






ATTINGAL BRANCH
Annual Report
2023

 IDA-Attingal-branch
 www.idaattungalbranch.org
 [_ida_attingal_](#)

PRESIDENT
DR.VASUDEVAN VINAY

HON: SECRETARY
DR.SUBHASH R. KURUP

TREASURER
DR. ROSHITH S. NATH




INTRODUCTION

Here is the compilation of the projects done by IDA Attingal branch for the year 2023.

The branch activities consist of the various programs of the CDH wing and WDC wing .The CDE wing and its contribution in updating the members knowledge is also included here.

Sports accomplishments and cultural events related achievements in Chilamboli and the various branch member get-together activities are also mentioned here in this booklet.



ANNUAL REPORT

INSTALLATION CEREMONY AND FAMILY GET TOGETHER

Dr Vasudevan Vinay was installed as the President of IDA Attingal Branch for the year 2023 on 8th January 2023 at 5pm by Imm Past president Dr Arun B.S . The ceremony was held at Hotel Karthika Residency, Karette.

A total of 187 members attended the program along with members from neighbouring branches.



FIRST EXECUTIVE COMMITTEE MEETING

The first executive meeting was held on 2/2/2023 at Lions Club Hall, Attingal at 7 pm. A total of 26 members attended the meeting.

The meeting concluded by 9:30pm.



SECOND EXECUTIVE COMMITTEE MEETING

The second executive committee meeting was held on 4/4/2023 , Tuesday at Lions Club Hall , Attingal.

The meeting started at 7:30 pm and was adjourned by 10 pm.



THIRD EXECUTIVE COMMITTEE MEETING

The Third executive meeting was held at 14/06/2023 at Lions Club Hall, Attingal. The meeting started at 7:30 pm and concluded at 9:30 pm



FOURTH EXECUTIVE COMMITTEE MEETING

The fourth executive committee meeting was held on 15th September 2023 at Lions Club Hall, Attingal at 7 pm.



FIFTH EXECUTIVE COMMITTEE MEETING

The fifth executive committee meeting was held on 26/10/2023, Thursday at Lions Club Hall, Attingal at 7 pm.



EXTRA ORDINARY GENERAL BODY MEETING

An extra ordinary general body meeting was called on Novemeber 16th to debate on whether the branch should vote for a candidate for the vice president post at the head office elections. After a debate among the attended members, it was decided to go ahead with the voting process. A secret ballot was conducted and the results were sent to the head office in the prescribed manner.



SIXTH EXECUTIVE COMMITTEE MEETING

The 6th and final executive meeting was held on Dec 6th 2023 at Attingal Club. It was the most attended executive with two absentees. The screening and scrutiny's panels results were announced and next year's plans were discussed.



DENTAL DAY CELEBRATIONS

An informal gathering was arranged for our members on the eve of Dentist's Day on 4th march 2023 at S P Grand days at Trivandrum.

50 members attended the function and name badges were distributed to our executive committee members. Car stickers and clinic stickers were distributed among all our members.



FAMILY GET-TOGETHER

A family get together was conducted for our members along with their family on 24th September 2023 at Kaveri Elephant park, Puthenkulam , Paravur at 10am to 3 pm. The event included fun and games and a traditional lunch for family and kids.



IDA KSB EVENTS PARTICIPATION

30 members had registered as RC members for IDA KSB conference " Revive 23 ". Our Immediate past president Dr Arun B.S was awarded as the Best President (Second Runner up) for the year 2022.

Ida Attingal branch was given a special award for the most " Member's Friendly Activities" for the year 2022



PRESIDE 23

Dr Vasudevan Vinay and Dr Subhash R.Kurup attended the President – Secretary seminar (PRESIDE 23) held on 11th & 12th February 2023 at Trivandrum.



IDA KSB DENTIST’S DAY AWARDS CEREMONY

Dr Arun B.S and Dr Meera Murali were nominated from our branch for the IDA KSB Awards for the ‘Active member Awards’ on the Dentist’s Day Awards ceremony held at Kottayam on 6/3/2023.



MEMBERSHIP DETAILS

A total of 347 members renewed their IDA membership as on 26/03/2023. The state share has been deposited on time to IDA KSB charitable society bank account.



IDA KSB STRIKE

Ida Attingal branch participated in a state wide strike organized by IDA KSB on 17th March and 18th March. Thiruvananthapuram district committee strike was organized in association with IDA Trivandrum branch and a joint march was held to IMA House, Anayara.

A candle light vigil was held at Kacheri Jn. Attingal by IDA Attingal members.



CHILAMBOLI 23

IDA Attingal Branch has participated in the IDA KSB Cultural festival ‘CHILAMBOLI 23’ hosted by IDA Greater Kochi on 29th October 2023.

IDA Attingal bagged third place in Overall Championship and also bagged first runners up for group dance.



CDE REPORT

1ST CDE PROGRAM

Ida Attingal Branch conducted our first full day CDE with Live demnstrations on 19/02/2023 , Sunday from 9:30 am to 4 pm at Hotel Savithri , Attingal. The topic of CDE was ' All About Dental Photography' and the faculty for the day was Dr Arshad.P. 50 members attended the session. The CDE was sponsored by Colgate



2ND CDE PROGRAM – “CROWN & BRIDGE CLINICAL EXCELLENCE AND LAB EXPECTATIONS

The second CDE on Crown and Bridge was taken by two faculties Dr K.HarshaKumar and Dr Jogi Abraham on 23/04/2023 , Sunday at Hotel Savithri , Attingal. Session was from 9:30 am to 4pm and included Hands on. A total of 48 members participated for the session and the Registration fee was Rs 1000. The event was sponsored by Colgate and Accufit Dental Lab.



