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Be Safe....Be Committed



INDIAN
MEDICAL
ASSOCIATION
Kerala State Branch

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CONTENTS

PRESIDENT'S COLUMN.....	3
FROM THE EDITOR'S DESK	4
THARANGOM - PHOTO GALLERY	5-16
STATE ACTIVITIES - ZOOM	17-19
WOMENS DAY CELEBRATION.....	21
IMA COMMITTEE FOR MENTAL HEALTH	22
DISTRICT LEVEL SENSITIZATION TRAINING ON HIV AIDS.....	24-25
ELS TRAINING.....	26-27
ARTICLES.....	28-36
MISSION PINK HEALTH REPORT	37-40
WOMEN DOCTORS WING REPORT	41-51
BRANCH NEWS	52-84



Dr. Samuel Koshy
State President
IMA KSB



CEA NEEDS AMMENDMENTS

Clinical establishment act was introduced for registration and regulation of medical institutions. The intention of the act was to improve the standards of such institutions and prevent quackery. Although there were objections regarding the need for such an act in Kerala, the bill was passed in our assembly in 2018. Although there are many acts in our state regulating the clinical establishments, IMA also agreed for the act subject to ammendments to some clauses which are detrimental to small and medium hospitals. Few were agreed by the Government but there are many more which were still unacceptable. Small and medium hospitals are the backbone of our highly acclaimed Kerala health model. Easy accessibility to health at lowest cost in the fundamentals of Kerala health model.

Later the rules were published and to our surprise, many rules were against the basics of the act. We again raised objections but were not considered. The minimum standards and categorisation are yet to be published. In the meantime, due to the Covid 19 situation, implementation of the act was postponed for 2 years more. In the meantime many small and medium hospitals were closed especially due to the Covid crisis and many are on the verge of closure due to financial and other constraints.

Government now is trying to implement the act forcefully. This move can't be accepted since it will lead to closure of still more small establishments. IMA has strongly demanded to the Government that the act should not be implemented now and it should be ammended to protect the small and medium hospitals before implementation. States of Haryana and Bihar has already exempted small below 50 bedded hospitals from the perview of this act. We have strongly demanded to the Government for ammendments to these clauses and are moving legally also to protect our small and medium sized hospitals. We are also meeting all legislatures and party leaders for such ammendments. The objection-able clauses needing ammendments are submitted to the Government and we expect that the Government will take needed actions after proper consultations with IMA.



Kerala



Dr. Joseph Benaven
State Secretary
IMA Kerala

THE ROAD LESS TRAVELLED...

March 14, 2022 witnessed history in the making as Dr. Samuel Koshy, President IMA KSB, embarked on his unprecedented yatra **"Tharangam"** covering all the 108 branches in the state. An initiative that will be recorded in the annals of IMA history as a bold attempt to transform the association into a formidable monolith with the bottoms up *"member centric"* approach. As the yatra crisis crosses across the state, the ripples have swelled into waves of enthusiasm, invigorating the members and the branches.

Branches that constitute the pillars of the association has to be strengthened. Reaching out to the members and more so to the medical fraternity, spreading awareness of the challenges faced by the profession and the paramount need to stand united remains the focus of this historic initiative. We seek genuine relationships to truly understand the perspective of our members. The yatra provides the much needed platform for one to one interactions and dialogues with members from across the state. It gives the much needed insight to the leadership to assess the needs and aspirations of our members and thereby chart the course of our organization. The Indian Medical Association alone remains the watchdog of modern medical profession, through its various wings the association safeguards the profession, ourself as a practitioner and our families we love- **Holistic Care & Protection – Unparalleled!!**

The President has set a selfless and sacrificial example for us to emulate. The Indian Medical Association remains and will be our sole solace in the present and the future. A strong and meaningful association judged by the numerical strength alone is the answer to the many challenges we face. Let us commit ourselves to bring each and every practitioner of modern medicine to strengthen our Association.

Let us Stay United.. Let us Grow Strong!!



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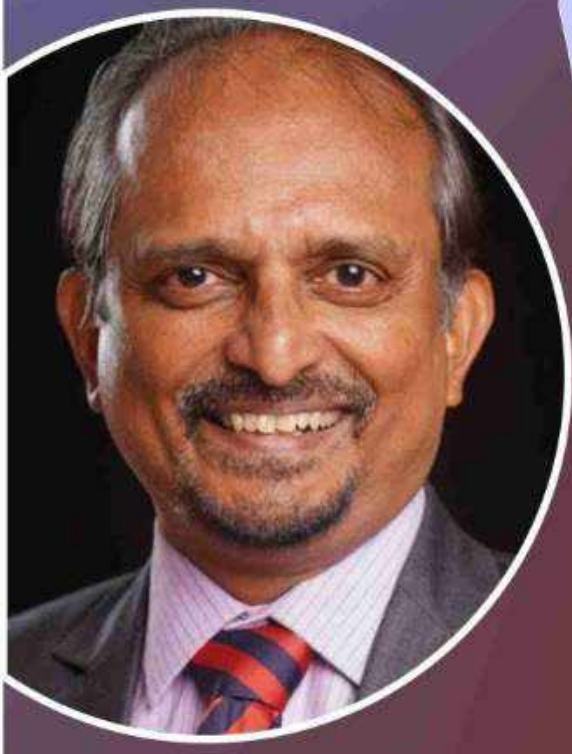






Photo Gallery

Kannur District

Iritty Branch



Kannur District

Kannur Branch







Kannur District Payyannur Branch





Kannur District Thalassery Branch





Kozhikode District

Feroke Branch





Photo Gallery

Kozhikode District

Mukkom Branch



Kozhikode District

Nadapuram Branch





Kozhikode District Thamarassery Branch



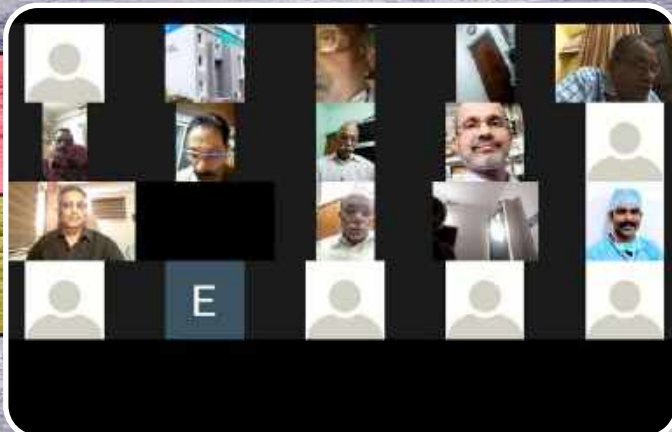


Dr. Samuel Koshy
State President
IMA Kerala



Dr. Joseph Benaven
State Secretary
IMA Kerala

State Activities....



Empowering Small & Medium Hospitals Meeting on 01.03.2022, 08.03.2022, 15.03.2022, 22.03.2022 & 29.03.2022



District Committee Meeting on 02.03.2022



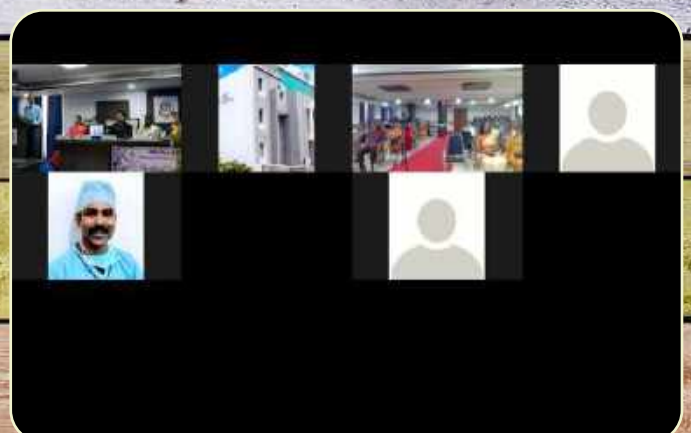
Epidemic control cell Educational session (South Zone) on 02.03.2022



Epidemic control cell Educational session (Mid Zone) on 03.03.2022



Epidemic control cell Educational session (North Zone) on 04.03.2022



WDW Meeting on 06.03.2022

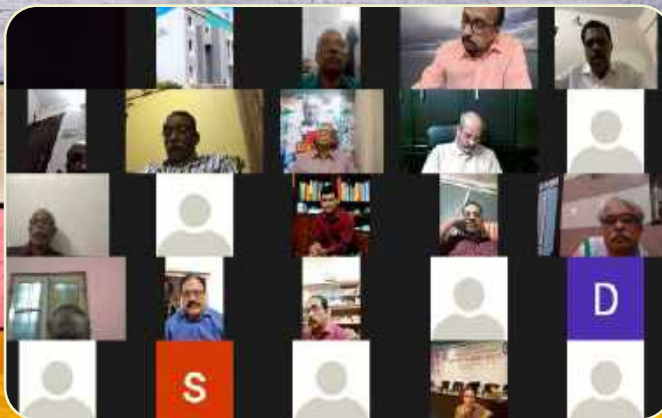
State Activities....



Committee for Blindness Control Meeting
on 09.03.2022



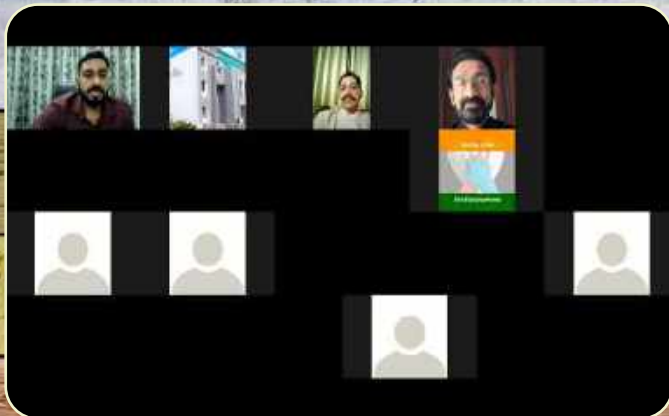
IMA KSB Leaders Meet on 10.03.2022



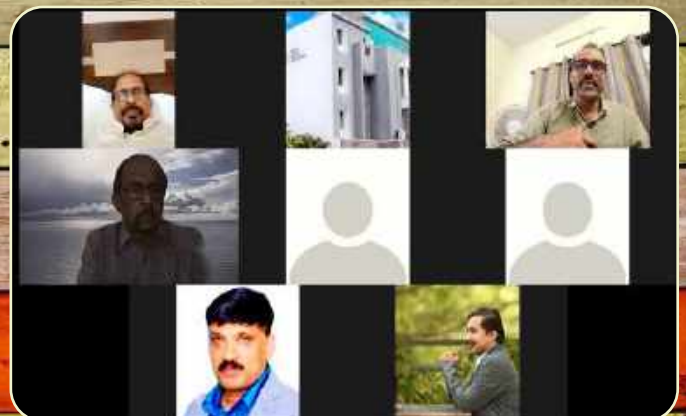
Act Force against violence on doctors
on 11.03.2022



Finance Committee Meeting
on 12.03.2022



UNICEF IMA CME Series on Covid 19 on
12.03.2022, 17.03.2022, 20.03.2022, 24.03.2022
& 26.03.2022



CGP Organising committee meeting
on 16.03.2022

State Activities....



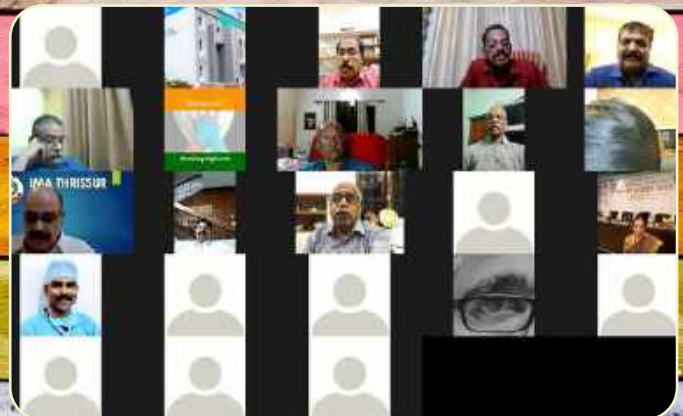
CGP Meeting on 17.03.2022



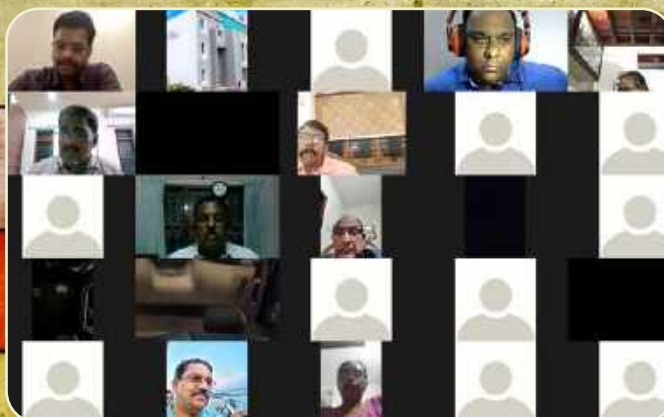
Discussion with SIB on 17.03.2022



Past Presidents Meeting on 19.03.2022



Awareness sessions on NABH Entry Level Certification for Hospitals - Mid Zone, North Zone & South Zone on 27.03.2022, 28.03.2022 & 31.03.2022



Sudden death-Newer perspectives - 30.03.2022



Our State Secretary Dr. Joseph Benaven at IKCL, His speech was very Motivational and he called upon the organising young team by their names and introduced and appreciated them.



Meeting of Core group of Employment Facilitation Committee, Committee for Small and Medium Hospitals and Hospital Board of India with MSME officials and Bankers.

INTERNATIONAL WOMENS DAY CELEBRATIONS @ IMA PERIYAR HOUSE

Dr. Beena IAS was the chief guest & Ms. Shani Pr bhakaran was the guest of honour. Dr. R. S. Sindhu, the first lady Gastro surgeon of Kerala was honoured. Secretary Dr. Liza Thomas rendered flag salutation and Chairperson Dr. K. N. Sobhana delivered welcome address. National WDW leaders Secretary Dr. Kavitha Ravi & Dr. Asoka Valsala, State WDW leaders, Chairperson Dr. Rajalakshmi, Vice Chairperson Dr. Hema Sasidharan, Secretary Dr. Sandhya Kurup & Dr. S. K. Rajeswari Amma were present. State President Dr. Samuel Koshy, State Secretary Dr. Joseph Benaven & President elect 2022 Dr. Sulphi Noohu spoke on the occasion.



INAUGURATION OF IMA COMMITTEE FOR MENTAL HEALTH AT KOZHIKODE

Committee for mental health activities are inaugurated by State President Dr. Samuel Koshy in presence of State Secretary Dr. Joseph Benaven. The project, Suraksha aimed for saving children and adolescents from drug abuse launched by State President followed by public awareness programme by Dr. Varsha Vidyadharan, Dr. P N Suresh Kumar and Dr. Sajeev Kumar.





ഓർമ്മയിൽ വിഷു

മേടത്തിലിന്നു ഞാൻ
മോഹപിരാവിന്റെ
തേരിൽ പറന്നു പോയ്
വിഷുകാഴ്ച കാണുവാൻ

നവമുഷ്പുലരിയിൽ
മോരംഭ നാളിൽ
ചൂടാണ്ട മാസത്തിൽ
വന്നെത്തും പൊൻവിഷു

വാടാതിരിപ്പൂണ്ടെന്നിൽ
പോയ കാലം കെയ്കൊണ്ട
കിനാവിൽ വരൻപത്തെ
പുവിട്ടൊരുല്ലാസങ്ങൾ

മഞ്ഞൾ കൊലുസിട്ട
കിങ്ങിണികൊന്നയിൽ
പ്രസാദം തൂവുന്ന
വേനൽ മഴതുള്ളികൾ

എന്റെ കൈരേഖകൾ
വെറ്റിലത്താളിൽ നീളെ
നൂറ് തേച്ചിന്നു ചാത്താടി
സൗവർണ്ണ സന്ധ്യയും

മേഘം കുറുത്തതും
കാറ്റൊന്നു തോറ്റതും
വേനൽ മഴയത്ത്
ചാടിതിമിർത്തതും

അമ്മതൻ ഉമ്മയിൽ
കോരിത്തരിച്ചതും
വിഷുകുണി കണ്ടതും
നാണയം കൈനീട്ടമായി
അച്ചൻ കനിഞ്ഞതും

പാതിരാപൂവിന്റെ
ഗന്ധത്തിലെന്നുടെ
പുത്ത നിശ്വാസങ്ങൾ
സൗരഭ്യമായതും

ഓർമ്മകൾ കാൽത്താരി
തീർക്കുമി കാലത്ത്
വിഷുവില്ല കനവില്ല
ബാല്യത്തിനഴകില്ല

പാതയിൽ തേടി ഞാൻ
വിഷുപക്ഷിയെങ്ങു പോയ്
ഭൂതകാലത്തിലെ
നെൽകതിരുമെങ്ങുപോയ്

കനകമായ് നിൽക്കുമോ
കതിരായ സ്നേഹവും
ഉലയാതെ വാഴുമോ
ഉണർവാലെ ദേഹവും

കനമുള്ള ലോകത്ത്
തകരാതെ പ്രദയവും
തല കുനിയും നേരത്ത്
പതറാത്ത മനനവും

മേടത്തിലിന്നു ഞാൻ
മോഹപിരാവിന്റെ
തേരിൽ പറന്നു പോയ്
വിഷുകാഴ്ച കാണുവാൻ



Dr Arif Ali Kolehhekkat
MB,MS,DLO,DNB,MNAMS,MRCs ENT (Ed)
Senior Specialist ENT Surgeon & OMSB ENT
Surgical trainer, Department of Surgery,
Sultan Qaboos University Hospital & Oman Medical
Specialty Board, Al Khoud, Sultanate of Oman.

District Level Sensitization Training for Doctors conducted in all the 14 districts of IMA Kerala State, organized by IMA HIV/AIDS Cell in Association with KSACS with more than 50 participants in each districts.



Thiruvananthapuram - 12.03.2022



Kollam - 08.03.2022



Alappuzha - 12.03.2022



Pathanamthitta - 12.03.2022



Ernakulam - 20.03.2022



Kottayam - 10.03.2022



Idukki - 16.03.2022



Thrissur - 17.03.2022



Palakkad - 18.03.2022



Malappuram - 16.03.2022



Kozhikode - 10.03.2022



Wayanad - 17.03.2022



Kannur - 13.03.2022



Kasaragod - 18.03.2022

EMERGENCY CARE & LIFE SUPPORT TRAINING

The State level Training of Trainers of Doctors on Emergency care and Life support was conducted on 20.03.2022 at IMA Periyar House, Aluva. The programme was inaugurated by IMA State President Dr. Samuel Koshy. Secretary Dr. Joseph Benaven, Vice President Dr. Gopikumar, Mid zone Joint Secretary Dr. Joy Manjila, Vice Chairman of ELS Dr Venu-gopal addressed the gathering. ELS Chairman Dr Sasidharan P made the welcome address and Convenor Dr Paul O Raphel gave the Vote of thanks. (130 doctors representing all the districts attended the training programme that took place from 08.30 am to 4.00 pm).

The aim of the ToT is to provide basic training in Resuscitation, Trauma care and First aid to doctors. These trained doctors will conduct district level training for doctors of all branches. Then branch level training will be conducted. Our aim is to create 5000 trained doctors in India - with the help, uniform training will be given to health care workers and common public. Aim of IMA is to make "Every Citizen a Life Saver".



Various aspects of the training were led by Dr Arif Thasleem, Dr Brijesh Varma, Dr Pushparaj, Dr Vinod S Nair, Dr Deepak Falgunan, Dr Binil Issac, Dr Paul O Raphel, Dr Koyakutty, Dr Shiju Stanley, Dr P P Venugopalan, Dr Dominic Palett, Dr E K M Abdul Nazar, Dr B Venugopalan, Dr Arun Krishna, Dr Athura Das, Dr Sakaria Baby and Dr Jaleel K B.





