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Kerala IMA News Letter

OFFICIAL NEWS LETTER OF INDIAN MEDICAL ASSOCIATION KERALA STATE





Bliss and Panic

Bliss is innocence. Ignorance is in a different plane. Panic is unpleasant anticipation and apprehension of highest order. These are extraordinary times. Charles Dickens would have chuckled "it was the time of Bliss; it was the time of Panic" .

Information is hardly knowledge. Panic derives from information without knowledge. Every doctor is aware of patients with information from the internet who are unable to cope up with the same. Science of medicine is raw information. It cuts. Art of medicine is knowledge. It soothes. Is Bliss the solution? Hardly. In times of real-time social media, innocence is not an option. Is Panic a solution? We are human. At the end of the day we are fathers and mothers.

Apply this to an epidemic. You have a crisis of epidemic proportions. Data is objective. Panic is subjective. Panic has two by products. Fear and Stigma. Fear of dying is palpable. The air is thick. Syphilis and plague were stigma of yesteryears. HIV, TB and Corona are of our times. As doctors we have dealt with these scourges for centuries. Both fear and stigma are outside the realms of science of medicine. It is left to the art of medicine to handle it.

Dilemmas and Doctors are synonyms. Bernard Shah recognised this early. What to share and what not to share is an eternal dilemma. Breaking bad news is an art. The rookie intern learns it the hard way. So what does a doctor do in times of instant information and not instant knowledge? Dr Tinsley Randolph Harrison medical teacher par excellence shows the way: "It is not for us to wear that black cloak and take away the hope in a patient, the hope that comes but naturally to every human being". Let it not flicker. Go back to the old adage and wisdom: "Always comfort". That Goldilocks zone is the duty and purpose of medical profession. And that is why we are not media. God bless you all.

Dr R. V. Asokan

Hony. Secretary General, IMA



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*State Presidents
&
Secretaries Meet*



President's Column

Hi Friends,

Greetings to you all from IMA KSB.

We are releasing the March edition of our Newsletter. It was delayed because of the Covid 19 pandemic. We had a tough time during the lockdown period.

It's our endeavour to help you to start the clinics and small hospitals at the earliest. The IMA KSB is always there to help you out in this crisis. We have started issuing start-up kits comprising face masks, sanitizers, disinfectants etc.

We have also issued guidelines for reopening the health care institutions. We have released guidelines for choosing elective surgeries and prepared notes for school/college reopening. Last day we had issued safety precautions for the police force. All these attempts have been widely appreciated. We could achieve all these only because of the support from all our members.

Success is the sum of small efforts, repeated day in and day out.

Best wishes to you all.

Jai Hind....Jai IMA

Dr. Abraham Varghese
State President



From the Editor's Desk...

Dear colleagues,

The world dawned to an abominable threat that engulfs the human race disastrously. CoVid 19 has put to test the human beings in an unprecedented way. Stringent measures as never before had to be adopted to keep away the disease, the cure of which is yet to be defined. Personal hygiene, frequent hand wash and social distancing are some of the ways to combat the disease which we have adopted relentlessly. Complete lock down, necessary for curbing the Spread, had to be adopted, restricting the mingling and crowding.

"Break the Chain" movement has to be propagated among the public, since this is the preventive measure.

Our members should be vigilant and prepared when you see patients in your hospital/clinic. Triaging is very important, self declaration by each person coming to the hospital is mandatory regarding his/her recent travel abroad, contact with suspected individuals, all these history has to be taken before seeing a patient. If the history is suggestive of any contact with the disease the patient should be referred to a testing facility informing the designated Govt facility.

IMA Kerala State branch is preparing modules for training in Infection Control measures and PEPS is trying to procure the materials for this purpose. Adequate preparedness and training has to be done which will be the top priority of IMA.

Let's fight the disease together, contain it, prevent it.

Yours in IMA

Jai Hind.... Jai IMA

Dr. P. Gopikumar
State Secretary

NATIONAL SAFETY DAY



National Safety Day 04.03.2020. State President Dr. Abraham Varghese addressing the Synthite employees on Occupational Health & Safety..... function held at the campus



WORLD HEARING DAY



Observed WORLD HEARING DAY in association with GH Hospital Thrissur on Thursday 5th March @ GH Hospital Thrissur . Dr. P. Gopikumar conducted the class on SAFE HEARING SAFE LISTENING. Also conducted poster competition for the students of Nursing school & prizes were distributed to the winners.



COVID 19







Guidelines for IMA Members

1. Please be aware and follow the Government of Kerala Guidelines on COVID 19
2. If a Patient reports with respiratory symptoms (Cough, breathlessness, or fever or diarrhea), kindly elicit history of travel to or residence in a foreign country or contact with such a person during previous 14 days. If the answer is no, treat as routine but if the answer is yes, please follow the guideline 3.
3. Please ensure strict compliance of Government of Kerala guidelines dated 12.03.2020 (attached as appendix) for cases with history of travel to or residence in a foreign country or a patient with contact with them in previous 14 days.
 - Kindly note that any patient with mild symptoms (Category A) will be in home isolation and patients in Category B & C require testing for COVID.
 - Please note the Country, Address, Phone number & share the details of any patient falling in any of these categories (A, B or C) with the Government.
 - Necessary guidelines in this regard can be obtained from DISHA (1056).
 - Any disposal of patients in these categories should be informed to DISHA or the nearest Government Medical Facility.
 - Transport of any suspected cases should only be as directed by DISHA. They should be strongly discouraged from using public transport.
 - Symptomatic patients being transferred to Government facility should be held in a proper isolation area in the Hospital until transfer.
4. Please note that any person coming from a foreign country will have to be in home quarantine for 14 days even if asymptomatic. So kindly desist from giving appointments for any elective medical visits during this period.
5. All Institutions should be prepared to address a community spread of COVID 19, if at all it occurs. This include preparedness of equipments, facilities and human resources.
6. All Hospital workers should be trained on proper use of masks and hand washing techniques.
7. Please note that masks are to be worn only by healthcare workers caring for patients, patients with respiratory symptoms and their care givers.



