



TIPS TO INTRODUCE A SPEAKER

Dr Abraham Varghese

You must have received an opportunity to introduce a speaker. Have you done justice to your role? What was your reaction when you were introduced by your friend? Have you ever felt that if given some more time you could have performed better?

Well friends – you must have listened to so many introductions by this time. Here I am trying to give you some tips for introducing a speaker.

- Always try to get maximum details about the speaker. You can contact the speaker himself or someone who knows him well. If the speaker is a high profile person, you can contact his Assistant for details.
- Please ensure the name, designation, the job details, educational back ground and family status.
- Remember pronunciation is very important.
- You may also collect details of his inputs to the organization, honours received, different posts held, hobbies, special abilities or special interests he or she has got.
- Always condense the information you

- have collected to a brief and appropriate one.
- Remember you are only introducing the speaker - nobody expects a speech from you.
- Time is an important factor. So restrict yourselves to less than 3 mts.
- May be the speaker is known to everyone. But you are there to mention some of his achievements which may not be known to others. Hence better to avoid remarks like “ This speaker does not need any introduction”
- You may include the subject of the speech, the relevance of the subject and why this speaker was chosen.
- Jokes are always welcome provided the speaker is very close to you. You should not be putting the speaker in an embarrassing situation. If the speaker is a very serious person, better to avoid

jokes.

- Practicing can definitely improve the quality of the introduction. If you find it difficult to remember the names, please write it down for reference.
- You may choose any language which you are comfortable with. But make sure that the majority in the audience understands that language.
- Everyone smiles in the same language. So smile whenever you can and wherever possible. Let everyone enjoy your words with a smile. When you smile at them, they may even forget your mistakes.
- You can mention the name of the speaker towards the last minute and raise your voice and say - I am pleased to introduce Dr. Abraham Varghese.
- So, get ready for the next opportunity. Best wishes.

Lagoon Nite at a glance



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IMA COCHIN NEWS

Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



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Cochin IMA for the Community



Mega Medical Camp at Kadavanthra on 3.5.2015



Mega Medical Camp together with Press Club, Ernakulam

Dear friends,

'Mixopathy' is a threat other systems of medicine pose against modern medicine. They still seem to nurture this unscientific idea which MCI and the Government had already turned down. Modern medicine should show the strength and will against this back-door entry. We do respect other systems of medicine and encourage them to grow keeping their own traditions and value systems, but do not support encroachment as has happened in other states.

Jwala, the historic march lead by IMA Kerala state to empower the branch for membership growth was a big success. More than 2000 members came to the fold of IMA in just 3 months! This is the way how we should enrich our profession. Ask your colleagues to join IMA and various schemes.

Arogyajalokom, designed by Kerala State IMA for the people had its footing already in Cochin since years. Adding more feathers to Cochin IMA's cap of social service, we arranged two mega multispeciality camps this month, one initiated by Sri Hibi Eden MLA, and the other by Ernakulam Press Club. Thousands of patients benefited by these free camps that also offered some continuity of service.

We thank all doctors who took pains in the arrangements and for participating in the camps.

Dr Sunny P. Orathel
President, IMA Cochin

President's Message



MAY CME

Date : 27th May 2015, Wednesday
Time : 8.00 pm; Venue : IMA House

Moderator : **Dr Jilse George**
Prof & HOD, Govt. Medical College, Ekm
and President API Cochin

A case of abdominal pain - long case -
Story of a post graduate (15 mts)

Dr Anish S K

A case of recurrent syncope/fall (5 mts)

Dr Archa Shaji

A case of tooth ache (5 mts)

Dr Gayathri G J

Every shell has a tale to tell - spotter

Dr Hima M S (5 mts)

Transient paraparesis- story of a poor
mother in law n widow (5 mts)

Dr. Arya Krishna

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From the Editors Desk

Dear friends,

Dr Prasanth and I had the opportunity to participate in the popular TV program Nammal Thammil recently. As you might know, we represented Indian Medical Association in this talk-show, which featured several self-proclaimed healers who touted methodologies ranging from 'colour therapy' to 'bee-stings'. One woman even claimed that her kidney failure and asthma were cured by foot massage!