ആശുപത്രി സംരക്ഷണവും 'യിനാവോ' സംസ്കാരവും....



ഡോ. വി. ജി. പ്രദീപ് കുമാർ
മുൻ സംസ്ഥാന പ്രസിഡന്റ്
ഐ.എം.എ കേരള

ആശുപത്രികൾക്കും ആരോഗ്യപ്രവർത്തകർക്കും നേരെയുള്ള ആക്രമണവാർത്തകൾ ഇന്ന് ഒരു നിത്യസംഭവമായിരിക്കുന്നു. ഡോക്ടർമാർ ദൈവങ്ങളല്ലെന്ന് അസന്നിഗ്ദമായി പ്രഖ്യാപിക്കുമ്പോഴും രോഗി രക്ഷപ്പെടാത്തതിൽ കുറ്റാരോപിതരായി പ്രതികൂട്ടിൽ നിൽക്കേണ്ട അവസ്ഥയാണ് വൈദ്യസമൂഹം ഇന്ന് നേരിടേണ്ടിവരുന്നത്. അത്യാഹിത വിഭാഗങ്ങളിൽ എത്തിച്ചേരുന്ന രോഗിയുടേയും ബന്ധുക്കളുടേയും മാനസികാവസ്ഥ ചൂണ്ടിക്കാട്ടി രാഷ്ട്രീയ സാമൂഹ്യ പ്രവർത്തകർ ആശുപത്രി ആക്രമണങ്ങളെ ന്യായീകരിക്കുന്നത് അക്ഷന്തവ്യമായ അപരാധമാണ്. അടിസ്ഥാന സൗകര്യങ്ങളുടെ അപര്യാപ്തതകൾ, രോഗി ബന്ധുക്കളുടെ അമിത പ്രതീക്ഷ, ആശയ വിനിമയത്തിലെ ന്യൂനതകൾ എന്നിവയാണ് ആശുപത്രി ആക്രമണങ്ങൾക്ക് കാരണമായി പ്രധാനമായും ചൂണ്ടിക്കാണിക്കപ്പെടുന്നത്. അതീവ ഗുരുതരവും, അടിയന്തിര ചികിത്സ വേണ്ടതുമായ രോഗങ്ങളിൽ 20 ശതമാനത്തോളം മരണ സാധ്യത ഉണ്ടെന്നുള്ള വസ്തുത നാം വിസ്മരിച്ചുകൂടാ. രോഗി ബന്ധുക്കളുടെ വികാര വിക്ഷോഭങ്ങളുടെ പ്രതിഫലനം ഡോക്ടറുടെ നേരെയോ ആശുപത്രിക്ക് നേരെയോ അല്ല വേണ്ടത്. ഈ അടുത്ത കാലത്തായി കുവൈത്തിൽ നടന്ന

പഠനത്തിൽ 85% ഡോക്ടർമാരും ശാരീരികമായോ മാനസികമായോ ഉള്ള അക്രമത്തിനോ പീഡനത്തിനോ ഇരയായതായി കണ്ടെത്തിയിട്ടുണ്ട്. ഇതുമൂലം ഈ ഡോക്ടർമാരിൽ വിഷാദം, ഉത്കണ്ഠ, നിദ്രാഭംഗം, ജോലി ചെയ്യാതെ അവധിയെടുക്കൽ എന്നിവ കണ്ടെത്തിയതായി കാണുന്നു. കുവൈത്ത് സർക്കാർ ആശുപത്രികൾക്കു വേണ്ട സംരക്ഷണം ശക്തിപ്പെടുത്തുന്നതിൽ ഇത് ചെമ്പെത്തുകയുണ്ടായി.

ചൈനയിൽ 2012 മാർച്ചിൽ, 17 വയസുകാരനായ ഒരു രോഗി തന്നെ ചികിത്സിക്കുന്ന ഡോക്ടറുടെ സഹായികളായ ഡോക്ടർമാർക്കു നേരെ നടത്തിയ അക്രമം വളരെയധികം ചർച്ച ചെയ്യപ്പെട്ട ഒന്നാണ്. ചികി

ത്സയുമായി ബന്ധപ്പെട്ടിട്ടുള്ള അസന്തുഷ്ടിയാണ് ഈ ആക്രമണത്തിനു കാരണം. ഇതുപോലെ 2001 മുതൽ 2011 വരെ ചൈനയിൽ നടന്ന 124 അക്രമണ സംഭവങ്ങളിൽ 29 രോഗികളുടെ മരണങ്ങളിൽ 52 ഡോക്ടർമാർക്ക് ഗുരുതരമായ പരുക്കുപറ്റിയതായി ചൈനീസ് ഗവൺമെന്റ് രേഖകൾ വ്യക്തമാക്കുന്നു.

'യിനാവോ' സംഘങ്ങൾ:

ചൈനയിൽ ആശുപത്രി ആക്രമണങ്ങൾക്ക് നേതൃത്വം നൽകുന്നവരെ



‘യിനാവോ സംഘങ്ങൾ’ എന്നാണ് റിയപ്പെടുന്നത്. ഡോക്ടർമാരെയും, ആശുപത്രി ജീവനക്കാരെയും ഭീഷണിപ്പെടുത്തുക, ആക്രമിക്കുക, പണവും മറ്റുവസ്തുക്കളും പിടിച്ചുപറിക്കുക എന്നിവയാണ് ഇക്കൂട്ടരുടെ പ്രധാന പരിപാടികൾ. ചൈനീസ് സർക്കാർ ആശുപത്രിയിൽ മരുന്നുകൾ സൗജന്യമായി വിതരണം ചെയ്യുകയും അടിസ്ഥാന സൗകര്യങ്ങൾ വർദ്ധിപ്പിക്കുകയും ചെയ്തുകൊണ്ട് ആശുപത്രികൾക്ക് പരിപൂർണ്ണ സംരക്ഷണം ഉറപ്പുവരുത്തുകയും അക്രമികൾക്കെതിരെ കർശന ശിക്ഷാനടപടികൾ പ്രഖ്യാപിക്കുകയും ചെയ്തുകൊണ്ടുമാണ് ‘യിനാവോ’ സംഘങ്ങളെ നേരിട്ടത്.

ഇന്ത്യയിൽ 75 ശതമാനത്തോളം ഡോക്ടർമാരും തങ്ങളുടെ ജോലിക്കിടയിൽ ഒരിക്കലേങ്കിലും ശാരീരികമായോ മാനസികമായോ ഉള്ള പീഡനത്തിനു വിധേയരായവരാണെന്ന് ഇന്ത്യൻ മെഡിക്കൽ അസോസിയേഷൻ കണ്ടെത്തിയിട്ടുണ്ട്. മറ്റേതൊരു

ബാധിക്കുകയും ചെയ്യാം. ഉത്തരേന്ത്യൻ സമൂഹത്തിൽ ഈ അടുത്ത കാലത്തുണ്ടായ ആശുപത്രി അക്രമങ്ങൾ മെഡിക്കൽ സമൂഹത്തിൽ നിന്നും മനുഷ്യ സ്നേഹികളിൽ നിന്നും ശക്തമായ പ്രതിഷേധത്തിന് കാരണമായിട്ടുണ്ട്. മഹാരാഷ്ട്ര റസിഡന്റ് ഡോക്ടേഴ്സ് അസോസിയേഷനും ഇന്ത്യൻ മെഡിക്കൽ അസോസിയേഷനും നടത്തിയ 7 ദിവസത്തെ സമരം ഇതിനുദാഹരണമാണ്. രാജ്യത്തെ 19 സംസ്ഥാനങ്ങളിൽ വിവിധ രീതിയിലാണ് ആശുപത്രി അക്രമങ്ങളെ നിർവചിച്ചിട്ടുള്ളതും ശിക്ഷാവിധികൾ തീരുമാനിച്ചിട്ടുള്ളതും.

സാക്ഷരതയിലും, സാമൂഹ്യ ബോധത്തിലും മുൻപന്തിയിൽ നിൽക്കുന്ന സംസ്ഥാനമായ കേരളത്തിൽ സമീപകാലത്ത് ഉണ്ടായ ആശുപത്രി ഡോക്ടർ ആക്രമണങ്ങൾ ഉൽകണ്ഠാകുലമാണ്. ജീവിക്കുവാനും സ്വതന്ത്രവും ഭയരഹിതവുമായി തൊഴിൽ ചെയ്യുവാനുമുള്ള അവകാശം

റ്റവാളികൾക്ക് 3 വർഷം തടവും 50,000 രൂപ പിഴയും കൂടാതെ നാശനഷ്ടങ്ങളുടെ തുകയുടെ മൂന്നിരട്ടി നഷ്ടപരിഹാരവും നൽകേണ്ടതുണ്ട്. നിയമം നടപ്പിലാക്കുന്നതിന് ഫലപ്രദമായ ഇടപെടൽ അധികാരികളുടെ ഭാഗത്തുനിന്നും ഉണ്ടാകുന്നില്ല എന്ന വിമർശനം എല്ലാ സംസ്ഥാനങ്ങളിലേയും ആരോഗ്യപ്രവർത്തകരിൽ നിന്നും ഉയർന്നു വരുന്നുണ്ട്. ഏകീകൃതവും സുശക്തവുമായ ദേശീയ ആശുപത്രി സംരക്ഷണ നിയമത്തിന്റെ ആവശ്യകതയലേയ്ക്കാണ് ഇതെല്ലാം വിരൽ ചൂണ്ടുന്നത്. പ്രാദേശിക ജില്ലാതല ആശുപത്രി സൗഹൃദ കൂട്ടായ്മകൾ ഉണ്ടാകേണ്ടത് കാലഘട്ടത്തിന്റെ അനിവാര്യതയാണ്. ഗ്രാമീണ മേഖലകളിൽ സേവനം നടത്തുന്ന ചെറിയ ആശുപത്രികളും ക്ലിനിക്കുകളും അന്യമായ ഈ കാലഘട്ടത്തിൽ പൊതുജനാരോഗ്യമേഖല ശക്തിപ്പെടുത്തുന്നതിനും ഇത്തരം കൂട്ടായ്മകൾ കൂടിയേ തീരൂ. മെഡിക്കൽ സമൂഹ



തൊഴിൽ മേഖലയെക്കൊളും അനുധാവത പുലർത്തേണ്ടതാണെന്ന് ആശുപത്രികളും ചികിത്സാ മേഖലകളും. ഡോക്ടർമാർക്കും ആശുപത്രികൾക്കും നേരെയുള്ള കയ്യേറ്റങ്ങൾ ആരോഗ്യപ്രവർത്തകരുടെ മനോവീര്യം തകർക്കുകയും സങ്കീർണ്ണമായ രോഗങ്ങൾ ചികിത്സിക്കുന്നതിൽ നിന്നും മെഡിക്കൽ സമൂഹത്തെ പിൻതിരിപ്പിക്കുകയും ചെയ്യാം. കൂടാതെ ആശുപത്രിയിലുണ്ടാവുന്ന അക്രമങ്ങൾ നിസ്സഹായരായ, അടിയന്തിര ചികിത്സ കിട്ടേണ്ട രോഗികളുടെ ജീവനെ പ്രതികൂലമായി

ഇന്ത്യൻ ഭരണഘടന ഉറപ്പു നൽകിയിട്ടുള്ളതായിരിക്കെ ആരോഗ്യപ്രവർത്തകരെ തെരഞ്ഞുപിടിച്ചു ആക്രമിക്കുന്ന പ്രവണത ജനാധിപത്യ ധ്വംസനത്തിന്റെ മുർദ്ധന്യതയാണെന്നു പറയാൻ കഴിയും. യുദ്ധകാലങ്ങളിൽ പോലും ആശുപത്രി അക്രമണങ്ങൾ നിഷിദ്ധമാണ്. മുറിവേറ്റ ശത്രു സൈനികരെപ്പോലും ചികിത്സിക്കുന്നതിൽ ഡോക്ടർമാരും മറ്റു ആരോഗ്യ പ്രവർത്തകരും ഒട്ടും അമാന്തം കാണിക്കാറില്ല.

കേരളത്തിൽ 2012 ലെ ആശുപത്രി സംരക്ഷണ നിയമപ്രകാരം കൂ

ത്തിന്റെ ആത്മവിശ്വാസം വീണ്ടെടുക്കുന്നതിനും, ക്രിയാത്മകവും സൗഹൃദപരവുമായ അന്തരീക്ഷം നമ്മുടെ ചികിത്സാരംഗത്ത് നിലനിർത്തുന്നതിനും സർക്കാർ മുൻകൈ എടുക്കേണ്ട സമയം അതിക്രമിച്ചിരിക്കുന്നു. ഇതിലുള്ള അമാന്തം ഭാവിയിൽ നമ്മുടെ നാട്ടിലും ‘യിനാവോ’ സംഘങ്ങൾക്കുള്ള വഴി വെട്ടിത്തെളിയിക്കലാവുമെന്ന് കരുതേണ്ടിവരും...

ഉറങ്ങിയോ?



ഡോ. സുബ്ബി നൂഹു
സ്റ്റേറ്റ് പ്രസിഡന്റ് ഇലക്ട് 2022-2023
ഐ.എം.എ കേരള

ഡോക്ടറെ, ഇന്നലെ ഉറങ്ങിയോ?
അത്യാഹിത വിഭാഗത്തിലും
ഒ. പി യിലും എന്തിന്
ഓപ്പറേഷൻ തീയറ്ററിലും
ഡോക്ടറോട് ഇങ്ങനെയൊരു
ചോദ്യം ചോദിക്കാൻ പറ്റുമോ?
ചോദിക്കണമെന്നാണ് വിദഗ്ധ
മതം!

‘ഹൈവേ ഹിപ്പനോസിസ്’ എന്ന്
കേട്ടിട്ടുണ്ടാവും.

ചികിത്സിക്കുന്നതിനിടയിൽ
‘ഡോക്ടർ ഹിപ്പനോസിസ്’
ആയാലോ....

ദീർഘദൂരം ഹൈവേയിലൂടെ
വാഹനമോടിക്കുന്ന ഡ്രൈവർ
സ്വയം അറിയാതെ ഉറങ്ങി
പോകുന്ന അവസ്ഥയാണ് റോഡ്
ഹിപ്പനോസിസ്.

കണ്ണുകൾ തുറന്നിരിക്കും
കൈകാലുകൾ ചലിക്കും
പക്ഷേ ഉറക്കമാണ്.

എപ്പോഴാണ് തവിടുപൊടി

യായിയെന്ന് ചോദിച്ചാൽ മതി.

അതുപോലെ ചികിത്സയ്ക്കിട
യിൽ, കണ്ണുകൾ തുറന്നിരിക്കും,
കൈകാലുകൾ ചലിക്കും
പക്ഷേ ഡോക്ടർ ഉറക്കമാണ്

ഈ ചികിത്സ ജീവൻ എടുക്കും.
ഉറപ്പല്ലേ

റോഡിലെ ഒട്ടുമിക്ക അപകട
ങ്ങളുടെയും കാരണം റോഡ്
ഹിപ്പനോസിസ് ആണെന്ന് പറ
യപ്പെടുന്നു.

ഇതിനേക്കാൾ അപകടം
പിടിച്ച പണിയാണ് ഡോക്ടർമാർ
ഉറങ്ങാതെ, വിശ്രമമില്ലാതെ,
തുടർച്ചയായി ജോലി ചെയ്യുന്ന
അവസ്ഥ.

അതുകൊണ്ടുതന്നെ അടുത്ത
തവണ ഡോക്ടറെ കാണുമ്പോൾ
ഉറങ്ങിയോയെന്ന് ചോദിക്കണം.

എം.ബി.ബി.എസ് വിദേശ കോള
ജിലാണോ പഠിച്ചത്?

ഭാരതത്തിലെ ഏതു കോളേജിൽ

പഠിച്ചു?

ബിരുദാനന്തരബിരുദം പഠിച്ച
കോളേജ്?

പരിചയസമ്പത്ത് എന്താണ്?

ഡോക്ടറെ പറ്റിയുള്ള പൊതു
വേയുള്ള അഭിപ്രായം എന്താണ്?

ഇതൊക്കെ അന്വേഷിക്കുന്നതി
നോടൊപ്പം

ഇന്നലെ ഉറങ്ങിയോ?

ആഹാരം കഴിച്ചിരുന്നോ?

വിശ്രമം ലഭിച്ചുവോ?

എന്നൊക്കെ ചോദിക്കുന്നത്
സ്വന്തം ജീവൻ വളരെ നന്ന്.

രോഗിയുടെ രോഗലക്ഷണങ്ങൾ
രോഗിയെ പരിശോധിക്കുമ്പോൾ
കിട്ടുന്ന ചില സൂചനകൾ പരി
ശോധനാഫലങ്ങൾ എന്നിവ

യൊക്കെ കൃത്യമായി തലച്ചോറിൽ ഫീൽഡ് ചെയ്യപ്പെട്ടാൽ കൃത്യമായ രോഗനിർണ്ണയവും ചികിത്സയും കിട്ടും.

ഉറങ്ങാതെ വിശ്രമമില്ലാതെ ജോലി ചെയ്താൽ ഇതൊക്കെ തെറ്റി പോകാനുള്ള സാധ്യത ആയിരം മടങ്ങ് കൂടുതൽ.

8 മണിക്കൂർ ഉറക്കം.

കൃത്യസമയത്ത് ആഹാരം.

മറ്റ് മനുഷ്യ ജീവികളെ പോലെ തന്നെ മാനസിക ഉല്ലാസത്തിനും ശാരീരിക ഉല്ലാസത്തിനുമുള്ള സമയം, കുടുംബത്തോടും സുഹൃത്തുക്കളോടുമൊപ്പം സമയം ചിലവഴിക്കാൻ ഉള്ള അവസരം.

ആഴ്ചയിൽ ഒരു ദിവസം അവധി.

നൈറ്റ് ഡ്യൂട്ടി എടുത്താൽ അടുത്തദിവസം പരിപൂർണ്ണമായ ഓഫ്.

ഇതൊക്കെ മറ്റെല്ലാ മനുഷ്യർക്കും തൊഴിൽ വിഭാഗങ്ങൾക്കും ലഭിക്കുന്നതുപോലെ ഡോക്ടർമാർക്കും ലഭിക്കണം.

പി.ജി പഠനകാലയളവിലെ ജോലി ഭാരത്തെ കുറിച്ചുള്ള സമൂഹമാധ്യമങ്ങളിലെ ചർച്ചകൾ വളരെ ഇന്റ്രെസ്റ്റിംഗായി തോന്നി.

വിശ്രമവും ഉറക്കവും വളരെ വളരെ ആവശ്യം എന്നുള്ളതിന്



മറ്റൊരു പക്ഷമില്ല.

എന്നാൽ മെഡിക്കൽ വിദ്യാഭ്യാസം അത്ര എളുപ്പമുള്ള ഒരു പരിശീലന പരിപാടി ആണെന്ന് ആരും ധരിക്കേണ്ട.

എം.ബി.ബി.എസ് പഠന കാലയളവ് തന്നെ ലഭ്യമായ തിരക്കുള്ള മെഡിക്കൽ കോളേജുകളിൽ പഠിച്ച് വരും കാലങ്ങളിലെ കഠിന പരിശ്രമത്തിന് തയ്യാറെടുപ്പ് ഉണ്ടാകണം.

കഠിനമായി പരിശീലനം ലഭിക്കുന്നവർക്ക് തീർച്ചയായും അതിന്റെ ഫലം ഉണ്ടാകും.

ഉറപ്പ് .

അതിനർത്ഥം ഉറക്കം വേണ്ട.

വിശ്രമം വേണ്ട എന്നല്ല.

റോഡ് ഹിപ്പനോസിസ് ഒഴിവാക്കുവാൻ ധാരാളം മാർഗങ്ങൾ നിർദ്ദേശിക്കപ്പെട്ടിരിക്കുന്നു.