Community Guidance

- Social distancing is the key to contain the threat of spread of COVID 19. This includes staying at home and avoiding unnecessary travel and get-togethers as far as possible.
- Clean hands with soap and water as frequently as possible.
- Those with fever or respiratory symptoms (sneezing, cough) should seek medical appointment over phone and follow the medical instructions thus obtained. Avoid going directly to the hospitals, as those who are to be suspected as COVID will have to be managed by the Government facility.
- Anyone returning from any foreign nation will have to stay at home for 14 days, even if there are no symptoms. If there are any symptoms, they should call medical facility immediately.
- Follow only authentic information obtained through WHO, Government of India, Government of Kerala and Indian Medical Association. Please disregard unauthentic messages especially from unknown sources.



HAPPY Women's DAY



WDW THODUPUZZHA



WDW THALASSERY



WDW PERINTHALMANNA



WDW KASARAGOD



WDW KANHANGAD



WDW KODUNGALLUR



WDW ALAPPUZHA



WDW THRISSUR



WDW KOLLAM



WDW COCHIN WEST



WDW COCHIN



WDW MALAPPURAM



WDW TRIPRAYAR



WDW MAVELIKARA



WDW MUVATTUPUZHA



WDW DESINGANAD



WDW TIRURANGADI

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സർ എൻ.ഇ. മധ്യ നാളികു
മാർ കോളെ, ടി.വി.ബുദ്ധൻ,
കെ.പ്രസന്ന എന്നിവർ സംഗ
മിച്ചു.

ചവ്വാടി പകരുന്ന അവസ്ഥയെ നേരിടാൻ ഐ.എം.എ സജ്ജമായിട്ടുണ്ടെന്നും അവർ പറഞ്ഞു.

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ചവ്വാടി പകരുന്ന അവസ്ഥയെ നേരിടാൻ ഐ.എം.എ സജ്ജമായിട്ടുണ്ടെന്നും അവർ പറഞ്ഞു.

പൊതുജനാരോഗ്യകാരന്മാർ ഉയർന്ന പരിഗണന നൽകണം - ഐ.എം.എ.

കണ്ണൂർ പരിഷ്കാരപദ്ധതിയുടെ ഭാഗമായി പൊതുജനാരോഗ്യകാരന്മാർക്ക് ഉയർന്ന പരിഗണന നൽകണമെന്നും സാമ്പത്തിക പ്രവർത്തനങ്ങളെ മുന്നോട്ടു നയിക്കാനും പൊതുജനാരോഗ്യകാരന്മാർക്ക് ഉയർന്ന പരിഗണന നൽകണമെന്നും ഐ.എം.എ. പ്രസിഡൻ്റ് ഡോ. എബ്രഹാം വർഗീസ് അഭ്യർത്ഥിച്ചു. കണ്ണൂർ ഐ.എം.എ. ഹാളിൽ ഡോ. കോളാശി ഉദ്ഘാടനം ചെയ്ത യോഗത്തിൽ ഇതാണ് പ്രധാന വിഷയം.



ഐ.എം.എ. പ്രസിഡൻ്റ് ഡോ. എബ്രഹാം വർഗീസ് ഉദ്ഘാടനം ചെയ്യുന്നു.

ഐ.എം.എ. പ്രസിഡൻ്റ് ഡോ. എബ്രഹാം വർഗീസ് പറഞ്ഞു. പൊതുജനാരോഗ്യകാരന്മാർക്ക് ഉയർന്ന പരിഗണന നൽകണമെന്നും സാമ്പത്തിക പ്രവർത്തനങ്ങളെ മുന്നോട്ടു നയിക്കാനും പൊതുജനാരോഗ്യകാരന്മാർക്ക് ഉയർന്ന പരിഗണന നൽകണമെന്നും ഐ.എം.എ. പ്രസിഡൻ്റ് ഡോ. എബ്രഹാം വർഗീസ് അഭ്യർത്ഥിച്ചു.

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വൈദഗ്ദ്ധ്യം നിയന്ത്രിക്കാൻ ഐ.എം.എ.യുടെ 3.6 ലക്ഷം കോടി

വൈദഗ്ദ്ധ്യം നിയന്ത്രിക്കാൻ ഐ.എം.എ.യുടെ 3.6 ലക്ഷം കോടി. വൈദഗ്ദ്ധ്യം നിയന്ത്രിക്കാൻ ഐ.എം.എ.യുടെ 3.6 ലക്ഷം കോടി.



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ഇന്ത്യ-യൂറോപ്യൻ യൂണിയൻ ഉച്ചകോടി മുറ്റുമ്പോൾ

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ആഗോളവായുസമരം നഷ്ടം 3.6 ലക്ഷം കോടി രൂപ

ആഗോളവായുസമരം നഷ്ടം 3.6 ലക്ഷം കോടി രൂപ. ആഗോളവായുസമരം നഷ്ടം 3.6 ലക്ഷം കോടി രൂപ.

സംസ്ഥാനം അടച്ചിടണം: ഐ.എം.എ.

സംസ്ഥാനം അടച്ചിടണം: ഐ.എം.എ. സംസ്ഥാനം അടച്ചിടണം: ഐ.എം.എ.

ആരോഗ്യമന്ത്രിയുടെ പ്രസ്താവനയ്ക്കെതിരെ ഐ.എം.എ.

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ബാറുകൾ അടയ്ക്കണം - ഐ.എം.എ.

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Health minister speaking over 'difficult' situation

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IMA flags depiction of unscientific facts in films

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ഐ.എം.എ. പ്രസിഡൻ്റ് ഡോ. എബ്രഹാം വർഗീസ് ഉദ്ഘാടനം ചെയ്യുന്നു.

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Branch Activities

NEDUMANGAD

04.02.2020: Commemorated The World Cancer day in association with Anad PHC and WDW of IMA Nedumangad by conducting a Cancer Awareness Seminar and Cancer Detection Camp; Health awareness class against Alcohol, Tobacco, and Drugs as a part of our project "Mukthy" at Govt.HS Aryanad.

05.02.2020: Observed Anti Leprosy week.

08.02.2020: conducted Awareness class on Corona Virus for the staff of Leela Ravi hospital, Venjaramood.

11.02.2020: Branch executive meeting; Conducted a class on CORONA VIRUS.

19.02.2020: Emergency executive meeting; Conducted A Health Awareness class about the Child Sexual Abuse and POCSO act-as a part of the project "Sureksha" for the staff and Asha workers of Anad panchayath.

22.02.2020: Branch GB and CME.

24.02.2020: conducted Health Awareness class on National De-worming day. & Awareness about Child Sexual Abuse and POCSO Act

26.02.2020: conducted a Health Awareness Class About the ill effects Of Alcohol, Tobacco and Drugs to the inmates of Tribal Boys Hostel, Plavara.