On a more serious note, this was an eye-opener for us, (modern medical faculty) to understand the seemingly infinite range of fraudulent healing practices existing in our country.

On our part, Dr Prashant and I clearly described the standards of modern medicine, and explained the mechanism of self-resolution of some diseases that often creates an illusion of miracle cure by unconventional means.

On the one hand, we have the prestigious MBBS curriculum which is standardised and validated worldwide, backed up by years of published research methodology and medical literature with established society guidelines that are constantly being updated. But on the other hand we have people who claim that they can cure any illness without medication, by methodologies only known to them, their only proof being a few henchmen who vouch for their master's abilities.

The Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954, which is meant to prevent such scams, is widely considered to be outdated and insufficient to

deter contemporary fraudulent healing practices. Hopefully the judiciary and other regulatory authorities will wake up to this and take corrective action.

Best regards,

Dr Rajeev Jayadevan

Dr Salini Sudhindran



Dr S.S. Kamath, National President of Indian Academy of Pediatrics, with Hon'ble President of India on 11.04. 2015 for discussing various issues on child health and action plan.

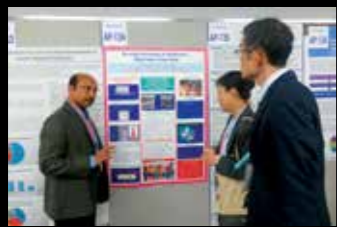
Congratulations!



Dr Mahadevan for becoming the President of GPA Cochin Chapter



Dr Lisamma's YouTube Video on Pregnancy crosses more than one lakh views, a rare record. Mass health education at its best.



Dr Abraham Paul presenting neonatal hearing screening at Osaka, Japan

Dr. Babu John Mathews has become the Chairperson of API (Association of Physicians of India) Cochin Chapter.



Dr Philip Thomas, U.S-trained transplant surgeon at Lakeshore Hospital, has authored a novel - Transplant Story, an attempt to educate the lay reader about Transplantation. He proceeded to create a story drawing the reader into the personal lives and struggles of transplant patients dealing with fatal end stage organ disease while waiting for an organ to be donated which could save them from death. Transplant story is about "people healing other people", as the life of a fictional trauma victim intersects with those of patients awaiting transplant. While a work of fiction, Transplant story is so close to everyday reality it forces the reader to contemplate many difficult aspects of life, and how society has organized to help people face the ultimate tragedy of untimely death. It is a typically Malayalee story, but with universal truths that modern Kerala society can bring to the world. Dr Philip Thomas can be reached at pgtkbatch@hotmail.com.

Dr. N.J. Natarajan received K.V. Surendranath Award for his Book "Vensamkholikalude Pranaya Theeram". Award function on 26 May 2015, 5 pm.



Dr. George Thayyil received Sarvodayam Kurien Award for 2015.

Obituary

Dr. George Jacob Eraly (64 yrs) passed away on 15.3.2015. He is survived by his wife Dr. Shantha Eraly (Gynaecologist) and two daughters. Susan (US) and Dr. Sara (MD Student at NIMHANS).

Dr. M. Divakara Menon (80 yrs) passed away. He is survived by his wife Leela and two daughters. Dr. Janaki and Jayanthi.



Nurses Day Celebration



Dr. Sunny Orathel spoke at Medical Lab Owners Association Conference at Rama Varma Club Hall.



World Health Day by Cochin IMA



The function was at Ernakulam General Hospital Conference Hall.

Mayor Tony Chemmany presided. MLA Hybi Eden inaugurated. Guest of Honor is Dist Collector Shri Rajamanikyam. Dr Abraham Varghese released IMA Food Safety policy by handing it over to Hibi Eden MLA in presence of Dr K.V. Beena, DMO, IMA Midzone Vice President Dr Abraham Varghese delivered key note address. DTF chairman Dr Joseph Manoj, Deputy

Mayor Bhadra, Health Standing Committee Chairman, other Govt officials, Food Safety Assistant Commissioner Mumthaz khalid, Dr Mahadevan, DMO and various dignitaries. Similar programs were held throughout the State.

The Region Analytical Lab, Kakkanad, organised an exhibition and arranged lab facility for testing adulteration of food. The Dietary Dept of GH arranged poster exhibition and healthy cookery show. Participants got free saplings symbolising farm to plate.

