



IMA News Letter

2022 February



Be Safe....Be Committed



INDIAN
MEDICAL
ASSOCIATION
Kerala State Branch

HQ-Anayara P.O.
Thiruvananthapuram - 695029
Tel: 0471 - 2741144, 2741166
E-mail: imaksb@yahoo.co.in
Website: imakerala.com

Editor:
Dr. Joseph Benaven
IMA State HQ, Anayara PO
Thiruvananthapuram - 695029
M: 9895997891, 6282871678

IMA State Headquarters E-mail IDs

State Secretary:
secretary@imakerala.com

Accounts:
Accounts@imakerala.com

IMA - Connect:
imaconnect@imakerala.com

News Letter:
newsletter@imakerala.com

Membership:
membership@imakerala.com

General:
info@imakerala.com



270th
**STATE WORKING
COMMITTEE
MEETING**
on 13th February 2022



Kerala

President's Column...



Dr. Samuel Koshy
State President
IMA KSB

CHARAK SHAPATH IS INAPPROPRIATE AND UNACCEPTABLE

It is quite disappointing and disheartening to see that the undergraduate board of National Medical Commission wants the hypocrats oath, undertaken by medical students before they start practising, to be replaced by Charak Shapath. Modern Medical practice is universal and the approach to treatment is global. Hippocrats Oath, known in the name of Father of Modern Medicine, was modified by World Health Organisation and adopted as Geneva Declaration globally.

National Medical Commission which should behave as the Guardian body of modern medical science is blatantly rejecting the oath and adopting something which are not acceptable to Modern Times. Modern Medical Science is global in nature and discriminations of colour, race, region, sex, and religion is against its basic principles. This move to promote Myxopathy and Regionalism is highly condemnable and is against the basic principles of Modern Medical Practice. IMA Kerala State Branch object such move to demean the Modern Medical Science.

Also the 270th Working Committee of IMA Kerala State Branch held at IMA Periyar House, Aluva on 13- 02- 2022 resolved to object the move to replace Hippocrats Oath with Charak Shapath. We demands NMC for refraining from such moves which are detrimental to modern medical practice. National Medical Commission should refrain from all moves to promote Myxopathy and its aim should be for maintaining the scientific sanctity of modern medical practice. Any move to dilute the evidence based and research oriented base of modern medicine is inappropriate and unacceptable.



Kerala

From the Editor's Desk...



Dr. Joseph Benaven
State Secretary
IMA Kerala

OLD WINE IN NEW BOTTLE!!

'Mixopathy' or integration of the Indian system of medicine with modern medicine is nothing of the recent past. Futile efforts have been made by the powers to be for decades. I am not dwelling into the 'Why' of such repeated sinister attempts, but 'Why do we find ourselves in such a pitiable precarious position?'

Going back in time, I vividly recall my college days in the mid eighties when the state government initiated a move to connect ayurveda with modern medicine, albeit subtly. The student community smelt the rat in what apparently appeared innocent. Medical campuses across the state erupted in unison to thwart the move and what was witnessed was an unprecedented 45 days student unrest which finally forced the government to abort the move. The success can be attributed to the vigil and vision of our student leaders ably supported by professional bodies.

Coming to recent times, when more critical intrusions are blatantly being made into modern medicine, the student community remains silent. Even though sincere efforts have been made to strengthen and empower the student community through the Medical Students Network and Junior Doctors Network, Generation X seems oblivious of the stark reality of threats faced by the profession and their careers. The Indian Medical Association has been relentless in its efforts, with constant parlay with policy makers and even resorting to judicial intervention. But real success can be achieved only when the student community wakes up to the looming threats. It's my wish the War Cry erupts from our campuses across the country to forever bury Mixopathy!!

Before I conclude may I express my deepest appreciation to the district committees and the branch leaders for the receipt of Newsletter entries from 100 branches and 9 districts with 100 percent representation. Let's rest not till the remaining 8 branches too are brought in and let's create history with a 100% in the next issue.

Together We Can.... We Will!!

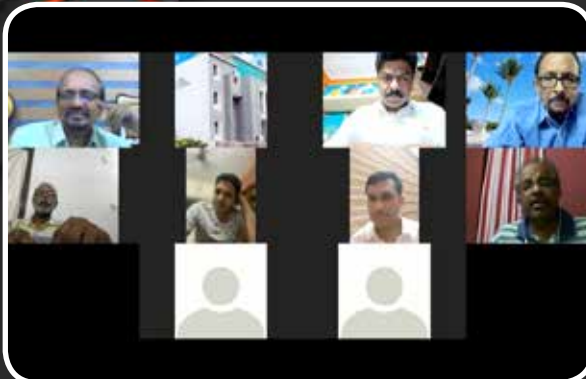
State Activities....



01.02.2022 -State level
inauguration of MPH



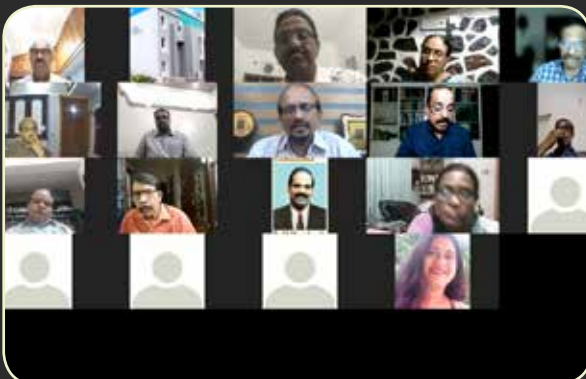
03.02.2022 - ELS Training



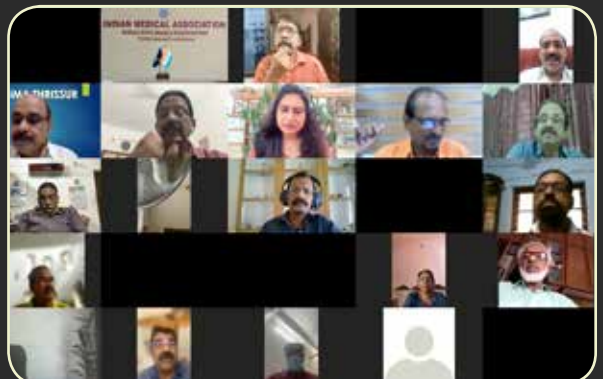
04.02.2022 & 16.02.2022 - Act Force
Meeting



04.02.2022 - HIV AIDS CELL Meeting

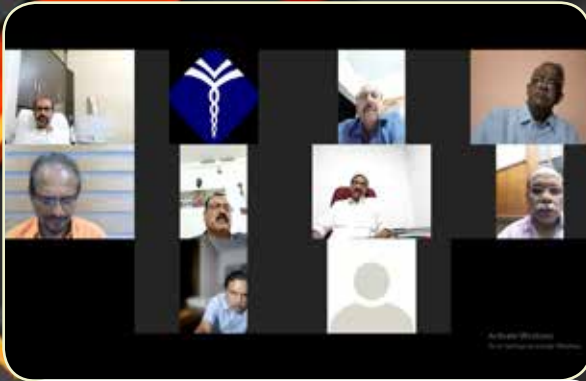


05.02.2022 - Membership Promotion
Committee Meeting

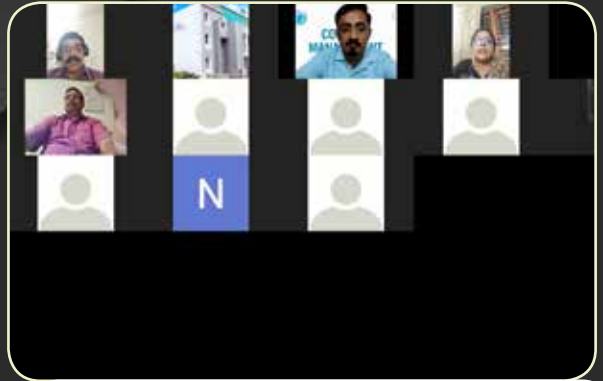


06.02.2022 - Branch Presidents
Secretaries Meet

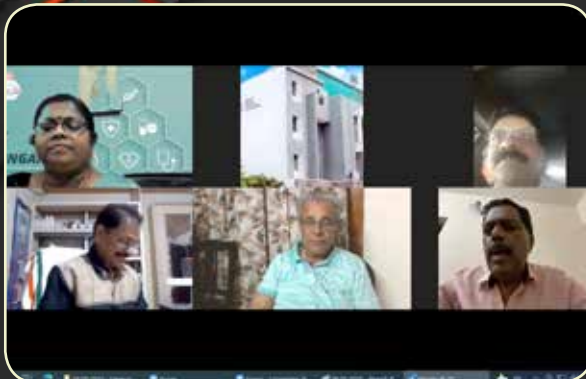
State Activities....



06.02.2022 - Discussion on CEA



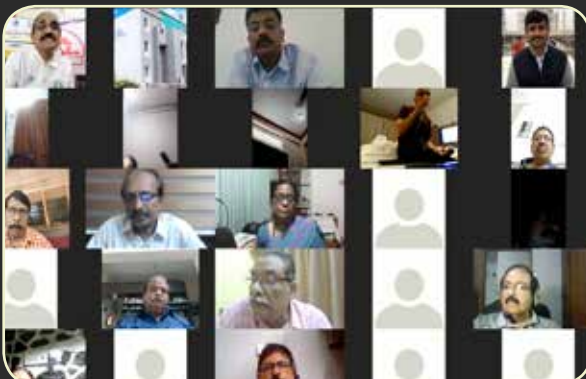
06.02.2022, 17.02.2022, 20.02.2022,
23.02.2022 & 26.02.2022- UNICEF IMA CME
Series on Covid 19



07.02.2022 - Finance Committee
Meeting



08.02.2022 - CEA Meeting

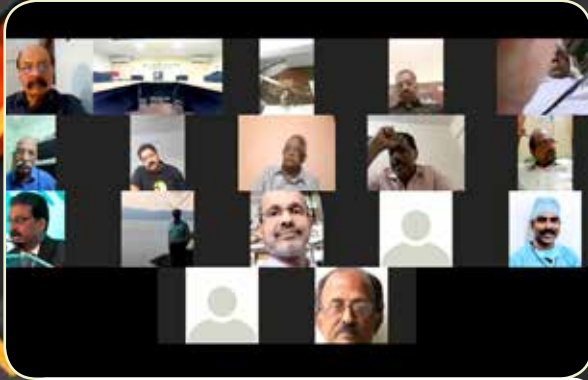


10.02.2022 - ELS Training



11.02.2022 - Cabinet Meeting

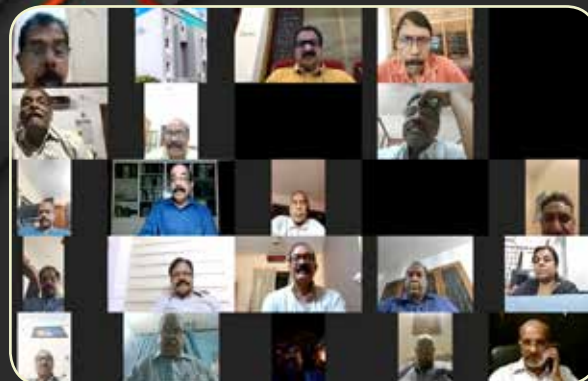
State Activities....



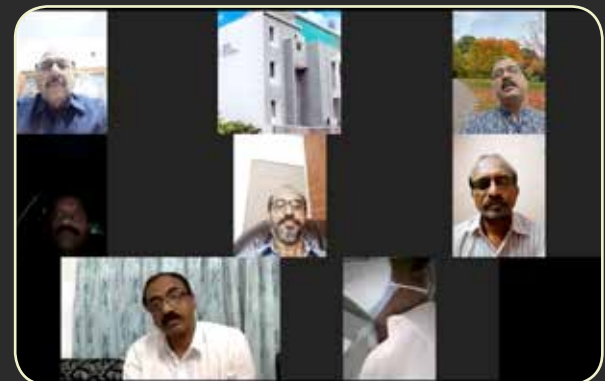
11.02.2022 - Past Presidents Meeting



13.02.2022 - 270th State Working Committee Meeting



14.02.2022 - DC Chairmen _ Secretaries meet



14.02.2022 - Joint Action Committee Meeting

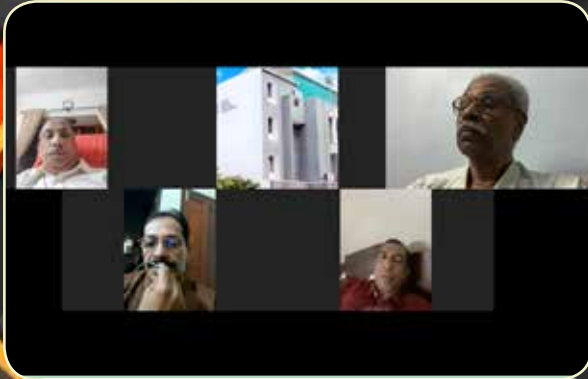


15.02.2022 - Emergency DC Meeting



15.02.2022 - Past President's Meeting

State Activities....



19.02.2022 - Hospital Accreditation Committee Meeting



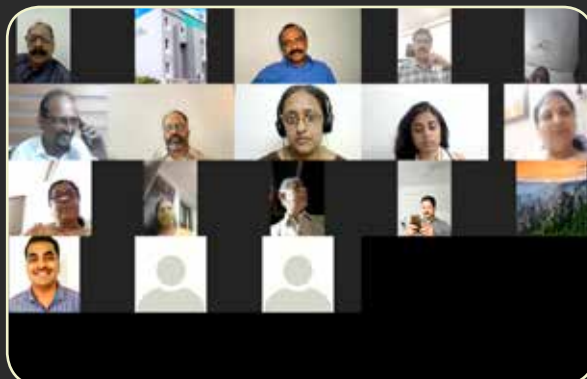
21.02.2022 - Epidemic Control Cell Meeting



22.02.2022 - DC Meeting



22.02.2022 - Empowering Small & Medium Hospitals



24.02.2022 - Substance Abuse in Adolescents



IMA District Committee

Press Meet & Submission of Memorandum

KASARAGOD

Press Meet: Attended by Dr. Sureshbabu, D C Chairman, Dr. Kishor, DC Convenor, Dr. Narayana Naik, Br. President, Dr. Khasim, Br. Secretary.



Submission of Memorandum: Submitted a memorandum to the District Collector headed by Dr. Sureshbabu, D C Chairman, Dr. Kishor, D C Convenor, Dr. Narayana Naik, Br. President, Dr. Khasim, Br. Secretary, Dr. T V Padmanabhan, President – Kanhangad, Dr. Abhilash, Joint Secretary – Kanhangad.



KANNUR

Press Meet: Attended by Dr. Surendra Babu NZ VP, Dr. Sasidharan K, Chairman - IMA AMS, Dr. Lalith Sundaram, DC Chairman, Dr. Rajesh O T, Membership Promotion Committee Convenor, KGMOA State leader, Dr. Zulfiker Ali, SWC member Kannur.



Submission of Memorandum : Submitted a memorandum to the District Collector headed by Dr. Surendra Babu, NZ VP, Dr. Sasidharan K, Chairman - IMA AMS, Dr. Lalith Sundaram, DC Chairman.



WAYANAD

Press Meet: Attended by Dr. Abdul Gafoor Kakkodan, DC Chairman, Dr. Chandran, DC Convener, Dr. Rajesh, Kalpetta President, Dr. Roshan, N Wayanad President and Dr. M Bhaskaran, Past State President.



Submission of Memorandum : Submitted a memorandum to the District Collector headed by Dr. M Bhaskaran, Past State President, Dr. Abdul Gafoor Kakkodan, DC Chairman, Dr. Chandran, DC Convener, Dr. Rajesh, Kalpetta President, Dr. Roshan, N Wayanad President.



KOZHIKODE

Press Meet : Attended by DC Chairman Dr. Shaji C. K., Convenor Dr. Aneen N. Kutty, Chairman, Public Health Awareness Committee Dr. M. Muraledaran, President, IMA, Kozhikode Dr. Venugopalan B., and Secretary, IMA Kozhikode Dr. Sankar Mahadevan.



Submission of Memorandum : Submitted a memorandum to the ADM headed by DC Chairman Dr. Shaji C. K., Convenor Dr. Aneen N. Kutty, Kozhikode Coordinator, Action Committee, Dr. Raju K. V., President, IMA, Kozhikode Dr. Venugopalan B



MALAPPURAM

Press Meet : Attended by Dr. Narayanan, North Zone Joint Secretary, Dr. Asoka Valsala, Chairperson DC, Dr. Sajeev Kumar, Convenor DC Malappuram.



Submission of Memorandum : Submitted a memorandum to the ADM headed by North Zone Joint Secretary, Dr. Narayanan, Dr. Asoka Valsala, Chairperson DC, Dr. Sajeevkumar, Convenor DC Malappuram.