WDW NEDUMANGAD

04.02.2020: WDW Nedumangadin association with IMA Nedumangad conducted breast cancer detection camp and cancer awareness class under "JAGRATHA" project at PHC Anad.



THALASSERY

01.02.2020: conducted an Awareness Class on Corona Virus to Doctors at General Hospital, Thalassery. 03.02.2020: conducted an awareness class on CORONA Virus infection at PHC Peringalam.

04.02.2020: World Cancer Day Programme at General Hospital, Thalassery by IMA & WDW Thalassery

05.02.2020: Executive Meeting & Corona Virus Awareness Class to Members

06.02.2020: Awareness Class on Corona Virus to Asha Workers and Teachers at General Hospital, Thalassery. IMA & WIMA Thalassery conducted an Awareness Class on Menstrual Hygiene & RTI to girls of NAM Higher Secondary School, Peringathoor

09.02.2020: conducted an Awareness Class on Corona Virus at Panoor Block Panchayath Office.

16.02.2020: IMA Thalassery in association with Senior Citizens Forum Vayalam Branch conducted an awareness class of 7th Anniversary of their foundation day & on Corona Prevention.

17.02.2020: Corona Virus Awareness Programme conducted at Kannur Medical College.

19.02.2020: General Body Meeting & CME on "Innovative Techniques for common clinical conditions"

23.02.2020: Awareness Class on Corona Virus at Chettamcoon LP School, Thalassery.

24.02.2020: observed National De-worming Day; conducted training for school teachers at GH Thalassery.

26.02.2019: Dr. Albert Kallat Memorial Oration was delivered on 26th February 2020 at IMA Hall, Thalassery.



WDW THALASSERY

03.02.2020: IMA & WDW Thalassery in coordination with IAP Thalassery conducted an awareness class on CORONA Virus infection at PHC Peringalam.

04.02.2020: World Cancer Day Programme at General Hospital, Thalassery by IMA & WDW Thalassery. 06.02.2020: IMA & WDW Thalassery conducted an Awareness Class on Menstrual Hygiene & RTI to girls of NAM Higher Secondary School, Peringathoor.

09.02.2020: IMA & WDW Thalassery conducted an Awareness Class on Corona Virus at Panoor Block Panchayath Office.

24.02.2020: observed National De worming Day conducted training for

school teachers at GH Thalassery.



PALA

04/02/2020:Executive committee meeting.

09/02/2020:Members attended the state working committee meeting held at IMA Hall Kochi.

10/02/2020:conducted an awareness class on women's reproductive health for the M.Com students of St.Thomas college Pala.

14/02/2020: conducted an awareness class on adolescent health at St.Mary's girls higher secondary school Pala.

23/02/2020:attended the emergency life support training program conducted by IMA Kerala State Branch at IMA Periyar house Aluva.

25/02/2020:General Body Meeting and CME was conducted at IMA Hall Pala.



PALAKKAD

04/02/2020: District committee meeting &an awareness programme on Covid19 epidemic

08/02/2020: CME on Brain Tumors was conducted.



09/02/2020: attended SWC meeting held at IMA House Kochi

16.02.2020: Cancer awareness programme in view of the World Cancer Day was held at Lakshmana Chandra Vidyalaya, Pirayiri Palakkad

23/02/2020: attended Training Of Trainers (TOT) on Basic Life Support (BLS) was held at IMA Periyar House Aluva.

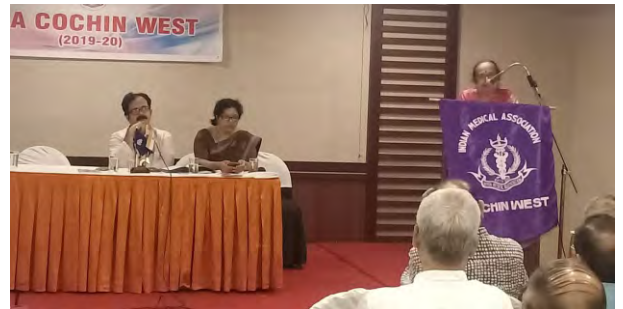
29.02.2020: CME on newer endoscopic procedures and Spy glass cholangioscopy.



COCHIN WEST

11.02.2020: Executive meeting.

25.02.2020: The GB Meeting and CME on congenital Hypothyroidism updates &Thyroid surgery in children &Corona virus update.



KOZHIKODE

04/02/2020: Observation of Cancer Day – Panel discussion on Cancer care at IMA Hall Kozhikode.

04/02/2020: Conducted Corona virus awareness CME at Malabar Medical College, Kozhikode.

04/02/2020:WDW Conducted awareness class about Corona Virus, junk food and Mission mukthi to student's parent's at CSI Cathedral LP School Mananchira.

05/02/2020 Conducted Corona virus awareness Class to Meitra Hospital Staff at Meitra Hospital, Kozhikode.

05/02/2020:IMA Kozhikode in association with Health Dept. & Iqraa Hospital Conducted Corona prevention programme at Iqraa Hospital.

05/02/2020:IMA Kozhikode in association with IMA District committee Conducted Corona virus awareness CME at St. Josephs College, Devagiri, Kozhikode.

05/02/2020:Conducted Corona prevention programme at National Hospital Kozhikode.

05/02/2020: Conducted Corona prevention programme at Co-Operative Hospital Kozhikode

06/02/2020:IMA Kozhikode Conducted Corona prevention programme at Kozhikode Railway Station.

06/02/2020:Conducted Corona prevention programme at BMH Hospital, Kozhikode.

06-02-2020: Conducted Corona virus awareness CME at Shree Anjaneya Para medical Institute, Atholi, Kozhikode.

08/02/2020: WDW KozhikodeConducted Corona virus awareness and Pre-marital counselling at CSI retreat centre.

09/02/2020: SWC meeting at IMA House Cochin.

09/02/2020: IMA Cultural wing Film festival at IMA hall Kozhikode.

10/02/2020: Conducted Mental Health Workshop in association with IIM Kozhikode at IMA hall Kozhikode.

11/02/2020: Conducted Awaken India programme in association with IMA MSN at medical college Kozhikode.

12/02/2020: Observation of Sexual and reproductive awareness day and Corona Virus awareness at Rajendra Hospital.

14/02/2020: IMA CGP CME.

16/02/2020: conducted Junior Doctors Meet 2020 at IMA Hall Kozhikode.