3RD CDE PROGRAM – DENTAL ASSISTANT TRAINING, MEDICAL EMERGENCIES AND STERILIZATION AND ASEPSIS

The third CDE of IDA Attingal branch was for the Dental Assistants of our members. The class was taken by Dr George Skariah.P Prof & H.O.D, Dept of Oral & Maxillofacial Surgery, Govt Medical College, Konni and Mr. Sujith S.L, Zonal Coordinator, IMAGE. The topic involved on basic dental assistant training and types of medical emergencies and sterilization protocols to be followed in dental clinics. Hepatitis B vaccination was provided for interested members and their clinical assistants. The CDE was on 28th May 2023 at Hotel Savithri from 9:30 am onwards. The hepatitis vaccination drive was from 1:30pm onwards. A total of 50 assistants participated for the CDE.



4TH CDE PROGRAM – MASTER CLASS ON VENEERS

The fourth CDE on “Master class on Veneers “was taken by Dr Sabhish Sivasdas on 25th June 2023 from 9 am to 4 pm. The CDE program included Hands on. A total of 22 members attended the class. Registration fee was Rs 7500



5TH CDE PROGARMIS

The fifth CDE of our branch was conducted on 13th August 2023 at Hotel Savithri, Attingal. The topic was 'Masterclass on Anterior Direct Composite Restorations and the faculty for the day was Dr Shibu Sreedhar. There was a theory session followed by hands on for the participants. A total of 16 IDA members participated in the event.



CDH REPORT

FIRST CDH PROGRAM – REPUBLIC DAY CELEBRATIONS & ESSENTIAL KIT DISTRIBUTION

First CDH program was conducted at Ambedkar Orphanage , Attingal.

The event was marked by hoisting of the National Flag by IDA Attingal Branch President Dr Vasudevan Vinay and Essential Items Kit distributions.

Members who attended the program are

1. Dr Vasudevan Vinay
2. Dr Subhash R. Kurup
3. Dr Shammem Shukkoor
4. Dr Deepa. G
5. Dr Anil Kumar. D
6. Dr Dhanush Shaji
7. Dr Fazeeh Salim



SECOND CDH PROGRAM – DENTAL AWARENESS NOTICE DISTRIBUTION

The second CDH was conducted on 28th January at Attingal bus stand by distribution of Dental Awareness notice to passengers. The members who attended are

1. Dr Vasudevan Vinay
2. Dr Shammem Shukkoor
3. Dr Dhanush Shaji
4. Dr Arun. S
5. Dr Biju A. Nair



THIRD CDH PROGRAM – WORLD CANCER DAY

On the occasion of World Cancer Day , A screening and awareness camp was conducted at Govt LPS , Alamcodu on 4th February between 10 am to 12pm in association with ASMIK and SCTIMST.

An early detection of oral cancer and screening with latest technology was conducted. A total of 200 patients attended the camp.

Dr Girija and Dr Rahul. R conducted the awareness class

The members who attended the camp were

1. Dr Vasudevan Vinay
2. Dr Biju A. Nair
3. Dr Arun. S
4. Dr Meera Murali
5. Dr Shameem Shukkoor
6. Dr Adheena Chandran
7. Dr Firoz
8. Dr Dhanush Shaji



FOURTH CDH PROGRAM – TOOTH ACHE DAY

On Tooth Ache Day an awareness class and a dental camp was conducted at Govt Higher secondary school , Kallara. A total of 250 students attended the program. The awareness class for the students was conducted by Dr Abhilash G.S.

The program was attended by

1. Dr Subhash R. Kurup
2. Dr Abhilash G.S
3. Dr Shameem Shukkoor
4. Dr Dhanush Shaji
5. Dr Arun.S
6. Dr Surumi Nasser
7. Dr Asila Hussain
8. Dr Arafath.S



FIFTH CDH PROGRAM – WORLD ORAL & MAXILLOFACIAL DAY

On the occasion of World Oral & Maxillofacial Day an awareness video was prepared by Dr Sherin A.Khalem



SIXTH CDH PROGRAM – ORAL PATHOLOGY DAY

A dental camp and an awareness class was conducted at St Joseph’s Higher Secondary School , Anchuthengu on 25/2/2023 between 10 am to 1 pm. Awareness class was taken by Dr. Nripan. Dr. Arun.S, Dr. Deepa. G, Dr. Arun Sreenivasan, Dr. Vasudevan Vinay & Dr. Shameem Shukkoor had attended the camp

A total of 150 students attended the camp.



SEVENTH CDH PROGRAM – TOOTH FAIRY DAY

On the eve of Tooth Fairy Day we conducted a competition for children under 3 categories

1. Cutest smile – 3 to 6 yrs
2. Drawing competition – 7 to 9 yrs
3. Story writing – 10 to 12 yrs

The results were announced in the branch.



EIGHTH CDH PROGRAM – TOOTH FAIRY DAY

On the account of Tooth fairy day we conducted a dental camp and an awareness class at Trivandrum International School Early Learning Centre. It was held on 28th Feburary between 9 am to 11 am. The awareness class was taken by Dr Suprasidh.S. Dr Arun. S, Dr. Dhanush Shaji, Dr Rudy, Dr Deepa G, Dr Shameem Shukkoor & Dr Vasudevan Vinay had attended the camp



NINTH CDH PROGRAM – DENTIST DAY CELEBRATIONS

On the occasion of Dentist day , a cancer awareness poster was distributed among our members for displaying in their clinic. A total of 25 members attended the program. The event was followed by dinner & entertainment.