PALAKKAD

Press Meet : Attended by Dr. Velayudhan K, Chairman DC, Dr. Rasitha, DC Convener, Dr. CK. Chandrasekharan Nair, Past State President, Dr. Rajagopalan Nair, Vice President, IMAGE.



Submission of Memorandum : Submitted a memorandum to the ADM headed by Dr. Velayudhan K, Chairman DC, Dr. Rasitha, DC Convener, Dr. C K. Chandrasekharan Nair, Past State President.



THRISSUR

Press Meet : Attended by Dr. Gopikumar, Sr. Vice President, Dr Biju N, DC Chairman and Dr. Pavan Madhusudanan, DC Convenor.

Submission of Memorandum

Submitted a memorandum to the District Collector through WhatsApp only, since the Collector is on Quarantine due to Covid Positive.



ERNAKULAM

Press Meet : Attended by Dr. Abraham Varghese, Past State President, DC Convenor, Dr Haneesh, Act Force Chairman, Dr M N Menon.

Submission of Memorandum : Submitted a memorandum to the District Collector headed by Dr. Abraham Varghese, Past State President, DC Convenor, Dr Haneesh, Act Force Chairman, Dr M N Menon.



KOTTAYAM

Press Meet : Attended by Dr. Joseph Mani, National VP along with Dr. Sukumaran P, DC Chairman, Dr. Bipin Mathew, Branch President and Dr. Rajalakshmi, WDW Chairperson.

Submission of Memorandum : Submitted a memorandum to the District Collector headed by Dr. Joseph Mani, National VP along with Dr. Sukumaran P, DC Chairman, Dr. Bipin Mathew, Branch President and Dr. Rajalakshmi, WDW Chairperson.



IDUKKI

Press Meet : Attended by Dr Joson Varghese, Dr Jacob C V, Dr Aji P N, Dr Sudarshan and Dr Joly Varghese.

Submission of Memorandum : Submitted a memorandum to Idukki District Collector Sheeba George I A S by Dr Sudarshan and Dr Jacob C V.



ALAPPUZHA

Press Meet : Attended by Dr. A P Mohammed, DC Chairman, Dr. Madanamohanan Nair, Br. President, Dr. P T Zakkarias, IPP, Dr. Sudeep T K, Dist. Rep – Act Force against violence on doctors.



Submission of Memorandum : Submitted a memorandum to the District Collector headed by Dr. A P Mohammed, DC Chairman, Dr. Madanamohanan Nair, Br. President, Dr. Sudeep T K, Dist. Rep – Act Force against violence on doctors



PATHANAMTHITTA

Press Meet : Attended by DC Chairman, Dr. T G Varghese, Dr Nandu Soman, Secretary, Adoor Branch and Dr. Arunkumar Aravindakshan, Treasurer - Adoor Branch.



Submission of Memorandum : Submitted a memorandum to the District Collector headed by Dr. T G Varghese, DC Chairman, Dr. Prasad A Cheeramatom, DC Convenor, Dr. Nandu Soman, Dr. Aravindakshan & Dr. Arunkumar.



KOLLAM

Press Meet : Press persons met at Press club & and they were elaborated of the real depth of the issue.
Submission of Memorandum: Memorandum submitted to the Assistant Collector.

TRIVANDRUM

Press Meet : Attended by Dr. V Mohanan Nair, South Zone Vice President, Dr. Padmaprasad, DC Conve-nor.





Act Force Against Violence on Doctors & Hospitals
@ IMA Periyar House on 20.02.2022



Meeting with Private Hospitals Association
@ IMA Periyar House on 20.02.22.

AUTONOMY IN MEDICAL ETHICS



Dr. Srikumar Vasudevan

Convener, IMA National Ethics Committee

National Faculty UNESCO Bioethics

Chairman, PP Scheme IMA KSB

Chairman, Committee for Legal Affairs IMA KSB

Medical ethics is an applied branch of ethics which analyses the practice of clinical medicine and related scientific research.

The four main pillars of medical ethics are:

1. Autonomy (giving the patient the freedom to choose freely, where they are able)
2. Beneficence (doing good)
3. Non-maleficence (to do no harm)
4. Justice (ensuring fairness)

Autonomy is derived from the Greek word 'autos-nomos' which means self-rule or self-determination. It is the capacity of a rational individual to make an informed, un-coerced decision regarding the options in medical facilities. It is enshrined in Article 21 of the Indian constitution.

Autonomy is highly valued in medical ethics, because there is hardly anything more special and possessive than one's own body, identity and mind and there is nothing more disturbing and demeaning than someone else controlling one's body, mind and health.

Modern bioethics, which symbolises medical ethics and health care ethics more generally, has emerged from a

number of different contexts.

One of these contexts is the emergence of human and individual rights resulting in the Universal Declaration of Human Rights in 1948. The other is the reaction to the infamous abuses of human rights in the name of clinical research during the Second World War and subsequently in many countries in peacetime. The Nuremberg Code in 1947 was formed following the Nuremberg trials of medical researchers who were accused and convicted of committing crimes against humanity in the name of medical research. The first and most prominent recommen-





DNR (do not resuscitate) order or refusal of amputation of a limb might be seen as worth while by a patient whilst they appear to be undesirable to the practitioner. In these cases a patient's right to refuse treatment is a protection of their autonomy in that they are taking responsibility for the treatment decision. The crucial difference from the paternalistic model is that the possibility of a disagreement between the clinician and the patient about what constitutes a health gain or an acceptable treatment becomes visible and significant in the provision of treatment.

On the research front, the spirit of the Nuremberg Code has suggested that the term 'participant' is a more suitable label than 'subject', as the latter still suggests the role of passive recipient rather than research collaborator. The concept of autonomy based on informed consent and proper design of research protocols have led to impressive development of systems of ethical review of research on human beings. The development of such systems was prompted by outrageous cases of abuse of human beings in research where their autonomy was totally disrespected.

One of the examples was the infamous

Tuskegee Study in the United States in which hundreds of poor African Americans suffering from syphilis were, without their consent or knowledge, entered into a study of the natural history of the disease for 40 years without being offered treatment for the condition when it became available.

Second, in New Zealand, the Cartwright Inquiry reported on the Carcinoma-in-situ (CIS) scandal at the National Women's Hospital in Auckland in which large numbers of women, again without their consent or knowledge, were entered into a 20 plus year study of early cell changes in the cervix. They were examined every year and the progress of the condition was monitored and recorded without the women being offered treatment, even long after the rest of the medical world was persuaded that such changes were precursors to invasive cancer. Many of the women developed invasive cancer and some of them died from the disease.

In the past it was believed that serious sickness clouds autonomous judgment and the health care workers are expected not to inform the sick about the serious-

ness of their illness, until the patient gets better. However experiences have proved that it is a myth. Now it is understood that with the exception of few cases, humans, including the old, frail and sick, can and wish to exercise their autonomy, even in the face of extreme physical and social debility. It is also understood that sharing information and respecting the wishes and values of the patient is of paramount importance and the need to attain maximum benefit (Beneficence) and minimize harm (Non-maleficence).

It is widely accepted that the treatment of an adult lacking in mental competence requires clear evidence of either serious derangement of higher mental faculties (e.g. memory, concentration, abstract thinking) or overtly rigid adherence to perceptions and beliefs that deem absurd, impossible or blatantly false (i.e. hallucinations and delusions leading to psychosis).

However healthcare professionals do not have a duty to provide autonomously chosen services that the healthcare professional considers as either futile or harmful to the patient's health. Many jurisdictions allow for "conscientious objection", which occurs when the professional's own set of values (e.g. religious beliefs) strongly object to an autonomously chosen intervention. However in the absence of an alternative source of service, and if non-intervening may result in a significant personal distress to the patient, the altruistic commitment of the physician should prevail over his or her conscientious objection.

Full autonomy and genuine respect for autonomy are ideal. Short of these ideals, there are gradations of self-control and respect.

Self-directedness is the capacity of hu-

mans lacking in mature mental competence to move and act by their own natural means. Many self-directed persons experience offence following coercion or disregard for one's desires. Because self-directedness is part of the human nature of incompetent people, and because they can experience anger, it is immoral to restrict self-directedness without a reasonable moral cause. Medical personnel can compulsorily detain mentally ill persons for protection and treatment if they constitute a danger to themselves and/or to the freedom and safety of others. However, any restraint on self-directedness should be as mild as possible giving full respect to the dignity of the person.



It is demeaning to tie a patient to bed unless there is no other option. Similarly, those who suffer from very serious infectious diseases may be compulsorily removed from their place of abode or work to protect the health of others. Such justified restrictions of the liberty of people to choose for themselves are very few and highly constrained.

These constraints are designed to ensure that those who exercise these extraordinary measures do not abuse the liberty, and hence the autonomy of citizens. In the medical setting they are designed to ensure that medicine is not used as a form

of social control unrelated to the health and wellbeing of people. An example of this abuse was the removal of Russian psychiatrists from the World Psychiatric Association some years ago. The fabricated diagnosis of 'sluggish schizophrenia' was used to detain and forcibly treat political dissidents. The psychiatrists in the rest of the world condemned the means of using medicine as a tool of social engineering unrelated to health issues. The matter was successfully resolved with the errant psychiatrists abandoning their devious practice following which they were restored to the World Association.

Adolescents and many other persons, such as people suffering from mild dementia, though considered not legally competent do have relatively mature mental faculties. Because, these people are almost autonomous, and some are either in the process of becoming autonomous (adolescents) or are reclaiming their autonomy (patients in rehabilitation), there is an even stronger moral obligation to involve them in personal decisions, to inform them about their medical conditions, and to allow them to participate in care related choices.

Human adults are considered autonomous unless proven otherwise. Autonomy related problems do not arise when sick people seek treatment for their conditions, when they choose which doctor or medical service to consult and when they opt for one of a few alternatives presented by their healthcare professionals.

Sometimes, people opt for choices that seem immoral or may be self-harmful. In such cases, the most appropriate course of action would be

1. To have an open conversation with the person with the aim of removing all his misconceptions. Often these misconceptions are reasons for harmful or counterproductive choices.

2. The involvement of intermediaries (such as a family member or a religious leader) may improve communication. However, one should consider some individual's desire for independence from such interferences.

Humans detest resentment profoundly and also consider manipulation, disregard and coercion in personal matters as offense to their human dignity. Consequently such behaviour is often consid-



ered immoral and unethical. Lying to and withholding personal information from patients offend against their autonomy and are almost always prohibited. Rare situations in which truth telling is very likely to harm patients significantly (e.g. induce suicide), involve a conflict between two basic values – life and respect for autonomy.

The ultimate test of autonomy comes with transcendent choices.

Such choices occur when a person faces a dilemma that pits one basic value against another.

1. For example, a patient may have to choose between a life full of untreatable suffering or rejection of care that leads to an early death. Both - life and freedom from extreme agony - are basic human values, associated with human dignity. Since human dignity is a pluralist ethos, it is up to the affected person to decide for himself or herself whether to fight for life (and suffer) or die.

2. Sometimes, people choose against a personal objective good, such as health, for the sake of a non-personal value, such as religious devotion or even altruism (e.g. a frail person undertaking difficult pilgrimages and fasts, or donation of a kidney), they all make transcendent choices.

3. A third kind of transcendent choices pertains to sexuality, which is a specially protected aspect of human dignity. Hence, according to the ethos of human dignity, only the affected person may decide diligently whether to engage in sexual acts (e.g. sexual relationships, choice of having children, infertility treatments, sterilization etc.).

When transcendent choices are at stake, medical ethics and law insist on the verification of full mental competence.



Patients who refuse life-saving medical care, people who donate organs or ask for radical procedures, such as sex-change surgeries, should be evaluated, talked to, offered support and understanding while the authenticity and duration of their choices are put to test.

Summary

We respect everybody's autonomy equally. However, when people's autonomous choices in healthcare deviates significantly from ordinary expectations; there is also a moral cause for respectful evaluation of the authenticity of the choice made. On the other hand, there is also a strong moral obligation to empower and respect unusual autonomous choices.

Respect for personal autonomy is a delicate balance between

(1) A genuine effort to respect the other person, no matter how different and challenging his or her rationality is.

(2) A commitment to protect persons from harm and irrationality, from behaviour that is not autonomous.

ONLINE PHARMACIES

Why are we concerned



Dr. Jayakrishnan A.V
Past State President, IMA KSB
National Secretary
NPPS, IMA HQ

Online pharmacy laws in India are still in nascent stage and there are no dedicated laws. As a result, illegal online pharmacies have been increasing in India. A draft E PHARMACY RULES was placed in public domain on August 2018 but it failed to address many of the issues related to online pharmacy trade and hence was not approved.

According to Indian laws, a chemist can dispense prescription drugs only on the prescription of doctor. A prescription requires the name of the doctor, his /her address and registration number besides the name/s of the drug/s, their potency,

dosage, and duration for which the drugs are to be supplied. The chemist cannot dispense quantity in excess of what has been prescribed by the doctor. Before dispensing the drugs, the pharmacist is expected to verify the completeness, authenticity and legality of the prescription.

Even over-the-counter (OTC) drugs can be sold only by licensed retailers.

- The major issue of concern is that prescription drugs cannot be sold online. There are provisions in the various acts mentioned above regarding the same.

- Online availability of prescription drugs will violate provisions of various



acts like Pharmacy Act, Drugs & Cosmetics Act.

- o The Drugs and Cosmetics Act, 1940, and the Drugs and Cosmetics Rules, 1945, have clear guidelines on the sale of Schedule H and Schedule X drugs, which are 'restrictive drugs' and can be sold only on the prescription of a registered medication practitioner. Schedule X drugs include narcotics and psychotropic substances. Chances of drug abuse and addiction are higher with these drugs. They also require meticulous storage and dispensing records. The prescription has to be in duplicate, one copy of which is to be retained by the licensed pharmacist for 2 years.

- o The Drugs and Cosmetics Act has no provisions for online sale of medicines, or home delivery of medicines. Hence, online sale of medicines cannot be legally permitted.

- The prescriptions submitted via fax/email may be fake and it could be difficult to verify their authenticity. Online correspondence and/or scanned copies are legally not permitted.

- Online pharmacies will promote drug abuse, drug misuse, self-medication etc. Any medication taken without the supervision of doctors may be dangerous and even potentially life-threatening.

- Pharmacists are not allowed to accept and dispense prescriptions that are brought in by children. Online pharmacies will provide easy access to controlled drugs or even street drugs to this vulnerable group.

- Regulation 5.3 of MCI Code of Ethics stipulates that pharmacists and doctors should work together. If online pharmacies are allowed, then this relationship will be lost.

- Many online pharmacies may be



operating without the appropriate license. This increases the chances that drugs sold by such unlicensed pharmacies may be counterfeit, substandard, or adulterated and therefore risky to the patient. There are no checks in place to make sure that the drugs sold by online pharmacies are not spurious.

- If online pharmacies are allowed, the National Pharmacovigilance Program, initiated by Central Drugs Standard Control Organisation (CDSCO) under the Ministry of Health and Family Welfare, will become a futile exercise. This program is not only meant for doctors but also for pharmacists. In March this year, the Health Ministry approved a Materio Vigilance Programme of India to monitor adverse events associated with medical devices. If there is no system in place to monitor and analyze adverse drug reactions, this will directly affect the health of the patients.

- Medicines have to be stored properly as recommended by the manufacture. Exposure of medicines to high temperatures in storage or in transit could diminish their efficacy and are a potential health risk. There is no way to check the storage conditions of the drugs sold by the online pharmacies.

- Regulatory authorities continue to monitor a drug for any adverse effect even after it has been on the market. If the safety/quality of the medicine comes

under question or, if it is potentially contaminated, mislabeled or is improperly packaged, then they may recall or withdraw a prescription or OTC drug from the market even after it has been approved. Sometimes, the manufacturer may voluntarily recall a drug. If online pharmacies are permitted, the drug recalls become very, very difficult, almost next to impossible.

- Breach of confidentiality is another major concern. Online pharmacies may misuse personal and financial information of the patient as well as of doctors leading to cases of identity thefts and fraud. There is no legislation specific to data privacy in India as yet. The laws that deal with data protection or privacy in India are Section 43A of the Information Technology Act, 2000 and the Information Technology (Reasonable Security Practices and Procedures and Sensitive Personal Data or Information) Rules 2011.

- Online pharmacies offer drugs at low cost or at discounted prices to lure customers. If the online pharmacy gives cheaper alternatives of drug/s prescribed, this violates the doctor-patient-pharmacist relationship, which is based on trust.

- Pharmacy laws in India do not allow a pharmacist to substitute a brand written by a doctor.

- Pharmacists are also not authorized to change potency of the prescribed drug, even if the patient asks for it.

