



IMA

News Letter



**MAY
2022**



271st SWC
@ Thalassery



Be Safe...Be Committed...



**INDIAN
MEDICAL
ASSOCIATION**
KERALA STATE BRANCH

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Dr. Samuel Koshy
President, IMA KSB

President's Column

MEDICAL EDUCATION @ CROSSROADS

Medical education is supposed to be one of the toughest and costliest among all others. With starting of so many private medical colleges all over the country, medical education has proved to be the costliest. Fees fixed for UG and PG Medical Education have been fixed in lakhs and crores. Unlike in earlier years, meritorious students are denied admission to medical education. Private medical education system is in the hands of business people and has become profit oriented. Medical education is pictured as very expensive without considering the benefit to the patients. Medical fees are determined considering the establishment cost and the maintenance cost. No Costing studies are conducted in this regard till now. Actually each medical college should be centres of excellence with tertiary healthcare service providers and facilities. Medical and nursing students are byproducts of this process. The service rendered by PGs, House Surgeons and Students round the clock, by paying them meagre stipend, make treatments in medical colleges much cheaper. Service of these students also should be considered while doing costing studies.

Standards of medical education has been deteriorating over the years and in many medical colleges there is shortage of facilities. Also the faculties are inadequate but these medical colleges continue the show with imaginary faculties. This happens in Government Medical Colleges also where many senior doctors are temporarily transferred to concerned colleges and shown as faculties during inspection time. Many of the private medical college hospitals do not get enough patients and students are not exposed to adequate patients. This compromises standards of medical education and exposure to practical knowledge during the studies.

Number of students undergoing medical education every year is increased but the standards are not maintained. There is excess production of doctors in many southern states of the country especially Kerala and this leads to unemployment among doctors. At the same time there is shortage of doctors in most of the Northern States. Number of doctors produced for each state should be need based. Appointing unqualified and doctors from other systems of treatment in Modern Medicine hospitals undermines the quality of treatment and should not be allowed.

Unlike earlier years politics, religion and commercialization have crept into the medical education system also. Politics in Medical Colleges again affects the functioning of these institutions but discussion on professional issues should be given adequate importance. This is going to have long lasting repercussions in the health system. Until and unless interference is made at the earliest, health system of our country will suffer in the long run.



Dr. Joseph Benaven
Secretary, IMA KSB

From the Editor's Desk

FAMILY DOCTORS TO THE FRONTIER

The Doctors Day slogan is timely and thought provoking. Though it was conceived in the context of the COVID pandemic when family physicians were the first point of contact for the many thousands who contracted the disease and was in panic. They were the source of solace and empathy. The service rendered by them has once again brought to light the role played by doctors at the community level in close contact with families.

Going back two decades, there is a bygone era when our family members consulted the friendly neighborhood doctor, so very patient, caring, empathetic, a good listener, taking time for detailed clinical examination and finally explaining to the patient and bystanders all about the illness with a smile which in itself is healing. So much of trust and confidence was reposed on the neighbourhood physician, I would err if I say so, the family doctor, who was a member of each and every family in the community. A time when doctors were revered and considered demi Gods!!

The last one decade saw a shift in healthcare delivery, from the humane touch to an era driven by technology and commercialisation; small and medium hospitals being replaced by mammoth corporate hospitals. Digitalisation no doubt has brought the world at your finger tips connecting the world into the much acclaimed global village. But unfortunately, disconnecting its inhabitants creating chasms in human interaction and relationships. The pace of life has caught up with the medical profession as well, with doctors losing out on their innate qualities. The fallout as we witness is increasing violence on healthcare professionals.

Well, may the slogan prompt us to introspect and mend our ways if needed, bringing in a paradigm shift in our approach to patient care, recreating the times when doctors were the most respected members of each family and the community.



മലബാർ





Trivandrum District

Karakonam Branch



Photo Gallery **Trivandrum District Kazhakkootam Branch**



Trivandrum District

Kovalam Branch





Trivandrum District

Nemom Branch





Trivandrum District

Trivandrum Branch





Trivandrum District

Venjaramood Branch





Pathanamthitta District

Kozhencherry Branch





Pathanamthitta District

Pandalam Branch





Pathanamthitta District

Thiruvalla Branch





Malappuram District

Kottakkal Branch





Malappuram District

Manjeri Branch







Malappuram District

Tirur Branch





Malappuram District

Valancherry Branch







മരം

State President Visited



Dr. Samuel Koshy
State President
IMA Kerala



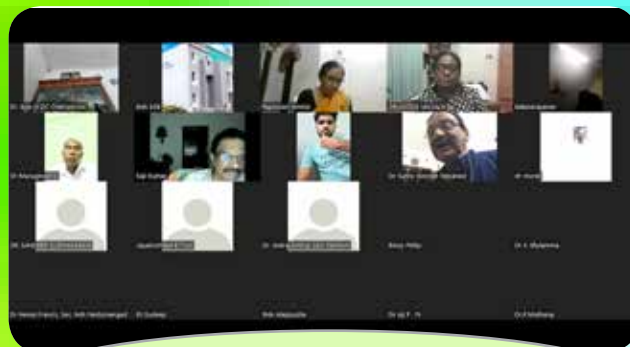
Dr. Joseph Benaven
State Secretary
IMA Kerala

- 107 IMA Branches
- 7 Ministers
- 3 MPs'
- 38 MLAs'
- 14 Press Conferences
- 30 Medical Colleges

State Activities....



02.05.2022, 19.05.2022 & 31.05.2022
- State Sports Meet



05.05.2022 - Membership Promotion
Committee Meeting



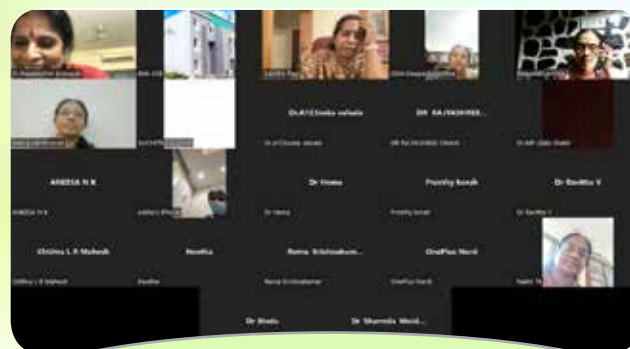
10.05.2022 - Action Committee
Meeting



15.05.2022 - Branch Presidents_
Secretaries Meet



20.05.2022 - IMA AMS Meeting



23.05.2022 - EVECON



27.05.2022 - Cabinet Meeting



27.05.2022 - Past Presidents Meeting

271st

State Working Committee Meeting @ Thalassery





**271st
SWC**





MISSION MAZHAVIL

for tackling Mal-Nutrition to Mall-Nutrition

Introduction

The double burden of malnutrition is coming up as an important public health issue. The greatest challenge that we face now is that the proportion of normal children is decreasing and those with underweight and undernutrition as well as overweight and obesity are increasing. The changing profile of malnutrition and the nutrition transition turning away from healthy eating to overeating, especially 'JUNCS' are ringing an alarm to intervene on a war footing. We are sitting on a volcano of NCDs; that too at a much younger age-group. Are we till deaf to this?

Mall - nutrition used to be the disease of the affluent and Mal-nutrition that of the deprived. But currently, the scenario has changed. During COVID 19 pandemic, all the unhealthy cooking practices got free entry into our kitchens through YouTube and Post COVID unlock, these items reached our doorsteps through the 'flying squads of the food chains and the Swiggys and the Jennies'. This transition happened all on a sudden and across all socio-economic sections. Healthy eating patterns fast disappeared, the difference between the 'haves and the have-nots' increased and suboptimal eating became the rule among the low-income groups, especially the parent-less and home-less children. Most of the Public health programmes came to a standstill, especially the feeding and supplementary nutrition programmes. Mid-

Day School meal programme is an important example. Thus, the double burden of malnutrition has become more prevalent affecting quality of life.

Changing Profile of Malnutrition– "FTT, Globesity& Diabetes (Diabetes + Obesity)"

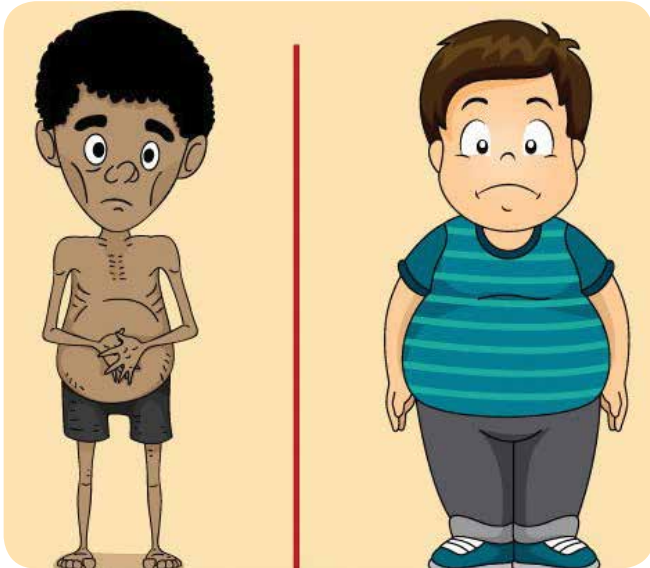
Severe Acute Malnutrition (SAM) seems to be decreasing, but Moderate Acute Malnutrition (MAM) is becoming a common diagnosis. However, SAM among 0-6 months old babies is going unrecognized among the NICU graduates and LBW babies. This is a preventable cause of Failure to Thrive (FTT), morbidity and mortality, if growth monitoring is meticulously followed as part of the Early Childhood Development and Nutrition (ECDN) well baby visits.

Unhealthy eating practices coupled with lack of exercise, increased screen time and decreased sleep have kindled the global pandemic of 'Globesity and Diabetes'

Micronutrient Malnutrition that cuts across all age groups and independent of weight and height, is another hurdle that negatively influence the physical and neuro developmental outcome. The story of iron supplementation programme for the last several decades without any substantial gain so far is another major challenge. The micronutrient gap leading to hidden hunger and overt micronutrient



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Trivandrum*



malnutrition needs immediate attention.

Nature or Nurture?

Most of the effects of the dual malnutrition have transgenerational effects via epigenetics tags, which may pass on to 1-60+ generations. It is now understood that the role of Genetics/Nature is only 20%, in contrast to environmental effects like nutrition and stimulation/Nurture, which is 80% in achieving one's innate potential.

Birth Weight and future Health Outcome.

(1). The fuel mismatch - Fuel deficiency during fetal life resulting in low birth weight (LBW) babies, followed by early introduction of high energy obesogenic diet in the postnatal period, especially the 'JUNCS'

(2). Rapid and Early postnatal growth during infancy and early childhood due to the Nutrition transition with high purchasing power, affluence and urbanization and

(3). Increased birth weight as in LGA babies, born to mothers with DM or Glucose intolerance, continuing as childhood obesity.

The impact of **Birth weight** on future health and diseases is a 'U-shaped curve' unlike the 'J'- shaped curve' of usual risk factors, which remains static till a particular threshold and then

suddenly the risk increases.

Why Capitalize on the First 1000 Days of Life?

'Nutrition and Nurture' during the first 1,000 days from conception to second birthday, provides the building blocks for physical growth and brain development. Healthy futures begin in the first 1,000 days, nourishing a strong start for all children. The first 1,000 days are a time of tremendous potential and enormous vulnerability.

Will all windows close on Second Birthday?

The rapid brain growth and myelination/wiring of the neurons happen mostly till second birthday, but some neuroplasticity can persist beyond 2 years. Hence, it is a solace that there is an extended window of opportunity at least till 3 years of age. Thus, it is important to start with preconception care, carry forward throughout pregnancy till three years of age.

Tracking BMI and Growth Charts as an Early Intervention.

It is interesting to note that offspring of no other mammal is born clad with so much fat, being the highest creation. The BMI of a human baby is 13 at birth, which shoots up to 17 at one year and then has to dip to a nadir of 15 by 5-6 years. Then slowly rise to 18.5 by adulthood. This is called 'Adiposity rebound'. No dip or early dip as seen now predicts future



How to break the Intergenerational cycle of Chakravyuuham?

Till now, we are making circles around these circles and trying to attack from outside as in case of the Chravayuuham of the Mahabharata War. Do we have the know how to get inside and come out victorious? It is not easy. Sad to quote that the young warrior Abhimanyu had only the know how to get inside, but not how to come out.

What are the Practical Steps for Intervention?

1. Adolescent care- Ensure Pre-pregnancy standards like minimum 45 kg weight, 145 cm height, normal BMI with micronutrient sufficiency including adequate iron stores
2. Maternal Care- Ensure a stress-free 'Joyful Pregnancy' & Responsive Parenthood. Ensure healthy eating and preventive steps like vaccination.



-

What are the JUNCs?

J- JUNK Food: HFSS- High in Fat high in salt, high in sugar low in other essential nutrients, e.g., anything you order and buy. The Delhi High Court had accepted this term and banned its sale in school canteen and 50 m premises



from 2015. FSSAI has also banned it and CBSC has banned it in 2020. However, the recommendation of 150 m. was compromised to 50 m, by the interested lobby.

U- ULTRA- Processed Food- NOVA Classification 4. Any packet food with longer shelf life, e.g., table sugar in comparison to cane sugar.

N- Nutritionally Inappropriate: e.g., Tea, Coffee, Caffeine containing chocolates, Creatinine containing sports drinks given to young children.

C- Caffeinated/Colored/Cola Drinks- Caffeine has adverse effects on CVS & CNS

S- Sugar Sweetened Beverages- Up to 6 tsp. or more sugar is there in one glass of fruit drink with noily 5% fruit, Nectar with 60% fruit in contrast to Fruit juice/smoothie 95% fruit. Only fresh fruit is recommended for children.

Role of Public Private Participation and Convergence?

Early detection of 4 Ds- deficiencies, defects at birth and developmental delay/disability and referral to the RBSK scheme like the 'Mission Hridyam program is a big boon. But it has to reach all beneficiaries including the under privileged. The PPP model in the 'Hridyam Project' of Kerala, which has directly contributed to tackling the burden of congenital heart disease among children as an end game strategy in the reduction of IMR to single digit is commendable.

Role of UNICEF in this regard?

In Kerala, UNICEF is partnering with NHM, IAP, NNF, KFOG, IMA in creating awareness and taking up proactive steps. UNICEF can support most of the early interventions to nip the risk in the bud by way of situation analysis, capacity building and documentation.