TENTH CDH PROGRAM – DENTIST DAY

Oral hygiene kit was distributed at Karunalayam , Attingal on 6th march 2023.

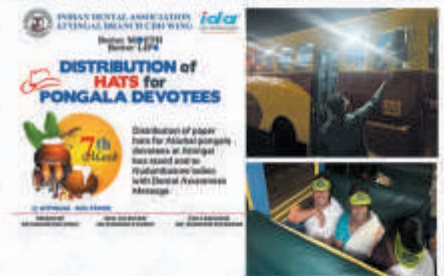
Dr Arun.S, Dr. Shameem Shukkoor, Dr Vasudevan Vinay, Dr Arun B S & Dr Subhash Kurup had attended the program.



ELEVENTH CDH PROGRAM – DISTRIBUTION OF HATS FOR PONGALA DEVOOTEES.

Hats was distributed to Attukkal pongala devotees at Attingal bus stand at 2am on 7th march 2023.

Dr Vasudevan Vinay, Dr Subhash Kurup, Dr Shameem Shukkoor & Dr Arun B S had participated in the program. The program was held in association with Womens Dental Council of Attingal branch.



TWELVETH CDH PROGRAM – ORAL HEALTH DAY

On the account of Oral Health Day , an oral cancer screening and awareness camp in association with Sascan at St Peter’s Forane Church , Anchuthengu on 20th March 2023 between 1:30 pm to 4 pm. Awareness class was taken by Dr Alex Philip

A total of 40 patients attended the camp.

The camp was attended by

1. Dr Vasudevan Vinay
2. Dr Alex Philip
3. Dr Shameem Shukkoor
4. Dr Meera Murali
5. Dr Arun.S



THIRTEENTH CDH PROGRAM – ORAL HEALTH DAY – CANCELLED

FOURTEENTH CDH PROGRAM – WORLD AUTISM DAY

On the occasion of World Autism Day , an awareness class was taken by Dr Alex Philip at Light to the Blind Special School , Varkala. A total of 25 students and their parents attended the class.

The doctors who attended the class are

- Dr Vasudevan Vinay
- Dr Arun Roy
- Dr Arun.S
- Dr Alex Philip
- Dr Shameem Shukkoor
- Dr Firoz



CDH – TRIMONTHLY PROGRAM REPORT (APRIL 2023 TO JUNE 2023)

15TH CDH PROGRAM – ORAL MEDICINE AND RADIOLOGY DAY (24/4/2023)

An awareness video was taken by Dr Ramesh.S on the occasion of 'Oral Medicine & Radiology Day' on 24th April 2023.



16TH CDH PROGRAM – HEART, MOUTH & COVID (27/4/2023)

An awareness video about the importance and relation of Heart, Mouth and Covid was taken by Dr Chithra Girija Vallabavan on 27th April 2023.



17TH CDH PROGRAM – BUS BRANDING PROGRAM (WORLD NO TOBACCO MONTH – 11/5/2023)

On the occasion of World No tobacco Day, IDA Attingal Branch decided to observe the whole month of May as a World No Tobacco Awareness Month by doing a series of programs.

The first of which being to do Bus Branding Program on KSRTC bus doing service from Thiruvananthapuram to Kannur (superfast service) for one whole month (11/5/2023 to 11/6/2023)

The program was inaugurated by Attingal Circle inspector and the following doctors attended the program

- | | |
|------------------------|----------------------|
| 1. Dr Priyalekshmi | 14. Dr Premjith. S |
| 2. Dr Subhash R.Kurup | 15. Dr Dhanush Shaji |
| 3. Dr Abhilash G.S | 16. Dr Jithin Rajeev |
| 4. Dr Biju A.Nair | 17. Dr Abin S Ram |
| 5. Dr Ashok Gopan | 18. Dr Arshad B H |
| 6. Dr Arun B.S | 19. Dr Fazeeh Salim |
| 7. Dr Deepa. G | 20. Dr Midhun Kishor |
| 8. Dr Shameem Shukkoor | 21. Dr Suprasidh. S |
| 9. Dr Roshith S.Nath | 22. Dr Deepa G |
| 10. Dr Anish Vadan | 23. Dr Saurav |
| 11. Dr Arun.S | 24. Dr Rakhee Rakesh |
| 12. Dr. Subramony. R | 25. Dr Silja Shine |
| 13. Dr Arun. S | |



18TH CDH PROGRAM – GUM HEALTH DAY (12/5/2023))

On the observance of Gum Health Day on 12th May 2023, an awareness class was taken by Dr Abhilash G.S at KTCT Nursing College from 2pm to 4pm. The doctors who attended the program are

1. Dr Abhilash G.S
2. Dr Arun.S
3. Dr Roshith S.Nath
4. Dr Shameem Shukkoor



19TH CDH PROGRAM – WORLD ORTHODONTIST DAY (15/5/2023)

Pamphlet on Orthodontic corrections of teeth was distributed at Kilimanoor private bus stand on 15th May 2023 between 9am to 10pm to mark the observance of 'World Orthodontist Day'.

The doctors who attended the program are

1. Dr Biju A. Nair
2. Dr Adheena Chandran
3. Dr Roshith S. Nath
4. Dr Shameem Shukkoor



20TH CDH PROGRAM – PREGNANCY AND GUM HEALTH (27/5/2023)

Awareness pamphlet were distributed on the importance of maintaining proper gum health during pregnancy period at Dept of Obstetrics & Gynecology at Govt Taluk Hospital, Chirayinkeezhu on 27th May 2023 between 9:30 am to 10:30 am.

