

**Monthly report of IMA Kazhakuttam for the month of January 2025**

Dear Sir

Warm Greetings from IMA Kazhakuttam.

Herewith forwarding the monthly report of IMA Kazhakuttam for January 2025 for your kind perusal

**In a nutshell ....**

**Executive Meeting -7/1/2025**

**Monthly GB Meeting-21/1/2025**

**Green book Days Observances**

**National Girl Child Day**

**National Youth Day**

**Covid Martyrs' day**

### **List of other activities**

**1<sup>st</sup> January**

- An article by Senior IMA Leader Dr.Binoy published in January 2025 issue of Nammude Arogyam

**10<sup>th</sup> January**

- Dr. Riaz I IAP Kerala State President and IMA Kazhakoottam member was awarded FIAP at National Pedicon Hyderabad
- Dr.Priya Sreenivasan (Associate Editor) release of IAP Pediatric OSCE masterclass for postgraduates.

**12<sup>th</sup> January**

- Dr.Vineetha Nair,President IMA Kazhakoottam conducted an awareness session on HMPV infection to members of Rotary Club Kazhakuttam

**14<sup>th</sup> January**

- Webinar-Awareness talk on 'POSH Act' on Zoom platform for the IMA members by Advocate Sreeja Sasidharan, Chairperson POSH Local Committee

17<sup>th</sup> January

- AMS Session on the topic Human Metapneumovirus- Do we need to worry? by Dr Muhammed Niyas VK, Consultant in Infectious Diseases, KIMSHEALTH, Trivandrum.

21<sup>st</sup> January

- Awareness session on exam stress management "Prep Right Stay Bright" by Dr Abeer Abdul Rezak for class XI students of Madhava Vilasom Higher secondary school, Thundathil under Chithrashalabham project

22<sup>nd</sup> January

- Awareness session for the nursing students of SI-MET (The State Institute of Medical Education & Technology) by Dr. Nisha Nishanth, Consultant Gynaecologist, Jubilee Hospital.

23<sup>rd</sup> January

- An article about Reproductive Medicine Department SATH and Our member Dr. Reji Mohan's contribution in Indian Express Newspaper

24<sup>th</sup> January

- Our members actively participated and took many posts in KOACON 2025
- Dr Shibu R presenting research paper on knee arthroscopy at State conference
- Dr Vineetha Nair as panelist on AI in pulmonary medicine at NAPCON

25<sup>th</sup> January

- Dr. Vineetha Nair as panelist in pre op evaluation at NAPCON
- Dr. Syamlal- speaker at IMA Trivandrum Monthly GB on Management of Stroke -Changing Paradigm

## 27<sup>th</sup> January

- Under Dheerghayush Project conducted an awareness session on Geriatric health issues for palliative health workers at Taluk Hospital, Fort, Thiruvananthapuram.
- Phone in Talk show by Dr.Chithra L R on Use of antibiotics in Kairali Channel
- IMA Kazhakoottam President,Secretary and senior leaders attended the DC meeting conducted as Webinar

## 28<sup>th</sup> January

- CGP Kazhakoottam conducted an online CME meeting on Headache-Red flag signs for practioners by Dr Gayathri Sreekumar,Consultant Neurologist, PRS Hospital Trivandrum

## 29<sup>th</sup> January

- Dr.Kalpana Gopan was felicitated by Kerala Journalist Union at Venjaramoodu

## 30<sup>th</sup> January

- Dr.Jiju Nuuman's article published in KOA Journal

## Detailed list of activities

- **Executive Meeting**

Executive meeting for the month of January was conducted on as physical meeting on 7/1/2025 at Al Saj Convention Center, Le Café Restaurant ,Kazhakottam at 8pm.





- **Monthly GB Meeting and CME**

IMA Kazhakuttam conducted the Monthly GB and CME of January on 21st January 2025 at Hotel Flamingo Inn, Kulathoor Thiruvananthapuram from 7 30 pm onwards. Dr Vineetha Nair, President, IMA Kazhakuttam presided the meeting and addressed the members. She also mentioned about the planned activities for the month and the communications from IMAKSB.

Dr Asha Nazimudeen, Secretary, IMA Kazhakuttam presented the minutes of the previous meeting and report of activities. Dr Rafeeda K M, Treasurer IMA Kazhakuttam presented Treasurer's report. CME was conducted in Rheumatology and Diagnosis of Allergic disorders. Dr. Jacob Antony, Professor of Medicine, Prof. & Head of Rheumatology, GMC, Trivandrum was the moderator. Dr. Vishad Vishwanath, medical director, IRIS Tvm and Kollam presented interesting clinical cases in Rheumatology. Dr Shehanaaz Begum, Consultant Pulmonologist, IRIS presented the topic diagnosis of Allergic disorders.

The presentation was followed by active interaction with the audience. As was decided, a cultural item was included in our GB. Dr. Roshni sang a beautiful song. The meeting concluded with vote of thanks by Dr Asha Nazimudeen, Secretary IMA Kazhakuttam and National Anthem. President closed the meeting for dinner. The meeting was well attended by our members.



# IMA KAZHAKOOTTAM

## GENERAL BODY MEETING JANUARY 2025 & CME



### CHAIR PERSON

DR JACOB ANTONY  
PROFESSOR OF MEDICINE,  
PROF. & HEAD OF RHEUMATOLOGY  
GOVT. MEDICAL COLLEGE, TRIVANDRUM.

### INTERESTING CASES IN RHEUMATOLOGY



DR VISHAD VISWANATH, DM  
RHEUMATOLOGIST

### DIAGNOSING ALLERGY DISORDERS



DR SHEHANAZ BEEGUM, MD, DNB  
CONSULTANT PULMONOLOGIST

### SPEAKERS

### HOTEL FLEMINGO INN

OPP: INFOSYS CAMPUS, KULATHOOR  
21/JAN/25 TUESDAY 7.30 PM

*ALL ARE CORDIALLY INVITED*



DR VINEETHA NAIR  
PRESIDENT



DR ASHA NAZIMUDEEN  
SECRETARY



DR RAFEEDA KM  
TREASURER

















# Other Activities

1<sup>st</sup> January

- An article by Senior IMA Leader Dr.Binoy published in January 2025 issue of Nammude Arogyam



**വായനക്കാരുടെ ചോദ്യം,  
ഡോക്ടറുടെ ഉത്തരം**

**ഡോ. ബിനോയി എസ്.**  
അംഗസമിതിയ്ക്ക് ഡോഹസർ  
(ഓർത്തോപീഡിയീസ്റ്റ്)  
ഗവ.മെഡിക്കൽ കോളേജ്  
തിരുവനന്തപുരം



എന്റെ വളരെ അടുത്ത സുഹൃത്തിന്, 22 വയസ്സ് പെൺകുട്ടി, ഇടത്തുകാലിന്റെ മൂട്ടുറ്റിക്ക് (heel) കടുത്ത വേദനയായിട്ട് 2 മാസമായി. ചികിത്സകൾ പലതും ചെയ്തെങ്കിലും വേദന മാറുന്നില്ല. എന്തു ചെയ്യണം?