19/02/2020: AMS monthly meeting. CME on acute liver failure – current concepts and on newer horizons in liver surgery minimally invasive & transplant. Conducted District Committee meeting at IMA Hall, Kozhikode.

23/02/2020: participated Calicut half marathon 2020; attended TOT workshop on Emergency Life support at IMA Periyar House.

24/02/2020: District Committee meeting regarding District Convention at IMA hall.

26/02/2020: Preliminary discussion about World hearing day at MCH Kozhikode.

27/02/2020: General body meeting and CME on “Management of Epilepsy: future is now”

29/02/2020: Press meeting in connection with World hearing day.



WDW KOZHIKODE

02.02.2020 Participated in Fun Run [3.1km] with MALABAR MARATHON
04.04.2020 talk to the parents of students about drug abuse, mobile phone usage, behaviour problems of the children & took class on Corona Awareness & took class on Junk Foods

08.02.2020: Conducted General Body meeting at IMA hall; Premarital counselling class conducted at CSI Retreat Center, Kozhikode.

09.02.2020 Attended SWC meeting at Kochi IMA hall.

23.02.2020 Participated in Calicut half Marathon conducted by IIM & IMA

26.02.2020 Talk about peri-menopausal problems & related health issues.

27.02.2020 Executive meeting conducted at IMA hall.



NEMOM

05.02.2020 : A cancer awareness programme organized in Higher Secondary School, Kulathummal for the NSS Volunteers.

7.02.2020 : Breast Cancer Awareness and detection camp

9.02.2020: attended SWC Meeting at Aluva.

10.02.2020 : Corona awareness programme: was organized at the Community Health Centre, Vilappil.

11.02.2020 : “EMPOWER” - NIAMS UPDATE : An IMA AMS Nemom initiative

12.02.2020 : Sexual and Reproductive Health Day observance

13.02.2020 : Anti Leprosy Week Programme at Family Health Centre, Vattiyoorkavu

13.02.2020 : Regular Executive Committee Meeting of the branch at the Hotel White Dammar, Pappanamcode.

16.02.2020 : A session on Life Style diseases was organized in the National Club in Thiruvananthapuram in association with the Kottarapuram Club.

18.02.2020 : A special meeting of the Executive Committee was held on 18th February 2020 at the Hotel White Dammar, Pappanamcode

24.02.2020 : attended the Anappara Fest of Government Vocational Higher Secondary School where the Exam going students were given the final round of counselling and offered medical help.

26.02.2020 : attended a Session on Communication Skills and litigations at the IMA Kozhicherry Branch

29.02.2020 : members attended the National Bioethics conclave conducted at Kanyakumari.



WDW NEMOM

07.02.2020 : Breast Cancer Awareness and detection camp under the Valsayam project in Kanjiramkulam on 7th February 2020.

12.02.2020 : A health awareness session was organized in the Maternity Hospital, Poojappura in connection with the Sexual and Reproductive Health Awareness day.

13.02.2020 : Regular Executive Committee Meeting at the Hotel White Dammar, Pappanamcode. **18.02.2020 :** A special meeting of the Executive Committee was held on 18th February 2020 at the Hotel White

Dammar, Pappanamcode

29.02.2020 : attended the National Bioethics conclave conducted at Kanyakumari on 29th February 2020 at Kanyakumari.



WDW MADHYA KERALA

4-2-20: participated in executive meeting at IMA hall, Aluva.

9-2-20: attended the 265th SWC at IMA house, Kochi.

19-2-20: attended the clinical session and the general body which followed at IMA hall, Aluva.

21-2-20: involved in the medical camp at Aluva Manappuram in connection with Sivarathri.

14-2-20: attended the all Kerala conference of obstetrics & gynaecology at Kottayam.



PERINTHALMANNA

01/02/2020: Executive Committee Meeting Of Pain and Palliative Care Clinic.

02/02/2020: BCLS training program conducted for doctors of Malappuram district at KIMS ALSHIFA PERINTHALMANNA.

02/02/2020 attended COMMUNITY PSYCHIATRY CAMP AT MARANCHERY PAIN AND PALLIATIVE CLINIC

04/02/2020: observed World Cancer Day. Organised a class on Cancer Awareness at Al Salama Eye Hospital Auditorium for the Optometry Students.

07/02/2020 Awareness class on 'Corona Virus infection and it's prevention' conducted for staff members of Private Hospitals, Perinthalmanna at moulana hospital.

09/02/2020 COMMUNITY PSYCHIATRY CAMP AT MANKADA PAIN AND PALLIATIVE CLINIC

10/02/2020 CORONA VIRUS AWARENESS CLASS AT ALL KERALA GIRLS SUB JUNIOR BASKETBALL CHAMPIONSHIP

15/02/2020 observed WORLD SEXUAL & REPRODUCTIVE AWARENESS DAY

16/02/2020 ACTIVE PARTICIPATION AT PERINTHALMANNA MARATHON; COMMUNITY PSYCHIATRY CAMP AT PRATHEEKSHA PAIN AND PALLIATIVE CLINIC, KOOTANADU

18/02/2020 FREE MEDICAL CAMP AT KOTTOPPADAM; CORONA VIRUS AWARENESS CLASS AT EMS HOSPITAL ; EXECUTIVE MEETING

19/02/2020 WEEKLY FREE ELDERLY CLINIC

20/02/2020 WEEKLY TRAUMA LIFE SUPPORT TRAINING PROGRAMME for the Motor Driving Licence Applicants organised by IMA Perinthalmanna in association with ISA and Motor Vehicle Department was held at IMA Perinthalmanna Pain and Palliative Care Auditorium

23/02/2020 AWARENESS CLASS ON DECEASED ORGAN DONATION; COMMUNITY PSYCHIATRY CAMP AT ELAMKULAM

24/02/2020 ATTENDED TOT WORKSHOP at ALUVA; organised an awareness class on de-worming for the teachers and anganwadi workers of wandoor.

25/02/2020 MONTHLY GENERAL BODY Meeting; IMA AMS MEETING AND CME on "Thyroid Function Tests-Guidelines and Pitfalls in Interpretation"

26/02/2020 WEEKLY TRAUMA LIFE SUPPORT TRAINING PROGRAMME AND CLASS ON DECEASED ORGAN DONATION; WEEKLY FREE ELDERLY CLINIC

27/02/2020 COLS & EMERGENCY LIFE SUPPORT TRAINING TO WDW MEMBERS; conducted a General Body meeting at Moulana Hospital Academic Hall.

