



A MONTHLY BULLETIN OF IMA TAMILNADU STATE BRANCH

TIMA NEWS LETTER

SEPTEMBER 2021 RS. 5/- VOLUME 22 ISSUE 10

MY BRANCH MY HOUSE



Inauguration of IMA Tower (IMA Villupuram Building) @ Villupuram on 16.09.2021



PPLSSS Management Committee Meeting at Dharmapuri on 18.09.2021



FSS Management Committee Meeting at Dharmapuri on 19.09.2021



IMA TNSB ELECTIONS 2022-2023
25, 26, 27 Sep. 2021



IMA TNSB ELECTION PROCESS STEPS TO CAST VOTE

HOW TO CASTE YOUR VOTE

- Step 1:** You will receive an SMS in your registered Mobile Number.
- Step 2:** Please click the link from the SMS.
- Step 3:** Please enter your registered Mobile Number.
- Step 4:** Click the Button 'Get OTP'
- Step 5:** System will send OTP to your registered Mobile Number.
- Step 6:** Please enter the OTP received and click Submit.

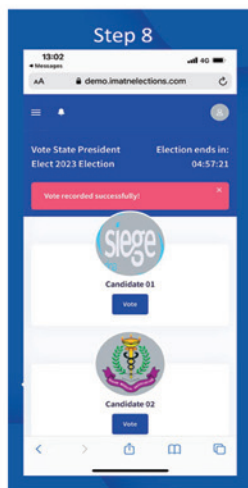
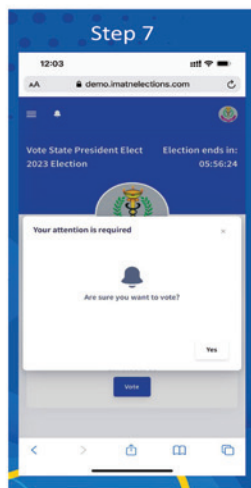
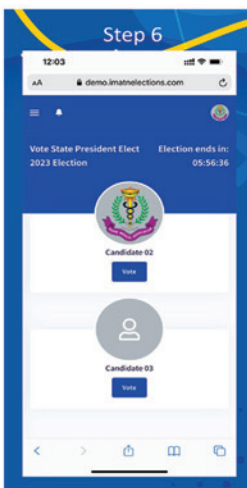
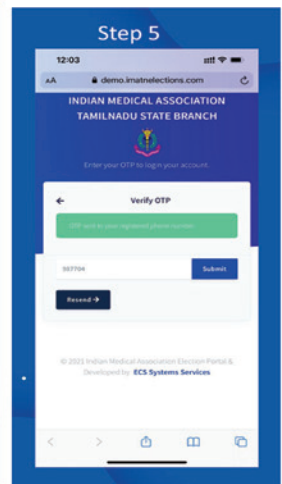
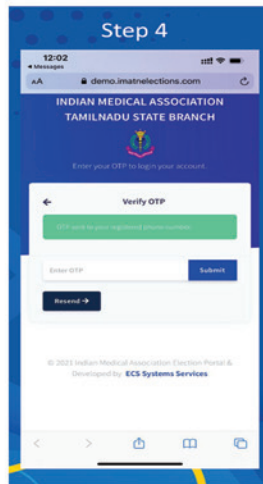
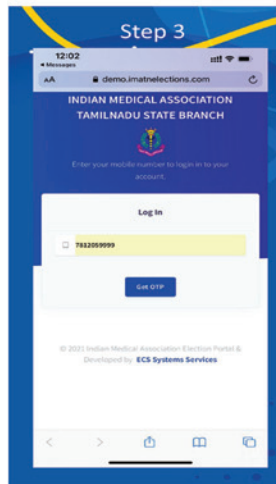
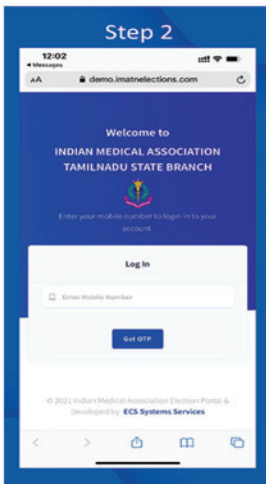
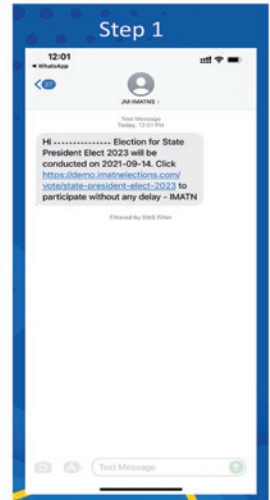
Step 7: Please click Vote for the selected candidate to cast your Vote.

Step 8: Click Yes to Confirm your Vote.

Step 9: A message will be shown 'Your vote is recorded successfully'

SMS CODE

- IMA TN is provided with default SMS Code which is IMATNS.
- All the Members in IMA will receive SMS from the code 'IMATNS'



ELECTION COMMISSION CONTACT DETAILS

Dr. N. MOHANDAS
(9843059919)

Dr. P. RAMAKRISHNAN
(9842491919)

Dr. A.K. RAVIKUMAR
(9842222404)

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STATE PRESIDENT MESSAGE

Dr. P. RAMAKRISHNAN, State President, IMA TNSB

Ph: 9842491919 drramakrishnan45@gmail.com

Dear friends and respected seniors,

It gives me great pleasure to write you once again as your state president.

The election process is already on. I'm sure the election commission under the able leadership of Dr. N. Mohandas will do an excellent job and make the democratic process a grand success. I'm pleased to inform you that during the election demo meeting all the candidates accepted to have the counting of votes done immediately after the elections on 27.09.2021 and results will be announced to the candidates that day itself. The official results of the overall election process will be announced by me in the forthcoming SCM in Thanjavur.

During the scrutiny, complaints were received which were amicably settled to the mutual satisfaction of all concerned.

In all the three days of elections on 25,26& 27.09.2021, the whole team of the election commission will be present along with the state president and the secretary in JVL Plaza from where the election will

be conducted and monitored in the presence of the agency. Any grievance of the legitimate voter will be attended to immediately and amicably. I expect all the candidates also to be present then. Extraordinary efforts have been taken to see to that the election demo is circulated in the social media, communications have been sent to all the branch office bearers and posted in our website. Anyway kindly note that separate SMS links will be sent to the registered mobile numbers for each election. For example, one for state secretary, another for Paramedical joint secretary on 25.09.2021 and two separate links for the two president elections, one for President elect 2022 and another for President elect 2023 on 26.09.2021 and one for South zone Vice President will be sent on 27.09.2021.

I request one and all to vote without fail.

I request all the state council members to attend the forthcoming SCM at Thanjavur on 10.10.2021 without fail.

There will be a CWC meeting on November 9&10th in Guwahati.

CALENDAR OF EVENTS:

23.08.2021: Met our forensic auditor, investigation officer of IMA TNSB scam and Labour

commissioner and held useful discussion. Stressed to the labour commissioner that the minimum wages committee should be convened immediately.

26.08.2021: Election Case against IMA TNSB was withdrawn by the complainant.

27.08.2021: Academic council meeting.

28.08.2021: Reached Coimbatore for nominations scrutiny and started preliminary screening.

29.08.2021: Met the aspirants and scrutinized the nominations in their presence.

03.09.2021: Discussed withdrawal of nominations

04 & 05.09.2021: Visit to Delhi to participate in President/secretary meet and committee meeting. On 05.09.2021, participated in Teacher's day function there.

07.09.2021: Trial election.

11.09.2021: FSC meeting at Chennai; CGP meeting on the same day.

12.09.2021: AMS South zone conference virtual; Doctors day meeting at Attur.

14.09.2021: E-voting demo.

16.09.2021: IMA Villupuram building inauguration

17.09.2021: Dharmapuri; virtual meeting of national IMA regarding "mediation and Redressal Committee."

18&19.09.2021: MCM of PPLSSS, FSS & NHB at Dharmapuri.

Inauguration of cultural program. Virtual meeting with headquarters regarding membership drive.

Long Live IMA ■



FSS Trustees Meeting @ Dharmapuri - 18.09.2021





State Secretary Report

Dr. A.K. RAVIKUMAR

Cell: 98422 22404 drakrkima@gmail.com

Dear all,

Greetings to all. Hope all are gearerd up for the upcoming Elections of our Association. We are happy to see more youngsters have come forward to take very active role in the Association. This year Election faces contest for more posts which is a very healthy sign in a democratic process.

On behalf of the State Office we wish all the contestants Good Luck.

State Presidents & Secretaries Meet - New Delhi : We had State Presidents and Secretaries Meet at New Delhi on 4th September, 2021. Our IMA TN State activities were well appreciated by IMA Hqrs and all other States.

Hony. Professorship Awards by IMA Hqrs : Congratulation to Dr. S. Arulhraj, Past National President, Dr. K. Vijaya kumar, Past National President, Dr. K. Prakasam, Past State President, Dr. V. Amuthan, IMA AMS Chairman, Dr. M. Chenniappan, Tiruchirapalli, Dr. S.R. Veeramani, Dindigul and Dr. T. Nirmal Fredrick, Tambaram. For having been awarded Hony. Professorship Award.

Thanks to our National President & the Awards Committee for selecting Dr. A. Muruganathan, Tirupur, Dr. M.S. Ashraf, Tiruchirapalli, Dr. S. Easwaramoorthy, Erode and Dr. P.A. Sivakumar, Villupuram of our State for Academic Excellence Awards.

My Branch My House Project : Very Glad and Proud of the IMA Villupuram for having come out with a Grand, IMA Building of their own. The Opening ceremony was a very well organized and was a grand function involving National President, State President and State Office Bearers. Appreciation to all the members and the leaders of IMA Villupuram Branch for coming out with this Grand Project.



**Addressing
IMA HBI members
of Surat IMA**



Dr. Ravi Wankhedkar, Dr Sharad Agarwal, Dr. A.K. Ravi kumar & Dr. Dinesh Thakre having interaction with leadership of IMA Surat on various issues of IMA & hospitals

Go Green Project : All the branches are actively, involved in making Tamilnadu State Pollution Free by planting Trees, Gardening Roof Top Gardens etc. The team is working towards achieving a World Record in this Project.

Zonal Level Academic Webinars : Congratulation & Appreciation to AMS, CGP, Academic Council of IMA Tamilnadu for organising Zonal Level Webinars on Practical Topics & Theme based Topics involving the experts picked up from the branch level bring out the opportunity for various experts to express their hidden talents. There are the activities first of its kind across the country.

Meeting with Govt. Officials : State President & myself met the Labour Commissioner and expressed our anguish about sporadic incidents of penalties being levied on some hospitals for not following minimum wages. We also insisted formation of the wages Revision Committee and it has been formed and the discussions are to happen in coming weeks.

We also met the Project Director and wanted to involve IMA to revise the packages of Chief Minister Health Scheme & Director assured to invite IMA.

Management Committee & Finance Standing Committee Meetings : For the first time we have modified the Meetings as full day detailed discussion on each schemes & Finance Standing Committee. It gives opportunity for a thread bear discussion & detailed evaluation of the offices.

Thanks to IMA Dharmapuri Branch Office Bearers and Chairman FSS Dr. B. Venkatesan for their warm Hospitality and elaborate arrangement for the Management Committee Meeting at Dharmapuri.

Cultural & Sports Meetings : Real Stress Buster for the Professionals like us is to Relax through cultural, sports activities. Congratulation to our State Cultural & Sports

Committee Members for organizing Zone Wise Competitions. We request all the members either to take part (or) to watch & encourage the participants.

"The way to get started is to quit talking and begin doing", So let is get into action & see that IMA Flag fly high. ■

Dear Colleagues and Friends

Greetings and best wishes from your President Elect. Days are moving fast, and we are almost in the last part of the year. September is the month remembered by everyone since we celebrate 5th of this month as Teacher's Day commemorating the birth anniversary of our second President of India Dr. Sarvapalli Radhakrishnan, a great teacher. On this day we appreciate and acknowledge the efforts of teachers in making responsible individuals.