Recommendations:

A doable strategy is the Rainbow revolution or 'Mission Mazhavil', which is all about healthy eating, in order to supply all essential nutrients including micronutrients and thereby buy back the health of our future citizens. Similar to Mission Indra Dhanush for Catch up Vaccination, Mission Hridyam for heart diseases, let us launch 'Mission Mazhavil' for reducing the burden of malnutrition.

Anticipatory Age-appropriate Nutrition Guidance, Growth monitoring, Developmental surveillance, Immunization, Disability detection and early intervention are to be systematically implemented and monitored to ensure child survival and quality of survival.

Let us pledge to become a "Change Agent" for: "A Universal health system that eliminates preventable deaths of newborns and stillbirths; And where Every pregnancy is wanted, where Every birth is celebrated, where Women, Babies, and Children Survive, Thrive, and reach their Full potential".



നമ്മുടെ ആരോഗ്യം

ഇന്ത്യൻ മെഡിക്കൽ അസോസിയേഷൻ പ്രസിദ്ധീകരണം

വരിസംഖ്യാ ഫോറം

ഐ.എം.എ നമ്മുടെ ആരോഗ്യം മാസിക വർഷത്തേയ്ക്ക് താഴെ പറയുന്ന വിലാസത്തിൽ തപാലിൽ അയച്ചുതരുവാൻ താൽപ്പര്യപ്പെടുന്നു. വരിസംഖ്യ രൂപ ഇതോടൊപ്പം അയയ്ക്കുന്നു.

പേര്.....

മേൽവിലാസം.....

ജില്ല..... പിൻ.....

ഫോൺ.....

തുക അടച്ചതിന്റെ വിശദ വിവരങ്ങൾ:

മണിഭാർഡർ: മണിഭാർഡർ നം:..... തുക..... തീയതി.....

ബാങ്ക് ട്രാൻസ്ഫർ: ബാങ്കിന്റെ പേര്.....

ബ്രാഞ്ച്..... റഫറൻസ് ഐ.ഡി..... തുക..... തീയതി.....

ചെക്ക്/ഡി.ഡി: ബാങ്കിന്റെ പേര്.....

ചെക്ക്/ഡി.ഡി നം:..... തുക..... തീയതി.....

വരിസംഖ്യ

1 വർഷം : 250 രൂപ

2 വർഷം : 470 രൂപ

3 വർഷം : 720 രൂപ

വരിസംഖ്യ മണിഭാർഡർ/ഡി.ഡി./ചെക്ക് എന്നിവയായി നമ്മുടെ ആരോഗ്യത്തിന്റെ പേരിൽ തിരുവനന്തപുരത്ത് മാറാവുന്ന രീതിയിൽ അയയ്ക്കുക.

ഇന്റർനെറ്റ് ബാങ്കിംഗ്/NEFT വഴി വരിസംഖ്യ അടയ്ക്കാൻ താല്പര്യപ്പെടുന്നവർ കാനറാ ബാങ്ക്, തിരുവനന്തപുരം പേട്ട ശാഖയിലെ നമ്മുടെ ആരോഗ്യം അക്കൗണ്ട് നമ്പർ 2769101002614 (IFSC Code: CNRB0002769) ലേയ്ക്ക് നിശ്ചിത തുക ട്രാൻസ്ഫർ ചെയ്ത ശേഷം പ്രസ്തുത ട്രാൻസ്ഫറിന്റെ വിവരങ്ങളും പൂർണ്ണ മേൽവിലാസവും (ഫോൺ നമ്പർ ഉൾപ്പെടെ) naarogyam@gmail.com ലേയ്ക്കോ 94 000 126 00 എന്ന മൊബൈൽ നമ്പരിലേയ്ക്കോ എസ്.എം.എസ് ആയോ വാട്സ് ആപ്പ് ആയോ അയച്ചുതരിക.



വിശദ വിവരങ്ങൾക്ക്:

IMA Kerala State Headquarters, Anayara P.O., Thiruvananthapuram 695029

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WOMEN DOCTORS WING

IMA Kerala State

VATAKARA

12.05.2022: International Nurses day. Talk by Dr. Ajmal K, Paediatrician (Asha hospital, Vatakara)

10.05.2022: Monthly Executive Meeting. The board decided to celebrate nurse's day at respective hospitals. Sweets and flowers were distributed and talk given on the importance of nurse's work in health care.



25.05.2022: A talk on radiology was given by Dr. Sony. K. M, Decision was made on distributing umbrella for poor kids.

PATTAMBI

27.05.2022 : Dr.Asha Jalal , MO FHC Chemmalassery took class on Work life balance for staff of CHC Koppam and Asha workers at conference hall of CHC Koppam. Dr.Geetha and Dr.Febin attended the class.

MADHYA KERALA

01.05.2022: International Labour Day. Conducted a survey on work stress management, enquiring about how each individual manages stress at workplace.

02.05.2022: Warm Reception was given to NISS Cyclists' Silent Wheels Team at Aluva IMA Madhya Kerala Hall. Dr A. K. Rafeeq, Dr. M. A. Sagith led the program along with past SP Dr A.V.Babu, ActForce State Chairperson Dr M.N.Menon. There were 25 cyclists and Past State President Dr M.E. Sugathan joining the cyclists Team from Cochin to Aluva was an inspiration to all.

05.05.2022: Rajeswari Amma attended the membership promotion committee meeting on virtual platform.

07.05.2022: Silent Wheels team was accorded warm reception at Angamaly by Dr.Gisy Kurien and Dr.Kurien John.

08.05.2022: Dr. K. N. Sobhana arranged food and refreshments for the elderly inmates of Deivadan Centre, Kanjoor in connection with Mother's Day.

12.05.2022: Nurses' Day celebrations were organized by wdw in Madhya Kerala in various hospitals, K. G. Hospital Angamaly, Vimala Hospital Kanjoor, Carmel Hospital, Koinonia Mission Hospital, Najath Hospital, C. A. Hospital & St. Joseph's Hospital Dharmagiri.

12.05.2022: Executive Committee Meeting.

15.05.2022: Mega Medical Camp was held at Manickamangalam NSS HSS. Medical Checkup was done by Dr.Sobhana K.N.Dr. S. K. Rajeswari Amma Dr.Bindu Suresh, Dr. Ann J. K&Dr. Liza Thomas. Program was organized by IMA WDW and Bharat Scouts & Guides of NSS HSS Manickamangalam, Kalady, in association with IMA Blood Bank Aluva & Lions Club of

Alway West.



Anaemia Detection: Paediatric, adolescent and adult participants were screened for anaemia. Dr. Bindu Suresh gave awareness on importance of early screening, detection & treatment of cancers in women, as part of "Swayam" project. Dr. Sobhana K. N. & Dr. S. K. Rajeswari Amma examined the patients and screened them for lifestyle diseases.

Screening vision camp at Benny's park, Kalady. Dr. Ann J. K., consultant Ophthalmologist, LF Hospital, Angamaly, examined the patients and advised early correction for the detected visual defects.

Dr. Liza Thomas and Dr. S. K. Rajeswari Amma took awareness classes on life skill development in teenage.

Dr. Liza Thomas and Dr. K. N. Sobhana took awareness classes on healthy diet (the what, when, how and where of food habits) in teenage in connection with world family day.

22.05.2022: IMA TOT Workshop on Communication Skills was held at IMA Periyar House Aluva. Dr. M. N. Menon (Chairman IMA State ACTFORCE and Executive Committee Member IMA Madhyakerala) was a faculty at this session. Dr. Anitha R. Krishna, member, IMA WDW Madhyakerala, attended the TOT program.

Dental Camp



17.05.2022: Awareness on POCSO, life skills in Teenage.

29.05.2022: Dr. K. N. Sobhana, Chairperson, WDW Madhyakerala, held a "wellness camp" for the women inmates of Deivadan centre, Kanjoor.

PAYYANNUR

12.05.2022: Celebrated World Nurses Day in association with Anaamaya Hospital Payyanur. WDW President Dr. Arathy Antharjanam and Secretary Dr. Soona PR addressed the gathering.

14.05.2022: General body meeting. Discussed about the planning and participation in Doctors day celebration of IMA and discussed other organizational matters and decided to participate in North zone conference at Thalassery. It was also decided to conduct regular General Body meetings on Second Friday of every month with an academic session.



PERINTHALMANNA

01.05.2022: Webinar

05.05.2022: WDW and IMA Perinthalmanna actively conducted kids' summer camp from May 5th to May 31st various activities like horse riding chess, badminton, painting, arts and craft, table tennis etc were included.

05.05.2022: Reception to silent on wheel programme.



07.05.2022: WDW participated sports meet.
 08.05.2022: Celebrated Mother's Day programme; new mothers who delivered on 7th and 8th may were given gifts and honoured in Moulana hospital.
 14.05.2022: Reception to Tharangamand cultural events. Valedictory function of 'Tharangam'(State president's Kerala yathra) held at IMA House Perinthalmanna. State level Inauguration of Cultural Wing of IMA KSB. Installation of Junior Doctors(IMA Certificate



distribution to newly joined Drs in this IMA YEAR). Best nurse award of IMA Perinthalmanna was distributed. Exhibition of paintings of members and Cultural events organised by team wdw.

15.05.2022: ELS hands on training programme.

THALASSERY

01.05.2022: WDW along with Lions Club of Kuthuparamba, honoured a young lady Sheeja in connection with World worker's day.

02.05.2022 to 06.05.2022: Chairperson Dr Suchitra Sudhir was privileged to be part of the Malabar Cancer Care Society initiative for an



intensive early breast cancer detection device. Training was given by WHO expert faculty Dr Andre Lopez Carvatho from France and Dr Surita Kanthana from BARC, Mumbai.

03.05.2022: World Asthma Day. IMA

Thalassery conducted a Class for staff at FHC Muzhapilangad. Dr. Priya P R took the class.

08.05.2022: Mother's Day Celebrations, New-born baby kits sponsored by IMA were distributed among caregivers of new-born babies. Kits were distributed by Deputy Superintendent Dr. Santosh; awareness class by Dr. Sreedevi & New Born Care by Dr. Maya.

09.05.2022: Women's Night walks by IMA & WDW.

12.05.2022: Nurses of Tellicherry Co op. Hospital were honoured on Nurses Day.

22.05.2022: Kannur District Badminton Men & Women Tournament conducted by IMA Thalassery at Areena Indoor Court Thalassery. Dr. Sujith Kannur Dist Chess Tournament winner.

23.05.2022: Awareness class in FM Radio on Vaccination in Children by Dr. Maya Jithin.

25.05.2022: WDW General Body Meeting.

29.05.2022: Reception to State Office Bearers.

28.05.2022: A class on Ladies Health, appreciation and honouring by the ladies in connection with International Women's Health day.

28.05.2022: Menstrual Hygiene Day, conducted a Class for Students at Mubarak Women's College, Thalassery. Dr. Maya Jithin took the class.

31.05.2022: Observed No Tobacco Day distributed pamphlets at all private Hospitals and clinic in Thalassery.

31.05.2022: Dr. Suchitra Sudhir, received the Dr. P.A. Lalitha memorial Social Women Entrepreneur Award 2021 for Women 2021.



COCHIN

02.05.2022: Silent wheel 2022 flag off ceremony was held at IMA house by Shri Hibi Eden, MP Ernakulam district. The cyclists were travelling as a part of safe sound initiative from Trivandrum to Ernakulam.

10.05.2022: Dr Gracy Thomas and team had spent some quality time in an orphanage at Government Girls Home Kakkanad.

11.05.2022: Dr. Gracy Thomas had conducted a pre-marital education class for 53 couples at Kaloor, Renewal Centre.

15.05.2022: Family night 2022, a long awaited event & played party games, many of our talented singers performed and danced for recent songs and had a lot of fun with events food and entertainments throughout the evening at IMA house.



19.05.2022: Monthly WDW Online Meeting. Scientific talk sessions were based on awareness of asthma. "Is Asthma a preventable disease?" Who are at risk of developing it? & How to know if you have the disease? by Dr. Neethu Thambi, Consultant Pulmonologist, SreeSudheendra Medical Mission Hospital.

'Management of Asthma and relevance of inhalers' by Dr. Nithya Haridas, Associate professor, Amrita institute of medical sciences. We had planned a weekend one day trip to Vagamon.

24.05.2022: Dr Gracy Thomas conducted a class on Reproductive health, a very important topic for young generation at Kaloor. Women older than age 30 can have successful pregnancies and deliveries because of the advances in medical care for both mother and baby which can prevent the risks they face. 'How to have a healthy pregnancy after 30', a live session for all patient queries was discussed by Dr Lissamma Joseph.

As part of the entertainment programs for the family night during 2nd week, had practice sessions at IMA house for a week.

27.05.2022: Dr Manju, Consultant Paedia



trician gave a talk on "Paediatric Pneumonia- new horizons in disease and management" to Paediatricians at IAP Madhya Kerala branch.

28.05.2022: World Menstrual Hygiene Day. Watch the reel on social media on menstrual cup, a cup of life project, an initiative by IMA and WDW. Dr Smitha Menon explains everything you need to know about menstrual cup and discusses the pros of using menstrual cups.

To know more about it clicks on: <https://www.instagram.com/reel/CeEWLdMgQgu/?igshid=MDJmNzVkMjY=>

NEDUMBASSERY

23.05.2022: WDW Nedumbassery office bearers Dr Lekha Gopal and Dr Beena Harikrishna along with Dr Rajyashree attended the meeting called by IMA WDW Kerala state for all the leaders to discuss the conduct of South Zone EVECON and WIMALS to be conducted on the June.

25.05.2022: General Body Meeting called to order by Branch President Dr. Nigel Kuriakose. Welcome address by WDW Chairperson Dr Lekha Gopal; attended by all executives. Agenda for the meeting consisted of discussion regarding the upcoming South Zone EVECON - attendance for the same in possible numbers, providing Sponsorship at Kochi, also discussed regarding the upcoming Panel discussion (Meditalk) on Women's health to be held on June 3rd 2022 in Muscat, Oman.