28/02/2020 members Attended IMA Malappuram District Committee meeting at Malappuram IMA Hall.



WDW PERINTHALMANNA

02.02.2020 - members participated in organising a BCLS course for doctors of Malappuram district at KIMS Al Shifa Super speciality hospital, Perinthalmanna; Organised Health Exhibition as a part of observation of World cancer Day by CAS Club and Al Shifa College of Nursing.

03.02.2020 - members attended the organising committee meeting of IMA Perinthalmanna Sports Meet scheduled for 29th February and 1st March.

04.02.2020- organised an awareness class on prevention and early detection of cancers at IMA Blood Bank Auditorium; organised a class on Cancer Awareness at Al Salama Eye Hospital Auditorium for the Optometry Students.

06.02.2020 - organised 'ME TIME'- an informal get-together of the members at IMA Hall Perinthalmanna. 09.02.2020 - members attended IMA State Working Committee Meeting at Cochin.

15.02.2020- observed 'World Sexual and Reproductive Health Awareness Day' in association with Kottopadam Islamic Centre Women's College and Moulana Hospital by conducting an awareness class and doubt clearing session & class on Early Detection of Genetic Problems.

16.02.2020 - conducted a free Medical Camp.

24.02.2020- organised an awareness class and training for the teachers and anganwadi workers of wandoor in connection with NATIONAL DEWORMING DAY ; organised an awareness class on organ donation at CAS Club Indoor Stadium

25.02.2020 - IMA Perinthalmanna in association with WDW Perinthalmanna released 3rd volume of the IMA Perinthalmanna newsletter "BITS and BITES".

27.02.2020 - arranged a COLS (compression only life support) training course and class on IRC guidelines on CPR; conducted a General Body meeting at Moulana Hospital Academic Hall.

29.02.2020 - organised a sports event 'OLYMPIAD 2020' , included various indoor and outdoor sports competitions.



KANNUR

06.02.2020 - Conducted CME Programme on Knee arthroscopy - scopes and Developments

13.02.2020 - GENERAL BODY MEETING AND CME PROGRAMME

20/02/2020 Conducted CME Programme on joint replacement surgery.

24/02/2020 Conducted executive committee meeting.

25/02/2020 conducted awareness programme on diabetic foot.

27/02/2020 conducted CME on Minimally Invasive Neurosurgery & A Journey through Aorta.



MAVELIKKARA

2.02.2020: conducted nursing workshop on neonatal resuscitation at IMA hall mavelikara.

WDW MAVELIKARA

Awareness class on corona virus outbreak and preventive measures at Sanjivani Hospital,Chenganur. All were made aware about the disease and the importance of hand hygiene.



KODUNGALLUR

01.02.2020 - Conducted an emergency meeting for doctors as per requested from health secretary to give details about 2019 Cov in China Corona Viral infection.

03.02.2020 conducted classes in all hospital in our areas about corona viral infection.

04.02.2020 - Executive meeting and distributed notice with information on cancer awareness.

09.02.2020 - Participated State Working Committee meeting at Periyar House Aluva.

12.02.2020 - Participated CME conducted by Thrissur IMA.

18.02.2020 - General Body Meeting & CME on metabolic syndrome what's new.

18.02.2020 - Attended Training on basic life support and emergency trauma care.



WDW MALAPPURAM

01.02.2020 : an awareness class on Corona Virus infection spread and prevention for all the staff of Christian welfare Center Hospital Malappuram.

03.02.2020- A medical camp was organized in connection with Anti Leprosy week at St. James Higher Secondary School

04.02.2020 took an awareness class on Corona Virus infection spread and prevention for all the staff of Nu vision eye care Hospital Manjeri; organized a program in connection with world cancer day for Kudumbasree, Chemmankadavu unit & conducted an awareness class

06.02.2020- A class on Corona Virus and precautions at MIC College, Alathurpadi



09.02.2020- attended the 265th State working Committee at Kochi.
 18.02.2020- visited the bed ridden patients of palliative care at MSM auditorium and donated Rs. 10000. 23.02.2020- Diabetic retinopathy Camp at Kodur Gramapanchayat.

KANHANGAD

01-02-2020; organised an awareness session on Corona virus for municipal councillors, Asha workers, anganwadi teachers and workers.
 04.02.2020: As part of World Cancer Day observation, organised cancer awareness for members of merchant association of Kanhangad.
 07-02-2020: organised a CME on Corona Virus on at Rotary Club Hall.
 12-02-2020: conducted awareness class for students of 11th standard of ChinmayaVidyalay Kanhangad on sexual and reproductive health awareness day
 28-02-2020: Monthly GBM & CME at Rotary Club hall.



KASARAGOD

03/02/2020: ONLINE CME ON CORONA VIRUS
 5/2/2020: CME ON CORONA VIRUS AWARENESS
 12/02/2020 : DISTRICT COMMITTEE MEET AND CME, training session on Corona Virus Infection Prevention by team of WHO and department of health and family welfare, Government of Kerala through video conferencing
 20/02/2020: CME AND GENERAL BODY MEET, COVID 19 RELATED ACTIVITIES



THAMARASSERY

4th February 2020: conducted a free cancer detection camp at Thamarassery Taluk Hospital, in association with Dept. of Surgery, Medical College, Kozhikode and Taluk Hospital, Thamarassery.
 9th February 2020: General body meeting.



TRIVANDRUM

02.02.2020 : Arts & Sports club of IMA Trivandrum was inaugurated at IMA HQ, Anayara. Screening of asthma awareness short film 'Ray Of Hope' was screened; Medical Awareness Class @ NSS College Neeramankara
 04.02.2020 —observed world cancer day by conducting Breast Cancer Screening & Awareness camp at St Marys Library, Vettucaud. Integrating Physical Activities into Cancer Care IMA Trivandrum in association with Swasthi Foundation and Malayala Manorama conducted seminar on 'Integrating Physical Activities into Cancer Care' at LNCP, Karyavattom
 06/02/20: IMA Trivandrum AMS organised 'Corona Virus-What we should know' at IMA branch Hall. 08.02.2020 – Awareness Class on Corona Virus @ IMA Trivandrum branch Hall & @ Uday suites Hotel, Shanghumugam & Medical Camp @NSS Karayogam Hall Kattakkada Trivandrum
 14.02.2020 — Awareness Class on Corona Virus @ A J Arts and Science College, Thonnakkal Trivandrum
 15.02.2020 — Grand Alumni Convention @ Trivandrum medical College; International Paediatric Cancer Day @ Sasthanagar Resident Association, Trivandrum
 21.02.2020 — Medical Check up @ Orphanage Home Vattiyoorkavu
 24/02/20: awareness class against alcohol and tobacco abuse for boys of Aruvikkara Govt HSS



25.02.2020 — Mega Medical Camp @ Chempazhant S N College
 27.02.2020 — Monthly General Body Meeting @ Hotel Apollo Demora Trivandrum
 28.02.2020: National Science Day ; Reception to National President And Secretary .