സാധാരണ ഉറങ്ങുന്ന സമയത്തുള്ള ഉള്ള ഡ്രൈവിങ് ഒഴിവാക്കുക

കൃത്യമായ ഇടവേളകളെടുക്കുക.

സഹയാത്രികരുമായി സംസാരിക്കുക തുടങ്ങി അനവധി മാർഗ്ഗങ്ങൾ.

ഡോക്ടർ ഹിപ്പനോസിസ് ഒഴിവാക്കുവാൻ ഒറ്റ മാർഗം മാത്രം.

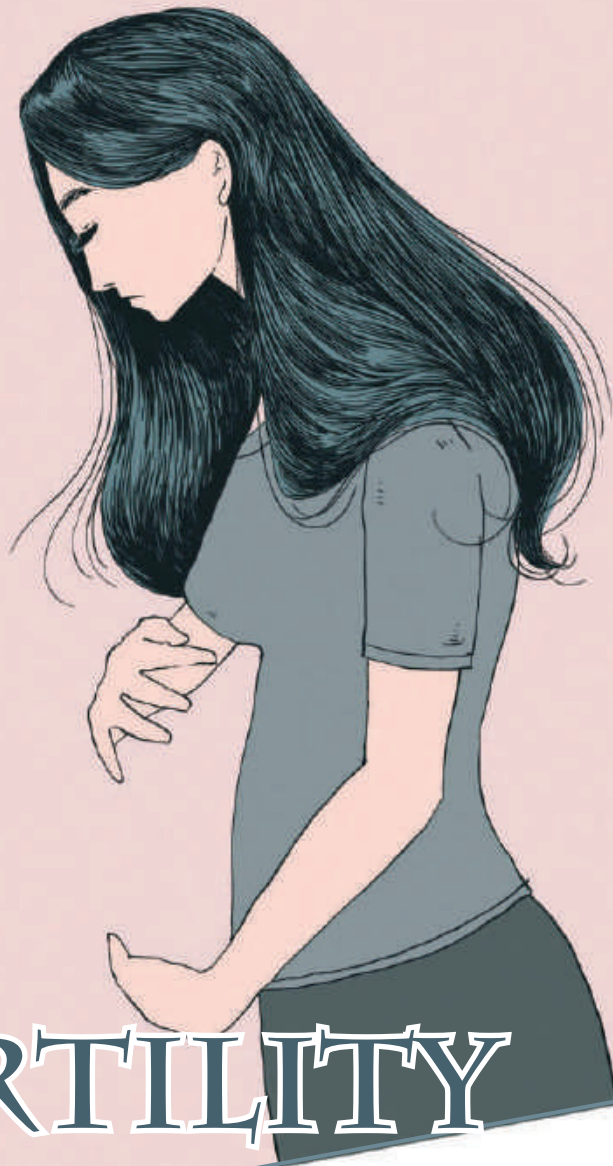
അവർക്ക് മതിയായ വിശ്രമം ഉറക്കം ആഹാരം മറ്റു ശാരീരിക മാനസിക ഉല്ലാസത്തിനുള്ള മാർഗങ്ങൾ എന്നിവയെല്ലാം ലഭിക്കുന്നുവെന്ന് ഉറപ്പാക്കുക.

ഇല്ലെങ്കിൽ സ്വന്തം ജീവൻ അപകടത്തിലാകും.

അപ്പൊ ഇനി ഡോക്ടറെ കാണുമ്പോൾ ഗൂഡ്മോണിങ് പറയുന്നതിനോടൊപ്പം ഇന്നലെ ഉറങ്ങിയോയെന്ന് ചോദിക്കണം

സ്വന്തം ജീവൻ രക്ഷയെ കരുതി.





INFERTILITY

Current Scenario



Dr. Anupama.R
Director and Chief Consultant
PRAN Fertility Centre, Trivandrum.
National Joint secretary,
Mission Pink Health of IMA.
Joint secretary, HBI
Past president, IMA TVM Branch

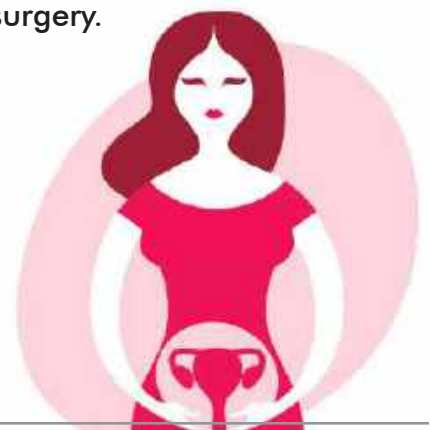
Healthcare providers consider a couple infertile if they try but fail to get pregnant within one year. When the woman is older than 35, the amount of time trying to conceive drops to six months for an infertility diagnosis. In women over 40, immediate evaluation is warranted. Infertility basically of two types. In Primary infertility a woman who was never pregnant and who can't conceive after one year of not using control. Secondary infertility occurs when a woman can't get pregnant again after having at least one successful pregnancy. Infertility affects millions of people of reproductive age

worldwide – and has an impact on their families and communities. Estimates suggest that between 48 million couples and 186 million individuals live with infertility globally.

In the male reproductive system, infertility is most commonly caused by problems in the ejection of semen, absence or low levels of sperm, or abnormal shape (morphology) and movement (motility) of the sperm. In the female reproductive system, infertility may be caused by a range of abnormalities of the ovaries, uterus, fallopian tubes, and the endocrine system, among others.

CAUSES OF FEMALE INFERTILITY

The tubal disorders such as blocked fallopian tubes, which are in turn caused by untreated sexually transmitted infections (STIs) or complications of unsafe abortion, postpartum sepsis or abdominal/pelvic surgery.



The uterine disorders which could be inflammatory in nature (such as endometriosis), congenital in nature (such as septate uterus), or benign in nature (such as fibroids). Often disorders of the ovaries, such as polycystic ovarian syndrome and other follicular disorders.

The disorders of the endocrine system causing imbalances of reproductive hormones. The endocrine system includes hypothalamus and the pituitary glands. Examples of common disorders affecting this system include pituitary cancers and hypopituitarism.

CAUSES OF MALE INFERTILITY

The obstruction of the reproductive tract causing dysfunctionalities in the ejection of semen. This blockage can occur in the tubes that carry semen (such as ejaculatory ducts and seminal vesicles). Blockages are commonly due to injuries or infections of the genital tract.

Common hormonal disorders leading to abnormalities in hormones produced by the pituitary gland, hypothalamus and testicles. Hormones such as testosterone regulate sperm production. Example of disorders that result in hor-

monal imbalance include pituitary or testicular cancers.

The testicular failure to produce sperm, for example due to varicoceles or medical treatments that impair sperm-producing cells (such as chemotherapy).

Conditions or situations that cause abnormal shape (morphology) and movement (motility) of the sperm negatively affect fertility. For example, the use of anabolic steroids can cause abnormal semen parameters such as sperm count and shape.

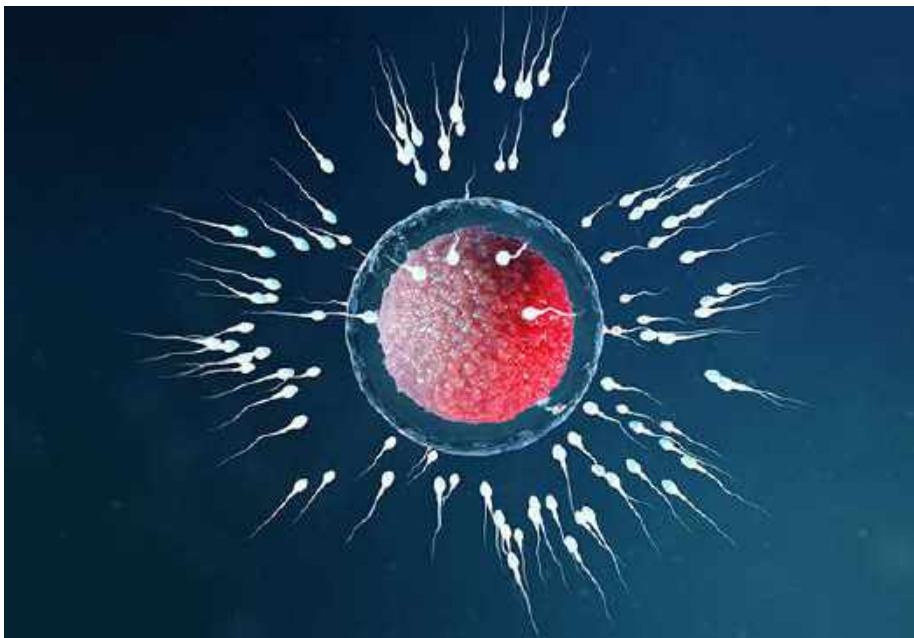
Environmental and lifestyle factors such as smoking, excessive alcohol intake and obesity can affect fertility. In addition, exposure to environmental pollutants and toxins can be directly toxic to gametes (eggs and sperm), result-

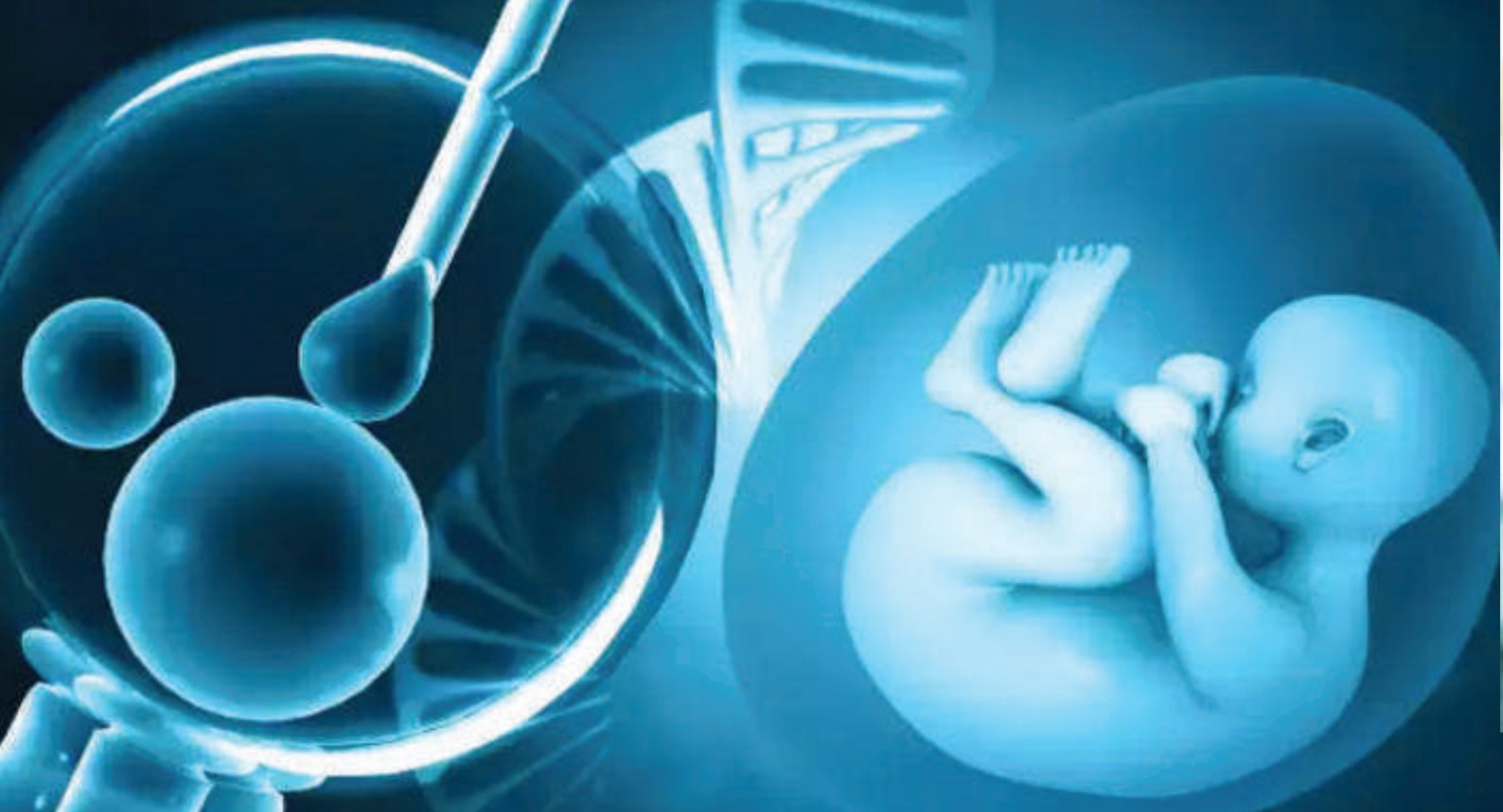
ing in their decreased numbers and poor quality, leading to infertility.

Every human being has a right to the enjoyment of the highest attainable standard of physical and mental health. Individuals and couples have the right to decide the number, timing and spacing of their children. Infertility can negate the realisation of these essential human rights. Addressing infertility is therefore an important part of realizing the right of individuals and couples to found a family.

WHY INFERTILITY IMPORTANT

A wide variety of people, including heterosexual couples, same-sex partners, older persons, individuals who are not in sexual relationships and those with certain medical conditions, such as some HIV Zero-discordant couples and cancer survivors, may require infertility management and fertility care services. Inequities and disparities in access to fertility care services adversely affect the poor, unmarried, uneducated, unemployed and other marginalised populations. Infertility has significant negative social impacts on the lives of infertile couples and particularly women, who frequently experience violence, divorce, social stigma, emotional stress, depression, anxiety and low self-esteem.





ADDRESSING CHALLENGES

Availability, access, and quality of interventions to address infertility remain a challenge in most countries. Diagnosis and treatment of infertility is often not prioritized in national population and development policies and reproductive health strategies and are rarely covered through public health financing. Moreover, a lack of trained personnel and the necessary equipment and infrastructure, and the currently high costs of treatment medicines, are major barriers even for countries that are actively addressing the needs of people with infertility.

While assisted reproduction technologies (ART) have been available for more than three decades, with more than 5 million children born worldwide from ART interventions such as in vitro fertilization (IVF), these technologies are still largely unavailable, inac-

cessible and unaffordable in many parts of the world, particularly in low and middle-income countries (LMIC).

To effectively address infertility, health policies need to recognize that infertility is a disease that can often be prevented, thereby mitigating the need for costly and poorly accessible treatments. Incorporating fertility awareness in national comprehensive sexuality education programmes, promoting healthy lifestyles to reduce behavioural risks, including prevention, diagnosis and early treatment of STIs, preventing complications of unsafe abortion, postpartum sepsis and abdominal/pelvic surgery, and addressing environmental toxins associated with infertility, are policy and programmatic interventions that all governments can implement.

In addition, enabling laws and policies that regulate third party reproduction and

ART are essential to ensure universal access without discrimination and to protect and promote the human rights of all parties involved. Once fertility policies are in place, it is essential to ensure that their implementation is monitored, and the quality of services is continually improved. New ART law has come up in India, but it has lots of pitfalls. The access to infertility services of genuine couple is blocked by new regulations. That needs more discussions and amendments.

Fertility care encompasses the prevention, diagnosis and treatment of infertility. Equal and equitable access to fertility care remains a challenge in most countries; particularly in low and middle-income countries. Fertility care is rarely prioritized in national universal health coverage benefit packages.

References:

1. *Obstetrics and Gynecology* by Beckmann 5 th Edition, 2006; Chapter 39 Infertility. Pages 384-395.
2. *Essentials of Obstetrics and Gynecology* by Hacker and Moore 4 th Edition, 2004; Chapter 35 Infertility and Assisted Reproductive Technologies. Pages 413-421. In the female reproductive system, infertility may be caused by:
3. World Health Organization (WHO). *International Classification of Diseases, 11th Revision (ICD-11)* Geneva: WHO 2018.



COMING TOGETHER IS A BEGINNING.....



Dr. Sonia Suresh
Consultant Physician
VSM Hospital, Mavelikara
President,
IMA Mavelikkara Branch

The Medical scene, greatly distressed by the pandemic and series of violent acts from the general public, still struggles to keep its morale up. These two years were such that not only us but the whole humanity would want these to be wiped out from the memory forever. And in these catastrophic times comes the news of suicide by a young gynecologist of Rajasthan who succumbed to the emotional pressures of the death of a young mother and the dirty drama that followed, with petty politicians encashing on the miserable event and the cascade of events that followed.

Yet another young life falling prey to the unforgiving and violent attitude towards the medical fraternity.

Isn't it time we looked into what goes wrong every time? Is it that we are ineffective communicators? Is it that we

perceive our support system to be inadequate? Is it that we are not able to weave ourselves in to the social fabric? Or is it that our own fraternity fails to express its solidarity enough in case of a calamity?

In the heart wrenching and at the same time thought provoking video of the husband of this young gynaecologist from Rajasthan who says "others will keep pecking at the grains till they go through the same misery".



We ought to have a renewed concern regarding the mental strength we provide as an organization to our fellow doctors who are in trouble, as we continue our fight for enactment of stricter laws to make hospitals protected zones and ensure the safety of doctors and other staff who work there.

Education, networking, improving industry standards, creating awareness regarding policy updates, helping the members secure jobs and above all inculcating a sense of camaraderie and intrinsic value are some of benefits proclaimed by any professional organization.

IMA as an organization should sound out itself whether these expectations are be-



STOP Violence Against Doctors

ing met and we as a part of it should seek within ourselves the answer to the question if we consider the organization to be fulfilling these expectations.

As for me the answer comes to be a big yes.

Although there is no undermining the importance of exclusively academics - oriented speciality organisations. But when it comes to learning to be an effective part of an organization, learning to work in a disciplined fashion with members across the specialities, handling professional mishaps of the colleagues effectively or just feeling the camaraderie IMA has no substitutes.

It is disheartening or rather contemptuous that the youngsters in the medical fraternity need to be canvassed and persuaded to join IMA.

They know not what they are missing out by staying out of the organization. As for me, the 2003 classic song conveys what an organisation does to an individual.

SCHEMES IMA KERALA



*'You raise me up, So I can
Stand on mountains....*

*You raise me up, to walk on
stormy seas....*

*I am strong when I am on your
shoulders....*

*You raise me up to be more
than I can be....'*

These lines, although written in the context of religious faith it conforms to what an effective organization does to an individual or group of individuals.

So let us be a part of an organization as mighty as IMA and let us strengthen it further.

Let us be an active part of IMA and if not breeze past at least let us manage to sail through the stormy seas and rough weather around us.

As the eternally relevant quote goes.....
Coming together is a beginning
Staying together is progress
And working together is success.

MISSION PINK HEALTH

IMA Kerala State

1. KASARGOD

11.03.2022: Adolescent Reproductive Health Awareness Class at Uduma GHSS Kasaragod reproductive awareness class by Dr. Maya Mallya.

14.03.2022: Adolescent Reproductive Health Awareness Class for plus two girls by Dr. Maya Mallya at Kasaragod GHS.

2. THALASSERY

02 to 21.03.2022: "Adolescent Reproductive Health Awareness Class" at GHSS Kadirur by Dr. Radhika Aravind. Conducted 25 Awareness classes in various schools in Thalassery.



08.03.2022: International Women's Day. Conducted Awareness class on Menstrual Hygiene and Physical Health by Dr. Dhanya Chandran.

16.03.2022: National Immunisation Day. Measles Day observation at FHC Muzhapilangad. Dr. Priya P R. took awareness class to Mothers and Bystanders of post LSCS ward GH Thalassery by Dr. Maya Jithin.

21.03.2022: Awareness class in FM Radio on Immunisation by Dr. Dilnath Kallat.

21.03.2022: Down Syndrome Day. IMA & IAP Thalassery conducted an Awareness class and Medical Camp at HOPE- Early Intervention Centre, Thalassery.

3. KUTHUPARAMBA

10.03.2022: Adolescent Reproductive Health Awareness Class by Dr. Chasma K, SWC at HS school Pala, Kakkayangadu.