The doctors who attended the program are

1. Dr Vasudevan Vinay
2. Dr Shameem Shukkoor
3. Dr Fazeeh Salim



21ST CDH PROGRAM – BABY TEETH & GROWTH (27/5/2023)

An awareness pamphlet were distributed on baby teeth and growth at Dept of Pediatrics, Govt Taluk Hospital, Valiyakunnu, Attingal on 27th May 2023 between 8am to 9am.

The doctors who attended the program are

1. Dr Vasudevan Vinay
2. Dr Arun.S
3. Dr Shameem Shukkoor



22ND CDH PROGRAM – WORLD NO-TOBACCO DAY (31/5/2023)

A bike rally was conducted in association with BMW to mark the observance of 'World No Tobacco Day' on 31st May 2023 from Kazhakuttam to Varkala Cliff between 8:30am to 10am.

The rally was flagged off by Mr. Rishiraj Singh at Kazhakuttam Junction.

A total of 20 BMW bikers participated in the event.

IDA KSB President Dr Sangeeth Cheriyan and IDA KSB Hon Secretary Dr Deebu J. Mathew along with IDA KSB CDH Chairman Dr Seby Mathew graced the event.



The doctors who attended the camp are

- | | |
|------------------------|--------------------------|
| 1. Dr Vasudevan Vinay | 14. Dr Abin S Ram |
| 2. Dr Subhash R. Kurup | 15. Dr Ashok Gopan |
| 3. Dr Arun B.S | 16. Dr Biju A. Nair |
| 4. Dr Abhilash G.S | 17. Dr Ramesh.S |
| 5. Dr Shameem Shukkoor | 18. Dr Anil Kumar |
| 6. Dr Roshith S. Nath | 19. Dr Deepa.G |
| 7. Dr Arun Roy | 20. Dr Sila Shine |
| 8. Dr Alex Philip | 21. Dr Anuja |
| 9. Dr Rudy George | 22. Dr Haseena Shahjahan |
| 10. Dr Arun.S | 23. Dr Jolly |
| 11. Dr Premjith | 24. Dr Thushara |
| 12. Dr Dhanush Shaji | 25. Dr Suprasidh |
| 13. Dr Jithin.R | 26. Dr Vijoy V.Nair |



23RD CDH PROGRAM – AWARENESS CLASS FOR ASHA WORKERS (15/6/2023)

An awareness class for ASHA workers was taken on 15th June 2023 at Navaikulam Health Centre between 2pm and 4pm. Awareness class was taken by Dr Arun, S & Dr Deepa. G

The doctors who attended the program are

1. Dr Vasudevan Vinay
2. Dr Shameem Shukkoor
3. Dr Haseena Shahjahan
4. Dr Vijoy V.Nair



24TH CDH PROGRAM – DENTAL AWARENESS CLASS AND ORAL HYGIENE KIT DISTRIBUTION (21/6/2023)

An awareness class on dental health was taken for the kids at Bharatiya Vidya Bhavan, Manvila on 21st June 2023 between 2pm and 4pm.

Oral hygiene kits were distributed among the students.

The doctors who attended the program are

1. Dr Vasudevan Viany
2. Dr Deepa.G
3. Dr Abhilash G.S
4. Dr Arun.S
5. Dr Shameem Shukkoor



25TH CDH PROGRAM – DIFFERENT MOUTH CONDITIONS & MEDICAL PROBLEMS (30/6/2023)

An awareness video program on different mouth conditions & medical conditions was taken by Dr Chithra Girija Vallabhan and was released online on 30th June 2023.



26TH CDH PROGRAM – NATIONAL DOCTOR’S DAY (01/07/2023)

On the occasion of ‘National Doctor’s day’ an awareness class and a dental check up camp was held at PVLP School, Kailasamkunnu, Thattathumala in association with Rotary International, Kilimanoor on 1/7/2023 between 1pm to 4pm. The awareness class was taken by Dr Biju A.Nair and Dr Meera Murali.

The doctors who attended the program are

1. Dr Biju A.Nair
2. Dr Vasudevan Viany
3. Dr Subhash R.Kurup
4. Dr Roshith S.Nath
5. Dr Adheena Chandran
6. Dr Meera Murali
7. Dr Dhanush Shaji
8. Dr Shameem Shukkoor
9. Dr Abin S Ram
10. Dr Arshad
11. Dr Midhun



CDH – HALF YEARLY REPORT (JULY 2023 TO DECEMBER 1ST 2023)

27TH CDH PROGRAM -HEAD AND NECK CANCER DAY (27/07/2023)

The awareness class was taken by DR.Abhilash G.S & Harikumar P.S (Excise Circle Inspector Varkala).The programme was inaugurated by Kallambalam SHO Mr V K Vijayaraghavan. More than 300 students were participated in the awareness class.

The program was led by snr Doctors

1. Dr. Abhilash G S
2. Dr Deepa.G
3. Dr. Adheena Chandran
4. Dr. Vijoy V Nair
5. Dr. Arun. S
6. Dr. Shameem Shukkoor
7. Dr. Roshith S Nath



28TH CDH PROGRAM- HEAD+ TOOTH+ EAR+ FACIAL PAIN (31/07/2023)

Awareness video were shown by Dr.Ansar P.P Surgical Oncologist & HOD of surgical oncology Department Sree Gokulum Medical College, Venjaramoodu



29TH CDH PROGRAM -MOUTH HYGIENE DAY (VAYOSMITHAM -1/08/2023)

Awareness class was taken by Dr. Alex Philip at Sayoojyam Pakal Veedu, Mangalapuram.



