

Monthly report of IMA Kazhakuttam for the month of December 2024

Dear Sir

Warm Greetings from IMA Kazhakuttam.

Herewith forwarding the monthly report of IMA Kazhakuttam for December 2024 for your kind perusal

In a nutshell

List of activities

- **Executive Meeting –3rd December** at the Residence of Dr.Binoy and Dr.Kavitha Ravi
- **Christmas and New Year celebrations and Family get together –22nd December** at IMA Headquarters, Anayara

1st to 5th December

AIDS Awareness Programmes

- Awareness session at General Hospital,Trivandrum co ordinated by Dr.Divya Sadasivan ,Deputy Superintendent, GH Tvpm and our executive committee member.
- A Flash mob by nursing students of Govt Nursing College, at the Hospital .
- Awareness class on AIDS at General Hospital ,Trivandrum in association with KSACS(Care and support wing) by Dr.Chithra L R,executive committee member and Clinical Microbiologist ,Intermediate Reference Laboratory,State TB Cell , Thiruvananthapuram.
- Pamphlet distribution to the public on AIDS awareness.
- Reels competition.The Title of the contest was Make a reel - Message of Hope! (short awareness video regarding AIDS) to all the members of IMA Kazhakoottam including family.
- Poster competition for Students of Jyothi Nilayam School,Kazhakoottam on the topic AIDS awareness

- Awareness session on AIDS @Little Flower Nursing college for the nursing students of Little Flower Nursing college by Dr Chithra L R, Clinical Microbiologist , Intermediate Reference Laboratory, State TB Cell , Thiruvananthapuram.

6th December

- Awareness session on exam stress management "Prep Right Stay Bright" was conducted by Dr Abeer Abdul Rezak for class X students of MGM school, Kaniyapuram under Chithrashalabham project, IMA Kazhakootam.
- Pulmonology Camp in observance of 'Lung Health day' for the employees of Kerala State Center for Advanced Printing and Training (C-apt) lead by Pulmonologist and IMA Kazhakootam President Dr. Vineetha Nair and Dr. Indira Vasudevan, senior member of IMA Kazhakootam.

14th and 15th December

- IMA Kazhakootam President Dr. Vineetha Nair and Secretary Dr. Asha Nazimudeen attended Branch Presidents and Secretaries meet by IMAKSB at IMA Periyar House, Aluva

18th December

- IMA Kazhakootam President Dr. Vineetha Nair chaired a session at the TAPCCM December 2024 meeting , on the topic 'Towards Biologicals in COPD-Where are we now ? '

22nd December

- IMA Kazhakootam Secretary Dr. Asha Nazimudeen took an Awareness Session on Healthy and Sustainable Lifestyle to the NSS Volunteers of Jyoti Nilayam Senior Secondary School, St. Andrews, Kazhakootam as part of Chithrashalabham project

23rd December

- Dr Syamlal S was nominated as IMA Kerala State Doctors Club Chairman by IMA State President

26th December

- IMA AMS Kazhakoottam online CME meeting on Zoom platform by Dr Arshad M, Senior Interventional Cardiologist on the Topic Hypertension- An Update.

27th December

- A talk on Mental Health by Dr Susha John, Consultant Psychiatrist as part of Chithrashalabham project in association with Rotary Club, Kazhakoottam at Sree Narayana Gurukulam higher secondary school, Chempazhanthy.

27th -28th December

- Senior leaders of IMA Kazhakoottam attended IMA National Medical Conference Utsav 2024 at Hyderabad, Telangana as faculty and also won many National awards and appreciations

30th December

- IMA CGP Kazhakoottam online CME meeting on Zoom platform by Dr Thanooja Riaz, Professor, GMC, Tvm on the Topic PCOD-Myths and Facts.

Detailed list of activities

- Executive Meeting

Executive meeting of IMA Kazhakuttam for the month of December was conducted on 3rd December 2024 at the residence of Dr.Kavitha Ravi and Dr.Binoy,Kumarapuram,Thiruvananthapuram .