4. KANNUR

10.03.2022: IMA Kannur branch conducted CME on obesity in adolescence in association with Mission Pink Health by Dr. Nandakumar, HOD dept of Paediatrics, Aster MIMS Kannur.

06 to 17.03.2022: Adolescent Reproductive Health Awareness Class. 17

Awareness classes conducted in various schools in Kannur.

5. KOZHIKODE

08.03.2022: Awareness Class on Gender Equality by MPH at Govt. Model HSS inaugurated by Dr. B. Venugopalan, Dr. Renuka N, Consultant Dermatologist gave the talk on Gender equality. Dr. Baby Supriya, Dist. Co-ordinator detailed the Mission the Pink project.

08.03.2022: Anaemia Detection Camp. Dr. Ajitha and Dr. Anjali spoke on the occasion.

16.03.2022: Adolescent Reproductive Health Awareness Class at BEM GHSS by Dr. Roby Prasad, General Practitioner.



21.03.2022: Talk on Reproductive health at GHSS Bepore by Dr. Bala Guhan.

23.03.2022: Talk on Reproductive health at BEM higher secondary school by Dr. Roby Prasad.

6. KOYILANDY

08.03.2022: Class on Gender Equality and Menstrual Hygiene to NSS unit KPMS HSS Urallur, Arikkulam by Dr. Swapna MPH co-ordinator, Koyilandy.

7. KODUNGALLUR



Released a magazine named "Thoolika", (written by the members) was released on the international women's day. 18 scientific articles were included in it.

8. COCHIN

08.03.2022: Awareness Program on Menstrual Hygiene by Dr. Gracy Thomas at Govt Children's Home & Govt girls' hostel Kakkanad.

09.03.2022: Adolescent Health Class by Dr. Gracy Thomas at Govt. Higher Secondary School Thripunithara. 150 students attended.

11.03.2022: Talk on Invisible Boundaries by Dr. Gracy Thomas at Albertian Institute of science and technology. 100 students attended.

16.03.2022: Adolescent Health Class by Dr. Gracy Thomas at Govt Higher Secondary School Poothrikka.

9. NEDUMBASSERY

18.03.2022: Conducted a programme to relaunch event of MPH for Woman's program in Oman, in a glittering ceremony on the premises of Al Nahda Resort & Spa, Barka-Oman, inaugurated by State President Dr. Samuel Koshy and Secretary Dr. Joseph Benaven. In a unanimous decision by IMA Nedumbassery Executive Dr. Shifana A U took charge



as coordinator of the Mission Pink Health for Woman program for the branch.

10. NORTH PARAVUR

14.03.2022: Conducted Adolescent health education class to students of plus one class at St Albert's boys' higher secondary school, Ernakulam.

15.03.2022: Anaemia Detection Camp at Sree Narayana Higher Secondary school North Paravoor led by Dr. Gopinath.K.G & Dr. Swapna Bhasker, MPH Coordinator. Awareness class regarding the importance of early detection of Anemia and "Anemia Mukth Bharath" Campaign by Dr. Gopinath.



15 & 16.03.2022: Adolescent Health Education for students.

23.03.2022: Reproductive health Awareness Class by Dr. Swapna Bhasker, at FMCT Higher Secondary School.

25 & 26.03.2022: Talk on Menstrual Health by Dr. Leeba for students.

11. THODUPUZHA

09.03.2022: Women's Day Special programme. Talk on work life balance for women attended by 34 people.

12. KOTTAYAM

05.03.2022: A webinar on Reproductive Issues in Young women was conducted by Dr. Sathi M S.

29.03.2022: A Webinar on Menstrual Hy-

giene was conducted at Kudamaloor Forane Church by Dr. Preeti Korah.



29.03.2022: A session on Break the Bias-Theme of women's day celebration was taken by Dr. Usha Poothiode.

13. VAIKOM

Conducted class on adolescent health care to first- and second-year students of BCF college of Nursing and to students of Zenaida high school.

14. KAZHAKOOTTAM

17.03.2022: An Awareness class on Menstrual Hygiene was organized by, South Zone of MPH on at Govt. HSS, Kazhakuttom. Dr. Thanooja S, Associate Professor, Dept. of Obstetrics & Gynaecology and MPH coordinator, was the faculty of the program.

23.03.2022: Awareness class on Cyber-crime and Drug abuse was jointly organized by MPH & Vimukthi Club of Higher Secondary school, conducted in the Govt. HSS, Kazhakuttom. Dr. Thanuja, MPH Coordinator welcomed the students and teachers. Dr. Bindusha, MPH coordinator and Dr. Riaz I, IMA, Kazha-

kuttom EB member also attended the program. The awareness class was taken by Mr. Rishiraj Singh, IPS, Former DGP, Kerala. The class was 'on cybercrime and drug abuse'.



15. NEDUMANGAD

02.03.2022: Talk on the path to a better womanhood. Seminar was organized & presided by Dr. Mohammed Asharaf, President, inaugurated by Smt. Razee-na, Principal Iqbal HSS, Peringammala.



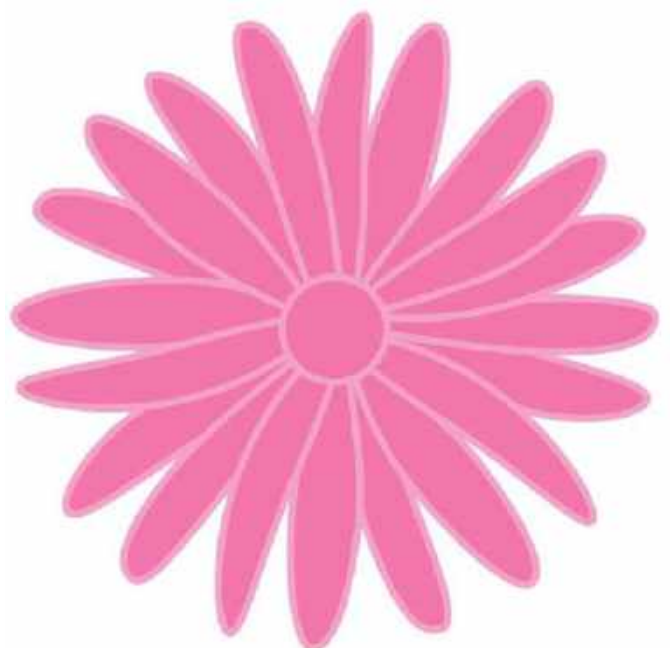
16. NEMOM

30.03.2022: Sensitization session for adolescents under Mission Pink Health Programme organised by the WDW. Organised a sensitization session to the exam going students of Government Girls Higher Secondary School, Malayinkeezhu on "Tips and tricks to overcome exam related anxiety" by Dr. Unnikrishnan R Nair of the District Mental Health project led the session.

11.03.2022: 'Talk on Menstrual Hygiene' inaugural address was followed by the talk by Dr. Swapna S Kumar, SZ Conve-nor MPH; chaired by Dr. Hema Francis.

15.03.2022: Talk on How to overcome Exam stress by Dr. Sagar.T, Consultant Psychiatrist, Mental Hospital Trivandrum.

16.03.2022: Talk on Menstrual Hygiene by Dr. Swapna S Kumar.



WOMEN DOCTOR'S WING



IMA Kerala State

1. MADHYA KERALA

03.03.2022: Executive Committee Meeting.

06.03.2022: International Women's Day Celebrations. Dr. Beena IAS was the chief guest & Ms. Shani Prabhakaran was the guest of honour. Dr. R. S. Sindhu, the first lady Gastro surgeon of Kerala was honoured. Secretary Dr. Liza Thomas rendered flag salutation and Chairperson Dr. K. N. Sobhana delivered welcome address. National WDW leaders Secretary Dr. Kavitha Ravi & Dr. Asoka Valsala, State WDW leaders Chairperson Dr. Rajalakshmi, Vice Chairperson Dr. Hema Sasidharan, Secretary Dr. Sandhya Kurup & Dr. S. K. Rajeswari Amma were present. State President Dr. Samuel Koshy, State Secretary Dr. Joseph Benaven & President elect 2022 Dr. Sulphi Noohu spoke on the occasion.



07.03.2022: Honour to Dr. S. K. Rajeswari Amma by Kerala Action Force, Anwar

Memorial Palliative Care, WDW Madhyakerala & St. Xavier's NSS Unit in connection with International Women's Day, for her untiring service activities in the sociocultural arena.

08.03.2022: Dr. S. K. Rajeswari Amma attended International Women's Day program of National WDW & inaugurated the program of Kutumbasree Sreemoolanagaram.



10.03.2022: PFT Camp.

15.03.2022: Dr. S. K. Rajeswari Amma, was the guest of honour of International Women's Day celebration of IMA WDW Karnataka State Branch.

21.03.2022: Dr. Sunita Daniel conducted an awareness class on early Cancer screening and treatments for the public on Google meet, organized by Hrudayapaksham Pain & Palliative Care,

in association with Doctors Hospital & Karkinos Health Care.



2. TRIVANDRUM

06.03.2022: Inauguration and flag off of Women Doctors Health Caravan at IMA Hqs by Dr. Prasanth. C.V, in connection with the International Women's Week. Dr. Sreejith.R, Dr. Ajith , Dr. Swapna, Dr. Thankam D and Dr. Amba were attended.



Program 2



07.03.2022: Health Caravan to GG Hospital. WDW in association with GG Hospital TvpM conducted HEALTH CARAVAN health check-up for Women Members. Dr. Arun.S.V, Dr. Siby Kurian Philip, Dr. Thankam D, Dr. Dakshina and Dr. Amba were present.

08.03.2022: Hearing the Legends; Honouring Lady Legends of IMA TvpM, flag salutation and warm Welcome by Dr. Veena Sreejith & Presidential address by Dr. Prasanth CV.

09.03.2022: IMA Aarogyam Aanandam program had inspiring excellent sessions on Women's Week by Dr. Sandhya kurup and Dr. Prameela Devi.

10.03.2022: Conducted a poster design competition for the members on women's day with theme BREAK THE BIAS.

11.03.2022: Conducted health check-up for Women Members at SK Hospital.



22.03.2022: Health awareness sessions for Student police cadets of Cotton hill GGHSS. Program was inaugurated by Mr. Dharmajith P.S, Station house officer - Museum police station. Sessions on Sexual and Reproductive health by Dr. Meena Krishnan and on Dreams by Mrs. Anjali Prasad, made the program lively.

30.03.2022: Medical camp was conducted at Malayinkeezhu anganwadi by Dr. Thankam D. Free Blood check-ups. Conducted an awareness session on 'Nutrition and Immunization' by Dr. Meena Krishnan.

3. VATAKARA

08.03.2022: Prize distribution for the winners of poster competition on World Cancer Day.

13.03.2022: International women's day was celebration as online, inaugurated by Dr. Sandhya Kurup & addressed by chief guest Prof. Rajasree R (Novelist).

Cultural events by the members organized.



An interactive session was conducted for the health care professionals of Asha hospital, Vatakara on the topic "WORK LIFE BALANCE" by Ms. Haritha K clinical psychologist IMHANS Calicut.



As a part of enforcement and empowerment of adolescent girls, conducted a class by Dr. Bijina K D attended by 200 girl students.

A "REELS" competition was held for the members of WDW of Vatakara on the theme BREAK THE BIAS. Prize distribution was done on women's day celebration.

4. KUNNAMKULAM

06.03.2022: International Women's Day. Dr. Geetha Devi participated in the Celebrations conducted by WDW.



08.03.2022: Dr. Geetha Devi observed International Women's Day at her Clinic. Conducted classes on Breast cancer CA cervix and Anaemia taken for the patients and pamphlets given to them.

5. DESINGANAD

06.03.2022: Conducted Emergency Life Support Training at Palliative Hall, Dr. P Sasidharan was the Trainer.

08.03.2022: Online Cancer Awareness Class in association with IRIA and Y's men's club of Quilon West by Dr. Safi Salim.

08.03.2022: Medical Camp and CPR certification class at ESIC Alappuzha by Dr. Cini Priyadarsini V A.

Arranged HIV/AIDS sensitisation training programme in association with District Committee and KSACS coordinated by Dr. Syam N.

Women's Day celebration and awareness class on Cancers in Females by Dr. Reena N R in association with Vanitha Samrakshana Samithy, Pattathanam.

Conducted online Menstrual Hygiene and Menstrual Cup awareness class by Dr. Reena N R in association with JCI Vaikom Yuva.

12.03.2022: Conducted Adolescent Reproductive Health class by Dr. Bindu Mary Francis at TKDM School, Kollam.

30.03.2022: Observed World Bipolar Day. Conducted webinar on "Bipolarity- Relevance in Clinical Practice" in association with Kollam Psychiatric Society by Dr. Harish M Tharayil.

31.03.2022: Candle Light Solidarity.



6. KONDOTTY

08.03.2022: International Women's Day, WDW Kondotty branch was installed by our beloved Chief Guest WDW State Secretary Dr. K Sandhya Kurup. Lot of cultural programmes were conducted by WDW family members. Around hundred family members participated. Function ended up with grand dinner.



Candle Light Solidarity to Dr. Archana Sarma.

7. KOZHIKODE

04.03.2022: Observation of World Obesity Day, in association with IAP & Women's Wing. Speaker: Dr Vidhu Ashok & Felicitation: Dr Sandhya Kurup.

04.03.2022: Executive meeting.

06.03.2022: Attended the WDW State Meet.



07.03.2022: International Women's Day. Seminar on Women Empowerment Cultural Performance by LGBTIQA +

Community IMA Hall, Kozhikode.



15.03.2022: Class on Adult Immunisation by Dr. Neeraj.

21.03.2022: Talk on Reproductive Health for the students of Beypore GHSS, Calicut by Dr. Bala Guhan.

31.03.2022: World Down's Syndrome Day. Public awareness class including the parents of Down's children by Dr. Shaji Thomas John.

8. NORTH PARAVUR

08.03.2022. Women's Day Activity. Class on Menses and Menstrual Hygiene at SMHS School, Cherai by Dr. Leeba Manoj.



12.03.2022: Women's Day Celebrated, welcome speech by Dr. Vrinda Nair, inaugurated by Dr. K G Gopinath & Chief Guest was Dr. Abdul Wahab. Guest

Speaker Prof. Seena M Mathai spoke on the topic "Woman Empowerment".

22.03.2022: Conducted Pap Smear Camp in association with Inner Wheel Club, Muzris city inaugurated by Dr. K G Gopinath.

9. PERINTHALMANNA

03.03.2022: In connection with International Women's Day, a session on Empowering Girls, "Gender equality today for a sustainable tomorrow", at Govt Girls Higher Secondary School by Dr. Febeena Seethi and Dr. Rema Krishnakumar.

03.03.2022: Night Walkathon.

06.03.2021: WDW members actively participated in the state & National IWD celebration at Aluva.



08.03.2022: Awareness class for women on legal issues in association with municipality arranged an awareness class on legal rights and issues for women by Advo. Indira Nair.

08.03.2022: WDW along with Moulana Hospital and Oncology Wing of Aster MIMS conducted an awareness session on early detection of cancer for the students of Cherpulassery College of Science and Technology for Women.

08.03.2022: In association with Craft Hos-

pital, conducted a free medical camp for women on the occasion of International Women's Day.

08.03.2022: International Women's Day Celebration inaugurated by State President Dr. Samuel Koshy & chief guest was Dr. R Renuka and Guest of honour was Mrs. Sreela Nallem, Professional Dancer & cine Artist.

10.03.2022: World glaucoma week celebration was arranged at govt hospital by conducted an awareness session about glaucoma and free check-up by Dr. Smitha.

24.03.2022: Conducted an Awareness session on importance of early detection and treatment of TB for general public at DH by Dr. Kavitha in connection with World TB Day. Dr. Asha Krishnan conducted awareness session on methods of spread of TB and symptoms. Dr. Bavitha V took a session on importance of early case finding and treatment of TB for Asha Workers.

10. NEDUMANGAD

02.03.2022: International Women's Day, in association with Souhrida Club, Higher Secondary Education, conducted a class on "The path to a better womanhood" for adolescent girls at Iqbal HSS, Peringamala.

04.03.2022: As a part of Women's Day Celebration, conducted a class on the topic "Empowering the Mothers for stress free parenting for mothers of High School students of V K Kani High school, Panacode, Vithura.



07.03.2022: In association with BEJA Model College of Arts and Science College, Kasaragod conducted an awareness class on Breast Cancer through Google Meet.

07.03.2022: In association with Women's wing Nethaj Library, Mangalakkal conducted an awareness class on breast cancer, Breast Cancer screening (i-breast Exam) and honoured Asha workers at KGKP Hall, Kattakada.

11. VALLUVANAD

07.03.2022: WDW Installation ceremony was conducted on the same day with chief guests, Dr. Hema Sasidharan and Dr. Asokavalsala. Honoured HARITHASENA members of Ottapalam municipality by giving uniforms for 41 members & conducted a talk on menstrual irregularities, PCOD, vaginal infection and to the "THANAL" girls home.



12. PERUMBAVOOR

03.03.2022: World Obesity Day awareness class at Sanjoe hospital by Dr. Uma Nair and a trip to Munnar was organised.

06.03.2022: Participated in WDW Kerala state's women's day celebration.

13. NEDUMBASSERY

18.03.2022: Conducted a programme to relaunch its Woman Doctors Wing (WDW) - Oman in a glittering ceremony on the premises of Al Nahda Resort & Spa, Barka-Oman, inaugurated by State President Dr. Samuel Koshy and Secretary Dr. Joseph Benaven.

Dr. Lekha Gopal as Chairperson-WDW and Dr. Beena Harikrishna as Secretary-WDW were unanimously appointed to steer & lead WDW this year. Dr. Lekha Gopal briefed all the attendees with an overview of WDW and the way forward henceforth in dispensing its responsibilities towards the community at large in Oman.



A motivational class Dare to Dream was conducted by eminent Entrepreneur and Business Life Coach Mrs. Farzeen Ashik for the benefit of all the attendees present. All founder & past executive members of WDW were felicitated and draped with a ponnada on the occasion of International Woman's Day.

19.03.2022: WDW re-launch program, a special Yoga cum Zumba session was conducted for all the WDW members and their daughters by a certified trainer Miss. Soumya.

14. THALASSERY

18.03.2022: State President Dr. Samuel Koshy, State Secretary Dr. Joseph Benaven and team were greeted by a Blue Wave (Tharangam) of WDW members, all in blue attire. Inaugurated new

service project Vasthra by Dr. Samuel Koshy.



05.03.2022: Swayam - Cancer Awareness class for Kudumbasree and CDS members of Mattanur Municipality.

08.03.2022: Beach Walkathon to Muzhapilangad drive in beach Chief Guest: Mrs. Anukumari, IAS, Sub Collector, Thalassery.

Dr. Suchitra Sudhir was invited to inaugurate the Annual Conference of Jwala.



Dr. Suchitra Sudhir, attended the State Meeting of Lions at Trivandrum and gave a speech on Family and Women involvement in Social Service Organizations. Dr Mini Balakrishnan, speak on 'Health and Happiness in Women' at a Lady Lions Forum meet.

15. KOTTAYAM

03.03.2022: International Women's Day Celebrations presided by President Dr. Bipin Mathew. WDW President Dr. Preetthy Korah, WDW State Chairperson Dr. Rajalakshmi, IMA Secretary Dr. Ganesh Kumar, WDW Secretary Dr. Neetha Alice Paul participated. Inauguration and Women's Day Message by Hon. District Collector Dr P.K.Jayasree IAS.



27.03.2022: Conducted a class on Adolescent Changes, Menstruation & Associated Problems, PCOD, Pre-Menstrual syndrome Hepatitis, Rubella, HPV Vaccines, Vaginal infection at Govt Higher Secondary School, Kurichy by Dr. Neetu Paul, Secretary.