The Program was coordinated by

1. Dr. Arun. S
2. Dr. Shameem Shukkoor
3. Dr. Nabeel Abdul vahid

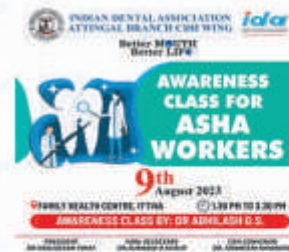
30 peoples were participated in the program & oral hygiene kits were distributed.



30TH CDH PROGRAM -AWARENESS CLASS FOR ASHA WORKERS & ORAL HEALTH CAMP & ORAL HYGIENE KITS DISTRIBUTION (09/08/2023-ITTYVA)

Dental awareness class held by DR.Abhilash G S & 125 Asha workers were participated on the program. Oral hygiene kits were distributed to all Asha workers. The camp held by

1. Dr. Shameem Shukkoor
2. Dr. Rakhee Rakesh
3. Dr. Noufal
4. Dr. Asila Hussain



31ST CDH PROGRAM -TOOTH FAIRY DAY (PETAL INTERNATIONAL PRE SCHOOL (22/08/2023) AWARENESS CLASS & DENTAL CHECK -UP CAMP & ORAL HYGIENE KIT DISTRIBUTION)

The awareness class was taken by Dr. Suprasidh Suprakash. The class mainly included dental awareness talk, educating students about common dental problems especially stressing on tooth decay & the measures used to prevent them. 175 students attended the dental check-up camp. After the check-up oral hygiene kits are distributed. The organizing team includes

1. Dr. Biju A Nair
2. Dr. Shameem Shukkoor
3. Dr. Vasudevan Vinay
4. Dr. Arun S
5. Dr. Abin A
6. Dr. Priya Lekshmi
7. Dr. Soumya



32ND CDH PROGRAM -MOUTH HYGIENE & DIABETES (31/08/2023) AWARENESS PAMPHLETS DISTRIBUTION – CHC VAKKOM

A total of 200 awareness pamphlets distributed at CHC Vakkom. The program was led by Dr Vasudevan Vinay, Dr Shameem Shukkoor and Dr Arun.S



33RD CDH PROGRAM – VANDITHADAM LPS KALLAMBALAM (16/09/2023) ASSOCIATES WITH MAJILIS FOUNDATION PAVALLA

Dental Camp was conducted on 16/09/2023. Attended by

- 1.Dr.Shameem Shukkoor
- 2.Dr.Haseena Shajahan
- 3.Dr.Vasudevan Vinay
- 4.Dr.Vijoy V Nair
- 5.Dr.Abin S Ram
- 6.Dr Deepa. G

142 people were participated in the camp.

Oral hygiene kits were distributed



34TH CDH PROGRAM-WORLD ALZHEIMERS DAY -21/09/2023 DENTAL CAMP FOR NSS AT GOVT: HSS KAVALAYOOR

The awareness class was taken by Dr.Arun S. In total 150 students attended the dental camp. The organizing team consists;

- 1.Dr.Arun S
- 2.Dr.Vasudevan Vinay
- 3.Dr.Shameem Shukkoor
- 4.Dr.Silja Shine



35TH CDH PROGRAM –AWARENESS PAMPHLET DISTRIBUTION-ATTINGAL-29/09/2023

The program was inaugurated by O S Ambika MLA. Awareness pamphlet distributed to all nearby schools. The members who attended were

- 1.Dr.Shameem Shukkoor
- 2.Dr.Vasudevan Vinay
- 3.Dr.Suprasidh Suprakash



36TH CDH PROGRAM-PALLIATIVE CARE DAY -14/10/2023 DISTRIBUTION OF BEDSHEETS & ESSENTIAL KIT DISTRIBUTION - PALLIATIVE CARE CENTRE CHIRAYINKEEZHU

Palliative care day 2023 celebrated by organizing events for patients & their families to create awareness about palliative care to improve their quality of life & to improve patient care at home.

The program was conducted at chirayinkeezhu palliative care on 14/10/2023. This program organized by;

- 1.Dr.Vasudevan Vinay
- 2.Dr.Shameem Shukkoor
- 3.Dr.Dhanush Shaj

50 patients were benefited with bedsheets & essential kits. The event ended with aim of developing better pain & palliative care services.



37TH CDH PROGRAM– DENTAL CHECK-UP CAMP (21/10/2023)-CHERUKUNNAM MUSLIM JAMATH

A Dental check-up camp was held at Cherukunnam Muslim Jamath Madrassa Hall on 21/10/2023. The doctors who attended were

1. Dr. Shameem Shukkoor
2. Dr. Vasudevan Vinay
3. Dr. Nimmy Sabeel
4. Dr. Silja Shine

The Doctors spoke to the peoples about the importance of oral & dental care. The peoples got ample opportunities to interact with the doctors to enquire & gain knowledge concerning oral disease

145 people participated in the dental camp & benefited with oral hygiene kits



38TH CDH PROGRAM -22/10/2023 -DENTAL CHECK-UP CAMP-LAVANYA SPORTS & ARTS CLUB-VALAKKADU

A Dental check-up camp was held on 22/10/2023. Total 180 peoples are participated in the camp. The aim of the camp was to serve the basic dental needs to all people.

The Dental team consists;

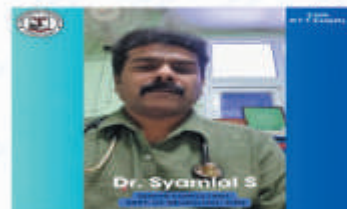
1. Dr. Vasudevan Vinay
2. Dr. Shameem Shukkoor
3. Dr. Thoufina
4. Dr. Thoyyiha
5. Dr. Samjith

The patients were benefited with oral hygiene kits.