- Refilling of a prescription is not allowed by pharmacists unless authorized by the doctor. If the doctor has prescribed a drug, e.g., 3 days, the pharmacist cannot dispense drugs for more than this duration.

- Similar to the online search service Justdial.com, online pharmacies may also promote doctor substitution, which is unethical.

- Ultimately online pharmacies will be taken over by MNCs and there may be a situation where Indian laws are not applicable to MNCs.

With increasing use of digital platforms in various sectors including health and E commerce becoming an important part of trade online pharmacies may become a reality in future.

Robust mechanism should be in place to address all the concerns and to ensure that the platform is not misused.

Validation of every prescription by state medical councils by a mechanism similar to Aadhar authentication is one of the suggestions. There should also strong data protection laws in the country to secure information and maintain confidentiality.



WOMEN IN MEDICINE

The Indian Scenario



Dr. Rajalakshmi
Chairperson
Women Doctors Wing
IMA Kerala State

A patriarchal society with its iron rule was the greatest deterrent to the emergence of successful women in India. To talk of women doctors is yet another dimension by itself.

Modern medicine was introduced into the country in eighteenth and nineteenth centuries by the British. The first medical college was opened in 1835. Subsequently colleges were opened in Calcutta, Bombay, Madras and Lahore. Some of the landmark colleges which opened for women were, the Christian Medical college Vellore, opened by Dr. Ida Scudder, Lady Dufferin Hospital Calcutta and Lady Hardinge college in Delhi.

The medical profession has always been one of the most cherished professions in our country. Once dominated by men in 19th and early 20th century, a slow transformation set in and women opted to join for medicine. Subsequently, economic development saw a huge change in the

mindset of people and the intake of women showed exponential growth and in the present times, enrolment has exceeded their male counterparts.

Here is a list of women doctors of India who have set the profession on track in spite of all adversities, and done our country proud.

It all began in 19th century when Dr. Anandibai Joshi broke all the shackles of oppression and moved ahead to study medicine not even in India but in faraway Pennsylvania. Unfortunately, her dream of serving her country was never realised because she succumbed to tuberculosis 2 years post her graduation in 1885. She had paved the way for later women doctors in India who were trailblazers in their own right.



Dr. Kadambini Ganguly

1st female physician of India. After completing her medicine from Calcutta Medical College, she went to United Kingdom and qualified as LRCP (Edinburgh) LRCS (Glasgow) & GFPS (Dublin). She returned to India & setup her own practice. She and her husband were reformists and worked for emancipation of women.





Dr. Rukhmabai Raut

One of the first to practise medicine in India after her studies at London. Married at the age of 11, she played a major role in the enactment of the age of consent act in 1891.

Dr. Haimabati Sen

A child widow and mother of five, she fought against remarriage and completed her studies with a baby in her arms winning a gold medal for her performance.



Dr. Muthulakshmi Reddy

First girl student of Madras Medical College, who opted for surgery and scored 100 percent in it. But hugely dissatisfied with the profession, she became a social reformer. The Adyar cancer institute was founded by her.

Dr. Mary Poonen Lukose

A gynecologist, obstetrician and first female Surgeon general in India. Denied admission in Indian universities, she moved to London and secured her MBBS. She then did her MRCOG and advanced training in pediatrics. Returning to India she worked at the Women and children hospital in Trivandrum. In 1922 she was nominated to the legislative assembly. Two years later she was appointed as Surgeon general of Travancore, the first in the world. She was the founder member of Indian Medical Association and FOGSI. She was awarded the Padma shri in 1975.



Dr. V. Shantha

Belonging to the family of Nobel laureates C V Raman & S Chandrasekharan Dr. V Shantha did her MBBS from Madras Medical College and then went on to complete her MD in O&G. However, she joined Cancer Institute in Chennai which was founded in the same year as a small 12 bedded hospital. Dr. Shantha worked to develop the hospital to its present stature as an affordable & accessible place for cancer treatment in Chennai. In 1986 she received the Padma Shri, in 2006 Padma Bhushan and in 2016 the Padma Vibhushan awards. She was also felicitated with the Ramon Magsaysay award in 2005.

Dr. Indira Hinduja

Gynaecologist, obstetrician & Infertility specialist Dr. Indira Hinduja pioneered the gamete intra fallopian transfer (GIFT) technique resulting in the birth of India's first GIFT baby on 4th January 1988. She was also the first to deliver India's first test tube baby on 6th August 1986.



India's first baby out of an oocyte donation technique for menopausal & premature ovarian failure parents in January 1991 was the handiwork of Dr Hinduja.



Dr. Kamini Rao

Yet another gynaecologist who received Padma Shri in 2014 for reproductive medicine. A product of St. Johns Medical College, she trained in areas of foetal medicine & set up the country's first Semen bank & engineered South India's first ICSI babies with laser hatching technique.

Dr. Padmavati Iyer.

Touted as the god of cardiology in India for her profound knowledge & unbridled enthusiasm, she helped create the whole concept of heart treatment in India. She founded India's first heart foundation meant to spread awareness about diseases of the heart. The first cardiology department in a medical institute was her brain child and under her tutelage Indian cardiology expanded by leaps & bounds.



Dr. Manjula Anagani

A pioneering Gynaecologist from Telangana, she specialized in minimally invasive surgeries. She received the Padma Shri from Sri Pranabh Mukherji in 2015. ` Siyosha – A perfect woman which aims to address all aspects of women's health, child abuse & health education of adolescent girls is her health campaign. She has co-founded an NGO called "Prathyusha support" for women empowerment.

Dr. Neelam Kher

Educated at Post graduate Institute of Medical Science and Research, Chandigarh Dr. Neelam is a trained neonatologist and is adept at rehabilitating babies less than 1kg. She received Padma Bhushan in 2014.



Dr. Ketayun Ardeshir Dinshaw

Modern cancer care in India with the development of effective radiation therapy owes all credit to Dr. Dinshaw. She has also been the force behind the establishment of advanced centre for treatment research & education (ACTREC) in Navi Mumbai, the new Tata clinic & faculty bloc at Tata memorial hospital. She was also awarded the Padma Shree for her contributions.

Dr. Subhadra Nair

Gynaecologist, Medical teacher, social worker are all her attributes. The first gynaecologist to receive Padma Shri in 2014 for her contribution in the field of gynaecology. Still working as chairman of gynaecology department of Cosmopolitan hospital in Trivandrum, she also runs Abhaya an organisation engaged in support service of destitute people. She has the unique record of having delivered 50,000 babies.



Dr. Kasthuri Rajadhyaksha

A gynaecologist she worked hard to bring to an end domestic violence against women & help pregnant women in distress. She is also cofounder of 'ASHA- a ray of hope' to help victims of domestic abuse in South Asian community.



Dr. Jayasree Mondkar



Neonatologist attached to Sion Hospital in Mumbai, is known for running Asia's first Human milk Bank.

Mother's milk which is known to transfer immunity to the offspring – the elixir of life. The unfortunate babies whose mothers are unable to produce it do well with the milk from this bank. Subsequently several others were set up thus taking a step towards reducing infant mortality rate.

Dr. Shashi Wadhwa

A pioneer known for her work in anatomy & developmental neuroscience, she has over 37 national research publications & 67 international ones. She has served as the dean of India's most prestigious Medical institutes - The All India Institute of Medical Sciences.



Dr. Ajitha Chakraborty



One of the first women psychiatrists of India. She was very active in the Indian Psychiatric Society, serving as general Secretary Treasurer, Vice President & finally president. A member of World Psychiatric Assoc. for 25 years, she became an authority in transcultural psychiatry.

A quick fast forward to the present.

There is still a grave deficiency of female doctors in India with only 17 % women doctors in urban areas and only 6% in rural areas. The rising trend of women joining medical colleges is a green signal of hope to see more women doctors in the future. Over the last 5 years India has produced 4500 more female doctors than men. In 2014-2015 women constituted 51% of students joining medical colleges. In fact, 2018 NEET topper was a female. Unfortunately family pressures and environments even at work begin to subtly govern their choices. A gender gap of 51.1% persists at post graduate and doctoral levels.

Researchers at Harvard found that female physicians had better outcome in treating patients over 65 with lesser mortality as compared to their male colleagues. Yet, cultural gender stereotypes still exist. Women need to introspect and confront their own internal biases around gender roles.

With more and more women joining medicine, defying stereotypes, challenging biases, shattering glass ceilings and changing the narrative, the future of medicine looks promising.





സെക്കന്റ് പെൻ: ഡോക്ടർമാരുടെ എഴുത്തു കൂട്ടായ്മ



ഡോ.എം. മുരളീധരൻ
സംസ്ഥാന ചെയർമാൻ
ഐ.എം.എ പൊതുജന
ആരോഗ്യ ബോധവൽക്കരണ
സമിതി

നേരിയ തണുപ്പ് വന്നു പൊതിയുന്ന കഴിഞ്ഞ നവംബറിലെ ഒരു വൈകുന്നേരമാണ് വേണു വിളിക്കുന്നത്. മുമ്പു തന്നെ ചർച്ച ചെയ്തിരുന്ന നവതി ആഘോഷത്തെക്കുറിച്ചാണ് പറഞ്ഞു തുടങ്ങിയത്. ഇന്ത്യയിലെ തന്നെ ഏറ്റവും പഴക്കം ചെന്ന ശാഖകളിലൊന്നായ കോഴിക്കോട് ഐ.എം.എ ബ്രാഞ്ചിന്റെ തൊണ്ണൂറാം വാർഷികം ഗംഭീരമായി നടത്താനുള്ള വിശദമായ പ്ലാനിനെക്കുറിച്ച് സ്വതഃ സിദ്ധമായ ആത്മാർത്ഥതയോടെയും സൂക്ഷ്മതയോടെയും വേണു ആവേശത്തോടെ സംസാരിച്ചു. എന്നാൽ ശരി, പിന്നെ വിളിക്കാം എന്നു പറഞ്ഞ് ഫോൺ വെക്കാനാഞ്ഞ വേണു, പെട്ടെന്ന് പറയാൻ ഉദ്ദേശിച്ച പ്രധാന കാര്യം മറന്നു എന്നു പറഞ്ഞതിനു ശേഷം വിശദീകരിച്ച കാര്യം

കേട്ടപ്പോൾ, സത്യത്തിൽ ഇതുവരെ അത്തരമൊരു കാര്യം എനിക്കാലോചിക്കാൻ കഴിഞ്ഞില്ലല്ലോ എന്നാണ് ഞാൻ ആദ്യം വിചാരിച്ചു പോയത്. എഴുത്തുകാരായ ഡോക്ടർമാരുടെ ഒരു കൂട്ടായ്മയെക്കുറിച്ചും, നവതി ആഘോഷങ്ങളോടനുബന്ധിച്ച് അതിന്റെ ഉദ്ഘാടനം നിർവഹിക്കുന്നതിനെക്കുറിച്ചും പറഞ്ഞതിനു പിന്നാലെ ആ കൂട്ടായ്മയുടെ മോഡറേറ്ററാവണമെന്നും നിർബന്ധിച്ചപ്പോൾ, ആദ്യം ഒരു അമ്പരപ്പാണ് തോന്നിയത്. അത്തരമൊരു ഗ്രൂപ്പിന്റെ ചട്ടവട്ടങ്ങളെക്കുറിച്ചോ, ഉദ്ദേശ്യങ്ങളെക്കുറിച്ചോ ഒന്ന് ആലോചിക്കാൻ കൂടി സമയം തരാതെ ഫോൺ വെക്കുന്നതിനു മുമ്പ് വേണു ഒന്നുകൂടി പറഞ്ഞു : എഴുത്തുകാരും ഐ.എം.എ നേതാക്കളുമായ ശങ്കർ മഹാദേവനോടും, ഇത്തരമൊരു കൂട്ടായ്മയെ





ക്കുറിച്ച് ആദ്യമായി സംസാരിച്ച ഡോ. ടി. പി. നാസറിനോടും വിശദമായി ചർച്ച ചെയ്തിട്ടാണ്, കോഴിക്കോട് ബ്രാഞ്ച് പ്രസിഡന്റെന്ന നിലയിൽ എന്നെ ഈ കാര്യം ഏൽപ്പിക്കുന്നത്.

ഡിസംബർ 16 നായിരുന്നു കുട്ടായ്മയുടെ ഉദ്ഘാടനം. പത്ത് ഡോക്ടർമാരുടെ പുസ്തകങ്ങൾ മുൻ നിർത്തിയുള്ള ചർച്ചയും ഡോക്ടർമാരുടെ പുസ്തകങ്ങളുടെ പ്രദർശനവും സംഘടിപ്പിക്കണമെന്നാണ് വേണു അറിയിച്ചത്. ഡിസംബർ ആദ്യവാരത്തിൽ ഒരു വാട്ട്സ് ആപ്പ് ഗ്രൂപ്പ് തുടങ്ങാമെന്ന തീരുമാനമെടുത്തപ്പോൾ, ഒന്നുകിൽ ഇത്തരം ഗ്രൂപ്പുകളുടെ ജനനവും മരണവും വളരെ പെട്ടെന്ന് നടക്കാറുണ്ട് എന്ന കാര്യവും അല്ലെങ്കിൽ രാഷ്ട്രീയ മതപര ഏറ്റുമുട്ടലുകളുടെ വേദി മാത്രമായി അവ മാറാറുണ്ട് എന്ന കാര്യവുമൊക്കെ ചിന്തിച്ചു പോയെങ്കിലും വേണുവും, ശങ്കറും, നാസർ ജിയുമൊക്കെ പിടിച്ചാൽ കിട്ടാത്ത ആവേശത്തിന്റെ മുർദ്ധന്യത്തിലെത്തിക്കഴിഞ്ഞിരുന്നു. ഡോക്ടർ റൈറ്റേഴ്സ് എന്നോ മറ്റോ ഉള്ള ഒരു സാധാരണ ഡിസ്ക്രിപ്റ്റീവ് കാപ്ഷനപ്പറത്ത് കുട്ടായ്മയുടെ സൗന്ദര്യം മുഴുവൻ ആവാഹിക്കുന്ന ഒരു പേരു വേണമെന്ന് ആലോചിച്ച ആദ്യ ദിവസം തന്നെ ഡോ. ടി. സുരേഷ് കുമാർ ഞങ്ങളെ തെട്ടിച്ചു. അദ്ദേഹം പോസ്റ്റു ചെയ്ത പേര് വായിച്ച ഓരോരുത്തർക്കും മറെറാരു പേരിനെക്കുറിച്ച് ആലോചിക്കാനാവാമായിരുന്നില്ല. എന്തൊരു മനോഹരമായ പേര്, സെക്കന്റ് പെൻ....

ഡിസംബർ ആദ്യവാരം കഴിഞ്ഞപ്പോൾ തന്നെ, ഏകദേശം 80 പേരോളം വാട്ട്സ് ആപ്പ് ഗ്രൂപ്പിൽ അംഗങ്ങളായി കഴിഞ്ഞിരുന്നു. ഡോ. ബി. ഇക്ബാൽ, ഡോ. പി. വി. രാമചന്ദ്രൻ,

ഡോ. കെ. സുഗതൻ, ഡോ. പി. കെ. സുകുമാരൻ, ഡോ. കെ. എ. കുമാർ, ഡോ. സുനീഷ് കൃഷ്ണൻ, ഡോ. ജയകൃഷ്ണൻ. ടി എന്നിങ്ങനെ പലതരത്തിൽ പ്രശസ്തരായവർ സെക്കന്റ് പെൻ വാട്ട്സ് ആപ്പ് ഗ്രൂപ്പ് മെമ്പർമാരാവുകയും വളരെ സക്രിയമായി ചർച്ചകളിൽ ഇടപെടുകയും ചെയ്തു. പലകാരണങ്ങൾ കൊണ്ടും ചർച്ച ചെയ്യപ്പെടുന്ന പുസ്തകങ്ങൾ എല്ലാം ലഭ്യമായത് കൃത്യം തലേ ദിവസമാണ്. ഒരു ദിവസം കൊണ്ട് പത്തു പുസ്തകങ്ങൾ വായിച്ച് പിറ്റേ ദിവസം ചർച്ചകൾക്കായി സമർപ്പിക്കുക എന്നതായിരുന്നു മോഡറേറ്റർ എന്ന നിലയിൽ എനിക്ക് നേരിടേണ്ടി വന്ന ആദ്യത്തെ ശരിയായ വെല്ലുവിളി. പതിനാറം തിയ്യതി വ്യാഴാഴ്ച വൈകുന്നേരം ഏകദേശം 60 ലേറെ ഡോക്ടർമാർ ഒത്തുകൂടിയ സദസ്സിൽ വേണുവും ഡോ. ടി. പി. നാസറും ആദ്യം സംസാരിച്ചു. പത്തു പുസ്തകങ്ങൾ അവതരിപ്പിച്ചു കൊണ്ടും രചയിതാക്കൾക്ക് മറുപടി പറയാനുള്ള അവസരം നൽകിയും ചർച്ച നീണ്ടു. ഡോ. ടി. പി. നാസർ, ഡോ. മെഹ്റൂഫ് രാജ്, ഡോ. സുനീഷ് കൃഷ്ണൻ, ഡോ. ടി. എം. രഘുറാം, ഡോ. അൻജിത് ഉണ്ണി, ഡോ. കുട്ടാലി, ഡോ. ജോണി, ഡോ. പി. പി. വേണുഗോപാൽ, ഡോ. ശങ്കർ മഹാദേവൻ എന്നിവരുടെ പുസ്തകങ്ങളാണ് സെക്കന്റ് പെൻ രണ്ടര മണിക്കൂറെടുത്ത് വിശദമായി ചർച്ച ചെയ്തത്. ഒരു പുതുമുഖം പിറക്കുകയായിരുന്നുവെന്ന് സത്യത്തിൽ അപ്പോൾ ഞങ്ങൾ തിരിച്ചറിഞ്ഞിരുന്നില്ല: എഴുത്തുകാരായ ഡോക്ടർമാരുടെ ഇന്ത്യയിലെ ആദ്യത്തെ കുട്ടായ്മയായിരുന്നു





നൂറിനോടടുക്കുകയും ചർച്ചകൾ കൂടുതൽ സാമ്പ്രവും സൂക്ഷ്മവുമാവുകയും ചെയ്തു. ഫെബ്രുവരി 19 ന് നായിരുന്നു മൂന്നാമത്തെ ഒത്തുചേരൽ.