കാലിന്റെ മൂട്ടുറ്റി വേദന സാധാരണയായി 40 മുതൽ 60 വയസ്സുള്ള ആളുകളിലാണ് കൂടുതലായി കണ്ടുവരുന്നത്. എന്നാൽ അപൂർവ്വമായി 20-30 വയസ്സുള്ള ആളുകളിലും കണ്ടുവരുന്നു. സ്ത്രീകളിലാണ് കൂടുതലായി കണ്ടുവരുന്നത്. അതിലുടനീളമുള്ള കടുത്തത് ആർത്രൈറ്റിസിൽ പെട്ടെന്നുവരികിലും മൂട്ടുറ്റി വേദന കണ്ടുവരുന്നു. നമ്മുടെ മൂട്ടുറ്റിയിൽ കാൽക്കെനീരും എന്നുപറയുന്ന ഒരു അസ്ഥി ഉണ്ട്. അസ്ഥിയും അതിനു ചുറ്റുമുള്ള തലിപ്പുരയും ലിഗമെന്റും കൾക്കുമുള്ള പ്രതിരോധമാണ് സാധാരണയായി മൂട്ടുറ്റി വേദനയായി കണ്ടുവരുന്നത്. കാൽക്കെനീരും എന്ന അസ്ഥിയെ ഒരു തുണിനോട് ഉപേക്ഷിക്കാം. തുണിനകത്ത് കോൺക്രീറ്റാണ്, കെട്ടുകമ്പി, വലിയ കമ്പി, ചെറിയ കമ്പി ഉണ്ട്. അസ്ഥിയിലുണ്ടാകുന്ന ശോഷണം കൊണ്ട് അകത്തുള്ള ചെറിയ കമ്പികൾ പൊട്ടുമ്പോൾ കോൺക്രീറ്റിന് ചെറിയ വിള്ളലുകൾ ഉണ്ടാകുകയും ചെയ്യുന്നു. ഇത് സാധാരണ ഏർസറേയിലൊന്നും കാനോസ് സാധിപ്പിക്കുന്നതല്ല.

അങ്ങനെയുള്ള വേദനയ്ക്ക് റസ്റ്റ് ആണ് വേണ്ടത്. അതോടൊപ്പം തോലിയുടെ കാൽസ്യവും വൈറ്റലിൻ ഡി3 വൈറ്റലിൻ സിറ്ററോളിൻ എന്നിവയും നോക്കേണ്ടതായിട്ടുണ്ട്. സ്ത്രീകളിലാണ് കൂടുതലും കാണാറുള്ളത്. പുരുഷന്മാരിലും ഉണ്ടാകാറുണ്ട്. അങ്ങനെയുള്ളപ്പോൾ അവരുടെ കാൽസ്യവും വിറ്റാമിൻ ഡി3 വൈറ്റലിൻ നോക്കുകയും അവർക്ക് അതിനുതക്കതും കൊടുക്കേണ്ടതും വരും. വിറ്റാമിൻകൾക്കു തന്നെ കഴിഞ്ഞാൽ അത് കൂടുതൽ ഗുരുതരമാകുകയും ചെയ്യും. കാൽസ്യം അടങ്ങിയ കാബോൾ, പാൽ, മുട്ട എന്നിവ കഴിക്കേണ്ടതായിട്ടുണ്ട്. 11 മണിയ്ക്കുതൽ 3 മണിവരെ സൂര്യതാപം ഒരു മണിക്കൂറേങ്കിലും ഏൽക്കേണ്ടതായിട്ടുണ്ട്. ഇതുകൂടാതെ വേദന കുറവിലേയ്ക്കായി കാൽസ്യവും വൈറ്റലിൻ ഡി3യും സൂപ്പിൾമെന്റേഷൻ ഡോക്ടറുടെ നിർദ്ദേശപ്രകാരം കഴിക്കേണ്ടതായിട്ടുണ്ട്.

ചെറുപ്രായത്തിലുള്ള സ്ത്രീകളിൽ ആർത്തവസംബന്ധമായ പ്രശ്നമുള്ളവരിൽ, ഹൈറോയ്ഡ് സംബന്ധമായ വൈകല്യങ്ങളുള്ളവരിൽ ഹൈറോയ്ഡ് ഗ്രന്ഥിയുടെ ട്രോപ്പിക് ചെറുത്തും അതിനനുസരിച്ചുള്ള മയ്യുന്നുകൾ കഴിക്കേണ്ടതുമാണ്.

ഇതുകൂടാതെ കാൽക്കെനീരും എന്ന അസ്ഥിയുടെ മുന്നിലും പിന്നിലുമായി ലിഗമെന്റസ് ഉണ്ട്. കാൽക്കെനീരും എന്ന അസ്ഥിയുടെ പിൻഭാഗത്തായി കൃഷിത്തേയും മുന്നിൽ

പ്ലാന്റാർഫോഷ്യ എന്ന ലിഗമെന്റും അവിടെയാണ് ചേർന്നിരിക്കുന്നത്. പ്ലാന്റാർഫോഷ്യയിലുണ്ടാകുന്ന നിർഭാര്യമായ മൂട്ടുറ്റിയുടെ വേദനയുടെ ഒരു കാരണമായി കാണപ്പെടുന്നു. അതിലേ ത്തൊരു ഫിസിക്കൽ മെഡിസിൻ ഡോക്ടറുടെ നിർദ്ദേശപ്രകാരം സ്ട്രെച്ച് ഏർസറേസും വേദന സംഹാരിയും കഴിച്ചാൽ വേദന കുറഞ്ഞ് കാണുന്നു.