- **Christmas and New Year celebrations and Family get together of IMA Kazhakoottam –22nd December at IMA Headquarters, Anayara from 7 pm onwards .**

Secretary Dr.Asha Nazimudeen adorned the President with the medallion. President Dr.Vineetha Nair called the meeting to order. Meeting began with a silent prayer.This was followed by IMA prayer & Flag salutation by Secretary Welcome & Presidential Address was given by the President.President then invited **Our beloved State President Dr.Sreevilasan Sir** for the inaugural address and to inaugurate the programme.He made a very crisp inaugural address mentioning about his vision for this IMA year ,mentioning IMA is “forever yours”.He also gave his Christmas New year wishes to IMA Kazhakoottam family. He then lighted the traditional lamp and inaugurated the function.

We also had the “leader of leaders”**Past National State President Padmashree Dr.Marthanda Pillai Sir** as our chief guest.He also gave warm Christmas New year wishes to our IMA Kazhakoottam family.

National Vice President Elect Dr.Alex Franklin Sir’s presence was auspicious.He shared his thoughts to us in his short speech and offered warm wishes to us .

Christmas Cake cutting was done by State President. Santa came to the stage and wished everyone a Merry Christmas.

IMA Kazhakoottam Cultural Committee Co Ordinator Dr.Sumitha spoke on the occasion and welcomed all to enjoy the Cultural Fiesta.

Prizes for the winners of the Poster competition conducted for school children and members were distributed by our Beloved Guests.

Winners of the Poster Competition conducted for the Students of JyotiNilayam School was announced and prizes distributed in the GB

The Winners were

1st -Mayukha HB std VII

2nd -Pranav std VI

3rd-Nayana Libu , std IX

Winners of the Reels Competition were Dr.Sheela Joseph and Dr.Rafeeda Affin and her daughter Faiza Fathima.

We also conducted Fashion show for our members and families and Prize distribution for the same was done by IMA Kazhakootam Founder President Dr.Rajendran.

The meeting concluded with Vote of thanks by Secretary,Dr.Asha Nazimudeen

The Cultural Extravaganza included Fun games,Music,Dance,Fashion show and DJ .All members and families enjoyed the event and the participation was overwhelming.



IMA Kazhakootam

PROUDLY PRESENTS

Rhythm 2025

CHRISTMAS & NEW YEAR
CELEBRATIONS



INAUGURATION

DR SREEVILASAN K A

PRESIDENT IMA KSB

22 DECEMBER, 2024 SUNDAY 7PM

DANCE

MUSIC

FUN GAMES

FASHION SHOW

**IMA HEADQUARTERS,
ANAYARA**

PLEASE COME WITH YOUR FAMILY



DR VINEETHA NAIR
PRESIDENT



DR ASHA NAZIMUDEEN
SECRETARY



DR RAFEEDA K M
TREASURER

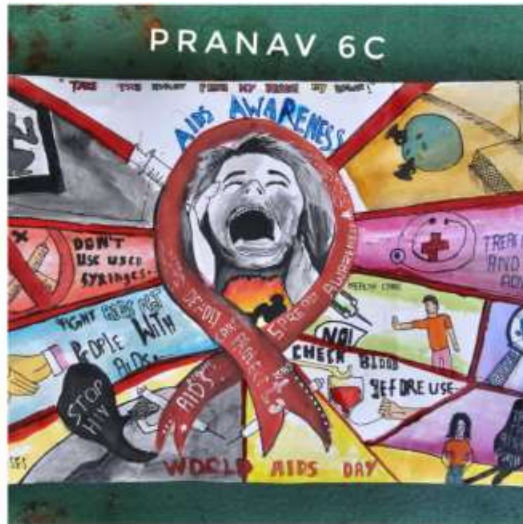












Name :Nayana Libi
 Class: 9 A, CBSE
 School : Jyothi Nilayam
 Senior Secondary School

Other Activities

1st to 5th December

AIDS Awareness Programmes

- IMA Kazhakuttam conducted Awareness session at General Hospital, Trivandrum co ordinated by Dr.Divya Sadasivan ,Deputy Superintendent, GH Tvpm and our executive committee member. A Flash mob was also organised by nursing students of Govt Nursing College, at the Hospital .





- IMA Kazhakoottam in association with KSACS(Care and support wing) conducted an awareness class on AIDS at General Hospital ,Trivandrum on December 1st. The meeting was inaugurated by Dr Divya Sadasivan, Deputy Superintendent, GH ,Tvpm. Dr Vineetha Nair, President , IMA Kazhakoottam gave the message about AIDS awareness. Awareness class was taken by Dr.Chithra L R,executive committee member. The session was very much appreciated by the audience.Pamphlets were also distributed to the public



IMA Kazhakoottam

1 DECEMBER 2024



commemorates

World AIDS Day

"Take the Rights Path: My Health, My Right!"

