



# INDIAN MEDICAL ASSOCIATION

KOLLAM BRANCH

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Only

**NEWS LETTER**

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## The 61<sup>st</sup> Annual State Conference at Kollam



*All eyes on the most anticipated event of the year : IMA Kollam Branch proudly hosting the 61st Annual State Conference.*



*Venue :*

**LALAS CONVENTION CENTRE,  
MEVARAM, KOLLAM**

*Date :*

**10<sup>th</sup> & 11<sup>th</sup> November 2018**

## IMA KOLLAM BRANCH – OFFICE BEARERS FOR 2018-19

**President**



**Dr. Biju B. Nelson**  
Superintendent  
Taluk Head Quarters  
Hospital, Kottarakkara

**Secretary**



**Dr. Vinod George Philip**  
Paediatrician  
Benziger Hospital,  
Kollam

**Treasurer**



**Dr. Jithin. A.S**  
Radiologist  
Vijaya Hospital,  
Kottarakkara.



**Dr. Sreejith N Kumar, Dr.S.S. Lal & Dr.Sreekumar Conducting the CME on Advanced Care in Diabetes on 30.08.2018**



**Dr.Prem T.N. MD,  
Consultant Forensic  
Surgeon, District Hospital,  
Kollam conducting CME on  
POCSO rules and common  
forensic cases on  
28.09.2018**

## NEW COUPLE MEMBERS



**Dr. S. Hari Govind**  
S/o. Dr. S.Sasidhara Panicker  
Sivasakthi, Polayathode,  
Pattathanam P.O.,  
Kollam 691021



**Dr. Anchitha P.M.**  
W/o. Dr. S Hari Govind  
Sivasakthi, Polayathode  
Pattathanam P.O.,  
Kollam 691021



**Dr. Nithin Jayan**  
S/o. Jayavardhanan  
Thiruvathira,  
Samridhi Nagar 36  
Asramam P.O.  
Kollam 691002



**Dr. Lakshmi Jayaraj**  
W/o. Dr. Nithin Jayan  
Thiruvathira,  
Samridhi Nagar 36  
Asramam P.O.  
Kollam 691002



## President's Address .....

Let me take this opportunity to thank all branch members for re-electing me as President for 2018-19. Since the branch is hosting the 61<sup>st</sup> State Conference at Kollam, I request each and every member to contribute and make the conference a great success. This year we are concentrating on young IMA members to be a part of IMA activities and aiming to achieve a target of total membership of 1000. Once again expecting a whole hearted co-operation from all the members.

Jai Hind, Jai IMA,



**Dr. Biju B Nelson**

## General Body Meeting & Installation of New Office Bearers

26th October 2018, Friday at 8pm,  
IMA Centre, Asramam.

by

**Dr. G.A.George**

Installation Officer, Former President, IMA Kollam  
Branch, Senior Chief Orthopaedic Surgeon,  
Upasana Hospital, Kollam.



### KOLLAMCON EXECUTIVE MEETING IN PROGRESS.

A SPONSORSHIP CHEQUE IS RECEIVED BY CHAIRMAN **Dr. ALFRED V.SAMUEL** & TREASURER **Dr. ASOKAN PILLAI**



## Secretary's Desk.....

### Greetings from IMA .....

*It is with great pleasure that I am writing this letter. We are coming to an end of IMA year and soon it will be time for the new office bearers to take charge. It is with great pleasure that I thank all the members for giving us the opportunity to lead the branch for yet another year and the trust put on us. We the office bearers thank you all for the support given to us in this year and request your whole hearted support in the coming year without which we will not be able to move forward. We assure you that we will do our level best to take the branch to new heights.*



*So far we can boldly say that we have done our very best in all the activities of the branch. As we end this IMA year we can boldly say that we have succeeded in increasing the membership by 120 members in the last year and this was possible only with the enthusiastic participation of our fellow members.*