27.05.2022: Yoga for health. On the occasion of International Day of Yoga, the Indian Embassy, Oman along with various Yoga organizations organized "Muscat YogMahotsav 2022" as part of events to celebrate 75 glorious

years of Indian independence. "Yoga Practice for Nervous system" was the theme of the session organized at Qurum Park. WDW members led by Dr LekhaGopal and Dr BeenaHarikrishna attended the session. The aim was to encourage our members to practice Yoga which connects us to our inner self and acts as a catalyst for overall health. Our members met at the venue by 6:40 am and attended the session from 7- 8 am. Session was proceeded by warm up exercises.



TRIVANDRUM

28.05.2022: Sangamam - A Family Meet for honouring retiring faculties by Alumni Association Medical College Trivandrum. Chairperson, Secretary and executive members participated in the function. Our Dance Club members performed an excellent dance program at the event.



THODUPUZHA

Classes on Airway Management, CPR, first aid in trauma, choking, snake bite for school students headed by Dr SumiEmmanuel IMA president.

Classes on mental health of Adolescence for school students by Dr.Sudarshanat Technical higher secondary school Muttom chaired by Dr Aji PN. Conducted an awareness class for school students on blood bank and blood

donation by Dr Sony Thomas and Street play by Alazhar medical college students on No Tobacco day.

KONDOTTY

05.05.2022: Monthly GB was conducted as Google meet. DMBS was also conducted on the same day.

08.05.2022. WDW Kondotty IMA observed International Mother's Day. We members visited NanmaMaram an old age home at Vaidyarangadi. Chairperson Dr Maji Mohammed addressed them; Dr Devakikutty gave a very good talk on Mother's Day. New clothes were distributed to all. We had arranged a good sadhya and served them, spent some time with them.



22.05.2022: Chairperson Dr Maji Mohammed attended TOT training on communication skill development at Periyar House Aluva.



KOZHIKODE

05.05.2022: Silent Wheels 2022. Cycling from Kozhikode to Perinthalmanna Inaguration by District Collector, Kozhikode.

12.05.2022. Nurses Day. Along with IMA Visited all the Hospitals of Kkd District and Honoured the Nurses.



18.05.2022. Donation of wheel chairs to the leprosy inmates of Govt Hospital of Dermatology, Calicut in association with Mohanlal Fans Association.

27.05.2022. General Body Meeting.

28.05.2022. Class on Menstrual Hygiene in association with gender park, speaker by Dr Bala Guhan.

28.05.2022. Anaemia Detection Camp.

28.05.2022. Menstrual Hygiene Day 22, Night Run

KOTTAYAM

12.05.2022: Conducted an informative talk on identifying Mental Health issues in children and pre-menopausal group - what parents should know by Dr. Chikku Mathew, Consultant Psychiatrist, Caritas Hospital, Ettumanoor.

12.05.2022: General Body Meeting. WDW State Chairperson Dr. Rajalakshmi and Dr. Preethy Korah, Chairperson, and Dr. Neetha Paul, Secretary, presided the meeting. About 10 Members attended the meeting.

12.05.2022: International Nurses Day celebrations at Vimala Hospital, Ettumanoor. About 32 staff members attended the celebration.



25.05.2022. A Session on Anemia in Women at Kottayam YWCA Hall. Dr. Usha Poothiode, Prof and HOD, Department of Pathology, MOSC Medical College, Kolencherry led the Session. More than 30 guests attended the Session.

NEMOM

12.05.2022. International Nurses Day. Honoured nurses of Maternity Hospital, Poojappura. Dr. Chandini Devi and Dr. Leena Ratnam led the programme.



19.05.2022. Cancer Breast - detection and awareness programme in Vanitha Jail, Attakkulangara, under "Swayam" project. Mrs. Sophia Beevi, Superintendent inaugurated. Dr. Indira Amma led the session. Dr. Chandini Devi and Dr. Beena Rani participated.



28.05.2022. Observance of Menstrual Hygiene Day. Noorul Islam College of Dental Sciences. Dr. Chandini Devi led the session. Dr. Manjusha K.K., Vice Principal inaugurated. Under "Swayam" project and MPH project. Various Medical Camps organised by the Branch. Active participation of WDW.

KASARAGOD

12.05.2022. International Nurses Day. WDW in Association with IMA Kasaragod Celebrated International Nurses Day at Kamath Medical Centre Kasaragod, Dr. Narayana Naik President Presided over the program. Dr. Rekha Rai, Chairman WDW Welcomed the Gathering.



President Dr B Narayana Naik delivered the presidential Address and message of Nurses Day. On This Occasion conducted BCLS Training to the Staff of Hospital. Dr B Narayana Naik conducted BCLS training. Dr Nabeesa PK, present on the occasion. Sister Reshma delivered vote of thanks, Total 16 Participants including Staff nurses, Attenders, Managers, Drivers participated, in the hands-on training. Distributed COLS/BCLS Certificates to the Participants.

17.05.2022. Mother's Day, Wdw observed at Kamath Medical Centre. Dr Rekha Rai welcomed the gathering. All WDW members prepared varieties of delicious food and enjoyed eating, discussed regarding IMA Family Picnic and also regarding WDW North zone Fest at Thalassery on June 5th secretary Dr Nebissa proposed vote of thanks.



29.05.2022. WDW & IMA Kasaragod Conducted a picnic to house boat Nileshtar. WDW members, IMA members and Family Members participated in the picnic.



VALLUVANAD

10.05.2022. Monthly Executive Meeting at IMA Hall Valluvanad at 7pm. The board decided to celebrate nurse's day at respective hospitals. Sweets and flowers were distributed and talk given on the importance of nurse's work in health care. Decision was made on distributing umbrella for poor kids.



25.05.2022. A talk on radiology was given at the IMA monthly meeting by WDW executive member Dr. Sony. K. M.

MISSION PINK HEALTH

IMA Kerala State

NORTH ZONE KANNUR DISTRICT

PAYYANNUR

31.05.2022: Conducted a seminar on cervical cancer and HPV Vaccine at Madayi GHSS in association with Rotary club of Payangadi. IMA Secretary Dr T Ranjithkumar lead the seminar.



THALASSERY

02.05.2022 to 06.05.2022: Chairperson Dr Suchitra Sudhir was privileged to be part of the Malabar Cancer Care Society initiative for an intensive early breast cancer detection device. Training was given by WHO expert faculty Dr Andre Lopez Carvatho from France and Dr SuritaKanthana from BARC, Mumbai.

02.05.2022: Dr. Mini Balakrishnan (President IMA Thalassery & Convenor, MPH Kerala) attended the National MPH meet on zoom platform and presented Kerala State Branch projects.

04.05.2022: An article written by Dr.Sakkariya PP, Consultant Paediatrician, Tellicherry Co-operative Hospital. (Malayala Manorama).

08.05.2022: Mother's Day Celebrations, New-born baby kits sponsored by IMA were distributed among caregivers of new-born baby's kits were distributed by Deputy

Superintendent Dr.Santosh. Awareness class by Dr.Sreedevi & New Born Care by Dr.Maya.

09.05.2022: Women's Night walk.

12.05.2022: Nurses Day - Nurses of Tellicherry Co-op Hospital were honoured. Dr. Rajeev Nambiar, Dr. Mini & Dr. Aravind C Nambiar



attended the function. Senior Nursing Staff were awarded with Medals for their service.

13.05.2022: Awareness class regarding Rain diseases in Children. Dr.Sakkaria P P gave an awareness class on Kannur News regarding Rain diseases in Children.

23.05.2022: Awareness class in FM Radio on Vaccination in Children by Dr. Maya Jithin.

25.05.2022: CME on "How can we control Breast & GYN Cancer: A Roadmap for the future" by Dr. Michelle Aline Antony, Sr. Consultant Breast & GYN Oncosurgeon, BMH Gimcare Hospital, Kannur. The CME was followed by a lively interaction. Dr. Mini Balakrishnan presided over the meeting. 46 members attended the meeting.

28.05.2022: International Women's Health Day. A class on Ladies Health, appreciation and honouring by the ladies on the same occasion.

28.05.2022: Menstrual Hygiene Day, conducted a Class for Students at Mubarak Women's College, Thalassery. Dr.MayaJithin took the class.

29.05.2022: Talk on Thalassemia by Dr. Vineetha Raghavan, at Gokulam Fort, Thalassery.



WAYANAD DISTRICT

Kalpetta, Sulthan Bathery & North Wayanad
26.05.2022 :World Thalaseemia Day. IAP Wayanad in association with IMA North Wayanad, IMA Kalpetta, IMA Sulthan Bathery, MPH Wayanad and BMH Calicut observed World Thalaseemia Day in a grand manner. CME conducted on Zoom Platform. CME on Approach to Hemolytic Anemia in a Hematologist's perspective by Guest Speaker Dr. Shinto Francis Thekkudan
Dr. Vijaya Kumar.M, President IAP Kerala is the Chief Guest on the occasion.
31.05.2022:Wayanad WDW & IMA MPH celebrated No Tobacco Day in association with IAP Wayanad WOGS and Vinayaka Nursing College. Students of Vinayaka Nursing college performed skit and dance creating awareness on No Tobacco Day.



KOZHIKODE DISTRICT

KOZHIKODE

28.05.2022: Awareness Class on Menstrual Hygiene at Gender Park Kozhikode. Talk by Dr.BalaGuhan, Senior Consultant, Dept of OBS &Gync, Kozhikode District Co-operative Hospital, Kozhikode.



MID ZONE ERNAKULAM DISTRICT

MADHYA KERALA

25.05.2022:Dr. P. Ashok Kumar, (Consultant Child & Adolescent Health, Karothukuzhi Hospital, Aluva; National Trainer, UNICEF - IMA POCSO Project; Joint Secretary, ICANCL Group, IAP; Network Provider, ICPMPN) a talk on Child Abuse & POCSO Act to Student Police Cadet, St. Thomas HSS, Malayattoor.



30.05.2022:As part of the No Tobacco Day conducted on Google Meet platform, an awareness talks on Breast Safe Stay Health by Dr. Akhiles Kunoor, Professor, Dept. of Respiratory Medicine, Amrita Institute of Medical Sciences, Kochi.

NORTH PARAVUR

28.05.2022:Talk about menstrual hygiene & health for Kudumbasree Unit of Paravur Municipality by Dr.Santhi, Gynaecologist.



COCHIN

09.05.2022: Branch members visited Govt. Orphanage for Girl, Kakkanad and supplied lunch & other materials for them.

11.05.2022: 53 couples attended at renewal center Kaloor. This activity of Cochin branch by Dr. Gracy Thomas.

27.05.2022: 80 couple attended at Renewal center, Kaloor. This activity of Cochi branch by Dr. Gracy Thomas.

27.05.2022: Dr. Manju, Consultant Paediatrician gave a talk on "Paediatric Pneumonia- new horizons in disease and management" to Paediatricians at IAP Madhya Kerala branch.

28.05.2022: IMA, MPH & WDW Cochin arranged an awareness programme on Menstrual Hygiene and awareness on use of the Menstrual Cup on Zoom Platform.

IDUKKI DISTRICT

THODUPUZHA

Classes on Airway Management, CPR, first aid in trauma, choking, snake bite for school students headed by Dr. Sumi Emmanuel.

Classes on mental health of Adolescence for school students at Technical higher secondary school Muttom, by Dr. Sudarshan, chaired by Dr. Aji PN.

Awareness class for school students on blood bank and blood donation by Dr. Sony Thomas.

31.05.2022: Street play by Alazhar medical college students on No Tobacco Day. Dr. Sarah Chirayath inaugurated the programme.

KOTTAYAM DISTRICT

KOTTAYAM

25.05.2022: A Session on Anaemia in Women at Kottayam YWCA Hall. Dr. Usha Poothode, Prof and HOD, Department of Pathology, MOSC Medical College, Kolencherry led the Session.



ETTUMANOOR

11.05.2022: Awareness class was jointly organized by MPH Ettumanoor and KMCHC Ettumanoor on the topic of 'Safe Motherhood' in MPH at DDU centre, Thellakam, Ettumanoor.

Classes were taken by Dr. Anupama & Dr. Akhila from GH Kottayam and Dr. Asha Joan, AMO from KMCHC Ettumanoor. It was attended by 80 delegates including 8 antenatal patients from Tellakom area, DDU students and nursing students of Kottayam Medical College.



SOUTH ZONE THIRUVANANTHAPURAM DISTRICT

NEMOM

19.05.2022: Breast Cancer detection and awareness programme in Vanitha Jail, Attakkul angara, under "Swayam" project. Mrs. Sophia Beevi, Superintendent inaugurated. Dr. Indira Amma led the session. Dr. Chandini Devi and Dr. Beena Rani participated.



28.05.2022: Observance of Menstrual Hygiene Day at Noorul Islam College of Dental Sciences. Dr. Chandini Devi led the session. Dr. Manjusha.K.K, Vice Principal inaugurated Under "Swayam" project and MPH project.





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BRANCH ACTIVITIES

1

Branch: Thaliparamba

President: Dr. Anoop. A. R

Secretary: Dr. Bino Jose

05.05.2022: ELS Training Program for trainers at IMA hall, Thaliparamba. More than 40 doctors and primary care givers participated in the workshop. The program was led by Dr. Madavan. K. T. and Dr. Anoop. A. R.

Act Force against violence on doctors and hospitals constituted. Conducted branch sports meet and selected members were sent for district sports meet. The committee led by Dr. Arun Sankar and Dr. Shakir. Branch demonstrated excellent talent and bagged many prizes in district sports meet and also conducted district football meet, inaugurated by district collector, Mr. Chandrasekhar, and was attended by Santhosh Trophy Kerala Coach Mr. Bino George. The cricket team became runners up at IMA Champions League Tournament conducted by IMA Kunnankulam.

Attended Communication Skills Training Program.

Drugs & Substance Abuse Awareness Meeting organised by RDO, Thaliparamba to conduct awareness among school students.

29.05.2022: Members attended the SWC meeting at Thalassery. Dr. P. V. George, former National President was honoured in the meeting. Dr. Mukundan. K. V, Dr. Madavan. K. T & Dr. Praveen Prasannan attended the meeting.

Family Meet with workshop on ELS and Executive Meeting during the month.



2

Branch: Kondotty

President: Dr. Naseer. C. P

Secretary: Dr. Saibin Ahamad Sageer. P. K



03.05.2022: Grand Reception for IMA Cycle Rally SILENT WHEELS at Relief Hospital and Trauma Centre Kondotty followed by breakfast.

06.05.2022: Executive Meeting at Hotel Afrad for planning and conducting "Tharangam" the president and secretary IMA all Kerala voyage.