ഡോ.പി.എസ് ഷാജഹാന്റെ രചനാ സ്മരണയും, ഡോ.എൻ. സന്തോഷ് കുമാറിന്റെ ഇരുവണ്ണിപ്പുഴയുടെ കരയിൽ, ഡോ. ആശാലതയുടെ ഭൂമിയുടെ തെക്കേയറ്റത്ത് എന്നീ പുസ്തകങ്ങളാണ് അന്ന് ചർച്ച ചെയ്തത്. രചയിതാക്കളുടെ വളരെ സർഗ്ഗാത്മകമായ ഇടപെടലുകൾ ഫെബ്രുവരി കൂട്ടായ്മയെ തികച്ചും വത്യസ്തമാക്കി.

അന്ന് കോഴിക്കോട് ഐ.എം.എ ഹാളിൽ നവതി ആഘോഷങ്ങൾക്കിടയിൽ പിറവിയെടുത്തത്.

പിന്നീടുള്ള ദിവസങ്ങളിൽ ലോക വ്യാപകമായി സാംസ്കാരിക രംഗത്ത് നടക്കുന്ന പുതുചലനങ്ങളെക്കുറിച്ചും പുസ്തകങ്ങളെക്കുറിച്ചും ആനുകാലികങ്ങളെക്കുറിച്ചും ഗാഢമായ വിലയിരുത്തലുകളും ആസ്വാദനവും ഓരോ ദിവസവും നടന്നു. എല്ലാവരും അടുത്ത കൂട്ടു ചേരലിനായി കാത്തിരിക്കുകയായിരുന്നു. ജനുവരി 15 നായിരുന്നു അടുത്ത ഒത്തുചേരൽ. ഓരോ മാസത്തിലേയും മൂന്നാം ശനിയാഴ്ചയാവാം സെക്കന്റ് പെൻ കൂടി ചേരലുകൾ എന്ന തീരുമാനം അപ്പോഴേക്കും വന്നിരുന്നു. ഡോ: ഒ.എസ്. രാജേന്ദ്രന്റെ പാത്തുമ്മയുടെ ചിരി, ഡോ.ടി.സുരേഷ് കുമാറിന്റെ നർമ്മ വിഭാഗം ഓ.പി., ഡോ: അബ്ദുൾ സത്താറിന്റെ പുലർകാല കാഴ്ചകൾ എന്നീ പുസ്തകമാണ് അന്ന് ചർച്ചക്കെടുത്തത്. അവതരണത്തിനും, രചയിതാക്കളുടെ മറുമൊഴികൾക്കും ശേഷം വിശദമായ ചർച്ചയും ആസ്വാദനവും നടന്നു. സെക്കന്റ് പെൻ ലെൻഡിംഗ് ലൈബ്രറി ഡോ. ടി.പി. നാസറിന്റെ മുൻകൈയിൽ ആ ആഴ്ച തന്നെ തുടങ്ങുമെന്ന സന്തോഷ വാർത്ത കോഴിക്കോട് ശാഖാ പ്രസിഡന്റും സെക്കന്റ് പെൻ സംഘാടകനുമായ ഡോ. ബി. വേണുഗോപാൽ അറിയിച്ചതാണ് ഈ ദിശയിൽ നടന്ന മറ്റൊരു സുപ്രധാന ചുവടുവെപ്പ്. പതുക്കെ പതുക്കെ വാട്ട്സ് ആപ്പ് അംഗങ്ങളുടെ സംഖ്യ

മാത്രമല്ല പങ്കെടുത്ത അറുപതോളം കാണികളിൽ എല്ലാവരും രണ്ടു മണിക്കൂറിലേറെ നീണ്ട ചർച്ചാ സംവാദ സമയത്ത് വളരെ ഉത്സാഹത്തോടെ പങ്കെടുത്തു എന്ന വസ്തുതയും എറ്റവും ആഹ്ലാദകരമായിരുന്നു.

ഡോ. ടി.പി നാസറിന്റെ പുതിയ പുസ്തകമായ മാറുന്ന വായനാ സങ്കല്പങ്ങൾ എന്ന പുസ്തകത്തിന്റെ കവർ, റിലീസ് ചെയ്യാൻ കഴിഞ്ഞതും സന്തോഷത്തോടെ ഓർക്കുന്നു.

വളരെ ആകൃഷ്ട ആയ വാട്ട്സ് ആപ്പ് ഗ്രൂപ്പ് ആണ് യഥാർത്ഥത്തിൽ സെക്കന്റ് പെൻ കൂട്ടായ്മയുടെ ചാലക ശക്തി. തുടർന്നു പോരുന്ന ചർച്ച സംവാദങ്ങൾക്കിടയിൽ നിന്ന് ഒടുവിലായുയർന്നു വന്ന ആശയമാണ് സെക്കന്റ് പെൻ ത്രൈമാസികം. ഏപ്രിൽ അവസാനത്തോടെ അങ്ങേയറ്റം പുതുമയോടെ ത്രൈമാസികം പുറത്തിറക്കാനുള്ള അവസാന വട്ട ചർച്ചകൾ നടക്കുകയാണ്.

കേരള ഐ.എം.എ യ്ക്കും, കോഴിക്കോട് ശാഖക്കും നിശ്ചയമായും അഭിമാനിക്കാം. ഇതാ ഇന്ത്യയിലെ എഴുത്തുകാരായ ഡോക്ടർമാരുടെ ആദ്യത്തെ കൂട്ടായ്മ. സെക്കന്റ് പെൻ.

Mission Pink Health

HEALTHY NATION TODAY & TOMORROW



Dr Ajitha P N
State Chairperson
Mission Pink Health
IMA Kerala State

Mission Pink Health is the flagship project of Indian Medical Association. It is a wing dedicated to community service - to look into the Adolescent Health in general, to promote health, education and empowerment of girl children, and counselling of adolescent boys.

Adolescents fall in the age group of 10 to 19 years. It is a transformation phase from the innocent childhood to a

responsible adult and is associated with rapid physical changes, emotional turmoil and psycho social changes. It is the most charming phase of life and warrant tender loving care to prepare them for the future.

India has the largest adolescent population in the world, 253 million., 1 out of every 5 is between the ages of 10 to 19 years. Adolescents constitutes 22% of our population. It is a crucial period for the



foundation of good health. They need to be guided properly for their good future and also for a strong and healthy nation.

Adolescents face a wide range of issues. Growth and development, nutritional deficiency, obesity, education, childhood diseases that persist into adolescence, mental and physical stress related problems, high risk sexual behavior, substance abuse, injuries (road traffic injuries, suicides and different types of violence) and infectious diseases are the most common problems among teenagers. All these problems have to be addressed scientifically and with patience and care.

In India 40 % of girls and 18 % of boys are anemic. Anemia can adversely affect growth, immunity, cognitive development and work productivity. The aims and objectives of MPH are

1. Make an anemia free India by detection, treatment and prevention of anaemia in adolescents.

2. Educating them regarding the psychological and behavioral changes.

3. Teaching them menstrual hygiene.

4. Create awareness on cyber crimes, good touch and bad touch,

5. Counselling of adolescent Boys.

MPH also aims to spread the importance of :

welcome the girl child

Aao gaon chale

Aao school chale

This year MPH is also focusing on prevention of Substance abuse in adolescents, in association with IMA. There is an alarming trend of substance abuse in the present day adolescents, which is a menace that has to be curbed urgently.

Through MPH coordinators in all IMA Branches, a lot can be done for the adolescents. Our target population are

1. School going girls, preference to Govt. and municipal schools, schools for blind and deaf, differently abled, tribal and under privileged.

2. School drop outs.

- 3 Adolescent boys.

Adolescent Health check ups is necessary to evaluate their physical as well as mental health, so that they can be guided to stay in the Pink of Health .



MISSION PINK HEALTH

IMA Kerala State

North Zone

KANNUR

THALASSERY

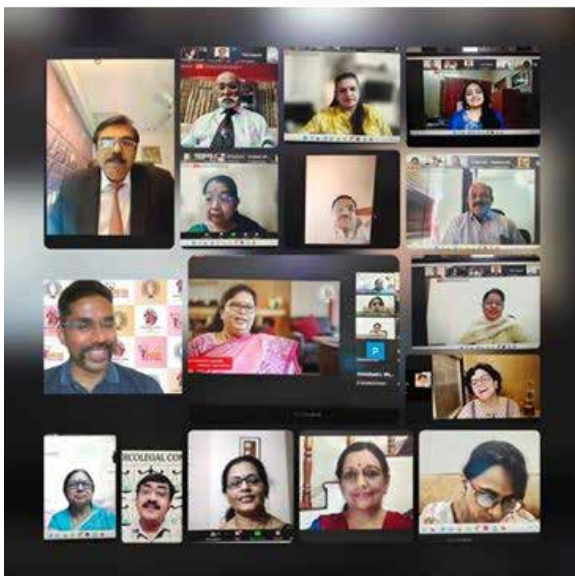
04.02.2022: Observed World Cancer Day. Welcome address by Dr. Neethu A. The program was inaugurated by Hon'ble Health Minister Mrs. Veena George and was presided over by Adv. A N Shamseer, MLA Thalassery. Cancer day message was given by Dr. Mini Balakrishnan. Felicitations offered by Dr. Babu Ravindran and Dr. Srikumar Vasudevan. "Kerala Cancer Control strategy and district cancer control programme role of IMA and other

professional association" by Dr. Satheesan B (Director MCC). An awareness class by Dr. Jithin for students of Sanjose Metropolitan School on Cancer & by Dr. Shyju and Dr. Simi for Pazhassi Queens on Cervical Cancer and Breast Cancer.

04.02.2022: Cancer Awareness Class at I J M Higher Secondary School Kottiyoor by Dr. Suchitra Sudhir & Pinarayi Ganapathy Vilasam UP School by Dr. Adarsh.

05.02.2022: Prevention of life style diseases in Adolescent children by Dr. Rehana.

11.02.2022: Adolescent Health Reproduction Class at Velimaanam HSS by Dr.





Suchitra Sudhir.

14.02.2022: Valentine's Day Celebrations inaugurated by Dr.Kavitha Ravi and the Guest of Honour was Dr.Sandhya Kurup, welcome address by Dr.Suchitra Sudhir and presidential address by Dr. Mini Balakrishnan. Prof. Monamma Kokkadwas the faculty.

10 & 14.02.2022: Adolescent Health Class at GHSS, Irikoor by Dr. P Gopeenathan.

15.02.2022: Malabar Cancer Centre & Kannur District Cancer Control Consortium and Child Line Kannur conducted a Webinar on Cancer in Children and Social Responsibilities in connection with the International Child Hood Cancer day by Dr. K G Gopakumar, welcome address by Prof. Major P Govindan & presided by Sri. Narayanan.

18.02.2022 to 28.02.2022: Adolscent Reproductive Health Awareness Class at Govt. Higher Secondary School, Thiruvangad, by Dr. Mini Balakrishnan, at Mambaram Higher Secondary School & Chala GHSS by Dr.Shyjus P, at Kavumbhagam High School by Dr.Ashish Bens, at Govt Brennen Higher Secondary School by Dr.Mini Balakrishnan, at Morazha School by Dr.Shyjus P, at Govt. Higher Secondary School, Aralam by Dr.Gopeenathan.P, at Cornelius HSS, Kolayad by Dr.Suchitra Sudhir, at Sacret Hearth Higher Secondary School, Angadikadavu by Dr.Gopeenathan.P & at Govt Girls

Higher Secondary School Thiruvangad by Dr. Mini Balakrishnan.

24.02.2022: Basic neonatal resuscitation programme workshop by Dr.Muhammed.

KANNUR

11.02.2022 to 28.02.2022: Adolescent Reproductive Health Awareness Class at Kuthuparamba HSS by Dr. Sr. Reena Mathew, at Govt Higher Secondary School Cheruthazham by Dr. Simi Kurian, at Chovva Higher Secondary School Kannur by Dr.Aparna, at Chirakkal Rajas Higher Secondary School by Dr. Simi Kurian, at Govt Higher Secondary School Kannur by Dr.Remya & at Korom HSS by Dr.Viswan.

KOZHIKODE DISTRICT

VATAKARA

04.02.2022: An E-poster competition for all the health care professionals in Vatakara. An interview session on "Cancer in Females" was aired on Local television channel "Nattuvārtha". Dr.Sreekala Poror (Sr Gynaecologist, Asha hospital, Vatakara) discussed the subject in detail.

10.02.2022: An awareness talk video presented by Dr. Anshad K P was published to the parents and children of Chemmarathur West LP School and Sree-Narayana LP School, Vatakara in connection with National de-worming day.

24.02.2022: Executive committee meeting & restarted the Dance class for the members.

Mid Zone

THRISSUR DISTRICT

KODUNGALLUR

Conducted international cancer day by providing cancer awareness poster to all

nearby hospitals & conducted class on reproductive health care at Govt girls higher secondary school & Govt Boys School, Kodungallur.

ERNAKULAM DISTRICT

COCHIN

09.02.2022: Cancer awareness webinar on preventable cancers with emphasis on adolescent HPV Vaccination was conducted in co-ordination with the Inner wheel Club of Greater Cochin by Dr. Grace Thomas. Dr. Agnes Mathew was the speaker and panellist.

IDUKKI DISTRICT

THODUPUZHA

05.02.2022: An online class on prevention of life style diseases in adolescent children was conducted by Dr.Rehna.

04.02.2022: An online workshop on basic neonatal resuscitation was conducted by Dr Sumi Emanuel.

KOTTAYAM DISTRICT

KOTTAYAM

11.02.2022: A webinar on SAY NO TO DRUGS was arranged for students of Mar Basalious Public School, Kottayam by Dr. Joby Scaria.



12.02.2022:Conducted an awareness session on COVID 19 & vaccines for students of class 8th and 9th of SKMHSS, Kumarakom on zoom by Dr.Nisha Krishnan, introduction speech by Smt. Sethulakshmy, Headmistress.

South Zone

KOLLAM DISTRICT

DESINGANAD

23.02.2022: An awareness programme on menstrual hygiene was organised by IMA Desinganad branch MPH coordinator. An awareness session on menstrual hygiene for the students of women ITI Kollam at Govt. Vanitha ITI Kollam by Dr. Reena N.R.

THIRUVANANTHAPURAM

NEDUMANGAD

21.02.2022:Seminar on Prevention of Life style Diseases presided by Dr. Mohammed Asharaf, inaugurated by Major. Dr. U.Sasi, Abdul Khalam, Principal Iqbal College, Peringamala& a talk on"Prevention of Lifestyle diseases" by Dr.Anju K Kanmani.

NEMOM

25.02.2022:Conducted an awareness session for high school section of girl students of St. Mary's School, Pappanamcode on "Menstrual health and Health problems of females" under the Mission Pink Health project. Dr.Chandini Devi conducted the interactive session. Dr.Leena Ratnam coordinated the session. Principal Sr. Ancy George inaugurated.

WOMEN DOCTOR'S WING

IMA Kerala State



WDW MADHYA KERALA

04.02.2022: Dr. Anitha R. Krishna conducted awareness class on World Cancer Day was arranged by Vincentian Service Society.