WDW TRIVANDRUM.

04.02.2020 – observed World Cancer Day by conducting Breast Cancer Screening & Awareness camp at St Marys Library @ Veetukad Church Trivandrum.
 21.02.2020 — As part of International Women's Day celebrations, WDW Trivandrum visited an Orphanage in Vattiyurkavu, Trivandrum and conducted health checkups and awareness to the inmates.
 24/02/20 : Awareness class against alcohol and tobacco abuse for boys of Aruvikkara Govt HSS ; Medical Camp @ SN College Chempazhant.



WDW DESINGANAD

03.02.2020 - Conducted WDW General Body Meeting.
 04.02.2020 - Conducted World Cancer Day awareness program at Alappuzha.
 05.02.2020 - Conducted awareness program against Corona virus infection at Palakkad hospital.
 06.02.2020 - Conducted LAMP (Legally Mentally Empowering Adolescent Children) Program at kendriya vidyalayam.
 07.02.2020 - Conducted awareness program on corona virus and corona pledge for anganwadi workers
 08.02.2020 - Conducted LAMP(Legally Mentally Empowering Adolescent Children) Program at Govt. HSS Mangad.
 09.02.2020 – members attended the State Working Committee meeting at IMA Cochin House
 17.02.2020 - Conducted LAMP(Legally Mentally Empowering Adolescent Children) Program at Lourde Matha Kovilthottam & at Govt HSS, Oachira.
 18.02.2020 - Conducted WDW Executive Committee Meeting
 19.02.2020 - Conducted LAMP(Legally Mentally Empowering Adolescent Children) Program at St.Gregorious Karunagappally.
 20.02.2020 - Conducted Medical Camp at Vallabhai spice company; Conducted LAMP(Legally Mentally Empowering Adolescent Children) Program at Govt.VHSE Kottankulangara & at Vivekanandha school

Changankulangara.

24.02.2020 - Conducted Breast Cancer awareness program for nursing students of Benzigar hospital.
 25.02.2020 - Conducted LAMP(Legally Mentally Empowering Adolescent Children) Program at SN Trust Central School & at AKM HSS, Mylapore
 26.02.2020 - Conducted awareness class about “Optimal health and Life style diseases” at Kerala Balers.
 27.02.2020 - Conducted LAMP(Legally Mentally Empowering Adolescent Children) Program at HSS, Kulasekharapuram, Kollam.
 29.02.2020 - Inauguration of branch level sport meet at Isyaan Indoor Stadium, Chathanoor.



WDW COCHIN

03.02.2020: awareness session on Corona virus to public n staff at PHC Ayyampilly & at various places to educate and help to control panic in the city
 04.02.2020: observed WORLD CANCER DAY , Cancer awareness talks and various cancer screening camps were conducted.
 09.02.2020: hosted a reception to the State IMA office bearers & inauguration of the activities of the Cultural wing , IMA Kerala State was also held.
 18.02.2020: monthly meeting & conducted a demo of some products like tuna and also taught a few easy recipies of salads and sandwiches by HIC-ABF special foods pvt Ltd.
 19.02.2020: Alumini Association Cochin chapter meeting; antenatal class at Kinder hospital, Pathadipalam; Health talk at NSSarts college, Trippunithura; Annual sports activities; conducted Organic farming by various members.



KOTTAKKAL

02.02.2020: Attended BCLS training course held at KIMS AL SHIFA HOSPITAL, Perinthalmanna ; Conducted a family get together and grand new year celebration at ALMAS Hospital.
 03.02.2020: Awareness talk on CORONA virus infection and management for doctors conducted at AVS charitable Hospital, Kottakkal
 06.02.2020: Corona virus infection and management, awareness class for health care workers in and around Kottakkal conducted at Almas

Hospital

11.02.2020: CME and GBM conducted at ALMAS HOSPITAL, kottakkal..
CME topics: 1.Liver Transplantation, current status and myths
2.Endoscopic neck surgeries



THRISSUR

01.02.2020 -2019 novel CORONAVIRUS CHINA_ Conducted 2nd awareness class @ IMA HOUSE TSR ;COLS Training Programme at Manappuram Foundation, Valapad, Thirissur

05.02.2020 : Conducted an awareness class on _2019 novel CoronaVirus China_ at MANAPURAM FOUNDATION VALAPAD THRISSUR; Compression Only Life Support Training & First Aid Class

06.02.2020 : Conducted an Awareness Class - 2019 nCoV China @Press Club Thirissur ; observed World Leprosy Day & conducted CME in association with IADVL & THRISSUR DERMATOLOGY CLUB @ IMA HOUSE

07.02.2020 : Corona awareness Class for the public & AGRI Expo at Town Hall ; Executive Meeting @ IMA House Thirissur

09.02.2020 : attended the 265th SWC MEETING at IMA HOUSE Kochi.

11.02.2020: participated the Conference on "EMERGENCY TREATMENT IS THE RIGHT OF CITIZEN" By Chikilsanidhi @ Sahitya Academy Hall Thirissur . Also took part in the discussion on -Doctor - Patient Relationship - with Director Pain & Palliative Care Institute Thirissur & Associate Prof.&Honourary Director, Centre for Medical Law, Gov. Law College Ernakulam

12.02.2020: IMA Thirissur District Level CME & WEBCAST @ Joy Palace Hotel Thirissur.

14.02.2020 : Valentine's Day Blood Donation camp at Club FM Office premises - Mathrubhumi Office Thirissur.