മൂട്ടുറ്റിയുടെ പിൻഭാഗത്തുണ്ടാകുന്ന കൃഷിത്തേയിൽ

- ഉണ്ടാകുന്ന നീർക്കെട്ടിന് റെസ്റ്റ് ആണ് ചികിത്സ. അതിന്റെ കൂടെ ഉചിതമായ വേദന സംഹാരിയും കഴിക്കേണ്ടതായിട്ടുണ്ട്. മെൽഫാസെൻ രണ്ട് കാര്യങ്ങളിലും ഡോക്ടറുടെ നിർദ്ദേശപ്രകാരമുള്ള പ്രത്യേക ചെരിപ്പുകൾ ഉപയോഗിച്ചാൽ വേദനയ്ക്ക് ശമനം ഉണ്ടാകുന്നതാണ്.

കാലിന്റെ മൂട്ടുറ്റിയിൽ വേദന ഉള്ള രോഗികളിൽ തുറികൾ ആസിഡ് സാധാരണ മേക്കാൾ കൂടുതലായി കാണുന്നുവെങ്കിൽ മയ്യുന്നുകൾ കഴിക്കേണ്ടതായിട്ടുണ്ട്.

തുറികൾ ആസിഡ് ഉള്ളവരിൽ റെഡ്നീറ്റ്, മയ്യും, മംഗ്രോ എന്നിവ ഭക്ഷണത്തിൽ കുറയ്ക്കേണ്ടതായിട്ടുണ്ട്.

കൃഷിത്തേയിനും കാലിന്റെ അസ്ഥികളുടെയും ഇടയിൽ സ്ട്രെച്ച്ചേർന്നുണ്ട്. മയ്യുന്നുകൊടുത്ത് മാറുന്നില്ലാത്തവരിൽ എം.ആർ.ഐ, സി.ടി, സ്കാൻ ചെയ്തത് നോക്കുകയും ഡി.ജനറേറ്റീവ് ടിഷ്യൂ ഏകദേശം വേണം.

അസ്ഥിയുടെ പുറകിൽ ഒരു



10<sup>th</sup> January

Dr. Riaz I IAP Kerala State President and IMA Kazhakootam member was awarded FIAP at National Pedicon Hyderabad.







## INDIAN ACADEMY OF PEDIATRICS

[Founded in India in 1963]



*This is hereby certified and proclaimed that*

**Dr. Riaz I**

**Membership No. F/2024/R-41**

*has been elected as a "FELLOW MEMBER" of the Indian Academy of Pediatrics in the year 2024. This prestigious award is bestowed in recognition of the exceptional dedication and outstanding contribution to the realm of Pediatrics, furthering the objectives of the Indian Academy of Pediatrics.*

*We affix our hands and seal on 9th January 2025.*

**Dr. Vasant Khalatkar**  
President, IAP



**Dr. Yogesh N. Parikh**  
Secretary General, IAP



Dr. Priya Sreenivasan is the Associate Editor of IAP Pediatric OSCE masterclass for postgraduates. The book was released at Pedicon, Hyderabad

12<sup>th</sup> January

- Dr.Vineetha Nair,President IMA Kazhakootam conducted an awareness session on HMPV infection to members of Rotary Club Kazhakuttam on 12/1/2024



14<sup>th</sup> January

**Indian Medical Association**  
**WIMA Kazhakoottam**  
**Webinar**  
**Awareness talk on POSH Act**  
**Speaker**

**All are cordially invited**

**ADV. SREEJA SASIDHARAN**  
**CHAIRPERSON**  
**(POSH LOCAL COMMITTEE)**

**Zoom Meeting**  
**on 14/01/2025**  
**Tuesday@8pm**  
**Meeting ID-862 3612 2736**  
**PassCode-212876**

**Dr. Nisha Nishanth**  
**WIMA Chairperson**

**Dr. Simi Das**  
**WIMA Secretary**

**Dr. Vineetha Nair**  
**President**

**Dr. Asha Nazimudeen**  
**Secretary**

**Dr Rafeeda. K. M**  
**Treasurer**

8:27 PM

The person who can file a complaint has to be a woman, the Posh Act is not gender neutral