11.05.2022: Tharangam at Hotel Afrad. State President met MLA, and submitted memorandum followed by Private Hospital Owners Meet with President & Grant Tharangam Reception.

22.05.2022: Inauguration and support for Indian Dental Association Kondotty for conducting a Basic Life Support CME at Hotel Afrad.

29.05.2022: Participation in IMA Malappuram District level sports and selection trials and won runner up cup in football finals.

3 Branch: Thamarassery | President: Dr. K.K.Thomas | Secretary: Dr. Amal John Jacob

18.05.2022: Monthly General Body and CME on 'Breaking the Bad News, an Art or a Craft' by Dr. Srikumar Vasudevan. Brief description of the health scheme by Dr. Roy R Chandran, Dr. Raghavan & Dr. Abdul khader.

Branch received an award from the health scheme officials for joining the second maximum number of members in the health scheme in the year 2019-2020 & Dr. K K Thomas received the award.

4 Branch: Guruvayoor | President: Dr. Jiju Kandanssery | Secretary: Dr. Vineeth V.K

08.05.2022: Conducted a Screening camp for non-communicable illness at Guruvayoor Bus stand premises. Blood Glucose and Blood pressure estimation were done. Medications were distributed free of cost.

11.05.2022: Branch handed over pulseoxymeters donated by Dr. Rajmohan Padmanabhan President of Scotland Malayalee Association to Chavakkad Taluk Hospital. Medical Superintendent Dr. Sreeja received the Pulse Oxymeters from Dr. Ranganna Kulkarni.



5 Branch: Nemom | President: Dr. N. Sreedhar | Secretary: Dr. Indira Amma J.



02.05.2022: Emergency Executive Committee Meeting. Discussed about the reception to State President and team -"Tharangam".

03.05.2022: Special Executive Committee Meeting.

04.05.2022: Reception to Tharangam at Hotel White Dammar. Dr. V. Mohanan Nair, Dr. Anitha Balakrishnan and Dr. Padma Prasad were present. Adv. I.B. Satheesh MLA was the Chief Guest and Adv. Suresh Kumar, the District Panchayath President was the Guest of honour.

08.05.2022: Medical Camp in association with Sandeepani Medical Trust, Kulathara inaugurated by Mr. Faizal Khan.

08.05.2022: Life Style Diseases Detection Camp at Thaluyal, in association with the Cherupazhinji Devi Seva Samithi.

12.05.2022: Cabinet Meeting.

12.05.2022: Observed International Nurses Day and honoured nurses of Maternity Hospital, Poojappura. Dr. Chandini Devi and Dr. Leena Ratnam led the programme.

15.05.2022: Attended President and Secretaries Meet by

Dr. Vijaya Kumar, Dr. Indira Amma and Dr. A.S. Pradeep Kumar.

18.05.2022: Executive Committee Meeting.

19.05.2022: Breast Cancer detection and awareness programme in Vanitha Jail, Attakkulangara, Thiruvananthapuram under "Swayam" project. Superintendent, Mrs. Sophia Beevi inaugurated, Dr. Indira Amma led the session, Dr. Chandini Devi and Dr. Beena Rani are also participated.

26.05.2022: Medical camp at Kandala Cooperative Hospital, Maranallor. Dr. Indira Amma, Dr. Cibi and Dr. Vighnesh participated. In addition to Surgery services, Blood Sugar and Blood Pressure estimations, Thyroid functions, Serum Uric Acid estimation, Free ECG and Bio-thesiometry services were also provided in the camp.

27.05.2022: Mega Medical Camp at NSS Hall Manacaud, in association with NIMS Medicity.

28.05.2022: Observance of Menstrual Hygiene Day. Noorul Islam College of Dental Sciences. Dr. Chandini Devi led the session. Dr. Manjusha. K.K, Vice Principal inaugurated. Under "Swayam" project and MPH project.

29.05.2022: Dr.Pradeep Kumar, SWC Member and Dr.Mohanan Nair, Founder President attended the State Working Committee meeting.

30.05.2022: "Acarbose Symposium", organised by the AMS Chapter. Moderator- Dr.V.Mohanan Nair. Panellists Dr.Arun Sankar, Dr.Yaseen Unes Both members of Nemom Branch and Dr.Asha Ashik.

31.05.2022: Monthly General Body Meeting and observance of 'World No Tobacco Day'. Virtual CME by Dr.A.S.Pradeep Kumar.

6

Branch: Nedumangad

President: Dr. Mohammad Ashraf P.A

Secretary: Dr. Hema Francis

01.05.2022: Leaders of IMA attended DC Meeting to discuss about 'Tharangam'.

06.05.2022: GB Meeting and "Tharangam" Membership Drive Yathra of State president Dr.Samuel Koshy had discussion with Adv.G R Anil, Hon'ble Minister and Adv.G Stephen,MLA regarding Mixopathy and Hospital Attacks. Followed by reception to State President and State Secretary, chaired by Dr.Mohammed Ashraf and Adv G R Anil,Hon'ble Minister inaugurated the meeting. State President addressed the meeting and unveiling of sports logos by Adv.G.Stephen,MLA. Addressed by Dr.Joseph Beneven, State Secretary, Dr. Mohanan Nair VP SZ, Dr.Anitha Balakrishnan JS SZ and Dr.C.V Prasanth,Chairman DC TVM.

15.05.2022:Attended branch President and Secretary Meet through virtual platform.

18.05.2022: Executive Committee Meeting.

19.05.2022:Branch in association with IISER TVM organized a blood donation camp inaugurated by Dr.Punkesh, Medical Officer Transfusion Medicine. 48 students have donated blood during the camp.

22.05.2022:Attended workshop on communication skills at IMA Periyar House,Aluva.

29.05.2022: Leaders of IMA Nedumangad attended SWC Meeting at IMA Thalassery.

31.05.2022: Observed World Tobacco Day. In association with Excise Department Nedumangad Circle, in connection the meeting was inaugurated by Shri.PK Jayaraj, Assistant Excise Commissioner & Vimukthi Dist Manager. Dr.Hema Francis presided the meeting and took awareness class and followed by medical camp. Morethan 100 participants were examined and issued free medicines & handed over books and other items necessary for school going children.



7

Branch: Thalassery

President: Dr. Mini Balakrishnan

Secretary: Dr. Aravind C Nambiar



15.05.2022: In association with Chettamcoonu Residents Association conducted a free blood group and blood sugar analysis camp along with formation of a Volunteer Blood Donors Forum at IMA Hall, inaugurated by Dr.Rajeev Nambiar. Dr.Aravind C Nambiar, took an awareness class on "Health After Covid". A video on post Covid issues prepared by Epidemic Cell of IMA KSB was well appreciated.

18.05.2022: "Guidelines for prevention and management of attacks on doctors and health care establishments" presented by Dr. Pradeep Kumar, prepared by IMA KSB at IMA hall. Printed documents of the guidelines of ACT force of IMA KSB distributed to various hospital representatives in Thalassery.

29.05.2022: SWC Meeting was held at Lotus Auditorium, Thalassery.

29.05.2022: Reception to State Office Bearers programme at IMA Hall.

02.05.2022: General Body Meeting, to welcome the delegates of cycle rally conducted by Ima. Provided accommodation and food for the delegates of the rally.

04.05.2022: Silent Wheels inauguration at IMA Hall by Dr. C. Prabhakaran, State President AOI.

05.05.2022: Silent Wheels flag off at Calicut Beach by Dr. Narasimhaugari TL Reddy, Dist Collector, Kozhikode.

05.05.2022. Silent Wheels reception @ Feroke, Kondotty, Malappuram & Perinthalmanna.

05.05.2022: Observed World Asthma Day, CME Programme @ IMA Hall, Kozhiode. Topic: Asthma – What's New? by Dr. Sijith Nair, Consultant Pulmonologist, MIMS.

06.05.2022: Executive Committee Meeting.

08.05.2022: ELS TOT Programme in association with Kozhikode DC.

12.05.2022: Observation of International Nurses Day. Branch presented cakes to all hospitals in Kozhikode city.

18.05.2022: Monthly Meeting & CME on Shoulder pain -An enigma for Physicians by Dr. Anwar Marthya, Sr Consultant Orthopaedic Surgeon, Iqraa Hospital, Kozhikode.

18.05.2022: In association with Mohanlal fans association, distribution of wheel chairs to the inmates of leprosy hospital 3-wheel chairs were given.

19.05.2022: CGP CME by Dr. Arun Gopi, Consultant Cardiologist, Metro International Cardiac Centre.

19.05.2022: CIMAWARS Managing Committee Meeting.

20.05.2022: MBS Managing Committee Meeting.

21.05.2022: Second Pen (Literary Programme) Interactive discussion with authors.

22.05.2022: COLS/BCLD Training for PG students @ Calicut Medical College.

22.05.2022: ELS Basic Training for Staff Nurses and Paramedical staff of small & Medium Hospitals @ IMA Hall.

22.05.2022: CIMAWARS Managing Committee Meeting.

23.05.2022: Condolence Meeting - Dr. T.S. Gopakumar, Former HOD of Orthopaedics, MCH.

24.05.2022: Observed World Schizophrenia Day. State level inauguration @ IMA Hall, Kozhikode.

26.05.2022: Dr. B. Venugopalan inaugurated the Workshop on Disaster Management in connection with the International Emergency Medicine Conclave (EmerGenZ 2022)

26.05.2022: General Body Meeting.

28.05.2022: Observance of menstrual hygiene day talk by Dr. Bala Guhan at Gender Park.

28.05.2022: Anaemia Detection Camp.

29.05.2022: Attended 271st SWC Meeting @ Thalassery.



19.05.2022: Conducted our Monthly General Body Meeting and CME on Common skin disease by Dr V Sasidharan Pillai. Honoured our chief guest of the meeting Dr. Bindu Mohan, DMO, Kollam.

31.05.2022:Monthly executive meeting with active participation of executive members.

11 Branch: Muvattupuzha | President: Dr.Annie Uthuppan | Secretary: Dr.Manju Rajagopal



05.05.2022: Branch level Sports Meet held at Muvattupuzha Club inaugurated by President Dr Annie Uthuppan. Sports Committee Chairperson Dr Vinod S Nair, Secretary Dr Mohammed Hassan explained rules. Events conducted include Shuttle Badminton Singles, Doubles and Mixed, Carroms, Chess. Winners were declared.

19.05.2022: General Body Meeting was conducted at IMA Hall. Flag salutation was by Dr Anju George Thottam. Condolence resolution was passed for late Dr Joy.M.J. Dr Annie Uthuppan welcomed the gathering and delivered the presidential address in which thanked the participants of sports meet and cyclothon & suggested to conduct arts meet. CME on

'Acute Kidney Injury-Prevention and Management' by Dr Sonu Manuel, Consultant Nephrologist, St Marys Hospital, Thodupuzha. Session chaired by Dr Joseph, Consultant Gastroenterologist. Prize distribution of sports meet were done. IPP Dr Kammath spoke on hospital protection.

26.05.2022: IMA in association with General Hospital, conducted BLS Hands on training by Dr Raveendranath Kammath and Dr Scaria for staff nurses at General Hospital.

12 Branch: Trivandrum | President: Dr. Prasanth C.V. | Secretary: Dr. Siby Kurian Philip

07.05.2022: A Warm reception was organized by IMA Trivandrum to 'Tharangam' State Presidents Yatra at IMA Headquarters Anayara Trivandrum. Dr. Prasanth C V welcomes the gathering, Dr Siby kurian Philip delivered the Vote of thanks. Followed reception program with colorful skits, dance and also a gala dinner at the very end.



20.05.2022: Workshop on Non-Communicable Disease Control at Govt Nursing College Trivandrum. Dr C V Prasanth took awareness class.

20.05.2022: Executive Committee Meeting.

24.05.2022: Health Awareness Class by SCERT Poojapura & Dr Prasanth C V.

26.05.2022: Students Police Cadets Project Inauguration of Summer Camp at St. Joseph School Trivandrum. Dr. Prasanth C.V took Health awareness class.

27.05.2022: Monthly General Body Meeting. Presidential address by Dr C V Prasanth, flag salutation by Dr Vivek, minutes of the last general body and report of activities presented by Dr Abhilash Balsalam.



CME by Dr Sushama Anil. Senior member Dr Kunjamma honoured by Dr Sreejith N Kumar.

31.05.2022: Observed World No Tobacco Day. Cycle Awareness Campaign against Tobacco by IMA Trivandrum was flagged off by Dr Rekha A Nair Director, RCC in presence of Dr Sara Varghese Principal, Medical College, Thiruvananthapuram and other dignitaries. Dr Prasanth CV, spoke on the ill effects of tobacco use.

Palliative Care Cell. 'Snehasanthwanam'. Home visit conducted 17 days. Team includes Doctor, Staff nurse, volunteers & driver. Provided support, nursing care and vitals examination includes: BP, GRBS etc. Also provided food kits, medicines, dressing materials, financial and educational support to needful patients.

13

Branch: Kannur

President: Dr.V. Suresh

Secretary: Dr. Rajamohan.C.K



02.05.2022: Executive Committee Meeting.

06.05.2022: Cycle Rally Inauguration. In association with Cannanore cycling club, conducted cycle rally from Kannur to Calicut on 07.05.2022. 100 cyclists participated.

12.05.2022: General Body & Hybrid CME on Post Covid.

19.05.2022: Hybrid CME on 'Approach to auto immune connective tissue diseases' by Dr. Manesh Manoj.

26.05.2022: Hybrid CME on 'Management of Acute Vertigo' by Dr. Rejinath Sagar.

Kannur branch IMA football team become winners of District inter branch football tournament and also participated in Cricket, Badminton, Chess & Caroms inter branch tournament.

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Branch: Thodupuzha

President: Dr. Sumi Emmanuel

Secretary: Dr. Vivek S.

03.05.2022: Gave reception to IMA cycle rally on 'Safe sound' at IMA Blood Bank Hall welcomed by Dr Sudarsan K and Dr Aji P N and gave awareness on safe sound at private bus stand as part of their campaign.

11.05.2022: Monthly CME on Holmium Laser Enucleation of Prostate: The new gold standard for BPH' by Dr Sandeep Prabhakaran, and on 'Advanced sperm retrieval methods for an azoospermic male: an update' by Dr Antony Thomas conducted. Vice president Dr K M Radhakrishnan welcomed the gathering; chaired by Dr Aravind. Third topic was 'Health after Covid' by Dr Vivek S; chaired by Dr Sony Thomas.