Covid 19 Pandemic severity has come down and we have to be still alert in our Clinics and Hospitals during our daily practice. We must encourage the public to have the two doses of covid vaccine. As an Image building exercise, our IMA Branches must come forward to create an awareness about cleanliness, good nutritional diet and daily exercise. Our Fine arts Committee and Sports Committee Team have enthusiastically organised events and many of our doctors from all the Branches have taken part. Our sincere appreciation to all the Team Members and thanks to all Doctors who have participated in the events. Membership growth is the need of the hour in the Branches, as well as in all wings and schemes. We need to add more young members in FSS 1 and FSS 2 for the benefit of our own Doctors and their families. For hassle free practice encourage more members to join in PPLSSS Scheme. Involve FSS and PPLSSS District coordinators and give them time in your monthly meetings to inform about the schemes

Friends, election to State office bearers are round the corner and Branch PST Team must take necessary steps to see that all the members of their Branch are participating and casting their vote. Healthy competition is good in democracy, and we are all one unit after the elections.

Congratulations to IMA Kumbakonam Branch members and our Past President Dr. Kanagasabathiy for their hospitality and good arrangements made for the General Body

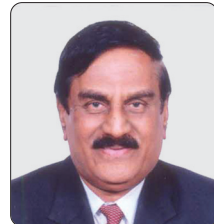
Meeting on 18th August 2021. Discussed about various issues and decisions taken. On 28th and 29th of August we the Coimbatore Branch had the privilege of receiving the State President and Chairman Election commission and members for scrutiny of nominations.

Finance Standing Committee meeting held at JVL Plaza Guest House Chennai on 11th September at 9.30 am and accounts of the State Office, PPLSSS, FSS, NHB and Guest Houses were gone through, and suggestions given to improve the financial management. Accounts in all the heads are maintained well and appreciation to the concerned secretaries for their good work. On 12th Sunday attended IMA Attur Branch Doctor's Day celebration organised jointly by various NGOs in a grand manner. National President and State President participated in the function. On 16th, Thursday participated in the opening ceremony of IMA TOWER of IMA Villupuram Branch and felicitated the building committee Chairman, building committee Members and Past State President Dr. Sivakumar for constructing an excellent IMA Tower. Attended various events of IMA Branches virtually and felicitated.

Our 76th IMA TNSB State Conference is on 11th and 12th December 2021 in PSGIMS Auditorium, Coimbatore. IMA Coimbatore Branch, being the Host, is taking all possible efforts to organise the conference in a such a way that it will be appreciated and remembered for ever. Best wishes to all. United we stand divided we fall. Together we succeed.

Long live IMA ■

**STATE
PRESIDENT
ELECT**



Dr. R. PALANISWAMY

N R P HOSPITALS
SUNDARAPURAM
COIMBATORE - 641 024
Ph : 9894019000
drpalaniswamynrp@gmail.com

Dear Friends and Colleagues,

“Someone is sitting in the shade today because someone planted a tree a long-time ago” so said Warren Buffett.

A salute to all the elders, seniors and leaders who’ve formed and nurtured this glorious association.

It’s an honour for me to serve you all as your State Finance Secretary.

We had presented the finances of the last financial year in the AGM. The amalgamation is almost over and except for the named FD’S the have been consolidated and are deposited in a single bank in coimbatore. The rates are low around 5.1 % per annum. and still dipping.

Lot of useful discussions in the pplsss and fss management committee meetings in dharmapuri amd also the NHB management committee

State Finance Secretary Message



Dr. N.R.T.R. THIAGARAJAN MD
Cell: 98944 47717
Email: nrtheni@gmail.com

meeting . Lot of things to be followed on. Met a lot of members throughout the length and breadth of our state with so many issues and problems . Let’s all hope that we find solutions to all of those and those to come to.

The state finance office is functioning with accountability, transparency, prudently and functions with integrity.

Please do participate, guide and give us suggestions on any issues.

As a team we will deliver on all counts and live up to your expectations. Thanking you.

Yours in ima service,

Dr.NRTR.Thiagarajan

‘SUPPORT YOUR IMA TO SUPPORT YOU’

IMA TNSB - Doctors Day Awardees 2021



Dr. T.V. Sathappan, Thanjavur



Dr. A. Kumaresan, Ambattur-Avadi

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IMA TNSB ELECTION PROCESS

1. The Indian Medical Association Tamil Nadu Branch Election is SMS based Digital Election Process.
2. During the Election Day the members will receive SMS from IMATNS where in which the voting is allowed by the Election Commission.
3. The SMS with the voting link will be sent to all IMATN members to their registered Mobile numbers. The SMS will have a Sender ID as IMATNS.
4. Members shall use a Smart Phone with Internet connection for Voting from the link. If SMS is received in a normal phone or they don't have a smart phone, the SMS can be forwarded to a smart phone and the voting can be completed.
5. Members can also vote through the desktop by typing the link received in the SMS on any one of the browsers and cast their vote.
6. If the SMS with voting link is not received by any member, they can send an email to election@imatn.com, with their IMA ID No, Zone Name & Registered Mobile Number.



STEPS TO CAST VOTE

1. Member will receive a text message in mobile number.
2. Member must click the link shown in the text message.
3. This will take you to Election login screen.
4. Enter your Registered mobile number.
5. Member will receive an OTP in their registered mobile number with the Sender ID: IMATNS
6. Enter the OTP received & Click Submit.
7. Member to click & select the candidate of their choice.
8. Member will see a confirmation message, "Are you sure you want to Vote?"
9. Press "Yes" to cast your vote and you will get a Success message.
10. The Link cannot be reused for voting once the voting process completed.

IMA TNSB ELECTIONS 2022-2023 CONTESTANTS



Dr. C. Anbarasu
Chennai City Branch

State President Elect – 2022

Date Of Online Election:

26-September-2021

Time: 07.00 AM to 09.00 PM

Separate Link will be sent through SMS – IMATNS
to voters Mobile Number (all members)



Dr. T. SenthamilPari
Chennai Perambur Branch



Dr. K.M. AbulHasan
Erode Branch

State President Elect – 2023

Date Of Online Election:

26-September-2021

Time: 07.00 AM to 09.00 PM

Separate Link will be sent through SMS – IMATNS
to voters Mobile Number (all members)



Dr. B. Sridhar
Arantangi Branch



Dr. V. Madhavan
Erode Branch

Hony State Secretary – 2022 - 2023

Date Of Online Election:

25-September-2021

Time: 09.00 AM to 05.00 PM

Separate Link will be sent through SMS – IMATNS
to voters Mobile Number (Only State Council Members)



Dr. NRTR. Thiagarajan
Cumbam Valley Branch

IMA Paramedical Joint Secretary – 2022-2023

Date Of Online Election: **25-September-2021** Time: 09.00 AM to 05.00 PM

Separate Link will be sent through SMS – IMATNS to voters Mobile Number
(Only State Council Members)



Dr. Mohammed Ibrahim
Tirunelveli Branch



Dr. K. Thirumavalavan, Villupuram Branch



Dr. A.S. Vivek
Hosur Branch



Dr. V. Amuthan
Madurai Branch

State Vice President South Zone – 2022

Date Of Online Election:

27-September-2021

Time: 09.00 AM to 05.00 PM

Separate Link will be sent through SMS – IMATNS
to voters Mobile Number
(All South Zone Members only)



Dr. A. Kaliur Rahman
Ramanathapuram Branch

ELECTION COMMISSION IMA TNSB

INDIAN MEDICAL ASSOCIATION TAMILNADU STATE ORATIONS & AWARDS - 2021

Dear Colleagues,

Kindly send your completed Branch activity report and individual award nomination to reach our office **on or before 31.10.2021 as hard copy (no e-mails).**

Kindly note the point system for each activity and send your final proposal. However the marks are based on the report you have send monthly.

ORATIONS

S.No.	ORATION NAME	TOPIC IN
1.	Janab Dr. Ibrahim Bhyeem Oration	Preventable Disease
2.	Dr. Gunasundari Bose Oration	Maternity / Child Health
3.	Dr. S.G. Rajarathnam Oration	Surgical Gastro Enteriology
4.	Vaniyambadi Hajee Janab Dr. B.A. Shukkur Oration	Family Medicine
5.	Dr. A.S. Azeem Memorial PPLSSS Oration	PPLSSS
6.	Padmanur Dr. Rama Rao Oration	Surgery
7.	Chetpet Dr. Balakrishnan Baskaran Oration	Ophthalmic
8.	Dr. M. Suriyagandhi Memorial Oration	General Practice / Rural Health Care
9.	Dr. S. Arul Rhaj Oration	Life Style Disease
10.	Dr. S. Thirugnanam Oration	Oncology
11.	Dr. Navamani Chandra Bose Oration	Women Health
12.	Dr. V. Varadarajan - IMA NHB Oration	Hospital related topic
13.	Dr. Jayaseelan Mathias Oration	for MS., PG Students
14.	Dr. A. Muruganathan Oration	for MD., PG Students

AWARDS

INDIVIDUAL AWARDS

1. Dr.Bhandary Award for a person who has completed 25 years of Medical Practice in Rural Area
2. Dr. P.K. Kesavan Rolling Shield for Tamil Work in Medicine.
3. Dr T. Kumaraguru Award for Community Services by an individual member.
4. Dr. A. Muruganathan Award for Community

Activities by an individual member (from small branch upto 100 members)

5. Dr. (Mrs.) Bhanumathi Muruganathan Award for Tamil Excellence in Medical Publication / Articles / Oration Etc.
6. Dr. S. Damodaran Award for Medical oriented service by an individual.
7. Dr. G. Viswanathan Award for seniors in service.
8. Dr. A. Rajasekaran Eye Donation Award
9. Dr. A. Zameer Pasha Award for individual Contribution for Tamilnadu IMA.
10. Dr. Abdul Munaf Best Writer Award.

SPECIAL AWARDS

11. Appreciation Award for Journal for a Major Branch.
12. Appreciation Award for Journal for Medium Branch.
13. Dr. R.M. Krishnan Award for Best Branch Journal.
14. Dr. M. Balasubramanian Award for Best News Bulletin.
15. Dr. V.N. Rajasekaran Rolling Trophy for the Best Branch outstanding performance in Extra Curricular Activities.
16. Dr. V.T.D. Kumarasamy Award for Fine Arts.
17. Dr. S. Arul Rhaj Award for the Best CGP - CME Programme.
18. Dr. S. Arul Rhaj Award for the Best AMS - CME Programme.
19. Dr. K. Thangavelan Award for Best AMS Branch Chapter.
20. Grandix Award for Best CME Programme in Semi Urban & Rural Branches.
21. Dr. T. Sadagopan Award for Best Branch Overall Performance.
22. Tambaram Branch Award for the State Vice President who visited maximum number branches.
23. Dr. M. Mani Elango Award for conducting medical camps at rural areas.
24. Dr. B.R. Ramasubramanian Award for Central Council Member who attended maximum number of Central Council Meeting.
25. Dr. B.R. Ramasubramanian Award for a member who attended maximum number of State Council Meeting in the past 3 years.
26. Dr. R. Gunasekaran Award for an office bearer who has done exceptional work in the association year.
27. Dr. R. Gunasekaran Award for Local Branch Treasurer who has maintained accounts and submitted in the association year.
28. Dr. K.M. AbulHasan Award for the best branch for conducting Cancer Awareness Programme.
29. Dr. M. Amanullah Individual Award for best Asst. Director of Studies in CGP.

