## WIMA ACTIVITIES SEPTEMBER 2011

Dr. Lissamma conducted premarital counselling at Renewal Centre. Dr. Pushpa gave a talk on highly healthy practices at Easow Bhawan as well as a adolescent health talk for parents at St. Mary's Church. Ms. Mumtaz Khalid gave an awareness class to prevent anemia in children as well as assessed the nutritional status of children in Govt. VHS School, Kalamassery. Dr. Chandrika conducted a BLS Class and Workshop for Traffic Police. Dr. Shalinl conducted a medical camp at Thengode while Dr. Manju conducted an asthma camp at ESI Hospital. A General Body meeting and election was conducted on 24th Sept 2011 at IMA House.

**World Elders day celebrations** organised by IMA KSB at Alwaye

## WORLD MENTAL HEALTH DAY CELEBRATIONS

Hon'ble Mr. Justice P.S. Gopinathan inaugurating the World Mental Health Day Celebrations at IMA House on 10th Oct.

# President's acceptance speech delivered on 16.10.2011

Guest of Honour, Dist. Collector, Mr. P.I. Shaik Pareeth, Imm. Past President Dr. Sachidananda Kamath, IMA State President Dr. Vijay Kumar, National Vice President Dr. M. Bhaskaran, IMA State Secretary and President Elect Dr. Rajagopalan Nair, Past National President Dr. Velayudhan Pillai, IDA President Dr. Noorudeen, Past IMA State Presidents, IMA leaders on & off the dias, Invited Guests, friends, Ladies & Gentlemen,

I am extremely happy and consider it as a rare privilege of being installed by our esteemed State President in the valued presence of National and State leaders of IMA. This is a momentous occasion in the annals of the history of IMA Cochin. The very presence of these leaders reflects how our branch is valued at State and National levels.

Trust takes days, weeks, months, years to build. When I stand here today, I am grateful to you all for the trust you have reposed on me. As the 34th President, I am well aware of the responsibility that my team has to shoulder, to be on par with the seniors who have left an incredible mark in the history of IMA Cochin. The footprints of my predecessors are loud and clear and I am mindful of the sacrifices made by the senior leaders. My memories go back to those leaders who are no longer with us today and I wish to acknowledge the indelible impressions that they have left behind and I assure you that I will try to keep the great tradition maintained by the stalwarts of our prestigious Association.

Let me thank the imm. Past President Dr. Kamath for his exemplary service to the Cochin Branch as well as the generosity and co-operation he has shown all throughout. I am indebted to Dr. Babu John Mathews, the Senior Vice President of IMA Cochin. Only because of him I could adorne this prestigious post one year ahead. I am also thankful to him for the timely intervention during the most difficult period in my life.

I joined this branch in 1984. I am highly obliged to two senior leaders of Cochin - Dr. Kuriyipe and Dr. Pradeep who brought me to the IMA fold. As mentioned by Dr. Pradeep in the introduction, I was always a back bencher and my size complimented my choice. So, my natural choice when I joined IMA, was to be a backbencher – attend meetings, enjoy dinners and go back home. Now, there was this person who caught me by the collar and dragged me to the front seat and made me the Joint secretary in 1998. He is none other than our dear Dr. Philip John. Thank you Dr. PJ, for I enjoyed every assignment from then on.

It gives me added pleasure that this project of IMA House was conceptualized and initiated during my term as Secretary and Dr. Varghese Mathew as the President in the year 2005-06. Dr. Varghese Mathew was always a role model for me. He had given me a free hand and unstinted support during my tenure as the Secretary. We could establish a very good rapport with the State Branch during our tenure.

When I take over the mantle of the Cochin Branch certain points linger in my mind which I would like to share with you. The Cochin Branch is one of the largest branches in the State with more than 1300 members. My emphasis will be to strengthen the existing relationship with the State Branch and also to develop some young leaders who can serve the Association in the State level. Even though we have a large chunk of members who belong to the younger generation, they are to be brought to the main stream sharing more responsibilities in the branch activities. Though the State Branch has numerous attractive schemes, the utilization of the schemes by the members is not satisfactory. This has to be revamped.

We have a commitment to the society which can never be forgotten. To achieve this purpose, I propose to rejuvenate the existing program of medical camps. With this in my mind an executive member has been given the assignment of organizing camps under the IMA banner. We have a fully functional medicine bank under the guidance of an executive member. In this connection, we wish to utilise the services of specialised Doctors for the poor and the needy, once a week in association with medicine bank. The officials of the SS Kalamandir where the Medicine Bank is functioning at present have expressed their willingness for the same.