When a complaint is filed, the internal committee (IC) will conduct an inquiry

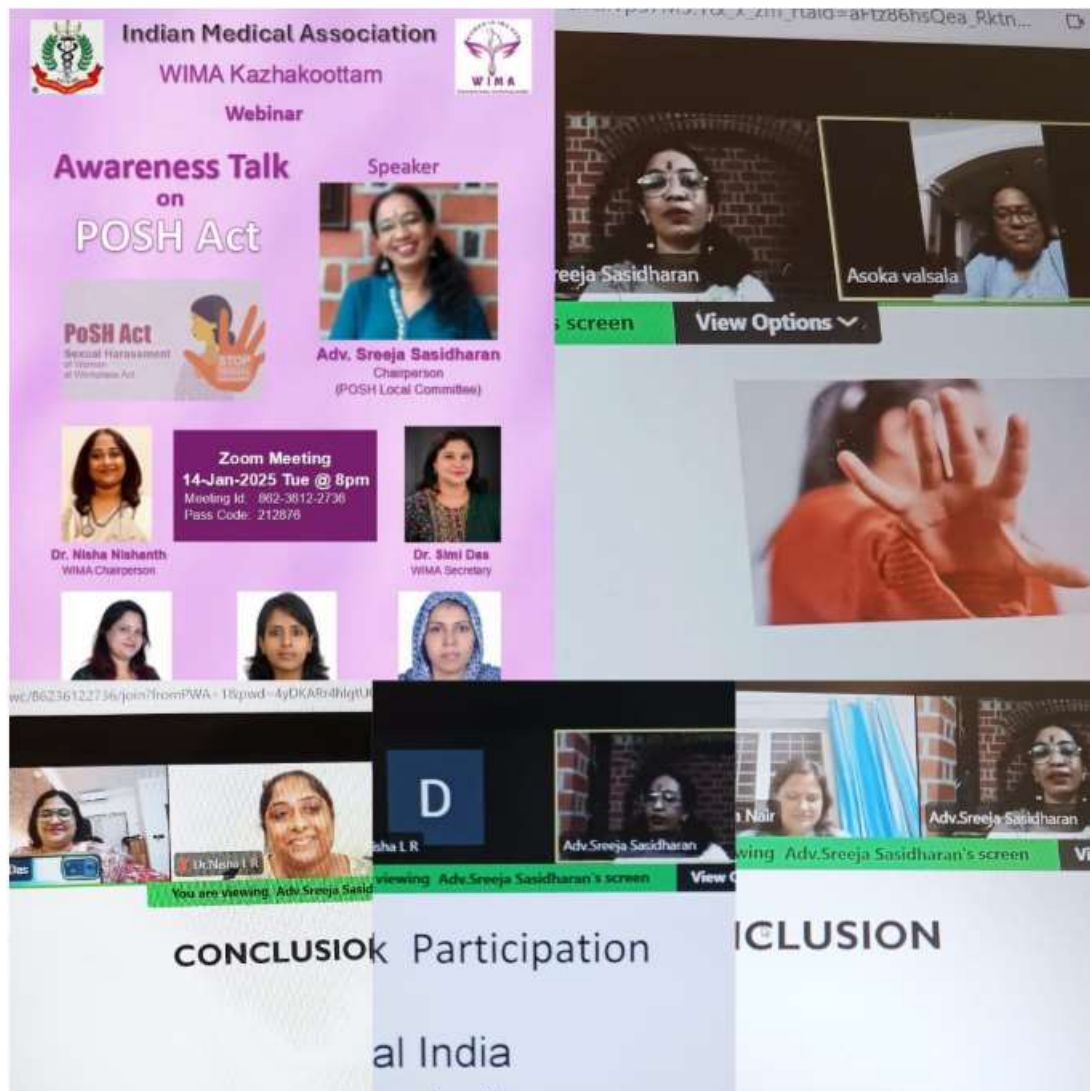
POSH ACT 2013

Any workplace with over 10 employees should have an internal committee Which will deal with sexual harassment complaint

It will forward their recommendation to the employer with respect to their findings of guilt or innocence, and the consequences of the same

Adv. Sr





WIMA Kazhakuttam conducted a Webinar-Awareness talk on 'POSH Act' on Zoom platform for the IMA members on 14/01/25. POSH ACT is an Act to provide protection against sexual harassment of women at workplace and for the prevention and redressal of complaints of sexual harassment and for matters connected therewith. The three major elements of the POSH Act are prevention, prohibition, and redressal of sexual harassment at the workplace. Dr.Nisha Nishanth, WIMA Chairperson welcomed the audience and introduced the speaker and the topic.Key note address was given by Dr Vineetha Nair, President, IMA


Kazhakkootam.Dr.Asoka Valsala, Kerala state WIMA chairperson addressed the session.

Leaders from other branches also actively participated in the session.


Speaker of the session was Advocate Sreeja Sasidharan, Chairperson POSH Local Committee.


She is the best legal service lawyer from south India adjudged by National Legal Service Authority (NALSA), Practicing lawyer for 25 years at Trivandrum, Also she is the source person, Women and Child Dept for POSH Act, and Social Justice Dept for Transgender Right and Protection Act.The session was well appreciated and had good number of audience and also a good interaction between the participants and the speaker. The session ended with a vote of thanks by Dr.Simi Das, WIMA Kazhakootam Convenor.


17<sup>th</sup> January

**IMA Kazhakootam**  
ACADEMY OF MEDICAL SPECIALTIES


**TOPIC**  
**Human Metapneumovirus:**  
*Do we need to worry?*


**SPEAKER**  
**Dr Muhammed Niyas VK**  
MD, DNB, MRCP, DM  
Consultant in Infectious  
Diseases,  
KIMSHEALTH, Trivandrum


**Dr Priya Sreenivasan**  
IMA AMS  
Chairperson

**Dr Anand Binu**  
IMA AMS  
Convenor

**ZOOM MEETING**  
17th January 2025, 7:30 pm  
ID: 860 8152 7011  
Password: 909072  
**ALL ARE CORDIALLY INVITED**

**Dr VINEETHA NAIR**  
PRESIDENT


**Dr ASHA NAZIMUDEEN**  
SECRETARY

**Dr RAFEEDA KM**  
TREASURER


**Human Metapneumovirus;  
Do we need to worry?**

— Muhammed Niyas V K  
MD, DNB (Medicine), MRCP, DM (Infectious Diseases)  
Consultant in Infectious Diseases  
KIMSHEALTH, Trivandrum

### Diagnosis




RT-PCR

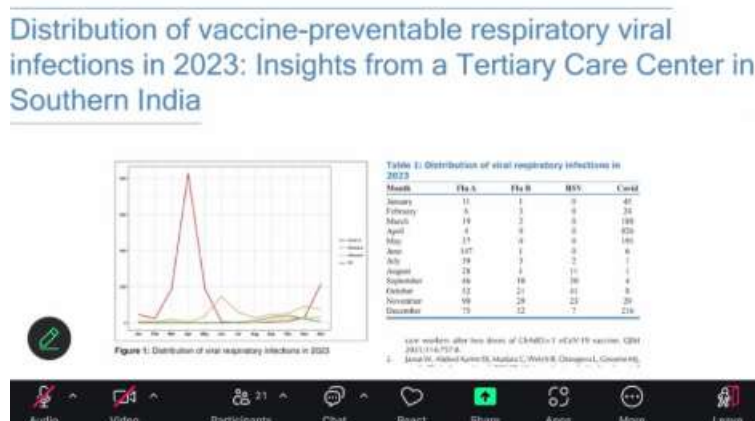


Direct Fluorescent Antibody to detect viral Antigen

### Prevention

- Contact precautions including hand hygiene
- Ideally single room
- No vaccines as of now







IMA AMS Kazhakootam conducted an online CME meeting on Zoom platform on 17/01/24, 7:30 pm.

Dr Priya Sreenivasan, IMA AMS Chairperson welcomed the audience and introduced the speaker. Dr Vineetha Nair, President, IMA Kazhakootam addressed the audience.

Speaker of the session was Dr Muhammed Niyas VK, Consultant in Infectious Diseases, KIMSHEALTH, Trivandrum. Topic was- Human Metapneumovirus- Do we need to worry? The session was comprehensive and incorporated all aspects of diagnosis, prevention, management and present relevance of HMPV. The session was well appreciated and had a good number of participants with good interaction and question answer session with speaker. Session concluded with a vote of thanks by Dr. Anand Binu, IMA AMS convenor.




21<sup>st</sup> January



**IMA NAERAKOTTAM**  
**CHITHRASHALABHAM WING**  
presents







Awareness Session on  
*Exam Stress*  
**"PREP RIGHT, STAY BRIGHT"**

**Speaker**  
Dr Abeer Abdul Rezak  
Assistant Professor  
Department of Psychiatry  
Sree Gokulam Medical College



**Venue**  
Madhavavilasam Higher Secondary School,  
Thundathil

21.1.2025 Tuesday From 2 pm  
For CLASS XI Students

 Dr Divya Sadasivan Chairperson	 Dr Bijoy S Convenor	 Dr Greeshma M G Convenor
 Dr Vineeta Nair President, IMA	 Dr Asha Nazimuddeen Secretary	 Dr Rafeeda K M Treasurer



An awareness session on exam stress management "Prep Right Stay Bright" was conducted by Dr Abeer Abdul Rezak for class XI students of Madhava Vilasom Higher secondary school, Thundathil on 21.1.2025 under Chithrashalabham project, IMA Kazhakootam. The session started with welcome address by the School Principal Mr Rajeev P L. Introduction of speaker was done by Dr Greeshma M G, Chithrashalabham convenor. It was a well attended and interactive session with good participation from the students.

