA Nadukandam Hall on Probing deep into Deep Brain Stimulation by Dr. Nihal Ahemad, and Focal Epilepsy Syndrome - Case Based Clinical Presentation by Dr. Chandu P

10.05.24: Dr. Vandana Das Martyrdom Memorial Meeting - at IMA Nadukandam Hall, Thodupuzha

20.05.24: Executive Committee Meeting

23.05.24: General Body Meeting and CME Sessions on Robotics in Urology by Dr. Roy P John, and Robotics in Gynaecology by Dr. Urmila Soman

**35****PERINTHALMANNA**

10.05.24: COLS and First Aid Training at Medibless Clinic, Palod - Dr Jayachandran, and Dr Sasidharan P were the faculties - Smt Prabhavathy, MD of the clinic inaugurated.

11.05.24: Malappuram DC BUSINESS MEETING. State President Dr Joseph Benaven emphasized the importance of membership promotion and IMA schemes.

North zone Joint Secretary Dr. Raju KV, Past National vice President Dr VU Seethi, Past IMA KSB President Dr Samuel Koshy and leaders of Malappuram district took part in the meeting.



North Zone JDN meet and Winzone 2024 at Kottakkal, were released by Dr Joseph Benaven.

12.05.24: Celebrated Nurses Day

29.05.24: DRAMA ON VIOLENCES IN HOSPITAL - "Amma ariyan" Drama on violences in hospital was played in alankar theatre and fund contribution given by IMA leaders. Dr V U Seethi was honoured by Ashraya Perinthalmanna today @ Alankar auditorium.

**33****THALAPALLY**

07.05.24: Executive Committee Meeting @ IMA Hall Wadakkancherry

21.05.24: General Body at IMA Hall Wadakkancherry & CME TOPIC.. Diabetes Mellitus, Recent Trends in Management by Dr. Prabhakaran. Consultant Physician.

**34****THALIPARAMBA**

07.05.24: Executive Meeting at IMA Hall, Thaliparamba

11.05.24 & 12.05.24: Family tour at Fern Hills Resort, Mananthavady, Wayanad

23.05.24: General Body Meeting and Reception for Dr. Ravindranath M, IDA National President. The function was inaugurated by Dr. Joseph Benaven, President of the IMA Kerala State Branch



**36****PONNANI**

10.05.24: Executive meeting.  
 24.05.24: General body meeting with CME by Dr Sreeraj MD,DM , ( Hematologist) Associate professor Amala medical college on Aplastic anemia Managing patients expectations.

**37****IRITTY**

17.05.24: GB meeting, felicitation function winners of Samanaya ima arts fest  
 Dr Sandesh pacha and Dr Santosh Guidimani delivered presentations

**38****COCHIN**

29.05.24: General Body meeting and Scientific Session on Approach to non-variceal upper GI blees -Panel Discussion, Moderator Dr. Rizwan Ahamed.



27.05.24: Senior Doctors Forum conducted a meeting at IMA House, Cochin on Power of Healthier & Happy aging by Dr. A. Sreekumar, Founder, Soukya Foundation,

31.05.24: Interactive Session on World No Tobacco Day . Dr. Benzir Hussain led an insightful session at the Indian Oil Corporation, Kerala Head Office & highlighted the psychiatric aspects of nicotine addiction, emphasizing the importance of addressing mental health in managing addiction.

