We Couldn’t Do Enough

Reported by Dr. Mayaram Senan (General Secretary IHMA Kerala) with the help of Dr. Deepu C.S. (President Ernakul), Dr. Ananth S. (Thiruvananthapuram), Dr. Abhilash M. (Kollam), Dr. Narayana Prasad (Pathanamthitta), Dr. Deepa Dev (Alappuzha), Dr. Chummi Chand (Kottayam), Dr. Asokan (Idukki), Dr. Mohammed Salih (Ernakulam), Dr. Benoy I. (Thissuru), Dr. Krishnadas (Palakkad), Dr.Shameen (Malappuram), Dr. Ramshed (Kozhikode), Dr. Rashid (Kunnur), Dr.Sujayya Nair (Kasaragod).

Around July 2018, severe floods affected Kerala. There was a unusually high rainfall during the monsoon season which led to the worst flooding Kerala has ever experienced nearly in a century. 500 people were dead and missing and yet less than ten lakhs people were worst being Chen- gunnar, Pandanaram, Aranmula, Alava, Chalakudy, Kuttanad and Pandalam. All districts of the state were on red alert. Thirty-five out of the forty-five dams within the state were opened for the first time in history.

The impact is incalculable. More than ten lakhs people were in rescue camps, many houses devastated, crops, cat- tle, livelihoods, dreams all shattered. Apart from the state government machinery, the non-governmental organisations, NDMA launched massive rescue and relief operations. A head-bowing thanks to the fishermen of Kerala who were one of the first to respond to the call of the District Collectors' request ventured themselves to the flood affected areas.

IHMA volunteers and the State and National committees did what we could do best at that time.

**Flood Relief Camp Duties Organised by IHMA Pathanamthitta District Chapter**

1) 18/08/2018 (Saturday) Relief Camp - Diet Parish Hall at Kunnamangalam. Under the guidance of Dr.Cherian (Pathanamthitta DMO), Dr.Sunil M Thomas, Dr.Suresh Kumar P V and Dr.Narayana Prasad Pillai participated in the relief camp. A total of 86 persons were treated as out-patients and a total of 134 persons were given preventive medicines. Food supplies, drinking water and essential cloths were distributed throughout this camp.

2) 20/08/2018 (Monday) Relief Camp - CUSAT Board School at Manipuzha (Thiruvalla) - Dr. Sunil M Thomas, Dr.Suresh Kumar P V and Dr.Narayana Prasad Pillai participated in the relief camp. A total of 50 persons were treated as out-patients and a total of 150 persons were given preventive medicines.

3) Relief camp – Ampthir Orthopaedics Hospital (Thiru- valla) - Dr. Sunit M Thomas, Dr.Suresh Kumar P V and Dr.Narayana Prasad Pillai participated in the relief camp. A total of 48 persons were treated as out-patients and a total of 164 persons were given preventive medicines.

**Flood Relief Camp Duties Organised by IHMA Ernakulam**

1) 18/08/2018 (Saturday) Relief camp – Diet Parish Hall at Kunnamangalam (Thiruvalla) – Dr. Sunil M. Thomas, Dr.Suresh Kumar P V and Dr.Narayana Prasad Pillai participated in the relief camp. A total of 220 persons were treated as out-patients and a total of 250 persons were given preventive medicines.

2) Relief camp – Private School at Kavumbhagam (Thiru- valla) – Dr.Sunil M Thomas, Dr.Suresh Kumar P V participated in the relief camp. A total of 74 persons were treated as out-patients and a total of 245 persons were given pre- ventive medicines.

**Flood Relief Camp Duties Organised by IHMA Trivandrum District Relief Activities**

IHMA Trivandrum district relief materials to district collectors’ relief camp collection centre at SMV School and Women’s college auditorium. We gave 25 kilo rice, 16 kilo puffed rice, 100 kilo Sooji, 90 kilo atta, 75 kilo green gram, 55 kilo Bengal gram, 20 kilo Dates, 10 plastic mats, Buck- etts, mugs, steel glasses, 2 dozen Candles, 50 bathing soaps, 100 sanitary napkins, 100 baby diapers, Eatable items like biscuits , tea rasks, groundnuts, (one big box ). We arranged five ambulance, three air ambulances, six air ambulances and helped procuring groceries through national journalist union. We donated dress materials, Towels, blankets, kid’s, ladies and children’s inner wear. We associ- ated with Prathidwani (Technopark Employees Association) and distributed relief materials to camps at Pandalam and Arothupuzha.