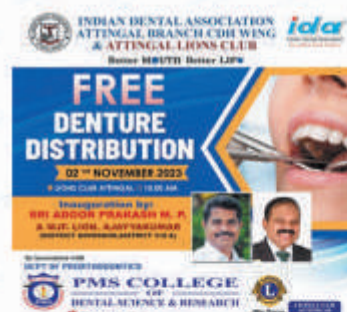
39TH CDH PROGRAM -31/10/2023 -AWARENESS VIDEO PRESENTATION

Injuries, sleep accidents & prevention awareness video presented by Dr. Shyam Lal (Senior doctor neurology dept KIMS) on 31/10/2023.



40TH CDH PROGRAM -31/10/2023 -FREE DENTURE CAMP – LIONS CLUB & PMS DENTAL COLLEGE

A free denture camp was conducted at Lions club Attingal, in association with PMS Dental College on 31/10/2023. The main aim of the camp was to provide the dentures for poor & downtrodden people who cannot afford the cost & treatment. A total of 15 patients were selected for the denture camp. The patients were instructed come on 9 am on the scheduled camp and food & water was arranged for the camp participants. Many difficulties were faced during the camp but the team had taken a brave step with dedication & hard work.



After our dedicated team work proved fruitful in rehabilitating 15 completely edentulous patients in short span of 24hour.The efforts put forwarded by the entire PMS DENTAL COLLEGE TEAM & the support of LIONS CLUB ATTINGAL was really appreciable. The organizing team were

- 1.Dr.Vasudevan Vinay
- 2.Dr.Biju
- 3.Dr.Abhilash G.S
- 4.Dr. Arun.S
- 5.Dr.Arun Roy
- 6.Dr.Shameem Shukkoor
- 7.Dr.Ashok Gopan
- 8.Dr.Pratheeksha
- 9.Dr.Sudeep
- 10.Dr.Roshith S Nath
- 11.Dr.Adheena Chandran
- 12.Dr.Subramony
- 13.Dr.Premjith
- 14.Dr.Dhanush

The dentures were delivered to the patients by Honorable MP Sri.Adoor Prakash.



41ST CDH PROGRAM - DENTAL CHECK-UP CAMP FOR BEDRIDDEN DISABLED CHILDREN-ANATHAVALAM- 14/11/2023 -BRC KILIMANOOR

A Dental camp conducted at Anathavalam on 14/11/2023 for Bedridden disabled childrens. The camp includes oral health screening, education on the same & self-identification of oral disease etc. Providing free check-ups & treatments for these special Childrens is the main aim of our camp. Total 40 children were examined. Our team were

- 1.Dr Deepa. G
- 2.Dr Arun.S
- 3.Dr Arun.S Babu
4. Dr Shameem Shukkoor



42ND CDH PROGRAM – DENTAL CHECK-UP CAMP FOR BEDRIDDEN CHILDREN – 21/11/20123 ROYAL CASTLE RESORT MANANAKKU

A Dental check-up camp conducted on 21/11/2023 at Royal castle resort mananakku. Total 40 children were examined and oral hygiene kits distributed. The team who attended were

- 1.Dr.Shameem Shukkoor
- 2.Dr.Arun S
- 3.Dr.Vasudevan Vinay
- 4.Dr.Anoopa M C
- 5.Dr.Aparna Benny
- 6.Dr.Archana G Vijayan
- 7.Dr.KrishnaPriya Vidhyadharan
- 8.Dr.Suprasidh



**43RD CDH PROGRAM -S N COLLEGE VARKALA -21/11/2023
– DENTAL CHECK-UP CAMP**

A Dental check-up camp conducted on 21/11/2023 at S N College varkala. Total 400 students were examined and benefited with oral hygiene kits. The camp was attended by

1. Dr. Shameem Shukkoor
2. Dr. Vasudevan Vinay
3. Dr. Arun S
4. Dr. Athul Ashok
5. Dr. Silja Shine
6. Dr. Nimmy Sabeel



44TH CDH PROGRAM – PARENTS, TEACHERS ORIENTATION PROGRAM – KAVERI PARK - AMMARATHUMUKKU -28/11/2023

Parents- teachers' orientation program was conducted on 28/11/2023 at Kaveri Park Puthenkulam. The orientation class was taken by Dr. Suprasidh S. Orientation class was aimed to educate the parents & teachers about common dental problems and how it can be prevented.

80 parents and teachers were attended the class. The doctors who attended the camp were

1. Dr. Shameem Shukkoor
2. Dr. Suprasidh Suprakash



45TH CDH PROGRAM – DENTAL CHECK-UP CAMP FOR DISABLED CHILDREN – BRC VARKALA - 28/11/2023

A dental check-up camp was conducted at BRC Varkala on 28/11/2023. Total 30 children were examined and oral hygiene kits were distributed.

The doctors who attended the camp were

1. Dr. Suprasidh Suprakash
2. Dr. Shameem Shukkoor
3. Dr. Krishna Priya
4. Dr. Archana



46TH CDH PROGRAM – PARENTS, TEACHERS ORIENTATION PROGRAM & STUDENTS AWARENESS CLASS SREE NARAYANA GURU ADVANCED COLLEGE VARKALA - 30/11/2023

Parents & teachers orientation program was conducted at Sree Narayana Guru Advanced College varkala on 30/11/2023. Total 450 parents, teachers & students were participated in the program. The awareness class for students was taken by Dr. Abhilash G.S.

The dental team attended the camp.