Awareness Talk on AIDS

General Hospital, TVPM

on 1/12/2024 10.30 am



RESOURCE PERSON

DR CHITHRA L R

CLINICAL MICROBIOLOGIST
INTERMEDIATE REFERENCE LABORATORY
STATE TB CELL, TVPM



DR VINEETHA NAIR
PRESIDENT



DR ASHA NAZIMUDEEN
SECRETARY



DR RAFEEDA K M
TREASURER







- IMA Kazhakoottam on the occasion of World AIDS Day 2024 conducted a competition for its members. The Title of the contest was Make a reel - Message of Hope! Participants were required to send a short awareness video regarding AIDS. Contest was open to all the members of IMA Kazhakoottam including family. Time allotted was 1 minute. Contest was open from 1st Dec to 5th Dec. The participation was excellent. The winners were to be declared in next GB and prizes to be distributed.



IMA Kazhakoottam
Cultural Committee



World Aids Day

01 December 2024



Make a reel - Message of Hope! **Short video/reel competition**

Date
1st Dec to 5th Dec

Send the posters to
9446118061
9048407371



Dr Chithra L R
Convenor



Dr Sumitha
Chairperson



Dr Fathima Haneena
Convenor



Dr Vineetha Nair
President



Dr Asha Nazimudeen
Secretary



Dr Rafeeda K M
Treasurer



- IMA Kazhakoottam conducted a poster competition for Students of Jyothi Nilayam School, Kazhakoottam as part of AIDS awareness programmes. Topic given to the students was AIDS awareness
Date: 1st December to 5th December .
The message has been circulated to students through the Principal and we had good response from the kids



IMA KAZHAKOOTTAM
CULTURAL COMMITTEE



**WORLD
AIDS DAY**

1 DECEMBER, 2024



+ POSTER COMPETITION FOR STUDENTS
+ PARTICIPANTS: JYOTHI NILAYAM SCHOOL, KAZHAKOOTTAM

Send the posters to
9446118061
9048407371



Dr Chithra L R
Convenor



Dr Sumitha
Chairperson



Dr Fathima Haneena
Convenor



Dr Vineetha Nair
President



Dr Asha Nazimudeen
Secretary



Dr Rafeeda K M.
Treasurer





Indian Medical Association WIMA Kazhakoottam



**Awareness on AIDS
for the Students of
LittleFlower College of Nursing,
Manvila on 4/12/2024 @2.30 pm**



**Speaker
Dr Chithra L R
Clinical Microbiologist
Intermediate Reference Laboratory
State TB Cell
Thiruvananthapuram**



Prof. Dr. Sr. Rani Catherine

Vice Principal, HOD Medical Surgical Nursing
Department,
Little flower college of Nursing



**Dr. Nisha Nishanth
WIMA Chairperson**



**Dr. Simi Das
WIMA Secretary**



**Dr. Vineetha Nair
IMA President**



**Dr. Asha Nazimudeen
IMA Secretary**



**Dr. Rafeeda K. M
IMA Treasurer**



Indian Medical Association Kazhakoottam branch -WIMA Wing conducted an Awareness session on AIDS @Little Flower Nursing college for the nursing students of Little Flower Nursing college at 2.30 pm on 4/12/24.

Professor Sr.Rani Catherine, Vice Principal and HOD, Medical&Surgical Department of Nursing college delivered the welcome speech. Dr.Simi Das, Kazhakoottam WIMA Secretary delivered the introduction speech and introduced the speaker.

The Speaker of the session was Dr Chithra L R,Clinical Microbiologist ,Intermediate Reference Laboratory,State TB Cell , Thiruvananthapuram. She delivered a very informative talk on AIDS-Clinical aspects ,Prevention and Prophylaxis.The session had more than 100 students audience and were very interactive


with the speaker. The session was wined up by vote of thanks by Dr. Nisha Nishanth, Kazhakootam WIMA Chairperson.

6th December







- Awareness session on exam stress management "Prep Right Stay Bright" was conducted by Dr Abeer Abdul Rezak for class X students of MGM school, Kaniyapuram on 6.12.2024 under Chithrashalabham project, IMA Kazhakootam. The session was attended by the Principal and school management. It was an interactive session with good participation from the students. Dr Abeer was presented with a token of appreciation. The session ended with a vote of thanks from the students representative.