05.02.2022: Cancer Awareness Class at Govt Arts & Science College, Karinthalam by Dr.Sunita Daniel.

05.02.2022: An awareness class was conducted for health workers and public, the end of leprosy week, in association with WDW Madhyakerala. Dr. Deepa Augustine spoke about the importance of recognizing the "red flags" among the patches and rashes on skin.

07.02.2022: Cancer Awareness Talk on "Importance of Early Detection & Screening of Cancer" by Dr.Sunita Daniel organized by WDW Madhyakerala for students of Albertian Institute of Science & Technology on Google Meet.

09.02.2022: Class on "Fighting Covid: Vaccine & Other Preventive Measures" for health workers by Dr. K. N. Sobhana, Chairperson, WDW Madhyakerala.

14.02.2022: WDW Thalassery Meeting attended by Dr. S. K. Rajeswari Amma. Epilepsy Essential talk by Dr. Vidya M. V organized in association with Woman



Doctors' Wing of IMA Madhyakerala on Google Meet.

15.02.2022: Emergency Executive Committee Meeting IMA & WDW to discuss and enforce the action plan regarding attack on hospitals and healthcare staff.

Blood Donation Camp: Lions Club of Alwaye West, in association with WDW Madhyakerala and IMA blood bank Aluva organized a blood donation camp at Yeldo Mar Baselios College, Puthupady. Awareness class on blood donation, transfusion and blood borne illnesses and was taken by Ln Dr. Liza Bijoy.

IMA WDW Madhyakerala, in association

with Lions Club of Alwaye West, Muthoot-tu Snehashraya and Kanjoor Pain & Palliative Society conducted lifestyle diseases screening camp at Kanjoor Deivadan, Malayattoor Deivadan, YMBC Puthupady & SNDP Hall, Kanjoor Panchayat. Dr. K. N. Sobhana (Chairperson IMA WDW MKB) & Dr. S. K. Rajeswari Amma (Vice Chairperson, South Zone National IMA WDW) attended. Dr. K. N. Sobhana examined the patients and conducted awareness class on lifestyle diseases.



26.02.2022: Dr.Sunita Daniel, Specialist Palliative Medicine, conducted a webinar on importance of "Early Screening & Detection of Cancer" to the staff and students of Nirmala Group of Institutions, Chalakkudy.

WDW PERINTHALMANNA

04.02.2022: Observed cancer day by conducting various activities in different hospitals by WDW Perinthalmanna and Moulana Hospital for nursing students and staff. Consultant Oncologist Dr. Rahul led the session. Dr Hema Sasidharan, Vice Chairperson State WDW, Dr Rema, WDW Perinthalmanna Chairperson interacted with the students & conducted Breast Cancer Awareness talk for Asha workers via Google meet Platform.

Dr.Vrindha and Dr. Rahul from Dept.of Oncology, Moulana Hospital conducted the session.

27.02.2022:WDW Members actively participated in the National Polio Day activities held at various places. Conducted an awareness class to school students on the importance of National Polio programme by Dr. Anupama. WDW Perinthalmanna and IMA in association with Moulana Hospital and Aster Mims Oncology Department conducted a seminar for NSS Volunteers and Covid Warriors conducted by Dr. Rahul and Dr.Kochu S Mani.



An awareness article was written by Dr. Soumya Sathyan in Mathrubhumi about Hypercholesterolemia and Shigellosis. Conducted various classes on youtube about new born parenting, myths and facts in new-born care,breast feedingby Dr. Bindhu.

11.02.2022: Emergency GB was Call forwarded by IMA Perinthalmanna in view of EMS hospital attack by Mob and WDW members participated

12.02.2022: WDW members actively



participated in the Protest Meeting.

14.02.2022: WDW members actively participated in the strike in view of hospital attack.

24.02.2022: WDW General Body Meeting.

WDW DESINGANAD

06.02.2022: Conducted CME on "Neurobiology and it's Clinical Implication in Substance use Disorders" by Dr. Namita Nazeer for the CME Committee of Indian Psychiatric Society South Zonal Branch.

14.02.2022: WDW members actively participated in the cute couple contest in connection with Valentine's Day.

15.02.2022: Conducted online class on "Menstrual Hygiene Awareness for Teenagers" by Dr. Sandhya R.

23.02.2022: Conducted class on Menstrual Hygiene and awareness on Menstrual cup by Dr. Reena N R in association with JCI Ashtamudi Lake City Kollam at Govt. Vanitha ITI Kollam.

WDW KOZHIKODE

01.02.2022: In association with IAP Kozhikode and Directorate of General Education Kerala, WDW Kozhikode Joint Secretary Dr. Vidhu Ashok took a class on lifestyle diseases for Souhrida Club Student Leaders.

09.02.2022: Class on Childhood cancer for junior doctors at MMC Modakallur.



20.02.2022: Observance of World Social Justice Day, theatre performance by the Transgender community.

WDW VATAKARA

04.02.2022: An e-poster competition was conducted for all the health care professionals in Vatakara. Prizes for the winners will be distributed along with International Women's day celebrations. An interview session on "Cancer in Females" was aired on Local television channel "Nattuvārtha". Dr. Sreekala Poroor, Gynaecologist discussed the subject in detail.



10.02.2022: An awareness talk video by Dr. Anshad KP was published to the parents and children of Chemmarathur West LP School and Sree Narayana LP School, Vatakara.

24.02.2022: Executive committee meeting discussed about the programs for Women's day celebrations & restarted the Dance class for the members.

WDW NEDUMANGAD

04.02.2022: Observed World Cancer Day through zoom video conferencing presided by Dr. Mohammed Asharaf, inaugurated by Karakulam Gramapanchayat President Smt. Lekha Rani. A talk on Gynaecological cancers by Dr. Jayanand Sunil.

14.02.2022: Observed International Epilepsy Day & an awareness class conducted for the Asha workers of Taluk Hospital, Vithura presided by Dr. Hema Francis

and inaugurated by Dr, SASI. Dr. Bindu took the session on the topic "Abasmara Rohikalkkum Snehathinte Karuthal".



WDW MALAPPURAM

04.02.2022: Woman Doctor's Wing IMA Malappuram as a part of swayam project conducted a cancer awareness class by Dr. Sruthi Sreedhar at District Cooperative Hospital Malappuram in front of gynaecology OP for Nursing students, nursing staff and Bystanders as part of World Cancer day.



08.02.2022: WDW in association with IMA organised a Cancer awareness class Dr. Hafsa Salim Daber for the students of NSS unit, MIC Arts and Science College, Athanikal and Government Col-

lege Malappuram as a part of swayam project and mission pink health on Zoom platform inaugurated by Dr. Usman, 27.02.2022: As a part of National pulse polio immunization drive booths were arranged by IMA and WDW at various hospitals in Malappuram.

WDW THIRUVANANTHAPURAM

04.02.2022: In association with JCI Trivandrum Regals & Susruthacan Conducted Cancer Awareness Seminar on Topic Awareness to Prevent Cancer. Session by Dr. Sheeja R K emphasised on prevention is better than cure.



Conducted Cancer Awareness Sessions at BNV Hospital by highlighting the theme CLOSE THE CARE GAP, excellent sessions were handled by eminent senior faculties Dr. Kunjamma, Dr. Nalini, Dr. Pushpalatha, Dr. Radhamoni & Dr. Thankam.

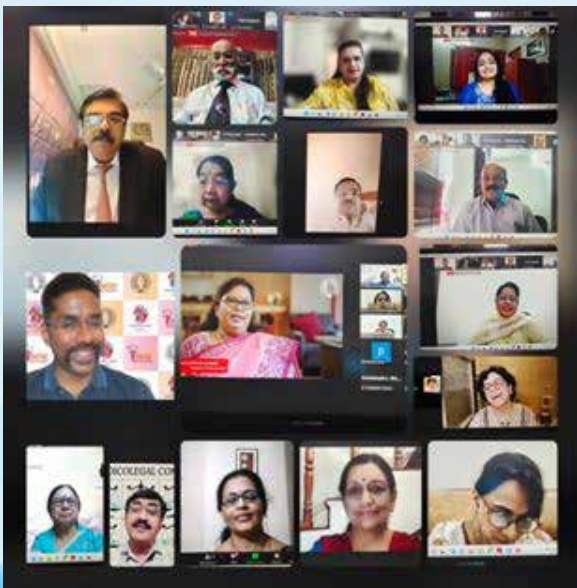


WDW THALASSERY

On the event of World Cancer Day, Women Doctors Wing members of Thalassery Branch assembled at Thalassery pier / Kadalpalam and released Orange and Blue balloon. WDW, IMA Thalassery and Malabar Cancer Care Society jointly organized a class on Cancer and HPV Vaccination on Cancer day by Dr.V C Raveendran. Dr.Umesh Shaligram, Executive Director, HPV Section, Serum Institute of India, Pune, was the Chief Guest.



WDW of IMA Thalassery Branch conducted a Cancer Awareness Class by Dr. Suchitra Sudhir at I J M Higher Secondary School Kottiyoor. Dr. Shyjus and Dr. Simi took Awareness Class on Cervical Cancer and Breast Cancer for Pazhassi Queens.



04.02.2022: Organised a World Cancer Day observation on Zoom platform. Welcome address given by Dr. Neethu A & inauguration by Hon'ble Health Minister Mrs. Veena George, presided over by Adv. A N Shamseer, MLA Thalassery & Cancer day message by Dr. Mini Balakrishnan, felicitations by Dr. Babu Ravindran and Dr. Srikumar Vasudevan, "Kerala Cancer Control strategy and district cancer control programme role of IMA and other professional association" by Dr. Satheesan B (Director MCC). Dr. Aravind C Nambiar proposed the vote of thanks.

WDW KOCHI

04.02.2022: A cancer awareness program was organised by Dr. Gracy Thomas at Rotary club of Cochin queen city.

05.02.2022: Cancer Awareness Program organised. Dr. Michelle Aline Antony gave a talk on "Breast cancer: catch them young". Dr. Anupama S talked about the topic "Cervical cancer: The Killer". As a part of world cancer day a poster designing competition "DESIGN & WIN" was organized by WDW IMA Kochi.

26.02.2022: Monthly WDW meeting. Scientific talk sessions by Dr. Michelle Aline Antony & Dr. Sheela C Babu.



28.02.2022: WIMA members had a fun filled get together at IMA house, for planning programs on International Women's Day.

Prizes of poster designing competitions were announced. 1ST prize Dr. Fe-

bina, 2nd prize Dr. Rani Prasad, 3rd prize Dr. Michelle.

WDW ALAPPUZHA

14.02.2022: Attended Emergency GB and condemned the hospital attack at Perinthalmanna and decided to follow state instructions regarding strike and further agitations.

WDW KASARGOD

02.02.2022: A talk on "Cervical cancer awareness" & "New normal – Menstrual Cup" was delivered by Dr. Maya Mallya.

18.02.2022: Dr. Bhagya Shree Bhandary, PhD Psychology from Mangalore delivered a talk on Marriage – A bird's eye view.....Live well, Love much, Laugh often inaugurated by Dr. Sulekha PM paediatrician and psychotherapist.

WDW KAZHAKOOTTAM

02.02.2022: Dr. Chithra L.R., Secretary, WDW- IMA Kazhakootam, Charge Officer, Covid Laboratory testing, Thiruvananthapuram attended a live phone in program in Doordarshan: 'Samoohyapadam' on the topic 'Covid-Omicron'.



03.02.2022: Organized a webinar in connection with "World Cancer Day" for the Women in Kudumbasree Community Network, Smt. P.I. Sreevidya IAS, Executive Director, Kudumbasree was the Chief guest. Dr. Shaila S. was the moderator;

Speakers were Dr. Shalima Serbin, & Dr. Affin A.

04.02.2022. Our Member, Dr. Rajathilakam, Consultant, Respiratory Medicine, District Hospital, Kollam took a session in a webinar on the topic "Respiratory system Cancers".

05.02.2022: Dr. Chithra L.R., Secretary, WDW- IMA Kazhakootam talked on 'Omicron symptoms and testing' in Prabhathabheri in All India Radio.

11 & 15.02.2022: Dr. Chithra L.R., Secretary, WDW- IMA Kazhakootam, presented sessions for video shooting organised by Kerala state institute of Health and Family Welfare on the topic Hospital Infection Control for the training of health workers in Department of Health Services at C-DIT.

14.02.2022: Dr. Vineetha Nair, President, WDW- IMA Kazhakootam attended a live phone in program in Doordarshan: 'Samoohyapadam' on the topic 'Asthma'.

22.02.2022: Dr. Minu Priya S., Consultant Gynaecologist & Laparoscopic Surgeon, Bishop Benziger Hospital, Kollam in Menstrual disorders & Hygiene to NSS in association with Directorate of General Education. Dr. Arya A.R., Assistant Professor, Regional Institute of Ophthalmology, Thiruvananthapuram attended a live phone in program in Doordarshan: 'Samoohyapadam' on the topic 'Vision Problems in Children'.



WDW KOTTAYAM

An awareness class by Dr.Binitha Thomas for students and parents of St. Mary's High School and NSS unit Manarcad.

WDW Kottayam, together with Inner wheel club of Kottayam conducted a class on Substance abuse on 11th February by Dr.Jobyscaria psychiatrist of Brainworks Pallom, for the students of Mar Baseli-ous Public school and Baker Vidyapeeth School.

WDW KONDOTTY

15.02.2022: Observed Kerala Palliative Day and charity work done & collected a small amount from the members of WDW family and donated to a Thalassemia patient.



WDW THALAPILLY

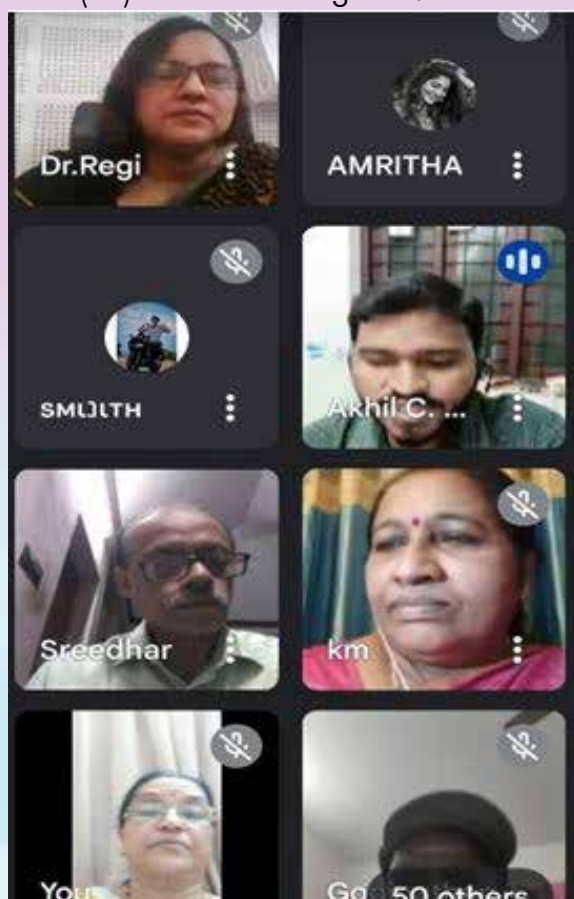
World women's day was observed & a Cancer patient was given financial assistance at mundathiccode, wadakancherry.



Chairperson Dr. Indira, convenor Dr.Sujaya, committee member Dr.Anu Francis, and President Dr.Saleem were present.

WDW NEMOM

08.02.2022: Interactive session by Dr.Regipaulon "Cancer: Close the care gap" virtually for the students of Madhavakavishmaraka Government Arts and Science College, Malayinkeezhu inaugurated by Dr.T.Subhash, the Principal inaugurated and Dr. V. Mohanan Nair, Vice President (SZ) was the chief guest.



26.02.2022: SWAYAM programme at the Vanitha Jail, Attakulangara, Thiruvananthapuram inaugurated by Smt.Sofiya-Beevi, the Superintendent.

BRANCH ACTIVITIES

February 2022

Branch
Entries...

100
108

1. ALAPPUZHA

14.02.2022: Emergency General Body Meeting. Condemned the hospital attack at Perinthalmanna, conducted press conference at press club Alappuzha & met the District Collector and submitted Memorandum. Met IMA Advocate and discussed about the legal support for attack against doctors happened in Alappuzha.



2. CHANGANASSERY

15.02.2022: Emergency Executive Meeting.

25.02.2022: General Body Meeting and CME on Vildagliptin by Dr Sreenath & Dapagliflozin by Dr Justin Easow Sam.

26.02.2022: Paid homage to the departed soul Dr. Babu Jacob, a senior leader.

3. CHERTHALA

08.02.2022: General Body Meeting. Discussed about "Presidents and Secretaries" meeting conducted on 6th February 2022 via zoom to increase the membership strength and recruit all members to schemes. A talk on extra-corporeal CPR by Dr. Johnson KVarghese & Cases in Pediatric neurology by Dr. Davidson Devasia.