30. Dr. K. Prakasam Award for Best Branch in Crisis Management Activities.
31. Dr. J.A. Jayalal Award for overall best branch office bearers.
32. Dr. K. Vijayakumar Award for best branch in Quackery Eradication Activities.
33. Past President Dr. N. Mohandas Award for Family Security Scheme.
34. Dr. C.N. Raja Award for Organ / Body Donation Activities.
35. Erode Dr. S.S. Sukumar Rolling Trophy to the Branch for Maximum Units of Blood Collected by a Branch (1st Place, 2nd Place & 3rd Place)
36. Erode Dr. S.S. Sukumar Rolling Trophy to the Branch for conducting Maximum No of camps by a branch (1st Place, 2nd Place & 3rd Place)
37. Erode Dr. S.S. Sukumar Rolling Trophy to the Branch for Maximum No. of IMA members donating blood in a branch. (1st Place, 2nd Place & 3rd Place)

ENROLMENTS AWARDS

38. Dr. Jayaseelan Mathias Rolling Cup for a Local Branch High New Enrolments.
39. Dr. M.S. Ashraf Award for an Individual Branch Highest New Enrolments in Group II & Group III
40. Dr. E. Sivakumar Vellore Award for an individual branch for enrolling more life member from Group VI and Group VII
41. Dr. B.R. Ramasubramanian Award for maximum point for enrolment for new life & annual members (Current years + previous 2 year's enrolment 2 point for NLM & 1 point NAM)
42. Dr. R. Sivashanmugam Award for a Branch Highest PPLSSS New Enrolments
43. Dr. B.R. Ramasubramanian Award for Branch who have enrolled maximum IMA FSS New Members
44. Dr. B.R. Ramasubramanian Award for Branch who have enrolled maximum IMA AMS New Members
45. Dr. B.R. Ramasubramanian Award for Individual member for maximum enrolment in IMA FSS
46. Dr. B.R. Ramasubramanian Award for Individual member for maximum enrolment in IMA AMS

BRANCH AWARDS

GROUP I – (Membership 1201 and above)

- 47. Dr. Jayaramachandran Roll Cup for Branch
- 48. Dr. N.S. Chandrabose Award for Branch
- 49. Dr. K. Janakiraman Award for President
- 50. Dr. J. Ranganathan Award for Secretary
- 51. Group I – Best Branch Runner
- 52. Group I – Branch President Runner
- 53. Group I – Branch Secretary Runner

GROUP II – (Membership 801 – 1200)

- 54. Dr. S.S. Sukumar Rolling Cup for Best Branch
- 55. Dr. S.S. Sukumar Rolling Shield for the President
- 56. Dr. S.S. Sukumar Rolling Shield for the Secretary
- 57. Group II – Best Branch Runner
- 58. Group II – Branch President Runner
- 59. Group II – Branch Secretary Runner

GROUP III – (Membership 501 – 800)

- 60. Dr. C.N. Raja Rolling Cup for Best Branch
- 61. Dr. C.N. Raja Award for Branch President
- 62. Dr. C.N. Raja Award for Branch Secretary
- 63. Group III – Best Branch Runner
- 64. Group III – Branch President Runner
- 65. Group III – Branch Secretary Runner

GROUP IV – (Membership 301 – 500)

- 66. Dr. J. Sugavanam Rolling Cup for Branch
- 67. Dr. K. Janakiraman Award for Branch
- 68. Dr. S. Arul Rhaj Award for Branch President
- 69. Dr. K. Vijayakumar Award for Branch Secretary
- 70. Group IV – Best Branch Runner
- 71. Group IV – Branch President Runner

- 72. Group IV – Branch Secretary Runner

GROUP V – (Membership 201 – 300)

- 73. Dr. P.A. Sivakumar Rolling Cup for Branch
- 74. Dr. M.S. Ashraf Award for Branch President
- 75. Dr. S.S. Sukumar Award for Branch Secretary
- 76. Group V – Best Branch Runner
- 77. Group V – Branch President Runner
- 78. Group V – Branch Secretary Runner

GROUP VI – (Membership 101 – 200)

- 79. Dr. V.N. Rajasekaran Rolling Shield for Branch
- 80. Dr. S. Sampath Award for Branch President
- 81. Dr. D. Mohanraj Award for Branch Secretary
- 82. Group VI – Best Branch Runner
- 83. Group VI – Branch President Runner
- 84. Group VI – Branch Secretary Runner

GROUP VII – (Membership 61 – 100)

- 85. Dr. P.K. Kesavan Award for Branch
- 86. Dr. S. Ramadas Award for Branch President
- 87. Dr. P. Mannar Mannan Award for Branch Secretary
- 88. Group VII – Best Branch Runner
- 89. Group VII – Branch President Runner
- 90. Group VII – Branch Secretary Runner

GROUP VIII – (Membership 61 – 100)

- 91. Dr. J.G. Shanmuganathan Award for Branch
- 92. Dr. R. Gunasekaran Award for Branch President
- 93. Dr. C. Ganesan Award for Branch Secretary
- 94. Group VIII – Best Branch Runner
- 95. Group VIII – Branch President Runner
- 96. Group VIII – Branch Secretary Runner



IMA TNSB GUEST HOUSE

Doctors Colony, Off. Mudichur Road, Via-Bharathi Nagar, 1st Main Road & Jothi Nagar
9th Street, West Tambaram, Chennai – 45. Email: imatnsbguesthouse@gmail.com

Good spacious 7 Rooms with Air-condition & TV. Hot Water round the clock. 2km from the Tambaram
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FOR BOOKING CONTACT: IMA TNSB Guest House

Chairman Dr. V. Saravanan: 9840026265

Secretary Dr. Vaibhav Suresh: 9840084257

@ Rs.1200/- for Double bed room / @ Rs.1700/- suit **Cash/DD/Cheque in favour of IMA TNSB Guest House**



INDIAN MEDICAL ASSOCIATION TAMILNADU STATE

SPORTS COMMITTEE

S.NO	GAMES AND EVENTS	DATE	ZONE COORDINATOR NAME AND CONTACT NUMBER
1.	SHUTTLE TOURNAMENT	26.09.2021	NORTH ZONE Dr. K. THIRUMAVALAVAN 9443043452 VILLUPURAM WEST ZONE Dr. S.T. PRASAD 9842723055 ERODE SOUTH ZONE Dr. PRADEEP KUMAR 9787234321 MARTHANDAM EAST ZONE Dr. BHARATHIDHASAN 9444232115 MAYILADUTHURAI
2.	VOLLEY BALL	26.09.2021	
3.	TABLE TENNIS	26.09.2021	
4.	THROW BALL	26.09.2021	
5.	TENNICOIT	26.09.2021	
6	100 METERS RUN	26.09.2021	
7	100 METERS RELAY	26.09.2021	
8	400 METERS RUN	26.09.2021	
9	400 METERS RELAY	26.09.2021	
10	WALKING	26.09.2021	
11	10 KMS MINI MARATHAN	26.09.2021	
12	CRICKET TOURNAMENT	03.10.2021	

NOTE:

1. For Venue and further details contact corresponding Zone Co-ordinators.
2. Rules & Regulations of Zonal Sports will be decided by Zonal Co-ordinators of their Corresponding Zones.
3. There may be change in the Schedule of Track events and Outdoor Sports activities depending on the Rain Fall and Weather Status.
4. If the number of Team for the Cricket Match is less we may consider having Cricket Matches directly in Final Sports Ceremony.



IMA TNSB WEST ZONE SPORTS MEET 2021

Hosted By **ERODE IMA**

Erode IMA Invites all the
sports lovers for the
WEST ZONE SPORTS MEET



BLOCK THE DATES
SEP 25th & 26th 2021
CRICKET
@
Sports village & Unique Academy
OCT 3th 2021
TRACK AND FIELD EVENTS
@
The Indian Public School, Erode.

SPORTS CHAIRMAN - Dr Thirumavalavan

President
Dr. S.T. PRASAD

Hon. Secretary
Dr. S.A. SENTHILVELU

Finance Secretary
Dr. K. SUDHAKAR

Join us as we celebrate the

INDIAN MEDICAL ASSOCIATION

TAMILNADU-STATE-BRANCH

NORTH ZONE SPORTS MEET - 2021

Games and Track Events
On Sunday, 26th Sep 2021
06:00 Am Onwards
Cricket 03-10-2021

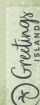
For Registration: VENUE : Theivanai Ammal College
Elumalai Polytechnic College
Villupuram

Contact Organizing Secretary: Dr.K.Thirumavalavan.M.S(Ortho)
North Zone Sports Co-Ordinator What's app:9443043452

HOST
IMA-VILLUPURAM

President: Dr.M.Selvaraj.B.Sc,MS
Secretary: Dr.T.R.Gurunath.M.ch
Treasurer: Dr.J.Venkatesan.D.Ortho

NOTE: All Participants Should Bring their Membership ID/Details
(OR)
Bring Letter From IMA Sec With Seal & Sign.





INDIAN MEDICAL ASSOCIATION
TAMILNADU STATE BRANCH




INDIAN MEDICAL ASSOCIATION MAYILADUTHURAI BRANCH AND MEENAKSHI HOSPITAL TANJORE

Invites you for the

EAST ZONE SPORTS MEET

Game & Track Events

**DATE : 26.09.2021
TIME : 6.00 AM ONWARDS**

- VOLLEY BALL
- THROW BALL
- 100 METERS RUN
- 400 METERS RUN
- WALKING

- TABLE TENNIS
- TENNICOTT
- 100 METERS RELAY
- 400 METERS RELAY
- 10 KMS MINI MARATHAN

SHUTTLE TOURNAMENT

REGISTER YOUR NAME FOR THE GAMES BEFORE SEPTEMBER 20TH, 2021

FOR REGISTRATION
94459 76633 / 99430 90378

**HOST : INDIAN MEDICAL ASSOCIATION
MAYILADUTHURAI BRANCH**

Dr. K. Thirumavalavan, Sports Chairman, IMA TNSB

Dr. V.Bharathidhasan
President

Dr. A.Sowmithya Banu
Hony. Secretary

Dr. S.Rathina Arun Kumar
Treasurer



IMA SOUTH ZONE CRICKET

OCT 3 2021
Venue: Nagercoil



CONTACT US
Dr.K.Thirumavalavan, Sports Chairman, IMA TNSB
Dr.Pradeep Kumar
South Coordinator
9789434521
Dr Jegan Jascott
Cricket Organiser
9789436449
Dr.Binish Joseph
Finance Secretary
9442303355

IMA SOUTH ZONE SPORTS HOSTED BY IMA MARTHANDAM

GUIDELINES

SEP 26 2021

- All events except cricket will be held on 26.09.2021. Cricket Tournament is on 3/10/21. Track events start by 6.30 A.M. Badminton Match starts 8.00 AM onwards.
- VENUE : IMA Hall, Kulasekharam Road, Marthandam
- Only IMA Members are eligible for participation. For team sports, Members should be from same branch. In case of other branch, NOC should be obtained before hand from the relieving branch. Participants are requested to bring their IMA ID card/ Details OR letter from the Branch President or Secretary with sign and seal.
- Kindly Register for the games and track events before 20/9/21. Registration fees is 300 Rs Per person
- Badminton Matches held in indoor court. Badminton Shoes are compulsory.
- Feather Shuttlecock will be used.
- Only winners and runners will be selected for the IMA State sports meet. Medals will be awarded for winners, runners and third place. Certificates will be issued for all Participants
- Advised to follow SOP for COVID.
- Referees/Organising committees decision is final.
- Food and refreshments will be served. Travel and accommodation will be responsibility of participants.

ZONAL COORDINATOR : DR.PRADEEP KUMAR 9787234321

S.No	EVENT	COORDINATOR	CONTACT
1	SHUTTLE MEN SINGLES & DOUBLES	Dr.Basanth Biswas	9487470122
2	TABLE TENNIS MEN	Dr.K.Syed.Yousuf	9443413242
3	VOLLEY BALL & TRACK EVENTS FOR MEN	Dr.Binish Joseph	9442303355
4	SHUTTLE WOMEN SINGLES & DOUBLES	Dr.Babitha Berin	9384459836
5	TENNICOOT, THROW BALL WOMEN	Dr.Shabilla	9442363411
6	TRACK EVENTS FOR WOMEN	Dr.Anu Priya	9488022380
		Dr.Binish Joseph	9442303355

COORDINATORS : DR.K.SYED YOUSUF & DR.BABITHA BERIN
ORGANISING CHAIRMAN : DR.BASANTH BISWAS
ORGANISING SECRETARY : DR.BINISH JOSEPH
ORGANISING TREASURER : DR.BINISH JOSEPH

Click here for registration
Last Date for Registration : 20.09.2021



WORLD LUNG DAY
25 september

Taking care of our lungs is now more important than ever. So this year on 25th September, we will be asking the world to ‘care for your lungs’ and keep them healthy. The 2021 world lung day theme will focus on

1. Say no to tobacco. 2. Protect them through vaccination. 3. Breathe clean air. 4. Take regular physical exercise.

Important factors affecting lung health are pollution (indoor and outdoor), infection (virus, bacteria and fungus), carcinogens and obesity.

Burden of Smoking

Smoking is the single most preventable cause of death in the world. Smoking kills upto 1 in 2 users. Smoking is a risk factor for 6 of the 8 leading causes of death including Heart diseases, Cerebrovascular disease, Cancer and Pulmonary disease. More than 4000 chemicals have been identified in tobacco smoke. Approximately 250

are toxic or carcinogenic chemicals. Quitting smoking is an important prevention of disease progression by behavioural supports like counselling and with pharmacotherapy using nicotine replacement therapy (NRT) and non-nicotinic pharmacotherapy with Bupropion and Varenicline.



Dr.S. Jayaraman

Consultant Pulmonologist,
Billroth, Apollo First Med Hospitals,
MGM Health Care and Sri Jayam Chest
and Sleep Clinic, Chennai.

President, Indian Medical Association,
Chennai Villivakkam and Ayanavaram
Branch

Member, Academic and Research
Committee of IMA TNSB

Member, END TB Committee of IMA HQS.