29.03.2022: WDW, Kottayam wing conducted a Programme called 'Break the Bias.' Dr. Preetthy Korah conducted a speak up on 'Importance on Adolescent Health issues' Menstrual Hygiene and the use of Menstrual Cups in the present scenario'.

16. ALAPPUZHA

10.01.2022: Zoom meeting as part of celebration of International Women's Day Topic: "WORK PLACE HARASSMENT" by Smt. R. Sreelekha IPS.

17.01.2022: Participated in the Executive Meeting.

17. PALA

09.03.2022: WDW in association with Rotary Club Pala conducted a program to mark Women's Day. Talk on 'safety' by Pala Police SI Thomson and 'Women's rights' by Adv. Geetha & 'Work life balance' by Psychologist Remya Elizabeth.

18. KASARAGOD

1st To 8th March 2022: WDW arranged a Zumba dance training program in connection with women's day.

08.03.2022: WDW donated chappals to all the inmates of Mahilamandir Paravanadka Kasaragod on the International

Women's Day.

08.03.2022: WDW Kasaragod in association with IMA Honoured District Collector Mrs. Bhandary Swagath Ranweerchand IAS on the International Women's Day.

08.03.2022: WDW Kasaragod in association with IMA Celebrated international women's day at Cosmos Club.



11.03.2022: Conducted Reproductive Health Education to plus to Students of GHS Uduma by Dr. Maya Mallya.

13.03.2022: In association with IMA conducted Obstetric and Gynaecological Society, Malabar Cancer Society, Shri Marathi Samaja Seva Sanga. Sri Marathi Charitable Trust, and Shri Sharadha Marathi Mahila Veda a free Cancer Awareness and Screening, life style diseases screening camp at Perla Marathi Boarding Hall.

14.03.2022: Conducted Reproductive Health Awareness Class.

22.03.2022: Ground water "Making the Invisible Visible" Highlighted importance of Ground water conservation and importance of Saving every drop of water.

19. MALAPPURAM

06.03.2022: International Women's Day – WDW Kerala Meet.

13.03.2022: WDW and IMA celebrated International Women's Day inaugurated by Smt. Nazeera (District and Sessions judge), Chief guest was Smt. Rafeeqa (District panchayat president) and the guest of honour Dr. Renuka (DMO, Malappuram).

16.03.2022: HIV/AIDS training programme chaired by Dr. Asoka valsala & Dr. Joju Pomson presented the topic.

27.03.2022: Free Eye Camp at Cooperative Hospital Malappuram.



20. KAZHAKOOTTAM

05.03.2022: International Women's Day. Awareness Session on Breast & Cervical Cancer by Dr. Thanooja S. Webinar on Work Life Balance for Asha workers; Chief Guest: Dr. Asha, District Programme Manager, Moderator: Dr. Nazeema; Speaker: Dr. Susha.

08.03.2022: Cultural meet for IMA Women members at Hotel Hycinth. Dr. Kalpana Gopan, conducted awareness session for Kudumbasree women on 'Cancer in Uterus' & Dr. Chithra L.R, took an awareness session on 'Women Health' for Kerala State Electricity Board Engineers' Association.



25.03.2022: An awareness class on Tuberculosis for the Staff of Government Taluk Hospital by Dr. Vineetha.

27.03.2022: Dr. Rajathilakam N.K, took a session on Persistent Cough, Post Covid-How to manage.

21. PANOOR

18.03.2022: Established WIMA wing at State President's Yathra-2022 Tharangam. State President Dr Samuel Koshi inaugurated WIMA wing. Dr. Aneesa selected as President and Dr. Sruthi as WIMA secretary.

31.03.2022: Conducted First Meeting, through online.

22. THODUPUZZHA

09.03.2022: International women's day message by prof. Jessy Antony.

12.03.2022: Talk on work life balance for women by Dr. Amala J.

23. IRINJALAKUDA

06.03.2022: Installation of WDW. Conducted an online speech video competition on oral health day.

24. COCHIN

06.03.2022: International Women's Day. Breaking the Bias programme was organised by WDW & actively participated and performed Dandiya dance.



08.03.2022: International Women's Day,

a walkathon was organised at IMA house. Dr. Mariya Varghese gave an awareness talk on breaking the bias and gender equality.

08.03.2022: Awareness programme on menstrual hygiene was conducted at Government Children's Home Kakkanad.

11.03.2022: A talk on "Invisible Boundaries" by Dr. Gracy Thomas.

12.03.2022: As a part of Cancer control initiative by WDW IMA Kochi "Fiercely Feminine" a 4-part series of cancer awareness short films by Senior Consultant Breast and Gyn Onco-surgeon Dr. Michelle Aline Antony was launched at Lulu mall Kochi.

16.03.2022: Adolescent health education in Government higher secondary school by Dr. Gracy Thomas and team.

17.03.2022: Monthly WDW online meeting. Scientific talk sessions on "Why women need to still prove themselves?" by Dr. Maria Varghese. "Break the bias" by Dr. Neena Joseph, faculty at Institute of Management in Government Trustee-SAKHI women's resource centre. Cancer awareness and screening camp was organised at Kumbalangi by WDW IMA Kochi team members and COGS.

18.03.2022: An awareness class for drivers in CIAL was organised on World Sleep Day.

Talk by Dr. Rekha John Zacharias on importance of vaccination in children in 24*7 news channel.

27.03.2022: Cancer awareness programme and a pap smear medical camp at Arthukal Cherthala by Dr. Lisamma.

20.03.2022: World TB Day observation and post covid medical camp at Kuzhippilly Gramapanchayath and had also took an oath on TB elimination.

25. KOLENCHERY

The WDW of IMA Kolenchery inaugurat-



ed on the eve of International Women's Day at the MOSC Medical College auditorium by Dean Dr. K.K.Diwakar. Dr. Shaloo Ipe warmly introduced the Chief guest. The guest of honour Dr. Sheeba K M delivered an insightful and thought provoking session on gender inequality and discrimination.

24.03.2022: Cancer awareness camp conducted at the Community Health Centre Vengola. Dr. Rakhee chaired the session and Dr. Joicy Els Jojo of Surgery department gave a talk to around 40 participants which included Asha workers, ICDS volunteers and CHC staff.

26. CHENGANNUR

08.03.2022: Conducted an awareness class on Female Reproductive System and Menstrual hygiene at Puthankavu Government Higher Secondary School.



27. PATTAMBI

06.03.2022: Attended WDW State Meeting held at IMA Periyar House.

30.03.2022: World TB Day Awareness Class for anganawadi workers at Kop-pam by Dr. Geetha accompanied by Dr. Febin and Mrs. Hanan.



28. MUVATTUPUZHA

07.03.2022: International Women's Day, WDW in association with IMA and KG-MOA conducted an awareness class on Breast Cancer. Welcome address by Dr. Dhanya.



Awareness class on pathogenesis of breast cancer and needle biopsy technique was taken by Dr. Sali Kurian, Pathologist. Class on clinical presentations of breast cancer and different stages of cancer and different modalities of cancer treatment was taken by Dr. Somi Anil, Medical Oncologist.

29. KODUNGALLUR

08.03.2022: Celebrated International women's day. Had release of 2nd edition of Thoolika magazine (a magazine written by our own members).

30. NEMOM

07.03.2022: International Women's' Day. Dr. Leena Ratnam Chairperson, delivered a talk on the slogan of the day. Dr. Geetha, consultant gynaecologist delivered a health awareness talk about common cancers and symptoms in women.



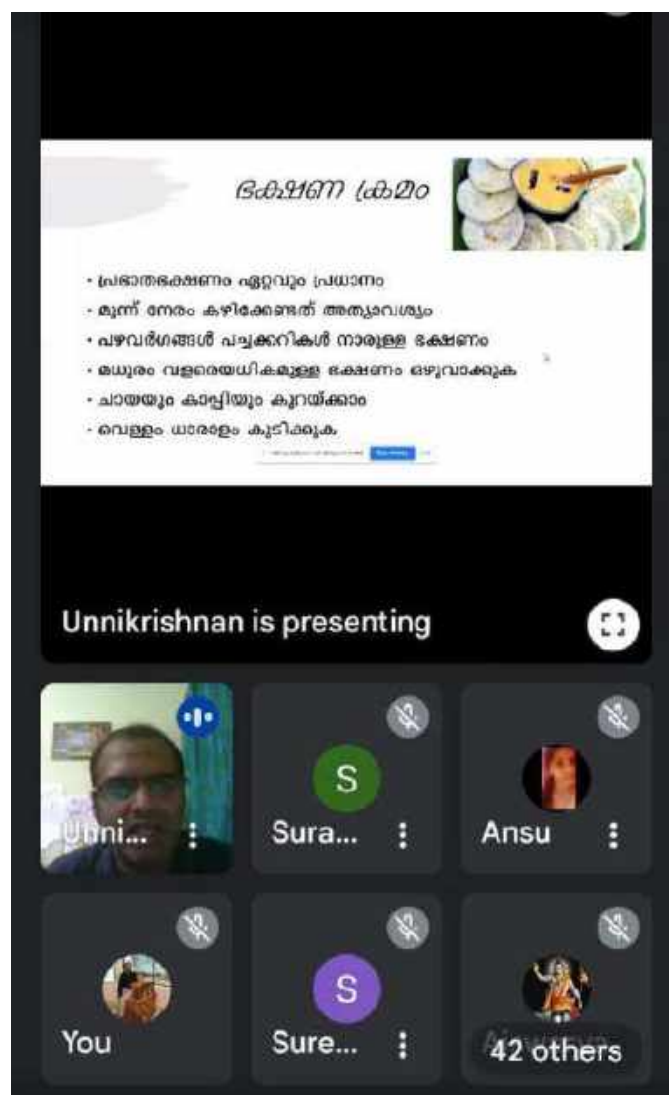
08.03.2022: Medical Camp at NIMS Medicity. The Super speciality camp was organised under the leadership of Dr. J Indira Amma, gave awareness class about Breast & Cervical Cancers & the importance of early detection & management. Smt Sobha Satheesh in her reply speech, made the importance of Women Empowerment & the importance of Ladies in the Society.



17.03.2022: Inauguration of Cultural Wing and Family Get together, inaugurated by famous Cine Serial Artist Smt. Uma Nair.



30.03.2022: Sensitization session for adolescents under Mission Pink Health Programme organised by the WDW, organised a sensitization session to the exam going students of Government Girls Higher Secondary School, Malayinkeezhu on "Tips and tricks to overcome exam related anxiety" by Dr. Unnikrishnan R Nair.



BRANCH ACTIVITIES

March 2022



1. BALUSSERY

05.03.2022: General Body Meeting discussed organization matters and membership promotion. CME on Hyponatremia its presentation, causes and management by Dr. Devadas.

10.03.2022: AIDS Awareness Program and DC.

22.03.2022: State President Dr. Samuel Koshy visited during Tharangam 2022 & gave a talk regarding importance of membership promotion & described various problems faced by modern medicine doctors. Dr Surendra Babu, Dr Narayanan and Dr Gopeenathan were also spoke. CME by Dr Deep. P. Pillai, Neurologist Meitra.

2. CHALAKUDY

25.03.2022: Monthly Clinical Meeting, branch president updated the members on the development of land belonging to Chalakudy branch and conducted two talks by doctors of Adlux Apollo, Kochi "Overview of Rheumatology & Clinical Immunology and Approach to Joint Pains" by Dr. Arun Tiwari & "Management of Lung Cancer" by Dr. Philip George Kuttikat.

3. CHANGANASSERY

10.03.2022: Celebrated World Kidney

Day.

31.03.2022: General body Meeting and CME on 'Stepwise approach of arterial blood gas analysis' by Dr. Ha-reesh K G and 'Treatment of hypertension in renal disease' by Dr. Sabarinath. C.

4. CHERUKUNNU

09.03.2022: General Body Meeting and reception to State president's yatra 'Tharangam' at St Martin De Porres Hospital Auditorium presided by Branch president Dr. Anilkumar & addressed by Dr. Samuel Koshy, urged members especially young members to voice against mixopathy & asked



members to do against Hospital attacks. State Secretary Dr. Joseph Benaven explained various schemes and importance of Indian Medical Association and membership campaign. Dr. Surendra babu, Dr. Sasidharan K, Dr.

Lalith Sundaram, Dr. K T Madhavan Dr. Muralidharan T M, Dr. Dinesh K K and Dr. Marry were also spoke. Flag salutation by Dr. Binoy Kunjachan and Branch secretary proposed vote of thanks.

Class on reproductive health by Dr. Amulya for school children at Govt Welfare Higher Secondary School, Cherukunnu.

12.03.2022: Dr. Rajesh took Glaucoma Awareness Class in connection with World Glaucoma week at General Hospital Thalassery.

Attended zoom meetings in connection with strike against Perinthalmanna hospital attack & Press meet of the District Committee. Attended Cancer Awareness and screening conducted at Thavam.

5. COCHIN WEST

09.03.2022: Executive Committee Meeting.

20.03.2022: Attended the ELS program.

23.03.2022: General Body Meeting followed by CME on ECG by Dr. Prasan Prabhakar & Laparoscopy in Gynaecology by Dr. Ashok Pillai.

28.03.2022: An online awareness program 'The Burden of Allergy in Daily Life' by Dr. Shwetha Shenoy for students of Aquinas College Palluruthy and their parents, jointly organised by Alumni association Aquinas College.



6. DESINGANAD

06.03.2022: Inauguration of International Women's Day 2022 and conducted Emergency Life Support Training at Palliative Hall, District hospital Kollam.

08.03.2022: Cancer awareness class by Dr. Safi Salim in association with IRIA and Y's men's club of Kollam West.

Medical Camp and CPR certification class at ESIC Alappuzha by Dr. Cini Priyadarsini V A.

Arranged HIV/AIDS Sensitisation Training Programme in association with District Committee and KSACS, coordinated by Dr. Syam N.

Women's Day celebration and awareness class on Cancers in females by Dr. Reena N R in association with Vanitha Samrakshana Samithy, Pattathanam.

Menstrual Hygiene and Menstrual Cup awareness class by Dr. Reena N R in association with JCI Vaikom Yuva.

12.03.2022: Adolescent Reproductive Health class by Dr. Bindu Mary Francis at TKDM school, Kollam.

15.03.2022: Monthly General Body and CME on "Basics of MRI" by Dr Vinod S.

29.03.2022: Monthly Executive Meeting.

30.03.2022: Conducted a Webinar on "Bipolarity- Relevance in Clinical Practice" by Dr. Harish M Tharayil in association with Kollam Psychiatric Society in connection with World Bipolar Day.

31.03.2022: JDN conducted Candle light solidarity – a protest against the Violence towards Doctors.



7. FEROKE

07.03.2022: Monthly GB and CME on Neurology during COVID time. Dr. Abdul Gafoor from Calicut Medical College was the chief guest. Arranged a get together with State President and State Secretary as part of 'President's Yatra', campaign to get new members and to increase scheme membership.

8. GURUVAYUR

13.02.2022: Conducted Medical Camp by providing free consultation by Dr. Premkumar, Dr. Vijayalakshmi, Dr. Vinod Govind and Dr. Jiju. Blood glucose and blood pressure estimation was done and necessary medication was distributed to the needy patients.

27.03.2022: IMA in association with Jagruthy and Vayomitram conducted an Ophthalmic camp inaugurated by MLA Shri N.K. Akbar, attended by Guruvayoor Municipal Chairman Shri. Krishnadas, Councillors Shri. Udayan, Mrs. Shobha, Revaty Teacher etc. The team from Aarya Eye hospital lead by Dr. Minudatt and Dr. Lekha examined the patients.



9. HARIPAD

18.03.2022: Executive Committee Meeting presided by Dr. TD Sobhana & discussed about membership expansion during this campaign period & IMA state leaders Kerala yathra- 'Tharangam'. Discussed about the encroachment of IMA land in Haripad & decided to construct fencing of the plot to prevent en-

croachment, start the construction of IMA Haripad building at the earliest.

10. IRINJALAKKUDA

06.03.2022: Inauguration of Women Doctors Wing by Dr. Rajalakshmy, Chairperson WDW, installed Dr. Nalini TA as President and Dr. Nicey as Secretary.

08.03.2022: International Women's Day "Be You" talk about health care and self-care for working women.

16.03.2022: General Body Meeting & CME on Diabetic Nephropathy by Dr. Jojo Pullockaran and BPH: from lifestyle to laser by Dr. Ramdas.



17.03.2022: Attended DC meeting and Awareness program for zero new HIV infections in Kerala with senior executive committee members and treasurer.

20.03.2022: Attended Emergency life support hands on training programme.

11. IRITTY

18.03.2022: General Body Meeting & State President's Yathra meeting with State President & State Secretary organized at Hotel Surya, Iritty attended by DC Chairman Dr. Lalith, DC Convenor



Dr. Madavan KT, Past President Dr. Sri-kumar Vasudevan, Dr. Gopeenathan and senior leaders and members of the branch. The State President emphasized on the importance of prevention of hospital violence and Doctor attacks, as well as strengthening the association. Membership forms were handed over to the Hony. State Secretary by the Branch Secretary. CME on 'Acute Coronary syndrome' by Dr. Raveendran and 'Management of Acute Ischemic Stroke' by Dr. Arun.

12. KANHANGAD

01.03.2022: Installation Ceremony of New president of IAP Kanhangad Branch and felicitated the function.

03.03.2022: World Hearing Day along with Kanhangad ENT club at IMA House.

08.03.2022: Executive Committee Meeting.

12.03.2022: Attended District Committee Meeting.

15.03.2022: IMA KSB President's Kerala Yathra was flagged off at IMA House Kanhangad. Flag hoisted by State President Dr. Samaul Koshy & presided by branch President Dr. T V Padmanabhan. State Secretary Dr. Joseph Benaven, Dr. C.K. Chandrasekaran, Dr. Gopeenathan,

Dr. P M Suresh Babu, Dr. Kishore Kumar felicitated the function. Branch Secretary Dr. Vinod Kumar and Dr. Deepika Kishore handed over new membership applications & different schemes application forms to the State Secretary. State President, State Secretary, District Committee Chairman and Convenor attended the press conference.

18.03.2022: Participated in the District Level HIV Training Programme held at Kasargod conducted by District Committee and hosted by Kasargod Branch.

25.03.2022: General Body and CME on 'National TB Elimination programme and TB Preventive Therapy' by Dr. Praveen K C in connection with World TB Day.

13. KANNUR

03.03.2022: General Body & CME on Management of ovarian Cancer' by Dr. Ramesan C.K.

07.03.2022: Executive Committee Meeting.

10.03.2022: CME in association with MPH on 'Obesity in adolescence' by Dr. Nandakumar M.K.

17.03.2022: Special General Body Meeting. Reception given to Dr. Samuel Koshy & Dr. Joseph Benaven. Dr. Surendra Babu, Dr. Lalith and Dr. Mahadevan. Dr. Sreekumar Vasudevan & Dr. Muhammed Ali also attended meeting was followed by music night & dinner.



24.03.2022: Hybrid CME on 'Latent TB

Treatment – New Guidelines' in association with District TB Centre Kannur on world TB Day by Dr. Rejna Dilnath.

31.03.2022: Hybrid CME on 'Breaking Bad News - An Art or a Craft' by Dr. Sri-kumar Vasudevan.

14. KASARAGOD

03.03.2022: Conducted District Level seminar, poster presentation and public awareness class at GH Kasaragod "To hear for life, listen with care" in connection with World Hearing Day.

03.03.2022 & 04.03.2022: Suvarna Mahotsava Annadanam - distribution of free lunch to inmates of Government Hospital Kasaragod.

13.03.2022: Cancer Screening and Life-style Screening Camp. NCD screening camp at Perla Maraati Boarding Hall. Honourable MLA of Manjeswaram Mr. KM Ashraf inaugurated the medical camp & presided by Dr. Narayan Nayak, addressed by Dr. Bharathan AV. Vote of thanks by Dr. Janardhana Naik. Conducted an awareness class on cancer by Dr. Harsha and Dr. Maya Mallya.

