

Add the 'extra' in your special day. Remove the glasses.

With almost two decades of experience in committed eye care and treatment, **Giridhar Eye Institute** has evolved into a beacon of shining hope for its extensive patient base. Our panel of 20 experienced doctors, state-of-the-art treatment facilities and dedicated patient care practices makes Giridhar Eye Institute an eye care destination for all.

Giridhar Eye Institute has now introduced the safest and most advanced **Lasik Vision Correction** that can enable patients to do away with their glasses or contact lenses permanently. So, be it a young girl looking to get married or an IT professional, whose profession has compelled him to wear spectacles, Lasik Vision Correction provides easy and safe solutions.



GIRIDHAR EYE INSTITUTE

Ponnet Temple Road, Kadavanthra, Cochin - 682 020
Email: info@giridhareye.org www.giridhareye.org

For details: +91 75580 66000, 0484 4170000



IMA COCHIN NEWS

Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



Issue 139
April 2015

NISS - Safe Sound Programme inaugurated



Filmstar Mohanlal, District Collector MG Rajamanickam IAS, MPs P Rajeev and Prof KV Thomas, along with members/families and friends/well-wishers of Cochin IMA (including members of the general public) took part in a grand launch function of Cochin IMA's Safe Sound Initiative on 28 March 2015.

President's Message

Dear friends,

Cine artist Padmasree Mohanlal launched national initiative for safe sound (NISS) in Cochin IMA last month. In an attempt to create awareness on the high levels of noise pollution hazardous to human health, Kerala state IMA's cycle rally 'Silent Wheels' reached Cochin the other day, en route from Trivandrum to Kasargod. Now it is our duty to get this message to percolate to the level of grassroots.



As doctors, do not hesitate to tell any person, group or even authorities of a worship place, about what happens to the body's health when sound level goes beyond 65 decibels.

Attacks on hospitals and doctors are spreading throughout the country. Dr Rohit Gupta, a senior gastroenterologist, was brutally attacked recently by a gang of people in Allahabad, UP in connection with death of an 80-year-old cirrhotic patient. You can legally challenge it, but this is no cure.

Unless we show the strength and might in number this sort of unruly act will continue. Hence, tell your colleague to become a member of IMA, if he is not a member. Also avail the benefits of various schemes, which no other agency can offer.

Hope to see everyone with family at the Lagoon Nite on May 3rd.

Dr Sunny P. Orathel
President, IMA Cochin

APRIL CME

Date : 29th April 2015, Wednesday
Time : 8.00 pm
Venue : IMA House

INTERVENTIONAL NEUROLOGY
Dr. Gigy Kuruttukulam MD, DM
Sr. Consultant
Dept. of Interventional Neurology
Rajagiri Hospital, Aluva, Kochi

ADVANCES IN STROKE TREATMENT
Dr. Jacob Chacko MD, DM
Consultant, Dept. of Neurology
Rajagiri Hospital, Aluva, Kochi

The New Jetta

Worth Everything



www.volkswagen.co.in



Volkswagen Cochin

EVM Motors, Bldg. No.11/4 - C & D, National Highway,
Opp. BTH Sarovaram, Kannadikkadu, Maradu, Cochin - 682304
Phone: 0484 - 4040404 • Mobile: 9567265555

Volkswagen Changanur • Volkswagen Perumbavoor • Volkswagen Kottayam
Volkswagen Kollam • Volkswagen Thiruvalla • Volkswagen Pathanamthitta
Volkswagen Thiruvananthapuram



Volkswagen. Das Auto.

PRESIDENT
Dr Sunny P. Orathel
Orathel House, Unichira
Cochin 682 033
Ph : 2575090 Mob : 94476 61668
Email : drsunnyorathel@gmail.com

SECRETARY
Dr Rajeev Jayadevan
Aathira, 38/1920, Aishwariya Ln,
Elankulam, Cochin - 682 017
Mob : 98471 02221
Email : rajeevjayadevan@icloud.com

TREASURER
Dr Muhamed Ismail P.M.
Excel Park, Fathima Church Road
Elankulam, Cochin 682 020
Mob : 94471 44339
rainbowpolyclinic@gmail.com

From the Editors Desk

Dear friends,

This past month, IMA has made giant strides in the field of public health. Our safe sound campaign, which has been cleverly orchestrated over a period of months, has peaked at the right time and produced a major impact in the awareness levels of the community. It has actually got people talking.