Adult immunization

Do adults really need vaccination? Answer is yes because of the following reasons. Risk of infection increases with age. Signs and symptoms of infections are generally more severe in adults. Immunity can begin fade over time. Chronic diseases of ageing or certain medical conditions increase the risk of infections. Health care personnel and travelers are at increased risk of contracting infections. Vaccines evolve with time. So adult vaccinations are very important to have a happy and healthy ageing.

What are the vaccine preventable diseases?

Pneumonia, Hepatitis and Hepatoma, Tetanus, Mumps, Meningitis, Cervical cancer, Chicken box, Typhoid fever, Rubella and Pertusis.

Breathe clean air

Air pollution kills an estimated 7 million people worldwide. WHO data shows that 9 out of 10 people breathe air containing high levels of pollutants. Air pollution has a negative impact on human health and exposure to it can affect 100% of the population from unborn babies to the very elderly. The lungs are the first point of entry for air pollution into the body and therefore the first affected organ. Air pollution affects everyone rich and poor,

developed and developing countries, but it hits the hardest where the exposure is greatest in low and middle income countries.

Take regular physical activity

Regular physical activity and exercise improves quality of life, whether you are healthy or you have a lung condition. Many people associate keeping fit with maintaining a healthy heart, losing weight and reducing the risk of illness such as diabetes, but exercise also helps keep lungs healthy.



CARE FOR YOUR LUNGS

SAY NO TO TOBACCO

Saturday 25th September #WorldLungDay



CARE FOR YOUR LUNGS

GET YOUR VACCINATIONS

Saturday 25th September #WorldLungDay



CARE FOR YOUR LUNGS

BREATHE CLEAN AIR

Saturday 25th September #WorldLungDay



CARE FOR YOUR LUNGS

TAKE REGULAR PHYSICAL ACTIVITY

Saturday 25th September #WorldLungDay

IMA Tamilnadu Academic Cell

IMA TNSB is conducting the Online Certificate Courses for the members of IMA. Interested and eligible members can apply and utilise the opportunity of online classes. These courses are conducted to empower Practitioners to deliver evidence based medicine to the community, also to acquire more knowledge & cannot be displayed in the Name Board or registered in Medical Council.

ONLINE COURSES

SEXUAL MEDICINE

Course Coordinator : Dr. D. Narayana Reddy & Dr. M. Balasubramanian

C. Fee: Rs. 25000/-; **Duration :** 6 Months;

Terms : Six Modules; **Final Exam:** Written

Alternate Tuesday online classes(2 pm to 5 pm). Eligibility: IMA & CGP Life members.

Note : Passed candidates can enrol in Council for Sex Education & Parenthood International (CEEPI) & Practice Sexual Medicine.

Interested person may contact the IMA State Office.

MENTAL HEALTH

Course Coordinator : Dr. R. Anburajan **Course Fee :** Rs. 25,000/- **Duration :** 6 Months.

Terms : Six modules on Alternate weeks through online.

Practical at Sneha Mine Care Centre, Tirunelveli and online classes weekly

Final Exam : Theory / Viva. **Eligibility :** IMA & CGP Life members

DIABETIC FOOT CARE

Course Co-ordinator : Dr. A.K. Ravikumar **Course Fee :** Rs. 25,000/- **Duration :** 6 Months.

Eligibility : IMA & CGP Members. Course Conducted on Alternate weeks through online / Contact Class at the end of the Course.

Interested person apply immediately as the course will commence at the earliest.

PRACTICAL CARDIOLOGY

Course Co-ordinator: Prof. Dr. J.S. Bhuvaneshwaran & Prof. Dr. G. Rajendran

Course Fee : Rs. 25,000/- **Duration :** 6 Months.

Terms : Online Classes Alternate weeks / hands on training

Final Exam : Theory / Viva. **Eligibility :** IMA Life Members / CGP Members

Interested person join immediately, so as to start the course as early as possible.

For further details contact : Dr. A. Govindarajan, CGP Director of Studies - Cell : 9443437826, Dr. R. Anburajan, CGP Faculty Secretary - Cell : 94426 12138. Contact IMA State office Cell # 90871 80123 or email: imatamilnadu@gmail.com. Application forms available in www.imatn.com.

DD in favour of 'IMA TAMILNADU ACADEMIC CELL', payable at 'CHENNAI'.

IMA NURSING HOME BOARD

We are writing to you again with regard to lapse in renewal of membership for the current year. We are happy that through our last request around 15% of members renewed their membership. Even then more than 1500 hospitals have not renewed yet. The association is in a difficult situation, continuous reminder have been given and yet poor response is been shown by members. NHB has worked hard in ever difficult situation presented during the pandemic. I humbly request you to renew your membership at the earliest so we can stand together as a team and face any hardships coming forth.

Hereby we enclosed renewal form; it contains all details of renewal formalities.

DETAILS REGARDING RENEWAL FEE:

RENEWAL IS IN APPROPRIATE TIME:

The renewal fee is Rs. 5,000/-

RENEWAL IS NOT IN APPROPRIATE TIME: LAPSE WITHIN FIVE YEARS

The renewal fee is Rs.5,000/-. But validity of certificate will be given for 5 years from the actual date of renewal.

The renewal fee will have to be paid by Demand Draft drawn in favour of "IMA NHB GENERAL FUND" for Rs.3,000/-



Dr. V. Varadarajan
Convener, IMA NHB
9843191190
doctorvvvr@yahoo.co.in



Dr. B. Sridhar
Chairman, IMA NHB
9443326427
drsridharima@gmail.com



Dr. S.G. Balamurugan
Secretary, IMA NHB
9486467768
guruhospital1@gmail.com



Dr. P. Ganesh
Treasurer, IMA NHB
9894591916
drganeshlakshmi@yahoo.co.in

'IMA NHB JOURNAL FUND'
for Rs.2,000/-
payable at Madurai.

RENEWAL IS NOT IN APPROPRIATE TIME – LAPSE MORE THAN FIVE YEARS

The renewal fee is Rs.8,000/-. But validity of certificate will be given from date of payment

The renewal fee will have to be paid through Demand Draft drawn in

favour of "IMA NHB GENERAL FUND" for Rs.5,000/-

'IMA NHB JOURNAL FUND' for Rs.3,000/- payable at Madurai.

RENEWAL PROCESS:

OPTION 1 : Filled Application form with counter signature from local branch President/ Secretary, along with DD to be sent to NHB Secretary office.

OPTION 2 : Scanned copy of filled Application form with counter signature from local branch President/Secretary, to be uploaded and send in www.imanhb.org with online transaction.

ONLINE TRANSACTION PROCEDURE

Website after logging through your Mobile number (Username) & 123456 (password) and payment through Online transaction.

If you require any assistance please feel free to call :

Ms. Ilakiya: 63821 15029

Mrs.Meenakshi: 96291 77774

IMA TNSB PRESIDENT ELECT - 2022



Dear Brothers, Sisters & Elders,

An earnest request from your longest serving colleague to elect me as your State President elect 2022. Our association with its long long history has stood apart serving the Medical fraternity and Health care establishment

At this vital moment let me put forth my proposal for the cause of Medical fraternity and justify myself to elect, serve and lead as PRESIDENT-ELECT 2022. Health care is undergoing revolutionary changes over the past decade due to the growth of science and Information technology. IMA has done its best to adopt its needs and has transformed the Health care services in tandem to the needs of the population. All this was possible due to the Great leadership an **"Think Tank"** of IMA over the years.

Let me place on record my service and work for our fraternity and Health care establishment. I assure you that I will carry forward the good work done by our preceding leaders and members. During elections contestants may vary but I promise you that my commitment to IMA is in total dedication (Physically & Mentally).

I have always kept the unity of the association as first and trusted its work and ethics. Let me recollect I have withdrawn my candidature earlier on the request of leaders and seniors for the cause of **"UNITY"**. With the **"Trade Union"** approach I assure you to stand by me at all times and do the best as decided by our Council and guided by our association Constitution.

I have the distinction of establishing the 24 hour clinic concept, served as NHB chairman for two terms with several projects including Insurance conclave, release of Commemorative Stamp etc. The Paramedical courses of IMA was started during my tenure as Paramedical wing Chairman.

With The Stanleyan spirit and with the IMA culture I assure you to give you my shoulder for the burden if any and share our responsibility to guide the Association and serve you all if you cast me as your candidate in favour of **"PRESIDENT ELECT 2022"**.

- Pioneer in the Concept of 24 Hours Clinic
- Nominated member of Nursing Council of Tamil Nadu for 6 years
- Nominated member of AIDS Control Society Tamil Nadu for 6 years
- President - IMA Chennai City Branch
- Chairman - IMA Para Medical Wing
- Chairman - IMA Nursing Home Board
- State Assistant Secretary of IMA
- State Vice President of IMA
- State Joint Secretary of IMA

I Assure you that I will try to decrease the minimum wages salary fixed by the Government.
I Work with the Govt. to bring simpler application form for Fire safety and bio-medical waste.
I Assure you to increase funds for various specialities in the Govt. Health Scheme

Regards,

Dr. C. Anbarasu

Long Live IMA!



Dr KM ABUL HASAN

**My Dear Colleagues,
Kindly Elect
me as your
President Elect 2023
(President 2024)
IMA TNSB**

My Achievements

- IMAYAM – IMA Cancer Home, Erode
- First TN IMA Members Directory 2003 & 2017
- NHB - 100 Jeevan Basic Life Support Programmes, 16 NHB Zonal Meetings, One State Level NHB Meet
- AMS – Endoscopy Courses
- IMA NEETHi – First IMA Free NEET Coaching Centre
- JDN – 3 IMA Covid Helplines, All Tamil Nadu Medical Students Convention 2018 & 2019, JDN Job World, JDN Rural India Services
- IMA COVID Martyrs Registry 2020 & 2021
- HBI – Book on Practical Guide to Hospital Startups & Fire Safety in Hospitals 2018
- CGP – IMA E – Varsity Courses, All India Convention of Young Doctors 2013, WONCA SAR Conference 2014
- Free COVID Care Hospital, Erode
- Wattasattam – Eradication Malnutrition in Children
- Medex Expo 2005 with Organ Donation
- Erodu Run First IMA Marathon 2018

My Vision for greater IMA

- Experts Panel for improving Doctor Patient Relationship with Government support
- Separate cell for Private Hospitals in the TN State Health Ministry to address all our issues
- Uniform SOPs for IMA Branches
- State level Auditors and Branch level Auditors panel for safeguarding our finances
- Realising the benefits of MSME for the Smaller Hospitals
- District Level IMA Hospital Safety Groups
- More Young Medicos in IMA Platform
- Scientific Journal IMA TNSB
- IMA Cancer Detection Bus
- Job Opportunities for Young Medicos
- Entrepreneurship Programmes & PG Entrance Exam Coaching Centres

Online Election Date : 26-9-2021

Advt.



World Arthritis day and World Osteoporosis Day

What we need to know?



Dr. N. Subramanian

MD, MRCP, MRCP (Rheum), FRCP
Consultant Rheumatologist and Asst
Professor, Velammal Medical College
Hospital, Madurai and Tirunelveli.
Vice President, IMA Tirunelveli

Introduction: Every year World arthritis day is remembered on 12th October and World Osteoporosis day is remembered on 20th October globally to raise awareness about the musculoskeletal health and arthritis and the increasing effects of this disease both in the young and old.

One third of our population gets their musculoskeletal health affected at least once in their life time. The incidence and prevalence of arthritis is increasing while the newer medications are also coming to be used frequently.

What we know about arthritis? While a rheumatologist manage the inflammatory arthritis and tries to control the immune system with immunomodulators, orthopedicians manage the osteoarthritis and bone diseases including the malignancy of the bones. Osteoarthritis still the common form affecting many people when old however treatable arthritis include rheumatoid arthritis, psoriatic arthritis and spondyloarthritis.

Recent understanding of the pathogenesis of inflammatory arthritis has paved the way for achieving remission and near cure using DMARDS and biologic drugs. Infact many biologics were used in India for Covid 19 pneumonia and SIRS- systemic inflammatory syndrome. As you are aware Rheumatology deals with multiorgan disease and multidisciplinary approach remains the key in the management of patients with arthritis and it's important to educate the patient's family too in this process.

Magnitude of the problem: According to the 2011 census, the reported prevalence of RA in India has varied from 0.3% to 0.75%. Assuming an average prevalence of 0.5% with the adult population of 60%, the projected burden of RA in India is 36 million patients. Osteoarthritis is the second most common with a prevalence of 22% to 39%. Nearly 45% of women over the age of 65 yrs will have symptoms and other forms of arthritis are increasing in incidence.