26.05.2022: Monthly GB and CME on 'Sudden Cardiac death and prevention' by Dr Praveen Chacko; chaired by Dr Edwin George and on 'Recent advances in Neurosurgery' by Dr Adarsh Manuel; chaired by Dr Jolly George. Dr. P C George welcomed the gathering & Presidential address by Dr Sumi Emmanuel.



15

Branch: Mavelikkara

President: Dr.Sonia Suresh

Secretary: Dr. K. Dileep Kumar



22.05.2022: An awareness class with a free medical camp by Dr.Sonia Suresh in association with vayojana vedi, Desasevini library chettikulangara.

27.05.2022: General body Meeting with CME on "Heart Failure and devices" by Dr.Ravi Cherian.

16

Branch: Perumbavoor

President: Dr. Denny Devasykutty

Secretary: Dr. Johnson K.J

02.05.2022: Reception to silent wheel Cyclothon to propagate and make awareness on 'SAFE SOUND HUMAN RIGHT'.

04.05.2022: Eid Mubarak celebrated with various cultural events of branch members. Imam Faizal Sahib delivered the message.

15.05.2022: Conducted a Medical Camp at onnam mile, Perumbavoor.

18.05.2022: General body and CME on Healthy aging by Dr. Jino Joyand on Urinary incontinence in elderly by Dr. Thomas Puthukadan.

29.05.2022: Attended the SWC meeting held at Thalassery. CCTV Camera is installed under the guidance of IMA- PEPS.



26.05.2022: General Body and CME on "An Approach to arthritis". President, Dr K N Babu presided the meeting. Chief guest and speaker was Dr C A AbdulKhadir.



19.05.2022: General Body Meeting & CME. Topic on 'Novel Approaches to Beta Cell Preservation' by Dr. John C Mathew.

25.05.2022: General Body Meeting & CME. Family General Body in connection with the reception of State President and State Secretary Yatra 'Tharangam'.

01.05.2022: ELS Hands on Training for General Public. Dr B Narayana Naik was the trainer.

05.05.2022: IMA with DC submitted Memorandum for inclusion of Hospitals in Safe zone to Hon. MLA of Kasaragod Mr NA Nellikunnu at his residence. MLA has been honoured as a part of Golden Jubilee celebration and handed over the memento for the inauguration guest of golden jubilee celebration. Dr Suresh Babu explained matter to the Hon MLA and handed over the memorandum.

06.05.2022: Weekly Medical check-up at Children's home Paravanadkam.

07.05.2022: IMA Golden Jubilee Souvenir Committee Meeting at Kamath Medical Centre Kasaragod. Presided & welcome speech by Dr B Narayana Naik.

11.05.2022: Branch Executive Committee and Golden Jubilee Core Committee meeting held at Kamath Medical Centre Kasaragod. Secretary Dr Khasim welcomed the members and President Dr Narayana Naik addressed the gathering.

12.05.2022: IMA in Association with WIMA, IAP & Kamath Medical Centre conducted BCLS Training to the Staff of Hospital as part of Nurses Day Celebration.

13.05.2022: IMA Golden Jubilee celebration committee in Association with IAP GH, RKSK, JPHN School Conducted World Thalassaemia Day programme at GH Kasaragod.

13.05.2022: Weekly Medical Check-Up at Children's home Paravanadkam Kasaragod.

16 & 19 & 25.05.2022: IMA arranged free lunch Program to inpatients of Government Hospital, as a part of Golden Jubilee Celebration, known as Suvarna Mahotsava Annadana.

17.05.2022: ELS Training at GH Kasaragod.

18.05.2022: ELS Training to Student Police cadets of GHSS Kasaragod.

19.05.2022: Branch Executive Committee meeting and Golden Jubilee Celebration Core Committee meeting.

25.05.2022: Press Meet at Press club Kasaragod in Association with Rotary Club Kannur for Publishing the information about free Children's heart diseases Screening Camp.

25.05.2022: Handed over the SSS III Disability benefit Cheque to IMA Member, Dr Chandra Shekara Naik at his residence.

25.05.2022: Games Competition between members of IMA at Cosmos Club Kasaragod.

26.05.2022: General Body Meeting and CME.



28.05.2022: Golden Jubilee celebration committee in association with MIMS Calicut and Rotary Cannanore, Kasaragod Municipality and Peoples forum conducted Congenital heart screening camp at Vanitha hall.

31.05.2022: In association with District TB centre Kasaragod observed World No Tobacco Day at General Hospital campus.

20 Branch: Irinjalakkuda | President: Dr. Bastin V A | Secretary: Dr. Reeja C Menon

21.05.2022: General Body Meeting at Cherakulam hall, CME on 'atypical cause and management of headache' by Dr SK Menon. Management of impetigo and superficial bacterial infections by Dr Shaji Jacob.

21 Branch: Neyyattinkara | President: Dr. Ajaiyakumar S.K. | Secretary: Dr. Varun R.V.



23.05.2022: SSS II State Team Branch Wise Meet, conducted on Zoom platform inaugurated by Dr Chadrasekharan CK, Chairman SSS II followed by presentation of SSS II in detail by Dr Ramalingam, Secretary SSS II.

28.05.2022: GB and Monthly Meet. Flag salutation by Dr Varun R V & Presidential address by Dr Ajaiyakumar. Special emphasis was given to SSS2 Scheme and the benefits of the scheme were discussed with the members. CME on 'Hypertension: Treatment Options' by Dr Praveen GK.

22 Branch: Balussery | President: Dr. V.C. Venugopalan | Secretary: Dr. P. Vijayan

08.05.2022: ELS TOT Training. Three members participated in ELS training at Kozhikode. Two members contacted and are willing to join SSS2.

22 Branch: Vadakara | President: Dr. Haridasan P.C. | Secretary: Dr. Rakesh Raju K.K.

04.05.2022: Executive Committee Meeting presided by Dr PC Haridas. Decisions were taken regarding sports week, reception to cyclothon - silent wheels, live orchestra programme, CME of the month, maintenance work of IMA hall, replacement of solar batteries. A committee was formed with Dr Jyotikumar as Chairman and Dr Bijunesh as convenor for maintenance work of IMA hall.

04.05.2022: Sports Week was conducted from May 4th to May 10th. Events were Badminton, Table tennis, Carroms, cricket and football. Teams were selected for district meet.

07.05.2022: Reception to Cyclothon 'Silent wheels' was presided by Dr PC Haridas. Welcome by Dr Sujith, awareness class by Dr Savithri Hariprasad, felicitations by Dr Premraj, Mr Anoop, Mr Anees T and Mr Bineeth.

08.05.2022: Members participated in ELS training held at Calicut.

SSS1 and SSSIII cheques were handed over to the family of our member, late Dr Premandan.

15.05.2022: BLS training for the public.

17.05.2022: General body and CME on 'interesting cases in interventional Neurology' by Dr Deep P Pillai; presided by Dr PC Haridas; Flag salutation by Dr Vysakh and report presentation by Dr Rakesh Raju KK. Vote of thanks by Dr Rakesh Raju KK.

22.05.2022: Live Orchestra Programme was conducted. Professional singers and our own members shared the stage. Dr Vinodkumar, Dr Remya, Dr Sreekala Poroor, Dr Sujith etc participated in this



programme.

IMA Vadakara along with IMA Koyilandy joined a zoom meeting conducted by SSS II officials.

29.05.2022: Attended SWC Meeting at Thalassery.

24 Branch: Nedumbassery | President: Dr. Nigel Kuriakose Mathew | Secretary: Dr. Mohamed Musthafa A.K.A



23.05.2022: In association with its AMS Chapter conducted CME on Dermatophytes and common fungal skin infections by Dr. Shibu Mohamed at W hotel, Muscat, Oman. Branch President Dr. Nigel K Mathew called the meeting to order. Chairman AMS Nedumbassery, Dr. Basheer AP welcomed the audience. Dr. Arif Ali, Convener IMA AMS Chapter outlined and discussed the forthcoming activities of AMS as well and vote of thanks by branch secretary Dr. Mohamed Mustafa.



25.05.2022: General Body Meeting of IMA executives with the newly constituted WDW and MPH office bearers was conducted. Meeting was called to order by Dr. Nigel Kuriakose. Welcome speech by Dr. Lekha Gopal, WDW chairperson. Agenda for the meeting consisted of discussion regarding the upcoming South Zone EVECON - attendance for the same in possible numbers, providing Sponsorship at Kochi, also discussed regarding the upcoming Panel discussion (Meditalk) on Women's health to be held on June 3rd 2022 in Muscat, Oman. Vote of thanks by the WDW secretary Dr. Beena Harikrishna.

25 Branch: Koyilandy | President: Dr. Satheesan.K | Secretary: Dr. Abhilash.C



04.05.2022: Conducted online meeting.

07.05.2022: Reception to Cyclothon team at IMA House, a program initiated by NISS.

08.05.2022: Dr. Jayashri, Dr. Janardhanan, Dr. Salim Dr. Abhilash, Dr. Aftaab participated the TOT program held at IMA house Kozhikode for ECLS.

29.05.2022: Attended SWC meeting held at Thalassery.

31.05.2022: Conducted General Body Meeting and CME on 'Approach to a child with respiratory distress' by Dr. Kavitha TK and on Neonatal care in office practice by Dr. Selvaraj. P.S

26 Branch: Cochin West | President: Dr. Vivek Prabhu | Secretary: Dr. Muhammed Jabeel

18.05.2022: Executive Committee Meeting

25.05.2022: General Body meeting followed by CME on 'Common Problems of the Foot' by Dr. Sree Ganesh. Chairperson of the session Dr. Shaheer Bava. 35 members attended.



27 Branch: Cochin West | President: Dr. Vivek Prabhu | Secretary: Dr. Muhammed Jabeel

07.05.2022: Family meet at IMA hall with various cultural programs under the co-ordination by Dr. Feriyal.

29.05.2022: Attended the SWC meeting held at Thalassery & submitted obituary of deceased members from the branch.

28 Branch: Kottakkal | President: Dr. Rajeena Shahid | Secretary: Dr. Muhammed Shereef

Membership Drive. 2 new membership application & 2 new for PPS. Fraternity Benefit from SSS 2 for Rs.33,20,400/- handed over to the family of Late Dr. Ahamed.V.

12.05.2022: Executive Committee Meeting.

27.05.2022: General Body Meeting and CME on 'Multivisceral Transplantation - Liver, Small Intestine & Pancreas' by Dr. Varghese Yeldho. Membership Drive. 17 New Members joined.

Blood Bank Report

Awareness class on VBD	01
Total VBD camps conducted	04
Total blood collected at blood banks	221
Males	218
Females	03
Total blood components issued	361



10.05.2022: The Building Committee Meeting presided over by the Chairman Dr.N.Ramesh & discussed about the estimate amount of the new building and decided to raise additional fund from the members. The committee scrutinized title deed of the land and other documents.

26.05.2022: The second Building committee discussed on the construction of IMA building and approved the revised plan and estimate and decided to apply for temporary KSEB connection and apply to Haripad Municipal Authority to get permission for

the building construction.

28.05.2022: Branch Secretary took Awareness Class in association with Rotary Club of Haripad on World Menstrual Hygiene Day for Kudumbasree members at Mahadevikad Govt UP School.

25.05.2022: General Body Meeting started with a silent prayer, followed by the flag salutation by Dr. Sudeep. President Dr.Shylamma, welcomed the gathering and delivered the presidential address. Dr.Lukose apprised the attendees about the state of the case filed against the NHA for the reimbursement of IMA land acquisition. CME on "Hypertension and the latest Calcium Channel Blockers" by Dr.Vinod Kumar and followed by an interactive Q & A session. Joint Secretary, Dr. Manu Pradeep delivered the vote of thanks.



01.05.2022: Attended the SSS-3 BOT Meeting.

01.05.2022: Observed International Labours Day and conducted a survey on work stress management, enquiring about how each individual manages stress at workplace. The participants posted videos which were compiled into a single video and posted on YouTube with the intention that the tips would help people under pressure at workplace.

02.05.2022: Silent Wheels warm reception was given to NISS Cyclists' Silent Wheels Team at Aluva IMA Madhyakerala Hall. President Dr A. K. Rafeeq, Secretary Dr. M. A. Sagith led the program alongwith Past State President Dr A.V.Babu, ActForce State Chairperson Dr M.N.Menon. Past State President Dr M.E. Sugathan also joined with the cyclists Team from Cochin to Aluva.

03.05.2022: Observed World Asthma Day. Dr.AkhileshKunoor, Respiratory Medicine gave awareness on Asthma to Anganwadi Teachers and medical & paramedical staff at Kaloor Stadium Anganwadi.

07.05.2022: Silent Wheels team was accorded warm reception at Angamaly by Dr.GisyKurien and

Dr.Kurien John.

08.05.2022: Arranged food and refreshments for the elderly inmates of Deivadan Centre, Kanjoor, in connection with International Mother's Day.

12.05.2022. Executive Committee Meeting. Observed Nurses Day.

15.05.2022: Mega Medical Camp - Blood Donation Camp, Anaemia Detection -Paediatric, adolescent and adult participants were screened for anaemia and an awareness class given on the consequences of anaemia and the importance of screening, treatment and prevention of anaemia.

15.05.2022: Attended Branch Presidents' & Secretary's' meeting.



18.05.2022: General body meeting. Agenda was countering violence on Doctors & Hospitals. Dr. M. N. Menon, Chairman IMA State Actforce spoke on countering violence on Doctors and hospitals and detailed on Actforce.

22.05.2022: TOT Workshop on Communication Skills was held at IMA Periyar House Aluva. Dr. M. N. Menon was a faculty at this session.

22.05.2022: Dr. C. M. Hyderali inaugurated the vision camp organized by Chunanganvely Charity Foundation & Dr. Tony Fernandez Eye Hospital.

24.05.2022: Dr. S. Shaji, Senior Consultant Psychiatrist spoke on 'Mental Health & Stress Management' to Student Police Cadet of St Thomas HSS, Malayattoor, on World Schizophrenia Day.

25.05.2022: Dr. P. Ashok Kumar took awareness class on 'child abuse and POCSO Act' to Student Police Cadets of St. Thomas HSS, Malayattoor.

27.05.2022: Dr. M. N. Menon, State Chairman, Actforce, inaugurated the Dental Camp held on the 3rd day of Summer Camp of Student Police Cadet, Chowara Govt HSS.