15.02.2020 : General Body Meeting & Scientific Session on "Recent Advances in the Prophylaxis and Management of MIGRAINE" & "Some INFREQUENT & Exotic Interventional Procedures" & "RE-KINDING CAROTID ENDARTERECTOMY" @ DASS Continental Hotel; KNOW YOUR NUMBER - A project of IMA THRISSUR with Cardiology club Thirissur for self appraisal of our own members health parameters, and to prevent early mortality; MEDIQUIZ & GB Meeting
02.2020, 21.02.2020: Conducted Two Quiz programs and distributed prizes sponsored by IMA WDW Thirissur at Uthralikkavu Pooram Festival 2020 at Govt Palliative Care stall meant for govt. Palliative Care Thirissur for the sale of products made by patients taught as a part of Rehabilitation activities and also for IEC activities.

21.02.2020: Thyroid Awareness Class & Detection Camp & Voluntary Blood Donation Camp & Awareness Class at Manjilas Food (P) Ltd Nellikunnu, Thirissur.

22.02.2020: IMA AMS CME @ Joys palace Hotel Thirissur. CME on "DIAGNOSTIC & TREATMENT GUIDELINES OF TONSILLO-PHARYNGITIS" & "CHILDHOOD STRIDER - DIAGNOSTIC & MANAGEMENT DIFFICULTIES"

23.02.2020 : attended Emergency Life Support Training For TOT @ IMA Periyar House Aluva; Medical Camp @ Chinmaya Mission College Kolazhy, Thirissur as part of the 'SOUJANYA AROGYAMELA'.

24.02.2020 : IMA Cultural Wing @ Daya Hospital & conducted 'PRANAYAGANANGAL' Musical Extravaganza attended by patients & their bystanders.

26.02.2020 : COLS - COMPRESSION ONLY LIFE SUPPORT & FIRST-AID TRAINING for the Y's Men's Club of Thirissur members @ Hotel Elite International TSR.

29/02/2020 : PARARAKSHA @ Sahitya Academy Hall Thirissur

29/2/2020 : attended National Conclave on BIOETHICS @ Annai Resorts Kanyakumari

IMA BLOOD BANK THRISSUR MONTH OF FEBRUARY 2020 - In the month of February 2020 IMA Blood Bank Thirissur conducted 16 Awareness Classes and 20 voluntary Blood Donation Camps. Collected 595 units from the Camps and 584 units from the Blood Bank. IMA DOCTOR'S FITNESS CLUB THRISSUR Conducted 12 Fitness Training Classes at IMA Thirissur.



WDW THRISSUR

04.02.2020 : World cancer day observed @ Madakathara grama panchayath

21.02.2020 : Quiz competition at Uthralikkavu pooram festival

22.02.2020 : attended Emergency life support training for TOT @ IMA periyar house Aluva.

ALAPPUZHA

02/02/2020-Emergency meeting on n Corona at Collectrate convened by District Collector

09/02/2020- attended 265th State Working Committee – IMA Cochin

20/02/2020-Branch Executive Meeting at IMA Hall Alappuzha

23/03/2020- attended TOT on Emergency Care at IMA Periyar House Aluva

28/02/2020-GB & CME PROGRAM at Hotel Royale Park, Alappuzha . CME Topic is 'NAFLD – Are we Ignoring it?'



CHIRAYINKEEZHU

05/02/2020 - Branch Executive Meeting.

09/02/2020 - Attended 265 th State Working Committee Meeting held in IMA House, Cochin.

28/02/2020-Monthly General body meeting and CME – topic: “Hypothyroidism in Adults - Newer Guidelines in Management”.



TIRURANAGADI

07.02.2020: GB and monthly CME - topic : “A to Z of Corona Infection”.

27.02.20: reception to State president and State Secretary.



KUTHUPARAMBA

02.02.2020: State treasurer attended the Finance Committee meeting held at IMA Headquarters, Trivandrum.

03.02.2020: conducted a class on adolescent health education at St Xaviers School, Kolayad; observed ANTI LEPROSY WEEK & conducted awareness class regarding leprosy and conducted a free skin disease detection camp at Kuthuparamba in connection with Anti leprosy week; conducted awareness class about Corona virus infection to all students of medical, dental and paramedical colleges.

05.02.2020: conducted monthly premarital counselling sessions at Thalassery.

06.02.2020: conducted class on Corona Virus infection and measures to be taken for its prevention at FHC, Thillenkery. There was a healthy discussion on importance of personal hygiene, proper hand washing techniques and use and disposal of face masks.

08.02.2020: free medical camp at naxal affected areas around Peravoor.

09.02.2020: attended the 265th State Working Committee meeting held at IMA house Cochin.

16.02.2020: conducted a class on “Ethics in medical Practice” at Junior Doctors meet held at Calicut.

17.02.2020: A class regarding Ethics in medical Practice for Medical College Teachers in Chennai as part of UNESCO Bioethics training.

23.02.2020: Attended the Emergency life support training programme for doctors held at IMA Periyar house in Aluva; attended a free ENT medical camp held at Thiruvangad at Thalassery.

29.02.2020: observed quadrennial celebration of IMA hall.



WDW- MULAMKUNNATHUKAVU

25.02.2020: Condolence meeting of WDW Past State Chairperson and Immediate Past President held at Alumni Auditorium.

WDW VADAKARA

FEBRUARY 2nd, 2020 : conducted a class on Parenting at IMA hall.

03.02.2020 - **Corona Awareness Class**

04.02.2020 **Corona Awareness Class**; observed World Cancer Day

18-02-2020: Combined Executive meeting of IMA and WDW

06.02.2020 observed **Sexual & Reproductive Health Awareness Day**

24.02.2020 observed **National Deworming Day**.



WDW THRIPRAYAR

01.02.2020: Scientific session on Corona virus

27.02.2020: GB cum Inauguration of a social project "Suicide prevention in Teenagers" - the importance of good parenting, caring & spending quality time with children. Should keenly observe the teenagers coming with irrelevant, vague & repeated complaints with special reference to substance abuse

KOLLAM

09.02.2020: attended the 265th State Committee Meeting at Kochi.

13.02.2020: Executive Committee meeting at Dr S Mohandas memorial hall, IMA Centre, Asramam, Kollam

14.02.2020: **Blood Donation Camp conducted at** TKM Institute of Technology, Karuveli; Valentine's day was observed as Pulvama day at TKM Institute of Management

19.02.2020 **Blood Donation Camp conducted at** Cheriyaazheekal Gramam

20.02.2020 **Blood Donation Camp conducted at** Govt. Model Higher Secondary School, Karunagappally

28.02.2020: Monthly General Body and a reception to the State leaders at Dr S Mohandas memorial hall, IMA Centre, Asramam, Kollam; **Blood**



THALIPARAMBA

13— CME 1. Initiation of Insulin in Diabetes Speaker: Dr Prasanth Mappa, Consultant Endocrinologist, THALASSERY 2.