*Good News from national level is that the IMA National Head Quarters has gone Fully Digital and you can download the Membership Certificate from the site if you know your membership number and if you have registered your mobile no or e- mail id. Go to the website [www.ima-india.org](http://www.ima-india.org) in the right hand corner we will see the Launch of Digital IMA. By clicking the link you will be directed to the members area where you can login or if you have membership number you can generate the user id and password which will be send to the registered mail id or mobile number and by login in you can Print the Life membership certificate and further you can print the Id card. You can also apply for Plastic ID card by printing the application form and sending to national head quarters the form along with your signature and photo.*

*The State conference Kollamcon 2018 is only a few weeks away. I request all members to register for the same and make the event a memorable one. The committee members are doing the best to make it a great event.*

*Jai Hind, Jai IMA*

*Dr. Vinod George Philip*

## *Editor's Corner.*

*The 61st Annual IMA State Conference is fast approaching. As hosts of this most important event in the IMA Calender, it is a matter of pride for each IMA Kollam branch member, as well as responsibility, to make the event a grand success in all aspects.*

*The Organising Committee has been working overtime for the last couple of months. May the rich Academic sessions of KollamCon 2018, along with the Cultural programs, and ofcourse our hospitality and the South Indian cuisine, turn the State Conference into a memorable one. Soliciting the active participation of all our members in the State Conference, KollamCon 2018.*

*- Dr. Joseph Cardoz DM*



## Treasurer's Column .....

I sincerely thank every member of IMA Kollam for giving me this chance. Our team with Dr. Biju B.Nelson Sir (President), Secretary Dr. Vinod George Jacob Sir & I will utilize this opportunity & will try to reach everyone's expectations.

As per General Body decision, registration for State Conference is compulsory for our branch members. Next no dues certificate will be issued only after paying the registration for the state conference. Rs.3500/- will be the registration fee for single member & Rs.4500/- for couples as reception committee member. Branch working fund has been decided as Rs.1000/- for single member & Rs. 1500/- for couples. Requesting everyone of IMA Kollam to register at the earliest.

Jai Hind, Jai IMA



Dr. Jithin A.S.

## OBITUARY



Dr. P.T.Pillai

A well known dermatologist in South Kerala, one of the Building Committee Member of IMA Kollam Branch and has contributed a lot to the branch. Founder President of Dermatologist Association. Expired on 29.08.2018. His son Dr. Retheesh Pillai is the President of Kerala Chapter.



Dr. Surendran

A very skillful Paediatric Surgeon and a good teacher. Served many years at various Medical Colleges of Kerala, Paediatric Surgery Departments. Expired on 04.10.2018. He was working as Paediatric Surgeon, Benziger Hospital and SIMS, Kollam.



Dr. Harikumar

A Physiatrist he was former Deputy Superintendent DH, Kollam and DMO Kasargod. Expired on 12.10.2018 at his residence at Pattathanam.

IMA condoles the sad demise of these stalwarts and shares the sorrow with the bereaved family



## ***KOLLAMCON 2018 is just around the corner.....***



The 61st Annual Conference of IMA Kerala State Branch “Kollamcon2018” is scheduled to begin in a few days time. As the host branch it is the responsibility of each and every member of IMA Kollam branch to make the conference a successful one. When we requested the privilege of hosting the State Conference we did not have an inkling of doubt in our minds about conducting the conference in a befitting manner. The unprecedented floods that affected a large section of people of Kerala have cast a negative impact on the arrangements.

This has affected the mobilization of delegates for the conference as many of IMA members has been affected badly by the floods and most of our members have contributed heavily for the disaster relief. Sponsorship for the conference has also become difficult in view of the contribution made by the potential sponsors to the disaster relief fund. This has resulted in a situation where we are hard pressed to mobilize adequate funds for the successful conduct of the conference.