22<sup>nd</sup> January

**Indian Medical Association**  
**WIMA Kazhakoottam**



**Speaker**  
**Dr. Nisha Nishanth**  
Consultant Gynaecologist  
Jubilee Hospital



**Inauguration**  
**Dr. Asha S. Kumar**  
Director SIMET

**Awareness talk on  
Cervical Cancer for the  
Nursing Students of  
SIMET Nursing College  
on 22/1/2025  
@2.30 pm**

*All are cordially invited*



**Dr. Nisha Nishanth**  
WIMA Chairperson



**Dr. Simi Das**  
WIMA Secretary



**Dr. Vineetha Nair**  
President



**Dr. Asha Nazimudeen**  
Secretary



**Dr. Rafeeda K. M**  
Treasurer





Indian Medical Association Kazhakoottam branch -WIMA Wing conducted an Awareness session on Cervical cancer as part of 'Cervical cancer Awareness month- January'@SI-MET Nursing college for the nursing students on 22/1/25@2.30 pm.

The nursing college principal Dr. Mini. G delivered the welcome speech. This session was inaugurated by Dr. Asha. S. Kumar, Director SI-MET College of Nursing. Dr.Simi Das, Kazhakoottam WIMA Secretary delivered the introduction speech and introduced the speaker.

The Speaker of the session was Dr. Nisha Nishanth, Consultant gynaecologist at Jubilee Hospital. She delivered a very informative talk on Cervical cancer, importance of Pap smear & HPV vaccination. The session had more than 60 students and their teaching staff as audience. Students were very interactive with the speaker. The session was wound up by vote of thanks by Dr. Simi Das Kazhakootam WIMA Convenor

23<sup>rd</sup> January

An article about Reproductive Medicine Department SATH and Our member Dr. Reji Mohan's contribution to the success of the Department in Indian Express Newspaper

# SAT Hosp now beacon of hope for those yearning for parenthood

UNIKRISHNAN S @Tham

## SUCCESS IN & OUT

FOR Vivek and Sharanya (names changed), a couple in their thirties, the decision to visit Sree Avittom Thirunall (SAT) Hospital was nothing short of life-changing. After multiple unsuccessful attempts and substantial financial investments in infertility treatments elsewhere, they were initially sceptical about trying again. But when they walked through the doors of SAT Hospital, located behind the iconic Mother and Child statue on the Medical College Hospital campus, their journey to parenthood took a hopeful turn.

"We had tried everything before, but nothing worked. After hearing about SAT Hospital, we decided to give it one last shot," shares Sharanya. Today, the couple are the proud parents of twins, conceived through in vitro fertilisation (IVF) with minimal complications. Their story though deeply personal, is far from unique. SAT Hospital has become a trusted destination for hundreds of couples like Vivek and Sharanya, offering advanced infertility treatments at a fraction of the cost found in private hospitals.

### A milestone of hope

The hospital's reproductive medicine department has become a beacon of hope for couples struggling to conceive. Since its inception, the hospital has facilitated the birth of over 500 babies through IVF and other assisted reproductive techniques (ARTs). What's remarkable is that this success has been achieved largely without publicity, with the hospital relying instead on word-of-mouth recommendations from satisfied patients. Couples from Kanyakumari in the north to Tirunelveli in Tamil Nadu are now seeking treatment at SAT, further solidifying the hospital's reputation as a trusted and reliable centre for infertility care.

"We offer all advanced treatments related to infertility with well-trained staff," says Dr. Raj Mohan, associate professor in the department of reproductive medicine at SAT Hospital. "As a referral centre, we often see patients

• Since its inception, the hospital has facilitated the birth of over 500 babies through IVF and other assisted reproductive technologies.

• The hospital charges less than one-third of what private hospitals typically ask for IVF treatments, making it a viable option for many couples.

• Transparent pricing, zero-profit margin model for its in-house drug bank set it apart from private centres.

• Comprehensive maternal and neonatal care facilities address the risks associated with late pregnancies.

As a referral centre, we often see patients who have already had unsuccessful treatments elsewhere. As a result, the average age of our patients tends to be above 35 years. — Dr. Raj Mohan

who have already had unsuccessful treatments elsewhere. As a result, the average age of our patients tends to be above 35 years."

### Affordable excellence

While IVF and other fertility treatments can often come with a heavy price tag in private hospitals, SAT Hospital has made it a mission to offer these services at an affordable cost. The hospital charges less than one-third of what private hospitals typically ask for IVF treatments, making it a viable option for many couples who would otherwise struggle to afford such care.

SAT's transparent pricing and zero-profit margin model for its in-house drug bank set it apart from many private centres, which often have hidden costs. Medications, including expensive hormone injections, are offered at a 30-50% discount through the drug bank, significantly easing the financial burden on patients. But affordability doesn't mean compromising on care. The reproductive medicine department is equipped with cutting-edge technology and staffed by a team of highly trained professionals who ensure that every patient receives the best possible treatment. Additionally, the hospital's comprehensive maternal and neonatal care facilities address the risks associated with late pregnancies, ensuring that both mothers and babies receive

the highest level of care, even in complicated cases.

Established in 2012 as India's first state government-run IVF centre, SAT Hospital has quickly become a leader in reproductive medicine. The department boasts state-of-the-art facilities, including dedicated IVF and laparoscopy theatres, an IVF laboratory, an andrology lab for specialized testing, and a cryopreservation system. This system allows patients to store eggs, sperm, and embryos for future use — particularly invaluable for cancer patients who need to preserve their fertility before undergoing chemotherapy or radiation.

With the Regional Cancer Centre nearby, SAT Hospital has played a vital role in helping cancer patients preserve their fertility, ensuring they have the option to start a family after their treatment. This unique service has further cemented SAT's position as a comprehensive, patient-centred facility for reproductive care.

Dr. Anitha M, head of the department, Dr. Raj and Dr. Harshini, faculty members, lead a team of experts dedicated to providing the highest level of care. Since 2018, the hospital has also been offering super-specialty courses (MCh) in reproductive medicine, helping to train the next generation of fertility specialists.

The hospital provides comprehensive counselling services to guide couples through their fertility journey. This is integral to the process, ensuring that patients are informed and emotionally prepared for the steps ahead.