**INDIAN MEDICAL ASSOCIATION
KAZHAKOOTTAM**
Chithrashalabham project
presents

“Prep Right, Stay Bright”
Awareness Session on
Exam Stress Management



Dr Abeer Abdul Rezak
Assistant Professor
Department of Psychiatry
Sree Gokulam Medical College

Venue
MGM School, Kaniyapuram
On 6.12.2024 Friday From 11-12noon


 Dr Divya Sadasivan Chairperson	 Dr Bijoy S. Convener	 Dr Greeshima M. G. Convener
 Dr Vineeta Nair President, IMA	 Dr Asha Nazimudeen Secretary	 Dr Rafeeda K. M. Treasurer




- IMA Kazhakoottam conducted a Pulmonology Camp in observance of 'Lung Health day' in association with Kerala State Center for Advanced Printing and Training (C-apt).The camp participants were the employees of C-apt. There were 130 Participants .The Camp was lead by Pulmonologist and IMA Kazhakoottam President Dr.Vineetha Nair and Dr.Indira Vasudevan,senior member of IMA Kazhakoottam. We also provided free PFT and free medicines to the participants.The Camp was well appreciated by the staff of C-apt.



IMA Kazhakoottam
in association with




*Kerala State Centre for Advanced
Printing & Training (C-apt)*
commemorates
Lung Health Day
PULMONOLOGY CAMP
*For employees of C-apt
free PFT & Medicines*




CAMP LEAD BY
DR VINEETHA NAIR
CONSULTANT PULMONOLOGIST
DISTRICT HOSPITAL, KOLLAM


on 6/12/2024 9.30 am to 12.30 pm



DR VINEETHA NAIR
PRESIDENT



DR ASHA NAZIMUDEEN
SECRETARY



DR RAFEEDA K M
TREASURER





News about the Camp also appeared in Indian Express Newspaper

Y month, from the age of 60. The pension amount is
d yearly contribution amount. After the death of the subscriber, the
l- pension corpus (accumulated at the age of 60) would be returned
l to the nominee.

IMA Kazhakoottam branch conducts lung health camp

EXPRESS NEWS SERVICE @T'Puram

THE Indian Medical Association (IMA) branch in Kazhakoottam conducted a pulmonary camp in observance of 'Lung Health Day', in association with Kerala State Centre for

Advanced Printing and Training (C-APT). As many as 130 employees of C-APT participated in the camp. IMA Kazhakoottam president and pulmonologist Dr Vineetha Nair and senior member Dr Indira Vasudevan led the camp.

14th and 15th December

- IMA Kazhakootam President Dr.Vineetha Nair and Secretary Dr.Asha Nazimudeen attended Branch Presidents and Secretaries meet by IMAKSB at IMA Periyar House,Aluva on 14th and 15th December 2024.





18th December

- IMA Kazhakootam President Dr.Vineetha Nair chaired a session at the TAPCCM December 2024 meeting ,on the topic 'Towards Biologicals in COPD-Where are we now ? '



Trivandrum Association of Pulmonary & Critical Care Medicine (TAPCCM)
Meeting December 2024

Date : 18/12/24 (Wednesday)
Time : 7:30 pm
Venue : Hotel SP Grand Days

PROGRAMME

Topic : TOWARDS BIOLOGICALS IN COPD
WHERE ARE WE NOW?

Speaker : **Dr. Shahinamol**
Junior Consultant,
Cosmopolitan Hospital,
Trivandrum

Chairperson : **Dr. Vineetha Nair**
Pulmonologist,
District Hospital, Kollam



22nd December

**INDIAN MEDICAL ASSOCIATION
KAZHAKOOTTAM**



Chithrshalabham
project
presents



Awareness Session on

സുസ്ഥിര ജീവിതശൈലി

*Health,
Wellbeing &
Lifestyle*

for
**NSS Volunteers,
Jyothi Nilayam Higher Secondary
School,
St Andrew's ,Kazhakoottam
On 22.12.2024 Sunday From 2 pm**

Speaker
Dr Asha Nazimudeen
Senior consultant paediatrician
Cosmopolitan Hospital
Thiruvananthapuram