To bring awareness among the police force on basic life support, we have recently introduced training program for the police personnel in Cochin. Hands on training were given to about 100 police men last month. We are planning to continue these sessions this year also. The IMA Blood Bank, the flagship project of IMA Cochin is taking a novel initiative this year. We are going to introduce the Nucleic acid Amplification Tests to detect the HIV positive cases during the window period. This facility is the first of its kind in our State and we are really proud of it.

Yet another project, my immediate predecessor, has initiated, is the novel project of Blood Donation Literacy Campaign organized in association with the Corporation of Kochi and other social organizations, named as Kochi Health Mission. Our aim is to create awareness among the public on voluntary blood donation. For this, a comprehensive list of blood donors has to be prepared and this programme is being organised very vigorously, division wise in the Corporation. We hope to finish this project in one year. Once this project is completed, Cochin City will set an example to our State.

Above all, my prime task is to improve the functioning of IMA House. We have the state of the art facilities, comparable to any star hotels in the city. My earnest request to all my fellow members is to encourage your family and friends to utilize our facilities to the maximum extent. We assure you that we can provide the best services at reasonable rates.

I have great pleasure to introduce my team of office bearers for the year 2011-12. They are Dr. Babu John Mathews, Dr. Sunil K. Mathai, Dr. Dinesh and Dr. Sunny P. Orathel as Vice Presidents, Dr. Varghese Cherian as Hon. Secretary, Dr. Pramod Wariyar as Treasurer, Dr. Mohan George Madhavamangalam as SWC member and Dr. Gopalakrishnan, Dr. Junaid Rehman and Dr. Maria Varghese - Joint Secretaries. I have great pleasure to install all the above and the other members of the executive committee to their respective positions.

**Life is not about finding the right person, but creating the right relationship, it's not how we care in the beginning, but how much we care till the very end.**

I look forward to your support, guidance and prayers throughout the coming year.

Thank you,

**Dr. Abraham Varghese**

## BLOOD DONATION WEEK CELEBRATED

Cine Artist Meera Nandan lighting the lamp and Dr. K.S. Radhakrishnan, Chairman, PSC inaugurating the Blood Donation Week Celebration at Vyttila on Oct.1 organised by Cochin Blood Donors Forum and IMA Blood Bank.

Hon'ble Justice Surendra Mohan inaugurating the valedictory function of Blood Donation Week on Oct. 7 at IMA Blood Bank Conference Conference Hall.

## DTF MEETING AT COCHIN ON 16.10.2011

## SEPTEMBER CME ABSTRACT

Every year we are loosing about 17 millions of lives globally due to heart disease. Last few years we have witnessed a flood of technologies for the treatment of heart disease. There is no doubt that the sophisticated healthcare is required for the management of serious cardiovascular conditions once it affects the person. The financial burden for the family and state is very high apart from the social implication of disease and loss of working days. Majority of cardiovascular death happens in middle and lower income group.

Our nation is the home for world's 1/6 of population and has the largest number of diabetic patients. We have unusual predilection for coronary artery disease especially affecting the younger individual in their cream years. As per statistics by 2015 out of every 100 deaths 32 % will be due to cardiac causes.

As prevention can reduce vast majority death and morbidity it is high time for us to initiate a whole hearted effort from government, private sectors, voluntary organization and experts in the field of medicine.

As we know the family is the basic unit we have to focus the prevention at this level. Reaching every family is not a simple task. Members of the health care team who visits the households regularly seems to the best option for this.

In this regard a district wide training /awareness program for the junior public health nurses, health inspectors are planned. To improve the quality and to maintain the program the medical officers/private practitioners are also given training later on. Over a period of time the entire health care team will have skill in preventive interventions. To accomplish this goal we need the cooperation from all sectors.

Basically the following areas will be emphasized but the level of training will change according to group's basic medical knowledge.

Smoking prevention ■ Healthy eating habits ■ To promote physical activity ■ To check blood pressure, cholesterol and sugar ■ To make awareness on early symptom of stroke and heart attack.

## CONGRATULATIONS !

**Dr. Sugu Varghese**, member of IMA Cochin elected as the Secretary of ISA Kerala Chapter (Indian Society of Anaesthesiologists) at the Annual General Body Meeting conducted on 9th October 2011 at Neendakara, Kollam.