4. CHERUKUNNU

Members attended zoom meetings in connection with strike against Perinthalmanna hospital attack & arranged for the hunger strike and participated in Press meet of the District Committee. Cancer awareness and screening was conducted. Regarding membership campaign we added one more member.

5. COCHIN

Awareness class on menstrual cup at Al Ameen college Edathala as part of Project Cup of Life. Distributed around 800+ cups & Hand sanitisers to KSRTC and Autorickshaw drivers & PPE to 16 UPHC's and DCTC Aluva.

04.02.2022: Observed World Cancer Day.

09.02.2022: Monthly Executive Committee Meeting. The Best IMA local branch award for major branches declared at the



National Annual Conference Patna was handed over to the president by Dr N Dinesh.

Attended state level TOT on Emergency Life Support.

17.02.2022: Monthly Cochin Clinical Club.

Dr.Fessi Louis received Pride of FOGSI award for last year's services.

13.02.2022: Attended 270th State Working Committee. Attended the Press Meet by State President and State Secretary to describe the plan of action on hospital attack against Doctors and Health Care Institutions.

Conducted Blood Donation Camp at Cochin IMA Blood Bank.Donated Wheel Chair to Ernakulam KSRTC bus stand to assist passengers needing help with transportation.

19.02.2022. Attended Green Cochin Mission Meeting.

President inaugurated the National Vector Borne Disease Control Program held at GH Ernakulam.

23.02.2022: Monthly General Body and CME.



6.COCHIN WEST

09.02.2022:Executive meeting.

23.02.2022:General Body meeting and CME on 'On Call Radiology for Non-Radiologist' by Dr.Ammu Anne Mathew.

7.DESINGANAD

06.02.2022: CME on "Neurobiology and it's Clinical Implication in Substance use Disorders" by Dr Namita Nazeer.

08.02.2022: Webinar on Cancer by Dr. C

R Jayasankar.

14.02.2022: Dr Namita Nazeer became a part of Covid awareness program conducted by All India Radio-Akashavani.

Conducted Valentine's Day Cute couple contest.

15.02.2022: Monthly General Body Meeting & CME on "DIABETES- RECENT UPDATES" by Dr. Karamchand B.Conducted Online class on "Menstrual Hygiene Awareness for Teenagers" by Dr. Sandhya R in association with JCI Sassthancotta at Brook International School, Rajagiri Sassthancotta.



23.02.2022: Conducted Class on Menstrual Hygiene and awareness on menstrual cup by Dr. Reena N R in association with JCI Ashtamudi Lake City Kollam at Govt. Vanitha ITI Kollam.

8.GURUVAYUR

13.02.2022: Conducted Medical Camp & medicines given free of cost.

15.02.2022: Emergency General Body Meeting.

25.02.2022: Submitted memorandum



to Guruvayoor MLA, Shri. N. K. Akbar, to prevent attack against doctors.

9.HARIPAD

04.02.2022: Observed World Cancer Day. A Seminar was conducted in association with Rotary Club and VHSS of Naduattom; Class by Dr. Ansar Suhad Sait & Dr. T D Sobhana inaugurated the Seminar.

25.02.2022: General Body Meeting & CME on "Epilepsy –an Overview and Special Situations" by Dr. Suraj Menon.

10.IRINJALAKKUDA

11.02.2022: Executive Meeting.

14.02.2022: Meeting held at Karanchira mission to make members and non-members of IMA aware about Act Force at district level, IMA State level guidelines and task force at branch level.

11. IRITTY

25.02.2022: Physical General Body Meeting; byelaws for the Iritty branch as ordained by the State HQ was circulated among the members for ratification; CME on the basics of Chest X-ray by Dr.Jebin Abraham.

12. KANNUR

03.02.2022 & 10.02.2022: Online CME by State IMA on Emergency Life Support.



17.02.2022: CME on Making Sense of

EEG by Dr. Sreejith Peediackal.

24.02.2022: CME on Plasmapheresis-Use in Viper Envenomation & other clinical situations by Dr. Tom Jose Kakkanattur.

13. KASARGOD

04.02.2022: Observed World Cancer Day & conducted Walkathon & spoke on Cancer Awareness.



24.02.2022: General Body Meeting presided over by Dr B NarayanaNaik and CME on surgical management of congenital heart diseases by Dr Jayashankar Marlo&on non-surgical management of congenital and neonatal cardiac diseases by Dr. Prem Alva.

14. KODUNGALLUR

04.02.2022: Observed World Cancer Day & distributed Cancer awareness posters in 10 different health institutions in the premises of Kodungallur.

14.02.2022: Emergency Meeting in order to discuss the action plan to be taken in the event of attack against EMS hospital and doctors.

19.02.2022: WDW conducted Health Education Class on reproductive health care to plus one student in Govt Girls HS by Dr Silja.

22.02.2022: Conducted a class on menstrual hygiene & menstrual cup by Dr Krishna for 10th standard students in KVHS Eriyad.

22.02.2022: GB meeting chaired by Dr. Sugathan with CME on "Paediatric brain



tumors" by Dr. Shyam Sundar S.

15. KOLENCHERRY

16.02.2022: Emergency Executive Committee Meeting in connection to condemn the attacks on doctors.

23.02.2022: General Body Meeting with Scientific Programme was on "Right sided lung abscess in a patient with pancreatitis" by the Department of Medicine at MOSC Medical College Kolencherry.

A soft launch of Women Doctors Wing & conducted an awareness class by Dr. Joicy Els Jojoon breast cancer for ASHA workers at CHC, Vengola.



16. KONDOTTY

24.02.2022: Monthly General Body Meeting & CME on 'Endocrine aspects

of hypertension' by Dr. Naseer Ali. Membership campaigning was done based on hospitals and small clinics.



17. KOTTAKKAL

16.02.2022: Membership Drive Meeting. Conducted an awareness class about the importance of becoming an IMA member and explained about advantages of various IMA schemes by Dr. C. Anand.



20.02.2022: Monthly GB & CME on Robotic Surgery – Past, Present and Future by Dr. Kishore T A & on Radiation in Urologic Malignancies by Dr. Durga Poorna.

18. KOTTAYAM

03.02.2022: General Body and Scientific Session on Covid pandemic variants, Vaccines and way forward Antibody cocktail treatment in covid patients by Dr. Padmanabha Shenoy.

04.02.2022: IMA in association with WDW conducted an awareness class for higher secondary students and teachers of St Marys School Manarcadu by Dr. Binitha Thomas.

IMA in association with Manorama online conducted an awareness interview programme with Dr. Bibin P Mathew and

Dr.UnniS Pillai and the video is uploaded in YouTube.

19. KOYILANDY

04.02.2022: Online Academic Session and CME on Covid 19 an update by Dr. Sandeep V.

15.02.2022: Executive meeting.

22.02.2022: General Body Meeting and CME on Scope of interventional paediatric cardiology by Dr. M. M. Kamran & on Current status of paediatric cardiac surgery by Dr.Janeel.M.



20. KOZHENCHERRY

23.02.2022: General Body Meeting regarding activities of IMA KSB for the doctor attack and agitation & conducted an academic session on bone marrow transplantation by Dr. Neeraj.



21. KOZHIKODE

02.02.2022: IMA with Action Committee conducted Membership Promotion Campaign Programme for outgoing students of Malabar Medical College.

03.02.2022:IMA Team Meeting.

04.02.2022: Executive Committee Meeting & DC Meeting.

14.02.2022: Monthly CGP Meeting and CME on Approach to a patient with onset seizure by Dr. Jabir Sayid M V in connection with International Epilepsy Day.

16.02.2022: Monthly AMS Meeting.

17.02.2022: Press Meet in connection with Hospital attack @ EMS Hospital, Perinthalmanna& presented Memorandum to ADM, District Collectorate.



18.02.2022: Organising committee Meeting of Navathi Celebration.

19.02.2022: Second Pen (Literary Programme) Interactive discussionwith Doctor Writers.

21.02.2022:Conducted MBS Managing Committee Meeting&Joint Action Council Meeting.

24.02.2022: General Body Meeting.



26.02.2022: Students Corner: Interactive Session with Medical Students.

27.02.2022: OPPAM -A Comprehensive Health Screening Programme for IMA Members and family members inaugurat-

ed by Dr. Adheela IAS, Director, Fisheries Dept. Govt of Kerala.

22. KULANADA

22.02.2022: General Body Meeting presided by Dr. K N Babu and CME on "An Overview of COPD" by Dr. P Sukumaran, Senior Consultant Pulmonologist, Rtd Professor and HOD Medical College, Kottayam.



23. MADHYA KERALA

01.02.2022: Executive Committee meeting regarding Membership drive and TOT on Emergency Life Support.

03.02.2022: Attended Emergency Life Support TOT program aimed at training every citizen into a life-saver.

04.02.2022: Observed World Cancer Day & conducted awareness classes at Govt. Arts & Science College and also on Google Meet & News channel.

05.02.2022: Leprosy Awareness class conducted for health workers and public, the end of leprosy week.

07.02.2022: A Talk on "Importance of Early Detection & Screening of Cancer" by Dr. Sunita Daniel.

09.02.2022: A Class on "Fighting Covid: Vaccine & Other Preventive Measures" conducted for health workers by Dr. K. N. Sobhana.

13.02.2022: Attended SWC Meeting.

14.02.2022: Attended District Committee Meeting. A Talk by Dr. Vidya M. V was organized in association with WDW on Google Meet.

15.02.2022: Emergency Executive Committee Meeting to discuss and enforce the

action plan given from state headquarters regarding attack on hospitals. Conducted Blood Donation Camp & an Awareness class on blood donation, transfusion and blood borne illnesses by Dr. Liza Bijoy.

26.02.2022: Webinar on "Early Screening & Detection of Cancer" by Dr. Sunita Daniel to the staff and students of Nirma-la Group of Institutions Chalakudy.

26.02.2022: Conducted Membership Campaign at Appolo Hospital.



27.02.2022: Pulse Polio Vaccination at Najath Hospital & Aiswarya Clinic.

24. MALAPPURAM

03.02.2022: Attended State level Emergency Life support Programme.

04.02.2022: Observed World Cancer Day and an awareness class was taken at District Cooperative Hospital Malappuram for Nursing students, nursing staff and bystanders by Dr. Sruthi Sreedhar, with emphasis on gynecological malignancies.

06.02.2022: Attended Branch President's/Secretaries Meet.



08.02.2022: Cancer Awareness Class by Dr. Hafsa Salim for MIC Arts & Science College Athanikkal and Government College.

12.02.2022: Released Press Statement against the violence of senior leader in EMS Hospital, Perinthalmanna.

13.02.2022: Attended State Working Committee. Emergency Executive Committee Meeting for discussing the EMS Hospital issue and strike.

14.02.2022: Attended Emergency DC Meeting for discussing and plan of the strike on Hospital attack and organized an Emergency General Body for the same.

23.02.2022: Attended District Commit-



tee Meeting.

24.02.2022: Observed World Cancer Day by Organizing General body & CME on recent advances in Oncology by Dr. Mohammed Shafi.K.

27.02.2022: Observed National Immunization Day by organizing polio vaccine booth at different Hospitals in Malappuram.

25. MANJERI

07.02.2022: Building Committee Meeting.

18.02.2022: Building Committee Meeting.

27.02.2022: Building Committee Meeting.

20.02.2022 & 27.02.2022: Membership Campaign at Manjeri Medical College.

25.02.2022: General Body Meeting and CME.

28.02.2022: Membership Promotion Committee Meeting.

26. MAVELIKKARA

05.02.2022: Conducted Women's Day Programs & a webinar on menstrual hygiene by Dr. Susan Samuel for the Student Police Cadets of GMHSS Kulasekharapuram.

21.02.2022: A programme on menstrual hygiene and use of menstrual cup by Dr. Jane Jacob at St. Mary's cathedral public school.

25.02.2022: General body Meeting and CME on "Are Radiologists Superhuman" - Expectations, Abilities and Limitations by



Dr. Linsa Saira Cherian.

27.02.2022: A programme on healthy dietary habits by Dr. Sonia Suresh was conducted in association with Lions club Mannar Royal at Hotel Maharaja Palace, Mannar.

27. MUVATTUPUZHA

04.02.2022: Observed World Cancer & an awareness class on Prevention of Preventable Cancers to teachers of Nirmala Higher Secondary School, Govt Model Higher Secondary School, Govt B. Ed College. Prof Dr Agnes Mathew, spoke on Breast Cancer, Dr Jeena Baburaj, spoke on Cervical Cancer & Dr Annie Uthuppan & Dr Annie Soman spoke.

06.02.2022: Attended President/Secretary Meet.

06.02.2022: Golden Jubilee Celebrations, Foundation Day of IMA Muvattupuzha.

zha was observed on zoom platform, Flag salutation done by Secretary Dr. Manju Rajagopal, Welcome and Presidential address by Dr. Annie Uthuppan.

17.02.2022: Executive Meeting & was decided to dissolve the Land Purchase Committee. Building Committee was constituted and was decided to start all meetings physically.

26.02.2022: General Body meeting chaired by Dr Paul Dani & CME on COPD- what is new in therapy by Dr.Hari Lakshmanan.

28. NEDUMANGAD

04.02.2022: Observed World Cancer Day presided by Dr.Mohammed Asharaf, inaugurated by Smt. Lekha Rani, President Karakulam Gramapanchayat. The talk was on Gynecological cancers by Dr. Jayanand Sunil.

06.02.2022: Attended Branch President / Secretary Meet.

08.02.2022: Executive Committee Meet-



ing.

11.02.2022:As a part of COVID -19 relief work, handed over 100 liters of sanitizer to Taluk Hospital,Vithura.

13.02.2022: Attended State Working Committee Meeting.

14.02.2022: Observed International Epilepsy Day & conducted an awareness classon "Apsmara Rogikalkkum Snehathinte Karuthal" by Dr. Bindu for Asha workers at Taluk hospital,Vithura & on "Epilepsy in Children" by Dr.Anju K Kanmani. The meeting was presided by Dr.Hema Fran-

cis and inaugurated by Dr. Sasi.

14.02.2022: Celebrated Valentine's Day & a meeting was chaired by Dr. Sasi & Dr.Hema Francis gave a Motivational talk on friendship and health.

14.02.2022: Attended Emergency District Committee Meeting to discuss about state wide agitation against hospital violence.

19.02.2022: General Body meeting & CME on "Mind Your Mind" by Dr.Sagar.T, followed by scientific Session.

21.02.2022:A Seminar on Lifestyle Diseasesby Dr.Anju K Kanmani & presided by Major Dr.U.Abdul Khalam, Principal Iqbal College.

29. NEDUMBASSERY

18.02.2022: Conducted a panel discussion with regards to the current medical & socio-economic impacts of a Covid-19 driven world. Dr. Nigel Kuriakkose commenced the meeting by welcoming all participants to the forum. State President Dr. Samuel Koshy inaugurated, delivered inaugural speech and declared the panel event as open. State Secretary Dr. Joseph Benaven graced the event and delivered the keynote address and wished an excel-



lent event in continuity.

Dr.Arif Ali K, founder president of the branch and summit coordinator introduced the topic of relevance and the moderator of the panel. Dr. Abdul Ghafur, Consultant & Adjunct Professor of Infectious Diseasesgave an outlay of how the discussion would proceed while introducing to all attendees the empanelled luminary members as listed below: -

Dr. Thomas Issac, Economist & former Finance minister of Kerala.

Dr. David Heymann, Professor of Infectious Diseases Epidemiology, London.

Dr. Rajeev Jayadevan, Vice Chairman of Kerala IMA Research Cell & Member National Task Force IMA for Coronavirus pandemic.

Dr. George M Varghese, Professor & Head - Department of Infectious diseases, CMC Vellore.

Dr. Abdul Ghafur was entrusted with being the moderator of panel discussion composed of the eminent illuminating members. Dr. David Heymann discussing in brief, a wide spectrum topic, Covid Vaccine- A saga of Global Collaboration & Competition as well as Dr. Rajeev Jayadevan discussing the fine threads pertaining to the question in all our minds nowadays- Should we give a booster to all? The final panel presentation was by



Dr. George M Varghese.

25.02.2022: Conducted Annual Badminton Tournament on the premises of Muscat Badminton Club, Azaiba. The tournament was inaugurated and declared as open by President Dr. Nigel Kuriakose & sports coordinators Dr. Ranjan Babu and Dr. George John.

30. NEMOM

05.02.2022: Membership Promotion Committee Meeting.

06.02.2022: Attended Presidents /Secre-

taries Meeting.

