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IMA COCHIN NEWS

Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



Issue 118
July
2013

Doctors Day Celebration - July 1st



Prof. Dr. C.K. Ramachandran quoted from Ashtanga Samgraha, written in 600 AD by Vagbhada, how a physician should be. *(Translated to English)* "He should have ultimate knowledge of medicine. He should examine both sides of the coin before making a final decision. He should be truthful and have pleasing manners and should have multifaceted knowledge. He should be in sync (synchronise) with changing times. He should be compassionate to all patients irrespective of their social status and see them as their own children. Such a person is one and honoured & blessed by his own teachers. Only then he can be called as a physician." His students running to thousands vouch for his willingness to follow what Vagbhada said. At the age of 87, Dr. C.K. Ramachandran still enjoys the confidence and love of his patients.

"I feel quite happy to see that one of the spare parts in my body give life to an unknown person. My kidney is travelling a lot nowadays inside the body of a lorry driver". Mr. Kochouseph Chittilappilly opened up his mind to the packed audience. "My mission will be complete only when the concept of organ donation gets planted firmly in the mind of each and every person. Head of the V-Guard with a turnover of Rs.1,400 crores he opted to prove the point "My life is my message". His noble gesture of donating one of his kidneys at the age of 60, really catapulted organ donation movement in Kerala. He continues his mission through K Chittilappilly Foundation.



Doctors Day was celebrated by IMA Cochin on 1st of July. **Dr. C.K. Ramachandran** and **Mr. Kochouseph Chittilappilly** were honoured on the occasion. Dr. C.K. Ramachandran, former Professor of Medicine and Teacher par excellence was introduced to the audience by his former student Prof. Ganapathy Rao (HOD, Dept. of Medicine, AIMS). Mr. Kochouseph Chittilappilly who gave unprecedented fast momentum to the concept of organ donation in Kerala was presented to the audience by Dr. Rajeev Jayadevan. Dr. V.P. Kuriyipe who excelled as President of Rotary Club with various community service activities was also honoured on the occasion.



ANGLIA RUSKIN UNIVERSITY-IMA COCHIN SCHOLARSHIP



Applications are invited for scholarships jointly instituted by **Anglia Ruskin University**, a leading University in UK and **IMA Cochin**.

Name of the course : **MCh in Robotic Surgery, MCh in Minimally Invasive Surgery**
Duration of the course : One year
Eligibility : MS/DNB degree in Surgery
No of Scholarships /Year: Two

Applications to be mailed to drmn63@gmail.com before 24.7.2013

For further information call Dr. Abraham Varghese 98465 98700 / Dr. M. Narayanan 9388637109

Ruskin University also conducts Distant Education Courses in Nursing.

For details contact :

Mrs. Philomina, Principal, Nursing College, Welcare Hospital @ 9446211516

JULY CME

Date : 24th July 2013, Wednesday
Time : 8.00 pm
Venue : IMA House

A DATE WITH PEDIATRICS

Moderator : Dr. Varghese Cherian

Panelists

Dr. M. Venugopal
Dr. Abraham K. Paul
Dr. Tonny Mampilly
Dr. M. Narayanan

Meeting organised by

INDIAN ACADEMY OF PEDIATRICS

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Dr. K. Ajaykumar, former President of IMA Cochin was installed as the District Governor of Rotary International in a glittering function on 6th July. He will be the guiding force for 122 Rotary Clubs spread over parts of Kerala and Tamil Nadu. IMA Cochin wishes Dr. Ajaykumar the very best during his tenure.



Congrats!

Dr. K.H. Najeeb who was elected as the State President of Kerala Govt. Insurance Medical Officers Association (KGIMOA) was felicitated during the monthly meeting. Dr. Najeeb is the Convenor of IMA Cochin Medicine Bank.

Our Column

Dear colleagues,
Warm regards to you all from IMA Cochin.

Activities of Cochin IMA are going on well. We sincerely thank you all for the active participation to make the Doctors Day function a grand success. It was really marvelous and above the expectation especially in the monsoon season.

An emergency meeting of the Hospital Board was held on 4th July 2013 at IMA House. About 30 members from different hospitals attended the meeting. The meeting discussed about the recent newspaper reports against hospitals. It was decided to observe further developments and not to act in the present juncture. The meeting was attended by state leaders also.

The next executive meeting is to be held on 20th and 21st of July 2013 at Munnar. All executive members are requested to participate in this meeting without fail.

The DTF meeting on 7th July was actively attended by members from Cochin IMA and it was very fruitful and informative.