15.03.2022: State President's Yathra 2022 "Tharangam" conducted at Hotel City Tower Kasaragod welcomed by Dr. Narayana Naik. Dr. Samuel Koshy State President & Dr. Joseph Benaven State Secretary addressed the Gathering. Dr. Khasim T handed over the New IMA Membership forms to Membership Com-

mittee Chairman. Dr. Manjunath Shetty handed over the SSS2 forms to Chairperson of SSS2. Dr. C K Chandrashekar and Dr. Gopeenathan felicitated the occasion.

18.03.2022: District Level HIV Training Program for Doctors.

20.03.2022: Participated in ELS TOT Training Program.

24.03.2022: General Body Meeting & World TB Day Public Awareness Class and CME.

15. KATTAPPANA

16.03.2022: IMA Idukki DC and AIDS Control Society conducted district level training of practicing IMA doctors in zero new case of HIV/AIDS by 2025 chaired by Dr. Murugesan V, Dr. Hari Kumar was the Chief technical trainer and Dr. Aji P.N took classes and Dr. Jolly Varghese welcomed the gathering; felicitations by Dr. Abraham C Peter, Dr. Sudharsanan, Dr. Joson Varghese, Dr. Bagavathsingh & Dr. Mohandas and vote of thanks by Dr. Jacob CV.



16. KODUNGALLUR

08.03.2022: Executive Meeting & women's day celebrations with various programmes like debate, games, dance and other cultural events were performed by members. WDW 's magazine "Thoolika 2022" was also released.

18.03.2022: Handed over the fraternity contribution from SSS, PDSS & PPS to the



nominee Dr. Lakshmi, wife of deceased member Dr. Sijil.

22.03.2022: GB meeting with CME on surgical approach to parathyroid disorders by Dr. Arun Tiwari.

23.03.2022: Submitted a memorandum to municipality, MLA and press club secretary to take necessary action against dog attack in public places and discussed the matter with local Govt authorities.



17. KONDOTTY

08.03.2022: WDW IMA Installation.

24.03.2022: Observed World TB Day & conducted an awareness class by Dr. Saleem. Membership Campaigning going on and got a total of 25 members in this IMA year till the date.

29.03.2022: Monthly General Body Meeting and CME on ZERO NEW HIV IN-



FECTION IN THE STATE BY 2025 by Dr. Joju Pomson, Dr. Shubin, Dr. Muhamed Basil followed by association activities.

18. KOTTAYAM

17.03.2022: Monthly Meeting and General Body. Scientific session on 'Myths and Facts - Cirrhosis and Liver Transplantation' by Dr. Shabeerali T.U.

20.03.2022: ISL football match. Membership campaign done in government medical College Kottayam and caritas Hospital.

19. KOYILANDY

10.03.2022: Health Awareness Class by WDW in associated with world women's day by Dr. Renjitha Rajan on Menopause and health issues. Members attended the district committee meeting at IMA house Kozhikode and aids control programme.

Conducted a class on 'Gender Equality and Menstrual Hygiene' to NSS unit KPMS HSS Urallur, Arikkulam by Dr. Swapna.

18.03.2022: General Body Meeting and CME on Hand and micro vascular surgery an overview.

22.03.2022: Reception to state president's yatra "Tharangam" & the event was a great Success with good participation of members with family and musical nights & Various cultural programs welcomed the gathering by Dr. Satheesan K. Honourable State



President Dr. Samuel Koshy and State Secretary Dr. Joseph Benaven interacted with the branch members and appreciated the presence of newly joined members at the meeting. Founder president Dr. Raveendranath was honoured at the function. Dr. Surendrababu, Dr. Narayanan P, Dr. Gopeenathan, Dr. O K Balanarayanan, Dr. Shaji C K, Dr. Aneen N Kutty were felicitated the meeting.

20. KOZHIKODE

01.03.2022: Membership Promotion campaign at Calicut Medical College.

02.03.2022: A talk on Ageing and Deafness on behalf of World Hearing Day @ Trivandrum IMA.

02.03.2022: Team Kozhikode IMA meeting

03.03.2022: Observed World Hearing Day. Attended the inaugural function of Crescent Building of V-Care Charitable Society at Chemancheri.

03.03.2022: President and Secretary gave talk on importance of IMA and membership promotion in farewell function of House Surgeons of Govt. General Hospital at IMA Hall.

04.03.2022: Executive Committee Meeting.

07.03.2022: Observed International Women's Day.

10.03.2022: HIV Awareness Programme in association with District Committee and KSACS. District Committee Meeting regarding State President's Yathra.

13.03.2022: Observed Mental Health Day - State level inauguration. Committee for mental health activities are inaugurated by State President Dr. Samuel Koshy in presence of State Secretary Dr. Joseph Benaven. The project, Suraksha aimed for saving children and adolescents from drug abuse launched by State President followed by public awareness programme by Dr. Varsha

Vidyadharan, Dr. P N Suresh Kumar and Dr. Sajeev Kumar.



15.03.2022: Membership campaign at Dept of Anaesthesia, Med. College, Kozhikode.

16.03.2022: AMS – Monthly Meeting & CME.

17.03.2022: CGP – Monthly Meeting and CME on Allergic rhinitis.

20.03.2022: State President Dr. Samuel Koshy inaugurated the TOT programme for basic life support in Periyar House, Aluva.

21.03.2022: MBS Managing Committee Meeting.

22.03.2022: State President Dr. Samuel Koshy visited Malabar Medical College in connection with THARANGAM and had an interaction with PG's, House Surgeons and Medical Students.



23.03.2022: State President's Yathra meeting with KGMCTA leaders & at Principal's Chamber, Govt. Medical College, Kozhikode & Press Meeting at Cali-

cut Press Club at 12.30 pm & Meeting with Private Hospitals. And reception at IMA Hall, Kozhikode with a family meet and musical programme.

Handed over Rs. 4 lakhs to Covid Martyrs Fund. State President gave an appreciation memento to Dr. Keerthi for her resuscitation skills and saving life of Dr. Appunni M K.



Branch Secretary handed over 252 new memberships of Kozhikode IMA to the State Secretary.

24.03.2022: Observed World TB Day in association with Health Dept, TB Centre & NRHM inaugurated by Minister of Ports and Museums. Conducted cultural programme and public awareness classes.

27.03.2022: OPPAM - A comprehensive Health Screening Programme for IMA members and family members.

31.03.2022: General Body Meeting.

31.03.2022: Tribute to Dr. Archana Sharma.

21. KULANADA

24.03.2022: General Body and CME on Approach to Anaemia by Dr. Chepsy C Philip presided by Dr. K N Babu.



22. KUNNAMKULAM

03.03.2022: Monthly Executive Meeting & an organising committee of IMACON 2022.

10.03.2022: General Body Meeting and CME on valve replacement by Dr. Ashish Kumar & Dr. Jomy Jose.

17.03.2022: Thrissur DC conducted a sensitisation programme on HIV in association with IMA KSB and KSACS.

22.03.2022: An Organising Committee Meeting of IMACON 2022.

31.03.2022: Conducted a press meet at press club Kunnampulam. President Dr. Ditto Tom expressed the views regarding the silver jubilee celebrations to be held on 3rd April 2022. Dr. Devdas KV and Dr. Rajesh Krishnan gave a brief note about the state conference IMACON 2022 and requested all kinds of participation and publicity from press and public.

23. KUTHUPARAMBA

03.03.2022: Conducted an awareness class to health workers by Dr Shiju.

07.03.2022: Observed "NO HORN DAY" at Peravoor area in association with Police department and health service department.

11.03.2022: Executive Committee Meeting.

13.03.2022: District Level Sensitization Training Programme and National Immunisation Day Programme. Observed NID in association with Taluk Hospital Peravoor, conducted an awareness class by Dr. Deepthy for the patients attending the OPD.

18.03.2022: THARANGAM – State President's Yathra. State President Dr. Samuel Koshy and State Secretary Dr. Joseph Benaven visited the branch. Dr. Surendra Babu, Dr. Lalith Sundaram, Dr. Madhavan, Dr. Gopeenathan & Dr. Srikumar Vasudevan also attended the Yatra.



20.03.2022: Members attended General Body of SNEHA SPARSHAM Palliative Care Society.

24.03.2022: Observed World TB day in association with District TB Centre Kannur and conducted class on NTEP updates by Dr. Rejna Dilnath.

24. MADHYA KERALA

03.03.2022: Executive Committee Meeting, discussed about membership campaign & other organisational matters. Observed World Hearing Day and conducted talk by Dr. A. V. Babu, Dr. Kurien K. John & Dr. A. K. Rafeeq.



06.03. 2022: International Women's Day Celebration.

07.03.2022: Dr. S. K. Rajeswari Amma was honoured by Kerala Action Force, Anwar Memorial Palliative Care, WDW Madhya Kerala & St. Xavier's NSS Unit in connection with International Women's Day for her untiring service activities in the socio cultural arena.



08.03.2022: Dr. Sobhana K. N. Dr. S. K. Rajeswari Amma, Dr. Acamma P. K., Dr. Gisy George Kurien, Dr. Ramla Hyderali were honoured during the International Women's Day Celebrations.

10.03.2022: PFT Camp, organized by WDW Chairperson Dr. K. N. Sobhana along with Executive Committee Member Dr. Deepthi Lakshmi Raveendran of Vimala Hospital, Kanjoor.

13.03.2022: Tracheostomy care course taken by Dr. Bini Faizal for nurses and junior doctors in Kinder Hospital.

16.03.2021: National Immunization Day by conducted an awareness class at Government Taluq Hospital, Puthenvelikkara by Dr. Letha T. R.

18.03.2022: Awareness class on DM and Insulin pen was conducted by Dr. Sobhana K. N. at Vimala hospital, Kanjoor.

18.03.2022: Dr. Sunitha Daniel, took an awareness class on early screening and treatment of cancer to students of Thalakkodu St. Mary's Higher Secondary School organized by Student Police Cadet.

19.03.2022: Conducted a class on "Re-productive Health of Adolescents" by Dr. Bindu Suresh, about 100 students of plus one class, S N D P school, Aluva attended.

19.03.2022: Attended Membership Promotion Committee Meeting.

20.03.2022: Hands on Training programme of ELS.

23.03.2022: A free vision camp was conducted for the inmates of Deivadan Centres at Malayattoor & Kanjoor, in association with Cochin Eye Care Foundation, as part of World Optometry Day. Spectacles were provided free of cost to the visually impaired, detected at the camp. Free cataract surgery was sponsored by Cochin Eye Care Foundation to the needy.

24 & 25.03.2022: Conducted Tuberculosis Awareness Seminar organized by Vaikom TB Unit & GH, Vaikom presided over by Dr. Antiha Babu and took an awareness class on Tuberculosis to Kutumbashree workers at Satyagraha Memorial Hall & ICDS Hall, Ettumanoor World TB Day.

30.03.2022: Diabetes Detection Camp organized by Dr. S. K. Rajeswari Amma at Sreemoolanagaram.

25. MALAPPURAM

04.03.2022: District Committee Meeting.

04.03.2022: Leaders attended Educational session –North zone on topic 'Health after Covid'.

06.03.2022: Attended state level inauguration of International women's day.

09.03.2022: Executive Committee Meeting.

10.03.2022: Dr. Mohammed Hassan, Dr. Daber Pareed, Dr. P. Naryanan, Dr. K.A. Pareed, Dr. Asoka Valsala attended IMA KSB Leaders Meet with State President Dr. Samuel Koshy and State Secretary

Dr. Joseph Benaven to discuss about Ukraine Medical students.

10.03.2022: An awareness classes about "How to prevent kidney diseases" for patients and relatives at Dialysis Centre, Malappuram by Dr. K.A. Pareed.

13.03.2022: IMA in association with WDW celebrated International women's day inaugurated by District Sessions Judge Smt. Nazeera S.

17.03.2022: HIV AIDS Training Session organized in IMA House Malappuram by IMA DC.



20.03.2022: Attended IMA ELS - TOT state level program - Training of Trainers at IMA Periyar house, Aluva.

21.03.2022: Participated in Membership Campaign Yathra of State president and secretary of IMA KSB at KMCT Medical College Hospital.



24.03.2022: Attended District level program for TB Elimination.

25.03.2022: Observed World TB Day and conducted classes on newer advancement in the management of TB by Dr. Abdusalam and on National TB elimination program by Dr. Souja.

28.03.2022: IMA in association with WDW conducted free eye checkup camp under the guidance of Dr. Asoka Valsala.

26. MAVELIKKARA

05.03.2022: Conducted an awareness class for the girl students at Gayathri Central School, Kayamkulam regarding menstrual hygiene and promotion of menstrual cup by Dr. Sonia Suresh.

08.03.2022: World Women's day programme was conducted at VSM Hospital, Mavelikara for the staff and doctors.

09.03.2022: Conducted webinar for the students of Gayatri Central School, Kayamkulam on the topic Healthy eating habits.

15.03.2022: Executive Meeting.

25.03.2022: Monthly General Body Meeting. A Diabetes symposium was conducted which was moderated by Dr. Sonia Suresh. A talk on ophthalmic infections by Dr. Nita S, head and neck infections by Dr. Anoop P S and diabetic foot by Dr. Farish S.



29.03.2022: Integrated Disease Surveillance Program, DMO Alappuzha conducted a sensitization program on Lep-tospirosis at IMA Hall Mavelikkara.

27. MUVATTUPUZHA

03.03.2022: CGP Meeting.

07.03.2022: Observed International Women's day by conducted an awareness class on breast cancer at General Hospital, Muvattupuzha, felicitations by Dr. Vincent, Dr. Manju Rajagopal, Dr Joseph Chacko & Dr. Saish Chandran. Dr. Somu Anil conducted an awareness class on clinical presentations and modalities of treatment and pathogenesis of breast cancer and needle biopsy technique by Dr. Sali Kurien.



17.03.2022: General Body Meeting. CME on Choice of insulin in T2DM by Dr. Aji Balakrishnan, Consultant Physician and Managing Director, Charis Medical Mission Hospital, Muvattupuzha chaired by Dr. Aswathy Sagarán.

28.03.2022: IMA and ISA Malanadu gave Compression only Life Support Training for NSS volunteers at East Marady Govt VHSS, Muvattupuzha. Hands on training programme by Dr. Vinod S Nair, Dr. Anoop Eapen, Dr. Raveendranath Kam-math.

31.03.2022: Executive Committee Meeting. Membership drive and hospital attack was discussed.

28. NADAPURAM

14.03.2022: Nadapuram IMA Hall inaugurated by IMA Kerala State President Dr. Samuel Koshy. State Secretary Dr. Joseph Benaven was the chief guest. IMA Nadapuram founder president and senior general practitioner Dr. Bharathan

was honoured, presided by Branch president Dr. Pradosh Kumar. IMA Kozhikode DC convenor Dr. Aneen N Kutty attended the function.

22.03.2022: State President Yathra; added 23 new members.



29.NEDUMANGAD

08.03.2022: Observed International Women's Day by conducting awareness class on breast cancer through Google Meet presided by Dr. Renuga & Inaugurated by Dr. Ajitha P S, Principal BEJA MCAS. Dr. Hema Francis took the class on Breast Cancer Awareness.

08.03.2022. Executive Committee Meeting at Sehiyon Hall, Vazhayila.



10.03.2022: Conducted class on Adolescent Health for students of Govt. HSS for girls at Venganoor by Dr. Swapna S Kumar. Members attended Leaders Meet of IMA KSB to discuss about Ukrain Med-

ical Student's issues.

11.03.2022: Conducted class on adolescent Health for students of Govt. Model HSS at Venganoor presided by Dr. Hema Francis and a class on Adolescent Health by Dr. Swapna S Kumar.

12.03.2022: Attended Special Training for Doctors on HIV/AIDS & monthly review meeting of District Committee at Head Quarters, Anayara

14.03.2022: Dr. Sagar.T conducted a seminar on the topic "How to overcome exam Stress" at VK Kani High School, Panacode, Vithura.

15.03.2022: Observed National Immunization Day by conducting a session in Doordarshan on Importance of Childhood vaccination by Dr. Anju K Kanmani.

16.03.2022: End TB by 2025 an awareness class by Dr. Harikumar, District TB Officer for staff and students of IISER TVM presided by Dr. Hema Francis.

17.03.2022: IMA in association with Unnat Bharat Abhiyan cell of IISER TVM and the Kerala Excise Dept organized a free medical camp and an awareness programme on drug abuse and addiction at the Deviyarkunnu Tribal Settlement, Aryanad Panchayat was organized under the project "Mission Swasthya Gotra Sahaye".

16.03.2022: End TB by 2025 - conducted an awareness class for Kudumbasree CDS, ADS and Asha workers at Community Hall, Vithura Grama Panchayat, presided by Dr. Hema Francis and inaugurated by Adv. Babu.

19.03.2022: General Body Meeting followed by CME on "What to do in case of litigation" by Dr. Binoy. S.



24.03.2022: Observed World TB Day 2022. The meeting was presided Dr. Mohammed Asharaf, felicitations by Dr. Mohan Roy, Dr. Shamje Peter, Dr. Chandralekha, Shri. Vijaya Renjan Das, Lab Technician and Smt. Leena, Nursing Superintendent. Awareness class by Dr. Riyas Basheer.

27.03.2022: Conducted free medical camp. Dr. Hema Francis and Dr. Abhijith examined the inmates and issued medicines.

30.NEDUMBASSERY

18.03.2022: Conducted Annual Family Meet. Inaugural speech by Past President Dr. Basheer A P. Founder President Dr. Arif Ali as well as Past President Dr. Paul Abraham shared their thoughts. Organized games for all families, DJ party, Raffle draw and a sumptuous dinner feast along with an overnight stay at a resort.

19.03.2022: Organized Yoga cum Zumba session for women followed by Magic show and colouring competition for the children.

Branch President Dr. Nigel K Mathew and SWC member Dr. George John appraised all members with regards to the various schemes of IMA KSB as well as the ongoing membership drive campaign.



31.NEMOM

02.03.2022: Office Bearers and many members attended the South Zone Educational Session on "Health After Covid" by Dr. B. Padmakumar, Chairman of Epidemic Control Cell.

05.03.2022: Attended Cabinet Meeting.

06.03.2022: Medical Camp at Thaliyal - Jan Oushadhi Mela in association with Jan Oushadhi. Dr. N.Sreedhar and Dr. A.S.Pradeep Kumar led the camp.

07.03.2022: Celebration of National Women's Day in AVMCH Poojappura led by Dr. Leena Ratnam.

08.03.2022: Cancer Awareness Programme in connection with World Cancer Day. Dr. V. Mohanan Nair was the chief guest.

08.03.2022: Medical Camp in connection with National Women's Day at NIMS Medicity led by Dr. Indira Amma.

09.03.2022: CME under AMS "Optimizing Glycaemic Control with Basal Insulin" by Dr. Mohanan Nair.

09.03.2022: Executive Committee Meeting.

16.03.2022: Dr. Indira Amma and Dr. Vighnesh attended the CME Programme in Karakonam Branch; Dr. Mohanan Nair was the Chief guest in connection with the membership promotion activities.



17.03.2022: Annual Day Celebrations inaugurated by Dr. Mohanan Nair & Cultural Wing inaugurated by Smt. Uma Nair.



33. NORTH PARAVUR

02.03.2022: Meeting in connection with IMA Membership campaign was convened at SNIMS Chalakka. Dr MN Venkiteswaran, Dr Gopinath KG & Dr Ann Mary addressed the gathering.

19&20.03.2022: To relieve the stress of the Covid Pandemic, a trip to Parambikkum tiger reserve was executed, which included staying at tented niches, Jungle safari, trekking, bamboo rafting etc.

NCD Medicines for Rs. 10000 handed over to Dr. Ponnu Joji, Vayomithram project.

12.03.2022: The General Body, women's day celebration & dinner at IMA Hall North Paravoor. The chief guest was Dr. Abdul Wahab, QMPA State Secretary and keynote address by Dr. Seena M Mathai. A talk on "Something about Money-Honey" by Dr. Shanti. Conducted General Body Meeting and honoured Dr. M N Venkiteswaran for securing the prestigious FIAP.