29.05.2022: Members attended SWC meeting.

30.05.2022: Lifestyle Diseases Screening Camp.

31.05.2022: Talk on "No Tobacco: Why & How" by Dr. Akhilesh Kunoor, Pulmonologist for teens and young adults.

33

Branch: Perinthalmanna | President: Dr. Mohammed Abdul Nazar E.K | Secretary: Dr. Jaleel K.B

01.05.2022: Summer Camp for members and kids.

04.05.2022: Attended inaugural function of CH Centre, near government hospital. It is a relief centre for poor and debilitated patients attended by Dr MA Nazar EK, Dr VU Seethi & Dr Thayyil Aboobacker.

05.05.2022: Reception to NISS Cyclothon at District Hospital and Ascent Hospital. A meeting with public participation and a procession was arranged for making awareness against noise pollution; MLA Manjalamkuzhi Ali flagged off the cyclothon.

07.05.2022: State level inauguration of sports activities done at IMA House. Sports committee chairman Dr. Gnanadas welcomed the gathering and Dr. Samuel Koshy inaugurated on zoom and Dr. MA Nazar EK presided over the function.

08.05.2022: Branch Level Sports Meet, outdoor items like football cricket tug of war.

11.05.2022: Executive Committee Meeting.

13.05.2022: Press meeting to explain activities of Tharangam Reception and IMA ELS TOT program.

14.05.2022: Reception to Tharangam. Arranged a reception to Tharangam Yathra at Tirurkad. Dr KA Seethi, Dr. VU Seethi, Dr Thayyil Aboobacker, Dr MA Nazar E K, Dr Nilar, Dr Ashraf etc attended the reception with garlands and bouquets to our state zonal and district leaders.



14.05.2022: A reception was arranged at MES Medical College for state officials by JDN MSN UNIT of Perinthalmanna and an official meeting conducted at MES Medical College.

14.05.2022: Grand finale of Tharangam Yathra.



Blood Bank Report

1. Name of blood bank	Govt Hospital Perinthalmanna
2. Reporting month & Year	May 2022, 2022
3. Awareness class on VSD	NO (Insert pictures with place and date)
4. Total VSD camps conducted	21 (Insert pictures with place and date)
5. Total blood collected during camps	mls: 650 Males: 145, Females: 50
6. Total blood collected at blood bank	mls: 1000 Males: 1000, Females: 1000 Grand Total: 1000
7. Total blood and components issued	2550 ml
a. WB : 0	d. FFP : 4.544
b. RBC : 1300	e. Cryo : Nil
c. PLC : 300	f. Buffy : Nil
8. Training if any	NO (Insert pictures with place and date)
9. Other activities	Nil
10. Important days observed	Nil
11. Beneficiaries	
Place : Perinthalmanna	Signature : [Signature] Name of Medical Officer

Meeting with Sri ManjalamKuzhi Ali MLA and handed over the request as a part of TharangamYatra.

14.05.2022: Observed Nurses Day by honouring nurses from different hospitals of Perinthalmanna, President Dr Samuel Koshy Distributed mementos and certificates as a token of appreciation for their efforts to mankind.

State level inauguration of IMA KSB Cultural Wing was done at Perinthalmanna IMA House by Lighting the Lamp by Dr. Samuel Koshy.

15.05.2022: IMA ELS District Level TOT, JillaPanchayath President Mrs.Rafeeqa inaugurated the program by compressing the chest of Mannequene.

16.05.2022: Meeting was arranged at MLA's office and represented IMA. Dr MA Nazar EK president attended the meeting.

17.05.2022. Observed world hypertension day and conducted awareness class for public about life style diseases.

20.05.2022:COLS and Emergency Life Support Training to students of MoulanaCollege of Pharmacy.

20.05.2022: Cultural wing conducted musical evening at IMA HOUSE, only invited artists performed on stage. Famous playback singer Anoop Shankar and Team Lead the Concert.

22.05.2022: Solace SnehaSangamamInaugurated by Municipal chairman Mr Shaji P. Family meet of Autism and Cerebral Palsy kids for supportive care in the society.

27.05.2022: COLS Training and ELS awareness to staff of Endodiab Clinic, organised by IMA Perinthalmanna.

34

Branch: North Wayanad

President: Dr. Roshin Balakrishnan

Secretary: Dr. Rajesh R

25.05.2022:Gave a warm reception to state president's yatra'Tharangam' at Hotel Brahmagiri, Mananthavady.State president talked about various problems in our day today life in the present scenario. He said the yatra is not lonely meant for Membership and covered various aspects like Hospital attacks, clinical establishment act amendments to protect small scale hospitals,meeting with QMPA, HBI, the need to upgrade HPA.He also emphasized the need for political intervention and to meet every MLA of all constituency and memorandum to be given by DC.Unemployment of young Doctors, to create self-employment clusters with MSME, Fight against Mixopathy, to act against one Nation one health program, to hold discussion with the authorities for amendments in consumer protection act and also gave a brief insights about various schemes of IMA.Felicitation by Dr. T. V Surendran, Dr.Rajan. K. V,Dr.Gokuldev. A, Dr.Jayakumar& vote of thanks by Branch Secretary.

35

Branch: Kanhangad

President: Dr.T.V.Padmanabhan

Secretary: Dr.Vinod Kumar.P

01.05.2022: Attended the MCM meet at Periyar House, Aluva.

11.05.2022:Executive Committee Meeting.

19.05.2022: Dr T V Padmanabhan,Dr Krishna Kumari, Dr Kishore Kumar, Dr Deepika Kishore met Kanhangad MLA, Sri Chandrasekharan and Dr Sureshan V and Dr K P Ahmed met Trikaripur MLA Sri Rajagopalan and handed over the memorandum from IMA KSBand explained in detail the problems facing by the Modern Medicine Doctors like work place safety, mixopathy and problems with Clinical Establishment Bill.

25.05.2022: General body meeting and CME by Dr Jimmy C John on 'Thoracoscopy Beyond the Limits'.



36 Branch: Cochin | President: Dr. Maria Varghese | Secretary: Dr. Anitha Thilakan

01.05.2022: Reception to silent wheel at IMA Cochin.
 02.05.2022: Flag off to Silent wheel in Ernakulam district from IMA House Cochin by Sri Hibi Eaden MP.
 08.05.2022: Valedictory function of Silent wheels at SCMS Kalamassery attended by Hon Minister Sri Rajeev.MLA Sri Anwar Sadath. Sri Loknath Behra and other officials of Cochin IMA,NISS and IAP staff and students of SCMS.
 07.05.2022: Blood donation camp at Cochin Shipyard.
 11.05.2022: Executive Committee Meeting.
 12.05.2022: International Nurses Day Celebrations.
 15.05.2022: Family Night Held with Music programme by Afsal and Team
 17.05.2022: IMA Age friendly hospital accreditation to Ernakulam Medical Centre.
 19.05.2022: Cochin clinical society meeting.
 25.05.2022: Monthly GB and CME.
 25.05.2022: TOT workshop on Menstrual cup and observed Menstrual Hygiene day.
 29.05.2022: Attended SWC at Thalassery .



37 Branch: North Paravur | President: Dr.K.G.Gopinath | Secretary: Dr. Sunil.P.K



12.05.2022: Academic Session on 'Combination Therapy in Hypertension Management' by Dr Sooraj R Menon, Consultant Interventional Cardiologist.
 27.05.2022: Monthly Meeting along with an Academic Session by Dr Cyriac Thomas, on the topic 'Importance of Medical Recording and litigation' was conducted. Dr Gopinath. K.G delivered an awareness session on Act force guidelines.
 28.05.2022: Class on Menstrual hygiene class for the Kudumbasree members as part of MPH by Dr Shanthi. Mrs Sreekumari, Ward councillor inaugurated the session.

38 Branch: Pattambi | President: Dr Geetha V C | Secretary: Dr Khaleel Majid Mayyeri

15.05.2022: Attended online branch president/ secretary meeting.
 17.05.2022: Executive Committee Meeting.
 27.05.2022: General Body Meeting and CME on approach to Anaemia by Dr Xavier Thomas.
 29.05.2022: Participated SWC Meeting held at Thalassery.

39 Branch: Thalappilly | President: Dr. P.M. Saleem | Secretary: Dr. Shehabudeen E.A

17.05.2022: General Body Meeting. Scientific talk by Dr Sajeekumar, Consultant Pulmonologist District Tuberculosis Centre Thrissur on current strategies of national TB eradication program.

40 Branch: Kovalam | President: Dr. Shiju Stanley | Secretary: Dr. Neha Raj A

07.05.2022: General Body Meeting & conducted Basic Life Support Training Program.
 07.05.2022: Gave a reception to state president's yatra 'Tharangam'. Branch President Dr. Shiju Stanley welcomed Dr. Samuel Koshy & other IMA Leaders.

41 Branch: Iritty | President: Dr.Sanith Kumar K.N | Secretary: Dr. Ramesh Hariharan

GB Meeting & CME activity was scheduled for the month of May due to overlapping national and regional specialty conferences.

18.05.2022: Monthly GB and CME. Dr Sunil Rajendran from Star Care Hospital was the chief guest, delivered talk regarding 'Management of Diabetic foot'. Conducted campaign to get new members and also to increase scheme membership.

26.05.2022: General Body Meeting, visit by district convener and CME by Dr PSukumaranon 'COPD what is new'. There was a power point presentation on 'Health after Covid'.

30.05.2022: Fraternity contribution of SSS1, SSS2 and SSS3 handed over to the family of Dr Babu Jacob. Branch President, Secretary and other senior members visited the family.

01.05.2022: Celebrated World Labor Day. Webinar on "How to Handle Workplace Stress". WDW Chairperson Dr Sharmila P M, Welcomed the participants and chaired by Dr Joy Manjila, President IMA Thrissur, Dr Aparna Budhakar, MD, FRCS Anaesthetist, Jaslok Hospital Mumbai, conducted the session.

03.05.2022: Paid homage to Dr P V Francis, who passed away.

04.05.2022: Executive Committee Meeting Dr. Joy Manjila Presided the Meeting.

06.05.2022: Reception to NISS Cyclothon, cyclists coming from Wadakkanchery via Viyyur, in front of the Viyyur Jail gate, with a contingent of 50 + cyclists from different cyclists groups and from the Police Academy, Ramavarmapuram including few of our IMA members inside the jail park. After refreshments, flagged off by N Raveendran, Joint Superintendent of Jail. Taking a full round of Thekkinkadu Maidan, piloted by the traffic police, Reached Elite International Hotel. Conducted an Awareness session chaired by IMA Thrissur branch, President, Dr Joy Manjila. Sr. State Vice President, Dr P Gopikumar did the inaugural Address. Awareness class on Sound Pollution, attended by 60 participants.

13.05.2022: Executive Committee Meeting.

17.05.2022: World Hypertension Day. An awareness campaign and Free blood pressure & Blood Sugar checking camp at Railway Station Thrissur.

18.05.2022: Observed World Hypertension Day. Dr P PMohanan, IPP Cardiological Society of INDIA, Kerala Chapter, Welcomed and Dr Joy Manjila chaired.

21.05.2022: General Body Meeting & Scientific Session Conducted, chaired by President Dr Joy Manjila. Scientific Session conducted by Faculties from Atreya Hospital, Thrissur. Dr Krishnakumar Mechoor spoke on 'Realignment in Osteoarthritis Knee' and Dr Ramkumar Menon spoke on 'Neurosurgery – Where we stand today'.

25.05.2022: Paid homage to Dr P.U. Asokan, who passed away.

29.05.2022: Observed World No Tobacco Day 2022 with a Walkathon.

30.05.2022: World No Tobacco Day 2022 - "Tobacco Is Killing Us and Our Planet" at Hotel Elite International, chaired by President, Dr Joy Manjila, Dr Joseph George, Secretary, introduced the Chairpersons Dr Thomas Vadakken President, APT and Dr A K Jamsheer Secretary, APT. Faculty Dr Judo Joseph V spoke on 'Life is short - Make it last'.

30.05.2022: Observed World No Tobacco Day 2022 - "Closing Gaps in Asthma Care" at Hotel Elite International Thrissur. Faculty Dr Unni R Baby spoke on 'An Update in Asthma Care'.



Blood Bank Report

Total Blood collected During Camps – 749 Units

Total Blood collected at Blood Bank – 627 Units

Total blood and components issued – 3358 Units

45

Branch: Panoor

President: Dr. Shaheed.K

Secretary: Dr. Salmath.K.T



29.05.2022: Attended state working committee held at thalassery.
29.05.2022: General Body, First WIMA meeting and new members welcome party & explained in detail regarding various scheme of IMA to new members. In that meeting, distributed Prize and certificate for those who participated in drawing competition.

46

Branch: Nilambur

President: Dr. Jalal P.M

Secretary: Dr. Shijin Paladan

Tharangam. The Yatra led by the state president was given a warm welcome. The meeting was inaugurated by State President Dr. Samuel Koshy. The function was attended by North Zone Joint Secretary Dr. Narayanan, District Committee Chairperson Dr. Ashoka Vatsala and Coordinator Dr. Sajeew Kumar. Dr. VU Seethi was the chief guest. The place was then visited by MLAs and MPs. Discussed with private hospital officials.

Continuing education programs. The event was organized in collaboration with Al Shifa Hospital.

The CGP Chapter of IMA Nilambur was inaugurated by Secretary Dr. Manoj KT. Thirty members became CGP members. Membership Campaign. Two new members enrolled.



47

Branch: Perambra

President: Dr. Sachith. D

Secretary: Dr. Sheeja Viswanathan

08.05.2022: Six members attended the ELS program conducted by the district committee at IMA hall Kozhikode.

25 SSS2 members of our branch attended the zoom meeting organized by the SSS 2 officials & two of our members joined the scheme.

Executive Meeting. Discussed about the progress of our ongoing building project, decided to conduct awareness programs on monsoon related diseases as well as newer disease entities like monkey pox, tomato fever etc & Charted out a program to give ELS training for all the students above 8th STD under the Jurisdiction of IMA.

Dr. Ashraf took classes on Monsoon related diseases for people in Naduvannoor gram panchayath. Dr. Abdul Razik took Classes for 11th and 12th std students regarding menstrual hygiene on world menstruation day.

Dr. Divya gave awareness regarding PCOD through YouTube & the link was sent through different WhatsApp up groups.