Dr Divya Sadasivan
Chairperson



Dr Bijoy S
Convenor



Dr Greeshma M G
Convenor



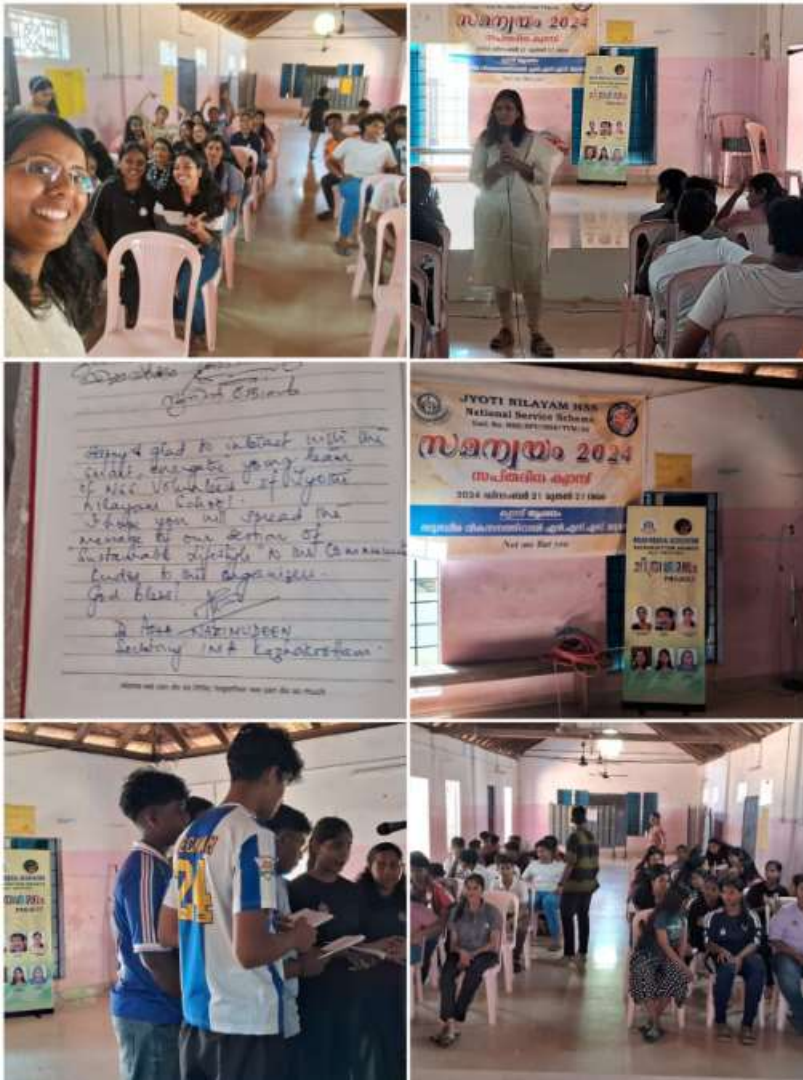
Dr Vineeta Nair
President, IMA



Dr Asha Nazimudeen
Secretary



Dr Rafeeda K M
Treasurer



IMA Kazhakoottam Secretary Dr.Asha Nazimudeen took an Awareness Session on Healthy and Sustainable Lifestyle to the NSS Volunteers of Jyoti Nilayam Senior Secondary School,St.Andrews,Kazhakoottam as part of Chithrashalabham project .The session was conducted at a camp at St.Vincent's LP School,Kazhakuttam.

Mrs Sreekala teacher, the NSS Co ordinator introduced the speaker to the students. The session started with the welcome address by the students.The session was attended by 50 Volunteers.The children very actively participated in the interactive session and promised to take the message taught in the session to the society. It concluded with vote of thanks by the student's representative.

23rd December

DrSyamlal S was nominated as IMA Kerala State Doctors Club Chairman by IMA State President



ഐഎഎ കേരള ഡോക്ടേഴ്സ് ക്ലബ് പ്രസിഡന്റ് ഡോ.എസ്.ശ്യാലാൾ, സെക്രട്ടറി ഡോ.എൻ.ഷമീ.