Management of arthritis: DMARDS are the standard drugs for use in patients with arthritis however recent discoveries have improved the efficacy of drug therapy like cytokine inhibitors called biologics. Although expensive these drugs have been proven to achieve remission of arthritis and synthetic DMARDS would maintain remission. Inflammatory arthritis is a cardiovascular risk factor adding to the metabolic syndrome too.

Cost-effective management of rheumatoid arthritis (RA) is an important issue, the world over. In resource poor countries there are the added issues of affordability, availability, and accessibility. These limit free and easy access to newer therapeutic agents, physiotherapy, joint replacement, and sometimes even standard disease modifying anti-rheumatic drugs (DMARD) based therapy.. Perceptions of the disease, compliance, misconceptions of therapy, peer pressure are important considerations for successful implementation of

therapy. Patient satisfaction is important. Many patients are comfortable at low disease activity. The impact and lure of alternative therapies is another important issue. Improved socioeconomic status will improve affordability and treatment. Poverty and lack of education are recognized markers of poor outcome.

Prevention: For arthritis:

- ▶ Modifiable risk factors like smoking obesity to be addressed,
- ▶ DMARDS to be used appropriately and monitored and aim to achieve remission.

When we approach a patient with arthritis, dental hygiene, weight maintenance and physical activity are important. Although genetics and immune disease can't be cured, current approach to achieve remission and treat to target approach can help to reach "near cure".

Magnitude of problem of osteoporosis:

Osteoporosis affects people of all ages and races but puts Caucasian and Asian women past menopause at the highest risk. According to World Health Organisation, Osteoporosis comes second to cardiovascular disease as a global health problem. As per statistics, one out of eight men and one out of three women in India are affected by Osteoporosis.

The WHO definition applies to postmenopausal women and men aged 50 years or older. The T-score is the patient's bone density compared with the BMD of control subjects who are at their peak BMD. The Z-score reflects a bone density compared with that of patients matched for age and sex. The prevalence of low bone mass is more than 40% from the age of 40 years and increases to more than 62% by age 60 and 80% by the age of 65 years in India.

Osteoporosis is a serious public health concern with increasing age. In India, estimates suggest that of the 230 million Indians expected to be over the age of 50 years in 2020, 20%, i.e., 46 million are women who may suffer with osteoporosis. Habitual low intakes of calcium have been reported in toddlers,

adolescents, pregnant mothers, and postmenopausal women. Longitudinal studies of changes in bone mass during growth have confirmed that in girls, the greatest increases in bone mass occur between the ages of 12–15 years, compared with 14–17 years in boys. Hence, children should be targeted first to raise awareness and also increase Vitamin D intake.

The awareness of osteoporosis is low in India with surveys indicating that only 10%–15% is aware of the disease. Urbanization appears to be associated with an increase in the prevalence of osteoporosis due to lifestyle changes, lower physical activity, increase in indoor living, and lower sun exposure. The 1-year mortality after hip fractures is high at 30% in the public hospitals. For both genders, exercise was equally positively associated with Bone Mineral Density (BMD).

The most common sites of fragility fracture are the hip, spine, and forearm. The other sites are pelvis, proximal femur, proximal humerus and tibia.

Risk Factors for osteoporosis

Nonmodifiable: ► Advanced age (>50 years) ► Female sex ► White or Asian ethnicity ► Genetic factors as family history of osteoporosis ► Dementia

Potentially modifiable: ► Cigarette smoking ► Low body weight (<58 kg or 127 lb) ► Recurrent falls ► Inadequate physical activity ► Estrogen deficiency ► Drugs* ► Alcohol use ► Early menopause ► Prolonged premenopausal amenorrhea ► Androgen or estrogen deficiency ► Calcium deficiency ► Poor health.



Thank you Dr's



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T&C Apply



Keramat A, Mithal A. Risk factors for osteoporosis in urban Asian Indian women presenting for a preventive health checkup., Geneva, 2005, June 25–29.

How to diagnose Osteoporosis and prevent fragility fractures:

Patients with risk factors and history of previous low trauma fractures need assessment and measurement of bone mineral density by DEXA scan. It is widely accessible in the radiology centres. WHO recommends FRAX risk calculation using an online tool devised by the University of Sheffield, UK but tailored to India. Adequate physical exercise, healthy diet and good habits will go a long way to prevent osteoporotic fractures to a large extent.

Apart from postmenopausal osteoporosis, secondary causes like Hypogonadism, thyrotoxicosis, Cushing syndrome, anorexia nervosa, malabsorption syndromes, chronic liver and renal disease, drugs like glucocorticoids and anticonvulsants should also be explored in evaluation. Chronic inflammatory conditions like rheumatoid arthritis may lead to secondary osteoporosis.

Management of osteoporosis:

1. Identify the primary cause and address the risk factors.
2. If glucocorticoid use is the reason, then primary prevention is the key.
3. Bisphosphonates should be used in all patients initiating GC (Prednisolone > 7.5 mg/day) for more than 3 months if they fulfill any of the following
 - Post-menopausal women.
 - Men > 65 years.
 - Baseline BMD T-score <-1.5.
 - Previous fragility fracture.
4. All acute vertebral, long bone fractures and osteoporosis related fractures should be evaluated and treatment initiated.

Drug treatment:

For osteoporosis: Bisphosphonates are usually the first line of drugs used. We use alendronate weekly, risedronate weekly, ibandronate monthly, and zoledronic acid yearly along with calcium and vitamin D supplementation. Other drugs include- Teriparatide (PTHr), Denosumab and Abolaparotide. On occasions verterboplasty is also recommended in expert centres with very good pain relief.

How can we prevent?

Regular exercise like jogging, brisk walking and stair climbing will be beneficial. Smoking cessation ,sufficient calcium, vitamin D and protein are essential for bone and muscle health.

Conclusion: In conclusion, to prevent arthritis and lead a healthy life, it is important we maintain the musculoskeletal health. Bone health can be optimized by achieving peak bone mass during adolescence, maintenance of healthy bone throughout the life cycle, and prevention of bone loss. Follow up is essential to maintain adequate bone health.

Dear Friends, Greetings from IMA CGP!

Presenting you the August 2021 monthly activity report:

I) Our IMA TNSB CGP Conducted CME Programmes based on “ART & SCIENCE OF SUCCESSFUL GENERAL PRACTICE – Series 2 & Series 3” in the month of July & August 2021 respectively. And also conducted “SEEK Series - 1” (Sharing Evidence, Experience & Knowledge) in the month of August 2021.

II) In continuation to the above “ART & SCIENCE OF SUCCESSFUL GENERAL PRACTICE – Series - 4” will be held in the last week of September 2021. Likewise “SEEK Series - 2” (Sharing Evidence, Experience & Knowledge) based on the Topic “Dengue Fever” on 23rd September 2021.

Planning to conduct the meeting for Course Coordinators and Faculties in the coming week of September 2021.

IMA CGP plans to continue our CME programs through Zoom and we are taking steps to continue our education programs and other courses at the earliest.



Dr. A. Govindarajan
Director of Studies, IMA CGP
Cell: 9443437826



Dr. R. Anburajan
Faculty Secretary, IMA CGP
Cell: 9442612138

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GENERAL PRACTITIONERS
TAMIL NADU**

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in INDIA

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350 CLIENTS IN
PAN INDIA

SREE BALAJI ENTERPRISES
WhatsApp @ **98411 86475**
107, Annai Nagar, Vadaperumbakkam, Chennai - 600 060.
adminmarktingbalaji@gmail.com

Again, our humble request and reminding all branch Presidents and Secretaries, to motivate all the new members to join the CGP without fail and also the existing members to become IMA CGP members. All branches should become a sub-faculty.

IMA TNSB along with all its wings is helping us in the preparation to face the third wave. Kindly make use of the opportunities through IMA CGP wing to update your knowledge.

Interested eligible candidates are requested to join the Course.

Contact IMA State Office for assistance – imatamilnadu@gmail.com / 9087180123

To know more details, log on to our IMA TNSB website.

“Support your IMA to Support you”

Long Live IMA!

Long Live our Unity!!

My IMA My Home!!!

My IMA My Hope!!!!

IMA TNSB PARAMEDICAL



Dr. P. Senguttuvan
Chairman
IMA Paramedical Wing



Dr. S. Babu
Secretary
IMA Paramedical Wing



Dr. B. Jeyakumar
Joint Secretary
IMA Paramedical Wing

Enrolment of new students in all courses for the academic year 2021-2022 are going on. Several new institutions have also been accredited. Interest of the students are very encouraging. All institutions have been once again advised to inform all the new candidates that our courses are not accredited by the Government/ University.

Many institutions have started classes. They have been advised to follow covid norms for the students strictly throughout their course. Study materials have been sent to the institutions who have paid the admission fees.

Evaluation of answer papers of the final exam of 2020-21 batch is going on. Results of the practical exams have been received. After compilation of the marks, results shall be published by the end of September.

310th - STATE COUNCIL MEETING

The 310th State Council Meeting of IMA Tamil Nadu State Branch will be held on 10.10.2021 at 9.30 a.m. organised by IMA TNSB and hosted by IMA Thanjavur Branch. All the State Council Members are cordially invited to attend the Meeting.

Date : 10.10.2021 (Sunday)

Time : 9.30 a.m. onwards

**Venue : Shri Vari Sessa Mahal,
Rahman Nagar, Main Road, Thanjavur**



DR. P. RAMAKRISHNAN
STATE PRESIDENT, IMA TNSB

Dr. A.K. RAVIKUMAR
Hony. State Secretary, IMA TNSB

For accommodation and other local hospitality, kindly contact:

IMA Thanjavur President – Dr. S. Sasiraj, 96007 63154

IMA Thanjavur Secretary – Dr. M. Nallathambi, 80988 42288

IMA Thanjavur Finance Secretary - Dr. G. Karthikeyan, 96559 90744

**IMA STATE
OFFICE IS
COLLECTING
DATAS ON
VARIOUS
ISSUES**

1. Health care professional Martyrs list (2nd wave)
- <https://forms.gle/YRd1MFQgJYXwUufCA>
2. Members who wish to accept TIMA News Letter (Save Paper Save Tree Save Money Project) as soft copy (e-TIMA) - <https://forms.gle/5Ns1ZFnyyu2dwHA8>
3. IMA Tamil Nadu State Branch GO GREEN Easy Planting Project Link - <https://forms.gle/ZKv9CWdizUm8Sx4a8>
4. Contribution to IMA - COVID Martyrs Fund - <https://ima-india.org/ima-covid-donate/>
5. IMA TNSB Members Database Updation - <https://forms.gle/gL6pELNp5pHxby6v9>

FAMILY SECURITY SCHEME OF IMA TNSB



Dr. B. VENKATESAN

M.S.(Ortho), D.Ortho

FSS Chairman

VENKATESH ORTHO & TRAUMA CARE CENTRE

31-A, Narasimachari Road, Dharmapuri-636701.



Dr. D. SOLOMON JEYA

FSS SECRETARY

Cell: 94435 80315

solomonjeya@gmail.com



Dr. S.K. ANOOP

FSS TREASURER

Cell: 98942 21205

drskanoop@gmail.com

Dear Colleagues, Greetings,

Next time you walk in the woods, stop and think about what is taking place right under your feet. As the roots of the trees connect with each other, they form a support system. One has access to water, another nutrients, and sunlight. No single tree has it all, but together they can grow, thrive and withstand the storms of life. In the same way FSS acts as a support system to the diseased members family even during this covid19 pandemic event though it has been overwhelmingly tough for a large number of our members.

Our IAC scrutinized our accounts on 5/9/21 and appreciated that we are doing our task correctly.

Our 69th MCM is scheduled to be held on 19/9/21 and we shall update the decisions taken in the MCM in the next TIMA.

FSS 1 : 26th premium yet to paid : 910 ; 27th premium paid till date : 4000

Till date we have paid 121 death claims from 26th & 27th premium collections. We have 19 pending claims we need to pay without delay. Hence we request you all to pay immediately (if not paid already) to settle the claims uninterruptedly.

FSS 2 :

3rd premium defaulters as on date: 5. They shall be deleted from membership if they fail to pay before the end of this month.

4th premium paid till date: 1700.

We have noticed that some of the issuing banks branches were not available in Marthandam. In this scenario you may draw Demand Draft payable at Nagercoil.

We request you all to join FSS and secure your family and keep the stress at bay.