MASS HEALTH EDUCATION

Cochin IMA partners with Tata Docomo deal and WebIndia for dissemination of health-related information and advice to the general public.

Dr Ramesh Shenoy had a discussion with Ms Neena of www.webindia123.com. They have a web TV webcast and are doing lots of medical programs. She has agreed to air IMA Cochin programs once or twice a week on various health issues on all specialities. They have a studio where recording is done, but if we have problem in going they will do it at our place according to our timings. First program will be on NISS.



April CME : Topic - Interventional Neurology by Dr. Gigy Kuruttukulam and Advances in Stroke Treatment by Dr. Jacob Chacko on 29th April 2015.



Dr Rajeev Jayadevan presents Updates in Hepatology at Indian Society of Gastroenterology State Conference, Kovalam



'Fire in my Belly' by Dr V Balakrishnan, a book on gastroenterology as a specialty in Kerala



Press conference on Road Safety



Dr Junaid, Dr Sachidananda Kamath, Dr TV Ravi, Dr Rajeev, Dr K.V. Beena along with administrators of major hospitals attended the meeting at Rajiv Gandhi Stadium on training of light vehicle drivers on first aid and BLS. The program is called Kanivu, initiative of Sri P Rajeev MP.



Workshop on Youth & Women empowerment on 26th April at IMA House, organised by IMA Kerala State Branch



Communication skills seminar at ESI Hospital, Ernakulam by Dr Rajeev Jayadevan and at Anaesthesia House, Ernakulam.



Road Safety : Cochin IMA partnering with Rajagiri College of Management and IIM Cochin. Meeting with Mr Arun, Mr Abraham and Mr Fahad and Dr Rajeev Jayadevan



Scheme membership : Schemes being discussed in a special meeting chaired by Dr Sunny with heads of various schemes delegated in Cochin IMA (aim: to improve membership)



World Autism Day : All the children were given certificates and prizes. Scientific sessions for parents. National IAP President Dr. S.S. Kamath, Minister Mr Ibrahim Kunju were on dais. Numerous parents and children with Autism were present.



Cochin IMA Youth & Women Empowerment Programme



'Silent Wheels' Cycle Rally ends at Calicut



Cochin IMA's delegates at International Pediatric conference



LIGHT: Gastro CME at Cochin by Lakeshore Hospital with international faculty



Dr Junaid and Dr Padmanabha Shenoy at Rheumatology awareness program



Cochin IMA's delegates at International Pediatric conference

Teaching Pearls 20 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)

What is correct use of Horn?



The use of horn is different in different countries. In the developed world, it is used sparingly, only as a warning of certain danger. In developing countries, with narrow crowded roads, people use it as an apparent tool to 'get ahead'. Unfortunately it causes severe noise pollution and as the number of vehicles increases, the problem only worsens. With IMA's ongoing anti-noise pollution drive, it is time to rethink our strategy about using the horn in the Indian context. While there is no rule about it, the following may be considered.

When not to use it.

1. As a means of announcing that your vehicle has entered the road.
2. In a long queue of vehicles, honking produces no meaningful outcome except aggravation and road rage.
3. Before overtaking a vehicle. There is no need to honk behind every vehicle any more, unless the person in front is driving absentmindedly and fails to see you. This message is the basis for the successful 'HORN NOT OK' STICKER CAMPAIGN.

4. At curves. While it used to be a common practice to honk at every curve on the road, there is no need to do this anymore, as vehicles are expected to keep lanes and drive watchfully at a curve. As of now, since everyone knows that everyone else will not honk everytime, this 'catch22' situation has finally been broken. As hard as it might be for some to swallow this, it is now considered acceptable to negotiate a curve carefully WITHOUT honking.

When to honk?

1. If you are convinced that the person ahead of you will have an accident if you don't honk to warn him or her.
2. At a dangerous curve on a narrow road, which means that both oncoming vehicles would be sharing the same lane, and need to be warned ahead of time.

Dangers of honking :

1. Road rage and violence can erupt from unnecessary honking
2. High Blood Pressure among those exposed to loud noise
3. Hearing loss, often permanent.
4. Abortions
5. Anxiety, stress, difficulty concentrating.