08.02.2022: Observance of "World Cancer Day 2022" & a Sensitization session- Programme at the Madhava Kavi Smaraka Government Arts and Science College, Malayinkeezhu. Dr. Regi Paul conducted the interactive session on "Cancer: Close the Care Gap", inaugurated by Dr. T. Subhash and Dr. V. Mohanan Nair was the chief guest.

12.02.2022: Organised a Webinar for the pensioners, chaired by Dr. N. Sreedhar & inaugurated by Dr. V. Mohanan Nair, South Zone Vice President.

18.02.2022: CME on "Oral Semaglutide: the new Oral GLP1 analogue" by Dr. Jothydev Kesavadev inaugurated by the State President Dr. Samuel Koshy & Dr. A. Marthanda Pillai was the Chief Guest. State Secretary Dr. Joseph Benaven and many other IMA leaders are participated in the inaugural session.

21.02.2022: Observed International Epilepsy Day & a talk on "Epilepsy" the fact file" by Dr. Anil Kumar T.V.

25.02.2022: MPH Programme in St. Mary's School, Pappanamcode.

26.02.2022: Conducted a session on Cancer Cervix and Health Problems of females by Dr. Chandini Devi & inaugurated by Smt. Safiya Beevi, the Superintendent of the jail.

27.02.2022: Medical Camp under the "AyurNema" Project and monthly GB Meeting inaugurated by Dr. A. Marthanda Pillai, Past National President. Dr. V. Mohanan Nair, Vice President (SZ) was the Guest. The book published by Dr. Rajendran, the Founder Secretary on "Drug Trials in the past" was also released by Dr.



A.Marthanda Pillai.

31. NEYYATTINKARA

05.02.2022:A speech on " Breast cancer, Facts that you should know" by Dr. SK Ajiyakumar& on "Cancer cervix and uterine cancer" by Dr.Sajina Z Rasheth.
26.02.2022: General Body Meeting
Guest speaker was Dr.Remyasri, Consultant Nephrologist & Presidential address



by Dr. S K Ajiyakumar. CME by Dr Remyasri, Consultant Nephrologist.

27.02.2022:Seminar on Human Rights violation was conducted on zoom platform.The Chief Guest of the programme was Sri.Baiju Nath (Retd District Judge), Human Rights commission member.

32. NILAMBUR

An Executive Committee Meeting was held in February. Negotiations were held to increase the membership. Two new members became joined.

33. NORTH PARAVUR

24.02.2022: General Body Meeting &



CME on "How to stabilise a patient with acute vertigo in a physician's clinic" by Dr. Prasobh Stalin.

34. NORTH WAYANAD

15.02.2022: Emergency GB Meeting in connection with Perinthalmanna Hospital attack & was decided to pressurise the authorities to declare hospitals as safe zones.

23.02.2022: Executive Committee Meeting discussed about membership promotion drive and starting AMS chapter.

35. PALA

15.02.2022:General Body and Executive



Committee and CME on 'Decoding the X- making sense of Radiation therapy' by Dr.Durgapoorna.

36. PANOOR

01.02.2022: Attended ELS Training on-line mode.

06.02.2022: Attended State Branch President and Secretary Meet.

14.02.2022: Conducted ELS offline train-



ing to all Asha workers in Kunnothuparamba Panchayath by Dr. Aboobacker who is an Anaesthetist at Vadakara General Hospital.

14.02.2022: Emergency Executive Meeting in connection with the protest against hospital attack after Perinthalmanna EMS issue & attended Kannur DC meet.

Conducted General Body Meeting and CME on Covid 19 in children and treatment aspect by Dr. Rakesh Raju.

37. PATHANAMTHITTA

06.02.2022: Attended Branch President/Secretary Meet.

38.PATTAMBI

03.02.2022:Emergency Online Executive Committee Meeting regarding hospital issue of our member.

03.02.2022: Participated in the ELS Training.

06.02.2022: Attended President/Secretary Meet.

13.02.2022: Attended State Committee Meeting.

15.02.2022: Executive Committee Meeting.



ing.

28.02.2022: General Body Meeting and CME on Cerebral Palsy-Detection and Management by Dr.Samarath Manjunath.

39. PERAMBRA

06.02.2022:Attended Branch President/Secretary Meet.

10.02.2022: Attended ELS Program.

14.02.2022:District Committee Meeting.

19.02.2022: Executive Committee Meeting.

23.02.2022: General Body Meeting.A talk on hospital attacks, importance of membership campaign &an overview of the schemes for the membersby Dr.Aneen



N. Kutty, Kozhikode. Took a class on "ECG an Over view" by Dr. V. Vasudevan&a class for the parents of disabled child by Dr.Sachith.

40. PERINTHALMANNA

03.02.2022: Musical Evening. Exclusive music concert organised by cultural wing in charge Dr.Jishnu and team.

04.02.2022: Observed World Cancer Day and an awareness Class for nursing students and bystanders of Moulana hospital by Dr.Shoufeej PM.Honoured the staff of cancer ward at District Hospital and supplied food kit for patients.

06.02.2022: Attended Presidents/Secretaries Meeting.



13.02.2022: Attended SWC Meeting.

16.02.2022: Protest March & Meeting. Observed Black day for not arresting the culprits of hospital attack. Dr. V.U. Seethi, Dr. K.A Seethi, Dr.Jayakrishnan A.V, Dr. Samuel Koshy, Dr.Sharafudeen K.P, Dr.Nilar, Dr. Fazal Gafoor were also participated. Convened an Emergency GB to discuss EMS Hospital Attack & a Protest Meeting in front of EMS hospital to support doctors and other staff. Hospital was attacked by goons from Thazhekodu on unexpected death of an RTA patient.

17.02.2022: Conducted an awareness class and doubt clearance session on cancer by Dr. Rahul and Dr.Kochu s Mani.



23.02.2022: District Committee Meeting presided over by Dr. Asoka Valsala & Dr.Mohammed Abdul Nazar welcomed the gathering.

25.02.2022: JRC Students COLS training and BLS awareness class to JRC students of Namath High School, Karuvarekundu, organised with the support of Moula-na Hospital.

27.02.2022: Participated in Pulse Polio Immunisation Program inaugurated by MLA Mr. Najeeb Kanthapuram in presence of Municipal Chairman Mr Shaji.

41. PERUMBAVOOR

03.02.2022: Executive Meeting. Re-

viewed the previous meeting's minutes and discussed the organizational matters. 04.02.2022: Observed World Cancer Day. WDW organized a webinar in association with the Women Empowerment Cell of St. Alberts College, Ernakulam on Early detection and prevention of Breast



cancer.

14.02.2022: Observed International Epilepsy Day & CME on epilepsy by Dr. Sunesh. E. R.

16.02.2022: General body Meeting and visit of Vice Chairman of PEPS Dr. Madhu.N explained the various aspects, benefits and functioning of IMA-PEPS. Membership Promotion Campaign.

42. Ponnani

08.02.2022: Executive Committee Meeting.

14.02.2022: Emergency District Committee & General Body Meeting regarding hospital attack.

23.02.2022: District Committee Meeting.

43. Punalur

15.02.2022: Emergency General Body Meeting. Dr. R V Asokan explained in detail about the attack at EMS Hospital and the inertia of police to arrest the culprits.

16.02.2022: Decided to participate in the hunger strike at Collectorate Kollam and to take part in the state wide strike on 18.02.2022.

44. THALAPPILLY

14.02.2022: Emergency Executive Meeting to protest against the violence in EMS Hospital Perinthalmanna as part of state wide protest of IMA. The Meeting decided to implement the serial protests as far as possible.

22.02.2022: General Body Meeting and CME on 'dyspepsia a practical approach' by Dr.Praveenkumar on Zoom platform. Discussed the policy of membership promotion and ways to achieve it.

28.02.2022:Emergency Executive Meeting.

45. THALASSERY

02.02.2022: IMA CGP & IAP Thalassery conducted a CME on "Covid 19 Management Workshop" by Dr.Sheeja Sugunan and Dr.Nandakumar M.

04.02.2022: Observed World Cancer Day. IMA and Malabar Cancer Centre organised observation on Zoom platform inaugurated by Hon'ble Health Minister Smt.Veena George and presided over by Adv.A N Shamseer, MLA Thalassery. Cancer day message was given by Dr.Mini Balakrishnan.

06.02.2022:Attended President/Secretary Meet.

09.02.2022: CME on "Metabolic Syndrome and Erectile dysfunction" by Dr. Bobby K Mathew.

11.02.2022: Membership Campaign Committee Meeting.

13.02.2022:Attended SWC Meeting.

15.02.2022: Adolescent Health awareness class by Dr.P Gopeenathan at GHSS Irikoor.

16.02.2022: Executive Committee Meeting.Press Meet at Kannur Press Club on the issue of Violence Against Doctors and Hospital attacks& a Memorandum was handed over to District Collector demanding the declaration of Health Care Establishments as Safe/Protected Zones.

17.02.2022: Counselling on Exam Stress at E K Nayanar Smaraka GHSS,Vengad by Dr.Sajeev Kumar P B.

23.02.2022:General Body Meeting. Dr.



Albert Kallat Memorial Oration delivered by Dr.Venugopalan P on "Emergency Life Support", Dr. Mini Balakrishnan welcomed the gathering and presided the function.

25.02.2022:Dr.Sandeep Narayanan conducted a Free Fibro scan Test Camp at Tellicherry Co-operative Hospital.Dr.SreeniEdakhlon gave an awareness class on You Tube Channel regarding preventing Drug Abuse in Children.

27.02.2022:Pulse Polio Immunisation. IMA donated a tab for a LLB Student of Child Care Home of Mattannur& donated financial aid for purchasing medicine. Dr.Babu Ramachandran donated a Laptop for Engineering Student. An amount of Rs.25000/- was donated by a New Frontiers trust in which IMA doctors and Spouses are members for constructing a house for a paraplegic patient Mr.Santosh.

46. THALIPARAMBA

Executive Meeting was conducted on



zoom platform by enhancing the Membership drive.

15.02.2022: AMS Activities. Two CMEs were conducted under the AMS branch. As part of state wide agitation and protests against attack against doctors, prepared an action plan, placards and members were ready for hunger strike.

47. THIRUVANANTHAPURAM

04.02.2022: Observed World Cancer Day & conducted an awareness Class by Dr. Prasanth C.V.

14.02.2022: Branch Members visited a doctor, who was brutally assaulted by hooligans while he was on duty at a hospital in Nooranad in Alapuzha.



18.02.2022: Executive Committee Meeting.

Branch is continuing the public health education program 'Aarogyam Aanandam', has crossed 129 episodes.

27.02.2022: Pulse Polio Immunisation by giving Pulse polio drops at Govt Taluk Fort Hospital inaugurated by Smt. Janaki Ammal, Trivandrum Fort Councillor.

Palliative Care Cell Snehasanthwanam team includes Doctor, Staff nurse, volunteers & driver provided support, nursing care and vitals examination includes BP, GRBS etc & providing Food Kits, Medicines, Dressing Materials, financial and educational support to needy patients.

48. TIRUR

24.02.2022: Monthly General Body along with CME on 'Changing concepts in management of Acute Cholecystitis and Col-

orectal Cancer' by Dr. Prakash K.

27.02.2022: Pulse Polio Immunisation inaugurated by Mrs. Nusaiba Azeez, Health



standing committee chairperson of Malappuram District. State working committee member delivered the pulse polio message to the public.

49. TIRURANGADI

01.02.2022: A team from branch met Padmashri Awardee Miss. Rabiya and on behalf of IMA arranged for setting up an Almira at home to exhibit her works and Momentos received.

09.02.2022: BLS and First Aid Training Camp was conducted for Tirurangadi municipal councillors and staff in association with Lions club and Tirurangadi municipality health department.



50. VALLUVANAD

03.02.2022 & 10.02.2022: Attended State level Emergency Life Support TOT programme. Branch lost 2 members - Dr. Divakaran. K, past president on 3rd and Dr. Sumithra Parameswaran Namboodiri on 7th.

06.02.2022: Attended Branch President / Secretary Meet.

08.02.2022: Attended Empowering Small and Medium Hospital.

11.02.2022: Conducted an Emergency Executive meeting in connection with the attack at EMS Hospital.

13.02.2022: Attended the SWC Meeting.

15.02.2022: Executive Meeting; was a joined meeting for remembrance of departed senior members and a protest meet against Hospital attacks.

26.02.2022: Attended SSSI & DC Meeting.

51. VENJARAMMOODU

04.02.2022: Observed World Cancer Day & marked to raise an awareness class of Cancer and to encourage its prevention, detection and treatment by Dr. Ansar.

07.02.2022: Executive Committee Meeting. Sexual & Reproductive Health Awareness Day. Health awareness events create publicity for health issues and aims to improve the condition and help save lives, sometimes these events encourage preventative action against conditions becoming more serious.

06.02.2022: Conducted an awareness class by Dr Satheesan M at Mithirmala



Boys' High School.

08.02.2022: Conducted an awareness class by Dr. Kasthuri Dharman at Mithirmala Girls High School.

26.02.2022: General Body Meeting and CME.

27.02.2022: A Medical Camp on Life style diseases was organised at Mithirmala Junction.

52. VADAKARA

02.02.2022: Executive Committee Meeting in connection with the Evaluation of Membership Promotion, GB and CME during the month of February and Other matters.

06.02.2022: Attended Meeting for branch President and Secretary.

12.02.2022: Membership Promotion Committee Meeting & decided that the Committee Members will visit hospitals to meet eligible members.

13.02.2022: Attended SWC meeting.



14.02.2022: Attended DC meeting on zoom platform to plan strike.

16.02.2022: General Body Meeting and CME on Approach to Post Covid Syndrome by Dr Aravind R.

20.02.2022: IMA in association with ANGELS and DIAMOND HEALTH CARE Vadakara conducted training on basic life support and trauma care at IMA hall for paramedical staff.

23.02.2022: A Meeting was conducted at PARCO Hospital Vadakara with newly joined doctors for membership Promotion. Dr. P.C. Haridas, Dr. M Muraleedharan, Dr. Muhammad Mullakkas and Dr. Vysakh explained about IMA, its functions and schemes. Need for IMA membership was highlighted.

27.02.2022: Dr. P. C. Haridas conducted Pulse Polio Immunisation Programme at GH Thalassery.

53. FEROKE

15.02.2022: Executive Committee Meeting to discuss issues regarding attack on Doctors and Hospitals based on the incident at Perithalman Hospital. Planned to participate in hunger strike along with Calicut branch members. Continued membership campaign on various schemes.

54. PALAKKAD

Executive Committee Meeting. Dr. N M Arun, Vice President Dr. Narayankutty, Secretary Dr. Dilip Kuncheria, Dr. C K Chandrashekar, Dr. Ramanan Erat & Dr.



Gopi Krishnan visited Dr. Pobathi Krishna's home who is permanently disabled due to Hemiparesis. Discussed various helps which can be rendered to Dr. Pobathi Krishna.

55. THRISSUR

03.02.2022: Executive Committee Meeting chaired by Dr. Joy Manjila.

04.02.2022: Observed World Cancer Day & World Obesity Day, inaugurated by Dr. P P Gopikumar. The Training Session was led by the Fitness Hungry Masters Dr. V C



Manoj & Mrs. Pooja Manoj.

10.02.2022: Paid Homage to Dr. T G Gouthaman.

15.02.2022: Executive Committee Meeting.

22.02.2022: Paid Homage to Dr V. K. Anandavalli.

25.02.2022: Observed Anti Leprosy Day. Moderator Dr. N Asokan, conducted the CME, with Faculties. Dr. Aswini R, spoke on 'LEPROSY - INTRODUCTION & CLINICAL FEATURES'; Dr. Binesh V G, elaborated on 'AN APPROACH TO DIAGNOSIS, TREATMENT AND PREVENTION OF HANSEN'S DISEASE' followed by discussion. Conducted the Fitness Sessions.

BLOOD BANK

Total Blood collected During Camps – 809 Units

Total Blood collected at Blood Bank – 591 Units

Total blood and components issued – 2347 Units

Conducted Blood Donation Camps at different places on 16 days for the month of February 2022.

56. THODUPUZHA

02.02.2022: Executive Committee Meeting.

24.02.2022: GB Meet and CME on "Respiratory Distress-A practical approach"



by Dr. Jeswin Chandrasekhar, Consultant Neonatologist, Holy Family Hospital. Session was chaired by Dr. Sony Thomas, Consultant Paediatrician, Idukki Co-operative Hospital.

57. KOLLAM

02.02.2022 to 18.02.2022: Conducted Covid Vaccination Camps.

04.02.2022: Observed World Cancer Day & conducted a Webinar.

19.02.2022: Executive Committee meeting.