We also attended a relief camp at Arothupuzha and gave medical aid. We could also distribute contracebs (4 do- zens) to all of the relief camps at Thiruvalla. Dr. Rassel and Sanjiva were in forefront of these activities.

**Ihma Ernakulam District Relief**

A team of doctors representing IHMA Ernakulam District committee visited Si- milo homoeo laboratory, Aluva– a leading manufacturer of Homoeopathic medicines. They were affected very badly in the re- cent Kerala Floods. Similo is a great supporter of Homoeopathy community and activities of Homoeopathic medical association of India, IHMA Medical officer and Dr. Vaikunthrajan (Medical of- ficer ESI dispensary Aluva, faculty-IHMA School of Homoeopathy) from ESI Aluva also visited Dr. Sunil M Thomas, Dr. Nadhaswaram (Medical officer IHMA Ernakulam Aluva chapter) who was affected with flood in his clinic area. Dr. Vinod Joseph (State Secretary, IHMA Kerala), Dr. Mohammed Salih M.A. (Dist- rict Secretary, IHMA Ernakulam), Dr. Jayakrishnose (SWC Member, IHMA Kerala), Dr. Deepu Deepu, Dr. C S. Hameeda, Dr. Shalima & Dr. Beena extended their service at the camp. 101 patients consulted for various diseases such as intertrigo, Flu, Bronchi- tis, Allergic dermatitis & Injuries.

**Ihma Muvattupuzha Chapter**

IHMA Muvattupuzha Chapter conducted camp for flood victims at Santhigirhan Hall, Velloorkunnam, Muvattu- puzha. Municipal councillor M. Sundar delivered the inaugural speech. Santhigirhan residence association President Mr.Priyesh O. Kumar, IHMA Ekm dist. Jt. Sec Dr. Deepu C. S., Santhigirhan residence association Mr. Biby Ravindran were present on the occasion. Dr. Dhanaj Saadharan, Dr. Deepu C S, Dr. Hameeda, Dr. Shalima & Dr. Beena extended their service at the camp. 101 patients consulted for various diseases such as intertrigo, Flu, Bronchi- tis, Allergic dermatitis & Injuries.

**Ihma Kollam Chapter**

Ihma Kollam chapter conducted camp for flood victims at Gov. L P School Kavumbhagam, Kollam. IHMA volunteers and the State and National committees did what we could do best at that time.

**Ihma Aluva Chapter**

Ihma Aluva chapter conducted camp for flood victims at Alumkadu church, Aluva. Many families affected with flood were in rescue camps, many houses devastated, crops, cattle, livelihoods, dreams all shattered. Apart from the state government machinery, the non-governmental organisations, IHMA volunteers and the State and National committees did what we could do best at that time.

**Ihma Ernakulam District Committee**

In the year 2018, IHMA Ernakulam District committee was formed. Mr. V. K. Ajaykumar was appointed as the first president of this committee. Mr. V. K. Ajaykumar was a great supporter of Homoeopathy community and activities of Homoeopathic medical association of India IHMA.

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School of Homoeopathy concluded its activity for the year 2017-18 by repeating its usual success story. All India 2nd and 3rd rank for AllapGET were bagged by our Team.Sathi’s hardwork really paid off. We had 13 centres for CECP and 7 centres for MOST. 31 IHMA delegates are among the first 100 ranks. Awaiting the rank list of PSC medical officer test.

**MAZHAKOOTT 2018**

As a good will gesture for the faculties and coordinators of SOH and a treat for the budding leaders, Mazhakoott 2018 SNEHASANGAMAM was held at Challenger One Adventure Club, Athirappilly. The Programme was full with fun activities, swimming, football, sightseeing, music and dance that extended into late night. A trekking was also conducted.

