

CIMA NEWS LETTER

PUBLICATION OF COIMBATORE BRANCH OF INDIAN MEDICAL ASSOCIATION

April 1st 2026

Volume - 16

Issue - 04

Rs. 3/-*



Warm greetings to all members of IMA. Combative. My heartfelt appreciation to the officer bearers for their exceptional work done in this month. On enrolling New members 193. We acknowledge the genuine efforts made by Dr. Koshal Rain, Dr. Anusha, Dr. Vinoth, Dr. Rajesh Babu, Dr. Parameswaran and Dr. Balamurugan.

Our First Blood Centre trust meeting was conducted and approved for renovations of our Blood Centre. Blood Center functions remarkably Well. Our regular work on Adaptation of

Village drug awareness. NCD camp and Yoga attract every one.

Our mellispecialiting Medical camp gives comprehensive health Check up more than 58 Doctors most of the Senior Doctors benefited FSS West Zone meeting was organised and conducted by our Vice President Dr.C.P.Shanmugasundaram and Joint Secretary Dr. M. Doraikannan at Erode.

We appreciate the excellent team work our branch member. our request is to show same energy to enroll more members to FSS and PPLSS. My sincere thanks to every one

with warm regards,

Dr.M. Doraikannan,

Editor, Ph : 98430 53255.



Dr S Karthick Prabhu
Founder Editor



Dr.Koshal Ram
President



Dr D Parameswaran
Honorary Secretary



Dr R Balamurugan,
Finance Secretary

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President's Message

Dr. B. Koshal Ram

Greetings from the Indian Medical Association, Coimbatore Branch.

April has been a month of meaningful action, collaboration, and renewed commitment to our shared mission of advancing healthcare and supporting our medical fraternity. It is heartening to witness the enthusiasm and active participation of our members across academic, public health, and professional platforms.

Our World Health Day April 7th we had initiatives which reflected our responsibility towards the community, with impactful awareness programs on Basic Life Support and drug safety reaching students and the public. The Life care 360 Program further strengthened our outreach by integrating eye screening, mental health awareness, and emergency preparedness training. One of the most significant highlights this month was the Mega Health Camp for Doctors, an initiative that emphasized and often overlooked truth the wellbeing of doctors which is vital to the well being of society. This program reinforced our belief in "Doctors Caring for Doctors" and encouraged preventive health practices within our own fraternity.

Academically, the branch continued to excel with the successful conduct of the Dr.G.Bhaktavatsalam Endowment Oration and CME sessions, fostering continuous learning and knowledge exchange. Our members also made notable contributions at zonal conferences State AMS and CGP Zonal conferences and workshops, reflecting the strength and expertise of IMA Coimbatore on larger platforms.

Our engagement with policymakers, including interaction at the Coimbatore Citizens Forum with union minister Shri. Piyush Goyal highlights our growing role in shaping healthcare. Meanwhile, our membership drives signal a positive expansion of our professional, bringing in fresh energy and perspectives. As we move forward, let us continue to uphold the values of service, unity, and excellence. Together, we can strengthen not only our association but also the healthcare ecosystem we serve.

I extend my sincere gratitude to all office bearers, members, and volunteers for their unwavering support and dedication in the Month of April.

Let us continue to work together with purpose and pride.

Honorary Secretary's Message

Dr. D. Parameswaran



Dear Members,

It is with profound sadness that we inform you of the demise of our former President, Dr. M. Suryanarayanan, who was an active and dedicated member of our branch. His valuable contributions and committed service to the association will always be remembered with gratitude and respect. We pray for his soul to rest in peace and convey our heartfelt condolences to his family members.

At the same time, we are happy to share that through our recent membership drive, we were able to enroll 193 new members into our branch. We sincerely thank the entire team whose tireless efforts and dedication made this achievement possible.

During the month, our branch successfully conducted several academic and public health activities. A Wellness Programme and CPR Workshop were organized at Suguna Arts and Science College, which received enthusiastic participation from students and faculty members. We also conducted an informative

CME programme on Radiation Oncology, benefiting practicing doctors and healthcare professionals. In addition, a well-organized workshop on "Echo Essentials" was conducted successfully with excellent academic interaction.

Our branch also encouraged and actively participated in the State-Level Hockey Tournament held at Coimbatore, promoting sportsmanship and unity among the medical fraternity.

On the occasion of International Nurses Day, celebrations were held at the IMA Campus in a grand manner. As part of the programme, 63 paramedical staff members from various hospitals were honoured in recognition of their dedicated and selfless service to patient care.

We thank all our members for their continuous support and participation in every activity of the branch.

Events at a Glance April

The Trust Board Meeting of the IMA Masonic Rotary Midtown Mahaveer Blood Bank was conducted today (02/04/2026) at the IMA President's Office. The meeting was presided over by the IMA President along with Honorary Secretary Dr Parameswaran with Dr. Karthick Prabhu, Hon Technical Coordinator of the Blood Bank.