ഐഎഎ ഭാരവാഹികൾ

തിരുവനന്തപുരം • ഇന്ത്യൻ മെഡിക്കൽ അസോസിയേഷൻ(ഐഎഎ) കേരള ഡോക്ടേഴ്സ് ക്ലബ് ഭാരവാഹികളായി കിംസ് ഹോസ്പിറ്റലിലെ ഡോ. ശ്യാലാൾ (ചെയ), എസ്കെ ഹോസ്പിറ്റലിലെ ഡോ.ഷമീ(സെക്ര), ഗോകുലം മെഡിക്കൽ സെന്ററിലെ ഡോ.സതീഷൻ (ട്രഷ) എന്നിവരെ തിരഞ്ഞെടുത്തു.

26th December

IMA AMS Kazhakoottam conducted an online CME meeting on Zoom platform


Dr Priya Sreenivasan, IMA AMS Chairperson welcomed the audience and introduced the speaker. Dr Asha Nazimudeen, Secretary, IMA Kazhakoottam addressed the audience. Speaker of the session was Dr Arshad M, Director-Cath lab services and Senior Consultant Interventional Cardiologist, SK Hospital, Trivandrum. Topic was Hypertension- An Update. The session was comprehensive and incorporated all aspects of diagnosis, management as well as the latest updates on Hypertension. The session was well appreciated and had a good number of participants with good interaction and question answer session with speaker. Session concluded with a vote of thanks by Dr. Anand Binu, AMS Convenor




IMA Kazhakoottam
ACADEMY OF MEDICAL SPECIALTIES

TOPIC


**HYPERTENSION:
AN UPDATE**




SPEAKER



Dr Arshad M
Director- Cath lab services,
Senior Consultant and
Interventional Cardiologist,
SK Hospital, Trivandrum




Dr Priya Sreenivasan
IMA AMS
Chairperson




Dr Anand Binu
IMA AMS
Convenor


ZOOM MEETING
26th December 2024, 7:30 pm
ID: 884 4895 0543
Password: p3WWHr
ALL ARE CORDIALLY INVITED



Dr VINEETHA NAIR
PRESIDENT



Dr ASHA NAZIMUDEEN
SECRETARY



Dr RAFEEDA KM
TREASURER

Measure blood pressure—diagnose

Standardized protocol for BP assessment (ESH)

Key points:

- Use an automated BP measuring device
- In patients with suspected hypertension, BP measurement should be performed on at least 3 occasions on at least 3 different days
- In patients with suspected hypertension, BP measurement should be performed on at least 3 occasions on at least 3 different days

How to Diagnose Hypertension

Step 1: Measure BP on 3 occasions on 3 different days. If average BP is $\geq 140/90$ mmHg, diagnose hypertension.

Step 2: If average BP is $< 140/90$ mmHg, consider additional therapies (drug or renal association).

SUSPECT SECONDARY HTN??

• History/physical of patient with hypertension (age, onset, or sudden development of hypertension or rapidly worsening BP in older patients)

• History of symptoms suggestive of secondary causes (headaches, episodic or paroxysmal, symptoms of excessive weight gain, hypokalemia, hypotension or dizziness, episodic tachycardia, hypercalcemia, hypoglycemia)

• Symptoms suggestive of renal disease or renovascular disease

• History of current pregnancy, obstetric-related issues, or use of oral hormonal contraception

- Quick Takes**
- The 2023 European Society of Hypertension (ESH) and 2017 American College of Cardiology/American Heart Association (ACC/AHA) hypertension guidelines both emphasize proper blood pressure (BP) measurement, cardiovascular (CV) risk assessment, optimal lifestyle interventions, and specific pharmacotherapy management.
 - Both guidelines recommend a lower BP target ($<130/80$ mm Hg) for adults at high risk to reduce the risk of CV events.
 - Key differences include a lower diagnostic threshold by ACC/AHA criteria ($<130/80$ mm Hg) than by ESH criteria ($<140/90$ mm Hg) and age-based treatment targets (ESH criteria).

27th December

A talk on Mental Health was organised by IMA Kazhakootam Chithrashalabham project in association with Rotary Club, Kazhakootam at Sree Narayana Gurukulam higher secondary school, Chempazhanthy.

About 80 student police cadets attended the session. The session was delivered by Dr Susha John, Consultant Psychiatrist at KIMSHEALTH. Rtrn Mr Nair delivered the welcome speech. Dr Divya Sadasivan gave a brief introduction of the topic and the speaker. The session was well attended and very interactive. Rtrn Mr Pradeep Kumar delivered the vote of thanks.