The Annual State Conference is a mandatory requirement for any organization and we cannot cancel or postpone the conference. As members of the host branch each of us should strive to enroll maximum delegates for the conference – be it your friend or classmate or colleague. The first question to be asked when you meet any of them the next time should be “Have you registered for Kollamcon”. If the answer is negative please ensure that they register for the conference immediately. This is your responsibility towards the IMA which looks after the your wellbeing through its schemes as professional protection scheme, social security schemes, health scheme and protects you against hospital attacks. If possible mobilize a few sponsors for stalls / souvenir. The organization is also fighting the cause of doctors in Clinical establishment bill and National Medical Commission bill. Organizing and associating with a conference is a great way to give back to your association, your community and yourself.

***The general body meeting of our branch has decided to make it mandatory for all members to register for the conference as reception committee members and not to issue non liability certificate without collecting the requisit fees.***

The CME sessions which is useful for general practitioners as well as for specialist has been finalized, orders for food and kits have been placed and all other arrangements will be finalized in a few days.

We have constituted a committee of over 100 members for organising the conference but It's only a handful of members who are actively working for the conduct of the conference. It's time that all of us get involved in the organization aspect as only 20 days remain. The committee is meeting on a daily basis at IMA centre by 8 PM to discuss and plan the day to day activity. Please find time and join for the discussions whenever you can and contribute for the successful conduct of the conference. It's a chance to come together and work for a common cause.

Please be there and make it a memorable event that will be cherished for a long time.

Dr. D. Sreekumar,  
Organising Committee Secretary



## MEDICATION AND MEDITATION FOR MODERN MAN.

The mysteries behind the outward appearances and to grasp the fundamental truth behind Man, God and World ( prapancha) puzzled man from his origin as Homosapiens. Correct answer can be gained only through the science of spirituality which encircle and embrace "THE WHOLE TRUTH" and nothing but the truth of our Existence. The purpose of human life is for Human Evolution. Dr .Paul Paeris in his book "THE HEART'S CODE "describes it as the future evolution of man through human heart, where all truths are genetically codified.

Health for all by 2000 was the slogan of W.H.O for the 20th century. Whether it turned out to be as a truth or not needs evaluation by all of us since we are known as the," Cream of the society and protectors of health". Devastating Pollution of earth, air,agriculture,food products, e-wastes,medicines etc are the main causes for the unheard emerging, uncontrollable diseases .Where are we now? Where is our health by 2000 A.D? We are proud of the emerging five star hospitals like five star hotels and five star temples, which only denote a fall of physical, mental and spiritual health.

How to solve the problem is the question confronting humanity. The simple answer is to adopt a plain and simple life with purity and generosity in all walks of life .At first, we have to change our life style by adopting a" Holistic approach" to purify the body through proper Medication along with food habits -"Let food thy medicine and medicine thy food" as advocated by our father of medicine That is enough for our physical health. Then we need purification of the mind and spirit in the heart, for our mental and spiritual health, through Meditation. Both go hand in hand for "the doctors and patients".Padmasree Dr.Hegde, world famous cardiologist stressed the importance of Holistic approach to life in his teachings and writings as panacea for all diseases(ref: www.thejsho.com)

Actually the body lives by the soul(spirit or energy) which makes us move and do all things for our Existence. When the soul or energy goes out, death to the body occurs which we simply detect by noting the heart's "lub- dub" code. The art of identifying and knowing of the coming in of the soul at the time of conception and going out at the time of death, from a body which the soul selects, is the science of spirituality. To know that science we have to' seek in' and find the actual self or source of energy within, which is the soul. In this context, we have to remember that we are next to God or we are only instruments of God. "The physician treats He heals" is the dictum. He or God is the dazzling, illuminating divine truth in the Heart inside all living Beings. Practising of Heartfulness meditation(web: www.heartfulness.org) along with medication is the way to Total health as per W.H.O. definition. Shakespeare has said that "This above all to thine own self be true". Are we truthful to the self inside the heart? Human beings always like to get more and more pleasures and wealth by losing more and more health and precious soul. The Bible says "what does a man gain if he gets the whole world and lost his soul within the heart?"Transplant Purity of mind into the heart to design our destiny because we live by the heart with the heart and in the heart! It is high time for all of us to think of all these things and practise since" time and tide waits for no man". Practice only makes a man perfect. Uthishtatha! Jagratha!