**39****NEYYATTINKARA**

09.05.24: Attended District committee meet of Trivandrum  
 25.05.24: GB and CME at RB Palace Hotel, Neyyattinkara on Current trends in Neuro Intervention by Dr Santhosh Joseph , Neurologist KIMS, Trivandrum & on selecting the right patients to put on ECMO by Dr Atul Abraham, Consultant cardiac surgeon, KIMS Trivandrum

**40****NEDUMANGAD**

03.05.24: SNEHAHASTHAM @ EDAMALAKKUDY  
 04 & 05-05-2024: Attended the SAMANWAYA FEST @  
 08.05.24: EXECUTIVE COMMITTEE MEETING @ IMA HOUSE NEDUMANGAD



09.05.24: SNEHAHASTHAM @ THENMALA  
 09.05.24: The MSN unit inaugurated by Dr. Joseph Benaven, State President @ SUT Hospital, Vattappara. Attended the DISTRICT COMMITTEE MEETING @ HYCINTH HOTEL  
 10.05.24: DR VANDANA DAS REMEMBRANCE @ IMA HOUSE NEDUMANGAD  
 11.05.24: AWARENESS CLASS @ IISER TVM IMA Nedumangad on lifestyle Disorders and screening of Anemia, Diabetes, Hepatitis & HIV @ IISER-TVM by Dr.Shameej,RMO DH Nedumangad

18.05.24: GENERAL BODY MEETING @ IMA HOUSE NEDUMANGAD

19.05.24: Attended SWC MEETING @ IMA HOUSE COCHIN

25.05.24: SNEHAHASTHAM @ KOTTOOR, a medical camp was inaugurated by Shri.D.Jayaprasad IFS, Chief Wildlife Warden, Kerala, at the meeting presided by Dr. Joseph Benavan, President IMA KSB.



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## KAZHAKUTTOM

07.05.24: Executive committee meeting at AL. SAJ CONVENTION CENTER.



09.05.24: Attended District Committee Meeting @ Hycinth Hotel. Attended SUT MSN unit inauguration

16.05.24: Healthy Eating awareness session for mothers at MCH unit, pangappara by Dr Asha Nazamudeen ,s enior consultant paediatrician cosmo hospital ,Trivandrum. And at Anganwadi Centre No 10 of Sreekariyamward,PHCPangappara on 'Healthy Eating Habits for Children 'and Allergies by Dr.AshaNazimudeen, Senior Consultant Peadiatrician, Cosmopolitan Hospital andvDr.Vineetha Nair,Senior Consultant Pulmonologist, Fort Hospital, Thiruvananthapuram respectively.

16.05.24: LAHAR IMA JDN KSB NORTH ZONE ,16<sup>th</sup> May at GMC Kozhikode

19.05.24: Attended SWC MEETING @ IMA HOUSE COCHIN

Speciality Medical Camp at 2 Tribal Settlement areas under Kuttichal area.The settlement areas covered was Podiyam and Mannaamkonnarnam. Camp was supported by the Medical Officer and staff of Kuttichal Family Health Centre and DMO Office.

23.05.24: General body and CME on Advanced cardio vascular life support(ACLS) by speaker Dr Aprana sudarsan consultant anaesthesiologist,KJIC Infertility and Gynaec centre at SP Grand Days Hotel ,panavila.



28.05.24: An Awareness session on Precaution and Wellness during Monsoon to the teachers and non teaching staff of Chempaka

Kindergarten,Thiruvananthapuram. CGP meeting & a topic on 'Decoding pathology investigations ' by Dr Kavitha Ravi (Professor of patholog, Medical college TVM).

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## THAMARASSERY

24.05.24: Executive committee meeting at hotel Wayanad regency.

43

## KODUNGALLUR

A scientific talk on complex investigative procedures by Dr. Shinto, consultant molecular geneticist World non tobacco day was observed by distributing awareness notice to all hospital reception areas



Dr. L. N. Viswanathan, took the class on various measures taken by the hospitals & clinics to anticipate hospital attacks

## 44 VADAKARA

05.05.24: Attended Samanwaya 2024 at Palakkad.  
10.05.24: Observed Dr Vandana Das Remembrance Day

Executive Meeting

22.05.24: Effective Communication, How can you master it inauguration by Dr Ramesh (Chairman, Committee for Communication and Leadership Training). Dr Srikumar Vasudevan, National Trainer & Faculty, international Chair of Bio Ethic was the speaker.