1. Dr. Shameem Shukkoor
2. Dr. Vasudevan Vinay
3. Dr. Arun S



47TH CDH PROGRAM -AWARENESS VIDEO-BABY TOOTH & BABY FACE PAEDIATRIC DENTAL FACIAL PROBLEMS -30/11/2023

Awareness video shown by Dr.Neeraja (MDS) regarding baby tooth & baby face paediatric dental facial problems on 30/11/2023



48TH CDH PROGRAM – DENTAL CHECK-UP CAMP – K.T.C.T H.S.S THOTTAKKADU -30/11/2023

A Dental check-up camp was conducted at K.T.C.T H.S.S Thottakkadu on 30/11/2023. Total 120 KG students were examined & benefited with oral hygiene kits. Was attended by

- 1.Dr.Shameem Shukkoor
- 2.Dr.Arun S
- 3.Dr.Vasudevan Vinay



49TH CDH PROGRAM – FREE ACTIVE DENTAL CLINIC AT SNEHATHEERAM , MITHIRMALA , KALLARA ON 1/12/2023

A free active dental clinic was inaugurated at Snehatheeram old age charitable society, Mithirmala , Kallara on 1/12/2023.

A.A.Rahim M.P (Rajya Sabha) and Adv D.K Murali MLA (Vamnapuram) graced the function and inaugurated the chair

The members who attended the program are

- | | |
|-----------------------|--------------------|
| 1.Dr Vasudevan Vinay | 10. Dr Adheena |
| 2.Dr Abhilash G.S | 11. Dr Arya Arun |
| 3.Dr Arun Roy | 12. Dr Ashok Gopan |
| 4.Dr Subhash Kurup | 13. Dr Abin.A |
| 5.Dr Arun.S | 14. Dr Avinash |
| 6.Dr Subramoni | 15. Dr Ajas |
| 7.Dr Deepa.G | 16. Dr Minahal |
| 8.Dr Shameem Shukkoor | 17. Dr Aparna |
| 9.Dr Dhanush | 18. Dr Fazeeh |



50TH CDH PROGRAM – OLD AGE HOME ADOPTION (1/12/2023)

The 50th CDH program was the adoption of an old age home named Chakkulathamma Sanjeevani Old Age Home on 1/12/2023 between 10 am to 11 am.

IDA Attingal branch will provide free dental treatment for the inmates of the home.

The members who attended the function were

- 1.Dr Vasudevan Vinay
- 2.Dr Roshith S.Nath
- 3.Dr Shameem Shukkoor



INTER BRANCH CDH PROGRAME (THEJUS) - 31/05/2023

Project Thejas, an initiative of Thiruvavathapuram District Committee of IDA, was launched by Hon. Minister of Food and Civil Supplies, Adv. G. R. Anil. Project Thejas is a joint venture of IDA Attingal and IDA Trivandrum, the aim of which is to create awareness among the public on Oral lesions and provide the services of IDA doctors for the treatment of the same. The service is planned to be provided by an app based application through which a patient can consult member doctors in an area of his choice.



AWARENESS VIDEOS BY CELEBRATES

Awareness video on Dentist day by celebrates . CDH & WDC joint programe



WOMEN'S DENTAL COUNCIL

PROGRAM 1 – PATRIOTIC SONG COMPETITION

Patriotic song competition was judged by Mr Shibu Basheer. The winners of the competition are Adults

1. Dr Divya
2. Dr Nimmi & Dr Jyothi
3. Dr Arya

Kids

1. Madhav Ram s/o Dr Renjitha Umesh
2. Joyal s/o Dr Ansu Jobin
3. Nanma D/o Dr Anuja



PROGRAM 2 – WORLD CANCER DAY (FEB 4TH)

On the event of World Cancer Day an awareness class on Oral Cancer and a dental camp was conducted in association with Surya Kudumbasree , Vamanapuram on 4/2/2023 between 2pm to 3pm.

The camp was attended by

1. Dr Arya Arun
2. Dr Deepa
3. Dr Adheena Chandran
4. Dr Charishma
5. Dr Rakhee



PROGRAM 3 – DISTRIBUTION OF HATS FOR PONGALA DEVOTEES

Hats were distributed to pongala devotees on the eve of Attukal Pongala on March 7th. Dr Deepa and team helped in the distribution. The program was conducted in association with our CDH wing.



PROGRAM 4 – HONORING LADY MEMBERS OF BETHSIDE REHABILITATION CENTRE

On behalf of Women's Day on 8/3/2023, WDC wing of IDA Attingal branch honored the lady managers of Bethside Rehabilitation center, Chadayamangalam.

The program was at 2pm. The members who attended the program were

- Dr Adheena
- Dr Nimmy
- Dr Meera Murali
- Dr Reena
- Dr Jessy
- Dr Rakhee
- Dr Shammema
- Dr Susmitha
- Dr Jyothi
- Dr Aswathy

Program started with an awareness class for the 40 disabled inmates. Class was given by Dr Meera Murali followed by honoring the lady managers. Cake cutting was organized for the inmates.



PROGRAM 5 – NUTRITIONAL CLASS AND BODY SCANNING FOR MEMBERS

Nutritional counselling and body scanning was conducted by EXPERTIFI team on the occasion of Women’s Day on 8/3/2023 at 4pm.

10 members participated at Nise Mini Hall, Nilamel. The duration of the event was one hour.



PROGRAM 6 – KARATE CLASS FOR WDC MEMBERS

The third program conducted on the occasion of Women’s Day on March 8th 2023. The program was a self-defense karate class for WDC members. The program was conducted in association with JCI, Attingal. The venue of the program was Visakh Theater, Attingal at 5pm.