15.03.2022: An Anaemia Detection Camp was conducted at SNHSS North Paravoor led by Dr. Gopinath KG & Dr. Swapna Bhasker.

20.03.2022: Participated in the BLS Training Program. Reproductive health awareness classes were conducted at various schools by gynaecologists Dr. Swapna Bhasker & Dr. Leeba Manoj.

34. NORTH WAYANAD

04.03.2022: GB Meeting & discussed about the Membership Promotion. Senior members like Dr. Jose Malana, Dr. T.V Surendran, Dr. Rajan talked about IMA and its importance in joining IMA and schemes.

08.03.2022: IMA in association with IAP Wayanad observed World Obesity Day.

30.03.2022: World TB Meetings and CME.

17.03.2022: Dr. Roshin.B, Dr.Gokuldev

20.03.2022: Dr. Vighnesh attended the ELS training at Periyar House Aluva.

29.03.2022: Combatting NCDs through Community participation - Training of volunteers to provide doorstep services led by Dr. N.Sreedhar.

29.03.2022: GB and observance of World TB Day – CME on "Invest to End TB, save lives" by Dr. A.S. Pradeep Kumar.

30.03.2022: Sensitization session for adolescents on "Tips and Tricks to overcome examination related anxiety" by Dr. Unnikrishnan R Nair.

32. NEYYATTINKARA

Conducted Monthly Meeting. Presidential address by Dr. Ajaiya Kumar. IMA started a Self finance scheme for Doctors. It is an investment plan as well as a fund raising plan for the IMA Neyyattinkara Building.

24.03.2022: Observed WORLD TB Day. The Guest speaker was Dr. Bindhu Joseph, topic was Changing Scenario in TB Management. She explained well in detail how TB Management changed from Stop TB to Elimination of TB with importance given for treating even cases of latent TB.



represented at the IMA MISSION ZERO NEW HIV IN KERALA BY 2025 symposium at IMA Sulthan Bathery in association with IMA KSB, IMA DC and KSACS.

23.03.2022: Executive Committee Meeting regarding State President's State Wide Yatra-THARANGAM.

35. PALA

01.03.2022: Executive Committee Meeting.

09.03.2022: Celebrated Women's Day in association with Rotary Club.



36. PALAKKAD

Free Telephonic consultation for post covid patients.

08.03.2022: International Women's Day celebrations.

11.03.2022: KOACON 2022 inaugurated by Dr. N M Arun.



17.03.2022: CME on 'Recent advances in ischemic Stroke' faculty by Dr. Reji Paul.

18.03.2022: Workshop on HIV 'Towards

the goal of zero New HIV infection by 2025'. Along with Dr. CKC and Dr. Rajagopal, the Branch President, Dr. Dilip Secretary, VPs Dr. Mary Jyothy and Dr. Narayanan Kutty, Dr. Suresh, Dr. Gopikrishnan, Dr. Dilju and Dr. Anand took part in the campaign.



31.03.2022: CME on 'Unravelling an antibiotic susceptibility report for better patient care' by Dr. R. Sathyajith MD Director -Trinity diagnostics.

37. PANOOR

11.03.2022: Emergency Executive Committee Meeting.

18.03.2022: State President's Yathra, 'Tharangam' at 8.30am, National Ethics Committee Convener Dr. Sreekumar Vasudevan, Membership Committee Chairman Dr. Gopeenathan, Dr. Lalith, Dr. Madavan were also present. Dr. Shaheed addressed the gathering and Dr. Salmath presented the report and handed over new membership forms to the State President. Dr. Abdurahiman, senior member graced the occasion by participating in spite of his ill health. State President Dr. Samuel Koshy inaugurated WIMA wing of the branch on the same day.

38. PATHANAMTHITTA

Participated in all zoom meetings. One new couple membership was inducted.

39. PATTAMBI

04.03.2022: Attended the District Committee Meeting at Mannarkkad.

06.03.2022: Attended the WDW Meeting at Aluva.

17.03.2022: Executive Committee Meeting.

18.03.2022: Attended training about HIV at Palakkad.

20.03.2022: Attended the ELS Training program.

30.03.2022: Conducted an awareness class for Anganwadi workers about TB.

31.03.2022: General Body Meeting & gave a Homage to Dr. Archana with a Silent Prayer & conducted a CME on Recent Advance in Osteo-Arthritis Management by Dr. Abdul Rasheem PT.



40. PAYYANNUR

08.03.2022: International Women's Day in association with Rotary club of Payangadi at GHSS Madayi inaugurated by Dr. Arathi, felicitation by Dr. Soona and Dr. Ranjithkumar T handled the awareness class to students about 'HPV Vaccine and Cervical Cancer'.

In connection with the World Hearing Day, Dr. T Ranjith Kumar conducted an awareness class to doctors and field workers on the importance of hearing screening in new born at Ezhome.

16.03.2022: President's Yatra (THARANGAM) & Installation of AMS Chapter & WDW. Conducted General Body Meeting presided by Dr. Padmanabhan K & Dr. T Ranjithkumar presented the report. Dr. Mukundan Nambiar introduced the State President and State Secretary. State President Dr. Samuel Koshy installed Dr. VC Ravindran as AMS Chapter Chairman and Dr. KM Sajin as Secretary and also installed Dr. Arathy Andarjanam as President WDW and Dr. Soona as Secretary. Dr Ranjith Kumar T handed over the

membership applications of new members to IMA State Secretary Dr. Joseph Benaven. Dr VC Raveendran handed over the AMS membership forms to Dr. Sasidharan. Felicitations by Dr. Surendra Babu, Dr. Lalith Sundaram and Dr. Madhavan KT, Dr. Babu KV, Dr. V C Raveendran, Dr. Sajin and Dr. Soona.

30.03.2022: General Body & CME on "Obstructive Sleep Apnoea". Basic session on "Interpretation of Chest X-ray" by Dr. Athira PM. Dr. K.Padmanabhan presided over the function.

41. PERUMBAYOOR

03.03.2022: Observed World Obesity Day and conducted a seminar on the present scenario, health issues and Management of Obesity. Dr. M.R. Nair was the resource person.



04.03.2022: Branch Executive Meeting. Reviewed the previous meeting's minutes and discussed the organizational matters.

08.03.2022: Observed International Women's Day. Dr. Elizabeth Sunny and Dr. Deepa Prasannan took an active participation to conduct a class on "Empowering Women".

16.03.2022: National Vaccination/Immunization Day & conducted awareness program for the BSc Nursing students, Nursing tutors, Staff nurses and Paramedical personals of Sanjoe hospital. Dr. M.R. Nair, Pediatrician, Sanjoe hospital handled introduction and adolescent vaccine, Dr. Uma Nair talked on Neonatal and pediatric vaccine and Dr. Soumya gynecologist explained vaccine in pregnancy.



24.03.2022: Observed World TB Day along with its general body. Dr. Babu Varghese was the Chief Guest and Speaker of the day on the topic "RECENT UPDATES IN NTEP".

Rotary Club of Perumbavoor is running with a project, 'Caring the Bedridden Persons in the Perumbavoor Reach'.

42. PONNANI

03.03.2022: In association with world hearing day screening camp for factory workers in BENCO Ponnani and provided ear plugs.

04.03.2022: Class and camp for drivers in Ponnani.

18.03.2022: Attended AIDS class in

Malappuram IMA Hall.

25.03.2022: General Body and CME on 'National Tuberculosis Elimination Programme' by Dr. Gibila V.

29.03.2022: Attended District Committee Meeting at Kottakkal and had active discussions.

43. SULTHAN BATHERI

11.03.2022: General Body & CME on Advanced Treatment in Cardiology by Dr. Girish.

24.03.2022. World TB Day. Conducted Camp on cough.

44. THALAPPILLY

15.03.2022: General Body Meeting and discussed about various organisation matters including membership promotion, violence against doctors. There was a scientific talk by Dr. Sandeep Sudhakaran on 'Diabetes Mellitus total control with Insulin'.

29.03.2022: Executive Committee Meeting & discussed about formation of women's wing, formation of AMS wing, ELS training for the branch members.



45. THALIPARAMBA

03.03.2022: Executive Committee Meeting.

06.03.2022: Women's Day Celebrated & conducted boat cruise for all members at Parassini Lake.

16.03.2022: General body Meeting. Re-



ception given to State President Dr. Samuel Koshy and other leaders on the occasion of State President's yathra "THARANGAM" attended by State Secretary Dr. Joseph Benaven and Past National President Dr. P.V.George along with GB and Family meet at IMA hall, Taliparamba.



The branch President, Secretary and District convenor attended the HIV/AIDS sensitisation program at Thalassery.

Membership drive update, 37 new members in revised subsidised rate and 21 new members during the first phase of membership campaign .Total 58 new members during past 6 months.

16.03.2022: CME on 'Some interesting Neurosurgical Cases' by Dr. Mahesh Bhat.

31.03.2022: CME on 'Acute Coronary Syndrome' by Dr, Ravindran.

31.03.2022: CME on 'Stroke update' by

Dr. Arun.K.

31.03.2022: The Executive Committee Meeting & expressed shock grief and protest on the death of Dr. Archana Sharma and appreciated the efforts of IMA headquarters and IMA Rajasthan branch, in pursuing the cause and bringing the culprits to justice. Attended the SSS2, membership zoom meeting conducted for north zone.

46. THIRUVALLA

31.03.2022: Candle light protest in support of Dr. Archana Sharma - The MSN Pushpagiri Medical College, in association with IMA Thiruvalla branch had organised the silent Candle light at Pushpagiri Medical College, in front of the Emergency. Fr. Thomas Pariyarath, Dr. C R Radhakishnan, Dr. Cyril Joseph, Dr. Prasad Cheeramattam and MSN representative Mr. Athul also spoke on the occasion.



31.03.2022: The Monthly GB and CME on "Alcoholic Liver Disease" by Dr. Ramesh M. There was a candlelight protest at the meeting in solidarity with Dr. Archana Sharma.

47. THRIPRAYAR

03.03.2022: Observed World hearing day.

08.03.2022: International Women's Day

16.03.2022: National vaccination day.

22.03.2022: Observed World Down syndrome day & World water day.

23.03.2022: World Telemedicine day

24.03.2022.: World TB Day

30.03.2022: Conducted GB and scientific session on "Tuberculosis management - latest updates".



48. TIRURANGADI

16.03.2022: District Level HIV/AIDS Training Programme conducted at IMA Hall Malappuram.

49. VALLUVANAD

05.03.2022: Conducted a Family tour of the Executive members with family.

06.03.2022: Executive meeting.

07.03.2022: Installation Ceremony of WDW. Dr. Hema Sasidharan, WDW vice Chairperson and Dr. Asoka Valsala, North zone Vice President graced the occasion. Dr. Lalitha was inducted as Chairperson and Dr. Sarojini as Secretary.

21.03.2022: Handed over the fraternity contribution of SSS1 to wife of late Dr. Divakaran.

50. VARKALA

24.03.2022: Executive Meeting, GB meeting and CME program. President and Secretary attended official meetings of IMA. Two new life members joined.

51. KOTTARAKKARA

GB & CME on "Management of Hypnatremia" by Dr. Pradeep B, Consultant Nephrologist, Vijaya Hospital, Kottarakkara.



52. PANDALAM

31.03.2022: Emergency Executive Meeting. Solidarity for the remembrance of Dr. Archana Sharma & discussed about further protest to be taken. Financial help given to a member for renal transplantation.

53. KANNUR MALABAR

17.03.2022: State President Dr. Samuel Koshy and State Secretary Dr. Joseph Benaven visited as part of the yatra 'Tarangam'. The GB meeting presided by Dr. Shenoy, Dr. Suresh presented the reports of membership campaign, attended by DC Chairman Dr. Lalith Sundaram, SWC member Dr. Moidu Madathil and other senior leaders.



54. VALANCHERY

Branch honoured Dr. Mohamedali for his consistent presence in Dr. Govindan Memorial Wednesday free Clinic running under IMA Valanchery.



55. PERINTHALMANNA

03.03.2022: World Hearing Day observed. Get-together of Cochlear implants surgery patients arranged and poster designing competition & the prizes to winners distributed by MLA Najeeb Kanthapuram. As social commitments hearing protective devices distributed to traffic polices, handed over by Municipal Vice Chairperson. Awareness classes also conducted at ASCENT ENT Hospital, Moulana hospital and Government hospital Perinthalmanna.

03.03.2022: World Hearing Day Celebration inaugurated by Advocate Shancy Nandakumar, Health Standing Committee Chairman. Dr. Raju and audiologist lead the awareness classes for public.



03.03.2022: Monthly GB and AMS Academic Programme. Dr. Abdul Ghafur led the class on AMR the silent pandemic.

05.03.2022: International Women's Day Celebration.

05.03.2022: Camp conducted to prevent deformity of leprosy patient.

10.03.2022: World Kidney Day Observed and awareness class conducted for Public and Nursing students & free blood glucose testing camp.

10.03.2022: Glaucoma Week awareness class conducted for Public at Government Hospital Perinthalmanna as a public function; Dr. Smitha led the class and distributed leaflets.

11.03.2022: 3 Days Adolescent health

care classes by Dr. Riyas Ali for higher secondary classes in boy's high school.

13.03.2022: IMA JUBILEE ROAD was inaugurated by Sri. Najeeb Kanthapuram MLA. Municipal Chairman Mr. Shaji P presided over the function and Councillor Mr. Pathath Jaffer welcomed the gathering and Dr. Mohammedali Abdul Nazar and Dr. Kochu S Mani spoke on the occasion.



13.03.2022: Attained 100 New Members. IMA Perinthalmanna received by IMA President Dr. MA Nazar in Presence of MLA Sri. Najeeb Kanthapuram & Municipal Councillors.



14.03.2022: Awareness Class on Reproduction conducted by Souhrida club Tharakan HSS Angadipuram.

16.03.2022: Attended district level HIV/AIDS Class for doctors of Malappuram district at IMA Hall. Trainer Dr Joju Pom-

son led the class.

16.03.2022: Visited Pakal Veedu at Tirurkad.

17.03.2022: IMA AMS CME on Paediatric Palliative Care by Dr. Sudha P.

18.03.2022: Monthly GB and CME on 'RAMADAN AND DIABETES'. Endocrinologist Dr. Aneesh Ahammed led the class.

20.03.2022: Conducted Marathon for awareness of healthy living style.

20.03.2022: IMA ELS TOT Program.



20.03.2022: Conducted classes led by Dr. Kunjumodeen, Dr. Abdul Vahab for lady doctors of Malappuram district IMA FOGSI Meeting.

Blood Bank Report

Monthly Questionnaire for IMA Blood Bank	
1. Name of blood bank	: Govt Hospital Perinthalmanna
2. Reporting month & Year	: MARCH 2022
3. Awareness class on VBD	: Nil (Insert pictures with place and date)
4. Total VBD camps conducted	: 24 a. In house : 3 b. Out reach camps: 21 (Insert pictures with place and date)
5. Total Blood collected during camps	: 1293 Males : 1227 Females:66
6. Total blood collected at blood bank	: 352 Male: 358 Female : 6
7. Total blood and components issued	: 2178 a. WB : 1 d. SDP : Nil g. FFP : 320 b. RBC : 1580 e. Cryo : Nil c. PLC : 277 f. Buffy : Nil
8. Training if any	: Nil (Insert pictures with place and date)
9. Other activities	: Nil
10. Important days observed	: Nil
11. Beneficiaries	: Nil
Place	: Perinthalmanna
Date	: 02/04/22
Signature Name of Medical Officer MEDICAL OFFICER GOVT DISTRICT HOSPITAL PERINTHALMANNA	

24.03.2022: Observed World TB Day and awareness class for public in DH Perinthalmanna by Dr. Kavitha and Dr. Asha Krishnan.

27.03.2022: KRIA Project class by Dr. M. A Nazar E K.

31.03.2022: IMA JDN Perinthalmanna Pro-test - lights candles in front of IMA House.

56. VADAKARA

03.03.2022: World Hearing Day Program chaired by President Dr. P C Haridas and distributed pamphlets to the public & flash mob by Nursing students & Dr. Savi-thri Hariprasad took awareness class.

06.03.2022: Latha-ji & SPB Music Night (Hit songs of Latha Mankeshkar and S P Balasubrahmanyam) was conducted as a tribute to our world famous singers.



09.03.2022: Executive Committee Meeting. A reception committee formed for 'THARANGAM', State President's yathra for membership campaign, decided to hand over CFLTC building back to Janatha hospital management and to appreciate Dr. Amrutha Managing Director, Janatha hospital.

10.03.2022: Attended scientific programme 'Zero new HIV infections in the State by 2025'. Attended District committee meeting and discussed about



State President's yathra for membership campaign.

21.03.2022: A warm welcome given to State President Dr Samuel Koshy and team. State President discussed with honourable MLA Smt. K K Rema about



the problems faced by modern medicine doctors now a days. A representation was handed over to honourable MLA by the State IMA President; presided by Branch President Dr. PC Haridas & welcome speech by Dr. P M Saleem. Honourable MLA Smt. K K Rema was the Chief Guest. Dr. Savithri Hariprasad was the Master of ceremony.

An appreciation memento was handed over to Dr. Amrutha, for the help rendered during covid times. Dr. Surendra Babu, Dr. Balanarayanan, Dr. Shaji and Dr. Aneen N Kutty also addressed. Dr. Muhammad Mullakkas presented report of membership promotion committee. Membership applications were handed over to State President by Dr. Rakesh Raju K K & musical programme was organised by Dr. Vinodkumar.

24.03.2022: Condolence meeting, pay homage to beloved member Dr. Prem-anandan.

31.03.2022: General body and CME on 'Are we neglecting limb deformities, Magic of ILIZAROV' by Dr. Jeejesh Kumar TK. The meeting was chaired by President Dr. PC Haridas.

57. THALASSERY

06.03.2022: A Beach Walkathon held at

muzhapilangad beach. Chief Guest: Mrs. Anukumari, IAS, Sub Collector, Thalassery. Various service organizations like Lions Club, BREXA, COGS, Rotary Club and Sai School took part in the programme.

IMA & Government College Thalassery Women's Cell in association with KSWDC conducted an awareness class on Menstrual Hygiene and Physical Health by Dr. Dhanya Chandran.

08.03.2022: International Women's Day.

13.03.2022: District Level Sensitization Training programme. Welcome address by Dr. Lalith Sundaram; inaugural address by Dr. Babu Ravindran T N & Dr. Surendra Babu V P addressed the gathering. Dr. R Ramesh (Project Director KSACS) gave an introduction about the topic. Dr. Abhilash gave a presentation about HIV AIDS Diagnosis and treatment programmes. Adv. Jyothy Jagadeesh spoke on the Legal Aspects of HIV AIDS Testing Rights of Patients and duties of doctors. Dr. Srikumar Vasudevan & Dr. Mini Balakrishnan felicitated the function.



18.03.2022: 'Tharangam' the State President's Yathra for membership campaign. A meeting of all hospital managements around Thalassery with the State IMA President Dr. Samuel Koshy & a grand reception arranged for State President and State Secretary in the evening; Flag salutation by Dr. Na-deem Abootty & welcome address by Dr. Mini Balakrishnan. The new mem-

bership forms were handed over to the State Secretary. The direct interactive session with the state office bearers for the branch members followed by felicitations by Dr. Samuel Koshy, Dr. Joseph Benaven, Dr. Babu Ravindran T N, Dr. Surendra Babu V P, Dr. Srikumar Vasude-



van, Dr. Gopeenathan P, Dr. Sasidharan K, Dr. Lalith Sundaram & Dr. Suchitra Sudhir.

18.03.2022: Musical Night Programme was held at IMA Hall.

58. TRIVANDRUM

06.03.2022: Kairali Diab Summit 2022 - Physical & Virtual Meetings at IMA Hqrs, Anayara Trivandrum.