Wish you all a Happy Ramsan,

Yours in IMA,

Dr. N. Dinesh, President

Dr. Junaid Rahman, Secretary

LAST MONTH CME



Dr. Ajith Thatthil, Lakeshore Hospital talked on Management of Syncope

WIMA General Body meeting was conducted on 25th June at IMA House. This time we had Mrs. Shoba Paul to demonstrate various techniques of Crochet Weaving. It was a very interesting session and all the ladies actively participated. **Next General Body Meeting is scheduled on 29th July.**

- **Dr. Salini Sudhindran**, Gen. Secretary

Dr. Kuriyipe – the first Super President in the history in Rotary clubs



Dr. V.P. Kuriyipe, Chairman of IMA House, a powerful leader with unmatched vision, has added yet another milestone in his life making us all proud once again. Year 2012-2013 witnessed the vibrant Dr. Kuriyipe in the role of President, Rotary Club of Cochin Global paving way to outstanding achievements in the history of the prestigious Rotary Club. For the first time ever Rotary Club honored a President with the 'SUPER PRESIDENT' Award which was bagged undoubtedly by none other than our vivacious leader, Dr. Kuriyipe. Under his leadership Rotary Club of Cochin Global won as many as 53 awards and recognitions such as Best Club Rolling Trophy, Super President Trophy, Best Secretary, R.I. Theme Contest, Newspaper Supplement Program to enhance public image, Financial Assistance to Basic Education and Literacy, Overall Club Service, Organising Interact Club Competition, Best Awards for Matching Grant Projects etc. etc.

The major social contribution out of his vision and efforts during his tenure include : 1) Safe Drinking water project for 1500 families in Chellanam, 2) 5,000 free Dialysis project at General Hospital Cochin, 3) Centre for Early Cancer Detection at Madonna Hospital, Angamaly targeted to screen 10,000 persons for cancer detection.

The IMA Cochin family takes pride on the spectacular achievements by Dr. Kuriyipe, ably assisted by the First Lady Mrs. Rosely Kuriyipe. We wish them all the best in future endeavors too.

Dr. M. Narayanan



Are you a busy Doctor and find no time for physical exercise? Do you have any leisure time? Do you spend it in the most productive way? Get an answer from him!

Sunday morning. My car reaches right in time in Saumya Nagar. Dr. Mathew Varghese is coming back to his house on a brand new scooter. Clad in a half trouser and sweat trenched T-shirt he is returning after a hectic morning work in the 8 cents plot near his house.

"I wake up quite early. Without disturbing my wife I go to my small plot where I have planted all sorts of vegetables. I have fitted a hand pump there and working on it to water the plants itself is a good work out, better than a gym."

He has carried brinjals, tapioca, banana etc. on front and sides of his scooter and shows them with pride. He makes it a point to distribute a part of it among his next door neighbours.

"Before starting my work in the operation theatre of Ernakulam Medical Centre, I go to a home 1/2 km away where they rear 3 cows. I bring cowdung from there. It is the best manure for my vegetables", says Dr. Mathew.

I see his small frontyard and the terrace filled with variety of plants and flowers.



"Many of my plants have medicinal properties. Some of them have good flavours and my wife routinely use them to add the right flavours to biriyani". He brought many of these plants

A duck egg a day.....



from eastern places like Kothamangalam&Idukki. Dr. Mathew Varghese leads me to his 4 cents backyard.

"This backyard is my source of energy. My day doesn't complete without touching the sand here. I make it a point to spend at least one hour here," says the Doctor who has 28 years of service as Anesthetist.

His backyard is home for a variety of hens and fowls, ducks, rabbits. I see a good members of squirrels who have made friendship with the inmates there. Passion fruits dangle from the green canopy as sparkling yellow and purple balls. Variety of plants like long beans and bitter gourd provide a perfect green shade for the rabbits living below.

"Mine is the only house in this locality where there is no kitchen waste to be sent out. Major feed for my hens and rabbits is the kitchen waste." explains Dr. Mathew.

He gifts me with a dozen duck eggs and a bunch of long beans. "I eat one duck egg every day and that is the secret of my health ", he shows his biceps with a laugh.

Dr. V.D. Pradeep Kumar, Editor



A Nomad in Ethiopia

My best ten destinations - 4



Conjo, in Amharic (language of Ethiopia), meaning beautiful, evokes echoes in my mind and being. It reminds vivid images of a lovely African country, Ethiopia. We traveled Ethiopia by bus and flight and crisscrossed almost all the major towns and villages of Northern Ethiopia, around 2500 Kilometers; the famed 'Historical circuit'.

Addis Ababa is nothing but an incarnation of Bombay in Africa; chaotic, and crowded. But, in spite of all the dirt and filth, our day was made by meeting and paying homage to 'Lucy' or as the homeland people call her, Dinknesh, meaning the wondrous one, in the National Museum of Ethiopia. She was the first Humanoid that walked on this planet Earth 2.3 million years ago, from the Afar region of Ethiopia. Hence from this country, civilization dawned on our world; it is the cradle.

Sipping Macchiato coffee, which is the national drink – a shot of foamy steamed milk with a shot of espresso poured on top (by the way, coffee originated in Ethiopia) - or



gulping highly palatable St. George Beer by pints which is dirt cheap (10 Birr (Rs.30) while water is more expensive, sitting in the innumerable number of cafes, dotting the entire city.