22.05.24: General Body Meeting

## 45 KANHANGAD

14.05.24: Executive committee meeting at IMA House.

23.05.24: General body meeting & CME on "Paediatrics in General Practice" by Dr MTP Muhammed at IMA House



26.05.24: Conducted KIDS Fest. Fun sports, cultural activities were held. Drawing competition based on the theme "My Summer Vacation" was also conducted

## 46 KUTHUPARAMBA

02.05.24: Executive committee meeting at IMA hall kuttikkunnu.

04 & 05.05.24: Attended samanwaya 2024 at

Palakkad.

10.05.24: Dr. Vandana Das memorial day conducted on May 10<sup>th</sup>.

23.05.24: General body & CME by Dr. Mini Balakrishnan on "DISCLOSURE OF MEDICAL ERRORS".

Joined the candle march to honour the resident doctors in view of tragic death of young resident doctor Dr.Divesh Garg.

## 47 MUKKOM

21.05.24: GB meeting and CME at hotel Malayoram, Mukkam.

04 & 05.05.24: Participated in the state IMA Cultural Program (Samanwaya, Palakkad).

## 48 PALA

11.05.24: Family tour program to Thekkady.

28.05.24: Organizing committee in connection with Mid zone CGP Conference.



## 49 MALAPPURAM

11.05.24: Attended DC business meeting

12.05.24: Attended IMA NORTH ZONE AMS CONFERENCE @ kondotty.

16.05.24: GBM and CME by Dr Azhar kallyath on pain management

18.05.24: Attended district level IMA sports meet perinthalmanna

24.05.24: Attended MPC meeting over zoom

Attended WINZONE 2024 NORTH ZONE WIMA MEET



- 04 & 05.05.24: IMA Kerala cultural fest @ tripenta resort
- 08.05.24: Branch tour to Andaman
- 10.05.24: Remembrance of Dr. Vandana das @ ima hall,
- 17.05.24: IMA AMS activity
- 29.05.24: GB meeting & inauguration of new ima conference hall by state president dr Joseph Benaven.

ഇന്ത്യയിലെ ഡോക്ടർമാരുടെ സ്വന്തം അനീക ഡോക്രമനങ്ങൾക്കായി...



# നമ്മുടെ ആരോഗ്യം

ഇന്ത്യൻ ഡോക്ടർമാരുടെ സ്വന്തം അനീക ഡോക്രമനങ്ങൾക്കായി...

വരിസംഖ്യ

- 1 വരിയും : 300 രൂപ
- 2 വരിയും : 580 രൂപ
- 3 വരിയും : 850 രൂപ



വരിക്കാരാവാനു നിങ്ങൾ ചെയ്യേണ്ടത്

1. വരിസംഖ്യ നമ്മുടെ ആരോഗ്യം അക്കാണ്ടിഡലയ്ക്ക് ട്രാൻസ്ഫർ ചെയ്യുക അല്ലെങ്കിൽ
2. QR Code സ്കാൻ ചെയ്ത് വരിസംഖ്യ ട്രാൻസ്ഫർ ചെയ്യുക

94000 12600

സെപ്റ്റം അൻവിലാസവും ഈ നമ്പറിൽ അയയ്ക്കുക.



Account Details

A/C Name: Nammude Arogyam  
A/c No, 2769101002614  
Canara Bank, Pettah Branch  
IFSC Code : CNRB0002769

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Address

Nammude Arogyam  
Indian Medical Association,  
Kerala State Branch,  
Anayara P.O.,  
Thiruvananthapuram 29



BHIM UPI  
G20  
ഓൺലൈൻ  
ഓൺലൈൻ

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  
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Serving 20,895  
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Kerala for their  
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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....



**INDIAN MEDICAL ASSOCIATION GOES ECOFRIENDLY**

IMA State Headquarters, Anayara P.O., Thiruvananthapuram - 695 029  
Ph: 0471-2741186, 2742211

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