



I fervently hope you will make an earnest effort in this direction. If you need any of us to accompany you to motivate anybody, please feel free to contact us any time of the day or even night. We will be at your service.

We collectively inaugurated our hall -1 on 28th September. Let's pledge to work hard to complete the whole project by the set D-day Vishu and folk in to our abode majestically. Let us make it a momentous occasion. United, we CAN DO IT.

The members and subspecialties of IMA Cochin had exhilarated Kochi, the hub of academic activities and professional excellence – to name a few, multi organ transplants, innovative surgical techniques, enzyme replacements, newborn hearing screening, learning disability programme, child friendly school initiative, baby friendly hospital initiative, child beggary eradication, fetal diagnosis and therapy etc. etc. IMA Cochin has indeed become a trendsetter. I sincerely hope the activities will continue with more vigour, robustness and impetus in the coming years.

We are proud members of this great organisation – IMA I agree, there may be stray instances of strained relations between public and the profession. Despite all these, I feel, we in the health sector, owe much to the community – to educate, to caution and to sensitise on vital health issues. If we do not, who else will perform that task?

One such public health issue which unfortunately the public is not heedful, and which we should caution them is the

ill effects of Noise Pollution. I am sure, at some time or the other, rather, most of the times, the unwanted, untimely, unbearable, insufferable banging of horns by vehicles, especially private buses might have always irritated you, some times depressed you, occasionally humiliated or even mortified you. One may think it just ends there. No! it is not, it is more than that. This loud, high decibel frequent exposure to noise can permanently damage your ears) to be specific the hair cells of the cochlea) especially of infants and young children. We know, some drivers especially of the younger age group sometimes do it just for the heck of it, some times just for a fun to scare the two wheelers or the smaller vehicles or the pedestrians. I personally have experienced it. While slowing the vehicle to take the turn to the hospital, the private bus drivers will continuously bang the horn for minutes together most often supplemented by abusive and unparliamentarily language. It's just not possible for patients to have a peaceful stay in many hospital rooms especially if the hospital is near to a road or junction. Newborns and premature babies in hospitals may be permanently deafened, since they are the most vulnerable group. The drivers some times harass you at junctions even when you have no way to get out.

The bare fact is that most often this type of noise pollution is absolutely preventable and avoidable, yet nobody is there to control it. We all are aware sounding horns is not a practice in many of the civilized countries. It is considered a dishonour. It's considered an insult or contempt.

We in India also have set rules laid down by the Govt. especially to protect patients, children in schools, religious places and the courts of law - called 'silence zones', where the maximum allowable noise level is 50 dB (day), 40 dB (night). Residential areas are permitted noise level is 50 dB(day) 40 dB(night), sounding horns is prohibited 100 metres within 'silence zones'. Unfortunately we are made to feel no such law exists here. Because we nowhere find even warning sign boards.

IMA Cochin in association with Association of Otolaryngologists, Cochin Chapter is taking up this public issue of Noise Pollution and is planning to quantify the magnitude of the problem by scientifically measuring the noise levels in Silence Zones and at junctions. To ascertain the authenticity we are getting the evaluation done by the State Pollution Control Board.

We plan to compile more data and collect data from National Institutes in Trivandrum, Bangalore and Mysore on similar studies and studies on the adverse effect on people who are constantly exposed to sound pollution (like traffic police, bus drivers and conductors) and present the recommendations to the concerned authorities for immediate action. (As a second phase, we can probably assess the hearing acuity of Traffic Police and bus workers).

With this initiative and with the help of authorities we wish to make Kochi an 'Ear friendly City' and to make Kochites develop and 'Ear friendly horn free culture'. We also solicit the full co-operation of the District Administration in this regard to make

Kochi 'more smart' by making it 'Ear Smart'.

Another small project we wish to do during the current year in association with Indian Academy of Pediatrics (IAP) and Child Care Centre (CCC), is on Learning Disability (LD), an invisible handicap affecting 10% of school children, yet neglected and under diagnosed. We wish to distribute a checklist to all schools in the district through DEO or the CBSE organisation to diagnose LD. In suspected children, they can be evaluated in detail in any of the multidisciplinary centres in Cochin.

These are the two projects which I have in mind for the next year other than the major IMA House Project. With the wholehearted support and the commitment of our members, I am sure the projects will be a reality and our dreams fulfilled.

Now, to conclude, as newly elected President of IMA Cochin, I assure you that all efforts will be made to stimulate academic and professional activities, to fulfill our social commitment and above all to uphold the dignity and decorum of the profession. Your reposing faith in me itself is enough of inspiration to work towards these goals, but your unstinted support, co-operation and above all your guidance is solicited to achieve these goals.

Thank you,

Jai IMA,

Dr. Abrarrahm K. Paul

WOMENS WING ACTIVITIES AUGUST- SEPTEMBER

A total of 15 schools covered over 2 months in the adolescent health programme. Premarital counseling continues on a regular basis. Medical camps were held at 2 churches, addition to talks at various elders forums. Elections were held in September. Dr. Pushpa Susan Isaac was elected as chairperson along with Dr. Manju as Secretary. Mrs. Mumtaz Ismail has been actively involved in giving lectures and holding discussions regarding nutrition for girls and school going children. I thank all members for their whole hearted support.

Dr. Maria Varghese



Participation in Dessert making by Mrs. Maymol Joe.

Passing the Baton....

It curtains now for me dear friends
As my term as chairperson ends
There are a few things to be said
Before I crown the better head.
From humble beginnings five years ago
The Women's Wing has grown with a gusto
Be it Adolescent health to medical camps
The attitude of all has been of champs.
Family Nite & Monthly Meetings
Were times of merits and joyful greetings
The best branch trophy in years past
Has left us memories to cherish and last
Much of the success we have achieved
Was because each of our members believed
Before I pass the baton I want to say
A few words for Dr. Pushpa here today.
You have the wings to reach new heights
So soar ahead with true delight.

Dr. Maria Varghese

NATIONAL BLOOD DONATION WEEK (OCTOBER 1-7) OBSERVED

**Oct.1 - Blood Donation Day
(Vytila Junction)**



Smt. Mini Antony IAS, Secretary, Corporation of Cochin inaugurating Blood Donation Day celebrations organised jointly by Cochin Blood Donors Forum and IMA Blood Bank. Also seen Mr. Rajeev Menon (President, Blood Donors' Forum), Dr. S.S. Kamath (President, IAP Cochin), Dr. V.D. Pradeep Kumar (Patron, Cochin Blood Donors Forum), Dr. N.S.D. Raju (President, IMA), Adv. K.R. Mohanan, Mr. Premachandran (Councilor). Lamp lighting from Vytila to Palarivattom also was held.

**Oct. 7 - Valedictory function
(IMA Blood Bank Hall)**



Mr. Vikram IPS (Asst. Police Commissioner) inaugurating valedictory function. Also seen Dr. V.D. Pradeep Kumar, Dr. K.A. Clement, Dr. V.P. Kuriyipe, Dr. Abraham K. Paul, Dr. N. Dinesh and Dr. Varghese Mathew. Organisations and individuals who topped in blood donation during last one year were honoured.

A TEARFUL HOMAGE



IMA Cochin pays its tearful homage to its departed leader Dr. K. Sivadasan at IMA Blood Bank Hall, attended by a large gathering.