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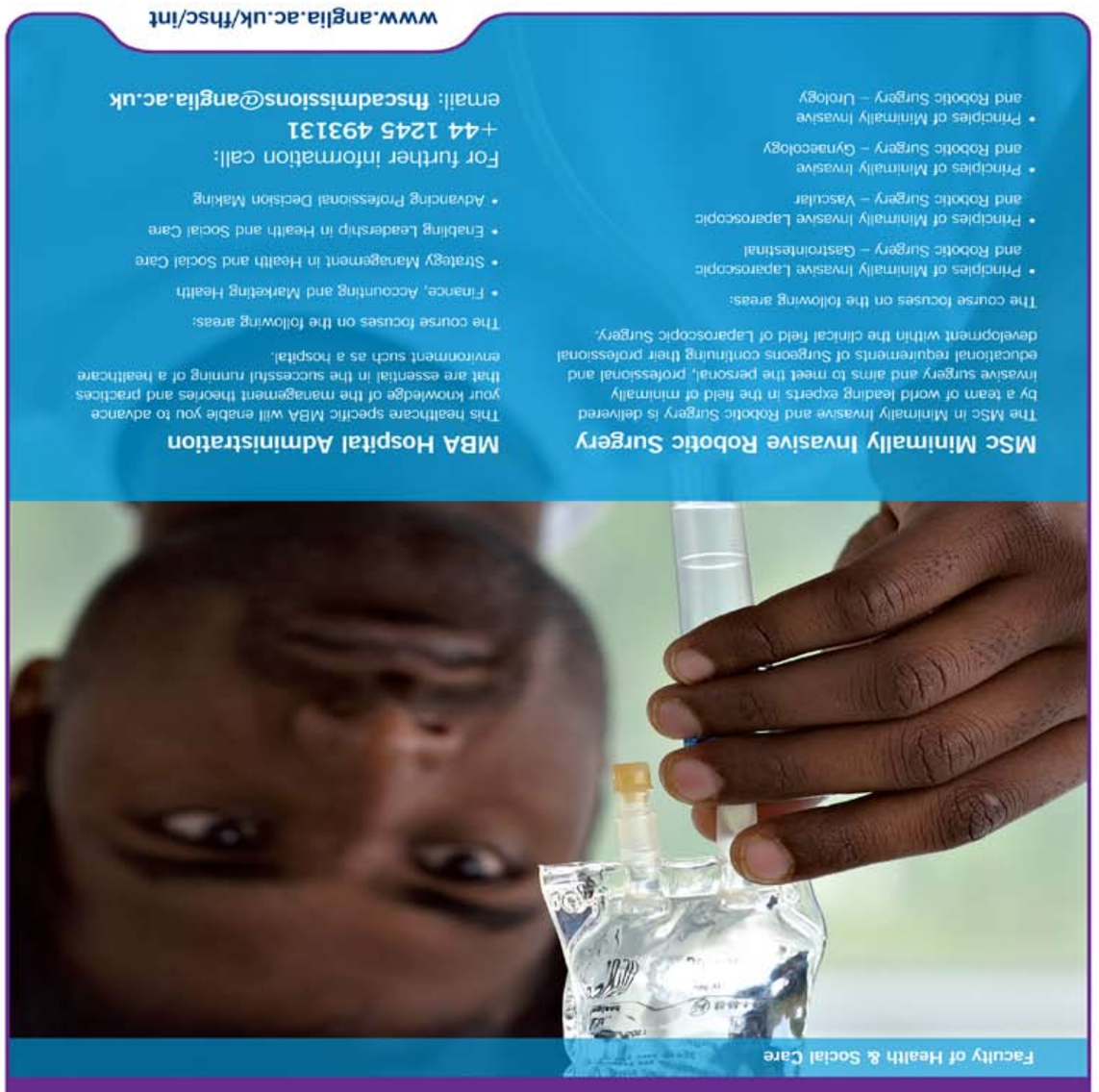



## Our Column

Dear Member,

As we begin our term in office, we are excited and enthusiastic while remaining ever mindful of the great legacy and record of the Cochin IMA. In recent years, this venerable legacy as an association has inspired a great deal of activity among members, all of which has been intended to carry us into a bright future. This was a result of the incredible work done by our past leaders, each of whom presented their visions for the future. We will continue to rely on them for invaluable wisdom, insight and commitment.

We take this opportunity to thank each one of you for electing us. We consider it both an enormous challenge and a great honour.

Through this newsletter and other venues, we will strive to keep you constantly informed of our concerns and our progress. Looking forward to your continued support and interest,

**Dr. Abraham Varghese** — President
**Dr. Varghese Cherian** — Secretary

## CME

**Venue : IMA House, Kaloor**
**Date : 26th October 2011 (Wednesday)**
**Time : 8.00 p.m.**

**Topic : MANAGEMENT OF HYPERTENSION - The frequently asked questions**
**Chairperson : Dr. Rony Mathew**
Consultant Cardiologist, Lisie Hospital
**Speaker : Dr. Jabir Abdullakutty**
Consultant Cardiologist, Lisie Hospital

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**Installation of IMA Cochin Office Bearers for the year 2011-12**