Corona Virus: What we know Speaker: Dr Rakesh TP, Consultant Physician, GIMCARE HOSPITAL, KANNUR

20— Executive committee meeting

27— GB with CME, Topic :Perianal surgeries

WDW THODUPUZA

CME meeting conducted on 12th February, Wednesday 8 PM at IMA blood Bank Hall.

Topic I :- Corona virus infection by Dr. Cency B, DTO Idukki .

Topic II :- Fluid Resuscitation in Shock by Dr. Jacob George, MD, DM, Critical Care Specialist , Marsleva Medicity, Cherpunkal ,Palai . About 70 members participated in the meeting . Release of NEELAKURINJI 2019 Album was done by Dr. Senior Vice President, Dr. Abraham C Peter .

General body meeting & Family meeting for the month of February 2020 was conducted on 27th Thursday 8 PM at IMA House, Nadukkandam . After the formal general body meeting CME was conducted .

Topic of CME :- Updates on National Tuberculosis Elimination program by Dr. Shiyas . Pulmonologist ,District Hospital, Idukki



MADHYA KERALA

3 FEBRUARY 2020 UPDATE ON NOVEL CORONA VIRUS AND PREVENTION

IMA Madhya Kerala branch, Ernakulum district committee and national health mission jointly conducted this program at IMA HALL ALUVA. DR MATHEWS NHM consultant and DR, RAJESH WHO consultant were the speakers. Doctors from Ernakulum district attended this program DR M N VENKATESHWARAN presided the function. DR SABU PAUL proposed the vote of thanks.

4TH FEB 2020 WORLD CANCER DAY CELEBRATION

IMA Madhya Kerala branch and Cochin cancer center jointly conducted this program at medical college campus kalamassery. DR MURALEEDHARAN and DR MENON took part in the inauguration ceremony. Dr MP Thomas and DR Sagitha actively participated in this celebration. DR MURALEEDHARAN spoke on that occasion. Sweets, sarees and mundu for 25 patients were distributed. DR MURALEEDHARAN, DR MP THOMAS, DR M A THOMAS, DR VIJAYAN, DR SHEIK PAREED, DR MUHAMMED, DR RAFEEQUE and DR SAGITH contributed for this.

4TH FEB 2020 EXECUTIVE COMMITTEE MEETING

Organizational and branch matters discussed. Next general body with scientific program fixed for 19th February 2020. Next month executive committee meeting scheduled for 3rd march.

8TH FEBRUARY DISTRICT COMMITTEE MEETING

Hosted by our branch. DR MURALEEDHARAN, DR RAJESHWARIAMMA, DR MENON, DR A V BABU, DR MA THOMAS, DR RAFEEQUE and DR SAGITH attended the meeting. DR MA THOMAS and DR RAFEEQUE spoke on the schemes.

9TH FEBRUARY 2020 STATE WORKING COMMITTEE MEETING

DR MURALEEDHARAN, DR RAJESHWARIAMMA, DR MENON, DR AV BABU, DR ASHOK KUMAR, DR RAFEEQUE, DR SAGITH and DR ASWANI attended the meeting.

19TH FEBRUARY 2020 GENERAL BODY WITH SCIENTIFIC PROGRAMME

DR AKHILESH associate professor from AMRUTHA hospital delivered a talk on pulmonary rehabilitation in chronic respiratory diseases- beyond pharmacotherapy and on Novel corona virus. DR SREERAJ R NAIR spoke on role of endo bronchial ultra sound in lung cancer management. DR G BABU chaired the session. DR SHOBANA was the winner for the med news quiz. DR MENON gave an overview of state working committee meeting. DR G BABU spoke on newly launching Brahmapuram plant in the future for the Image. DR RAFEEQUE

spoke on the schemes and on the benefits, requested all to join. DR MURALEEDHARAN presided the function and DR SAGITH proposed the vote of thanks.

22ND FEBRUARY 2020- TRAINING OF TRAINERS –EMERGENCY LIFE SUPPORT

DR MURALEEDHARAN, DR MENON AND DR SAGITH attended the TOT on emergency life support at IMA periyar house Aluva.

26TH FEBRUARY 2020 DISTRICT CONVENTION ORGANISED COMMITTEE MEETING

DR G BABU and DR M N MENON handed over the cheque OF RS 15,000 for the district convention from our side at IMA house Ernakulum. United minds and contributing hands.

26TH FEBRUARY 2020 IMA MADHYA KERALA BRANCH MEMBERSHIP DATABASE UPDATION

DR MURALEEDHARAN, DR M N MENON, DR G BABU, DR XAVIER, DR KARTHA, DR ASHOK KUMAR, DR RAFEEQUE, DR MUHAMMED and DR SAGITH actively involved in this membership database updation.

27TH FEBRUARY 2020 FTERNTY CONTRIBUTION DUE FROM SS1 FOR DR KURUVILA

DR MURALEEDHARAN, DR RAJESHWARIAMMA AND DR SAGITH handed over a cheque of 14, 6,100 to DR MARIYAKUTTY wife of late DR KURUVILA at their residence.





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നിലപാടുകളുടെ...



IMA Cultural Wing Inland Magazine

ആദ്യ ലക്കം
മിനിക്രൈം പതിപ്പ്
ഏപ്രിലിൽ
പുറത്തിറങ്ങുന്നു..!

50 വാക്കിൽ
കവിയാർത്ത മിനിക്രൈംകൾ
2020 ഏപ്രിൽ

07

നൂ മൂന്ന്
culturalwingimaksb@gmail.com ലേക്ക്
അയച്ചുതരിക.

Regards

Dr Abraham Varghese
State President

Dr Gopikumar P
State Secretary

Dr Manoj K.T
Chairman, State Cultural Wing

Dr Dhanya P.G
Gen. Convenor State Cultural Wing



Join **image**

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

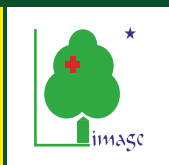


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Waste Treatment
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Both in Government and Private Sector.**



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



Contact us for more details

INDIAN MEDICAL ASSOCIATION GOES ECOFRIENDLY

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

Manager Administration: 80783 36666, Manager Operations: 94459 98922

Environment Engineer: 80780 26869, Operation Executive: 70122 28469

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