24<sup>th</sup> January

KOACON 2025

24,25,26 January

Dr Binoy Organising chairman

Dr Jiju Nuuman KOA treasurer for last three years

Dr Syam Roy In Charge of registration

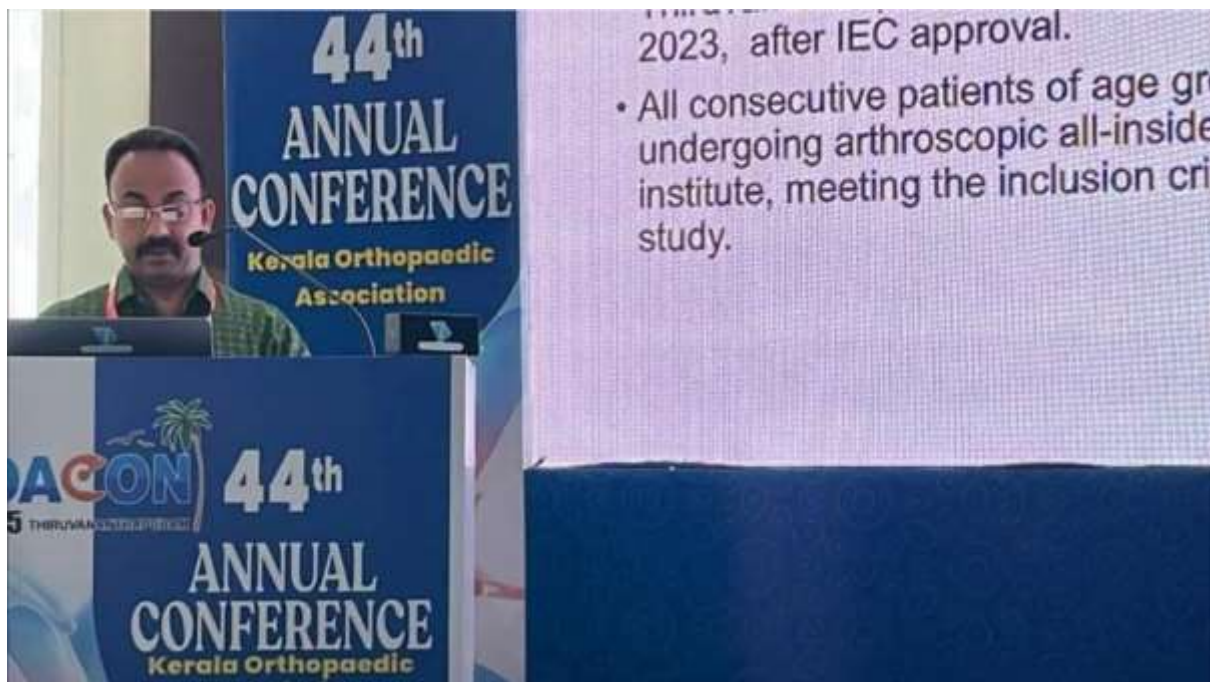
Dr Sajeed was the Guest of Honour

Dr Shiju Majeed was part of Scientific committee



Dr Kavitha Ravi ,our senior leader inagurated Womens wing ortho at KOACON





- Dr Shibu R presenting research paper on knee arthroscopy at state conference



- Dr Vineetha Nair as panelist on AI in pulmonary medicine at NAPCON



**25<sup>th</sup> January**

**Dr.Vineetha Nair as panelist in pre op evaluation at NAPCON**



Dr.Syamlal as speaker at IMA Trivandrum Monthly GB on Management of Stroke -Changing Paradigm





27<sup>th</sup> January



# **IMA KAZHAKOOTTAM**

## **DHEERGHAYUSH PROJECT** **HOW TO TACKLE** **OLD AGE PROBLEMS**

**AWARENESS SESSION FOR PALLIATIVE HEALTH WORKERS**



### **RESOURCE PERSON**

**DR. P. NAZEEMA BEEVI. MD. DPM**  
PROFESSOR COMMUNITY MEDICINE  
FORMER SUPERINTENDENT  
GOVERNMENT HOSPITAL ATTINGAL  
CONSULTANT PSYCHIATRIST

### **CO-ORDINATORS**



**DR SUSHA JOHN**



**DR. P. NAZEEMA BEEVI**



**DR SHEELA JOSEPH C**



**DR. RENJITHA S RAJAN**

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**GOVT TALUK HOSPITAL, FORT**  
**27/JAN/2025 2 PM TO 3 PM**

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**DR VINEETHA NAIR**  
**PRESIDENT**



**DR ASHA NAZIMUDEEN**  
**SECRETARY**



**DR RAFEEDA KM**  
**TREASURER**









- IMA Kazhakuttom under Dheerghayush Project conducted an awareness session on Geriatric health issues for palliative health workers on 27/1/2025, at Taluk Hospital, Fort, Thiruvananthapuram. The staff secretary gave welcome speech and the session was inaugurated by Dr. Ajith Kumar, Superintendent, Fort Hospital. Dr. Vineetha Nair, President, IMA Kazhakuttom, addressed the gathering and introduced the speaker. The speaker was Dr. Nazeema Beevi, Community medicine professor and former superintendent of Govt Hospital, Attingal. The topic she dealt with was 'How to tackle old age problems'. The session was very interactive and well attended and appreciated.



## ആന്റിബയോട്ടിക് ഉപയോഗം അറിഞ്ഞിരിക്കേണ്ടത്

സംശയങ്ങൾക്ക് മറുപടിയുമായി  
**ഡോ. ചിത്ര എൽ ആർ**

മൈക്രോബയോളജിസ്റ്റ്  
ഇന്റർനീഷ്യൽ റെഫറൻസ് ലബോറട്ടറി, സ്റ്റേറ്റ് ടി ബി സെൽ  
കേരള ഡിപ്പാർട്ട്മെന്റ് ഓഫ് ഹെൽത്ത് സർവീസസ്



# HELLO DOCTOR

ഉച്ചയ്ക്ക് 2.30 ന് തത്സമയം

റിമിക്ടോൺ നമ്പർ : 0471 48 59 918

27  
JAN  
2025



KAIRALI  
NEWS

- Phone in Talk show by Dr.Chithra L R on Use of antibiotics in Kairali Channel



- IMA Kazhakootam President, Secretary and senior leaders attended the DC meeting conducted as Webinar on 27<sup>th</sup> January