As you are aware, such an effort will only bear fruit if we involve the entire community, including the media. This time, we had a number of brainstorming sessions and planning meetings even before our big launch by filmstar Mohanlal last month. This launch got us plenty of public attention. Riding this wave, a historic cycle rally by IMA is now travelling the entire length of Kerala state, and is being received at every major town, and promoting awareness about safe sound. Each of these meetings have involved members of the general public, who have pledged to carry on forwarding this message to the deepest grassroot levels of the community.

Once these awareness efforts are taken up by schools, colleges, voluntary organisations, residence associations and, eventually, the various religious establishments, our noise pollution levels will drop.

At a social level, in our country, lack of awareness results in general disregard for existing sound pollution laws. It is impossible to introduce change in health habits unless we are able to implant a deep seated wish to change from within the individual. Our sustained campaigns will no doubt achieve that end.

Several decades from now, when our country eventually becomes more respectful towards the public use of sound/noise, IMA will have played a key role in bringing about such a positive change.

Best regards,

Dr Rajeev Jayadevan

Dr Salini Sudhindran



Dr. Abraham Varghese inaugurates activities of Child Health Project of IMA KSB - 2015 & TOT on POCSSO and Child Sexual Abuse at IMA House on 22.3.15

Congratulations!



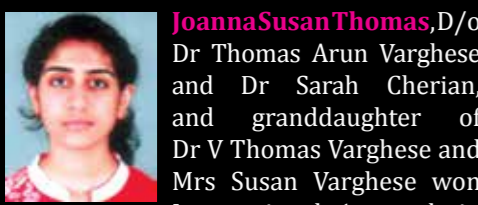
Dr Abraham K Paul receiving Rotary award for his contribution to Newborn hearing screening at Hyderabad.



Article 'Occupational hazards in Industries' by Dr Abraham Varghese published in the safety magazine of National Safety Council, Kerala Chapter was adjudged for the Suraksha article award.



Prof V Balakrishnan for the release of his new book "The Fire in my Belly" an autobiographical account of the growth of Gastroenterology as a speciality in Kerala.



Joanna Susan Thomas, D/o Dr Thomas Arun Varghese and Dr Sarah Cherian, and granddaughter of Dr V Thomas Varghese and Mrs Susan Varghese won International 1st rank in International English Olympiad conducted for 11th std students by the Science Olympiad Foundation. Students from over 27000 schools in 16 countries took part in this exam. The award comprising a cash prize of Rs50,000, gold medal and merit certificate will be given at a function in New Delhi this year.



BENEFICIARY SCHEMES OF IMA

PROFESSIONAL PROTECTION SCHEME (PPS)

- Yearly premium Rs 2000/- to start, with decreasing premium
- Coverage upto 5 Lacs per policy.
- No limit in number of policies
- Lock in period 1 year

SOCIAL SECURITY SCHEME - I (SSS I)

- Eligibility upto 55 years
- Admission fee of Rs 1000/- to Rs 3000/- depending on the age of the person
- Fraternity contribution to be made for 20 years only

SOCIAL SECURITY SCHEME - II (SSS II)

- Eligibility upto 60 years
- Admission fee of Rs 3000/- to Rs 15000/- depending on age
- Fraternity contribution to be paid for 25 yrs

SOCIAL SECURITY SCHEME - III (SSS III)

- No age limit
- Admission fee of Rs 3000/- to Rs 40000/- depending on age of the person
- Fraternity contribution to be made for 25 years only
- Fraternity amount will be given in bedridden conditions or after demise
- As on date benefit upto 25 lacs
- Those who join all three SSS need to pay around Rs 7000/- to Rs 58000/- per year depending on age for a benefit of 57 lacs as on date... earlier the better!

IMA HEALTH SCHEME

- Upto 80 years can join
- 2 lacs can be claimed per person
- Includes coverage of parents, children & spouse
- Premium depends on age of the insured

<25 yrs	Rs 2950	45-55yrs	Rs 4450	65-70yrs	Rs 15100
25-35	Rs 3450	55-60yrs	Rs 10100	70-75yrs	Rs 18100
35-45	Rs 3950	60-65yrs	Rs 13100	75-80yrs	Rs 20100

- As original bills are not required members can claim in addition to their Health insurance
- No unnecessary hazzles....