Dr. Jeslin Ali delivered speech through his youtube channel regarding tomato fever, link sent to different groups.

Dr. Sachith gave awareness to public on learning disabilities through his you tube channel.

31.05.2022: Conducted General Body Meeting. CME had 2 speakers who enlightened us on liver transplant & renal stones.

48

Branch: Tirurangadi

President: Dr. Sajeewan E.S

Secretary: Dr. Dhinu K

11.05.2022: Branch level reception to State president, IMA tharangam was held at MKH Hospital Auditorium.

29.05.2022: Attended 271st SWC meeting at Thalasseri.

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Branch: Venjaramoodu

President: Dr. Sajeena A.S

Secretary: Dr. Satheesan M

05.05.2022: Welcome function was arranged by IMA Venjaramoodu branch at Sree Gokulam Medical College and Research Foundation, Venjaramoodu to 'Tharangam' membership campaign of IMA KSB. On the function, honoured Dr. Samuel Koshy, IMA State President, Secretary Dr. Joseph

Benavan and special honouring to DrManojan K K, Direct, SGMC&RF for national award winner for excellence in health caremanagement given by IMA, New Delhi and token of appreciation given to Master Shivaduth bySecretary IMA KSB for his excellence in academics.

29.05.2022: General Body & CME. First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury with care provided to preserve life, prevent the condition from worsening, or to promote recovery. In this, IMA was given a training through Zoom platform to House surgeons and medical students network by Dr.Linu, Associate Professor, Emergency Medicine, SGMC&RF.



29.05.2022.: Executive Committee Meeting through Zoom platform.

14.05.2022: A Medical camp was arranged for football players at Turf ground Kallara for awareness of Life style diseases and how will overcome these by Dr.Satheesan M. IMA Venjaramoodu football team was participated for the selection of district team.

50 Branch: Cherukunnu | President: Dr. P.K. Anil Kumar | Secretary: Dr.Roshna Raveendran

08.05.2022: As part of State Sports Meet branch hoisted inter district cricket matches at Collectorate Maidan Kannur. Dr Ashwaq was organising secretary. Members of 7 branches from the Kannur district participated and Thalasseri branch became Champions. Under the captaincy of Dr Ashwaq branch advanced to semi-finals in Football tournament conducted at Pilathara.

51 Branch: Kuthuparamba | President: Dr. Vinayak Madanagopal | Secretary: Griffin Surendran

05.05.2022: Volunteer Training. Dr. Tessy took a Class for the 'Snehasparsham' Palliative Volunteers at Sr. Mary James Memorial Auditorium, Christuraj Hospital. President Dr. Vinayak felicitated the Training.

05.05.2022: Executive Meeting.

08.05.2022: Class on Basic Life Support. Conducted a Hands-on Training by Dr. Nikhil Mohan & Dr. Aswin V K on Basic Life Support to NCC Cadets at their 10 Days Annual Training Camp at GHSKuthuparamba. Around 600 Cadets attended the Training.

08.05.2022: IMA Sports Games & Cricket Match, Actively Participated in the IMA District Level Sports Meet. Kuthuparamba Knight Riders reached Semi-finals, where lost to the Mighty Thalassery team in the super over.

13.05.2022: A Talk on "How to Prevent Litigation in Medical Practice" by Dr. Srikumar Vasudevan in the Webinar on Medicolegal Problems & Ethics.

16.05.2022: Conducted an awareness class on post covid problems to members of Peravoor Block Panchayath at Peravoor Block Panchayath Hall by Dr. Varsha.

22.05.2022: Dr. Ashok M, Dr. Shafeer Babu, Dr. Sandeep V K, Dr. Sandeep K M represented IMA Badminton Tournament. Dr. Ashok & Dr. Sandeep reached quarter finals.

22.05.2022: TOT on Communication Skills. Dr. Varsha Attended at IMA Periyar House Aluva

23.05.2022: IMA Football Match.

24.05.2022: World Schizophrenia Day was observed in association with CIMHANS. Dr. Vinayak took a Class for audience of about 50 consisting of Nursing Students Healthcare Workers and Staff.

26.05.2022: General body Meeting. A talk on "IMA Act Force guidelines for intervention in attack on healthcare workers & institutions" by Dr. Nadeem Abootty.

29.05.2022: Attended SWC Meeting held at IMA Thalassery Branch.



03.05.2022: Observed World Asthma Day.



04.05.2022: 'Tharangam' - State President's Yatra. Important points from the speech of Dr. Samuel Koshy are rising attack rates against hospitals and doctors is a concern is very essential step to gain political and public support to pressurize them to make laws to protect doctors and hospitals & another issue is increasing unemployment among doctors which should be addressed. IMA is preparing a map on areas which will be a guide which will show which all areas clinics can be started. Two other important problems are the myxopathy and new consumer protection bills.

11.05.2022: Dr. Syamlal gave a talk on Stroke workshop as part of NSI Annual Conference Uday Suits Trivandrum.

12.05.2022: Executive Meeting.

Dr. Syamlal attended IMA State President and Secretary Meet and gave brief talk about the regular branch activities and given few suggestions for improving IMA Activities.

19.05.2022: General Body Meeting. CME on art of article writing and publications by Dr Benny.

29.05.2022: Attended 271st SWC Meeting held at Thalassery.



04.05.2022: Gave reception to cycle rally from Calicut to Perinthalmanna conducted by NISS & IMA Calicut to bring the awareness of noise pollution.

04.05.2022: Attended Malappuram District Committee Meeting at Manjeri.

09.05.2022: Executive Committee Meeting to discuss and plan State Presidents and Secretary's Yathra and CME.

12.05.2022: CME & General Body for the reception to Tharangam, membership campaign of State President- Dr. Samuel Koshy. CME was on ECG for General practitioner by Dr. Gagan Velayudhan, Consultant Cardiologist, Dist. Co-op Hospital, Malappuram.

Dr. P. Narayanan and Dr. Asoka Valsala was accompanied with the State President Dr. Samuel Koshy met with Mr. Ubaidulla MLA, Mr. Abid Husain Thangal MLA, Mr. KPA Majeed MLA, Mr. Anil Kumar MLA.

15.05.2022: Dr. K.A. Pareed, Dr. Hamid Ibrahim, Dr. Vijayan, Dr. Abdusalam attended IMA ELS Hands on Training Program at Perinthalmanna. Dr. Asoka Valsala and Dr. Daber Pareed was faculty of the program.

22.05.2022: Dr. K.A. Pareed & Dr. Abdu Salam attended IMA TOT programme on communication at Periyar house, Aluva.

27.05.2022: District shuttle tournament at Century Indoor Stadium Malappuram. Perinthalmanna team was the winners and Manjeri branch was runner up.

29.05.2022: Attended SWC Meeting at Thalassery.



26.05.2022: CME on 'Pain Management in Chronic Kidney Disease' by Dr Sanjeev Nair.

55 Branch: Nadapuram | President: Dr. Pradosh Kumar M | Secretary: Dr. Mansoor P.M

17.05.2022: General Body Meeting. IMA Discussed various matters and further programmes.

56 Branch: Kottayam | President: Dr. Bipin P. Mathew | Secretary: Dr. Ganesh Kumar J.R



Monthly Meeting, General Body Meeting, and Scientific Session. Awareness Class took about Health After Covid by Dr. P. Sukumaran. 14.05.2022: Paid Homage to Dr. K.P George former President and founding member of IMA Kottayam.

57 Branch: Varkala | President: Dr. Sidharthan B | Secretary: Dr. Saju Sahadevan

02.05.2022: Executive Meeting.

05.05.2022: General Body Meeting & Physical Meeting and CME program. Gave reception to state president's yathra Tharangam. State President and Secretary were honoured with ponnada and memento. Dr. Mohanan Nair, Dr. Anitha and Dr. Padmaprasad were also honoured.

58 Branch: Alappuzha | President: Dr. R. Madana Mohanan Nair | Secretary: Dr. Arun N

26.05.2022: General Body Meeting with full attendance on at the renovated executive committee office of IMA Alappuzha.

59 Branch: Chirayinkeezhu | President: Dr. Biju R | Secretary: Dr. Padma Prasad P.S

05.05.2022: Reception to the state leaders 'Tharangam' at IMA House Mamom Attingal.

16.05.2022: Observance of World Dengue Day at PHC Azhoor.

27.05.2022: Monthly General Body Meeting & CME at IMA House Mamom Attingal.

60 Branch: Karunagapally | President: Dr. K. Raghu | Secretary: Dr. Sen C.R

11.05.2022: The regular executive committee meeting; association matters discussed in detail.

25.05.2022: Monthly General body & CME programme, Dr. N. Amith, Associate Professor, Dept: of Medicine of Azeezia Institute of Medical sciences, Meyannoor, Kollam delivered a lecture on 'Individualization of Insulin Therapy' – Choosing the right solution for your diverse patients.

General Body Meeting, Secretary Dr. C. R. Sen presented a short video on Compression only Life Support with hands on training on a mannequin.

29.05.2022: Attended the SWC meet held at Thalassery and also the reception meeting arranged by Thalassery IMA in the evening.

29.05.2022: Paid homage to the departed soul, Dr. Swathy Jayachandran.

61 Branch: Pala | President: Dr. Jose Kuruvilla Kokkat | Secretary: Dr. Eby Chacko

10.05.2022: General Body Meeting and CME on 'Holmium Laser Enucleation of Prostate' by Dr Sandeep Prabhakaran and Overview of Bone Marrow Transplant by Dr Deepak Charles was well attended.

62 Branch: Thiriprayar | President: Dr. Moly Baby | Secretary: Dr. Ajay Rajan

31.05.2022: General Body Meeting.

31.05.2022: Scientific Session was on 'IBD Nutritional Management'.

31.05.2022: Observed No tobacco day.

63 Branch: Vandiperiyar | President: Dr. Suresh Babu N | Secretary: Dr. Muthuraj P

28.05.2022: Monthly Meeting. President Dr. Sureshbabu welcomed the gathering. Dr. Murugesan

discussed about the stage protocol and clinical establishment act. Memorandum was given to MLA shri. Vazhoor Soman, and discussed about clinical establishment act. Vote of thanks given by Dr.Muthuraj.



64 Branch: Kozhencherry | President: Dr. Muralikrishnan N.D | Secretary: Dr. Arun Abraham Jose

09.05.2022: 'Tharangam' Yatra of State President Dr Samuel Koshy was hosted by IMA Kozhencherry, as part of the monthly official meeting in Muthoot Hospital auditorium. The team of the yathra comprised of Dr Samuel Koshy, State President, Dr Mohanan Nair, Vice President South Zone, Dr Anitha Balakrishnan, Joint Secretary South Zone and Dr Murali PEPS. The meeting was called to order by branch president and after silent prayer and invocation of oath, Dr Muralikrishnan officially welcomed the dignitaries in his presidential address & congratulated the president for his untiring efforts in forwarding the cause of IMA with his goals of membership drive member safety and member security. The president elaborated on the activities of the state IMA and the positive response to membership drive & happy with the response from student community in Pathanamthitta & urged the members to join as many schemes as possible and to promote colleagues to be added. Numbers make the association strong. The president was followed by Dr Mohanan Nair, Dr Anitha Balakrishnan and Dr Murali who felicitated the occasion.

65 Branch: Pathanamthitta | President: Dr. Thomas T Thomas | Secretary: Dr. George T Varghese

25.05.2022: Dinner Meeting. Power point presentation by Dr. Anoop Thomas (Neuro Surgeon) from Aster Medcity on 'Management of Back Pain Recent trend'. Dr. Jeevan K is appointed as Actforce Chairman from our branch.

66 Branch: Kalpetta | President: Dr. Rajesh Kumar M.P | Secretary: Dr. Sreeharsha Srigeri



05.05.2022: The branch had hosted an update on NTEP.

24.05.2022: Reception to State President's Yatra. Dr Damuel Koshy was the chief guest of the program conducted at Hotel Haritagiri. Branch President Dr Rajeshkumar MP presided the event. Senior leaders Dr Bhaskaran and District committee officials Dr Gafoor and Dr Chandran, Bathery branch Secretary Dr Sunny spoke. Secretary Dr Sreeharsha proposed vote of thanks.

25.05.2022: Press Meet at Kalpetta press club attended by State President, State Secretary, DC chairman and Branch President.

25.05.2022: President Dr Samuel Koshy interacted with a packed audience of medicos. State Secretary Dr Joseph Benavan and Branch President Dr Rajeshkumar MP addressed the gathering.

67 Branch: Adimali | President: Dr. Mohandas K | Secretary: Dr. Ajayakumar S

26.05.2022: Monthly Branch Meeting at Dhanya Hotel from 9.00 pm to 11.00 pm. 32 members attended. inadequacies in our efforts to enrol more members were actively discussed, and the need for new office bearers for the coming IMA year was presented in the meeting. A CME on "Emerging Trends in Smart Probiotics" by Dr. Jeffrey George, Consultant Gastroenterologist from Aster Medcity, Kochi followed.

68 Branch: Karakonam | President: Dr. Siva Sree Ranga M.K | Secretary: Dr. Shibu Raj P.S

06.05.2022: IMA Medical Students Network, Karakonam Branch Inauguration and Tharangam - Membership campaign of IMA State President conducted at Dr SM CSI Medical College Karakonam. Shri C K Hareendran, MLA, Dr Samuel Koshy, IMA State President, Dr Mohanan Nair, SZ Vice President, Dr Anitha, SZ joint Secretary, Dr Padmaprasad, DC convenor, Dr J Bennet Abraham, Director of Dr SM CSI Medical college, Dr Anusha Merlin, Dr SM CSI Medical college, Dr S Baburaj, Medical Superintendent and Dr Shibu Raj P S, attended the meeting. IMA Karakonam branch members & MSN branch members attended the meeting.

69 Branch: Payyannur President: Dr. Haridas M Secretary: Dr. T. Ranjith Kumar

Observed club foot day in association with national health mission and ICDS department. Dr T Ranjithkumar, Secretary handled the awareness class to Anganwadi workers, ASHA workers & Mothers. 11.05.2022: Handed over the memorandum from IMA HQ to T I Madhusoodanan, Hon MLA Payyanur at his residence.