25.02.2022: General Body Meeting & CME on "Post Covid & Heart" by Dr. Sujay Renga, Senior Consultant & Interventional Cardiologist, NS Co-operative Hospital, Kollam. Cricket League (IKCL) for Kollam IMA Development Society (KIDS) Trophy Match Fixture Brochure Release by Dr. Alfred V Samuel by handing over a copy to Dr. Sujay Renga.



58. KARUNAGAPALLY

03.02.2022: Attended State level ToT Programme of ELS.

06.02.2022: Attended Branch Presidents/Secretaries Meet.

09.02.2022: Executive Committee Meeting.

10.02.2022: State Level ToT Programme of ELS as a Faculty and presented a talk on Burns and Scalds in the Meeting.

13.02.2022: Attended SWC Meeting on online platform.

14.02.2022: Attended Emergency DC Meeting of Kollam to discuss on the pro-

posed state wide strike.

23.02.2022: General body & CME. Speakers are Dr. Remi George, Nephrologist and Dr. S. Thanu, Cardiologist of Meditirina hospital, Kollam.

59. KUTHUPARAMBA

06.02.2022: Attended Branch Presidents/Secretaries Meet.

10.02.2022: Executive Committee Meeting.

Started a branch level Grievance cell to address the grievances of our members during their professional practice. Decided to reactivate WDW with Dr. Deepa Damodaran as President and Dr. Deepa Rajmohan as Secretary.

13.02.2022: Attended SWC Meeting.

14.02.2022: Emergency DC Meeting to discuss action plan for the proposed strike in view of Hospital attack.

24.02.2022: General body & CME on management of hypertension by Dr. Sundee KB, Senior consultant Interventional Cardiologist and Dr. Arun K, presented Acute Stroke Management.

24.02.2022: AMS Chapter Inauguration. Dr. Srikumar Vasudevan is selected as the Convenor for National Ethics Committee.

60. VANDIPERIYAR

27.02.2022: General Body/Family Meeting. Dr. Suresh Babu welcomed the gathering, Dr. Muthuraj presented branch activities and State Committee report. Condolence speech by Dr. James and Dr. Raju for the departed soul Dr. Venu.

61. KANNUR MALABAR

12.02.2022: General Body Meeting.

62. CHALAKUDY

24.02.2022: Executive Committee Meeting, the main item on the agenda was discussion on finalizing the planned Charitable activities of the branch for the current

year and decided that one old age home - Anugraha Sadan, Erayamkudi and one orphanage cum destitute centre, Smile Village, Vettikuzhy, would be adopted by the branch for medical care and support. Dr. Jose Kurian Kattukaran donated saplings worth Rs. 1 lakh to Kalabhavan Mani Park for the public located adjacent to Chalakudy Municipal Office.

63. KUNNAMKULAM

17.02.2022: Executive Committee & Organising Committee Meeting. The different branch activities related to the silver jubilee celebrations of the branch were mainly discussed by the organising committee. Different Committees expressed their concerns, and the level of activities regarding the conference & venue visited by the Members.

64. BALUSSERY

06.02.2022: Attended Presidents/Secretaries Meet.

14.02.2022: Attended District Committee Meeting, to discuss about the strike.

15.02.2022: Conducted Emergency GB to discuss about strike.

65. PAYYANNUR

04.02.2022: Observed World Cancer Day in association with Rotary club, Cancer Care Society and ICDS in zoom platform inaugurated by Dr. M Haridas. Rtn Dr. Goutham Gopinath, rotary president presided over the function & welcome speech by Dr. T Ranjith kumar. Dr. V C Raveendran conducted an awareness class on cervical cancer and HPV Vaccine. CDPO's Smt. Nandini and Smt. Anuradha felicitated the function.

66. KADAKKAL

27.02.2022: General Body Meeting attended by Dr. V Mohanan Nair & decided to conduct a GB with family Get together



soon and also to enrol maximum members during the campaign period.

67. KAZHAKOOTTAM

04.02.2022: Observed World Cancer Day.

06.02.2022: Attended President / Secretary Meeting.

08.02.2022: Attended ELS Programme. A talk on Dizziness & Vertigo by Dr. Syamlal S.

09.02.2022: Executive Meeting.

13.02.2022: Attended SWC Meeting.

14.02.2022: Observed International Epilepsy Day.

17.02.2022: General Body Meeting, discussed regarding emergency DC meeting and there cent increase in hospital attacks and suggestion like hospitals to be declared as safe zone.

17.02.2022: General Body & CME on cancer awareness by Dr. Boban Thomas.

22.02.2022: An awareness class on 'Menstrual Disorders and It's Hygiene' by Dr. Minupriya S at GVHSS Alamcode.

23.02.2022: Training Series for General Practitioners. A talk on "Allergic & Non-Allergic Rhinitis: How to manage GP" by Dr. Arjun P.



24.02.2022: Monthly Meet.

Dr.SyamLal Participated the Panel Discussion on Skull Base tumors in Trivandrum ENT Club.

68. THAMARASSERY

09.02.2022:General Body Meeting. Remembrance Day of Dr. Venugopalan K. Cheif guest Dr. Samuel Koshy & Guest of honour Dr. Ramesh R.

15.02.2022:Executive Committee Meeting.

69. KOTTARAKKARA

26.02.2022: Inauguration & renaming of IMA Hall Kottarakara Branch. Flag salutation by Dr. Anil K Tharian, Dr. Ramakrishnan in his presidential address talked about the evolution of IMA Hall, Kottara-



kara to the present state and thankfully remembered the contributions of Dr. Rajagopalan Nair, Dr. Sreedhara Kurup & Dr. Jacob John.

Dr. Samuel Koshy, State President of IMA KSB inaugurated the function announced the IMA Hall as 'Dr. J Rajagopalan Nair Hall' by unveiling the name board & congratulated the office bearers and members of IMA Kottarakara for renovating the IMA hall. Dr R.V. Asokan, Past National HSG spoke about his relationship with Dr. Rajagopalan Nair and explained his dedicated efforts to establish "IMAGE". Dr. M Radhamony also attended. Dr. B.S. Pradeep Kumar, Dr. Cini Priyadarshini, Dr. Sulphi



Noohu, State President-elect, Dr. Anita Balakrishnan, Dr. Mohanan Nair, Dr. Biju Nelson, Dr. Muthalali and Dr. Viswambharan gave their felicitations. Past National President of IMA Padmasree Dr. Marthandapillai, Dr. Srikumar Vasudevan, Dr. Abraham Varghese, Dr. A. V. Babu, Dr. Alex Franklin (Past State Presidents), Dr. M. Muraleedharan and Dr. Sreevilasan K. A. gave their felicitations via the zoom platform. State & Branch officials of Kottarakara, Kollam, Adoor, Pathanapuram, Punalur, Anchal branches participated.

70. KALPETTA

16.02.2022: Press Conference at Press Club, Kalpetta along with Wayanad District Committee represented by Dr.Rajesh Kumar MP and Dr. M Bhaskaran in connection with the hospital attacks. After the press conference, handed over the Memorandum to the District Collector Smt. Geetha. Branch is successfully running the PEPS Pulse Oximeter Bank. Members had attended various online activities and meetings.

71. NADAPURAM

20.02.2022: Executive Committee Meeting, discussed about new IMA Hall inauguration, issues related to hospital violence.

25.02.2022: General Body Meeting discussed about recent Hospital violence issue. Various Committee formed for the

conduction of inauguration ceremony of IMA Nadapuram Hall.

72. SULTHAN BATHERY

28.02.2022: Special Executive Committee. Ceremony to honour the Municipal Officers who elevated Sulthan Bathery Municipality as the best Municipality in Kerala.



73. CHATHANNOOR

27.02.2022: Conducted an online Meeting with topic on Home Loans by HDFC team.

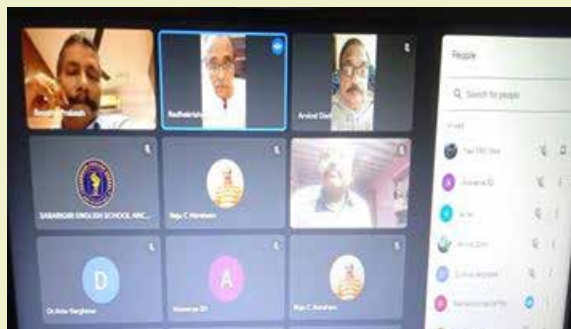
74. VARKALA

08.02.2022: Attended the ELS meeting, Launch meeting of HIV/AIDS Cell, South zone CME.

15.02.2022: Executive committee meeting.

75. ANCHAL

17.02.2022: Conducted CME on 'Balance



Disorders' by Dr. Prabhash Prabhakaran, Consultant Neurology, Apollo Hospital Chennai.

76. KARAKONAM

04.02.2022: World Cancer Day was observed along with Dr. SM CSI Medical College Hospital, Karakonam. Awareness talk was given by Dr. Adersh Stanly. A General Body Meeting was conducted. Students took part in giving pamphlets about Cancer Awareness.

77. PANDALAM

17.02.2022: Participated in AIDS sensitisation Training in Pathanamthitta District by AIDS Cell. Branch Continuing Membership Campaign.

25.02.2022: General Body Meeting and CME on 'Fatty Liver & Liver Cirrhosis'.

78. THEMMALAPURAM

Branch conducted Membership Campaign. Six new members are joined.

79. THRIPRAYAR

04.02.2022: World Cancer Day observed through online platform.

06.02.2022: Attended Branch President / Secretary Meeting.

14.02.2022: International Epilepsy Day observed through online platform.

20.02.2022: Observed World Day of So-



cial Justice through online platform.
28.02.2022: General Body Meeting and Scientific Session on 'Post Covid 19 Respiratory complications.

80. KAYAMKULAM

14.02.2022: Emergency Meeting to discuss about the attack of a doctor in Nooranad.
28.02.2022: Attended the District Committee Meeting.

81. CHENGANNUR

GB Meeting and CME presided by Dr. Oommen Varghese. CME on "Coronary Artery Bypass Surgery: Facts & Fiction" by Dr. Arun N, Dr Manish Nair explained about the IMA scheme PDSS to the gathering.



82. THIRUVALLA

25.02.2022: Monthly GB and CME on "Interesting case vignettes in young Diabetes" by Dr. Philip Finny, Sr Consultant Endocrinologist, Believer's Church Medical College.

83. KATTAPPANA

Conducted a CME on 'approach to lymphomas' by Dr. Ramaswamy NV, Haematologist, Aster Medicity, Kochi.

84. MULAMKUNNATHUKAVU

04.02.2022: Observed World Cancer Day & conducted Online Quiz Competition for

IMA Members & winner is Dr. Sebind Kumar.

10.02.2022: Participated in ELS Training Programme.

11.02.2022: In connection with International Women's/ Girls Day, shared a post in WDW fb page.

85. VALANCHERY

27.02.2022: Pulse Polio Immunisation Day & conducted Polio Distribution at Nadakavil Hospital.



86. UPPALA

28.02.2022: Executive Committee Meeting & discussed about the State President Membership Yatra and Conducting School Health Camp.

87. KANHANGAD

05.02.2022: General Body Meeting and CME on "What is new in Cardiology" by Dr. Vikram Patil, Consultant Cardiologist of Maitra Hospital.

06.02.2022: Attended the Presidents and Secretaries Meet.

13.02.2022: Attended SWC Meeting.

14.02.2022: International Epilepsy Day was celebrated & a CME on "Updates on Epilepsy" by Dr. Praveen Rand "Neuropsych-

chiatric aspects of Epilepsy" by Dr. Sreejith Krishnan.

14 & 16.02.2022: Attended the Emergency District Committee Meetings.

17.02.2022: Dr. T V Padmanabhan, Dr. Abhilash V and Dr. Kishore Kumar met District Collector along with leaders of IMA



Kasaragod branch and handed over the memorandum to the Collector and also participated in the Press Conference at Kasaragod to explain the protest against attacks on Doctors and Hospitals.

25.02.2022: Monthly General Body Meeting and CME on "Cosmetic Gynaecology" by Dr. Sruthi A G & "Lasers in Dermatology" by Dr. Faizan Khalekhan.

27.02.2022: Dr. T V Padmanabhan participated in the "Clean Beach Program" at Kanhangad Puthiyavalappu beach, a venture of Kanhangad Municipality along with Lions Clubs NSS units of various Schools and District Administration & provided lunch to all the participants. And also participated in the district level inaugural function of Pulse Polio at Taluk Hospital and felicitated the function.

88. ADOOR

The Executive Committee Meeting discussed various plans and activities & the proposed visit of IMA State President was planned and the arrangements for the same were made.

27.02.2022: CME on 'Communication in Medical Practice and What to do once in trouble' by Dr. V. Mohanan Nair, Dr. Cyriac Thomas, Dr. Krishnaveni R & briefed the delegates about PDSS, merits and benefits of

joining in PDSS.

89. MANNARKKAD

20.02.2022: Conducted Medical Camp at Kottopadam.

Emergency Executive Meeting on Hospital attack, Perinthalman issues and decided to give full support to IMA.

90. KOVALAM

23.02.2022: General Body Meeting and CME on Management of Hyperglycemia.

91. CHIRAYINKEEZHU

04.02.2022: Observed World Cancer Day & conducted awareness class for public by Dr. Padma Prasad, Secretary IMA Chirayinkeezhu at Primary Health Centre Azhoor. Also conducted NCD Clinic for Auto Drivers at Perumguzhi.

92. NEDUMKANDAM

28.02.2022: Conducted Branch Meeting & discussed association matters like current issues, president's branch visit, membership development, schemes and activities. Dr. Suseela, Dr. Manoharan, Dr. Rojin spoke on the occasion. Activities for Membership development is continuing.

93. CHITTUR

25.02.2022: Executive Committee Meeting. Main agenda is Membership Drive and Branch Activities.

94. KOTHAMANGALAM

25.02.2022: General Body Meeting and CME on Spectrum of Insulinisation from hospital admission to post discharge by Dr. Gopakumar, Consultant cardiologist.

95. JUBILEE MISSION

24.02.2022: The Monthly Branch Meeting of Jubilee Mission Branch chaired by Dr. Harris Paul. Discussed the various activi-

ties undertaken by the branch during the Covid Pandemic was carried out. Special mention and appreciation was made of the role played by the branch in facilitating Vaccination campaign in four nearby old age homes in conjunction with the District Committee. The leaders of Thrissur DC, especially Dr. Pavan and Senior IMA leader of Jubilee Mission, Dr. Andrews were especially named for their support. Scientific session "Life after Covid" by Dr Saju Francis, Professor, Dept of Medicine, Jubilee Mission Medical College.

96. ETTUMANOOR

Conducted the Monthly Meeting and formed an Executive Committee for decision making and the branch is actively enrolling new members.

97. VANIAMKULAM

26.02.2022: Conducted an Online General Body Meeting for scheme promotion.
28.02.2022: Attended SSS II Meeting conducted by Palakkad District Committee along with IMA Pattambi.

98. ATTAPADI

06.02.2022: Attended Branch Presidents/ Secretaries Meeting.
28.02.2022: Social Security Scheme II Online Meeting attended regarding addition of new membership. Secretary Dr. Shubin-



Domnic and other members participated.

99. MUKKOM

23.02.2022: Monthly General Body Meeting and CME on 'Introduction to Paediatric ENT speciality and its scope' and 'Insights into infertility treatment' talk by Dr. Kavitha and a talk on introduction and scope of paediatric ENT Speciality by Dr. Vijaya Dahiya.

100. KANJIRAPALLY

General Body Meeting. Decided to buy a land and construct a building, fund raising has started & decided to make all members available of schemes and personal financial management. Decision taken are, Conduct Medical Camps in remote areas, active Membership Drive, Strengthen the functioning of WDW, New Public Health Act, frequent visits by IMA Executives to the houses of old doctors to check the health status, Collect sample Medicines from Medical Companies for poor patients & enhance the unity between Govt Doctors and Private Doctors.

Conducted CME on 'Degenerative Disc Lesion, What is New' by Dr. Irphan Muhammed P S. Academic Session on 'Importance of exercises in daily life' by Dr. Gopinatha Pillai, Consultant Surgeon, Diabetologist and Life style Physician Kottayam.

SCHEMES IMA KERALA



JOIN US ON TELEGRAM...



Dear Members

Greetings from IMA Kerala State Branch!!

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

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

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

Thank you for your cooperation

Dr. Joseph Benaven
State Secretary, IMA KSB



IMA Kerala

You can view and join @imakerala right away.
t.me

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

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

<https://t.me/imakerala>

With best wishes from

image - CBWTF



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



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

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



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



Contact us for more details....



INDIAN MEDICAL ASSOCIATION GOES ECOFRIENDLY

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

Ph: 0471-2741188, 2742211

Manager Administration: 80783 36666, Manager Operations: 94459 98922

Environment Engineer: 80780 26869, Operations Executive: 70122 28469

Email: imageimaksbtvm@gmail.com, Website: imageima.org