Dr Sunny P Orathel
President, Cochin IMA

Dr Rajeev Jayadevan
Secretary, Cochin IMA

Dr Muhamed Ismail
Treasurer

PENSION SCHEME

- Should be a life member of IMA
- Minimum annual deposit of Rs 12500/- till demise which can be increased to any amount even in lacs
- 9% of accumulated amount will be dispersed as pension amount annually. This can be claimed annually or biannually or quarterly or monthly.
- Eligible for pension after 60 yrs of age or as age opted till demise
- After demise, balance amount and interest will be given back to nominee
- In <60years, if the person becomes invalid due to disease or trauma, becomes eligible for pension and in those cases, IMA also contributes a percent of the total amount in addition to the deposit.

MUTUAL BENEFIT SCHEME

- PROVIDES FINANCIAL ASSISTANCE
- 3 projects consisting a principle amount of Rs. 1 lakh, 2 lakhs & 5 lakhs respectively. Total number of members in each scheme is 20.
- Monthly installment around Rs 5000/-, Rs 10000/- and Rs 25000/- respectively

PROFESSIONAL EQUIPMENT AND EMPLOYMENT PROTECTION SCHEME (PEPS)

- Novel scheme by state IMA to help and guide members and hospitals regarding purchase and maintenance of medical equipments.
- Supervises service contracts
- Also runs an employment cell for doctors.
- IMAGE
- Management of Biomedical waste in the state of Kerala
- In both Govt & Private sector
- Present strength 92265 beds
- Two common facilities at Palakkad
- Spread over 26 acres of land
- 30 Major transport vehicles
- 350 employees
- Asset worth Rs 13 crores

Compiled by Dr. Cyril G Cherian

For Queries, contact office@imacochin.org

Mr. Hari (9249578466)



March CME: Topic - Stem Cell Transplantation, Speaker Dr Neeraj Sidharthan MD DM(Vellore)



IMA Cochin Charity Fund: President visited and donated cash to an old woman on 11.3.15



Cochin Clinical Society-IMA AMS monthly meeting held at Sree Sudheendra Medical Mission Hospital on 5 March 2015



Memberships Drive by IMA Cochi at Aster Medcity



World TB day observed at AIMS, Dr Sunny gave a talk and took part in walkathon



TOT workshop on Medical Ethics at Cochin. 15.3.15. Dr Sunny, Dr Abraham Varghese and Dr Rajeev attended



IMA State committee for Organ donation at Cochin IMA House 29.3.15



Dr. S.S. Kamath inaugurates Stem Cell Donation Awareness Programme at IMA House



Dr. Sunil Mathai, Dr Sunny and Dr Narayanan Kutty receiving MOU for Rs 9 lakhs for IMA Bld bank ambulance in association with Rotary Club



Doctors Talk: Dr. Rajeev on Noise Pollution on 28.3.2015.



Seminar on Child abuse at IMA House



Dr Lisamma Joseph in Asianet News: Gestational Diabetes



SILENT WHEELS CYCLE RALLY Reception meeting at Panampilly Nagar on 20.4.2015



The Lagoon Nite 2015

LAGOON NITE 2015 will be held on May 3rd, Sunday, 6 pm onwards. All Lagoon members are cordially invited. Members can bring their guests as well.

The evening promises a fun packed blast with musical hungama and gala dinner.

Please collect your entry coupon from executive members working in your hospital or from IMA office at the earliest. Coupons are also available at IMA House Reception and during monthly meeting on 29th April.



Teaching Pearls 19 of 24
(This is part of an ongoing awareness series for road accident prevention. Please use this to educate teenagers and younger drivers in particular)

Is that Helmet Strapped On?



The use of helmets in reducing the severity of head injury was discussed in the first chapter.

This chapter is about correct use of helmets. The following points may be noted while using the helmet.

- Many cases of severe head injury happen due to the helmet falling off before the head hits the ground. This happens to those who are not wearing a chinstrap. The chinstrap must therefore be compulsorily locked, with just enough space for two fingers to slide between the strap and the chin.
- An ISI-marked helmet must be used. Cheap helmets must be avoided for obvious reasons.
- Skullcaps (partial helmets or those worn by factory workers) are not a substitute for helmets, and will not protect from head injury.
- A helmet with a chin-guard is essential, to protect the face during a crash.
- A white coloured helmet is known to be safer than a dark coloured helmet, as the rider becomes more easily visible to other road users.