Enjoying the Ethiopian cuisine with Injera Bread and very spicy vegetable and meat dishes like wot, on the way side restaurants with locals is really an enjoyable experience. The quality of meat, especially beef, is amazing and second only to may be Argentina.

From Addis Ababa, the capital, we went to the islets Monasteries where the Bible is in the papyrus scrolls off Lake Tana, from where the Blue Nile originates with its papyrus boats and the coastal town of Bahir Dar and its innumerable Orthodox churches, and landing there on St. George Day, the Patron Saint of Ethiopia, and joining the crowd for the early morning celebrations.

Ethiopia is an airconditioned country where temperature rarely goes above 22°C. No fan, no AC nowhere. Wow, like living in Ooty all the time.

Ethiopia is a magical country. With some of the most beautiful women on the planet, it definitely is.

The highlight of our visit to Ethiopia was visiting the Holy cities of Axum and Lalibela. Axum is the seat of Ethiopian Orthodox Church, similar to Malankara Orthodox Church of Kerala. It is the capital of eponymous kingdom of Abyssinia. Ethiopians believe that Church of our Lady Mary of Zion in Axum houses the Biblical Ark of the Covenant upon which the inscribed Ten Commandments are kept. Tradition says, Queen Sheba went from here to Jerusalem to meet King Solomon. Her son Menelik, fathered by Solomon, brought the Ark



of Covenant to Axum. The Ethiopian king's coronation took place here. Lalibela was the height of our Ethiopia visit. It is the Petra of Ethiopia, though very little known to the outside world. Lalibela is famous for its rock hewn churches. **The churches were excavated from monolithic rock and not constructed.** It is an astounding sight to say the least. There are 11 churches in four groups spread over a small area. The churches are interconnected through steep steps and narrow dark tunnels. It was constructed during the reign of King Lalibela, namely during the 12th and 13th centuries

Bet Madhane Alem (Saviour of the World) is the largest rock hewn church in the world. **7kg gold cross is kept under lock and key and displayed to the public only on special days such as the Orthodox Christmas and Orthodox Easter.**

Bet Giyorgis (Place of George) is the master piece of Ethiopia. It is a church that is excavated from monolithic rock and stands alone from the other group of 11 churches. There is a huge cross emblazoned on the top. The story is that St. George was upset that none of the churches were dedicated to him. So King Lalibela decided to construct the finest church in honour of St. George. Before I departed Lalibela, I knelt down and kissed mother Earth and murmured Amisegnallo Ethiopia - Thank you Ethiopia.

Dr. Nadarajan N.J.
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Blood Donation Camps



Blood Donation Camp held on 25th June at **Hindalco Industries**. Dr. S. Parameswari led the camp.



Blood Donation Camp held **St. George Church, Chakaraparambu** on 23rd June. Dr. V.D. Pradeep Kumar inaugurated the camp.

IMA COCHIN MEDICINE BANK

IMA Cochin Medicine Bank gave free medicines to 153 patients in the month of June 2013. Medicines were contributed by Dr. Sujit Vasudevan, Dr. Narayanan M., Dr. K.K.R. Warriar, and Dr. H. Ramesh.

Ekm District Task Force Meeting



IMA District Task Force meeting of Ernakulam was held on 7th July in Permbavoor. Shri Saju Paul MLA inaugurated the meeting. Dr. Abraham Varghese presided. All the branches in Ernakulam district were represented in DTF meeting. All state office bearers from IMA Cochin attended the meeting.

IMA House News

La Tandoor @ Lagoon Restaurant



Dr. M. Narayanan
Vice President



A tandoor is a cylindrical clay oven used in cooking and baking. The tandoor is used for cooking in Southern, Central and Western Asia. The heat for a tandoor was traditionally generated by a charcoal or wood fire, burning within the tandoor itself, thus exposing the food to live-fire, radiant heat cooking, and hot-air, convection cooking, and smoking by the fat and food juices that drip on to the charcoal. Temperatures in a tandoor can approach 480°C (900°F), and it is common for tandoor ovens to remain lit for long periods



to maintain the high cooking temperature. The tandoor design is something of a transitional form between a make shift earth oven and the horizontal-plan masonry oven. There is nothing to beat the lovely Smokey flavor cooking in a Tandoor creates in foods. From breads to Kebabs and curries, there's a lot you can cook Tandoori style. Welcome to our restaurant for all these delicacies.

They departed forever...

Dr. Paulose Chacko former president of Kerala Orthopaedic Association expired on 4th of July. An Ortho Surgeon par excellence, he was recognised by the State Govt. with Best Doctor Award in private sector. He had to his credit lot of innovations in orthopaedic surgery. An accomplished painter; Dr. Paulose Chacko held several exhibitions of his paintings in Cochin.



Dr. Anila Benjamin (47 yrs), wife of Dr. I.C. Benjamin expired on 1st July 2013. She was working as Anaesthetist at American Mission Hospital, Bahrain. Son, Amit Benjamin is PG student at Melbourne, Australia.