70 Branch: Kunnamkulam President: Dr. Ditto Tom. P Secretary: Dr. Unnikrishnan T

05.05.2022: Executive Committee Meeting, it was a combined meeting of executive committee and organising committee of IMACON.
13.05.2022: Organising Committee Meeting of IMACON. Discussed the progress of different subcommittees concerned in the smooth conductance of IMACON and its progress. Joint Secretaries were entrusted in contacting different branches in different zones. Registration committee and sponsorship committee submitted their progress reports.
17.05.2022: Eighth General Body Meeting and fifth CME of IMA Koodankulam. Dr Indudaran was a was the speaker for that CME. She gave a decent lecture on interpreting current challenge in the management of GABHS pharyngitis and focused on judicious choice of antibiotics.
26.05.2022: Organising Committee Meeting of IMA Kudankulam, and discussed the progress of the different teams of IMACON.
29.05.2022: A team of 10 doctors attended the state working committee meeting.

71 Branch: Palakkad President: Dr. Arun N.M. Secretary: Dr. Dilip Kuncheria

Financial Assistance to Dr Pobbathi Krishna; conducted a fund collection drive for Palakkad IMA member, Dr Pobbathi Krishna who is permanatly disabled & could collect Rs. 6,23,023/-.
05.05.2022: Academic Meeting at IMA Hall. Talk by CME faculty - Dr Vadivel S MD,DM. Topic - 'Endovascular treatment of acute Ischemic stroke' by Dr AnudathMch (Neurosurgery) & Dr Thomas Mch (Neurosurgery) on 'Finding extraordinary in the ordinary'.
18.05.2022: Academic meeting at IMA Hall & CME on 'Acute Vertigo' by Dr Ranjith G (MS Ent).

72 Branch: Punalur President: Dr. Narayanan Nair S Secretary: Dr. Sudhakaran Nair T.N

General Body Meeting and CME on Approach to Head ache by Dr Sreejith V Ravi Neurologist KIMS Kottiyam. Dr R V Asokan also spoke on the occasion about the recent developments of National IMA. Meeting came to a close at 10 pm. Dinner was sponsored by Dr Shankar.

73 Branch: Kattappana President: Dr. Bagavath Singh Secretary: Dr. Varun Jose Memana

IMA Kattappana participated actively in all Kerala Cricket Tournament held at Trissur in the month of May and Idukki team entered quarter finals.

74 Branch: Ponnani President: Dr.Kamarudheen.A.I Secretary: Dr. Sandeep.K

10.05.2022: Executive Committee Meeting.
13.05.2022: 'Tharangam' Meeting. Honourable state president visited branch and addressed members.

75 Branch: Manjeri President: Dr. Menon M.P.K Secretary: Dr. Febin Puthilath

04.05.2022: DTF Meeting at Doctors Enclave Manjeri.
08.05. 2022: Building Committee Meeting.
18.05.2022: Building Committee Meeting.
20.05.2022: Executive Committee Meeting.
26.05.2022: Building Committee Meeting.
31.05.2022: President's Visit Meet Manjeri MLA U.A.Latheef, Met Medical College Principal, Met

General Hospital Superintendent , Met KGMOA Leaders at General Hospital, Met KGMCTA Leaders at Medical College, Addressed Medical College Students , Forensic Day Inauguration at Medical College by State President Reception to the State President and other Leaders at Doctors Enclave Project Site Manjeri.

76 Branch: Kottarakkara | President: Dr. Ramakrishnan S | Secretary: Dr. Anil K Tharian

31.05.2022: General Body Meeting & CME on "Masquerades in GIT" by Dr.Simna DM (Gastro) Consultant Gastroenterologist Vijaya Hospital.

77 Branch: Valluvanad | President: Dr.Satheesh Kumar.N | Secretary: Dr. Sreeraj.C

11.05.2022:Executive Meeting.

25.05.2022:General Body Meeting and CME.

78 Branch: Mukkom | President: Dr. Abdul Jaleel T.K | Secretary: Dr. Namboodiri Arun Sankar

19.05.2022: General Body Meeting and CME by Dr.Rajesh kumar on Introduction to Aster Mother Hospital, Areekode & Dr.HafeezaTampton on Regenerative therapy and PMR.

79 Branch: Thenmalapuram | President: Dr. Kuttamani T.K | Secretary: Dr. Majeesh Antony

Managing Committee Meeting. Attended Social Security Scheme II team in MCM.

80 Branch: Kannur Malabar | President: Dr. Cletus Kanakappalli | Secretary: Dr. Suresh Babu M.P

General Body Meeting.

81 Branch: Chathannoor | President: Dr.Anil Prasad K | Secretary: Dr.Manoj Balachandran

Executive Meeting regarding purchase of a projector for branch's purpose. The proposal was sanctioned and proceedings are being done for the purchase.

82 Branch: Chalakudy | President: Dr. Thilakan C | Secretary: Dr. Prakash V

Two Executive Committee meetings were conducted online & through group-chat to discuss and finalise participation of members in IMA State & branch level sports meets as per the directives from State HQ & DC, Thrissur. The information was passed on to the members and names of the members participating for selections at District level for these events were finalised and forwarded to DC, Thrissur. 2 members each Drs.Sajil Krishna K. & Arjun P. R. for cricket and Drs.JomyJohny & Jerry Jacob for football represented Thrissur.

Branch donated 6000 tablets of Atorvastatin to Vayomithram, Chalakudy at their request due to the shortage in government supply faced by them.

29.05.2022: Attended SWC at Thalassery.

83 Branch: Pathanapuram | President: Dr. Radhakrishnan Nair P | Secretary: Dr. Rajeev P.R

25.05.2022: General Body Meeting. Presidential address by Dr.Radhakrishnan Nair,branch president expressed his deep concerns on the current trend of manhandling doctors and paramedical staff by the public & the attitude of authorities to these criminals. This was followed by an active discussion by all the participants regarding the current scenario. Other association matters were discussed. The meeting was followed by a CME on 'Common Eye Problems In Primary Care' by Dr. Radhakrishna, senior consultant ophthalmologist, RK, Eye,Pathanapuram.

84 Branch: Nedumkandam | President: Dr. Joson Varghese | Secretary: Dr. Vishnu Mohan

25.05.2022: Branch Meeting. Idukki District Committee Chairman Dr Murugesan was present. He talked about the various activities of IMA KSB and it's continued efforts to prevent violence against doctors hospitals. Executive Committee Meeting was conducted.

The Executive Committee Meeting was conducted at the residence of Dr Thomas Muthalaly. The various activities of the past month were reviewed and the forthcoming plans and activities were discussed. The review included a discussion about "Tharangam", the membership drive campaign, led by the State President Dr Samuel Koshy and the senior IMA leaders.

10.05.2022: "Tharangam" The campaign was organized at Mount Zion medical college. The meeting had a good turnout and active participation from medical students and young doctors. The discussion which ensued, led by the eminent speakers panel gave the participants a thorough and insightful look into the critical issues faced by our medical community and the long term implications of those issues. The excellent deliberations, included those by Dr Samuel Koshy, the State President, Dr Mohanan Nair, Dr Muralidharan, Dr Anitha Balakrishnan, and Dr T G Varghese. The discussions, which proved to be a real eye opener had deliberations on the core issues including the following medical pluralism or Mixopathy, and the role of the NMC in promoting medical pluralism. The Clinical Establishment Act, and its effect on the small and medium sized hospitals in Kerala, which play an important role in the Kerala model of healthcare.

The reality of hospital violence, the increasing incidence of acts of violence against doctors, and the need for laws for protection and safety of medical professionals. The discussions highlighted the critical situation of the present day which calls for a law making hospitals Safe zones like the Judiciary or the Assembly. A formal appeal was also made regarding this issue, during a visit to the Honourable Deputy Speaker Sri. Chittayam Gopakumar sir, regarding the issue.

A lunch meeting had also been organized at Hotel Wyte Portico which gave a valuable opportunity for the members to brainstorm, discuss and clear all the doubts with the Senior IMA members.

29.05.2022: A CME on 'Keyhole surgery for brain and spine', as an offline event was conducted at Hotel Wyte portico, Adoor by Dr. Ajith R, Coordinator & Senior Consultant at Kims health Trivandrum.

04.05.2022: IMA represented at District Committee meeting held at Manjeri, by branch secretary Dr. Azim Ahdar M.P & Central council Member Dr. Hyderali N.C.



14.05.2022: Branch hosted the State President and the state leaders welcoming them, showed its warmth with more than 60 doctors attending the state President's Yathra - "THARANGAM-2022".

14.05.2022: Sports team "Tirur Titans" represented our branch at state level IMA Champions League 2022 Cricket match held at Kunnamkulam.

15.05.2022: Represented by President Dr. Ahmmed Kutty K and secretary Dr. Azim Ahdar M.P in the state level Branch Presidents and Secretary's meet chaired by Hon. State President.

20.05.2022: Executive Meeting to discuss and plan the hosting of IMA District level interbranch Football, Cricket and Tug of War competitions.

23.05.2022: Monthly Branch General Body with a CME on the topic "Identification of a sick child" delivered by Dr. Silpa K Barathan, Specialist in Paediatric Critical Care.

28.05.2022: IMA District level Football, Cricket and Tug of war competitions at YACCA Sports City. Winners were distributed trophies by the branch leaders.

29.05.2022: The branch was represented at the IMA State Working Committee held at Thalassery, Dr. Azim Ahdar M.P and Dr. Jayakrishnan B.

07.05.2022: Prof KV Mathai Memorial Life Time Achievement Award instituted by Neurological Society of India, Kerala Chapter was awarded to one of our founder members and Past President of the IMA Kolencherry branch, Dr Sojan Ipe at the State Conference held at Kovalam.

25.05.2022:Monthly General Body meeting. The scientific session was on 'Individualisation of insulin therapy', presented by Dr Vipin V P from Aster Medicity Kochi.

88 Branch: Chittur | President: Dr. Prathap R | Secretary: Dr. Prem Narayanan

19.05.2022: General body meeting and guest lecture attended by 10 members
Matters discussed for Membership drive and further academic meetings.Guest Lecture byDr. Charles, Consultant Gastroenterologist, Aster Medicity Kochi.

89 Branch: Ettumanoor | President: Dr. V.V Soman | Secretary: Dr. Bilix Vinayak P.J

10.05.2022: Executive Committee Meeting, discussed about the activities for the month, organized next month's family meeting, planning to conduct a class for different IMA Schemes for the members. Branch is actively enrolling new members for the membership campaign.

90 Branch: Kollam West | President: Dr. Marceles M | Secretary: Dr. Roy Manuel

27.05.2022:IMA Kollam West conducted General Body Meeting.

91 Branch: Valancherry | President: Dr. Mohamed Ali N | Secretary: Dr. Mohammed Riyas K.T

13.05.2022: Conducted State President's Yathra "Tharangam" 2022, Inaugurated by Valanchery Municipality Chairman 'Ashraf Amabalathingal'.

92 Branch: Mannarkkad | President: Dr. Abdu Kalladi | Secretary: Dr. Devendra B Naddoni

14.05.2022: Branch Meeting, decided to work all the scheme and emphasized in SS II & PDSS, nearly 20 members joined SS II. Total 50 members attended the meeting. Decided to construct IMA branch office on the previously acquired land. This will be further discussed in next meeting.

93 Branch: Pandalam | President: Dr. Varghese.T.G | Secretary: Dr. Muhmmmed Siyavul Hakh

09.05.2022: Branch Conducted GB and the family gathering in connection with Tharangam state President visit to the branch at hotel SreevalsamKulanada . Meeting in President ship of Dr T.G.Varghese Chief guest Dr.Samuel Koshy. State President and his cabinet Dr.Mohanan Nair State vice President,DrAnitha Balakrishnan and Dr.Muraleedaran addressed the branch members.

94 Branch: Thiruvalla | President: Dr. C.R. Radhakrishnan | Secretary: Dr. Cyril Joseph

03.05.2022: President's Tharangam Yatra. The General Body meeting and the Yatra reception. The excellent deliberations, by Dr Samuel Koshy, the State President, Dr Mohanan Nair, SZ Vice President, Dr Muralidharan, Dr Anitha Balakrishnan, and Dr T G Varghese, was a feast for the members. Honoured M O Annamma , (ex DME , a teacher to many of us) for becoming the senior most IMA Life member of IMATHiruvallabranh .The IMA MSN Pushpagiri Medical College, Thiruvalla was inaugurated by Dr Samuel Koshy, SP, the Principal, Dr Tomy Philip in presence of the IMA Thiruvalla branch officials Dr C R Radhakrishnan, President and Dr Cyril Joseph, Secretary and other State officials.The response of the students was overwhelming and has MSN representatives from Calicut and Trivandrum. IMA MSN representatives of Pushpagiri Medical College-Athul and Alenta were present.



95 Branch: Vaikom | President: Dr. Alex Thomas | Secretary: Dr. Abyson Philip

04.05.2022:Warm reception given to Silent Wheels -Cycle rally by NISS at Vaikom Taluk Hospital. Vaikom Municipal Chairperson garlanded the team members.

96

Branch: Munnar

President: Dr. Naresh B

Secretary: Dr. Ganesh Prabhu

26.05.2022: Branch Meeting, welcome address by branch president Dr Naresh & Secretary Dr Ganesh presented the minutes of last meeting. He briefed the members of the various communications & activities of state branch. Both secretary & president spoke for enrolment of new members to the organisation and also for the various schemes.

Dr Ambali, Anesthetist at High Range Hospital presented a talk on " High Altitude Pulmonary Edema".

97

Branch: Kanjirapally

President: Dr. Babu Sebastian

Secretary: Dr. Mathew P. Thomas

Following the successful mission of buying a land, a new committee has been formed to construct a new building for Kanjirapally IMA. Due to the spreading of COVID pandemic in our country, decided to increase the awareness among the public about usage of masks and social distancing. It is unanimously decided that all members must take it their responsibility to pay the annual branch contribution.

98

Branch: Chengannur

President: Dr. Oommen Varghese

Secretary: Dr. Naveen Pillai



25.05.2022: IMA State Sports Meet. District level shuttle badminton tournament was conducted, chengannur Municipal Chairperson Mrs Mariamma John Philip Inaugurated the tournament. IMA District Chairman Dr.A.P Mohammed, IMA Alappuzha District Convenor and IMA Chengannur Branch President Dr.Oommen Varghese, Secretary Dr.Naveen Pillai, District Sports Convenors Dr.Arun N and Dr.Sherli Philip were attended and Three men's double teams participated in the tournament and two of them were selected for the state tournament.

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

Link: <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
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& 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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