**INDIAN MEDICAL ASSOCIATION
KAZHAKOOTTAM
Chithrashalabham Wing**

**&
ROTARY CLUB, KAZHAKOOTTAM**

presents
Awareness Session on
"മാനസികാരോഗ്യം"

Speaker
Dr Susha John MBBS, DPM
Consultant Psychiatrist
KIMSHEALTH
Thiruvananthapuram

Venue
Sree Narayana Gurukulam Higher Secondary School,
Chempazhanthy (School Code 1070)
27.12.2024 Friday
From 2 pm
For
Student Police Cadet

STUDENT POLICE CADET
2024

ചൈർമാൻ 2024
മാനസികാരോഗ്യം

Dr Divya Sadasivan
Chairperson

Dr Bijoy S
Convenor

Dr Greeshma M G
Convenor

Dr Vineeta Nair
President, IMA

Dr Asha Nazimudeen
Secretary

Dr Rafeeda K M
Treasurer



27th -28th December

- Senior leaders of IMA Kazhakuttam attended IMA National Medical Conference Utsav 2024 at Hyderabad,Telangana



Dr.Kavitha Ravi received Award for KMJ and JDN





Dr. Binoy received appreciation for MSN



Dr. Benny P V at National Nutrition Seminar, organized at NATCON IMA in Hyderabad. ICMR National Institute of Nutrition and IMA Food & Nutrition Initiative jointly organized this event.



30th December

- CGP IMA Kazhakuttam conducted a CME on Polycystic ovaries-myths and facts for general practitioners on Zoom platform on 30/12/24. Dr. Biju Mohan ,CGP Assistant Director welcomed the audience.Dr Abeer,CGP Secretary introduced the speaker and the topic.Key note address was given by Dr Vinitha, President, IMA Kazhakkootam. Speaker of the session was Dr Tanuja S Professor(CAP) Department of OBG, SAT Hospital, Trivandrum. The session was well appreciated and had good number of audience and also a good interaction among the participants. The session ended with a vote of thanks by Dr.Abeer.

**COLLEGE OF GENERAL PRACTITIONERS
IMA KAZHAKOOTTAM**

CME ON
**POLYCYSTIC OVARIES
MYTHS AND FACTS**

SPEAKER

DR THANUJA S MD, DGO
PROFESSOR O&G
GOVT MEDICAL COLLEGE
THIRUVANANTHAPURAM

ZOOM MEETING
30/12/2024
MONDAY
@ 8 PM

DR BIJU MOHAN
CHAIRMAN CGP

DR ABEER ABDUL REZAK
CONVENOR CGP

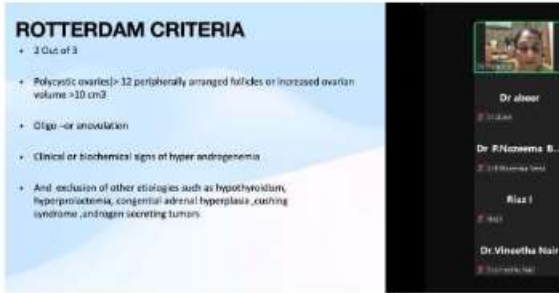
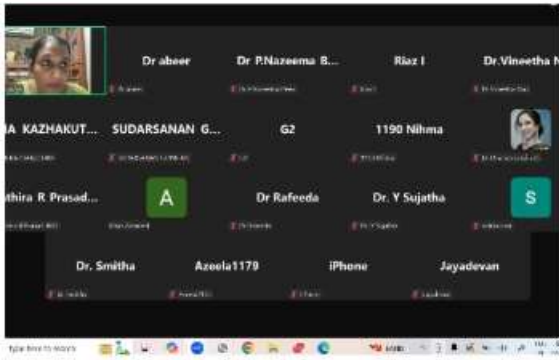
ALL ARE CORDIALLY INVITED

MEETING ID 841 8082 3842 PASSCODE: 237746

DR VINEETHA NAIR
PRESIDENT

DR ASHA NAZIMUDEEN
SECRETARY

DR RAFEEDA KM
TREASURER



Thank you for your time and attention. We look forward to your support and encouragement. Please contact me if you require any further clarifications or any additional information.

Thanks and regards,
Dr.Asha Nazimudeen,
Secretary , IMA Kazhakuttam 2024-25
Phone 8884224721