28<sup>th</sup> January



**COLLEGE OF GENERAL PRACTITIONERS  
IMA KAZHAKOOTTAM**

**CME ON**

**HEADACHE:**

**RED FLAGS FOR THE PRACTITIONERS**



**SPEAKER**

**DR GAYATHRI SREEKUMAR**  
MBBS MD DM(NEURO) MRCP SCE(NEURO)  
CONSULTANT NEUROLOGIST  
PRS HOSPITAL, TVPM



**DR BIJU MOHAN**  
CHAIRMAN CGP

**ZOOM MEETING**  
**28/01/2025**  
**TUESDAY**  
**@ 8 PM**



**DR ABEER ABDUL REZAK**  
CONVENOR CGP

***ALL ARE CORDIALLY INVITED***

**MEETING ID 849 0356 2769**

**PASSCODE: 157233**



**DR VINEETHA NAIR**  
PRESIDENT



**DR ASHA NAZIMUDEEN**  
SECRETARY



**DR RAFEEDA KM**  
TREASURER

IMA CGP Kazhakoottam conducted an online CME meeting on Zoom platform on 28/01/25, 08:00 pm.





29<sup>th</sup> January

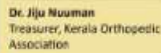
Dr.Kalpana Gopan was felicitated by Kerala Journalist Union at Venjaramoodu





## Dr.Jiju Nuuman's article published in KOA Journal

**കൈത്താണ്ട്**



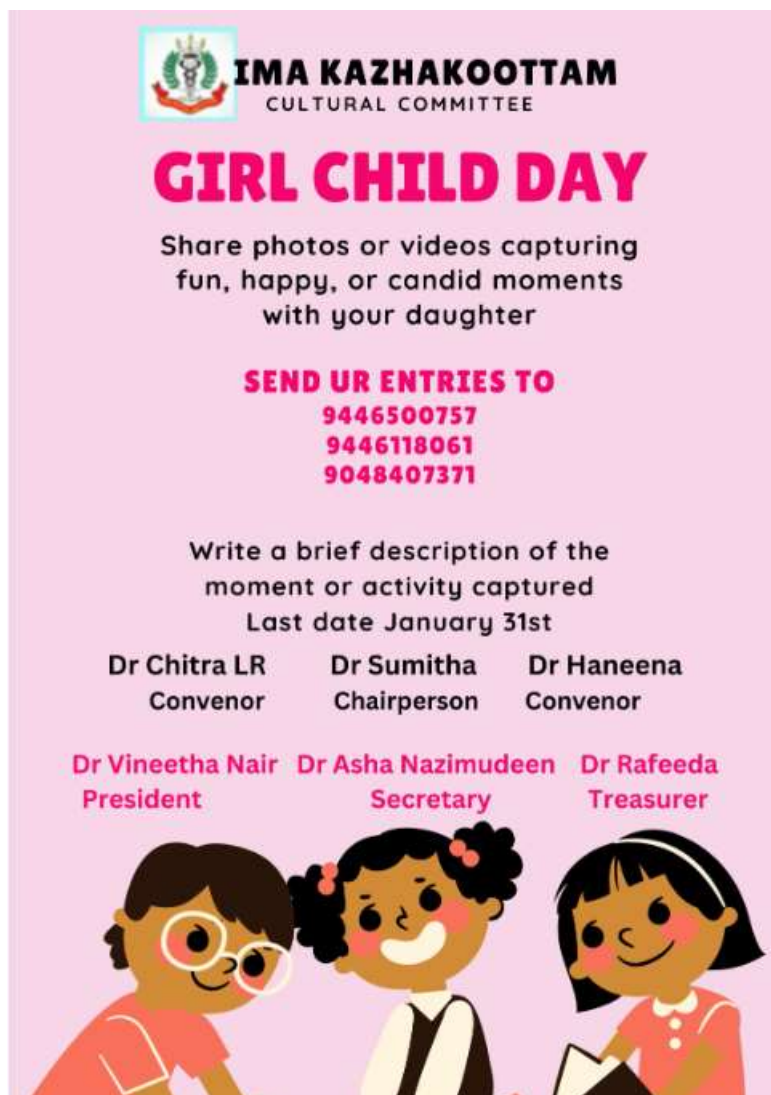
అంజనానాథ దాస్ (1911-1980)  
 ఆంధ్ర సాహిత్యము: భూమి పుస్తక మాల