With regards, Yours sincerely,

Dr. B. Venkatesan

Chairman, FSS, IMA TNSB

Dr. D. Solomon Jeya

Secretary, FSS, IMA TNSB

CLAIM PAID - IMA PARAMATHI VELUR BRANCH

IMA Paramathi Velur Branch President Dr. A. Manikavasam, Hony. Secretary Dr. A. Sivashanmugam, FSS Co-ordinator Dr. Suguvanan Presenting DD of Rs. 18,00,000/- to the nominee Mrs. T. Pounmbal W/o Late Dr. Thangavelu (FSS I # 6489) Member of IMA Paramathi Velur Branch. Date of Death - 04.05.2021





INDIAN MEDICAL ASSOCIATION TAMILNADU STATE BRANCH FAMILY SECURITY SCHEME - I

OPERATIONAL YEAR: 1st JAN. OF EACH YEAR TO 31st DEC. OF THE FOLLOWING YEAR



New Members joined in August - 09
Claims Paid in August - 13
Active members as on 31.08.2021 - 9361

26th Premium Demand Account

Members paid in July
Members 111 x Rs. 20,000/- - Rs. 2,22,000/-
Late fee collection (98 x 400) - Rs. 39,200/-
Claims paid in August 2021 (13)- Rs. 2,31,85,000/-

27th Premium Demand Account

Members paid in Aug.- 1389 x Rs. 15,000/- Rs. 2,08,35,000/-

FSS I - NEW MEMBERS JOINED IN AUG. 2021

S.#	Doctor Name	Age	IMA Branch	FSS #
1.	Dr. Siva Rani	49	Marthandam	11465
2.	Dr. R. Nithya	48	Tiruvannamalai	11466
3.	Dr. L. Ashok Kumar	46	Ch. Perambur	11467
4.	Dr. K.V. Kanakalakshmi	48	Cuddalore	11468
5.	Dr. M. Vijaya Karthikeyan	37	Ch. Tambaram	11469
6.	Dr. V. Anupama	38	Cumbum Valley	11470
7.	Dr. Jeya Sudha	46	Sivakasi	11471
8.	Dr. Anandkumar	37	Tiruchirapalli	11472
9.	Dr. Archana Devi	37	Tiruchirapalli	11473

Claims Paid - AUGUST 2021 (13 Families)

D.No	Member name	Date of Joining	Date of Death	Amount
928.	Dr. H.M. Ameerkan (69), Ramanathapuram	18.06.2011 (FSS # 9410)	16.05.2021	Rs. 18,00,000/-
929.	Dr. D. Jeyakandhan (74), Arakonam	26.08.2005 (FSS # 3593)	04.06.2021	Rs. 18,00,000/-
930.	Dr. S.A. Subhan (88), Madurai	10.03.2007 (FSS # 6238)	30.04.2021	Rs. 18,00,000/-
931.	Dr. R. Rathinasabapathy (69), Thanjavur	11.02.2005 (FSS # 2662)	21.05.2021	Rs. 18,00,000/-
932.	Dr. A. Parhasarathy (83), Ch. Perambur	02.04.2007 (FSS # 6529)	15.05.2021	Rs. 18,00,000/-
933.	Dr. A. Halilur Rahman (81), Dindigul	12.08.2005 (FSS # 3542)	19.05.2021	Rs. 18,00,000/-
934.	Dr. K. Muthuraj (71), Ch. Tambaram	17.08.2009 (FSS # 8441)	04.10.2021	Rs. 18,00,000/-
935.	Dr. P. Renugadevi (71), Virudhunagar	31.10.2005 (FSS # 3867)	25.06.2021	Rs. 18,00,000/-
936.	Dr. V. Karunakaran (80), Krishnagiri	31.01.2006 (FSS # 4372)	01.06.2021	Rs. 18,00,000/-
937.	Dr. K. Thangavelu (90), Paramathi Velur	30.03.2007 (FSS # 6489)	04.05.2021	Rs. 18,00,000/-
938.	Dr. K. Kalyanaraman (78), Salem	10.12.2004 (FSS # 2243)	19.07.2021	Rs. 17,85,000/-
939.	Dr. K. Parthasarathy (84), Chennai North	07.03.2005 (FSS # 2795)	20.05.2021	Rs. 18,00,000/-
940.	Dr. V. Shanmugam (78), Ch. Tambaram	24.02.2007 (FSS # 6131)	22.05.2021	Rs. 16,00,000/-

To Join in FSS I Age Group	Non Refundable / Deposit	Fraternity Contribution Deposit for 26th Premium (01.01.2021)
Upto 30 Yrs	Rs. 3000/-	Rs. 20,000/-
31 to 40 Yrs	Rs. 10,000/-	Rs. 20,000/-
41 to 50 Yrs	Rs. 50,000/-	Rs. 20,000/-
Additional Interim Premium (27th Due) not applicable for New Members joining from 1st July to 31st December 2021		
Upper age limit to join in FSS I & II is 50 years from 1st July 2021		

ONLY DD or ONLINE PAYMENT accepted - DD in favour of "IMA TNSB FSS Advance a/c" - Rs. 20,400/- payable at Marthandam (Till 30th September) (for unpaid members). NO CASH / NO NEFT / No Cheque.

Note : Payable at Nagercoil, if the issuing banks branch is not available at Marthandam. Additional Interim 27th Premium - Rs. 15,000/-



Internal Auditing at FSS Office,
Marthandam, 05.09.2021



FSS Office Bearers,
IAC Team & Office Staffs



INDIAN MEDICAL ASSOCIATION TAMILNADU STATE BRANCH FAMILY SECURITY SCHEME - II



OPERATIONAL YEAR: 1st JULY OF EACH YEAR to 30th JUNE OF THE FOLLOWING YEAR

Current Benefit Amount - **Rs. 8 Lakhs**
4th Premium (01.07.21 to 30.09.21) - **Rs. 18,000**
Active members as on 31.08.2021 is **2990**
New Members joined in August is **08**.
Total Membership as on 31.08.2021 is **3136**
Claims Paid in August - **06**

IMA TNSB FSS - II Advance - Rs. 18,000/- payable at Marthandam. 4th Premium (Till 30th September) (for unpaid members). Note : Payable at Nagercoil, if the issuing banks branch is not available at Marthandam.

FSS II - NEW MEMBERS JOINED IN AUGUST 2021

3rd Premium Demand
Mem. paid in Aug. 2021- 11 x Rs. 12,000/- Rs.1,32,000/-
Late Fee collection (10 x 600) Rs. 6,000/-
4th Premium Demand
Mem. paid in Aug. 2021- 463 x Rs. 18,000/- Rs.83,34,000

S.#	Doctor Name	Age	IMA Branch	FSS #
1.	Dr. M. Elangovan	52	Cumbum Valley	3129
2.	Dr. R. Nithya	48	Tiruvannamalai	3130
3.	Dr. P. Kasirani	43	Courtallam	3131
4.	Dr. C. Ponraj	47	Courtallam	3132
5.	Dr. Kumarasampath	37	Chengalpattu	3133
6.	Dr. M. Vijaya Karthikeyan	37	Ch. Tambaram	3134
7.	Dr. S. Harikumar	40	Ch. Kodambakkam	3135
8.	Dr. M.K.M. Aysha Siddika	38	Tirukoilur	3136

Claims Paid - AUGUST 2021 (6 Families)

S.No	Member name	Date of Joining	Date of Death	Amount
1.	Dr. Meera Bai (72), Hosur	16.04.2018 (FSS #0970)	11.07.2021	Rs. 7,82,000/-
2.	Dr. N. Sucila (81), Dindigul	23.06.2018 (FSS #1812)	21.07.2021	Rs. 7,82,000/-
3.	Dr. D.M. Devasahayam (71), Kanyakumari	29.06.2018 (FSS #2320)	09.07.2021	Rs. 7,82,000/-
4.	Dr. V. Jeevanatham (76), Erode	30.06.2018 (FSS #2396)	02.03.2021	Rs. 8,84,400/-
5.	Dr. S. Ramalingam (61), Coimbatore	02.03.2020 (FSS #2889)	30.07.2021	Rs. 7,82,000/-
6.	Dr. Paul Chandra (56), Ambasamudram	27.08.2018 (FSS #2704)	13.06.2021	Rs. 8,78,400/-

To Join in FSS I	Non Refundable / Deposit	Fraternity Contribution Deposit for 4th Premium (01.07.2021)
Age Group		
Upto 30 Yrs	Rs. 3000/-	Rs. 18,000/-
31 to 40 Yrs	Rs. 10,000/-	Rs. 18,000/-
41 to 50 Yrs	Rs. 50,000/-	Rs. 18,000/-
		Rs. 21,000/-
		Rs. 28,000/-
		Rs. 68,000/-

Upper Age Limit to Join in FSS I & II is 50 years from 1st July 2021

PAYMENT MODE

DD in favour of **"IMA TNSB FSS Advance I & II"** Payable at Marthandam.

Note : Payable at Nagercoil, if the issuing banks branch is not available at Marthandam

(OR) ONLINE PAYMENT: Online payment through FSS - I & II. Login in our website www.imatnsbfss.com

HOW TO LOGIN

- Step 1 : Select FSS-I option from the different user login options in the FSS home page (IMA FSS)
- Step 2 : Click forgot password
- Step 3 : Dialogue box appears in that enter the FSS I number and date of birth
- Step 4 : Press enter key and verify your phone number
- Step 5 : Enter OTP which comes to your phone number
- Step 6 : Then in the next dialogue box enter the new password and click submit now the password got reset
- Step 7 : Select FSS - I option from the different user login options in the FSS home page (www.imatnsbfss.com)

User name : FSS number Password : Whatever password you have reset

Note : Same procedure will be followed for FSS II Login also.

Kindly join in FSS I & II and pass the benefit to your loved ones, when you are no more

PLEASE SEND YOUR PAYMENTS & COMMUNICATIONS TO

Dr. D. SOLOMON JEYA, Hony. Secretary, FSS of IMA TNSB, William Children Hospitals, Marthandam - 629 165.

Cell : 98405 37178, 93604 98113. e.mail : imatnsbfss@gmail.com, solomonjeya@gmail.com

PROFESSIONAL PROTECTION LINKED SOCIAL SECURITY SCHEME OF IMA TN

**Respected Senior Medical Professionals,
Beloved Colleagues, Dear Friends,
Best Wishes & Greetings From PPLSSS Team 2021-23.**

Hope We have conducted the 93rd Management Committee Meeting at Dharmapuri- IMA Hall, in an elaborate manner. Thanks for the Accommodation & Food Arrangements to the Team IMA-Dharmapuri headed By Dr. R. Venkatesan IMA FSS Chairman.

Important decisions will be intimated later. We appreciated the District Co Ordinators, Who have participated and made suggestions. It was hard to notice only 15 District Co Ordinators attended the meeting, the reasons could be – Saturday- being a working day- Long Distance. We request more & more District Co Ordinators to take part in future. 22 District Co Ordinator posts are vacant – as given in the MCM Book. Kindly motivate interested members to become District Co Ordinators.

We thank the IAC Team for their Dutyful Audit Report. We Thank the State President, Secretary, Treasurer, Imm. Past President, President Elect for their perusal of our Presentations of Secretary & Treasurer reports, and curious advises to our team to correct the printing mistakes & columns, proceedings & functioning. They all appreciated the present situation of PPLSSS work & good efforts.

We request each District Co Ordinator in collaboration with Branch President & Secretary to identify **at least 2 interested lawyers in each District to include in our PPLSSS lawyer panel list**, so that at times of legal issues to a member, their concerned District panel lawyers may be approached to act & respond immediately, in Forums & Courts. *With Fraternal Love.*

- Dr. P. MANIVANNAN

Hony. Secretary, PPLSSS



Dr. D. CHANDRASEKARAN

PPLSSS Chairman

94433 89296

drdcsekar@gmail.com



Dr. P. MANIVANNAN

PPLSSS Secretary

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drpmanivannan2015@gmail.com



Dr. N. RAJESH

PPLSSS Treasurer

94441 08711

drnraj73@yahoo.com



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PPLSSS NEW MEMBERS SUBSCRIPTION (Block of Five years) + 18% GST		
Category	Compensation 10 Lakhs	Compensation 20 Lakhs
GENERAL PRACTITIONER	Rs. 7,000 + 1,260 = 8,260/-	Rs. 13,000 + 2,340 = 15,340/-
NON – SURGICAL	Rs. 8,000 + 1,440 = 9,440/-	Rs. 15,000 + 2,700 = 17,700/-
SURGICAL ANAESTHETIST	Rs. 9,000 + 1,620 = 10,620/-	Rs. 17,000 + 3,060 = 20,060/-
NOTE : Only Demand Draft should be taken in the name of “PPLSSS of IMA TN” Payable at Omalur or Salem.		