On the eve of World Health Day, Public Health Awareness Initiative!

3 rd April 3 pm -5 pm, Brooke field mall BLS (Basic Life Support) Awareness, Drug Awareness Program



**Dr G Bhakthavatsalam Endowment Oration
on 4.4.26 at IMA Hall**

IMA Coimbatore World Health Day Drug Awareness Session 07/04/2026



Interaction with Hon'ble Union Minister Shri Piyush Goyal
The team of Coimbatore with Dr. A.K. Ravikumar (President Elect, IMA TNSB),
Dr. Karthick Prabhu (Immediate Past State Secretary) with Dr. Koshalram President,
Dr. Parameswaran Hon. Secretary, Dr Nandagopal Joint secretary, Dr Balamurugan Finance secretary,
Dr Doraikannan Dr Anitha attended.
Key concerns and demands of the medical fraternity were addressed during the interaction

World Health Day Screening for Doctors on 12.4.26 at IMA Hall. Around 60 Doctors benefitted.



Doctor's team





**IMA Coimbatore Wellness Program
at Suguna Arts & Science College, 16/4/2026
A Lifecare 360: Wellness, Emergency Skills &
Vision Health program was conducted.**





யார் இவர்கள்?

காயத்தால் வருந்தும் வலியையும் மாயத்தால் அகற்றும் சந்திரர்கள் நோயால் பெருகும் வேதனையையும் நேயத்தால் நெகிழ்த்தும் மாணுடர்கள்

விதி என்பது ஒருவனுக்கு பகையானால் வலி என்பது அவனுக்கு உறவாகும் நியதிகளை கடக்கும் நோய்களுக்கும் நீதிகளை வழங்கும் நிதர்சனர்கள்

காட்டாற்று வெள்ளமென உதிரம் நடராற்றில் தள்ளாடும் மனிதன் மூச்சடக்க காலன் காத்திருக்க இடையில் புகுந்து அவன் சுவாசப்பை திறக்கும் சாணக்கியர்கள்

தன் உயிரை நலிந்தவனுக்கு தவணையாய் தந்துவிட்டு மொத்தமாய் மூச்சற்று கிடப்பவனை சத்தமின்றி உயிர்ப்பிக்கும் ரசவாதி

புண்பட்டவன் விழிமூடி பின் திறக்க தன் விழி மூடாமல் மொழி சோமல் பொன்னாய் நிற்கும் மெளனசாட்சிகள்

நாங்கள் மயக்க நிபுணர்கள் மயங்க வைத்து உயிர் கொடுக்கும் நனவுலக பிரம்மாக்கள்

டாக்டர் செளபர்னிகா கிருஷ்ணகுமார்

தருக்குறள்



வினைவலியும் தன்வலியும் மாற்றான் வலியும்
துணைவலியும் தூக்கிச் செயல்

தான் செய்யும் செயலின் தன்மை அறந்து, அதன் திறன் அறந்து பன் தனது திறமையையும், ஆற்றலையும் உணர்ந்து அதன் பன் ஏதிரியின்

AMS CME programme on 18.4.26 at a Hotel



Dr Koshalram President & Dr Balamurugan (Finance Secretary) participated in the IMA TNSB North Zone AMS Conference held at IMA Tambaram.



Our Hon. Secretary, Dr. Parameswaran, was invited as the Chief Guest at Nehru Physiotherapy College on Sunday, 19/04/2026.



Dr Shrinivas SR our Secretary elect and State CGP Joint secretary participated in the West zone CGP conference at Salem



IMMUNITIES AND DEFENCES FOR DOCTORS.

DR.G.S.KUMAR. M.B.B.S. B.G.L. L.L.B.M.L.
CONVEVER. LEGAL COMMITTEE. I.M.A. TNSB.

3. Duty delegation. This defence will be different in different types of situations. There are some duties delegated to our competent and qualified assistant, partner, laboratory attendant or nursing staff, but in case of negligence, both the deligatee and delegat or will be considered negligent. I.e. A neurosurgeon delegates his duty to a qualified assistant to conduct lumbar puncture. For any negligence of the assistant, both the neurosurgeon and the assistant are liable .

- some fundamental duties cannot be delegated for example, A radiologist cannot delegate his duty of writing reports.

4. Contributory negligence on the part of the patient: it is lack of ordinary care on the part of the patient without which the injury could not have occurred. This defence can minimise or even absolve the doctor of his wrong.

5. Intervening cause. intervening cause is an independent act that destroys the causal connection between the negligent act of the doctor and the wrongful injury caused to the patient only if the Independent act and not the original act was the immediate cause of injury.

6. Known and normal complications of drugs or procedures. This is a valid defence, only if the basic facilities to treat the complications are available at the working place.