மூலக் கதையை அடிப்படையாகக் கொண்டு  
எழுதியது... ●●●



# Green book Days

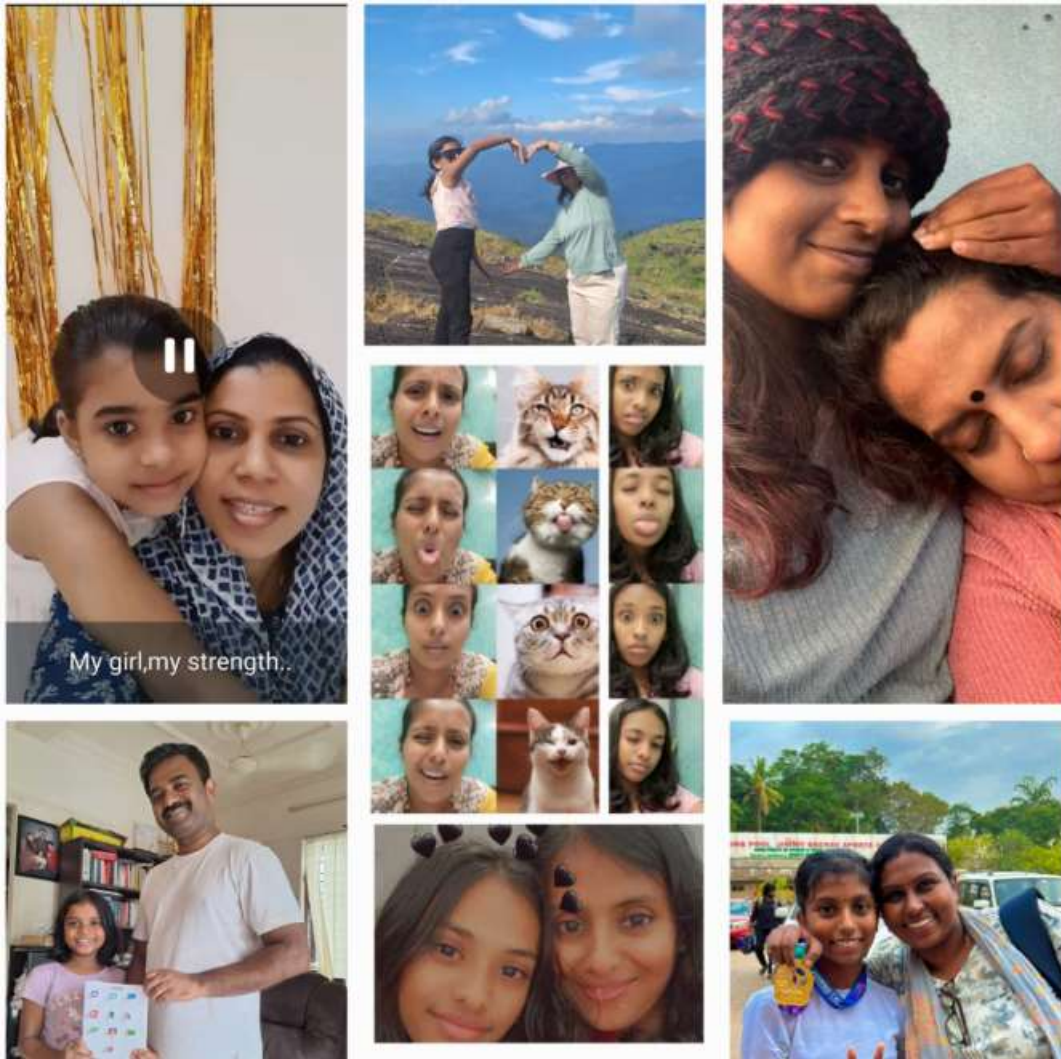
## National Girl Child Day Observance



IMA Kazhakoottam conducted a special competition to honor and cherish the joy of having a girl child. We invited members to participate by sharing photos or videos capturing fun, happy, or candid moments with your daughter. This was a wonderful opportunity to showcase the precious bond you share and to spread the message of love and support for girl children everywhere.

Members were requested to Capture a photo or video of a memorable activity or candid moment with your daughter and send us by whatsapp and also Include a brief description of the moment or activity captured. Exciting prizes were given to the winners.





## National Youth Day

JDN Unit for the IMA year was constituted in the monthly GB of January .JDN Chairman -Dr.Wafy A Rasheed ,Secretary -Dr Abhishek G and Convenor-Dr.Rafseena A R.They were given introduction to various schemes and encouraged to join the various schemes.

## Covid Martyrs' day

IMA Kazhakootam observed Covid Martyrs' day by lighting candles and paid tribute to all the Covid warriors who laid down their lives for others





**IMA Kazhakoottam**

commemorates

**Covid Martyr's Day**

**30/1/2025**

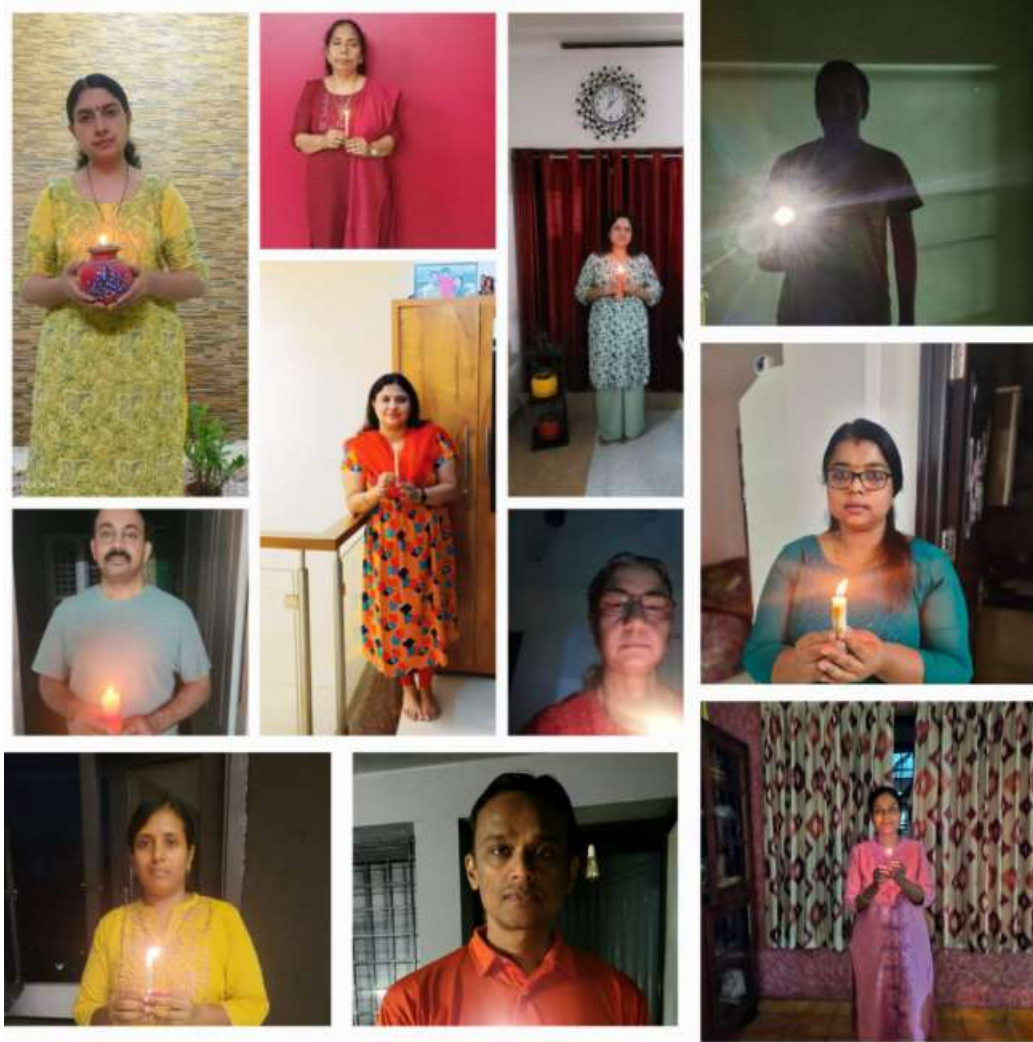
**# IMA for Covid Martyrs**

***"Honoring Their Sacrifice,  
Upholding Their Legacy"***

DR VINEETHA NAIR  
PRESIDENT

DR ASHA NAZIMUDEEN  
SECRETARY

DR RAFEEDA K M  
TREASURER



Thank you for your time and attention. We look forward to your support and encouragement. Please contact me if you require any further clarifications or any additional information.

Thanks and regards,

**Dr.Asha Nazimudeen,**

**Secretary , IMA Kazhakuttam 2024-25**

**Phone 8884224721**