PPLSSS RENEWAL MEMBERS BONUS COMPUTATION + 18% GST SUBSCRIPTION (Block of Five years)		
Category	Compensation 10 Lakhs	Compensation 20 Lakhs
GENERAL PRACTITIONER	Rs. 6,000 + 1,080 = 7,080/-	Rs. 12,000 + 2,160 = 14,160/-
NON – SURGICAL	Rs. 7,000 + 1,260 = 8,260/-	Rs. 14,000 + 2,520 = 16,520/-
SURGICAL ANAESTHETIST	Rs. 8,000 + 1,440 = 9,440/-	Rs. 16,000 + 2,880 = 18,880/-
NOTE : Bonus eligible if Renewal is without Break, If no Legal Claim is made in past Years Only Demand Draft should be taken in the name of ‘PPLSSS OF IMA TN Renewal A/C’ Payable at Omalur or Salem		

FBS NEW MEMBER - Subscription Amount + 18% GST			
Age	Amount (Rs.)	GST(18%)	Total (Rs.)
Upto 45 Years	3,500	+ 630	4,130
46 - 55 Years	4,500	+ 810	5,310
56 - 60 Years	5,500	+ 990	6,490
Note: FBS New members entry upto age 60 years only Only Demand Draft should be taken in the name of ‘FBS of PPLSSS of IMA TN’ Payable at Omalur or Salem			

FBS RENEWAL MEMBER - Bonus Computation + 18% GST							
Age	Amount (Rs.)	GST(18%)	Total (Rs.)	Age	Amount (Rs.)	GST(18%)	Total (Rs.)
Upto 45 Years	3500-500=3000	+540	3,540	66 - 70 Years	6000-500=5500	+990	6,490
46 - 55 Years	4500-500=4000	+720	4,720	71 - 75 Years	6500-500=6000	+1080	7,080
56 - 65 Years	5500-500=5000	+900	5,900	76 - 80 Years	7000-500=6500	+1170	7,670
Note : Bonus eligible if Renewal is without break every year, If no claim is made in past years. Only Demand Draft should be taken in the name of ‘FBS of PPLSSS of IMA TN A/c’ Payable at Omalur or Salem							

Payment Mode: DD only Accepted. DD should be sent to the following address:

Dr. P. MANIVANNAN, MBBS., D.Ortho., Hony. Secretary, PPLSSS of IMA TN.

Sri Sugam Hospital (First Floor), 149 E1, Bazaar Street, Omalur (PO & TK)

Salem District – 636 455. **Office: 04290 290455, 94872 72627**

Cell: 94432 21025, 8248394717 Website: www.pplssss.com

e.mail : secretarypplssss@gmail.com, drpmanivannan2015@gmail.com



CONSENT and its IMPORTANCE

**Ceyttakka alla ceyakketum ceytakka
Ceyyamai yanum ketum (kural 466).**

*Doing what is forbidden as well as not doing the
obligatory, Are both equally ruinous courses.*

Respected friends,

So for more than 1500 Lawyer Notices were replied by me on behalf of our PPLSSS Members. I have gone through all the case sheets pertaining to the legal Notices. 99% of case sheets are not properly maintained. Nearly 95% of doctors never get a proper consent from the patients before surgery and treatment. In this article I am going to discuss with you, about consent and its importance.

1) What is Consent? - When two or more persons agree upon the same sense they are to consent as per the definition of consent given in section 13 of Indian Contract Act 1872.

2) What are all the types of consents? - I) Implied consent



Dr. K. Thangamuthu

PPLSSS Legal Committee Chairman
Past Chairman PPLSSS of IMA TNSB
Cell: 94431 51164
thangamuthu43@yahoo.com

Consent can be implied in some circumstances from the action of the patient. For example, when a patient enters a Dentist's clinic and sits in the dental chair, his consent is implied for examination, diagnosis and consultation.

II) Express Consent - There is, however, a significant difference in the nature of express consent of the patient, known as 'real consent' in UK and as 'informed consent' in America.

a. Real Consent (UK) or Valid Consent - Pt voluntarily giving the Consent.

b. Informed Consent (America) - Followed by India. - "Consent that is given by a person after receipt of the following information: the Nature and purpose of the proposed procedure or treatment; the expected outcome and the likelihood of success; the risks; the alternatives to the procedure and supporting information regarding those alternatives; and the effect of no treatment or procedure, including the effect on the prognosis and the material risks associated with no treatment. Also included are instructions concerning what should be done if the procedure turns out to be harmful or unsuccessful."

c. We should get informed Consent for 1) All major diagnostic procedures 2) General anaesthesia 3) Surgical operations 4) Intimate examinations 5) Examination for determining age, potency and virginity and 6) In medico-legal cases.

(16.1.2008

-SC-B.N Agarwal and others)

3) From whom we have to get a consent?

A sane and conscious Person above 18 years of age can give valid consent to suffer any harm, which may result from an act not intended or not known to cause death or grievous hurt (Sec.87, I.P.C.). If less than 18 years Father, Mother, legal heir & Guardian can give consent.

**(THE ESSENTIALS OF FORENSIC
MEDICINE AND TOXICOLOGY OFBY**

**Dr. NARAYAN REDDY -13TH EDITION-
PAGE NUMBER 41.)**

Dear doctors, To emphasis the importance of consent I am going to present a case received by the head of the obstetrics department and her associates at one of the medical colleges of the east zone.

A lady of 23 years attended the near by PHC for her first pregnancy. She developed labor pain in time, and went to PHC for

delivery. Since delivery was difficult she was referred to medical college hospital. On receiving at Medical college hospital, Duty doctor examined her and suspected rupture uterus. At once she consulted with the unit chief and head of the department and according to their advice she did laparotomy. At laparotomy she found baby was lying in the abdominal cavity and there was irregular rupture of uterus and the tear extended into broad ligaments, infundibulopelvic ligaments, fallopian tubes and both side ovaries were severely injured.

At once duty doctor informed to the associate professors of OG department. They also came to the Operation Theatre. Hysterectomy along with Bilateral salpingo oophorectomy was done. They tried to save uterus and both ovaries. Because of severe tear and damage they couldnot save them. After the surgery patient recovered well and was discharged in a good condition.

Few months after discharge, now patient issued a legal notice against the duty doctor and to associate professors. In that notice she said,

1. Laparotomy and Hysterectomy done with the consent of her husband but consent not obtained for the removal of ovaries.

2. Patient says in her notice that her age is 23. As per medical ethics and rules and regulation before doing surgery, consent must be got from her only.

3. In her case consent was not obtained from her for laparotomy, Hysterectomy and for the removal of ovaries.

4. So the above surgeries were done by above three doctors, they have to pay compensation of

rupees 20 Lakhs for not obtaining consent from her for the above said surgeries.

From the above notice, on behalf of Doctors, Reply was prepared and given by PPLSSS. I have quoted the following judgement in the reply.

Supreme Court of India

Samira Kohli vs Dr. Prabha Manchanda & Anr on 16 January, 2008

Author: Raveendran **Bench: B. N. Agarwal, P. P. Naolekar, R. V. Raveendran** CASE NO: Appeal (civil) 1949 of 2004 PETITIONER : Samira Kohli

RESPONDENT : Dr. Prabha Manchanda & Anr. DATE OF JUDGMENT: 16/01/2008 BENCH: B. N. Agarwal, P. P. Naolekar & R. V. Raveendran, JUDGMENT: JUDGMENT RAVEENDRAN, J.

18. We may also refer to the code of medical ethics laid down by the Medical Council of India (approved by the Central Government under section 33 of Indian Medical Council Act, 1956). It contains a chapter relating to disciplinary action which enumerates a list of responsibilities, violation of which will be professional misconduct. Clause 13 of the said chapter places the following responsibility on a doctor :

“13. Before performing an operation the physician should obtain in writing the consent from the husband or wife, parent or guardian in the case of a minor, or the patient himself as the case may be. In an operation which may result in sterility the consent of both husband and wife is needed.”

Will the above judgement alone solve the problems of the OG Doctors?

I am expecting expert opinion from you. ■

HPS NEW & RENEWAL SUBSCRIPTION (Block of three years) + 18% GST						
Category	Compensation 10 Lakhs			Compensation of Rs. 20 Lakhs		
	<i>Subscription Amount (Rs.)</i>	<i>GST 18% (Rs.)</i>	<i>Total (Rs.)</i>	<i>Subscription Amount (Rs.)</i>	<i>GST 18% (Rs.)</i>	<i>Total (Rs.)</i>
PRIMARY LEVEL	5,000	900	5,900	9,000	1,620	10,620
SECONDARY LEVEL Any One facilities (ICU/ Theatre / Labour Room, X-Ray, Scan, Lab)						
Any one facility	7,000	1,260	8,260	14,000	2,520	16,520
Any two facilities	10,000	1,800	11,800	20,000	3,600	23,600
All three facilities and More	16,000	2,880	18,880	32,000	5,760	37,760
50 beds and more with all facilities - TERTIARY LEVEL				55,000	9,900	64,900
NOTE : NO 5 Lakhs category from 01.04.2021. Only Demand Draft should be taken in the name of “HPS of PPLSSS of IMA TN” Payable at Omalar or Salem						

PPLSSS RENEWAL - INTIMATION

FROM 01.10.2021 TO 31.10.2021

S.No.	Doctor Name	Member Code	Renewal Date			
				COURTALLAM		
				AMBASAMUDRAM		
1.	Dr. Kumar P.	11646	27.10.2021	31.	Dr. Muthiah N.	3499 25.10.2021
				AMBATTUR - AVADI		
2.	Dr. Thyagarajan K.	9597	17.10.2021	CUMBUM VALLEY		
				32.	Dr. Balakrishnan A.	8317 27.10.2021
				33.	Dr. Ganapath Rajesh S.	11632 10.10.2021
				34.	Dr. Ganesh Babu V.R.	11645 27.10.2021
				35.	Dr. Gnana Lordu Rajam A.	3493 23.10.2021
3.	Dr. Sreecharan M.	9600	20.10.2021	36.	Dr. Mahalakshmi A.	3315 03.10.2021
4.	Dr. Sreevidya G.	9601	20.10.2021	37.	Dr. Ramasamy L.	9587 02.10.2021
				38.	Dr. Ravindran T.	6624 31.10.2021
				39.	Dr. Teena Grace L.	9599 19.10.2021
				40.	Dr. Vasanth Kannan L.	9594 10.10.2021
				CHENGALPATTU		
5.	Dr. Arasu V.T.	3483	19.10.2021	DHARMAPURI		
6.	Dr. Sridharan R.	3491	24.10.2021	41.	Dr. Meena P.	6585 11.10.2021
				42.	Dr. Ragavendran V.	9605 21.10.2021
				43.	Dr. Sunitha D.	6601 16.10.2021
				CHENNAI CENTRAL		
7.	Dr. Andal Ramalingam	3509	31.10.2021	ERODE		
8.	Dr. Arjun Thomas	3492	23.10.2021	44.	Dr. Manjula M.	11633 11.10.2021
				45.	Dr. Muthukrishnan P.	3477 30.10.2021
				46.	Dr. Sathis Kumar K.L.	11639 19.10.2021
				47.	Dr. Selvaperumal A.	3478 18.10.2021
				48.	Dr. Senthilkumar S.	9602 21.10.2021
				49.	Dr. Umapathy Sivam R.	9598 18.10.2021
				CHENNAI KODAMBAKKAM		
9.	Dr. Murugesan N.	11643	25.10.2021	KALLAKURICHI		
10.	Dr. Niranjan Kumar M.V.	11629	04.10.2021	50.	Dr. Ponnusamy R.	6492 10.10.2021
11.	Dr. Saraswathi K.	1467	16.10.2021	KANYAKUMARI		
				51.	Dr. Bensam A.J.	3417 10.10.2021
				CHENNAI NAAM		
12.	Dr. Anbukkarasi R.	6523	03.10.2021	KARUR		
13.	Dr. Subbaih R.	9477	21.10.2021	52.	Dr. Karuppaiya R.	3502 30.10.2021
14.	Dr. Thanakeerthi A.	5987	24.10.2021	53.	Dr. Mohan K.	3486 17.10.2021
				CHENNAI PERAMBUR		
15.	Dr. Gayathri B.	11630	09.10.2021	KUMBAKONAM		
16.	Dr. Murali R.	6067	16.10.2021	54.	Dr. Vijaya Kumaran N.	11628 02.10.2021
17.	Dr. Nirmala Rani N.	6068	16.10.2021	LALGUDI		
				55.	Dr. Aruna M.	2438 31.10.2021
				56.	Dr. Parkkavan Pachamuthu	2437 31.10.2021
				CHENNAI SOUTH		
18.	Dr. Raveendran R.	6609	18.10.2021	MADURAI		
				57.	Dr. Jayashree T.	3476 15.10.2021
				58.	Dr. Latha V.	6599 15.10.2021
				59.	Dr. Manoharan A.V.	6613 19.10.2021
				60.	Dr. Mohana Sundaram V.	11641 21.10.2021
				61.	Dr. Murugan Jeyaraman	6612 19.10.2021
				62.	Dr. Murugan M.	6598 15.10.2021
				63.	Dr. Muthuveeran N.	11631 09.10.2021
				64.	Dr. Parvatha Sundari N.	8607 09.10.2021
				CHENNAI TAMBARAM		
19.	Dr. Anu M Rajadyn	5465	27.10.2021			
20.	Dr. Ganitha G.	6579	06.10.2021			
21.	Dr. Jayanandhini M.	11638	18.10.2021			
22.	Dr. Kumari N.T.	6474	09.10.2021			
23.	Dr. Murugesan P.	6622	30.10.2021			
24.	Dr. Umaiyal Murugesan M.	4306	09.10.2021			
25.	Dr. Umesh D.	6578	06.10.2021			
				CHETPET - TIRUVANNAMALAI		
26.	Dr. Sarasa S.	6594	12.10.2021			
27.	Dr. Sathiyarayanan S.	6593	12.10.2021			
				CHIDAMBARAM		
28.	Dr. Neelakandan B.	3256	26.10.2021			
29.	Dr. Satyanarayan Mishra	3433	10.10.2021			
				COIMBATORE		
30.	Dr. Vidya V.	9604	27.10.2021			