06 & 12.03.2022: International Women's Week by conducted Health check-up for Women Doctors inauguration of HEALTH CARAVAN was done at IMA Headquarters by branch President Dr. Prasanth C V graced by the presence of Dr. Sreejith .R , Dr. Ajith , Dr. Swapna , Dr. Thankam.

12.03.2022: District Committee Meeting. Mission Zero New HIV Infection by 2025 - Special Training for Doctors on HIV / AIDS.



15.03.2022: Membership Campaign.



18.03.2022: Executive Committee meeting.

19.03.2022: IMA Trivandrum branch in association with Kerala Excise and Amardeep Eye Hospital conducted a medical camp at Rajaji Nagar Trivandrum inaugurated by Shri. Babu Varghese, Deputy Excise Commissioner. IMA Trivandrum branch President Dr. Prasanth CV delivered the key note address.



IMA Trivandrum branch is continuing its public health education program IMA 'Aarogyam Aanandam'. It has crossed 133 episodes now.

59. THODUPUZHA

03.03.2022: A Condolence Meeting held at IMA Blood bank hall to pay the homage to the senior member Dr. Chandrasekharan.

09.03.2022: International Women's day celebration and CME on Updates in NTEP by Dr. Shiyas Mohammed. President Dr. Sumi Emmanuel presided over

the meet, message by chief guest Municipal Councillor Smt. Jessy Antony. Session was chaired by Dr. Jeslie followed by variety entertainments by WDW and interns of Al Azhar Medical College..



60. PERAMBRA

16.03.2022: Executive Meeting. Application for building permit & plan for proposed IMA house submitted before Perambra Gramapanchayath for approval.

21.03.2022: Reception was arranged for the State leaders along with GB cum CME on 'Poisoning in Children' by Dr. Kavitha. 11 members joined our IMA during membership campaign 4 members during first phase & 8 during 2nd phase.



61. NILAMBUR

Branch conducted Executive Committee Meeting.

06.03.2022: Organized a Medical Camp at Udarampoil with the help of Morning Star Club assisted by the Aster Mims Rotary Mobile Medical Unit.

12.03.2022: Blood Donation Camp which was sponsored by Rotary and Trauma Care.



Dr. Sajeer led an ECG related educational program. Three new doctors joined in membership.

62. THRISSUR

01.03.2022: IMA with Neurological Society of India conducted International Epilepsy Day CME.

04.03.2022: Now or Never Fitness (NNF), IAP Thrissur & Cardiologic Society of India observed World Obesity Day.

05.03.2022: Executive Committee & IMA Blood Bank Managing Committee Meeting.



10.03.2022: IMA With Uro-Nephro Club observed World Kidney Day & Honoured Dr. T T Paul, who received the 'Dronacharya' Award, Elected as the President of Indian Society of Nephrology, Southern Chapter and for conducting more than 680 Kidney Transplants at Hotel Elite International Thrissur.

12.03.2022: Executive Committee & IMA Blood Bank Managing Committee

Meeting.

21.03.2022: IMA Blood Bank Managing Committee Meeting with Thrissur Jilla Panchayath.

IMA in association with ISA and Daya Hospital conducted an Emergency Life Support Training Session for Doctors, Nurses and Staff at Mental Hospital Thrissur.

24.03.2022: IMA End TB Project - World TB Day – State Level Inauguration Hosted by IMA AMS at Hotel Elite International.



26.03.2022: Executive Committee & IMA Blood Bank Managing Committee.

IMA BLOOD BANK

Total Blood collected During Camps – 772 Units

Total Blood collected at Blood Bank – 683 Units

Total blood and components issued – 3327 Units

63. UPPALA

10.03.2022: Conducting School Health Camp.



15.03.2022: 'THARANGAM' the State President's Yathra for membership campaign.

64. VENJARAMOODU

04.03.2022: An awareness class arranged at Mithirmala Govt. High School by Dr. Satheesan M.

06.03.2022: Awareness Camp at Mithirmala Junction for the local people. Life style diseases and how will overcome by Dr. Satheesan M.

07.03.2022: An Awareness Class at Mithirmala Girls High School by Dr. Binitha Khalid.



08.03.2022: International Women's Day organised an awareness class on menstrual hygiene in Girls and Adolescent health Dr. Divija.

12.03.2022: Members attended District Committee Meeting at Trivandrum.

13.03.2022: Medical screening with awareness class on Diabetics and Hypertension at Kuttimoodu junction.

13.03.2022: Free Palliative Care given to a patient.

27.03.2022: Medical Camp for Screening and Awareness of Life Style diseases

at Kunnil Kada with Residence Association by Dr. Satheesan.



31.03.2022: General Body meeting & awareness class about PPS given to junior doctors by Dr. Binoy, Treasurer, PP Scheme.

31.03.2022: Condolence Meeting in respect of Late Dr. Archana Sharma through prayers and lighting the candle lamp.

65. COCHIN

06.03.2022: The Mega Project of Sri. Hibi Eden MP in association with Cochin IMA, WDW, FOGSI, CSR activity of Corporates and other NGOS on 'Distribution of One Lakh Menstrual cups to Women in Ernakulam district on one Single day' was launched by Cine star Ms. Parvathy Thiruvoth at IMA House Cochin.



Dr. Anitha Thilakan inaugurated the Women's Day celebrations at Mantle solutions, IT firm of LULU Group, gave a talk on Wellness of working women and distributed prizes to winners of Women's Day Competitions.

07.03.2022: The Awareness programme on use of Menstrual Cups conducted training outside the district at MES College Ponnani.

09.03.2022: The Monthly Executive Committee Meeting at IMA House.



10 & 11.03.2022: Attended the IMA KSB Leaders meet and Act force against violence on doctors state level meetings respectively.

13 & 20.03.2022: Conducted and participated in two Mega Medical Camps initiatives by Sri. TJ Vinod MLA and Minister Sri. P Rajeev.

17.03.2022: The Monthly News Letter Megaphone was released.

27.03.2022: IMA, Cultural Academy for Peace- NGO and WIMA conducted medical camp at Korangotta Island inhabited largely by people belonging to the Scheduled caste and tribe.

13.03.2022: Participated in the All-Kerala Doctors Turf Soccer conducted by JDN at Thrissur.

20.03.2022: The HIV Training and DC meeting.



Blood Donation camp at St Sebastians Church, Mahindra motors and the Hospital Day Celebrations of Sri Sudheendra Mission Hospital was inaugurated by Dr. Maria Varghese.

23.03.2022: GB and CME on Colorectal Cancer.

24.03.2022: Dr. Anitha Thilakan conducted awareness class on Tuberculosis for patients and bystanders at GMC Ernakulam in connection with World TB Day.

28.03.2022: The monthly Senior Doctor's Forum Meeting. 'Trends in Blood Banking' class by Dr. Rema Menon. Donated PPE and Pulse oximeters to Govt Medical College and donated free medicines to deserving patients through IMA Charitable Trust.

66. MANJERI

12.03. 2022: Building Committee Meeting.

20. 03. 2022: Building Committee Meeting.

30. 03. 2022: Building Committee Meeting.

21.03.2022: Membership Campaign.

28.03.2022: Membership Promotion Committee Meeting & Attended District Committee Meeting at Kottakkal.

67. KAZHAKOOTTAM

03.03.2022: Executive meeting. Flag salutation, Presidential address & congratulated Dr Benny for achieving JC Daniel excellency award by Dr. Kalpana, Dr Binoy for being nominated in the national standing committee of Service doctors wing and JDN.

05.03.2022: Awareness Session on Breast & Cervical Cancer by Dr. Thanooja S, inaugurated by Dr. Rema L.

Dr. Kalpana Gopan conducted an awareness class on cervical cancer in International Women's Day.

17.03.2022: General Body & CME on 'Sudden Cardiac Death can we rewrite the border between life & death' by Dr. Arshad.M.



24.03.2022: Observed World TB Day.

31.03.2022: Monthly Meeting & Candle light solidarity.

68. CHERTHALA

06.03.2022: Observed International Women's Day, message by Dr. Beena Sathyan. Dr. Linnie Eapen and Dr. Sushama Kishore was honoured on International Women's Day with a memento and ponnada.

09.03.2022: GBM, CME on Sleep Apnea – An orphan disease with significant clinical implications by Dr.Praveen Valsalan



and Women's Day Celebration followed by the flag salutation by Dr. Sangeetha, Dr. Shylamma welcomed the gathering.

20.03.2022: Executive board meeting.

69. KARUNAGAPALLY

08.03.2022: President and Secretary attended Kollam District Committee Meeting.

09.03.2022: Regular Executive Commit-

tee Meeting.

30.03.2022: Monthly General body and CME on Sudden Cardiac Death – Can we rewrite the border between life and death by Dr. Arshad.M. Active membership campaigning was done and twelve new members enrolled.

70. TAMARASSERY

18.03.2022: General Body Meeting.

CME on 'Robotics in total knee replacement' by Dr. Basheer Abdul Gafoor & "Contemporary management of neuro-surgical condition' by Dr. Ticini Joseph.

21.03.2022: 'THARANGAM' - State President Yathra; 7 new members joined the branch as a part of the membership drive.

71. KOLLAM

08.03.2022: IMA, District Committee and AIDS control Society conducted a district level training for Doctors on Achieving Zero New HIV infection by 2025.



10.03.2022: Executive Committee meeting.

25.03.2022: General Body Meeting with CME on "TB – Preventive Treatment" by Dr. Arshad Kalliath.

IMA Kollam Cricket League - The tournament was played on March 4th, 5th, 6th, 11th, 12th, 13th & 20th. Total 10 teams participated.

Winners are Travancore Medicity Medical College, Champions, Meditrina Hos-



pital – 1st Runner up & NS Co-operative Hospital – 2nd Runner up.

31.03.2022: Conducted training on Emergency Care and Life Support.

BLOOD BANK REPORT

1. Awareness class on VBD: Nil
 - a. Total VBD camps conducted: 02
 - b. In house : 01
 - c. Out reached camps 01
2. Total Blood collected during camps : 39
 - a. males 37
 - b. Females 02
- 08.03.22 College of Applied Science, Kundara
3. Total blood collected at blood banks : 212
 - a. Males : 209
 - b. Females : 03
4. Total blood components issued : 339
 - a. WB.....17
 - b. RCC.....231
 - c. PLC.....42
 - d. FFP.....49

In House Blood donation camp: round table -6

Outstation blood donation camps: College of Applied Science, Kundara-39 donors on 08.03.22.

72. KOTTAKKAL

Membership Drive. 25 New members joined, SSS-2, Pension Scheme-2 & Health Scheme -1.

08.03.2022: International Women's Day. IMA with Aster MIMS Hospital celebrated the day, Zumba training session followed by Meeting at Rydges Inn Kottakkal.

16.02.2022: Attended the HIV AIDS Training Class.

17.03.2022: Monthly General body & CME on 'Endocrine surgery from an Endocrine surgeon's perspective' by Dr.



Shikhil Puzhakkal.

23.03.2022: Sheshi School Programme. In memory of our past president Late Dr. Chandrika Keeran. Donated a full fledged water purifier with added UV filters. Donated tables and chairs for pre-schools children. Provided lunch for all



students.

29.03.2022: Malappuram District Committee Meet held at Rydges Inn hotel.

73. TIRUR

08.03.2022: Monthly General Body along with CME on 'An approach to Common Child Psychiatric problems and management' by Dr. Varsha Vidyadharan.

74. KALPETTA

02.03.2022: NTEP CME for Private Practitioners as part of the Private Public Participation to End TB.

04.03.2022: GB and CME.

06.03.2022: Attended the State level meeting on MSME at Aluva.

08.03.2022: Observed International Women's Day.

Attended the district level sensitization training on IMA Mission- Zero New HIV in Kerala by 2025 held at Sultan Bathery.



20.03.2022: Represented the State level TOT program on ELS at IMA Periyar House.

28.03.2022: Attended Online Training on Japanese Encephalitis conducted by the DMO office.

75. KOLENCHERY

07.03.2022: IMA and SATVA College Union of MOSC Medical College together commemorated International Women's Day. A motivational lecture for all the staff and students conducted by Dr. Sheeba K M.

10.03.2022: An Awareness Class on Basic

Life Support by Dr. Anita Shenoy and Dr. Anoop.

24.03.2022: A Breast Cancer Awareness Class for ASHA workers by Dr. Rakhee and Dr. Anita Shenoy. Dr. Joicy Els Jojo conducted a class on breast cancer with special emphasis on breast self-examination.

30.03.2022: General Body Meeting & Diabetic Retinopathy class by Dr. Liji Menon.

76. CHIRAYINKEEZHU

08.03.2022: Observed International Women's Day & Dr. Padmaprasad took awareness class.

77. CHENGANNUR

12.03.2022: IMA Chengannur along with DC Alappuzha in association with KSACS



conducted District level Sensitization programme for HIV/AIDS inaugurated by Dr. Radhamony M. The Meeting was called to order by Dr. AP Mohammed, flag salutation by Dr. Gheevarghese, Dr. Oommen Varghese welcomed the gathering. Dr. Arun Jacob Dist AIDS control officer. Dr Sajikumar, Dr. Susan Samuel and Dr. Madanmohan Nair addressed the meeting.

78. ADOOR

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

79. ATTAPADI

04.03.2022: Attended the Palakkad District Committee meeting. Given a small talk on future activities of the branch & invited everyone as Attapadi is the venue for next DC meeting.

08.03.2022: Conducted an awareness class on Anaemia, Endometriosis & substance abuse in adolescent health by Dr. Shubin.



28.03.2022: Executive Committee Meeting regarding the visit of State President & Secretary.

80. ADIMALI

20.03.2022: Attended ELS Hands on Training at Periyar House & Committee on Legal Affairs - Inauguration and Class on various related topics.



81. THEMMALAPURAM

Membership Campaign 'Tarangam'. State President's Yathra.

82. MULAMKUNNATHUKAVU

24.03.2022: CME in connection with World TB day observation at Medical

College Thrissur, in Co-operation with Pulmonary Medicine Department. Branch Secretary Dr. Rajesh participated in the Inaugural ceremony. Branch President Dr. Sajeevkumar participated in the IMA-AMS CME as a Speaker, held at Elite Hotel Thrissur.

83. KARAKONAM

Membership Drive and CME on "Documentation, Communication skills and Litigations in Medical Practice" by Dr. Mohanan Nair, Vice President. Dr. C. V. Prasanth, spoke on "Know IMA" and Dr. Indira Amma, led the campaign chaired by Dr. Shibu Raj, Secretary - IMA Karakkonam. Dr. Baburaj, Dr. Stanley, Medical Administrator and many other leaders participated. Dr. Vighnesh, the youngest member of Executive Committee, also participated. The response was overwhelming and several young doctors collected the membership applications and clarified their doubts on IMA Schemes.



84. PUNALUR

23.03.2022: A General Body Meeting and CME on 'Fatty liver to Cirrhosis' by Dr. S. Sreejith, Surgical Gastroenterologist and cleared the doubts of members.

85. CHATHANNUR

04.03.2022: Conducted meeting on home loans by HDFC team. Two new members were enrolled as life members in March.

86. MANNARKKAD

04.03.2022: Conducted District Committee Meeting under Aegis and IMA Mannarkkad Branch. Points discussed with Life Membership Enrolment Drive, SS Schemes, PDSS & Act force Activities. 10 members enrolled SSS II.



87. KADAKKAL

26.03.2022: General Body Meeting presided by Dr. V. Gopinatha Pillai. It was a family get together too. President welcomed the gathering and gave presidential address. Presentation of minutes of last meeting was done by secretary. CME on documentation, Communication and Litigation on medical practice by Dr. V Mohanan Nair.



88. KOZHENCHERY

12.03.2022: The HIV AIDS Sensitization Training Program for Doctors. IMA



Kozhencherry hosted Pathanamthitta district meeting in association with Kerala AIDS Control Society. Meeting was called to order by Dr. T G Varghese. Flag salutation was done by Dr. Arun Abraham Jose. Welcome and Chairman's address by Dr. T G Varghese. Meeting was inaugurated by Dr. Cherian Mathew, Scientific session was chaired by Dr. Nidhish Issac Samuel. A detailed presentation about "Basics of HIV management" by Dr. Manish Nair, Secretary, PDSS. HIV & AIDS ACT 2017 was elaborated by Dr. Adv Jomon Koshy. Dr. Prasad Cheeramattam, presented vote of thanks.

89. PATHANAPURAM

15.03.2022: General Body Meeting. Presidential address by Dr. Radhakrishnan Nair, branch president highlighted the need to increase the membership of the organisation. The need to increase the membership, to enrol all eligible members to all schemes of IMA especially PPS. Other association matters were discussed.

Conducted CME on a 'typical manifestations of Covid 19' by Dr. Rajeev.

90. KAYAMKULAM

12.03.2022: Attended AIDS Control Programme in Chengannur conducted by Kerala AIDS Control Society, and IMA KSB which was chaired by Dr. Radhamony.

15.03.2022: CME on 'programme on leptospirosis' by Dr. Shabeer Ahammed.

30.03.2022: Executive Committee Meeting to discuss about 'State President's Yatra' visit in April first week.

91. KOLLAM WEST

18.03.2022: First Physical Meeting conducted at Hotel Ritz. Silent Prayer & Flag Salutation by Dr. Marceles welcomed the members. Secretary presented the reports. Discussion was mainly on "Tha-

rangam" & formation of Women's Wing.

92. ALAPPUZHA

Zoom Meeting on work place harassment. Former DGP Sreelekha IPS inaugurated the function a detailed about the laws pertaining to the safety of ladies. Dr Sreelatha welcomed the gathering and Presidential address by Dr. RM Nair and vote of thanks by Dr. Arun N.

Physical Executive Meeting, Committee members attended and discussed about membership campaign, State President's Yathra and renovation of board room at IMA Hall Alappuzha.

93. CHITTUR

20.03.2022: An Online Meeting was conducted to discuss regarding membership drive was attended by president, secretary & executive members. Planned and divided local areas and made list of doctors who are not part of IMA. 9 New members added to branch.

94. VANIAMKULAM

01.03.2022: Had a meeting along with IMA Pattambi & Palakkad District Committee to discuss regarding SSS II.

95. KOTHAMANGALAM

13.03.2022: General Body and Condolences Meeting, death of a member Dr. Kuriachan Joseph.

25.03.2022: Conducted a Hybrid CME and General Body Meeting. 15 participants attended in off line mode and 15 participants in zoom platform. CME was on 'Spectrum of Insulinization from hospital admission to post discharge' by Dr. Gopakumar, Consultant Cardiologist and enrolled 8 new members to IMA.

96. KOVALAM

09.03.2022: General Body Meeting.

16.03.2022: Conducted Medical Camp at Sreekanteswaram, Trivandrum.



97. MUKKOM

20.03.2022: Conducted a reception to State President and State Secretary of IMA as a part of their travel 'THARANGAM 2022'. Prior to the reception program a music night program was conducted.

21.03.2022: Meeting conducted at KMCT medical college as a part of Membership campaign in which Dr. Samuel Koshy and other state leaders interacted with students.

98. NEDUMKANDAM

20.03.2022: Executive committee meeting. Six new members were added during the month.

99. VAIKKOM

10.03.2022: CME on "Post Covid problems" by Dr. Rohit S, Pulmonologist HGM Hospital Muttuchira.

100. ETTUMANOOR

05.03.2022: Conducted monthly meeting & discussed about the activities for the month, organized family meeting. The president and secretary attended the state online meetings of IMA, also attended the state meeting against assault doctors and also enrolled new members for membership campaign.

101. KANJIRAPALLY

IMA conducted a class on finance management for doctors.

Meeting decided to increase awareness among the public about the dengue and leptos threats, conduct medical camps in remote areas & buying land has been finalised and will be buying it in a week.

MEMBERSHIP DISCOUNTS

END ON 15.05.2022

Hurry Up.....

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](https://t.me/imakerala)

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

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