Heartfelt thanks to Dr. Sheemur whose unquenched enthusiasm fuelled this program. The wholehearted cooperation of all including our former General Secretary Dr. Shaji N. to our juniors Akhil, Rashid etc. made Mazhakoott a huge success.

**Flood Relief Activities**

Kerala had witnessed a never before disastrous monsoon. The nature seemed to unleash its suppressed violence.

The population of Kerala literally was shocked when their homes were invaded by gushing water, landslides and other calamities. IHMA Kerala showed the social responsibility by joining hands in the care and rescue operations throughout the state.

All 14 district office bearers, SWC and NWC members were on high alert mode by responding to each call, co-ordinating and arranging food, dress and necessary materials for the needy and conducting medical camps. IHMA Kerala and the other members wholeheartedly gratitude to NWC members for their support in such a crisis.

We humbly accept the fund collected by NWC members and a special thanks to National Secretary General Dr. Arulvanan for his personal contribution as cash and materials. Our heartfelt thanks to Shalini, the journalist who arranged for the medicines and relief material from other parts of the country and Dr. Shrey Jayant from Mysore for the medicines sent.

**LEPTOSPIOSIS PREVENTIVE – protest against govt for avoiding Homeopathy**

The flood affected state was faced with yet another threat in the form of Leptospirosis infection. A press release by the health department just after the flood affected districts could not be allowed to conduct preventive medical camps during this period. A press meet was conducted by leaders of IHMA and HKK was held at Kozhikode expressing opposition towards such an irresponsible action by the authorities. Dr. Harinathnair, Honorary Secretary General, Dr. Saji, Vice President IHMA Kerala and Dr.Unnikrishnan, President IHK spoke to the media.

**PALAKKAD**

It’s rise and progress

Palakkad is the largest district in Kerala. Frequently termed as being a rural district, the people of Palakkad are slowly and steadily climbing the ranks of progress and urbanisation. Sprints of development in the evidently famous in the district famously called the “Rice Bowl of Kerala.”

IHMA started with just one chapter and has branched out as 3 actively working branches of Palakkad Town, Pattambi and Mannarkkad. In a short period of time they have managed to include two new chapters and put together various events and programs under the guidance of Dr Ranjith Kumar. His contributions and efforts led to the upsurge of the activities in the district. As he is now the State Secretary, the responsibilities and the goodwill is being continued with the same enthusiasm and zeal by the core group at Krishnapuram the present District Secretary.

Keeping the chapters active and working a District Committee with the members was organised at Hotel Flavours on July 14, 2018. A Seminar was taken by Dr.K.M. Uvais on the topic “Role of mother and younger” in the postoperative care of the newborns and life saving cases.” 50 persons attended the seminar.

REFINE, A scientific session for improving clinical practice was initiated. First session was conducted on 2nd September at Hotel Flavours. Faculty Dr. Aboobacker from Thalassery, 30 delegates attended the session. Few camps were organised as well. Medical camps and awareness classes were conducted at Sub jail Palakkad on 16th September and at Sub jail Alathur on 29th September.

Free camp was held at Amarnadhi, Vadakkanchery on 23rd September 2018. As a part of this activity Dr. John Joseph, P.S, State Secretary IHMA Kerala, Dr. Satheesh, Dr Sneh, Dr Arjun, Dr Meera, Dr Savitha, Dr Anamah, Dr Afthula and Dr Divyashree conducted medical camps.

India is the largest country in the Kerala.

**Resources Gov. Of Kerala**  
T. Thomas. The Annual Report of IHMA Kerala State Chapter was presented by Dr. Mayarani Senan General Secretary. Resources Govt. Of Kerala, Dr. M. K. Anilkumar (Retd DMO For Public Health) presented the Policy of Indian Homoeopathic Medical Association.

**Obituaries**

Key 1: It is a type of congenital uterine abnormality with half the normal size of uterus. The fallopian tube and the other side of the uterus have rudimentary horn.

Key 2: The treatment of choice for causing strawberry vagina.

Key 3: The primary hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics.