JAI I.M.A.

Dr.S.JAGADISH. (Past President IMA)

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## IMA KOLLAM BRANCH - OFFICE BEARERS FOR 2018-19.

President : Dr. Biju B Nelson  
Vice President : Dr. Chandrasenan  
: Dr. Anitha Sreekumar  
Hon.Secretary : Dr. Vinod George Philip  
Hon.Joint Secretary : Dr. Nithin A  
Hon.Treasurer : Dr. Jithin A.S

State working

Committee Member : Dr. Alfred V Samuel  
Central Council Members : Dr. Babu Chandran P  
Dr. Uma Mohandas  
Dr. Radhakrishnan M.P  
Dr. D. Sreekumar  
Dr. Ravikumar K  
Dr. Chandramauleeswaran  
Dr. Priyalal.B  
Dr. Asokan Pillai

Newsletter Editor : Dr. Joseph Cardoz

State Council Members:

1. Dr. Jinen N.S.
2. Dr. P.G.Mammachan
3. Dr. Subair Hussain
4. Dr.G.A. George
5. Dr. Madhusoodhanan
6. Dr. Alex Oommen Vaidhyan
7. Dr. Anitha Balakrishnan
8. Dr. Om Prakash
9. Dr. P.G.Jacob
10. Dr. Mohini Alex
11. Dr.S.R.Rajagopalan
12. Dr. Venugopal
13. Dr. George Chacko
14. Dr. Nazimudeen
15. Dr. Dr. Mahesh
16. Dr. Ajith Rony
17. Dr. Ajaya Krishnan
18. Dr. Jessy D'cruz
19. Dr. Jayasree I
20. Dr. Bindhu Earnest
21. Dr. Chithra Gauthaman
22. Dr. Shahid Latheef.
23. Dr. Shahida Shahid
24. Dr. Abin Das - 9562372388
25. Dr. Vinod Ganga - 9539157091
26. Dr. Gauthaman  
Gopalan - 9847830877
27. Dr. Vincy Nelson - 9446258113

28. Dr. Jomon - 9895834668
29. Dr. Anish Krishnan - 9446258113
30. Dr. Rohit Prabhsh - 9497368912
31. Milan Malik Thaha -9995628756
32. Sunil Satheesh  
Chandran -9847830877

Executive Committee Members :

1. Dr.Baby N Mathew
2. Dr. C.K. Swarnamma
3. Dr. Rajendran
4. Dr. P. Ramesan
5. Dr. Sajan Joshua
6. Dr. Manu Rajendran
7. Dr. Manu Viswananthan
8. Dr. Dr. Balakrishnan
9. Dr. Manikantan
10. Dr. Vijayalekshmi Ammal M.K.
11. Dr.B.P. Prem
12. Dr. Kavitha Vasudevan
13. Dr. Sandeep
14. Dr. Athura Das M - 9188801000
15. Dr. Joel
16. Dr. Sanjeev. B
17. Dr. Deepa Elizabeth George
18. Dr. Anil Roby
19. Dr. Subharaman - 9447074827
20. Dr. Bilal Ahammed - 9037444456
21. Dr. Kiran Sapru - 9809833045
22. Dr. V.K.Anand - 9486840323
23. Dr. Athul Ajith - 9447072772
24. Dr. Radheer S - 8086047884
25. Dr. Aneesh Kumar  
Surendran - 9597406582
26. Dr.Krishnan
27. Fr.Retheesh Pillai
28. Dr. Shabeer S

Blood Bank Society

President : Dr. Manu Rajendran  
Secretary : Dr. Priyalal.B  
Treasurer : Dr. Biju B Nelson

Academic Committee

Chairman : Dr. Ajith Rony