7TH WDC PROGRAM – EASTER VISHU RAMZAN GETTOGETHER (16/4/2023)

A get together and dinner meet was arranged for WDC members of IDA Attingal Branch along with their kids on 16/4/2023 at Hotel Bright from 5:30pm to 8:30 pm.

A total of 7 members participated in the dinner meet.



8TH WDC PROGRAM – WORLD EARTH DAY (22/4/2023)

‘World Earth day’ was observed on 22/4/2023 at Kilimanoor Govt Higher Secondary School.

The day was observed by planting trees by WDC members.

A total of 4 members attended the program.

The duration of the program was one hour.

The day was observed by members and their kids sending pictures and videos planting trees and giving water to birds through online platform.



9TH WDC PROGRAM – MOM & ME RAMP WALK COMPETITION (13/5/2023)

A Ramp walk competition was arranged for all branches across Kerala on the eve of Mother’s Day on 13/5/2023; through online platform.

The categories for the event are

- 1. Dentist Mom & Kid
- 2. Mom & Dentist kid

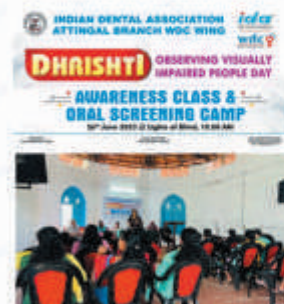
The winners of the competition were

- 1. 1st Prize – Dr Sabeela.M (IDA Kondotty)
- 2. 2nd Prize – Dr Shimna Sageer (IDA Koduganillur)
- 3. 3rd Prize – Dr Aysha Remin (IDA Kondotty)



10TH WDC PROGRAM – PROJECT DHRISHTI (26/6/2023)

Project DHRISHTI was observed for visually impaired people on 26th June 2023 at Lights of Blind School. The duration of program was 4 hours starting from 10am. An awareness class was taken by Dr Meera Murali and a dental check up camp was also conducted. A total of 5 members participated in the program.



11TH WDC PROGRAM – FATHER'S DAY (25/6/2023)

Members shared their childhood pictures with their father through online platform on the eve of 'Father's day' on 25th June 2023.



12TH WDC PROGRAM – YOGA DAY 2023 (21/6/2023)

On the eve of World Yoga Day, awareness poster on different yoga exercise postures were released for our members through online platform on 21st June 2023.



13TH WDC PROGRAM SPARK – IDA KSB (13/10/2023)

The state WDC program on substance abuse awareness program 'SPARK' was conducted at S.N College, Chempazhanthy on 13/10/2023.

The event was presided by Dr Sangeeth Cherian IDA KSB President and State WDC Chairperson Dr Seethi Beegum and State WDC Secretary Dr Sarah Christapher.

The chief guest for the event was Sri Rishiraj Singh Retd IPS and the awareness class was taken by Mr Mohamed Shafi.K (SP of Police & Vigilance).

The class was followed by a dental check up camp by our WDC members.

The members who attended by

1. Dr Deepa.G
2. Dr Adheena Chandran
3. Dr Arya Arun
4. Dr Meera Murali
5. Dr Sree Priya
6. Dr Ansu Abraham



14TH WDC PROGRAM ONE DAY ESCAPADE (3/12/2023)

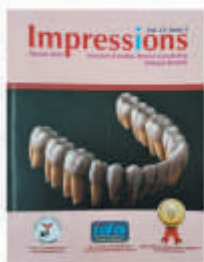
The members of WDC along with kids had a one-day trip on 3/12/2023 at Green Tavorite Farm Resort, Varkala.

15 WDC members and their children went for the trip. The day was well spent with outdoor games along with water sports activities.



JOURNAL

THE FIRST EDITION OF OUR JOURNAL 'IMPRESSIONS' WAS RELEASED ALONG WITH OUR FIRST NEWSLETTER ON APRIL 4TH.



THE SECOND EDITION OF OUR JOURNAL 'IMPRESSIONS' FOR THE MONTH OF JUNE 2023 HAS BEEN RELEASED.



THE THIRD EDITION OF OUR JOURNAL 'IMPRESSIONS' WAS RELEASED BY EDITOR DR RAMESH ON SEPTEMBER 2023



THE FORTH EDITION OF OUR JOURNAL 'IMPRESSIONS' FOR THE MONTH OF NOVEMBER 2023 HAS BEEN RELEASED.



NEWSLETTER

5 Newsletters and 4 Journals were published this year and soft copies were circulated for our members

IDA HOPE

A total of 242 members renewed their IDA HOPE membership for the year 2023. 8 members have not renewed their HOPE account. 15 members have joined HOPE this year.

The renewal for HOPE ASSURE for the year 2023 was 100 %. 9 new members have joined HOPE ASSURE. 26 new members have joined for HOPE membership and 14 new members has joined for HOPE MEDI.

IDA KSB SPORTS ACHIEVEMENTS

IDA KSB SMART SMASH 23

Dr Neena Ashik secured the first place in the veterans category in the badminton at the IDA KSB Smart Smash23.

Dr Ajmal Shanalal and Dr Bimal Boswel has secured first and second place in the singles Table tennis category. They also secured the second place in the Doubles category in Tabletennis.



SOUTH ZONE CRICKET TOURNAMENT

IDA Attingal Branch became the South Zone champions at the Kerala Dental cricket League held at Kottarakara.



IDA KSB CRICKET FINALS TOURNAMENT

IDA Attingal branch has participated in the IDA KSB Cricket finals held at Thrissur hosted by IDA Eranad Branch.