Key 4: An ad-hoc committee formed for post-operative gas pains and menorrhagia, with aversion to her own sex.
Introduction to Homeopathy in tribal villages

Arogyabharathi State Secretary and former health secretary Sevabharathi Nedumagadu draped Dr. Parimala kumar with a poncho as a symbol of appreciation for their efforts in organizing such an event. The event was a testimony to the impact that homeopathy can have on the community.

The event witnessed whole hearted participation from doctors, irrespective of their age and gender. They were all eager to learn and share experiences and knowledge with each other.

The event was concluded with a lecture on the different aspects of homeopathy, followed by a question-and-answer session. The audience was impressed by the knowledge and expertise of the speakers.

The event was a success story for our members as a whole. The enthusiasm and participation of everyone involved was evident.

The event was supported by the National Homeopathy Council, the Indian Council for Medical Research, and the Government of Kerala.

The event was a great success and we look forward to hosting more such events in the future.

We are grateful to all those who participated in the event and contributed to its success.

Thank you,
Dr. Anup Ramesh
State President, IHMA-Kerala
IHMA Alappuzha Flood Relief Activities

Kerala state witnessed one of the worst calamities in its history in the form of floods. The deluge caused an estimated loss of 30-35 lakhs amongst the affected homoeopathic doctors which included destruction of their house/property, vehicle, furniture, clinics etc.

IHMA Alappuzha Flood Relief Camp

Dr. Rassel was actually present in the camps of Haripad and Kayamkulam. They also provided fresh drinking water to their house/property, vehicle, furniture, clinics etc.

IHMA Kollam Flood Relief Activities

The camp was organised as per the outline of flood relief activities in its area and 27000 was donated from the funds of the chapter and partly from dona-
tions. Transportation was arranged by the chapter and for camps to provide med-
cial aid. Prophylactic and Curative aspects were kept in the mind while organising the camps for the affected people. The camps providing personal hygiene, the need for clean surroundings and the imper-
ial need for fresh drinking water were being talked about diseases and health awareness at the camps.

IHMA Kollam Flood Relief Activities

The camps were divided among willing doctors, their contacts in the Union. Dr. Vasse George - Attended Medical camp at Chalakudy. It was conducted in St.Jude church, rotary hall and Govt. boys. The help we had in this camp was very much needed. The biggest crisis it has ever witnessed, In Kerala along with National Ayush Mission and various other associations. Overall Indian Homoeopathic doctors were actively involved in flood relief activities - Distributing fresh drinking water, sterilisation of various flood relief camps were lacking this. This help was provided by Dr. Krishna Das, IHMA Palakkad provided much needed help in the flood af-
fected regions of Alappuzha.

IHMA Pathanamthitta

Dr. Naryanganpadas was in charge of the activities in Pathanam-
thitta. They provided relief materials, cleaning materials, water and foods to different areas.

IHMA Trivandrum

Dr.Rassel and Dr. Mathew George were providing relief materials to Alappuzha through their contacts. Dr.Rassel would be grateful to their contacts in the Union.

IHMA Kottayam

The secretory of IHMA Kerala, was spearheading the re-
quirements of Changanassery and Chengannur. Dr. Rajesh Kumar, Dr. Manu AK

IHMA Kollam

Kollam Flood Relief Camp

Dr. Sojan Manual - Attended Medical camp at Chalakudy. It was conducted in St.Jude church, rotary hall in Kollam. As our state struggled to rise up from this catastrophe, We were also giving a helping hand to their house/property, vehicle, furniture, clinics etc.

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IHMA Thiruvananthapuram

Dr. Abdul Razak, Dr Azhar, Dr.Akbar and Dr. Arulvanan and Dr.Vinod teamed up with TEAM SAFARI in Alappuzha, which was the worst hit. The consignment was much needed as the Government Homoeopathy department was already providing relief materials on a need to need basis.

IHMA Alappuzha

Around 40 Homoeopathic doctors were involved in flood relief activities - Distributing fresh drinking water, sterilisation of various flood relief camps were lacking this. This help was provided by Dr. Krishna Das, IHMA Palakkad provided much needed help in the flood af-
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