65.	Dr. Peter Joseph	3369	12.10.2021
66.	Dr. Rosaline C.	6383	21.10.2021
67.	Dr. Saravanan R.R.	8606	09.10.2021
68.	Dr. Shree Devi O.V.C.	6620	26.10.2021
69.	Dr. Sivasankar A.	6618	26.10.2021
70.	Dr. Suganyadevi S.	9395	09.10.2021
71.	Dr. Suseela G.	11640	21.10.2021
72.	Dr. Thayumanavan L.	3475	15.10.2021
MAYILADUTHURAI			
73.	Dr. Shanthi V.	3480	17.10.2021
METTUPALAYAM			
74.	Dr. Puvitha S.	6596	12.10.2021
75.	Dr. Suthagar B.	6595	12.10.2021
NAGERCOIL			
76.	Dr. Dhinesh Kumar R.	11642	25.10.2021
77.	Dr. Gopal Surendran	6581	09.10.2021
78.	Dr. Mini Kurup S.	6582	09.10.2021
NAMAKKAL			
79.	Dr. Kalpana R.	6413	18.10.2021
80.	Dr. Natarajan N.M.	6412	18.10.2021
81.	Dr. Sukumar P.	6542	13.10.2021
NEYVELI			
82.	Dr. Janardhan K.	11647	31.10.2021
83.	Dr. Packia Mary Jerome	6616	25.10.2021
NILGIRIS			
84.	Dr. Dilip Lingam	9609	27.10.2021
PATTUKOTTAI			
85.	Dr. Ravi C.J.	6592	16.10.2021
POLLACHI			
86.	Dr. Bhuvaneswari V.E.	3404	26.10.2021
87.	Dr. Raveendran M.	3405	26.10.2021
88.	Dr. Sivakumar N	6586	10.10.2021
PUDUKOTTAI			
89.	Dr. Ravi S.	3505	31.10.2021
SALEM			
90.	Dr. Kannan K.	6604	17.10.2021
91.	Dr. Thangathai S.	6605	17.10.2021

THANJAVUR			
92.	Dr. Elangovan S.	11635	14.10.2021
93.	Dr. Ramasamy C.	9603	21.10.2021
94.	Dr. Rani R.	2619	17.10.2021
95.	Dr. Santhy D.	6597	13.10.2021
96.	Dr. Shobana R.	11637	18.10.2021
97.	Dr. Udhayanan V.R.	6577	30.10.2021
TIRUCHENGODE			
98.	Dr. Latha A.	6621	26.10.2021
99.	Dr. Senthilkumar K.	6573	02.10.2021
TIRUCHIRAPALLI			
100.	Dr. Chenniappan M.	1586	19.10.2021
101.	Dr. Chockalingam S.	3459	07.10.2021
102.	Dr. Govindaraj K.	9611	28.10.2021
103.	Dr. Hemamalini Govindaraj	9610	28.10.2021
104.	Dr. Latha M.V.B.	11634	14.10.2021
105.	Dr. Mahalakshmi Ashokkumar	9612	30.10.2021
106.	Dr. Ramakrishnan K.	11636	14.10.2021
107.	Dr. Venkatesan V.S.	3456	02.10.2021
TIRUPUR			
108.	Dr. Anuradha K.E.	3474	15.10.2021
109.	Dr. Visakan K.	3473	15.10.2021
TIRUVARUR			
110.	Dr. Ayswarya	11644	26.10.2021
TUTICORIN			
111.	Dr. Boswell Selvanayagam D.	6506	16.10.2021
UDUMALPET			
112.	Dr. Ganesan R.	6572	18.10.2021
VALLIOOR			
113.	Dr. Sankaran M.	3485	19.10.2021
VANDEVASI			
114.	Dr. Thanikachalam R.	5667	14.10.2021
VILLUPURAM			
115.	Dr. Hari B.	1665	09.10.2021
VIRUDHUNAGAR DISTRICT			
116.	Dr. Damodaran R.	6615	22.10.2021
117.	Dr. Ganesh V.	3464	11.10.2021

FBS RENEWAL - INTIMATION

FROM 01.10.2021 TO 31.10.2021

S.No.	Doctor Name	Member Code	Renewal Date
ARAKKONAM			
1.	Dr. Natarajan K.	442	30.10.2021
CHENNAI ASHOK NAGAR			
2.	Dr. Asokan P.	331	23.10.2021
CHENNAI KODAMBAKKAM			
3.	Dr. Raghuram K.	65	24.10.2021

CHENNAI SOUTH			
4.	Dr. Manonmani Josephine R.	1282	15.10.2021
CHETTINAD			
5.	Dr. Inbamuthiah PL.	338	12.10.2021
COIMBATORE			
6.	Dr. Ravikumar A.K.	918	11.10.2021
7.	Dr. Vidya Vijayan Pulikkot	1912	06.10.2021

COURTALLAM				RASIPURAM			
8.	Dr. Premalatha M.	1283	22.10.2021	22.	Dr. Sadasivam S.	787	19.10.2021
CUMBUM VALLEY				SALEM			
9.	Dr. Asokan SA.	839	19.10.2021	23.	Dr. Chandrasekaran M.	1834	23.10.2021
KARUR				24.	Dr. Mohanraj D.	527	25.10.2021
10.	Dr. Ambedkar P.	645	20.10.2021	25.	Dr. Saraswathi L.	646	21.10.2021
11.	Dr. Murugesan K.S.	1082	14.10.2021	26.	Dr. Selvaraj T.S.	1275	26.10.2021
KRISHNAGIRI				THANJAVUR			
12.	Dr. Abdul Khuddose	9	22.10.2021	27.	Dr. Ananth K.	1464	14.10.2021
MADURAI				28.	Dr. Thiagarajan V.	639	28.10.2021
13.	Dr. Alamelu Shanthi R.	545	11.10.2021	TIRUCHIRAPALLI			
14.	Dr. Karunakaran K.	401	30.10.2021	29.	Dr. Indrakumar T.G.	1361	28.10.2021
15.	Dr. Manoharan S.M.K.	351	30.10.2021	30.	Dr. Shameem Banu R.	1022	28.10.2021
16.	Dr. Pandian A.	851	23.10.2021	31.	Dr. Srinivasan R.	906	29.10.2021
17.	Dr. Shaswikawt Bhoja Shetty	1913	13.10.2021	32.	Dr. Xavier S.	1744	17.10.2021
18.	Dr. Sivanath S.R.	1236	28.10.2021	TIRUNELVELI			
MAYILADUTHURAI				33.	Dr. Satish R.	1272	14.10.2021
19.	Dr. Ravikumar R.	1277	10.10.2021	UDUMALPET			
MUSIRI KULITHALAI				34.	Dr. Eswaran M.	1785	28.10.2021
20.	Dr. Poongothai R.	186	13.10.2021	VILLUPURAM			
PALANI				35.	Dr. Ramachandran M.	1037	11.10.2021
21.	Dr. Backiam S.	1331	30.10.2021	VIRUDHUNAGAR			
				36.	Dr. Mary Jenova C.	1117	18.10.2021
				37.	Dr. Solai Kumar G.	609	31.10.2021

HPS RENEWAL - INTIMATION

FROM 01.10.2021 TO 31.10.2021

S.No.	Hospital Name	Member Code	Renewal Date	Branch
1.	Amrit Hospital	1043	02.10.2021	Chennai GTPT
2.	Neo Life Hospital Pvt Ltd	836	14.10.2021	Chennai South
3.	Udhi Eye Hospitals	408	25.10.2021	Chennai South
4.	New Life Hospital	603	24.10.2021	Chennai Tambaram
5.	St. Mary's Hospital	833	28.10.2021	Coimbatore
6.	Sholai Medical Centre	835	11.10.2021	Erode
7.	Anbu Hospital	175	19.10.2021	Madurai
8.	K.G.S. Advanced MR & CT Scan	1314	02.10.2021	Madurai
9.	Swamiyarmadam Rathna Memorial Hospital Pvt Ltd	1316	19.10.2021	Marthandam
10.	Nagai Hospital	4	24.10.2021	Nagapattinam
11.	Niranjana Nursing Home	693	06.10.2021	Perambalur
12.	K.G.M. Hospital	687	14.10.2021	Pollachi
13.	Ram Poly Clinic	897	25.10.2021	Pollachi
14.	Suriya Medical Centre	440	08.10.2021	Thanjavur
15.	Atlas Hospitals	1315	04.10.2021	Tiruchirapalli
16.	Olympia Hospital & Research Center	838	20.10.2021	Tiruchirapalli
17.	Sree Paduka Speciality Hospital	839	25.10.2021	Tiruchirapalli
18.	Malar Priya Medical Center	821	25.10.2021	Tirupur
19.	St. Thomas Hospital	1065	04.10.2021	Vallioor

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INDIAN MEDICAL ASSOCIATION TAMILNADU STATE BRANCH

Thanks to our National President Dr. J. A. JAYALAL and the Committee for Honouring our Professors @ IMA HQRS State President and Secretaries Meet and IMA Professorship Award Function on 05.09.2021 at New Delhi.

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Dr. K. Vijayakumar - Marthandam
Dr. K. Prakasam - Salem
Dr. V. Amuthan - Madurai
Dr. M. Chenniappan - Trichy
Dr. S.R. Veeramani - Dindigul
Dr. T. Nirmal Fredrick - Tambaram

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Dr. S. Arulrhaj - Tuticorin



Dr. K. Vijayakumar - Marthandam



Dr. K. Prakasam - Salem



Dr. M.S. Ashraf - Tiruchirapalli



Dr. A.K. Ravikumar - Coimbatore
on behalf of Dr. P.A. Sivakumar, Villupuram



Dr. K.M. Abul Hasan - Erode
on behalf of Dr. A. Muruganathan, Tirupur



Dr. V. Amuthan - Madurai



Dr. M. Chenniappan - Trichy



Dr. S.R. Veeramani - Dindigul



Dr. T. Nirmal Fredrick - Tambaram



Dr. P. Ramakrishnan
State President
IMA Tamil Nadu State Branch

Dr. A. K. Ravikumar
Hony. State Secretary
IMA Tamil Nadu State Branch

New-Age Cancer Care

Because you have milestones to celebrate

Life is just too beautiful for you to bow down to cancer. Which is why we have placed ourselves at the forefront of your fight against cancer, armed with breakthrough medical technology to prevent, detect and defeat cancer. Our experienced & dedicated Oncology team provides personalized comprehensive range of advanced, multidisciplinary care. So go on, fill the story of your life with beautiful pages.

We are with you.



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