7. Documentation and record maintenance. out patient records to be maintained minimum 3 years only. in_ patient records are to be maintained for 3 to5 years. in medicolegal cases records to be maintained up to 15 years in case of court proceedings records to be maintained until final judgement

7a. Unexpected results. Doctors guarantee care and not cure. Medicine is a science and not a mathematical calculation. Doctors cannot be held responsible for unexpected results.

8. Rarest of rare cases. If the case is an emergency and the doctor has not been able to get an expert opinion, it will be a complete defence.

9. Bonafide mistakes and errors of judgement. When given the good quality of standard of care even deviation from normal professional practice is not necessarily evidence of negligence. Certain risks are inherent in all treatments, and a doctor

cannot be liable for negligence if any such risk actually takes place. The supreme court in the case of A.s. MITTAL AND ANR V/S state of UP and others (AIR 1989 SC 1570) approvingly coated" ... But the law recognizes the dangers which are inherent in surgical operations. Mistakes will occur on occasions despite the exercise of reasonable skill and care.

10. Difference of opinion or deviation from normal practice. Doctors are not expected to follow any particular line of treatment. But bolams test must be followed.

11. Emergency situations, free service, no duty of care, (a casual advice given over telephone does not rise to duty of care), absence of proof, are some of the defeats for doctor against medical negligence

12. Causation. When There is no link between the alleged negligent conduct of the doctor and the resulting injury patient or in case the negligent conduct is not a substantial factor causing injury, both these aspects will operate as complete defence.

13. limitations. Limitation prescribes the affected time for the affected party to file a case.

In civil cases the period Of limitation is 3 years.

Criminal cases there is no limitation but the delay may be a factor to affect the merits of the case.

The limitation of period in consumer case is 2 years from the date the action arises, as per the CPA 2019.

However the forum may give extension of time ,upon the Explanation of the reason given by the patient.

RES JUDICATA. Means that any case between the same parties once finally decided on merits cannot be filed again . If a patient has filed a case for medical negligence and the case is disposed of, he cannot file another case for excessive bill collection. If the patient has initiated proceedings in the wrong forum, either the legal proceedings can be transferred to the proper Court or dismissed.

There are some important aspects of medical practice on which the Indian courts have refrained from expressing any opinion, but these are of importance to the doctors, patience and even to the Healthcare sector. Hence it is in the interest of doctors that before law intervenes, doctors and medical associations must take conscious efforts and agree on suitable self_ regulatory measures, especially on these aspects.



Membership drive in KG



Membership drive in PSG



Our membership growth exceeded 3000. Hats of to the entire team. This is achieved by sincere effort of all the team members & good leadership of our President Koshal and tireless approach of Dr Vinoth

பாரதியார் வழியில் மருத்துவர் கவிதை :
“நோயினைப் போக்கும் பேரொளியே!
காயங்கள் ஆற்றிடும் கனிவுடையோரே!
பாரினில் உயர்ந்த நற்பணியே - இந்த
மருத்துவத் திலகங்கள் வாழியவே!”



Dr.M.Doraikannan

Place your hands on your hips. Lengthen your spine upward and broaden across your collarbone.

Prasarita Padottanasana

Prasarita Padottanasana (wide legged standing forward bend) is a foundational yoga pose that involves deep standing forward fold with feet spread wide. It stretches the hamstring, inner thighs and spine while calming the mind. This involves folding from hip with a long spine.

Warm up and relaxation of muscles and flexibility of joint is essential before practice this asana. Do warm up, do certain physical exercises, relax the lower arm, shoulder muscle and neck muscle.

Procedure

Stand erect, Relax the upper and lower arms. Take deep breaths and then exhale. Spread your legs laterally and keep the feet to 3 to 4 feet apart. Turn your toes slightly inward so the outer edges of the feet are nearly parallel. Engage your thighs and press evenly through both feet.

Inhale and lift the chest. Exhale and fold forward from the hip creases keeping your back long. Lead your chest rather than head. Bring the hands to the floor under your shoulders. If your hands don't reach comfortably, place the hands on yoga blocks at any height that keep your spine long.

Inhale and extend your spine forward. Keep your legs active and weight evenly distributed through feet. Exhale and bring down your head downwards and lower down till the crown of the head touches the floor—but never force it.

- Stay for 5 to 10 breaths (30 to 60 seconds). Engage the quadriceps and maintain even weight across both feet.
- After 5 to 10 breaths slowly inhale and lift your torso up with a long spine, and keep both hands on your hip and relax.
- Bring back your feet together and step out. Raise your hand above

the head and stand for Tadasana for few seconds and relax.

Benefits

Increase flexibility

It provides an intense stretch to the hamstrings, the calves, adductors (inner thighs) and the back which helps with over all flexibility.

Spinal decompression

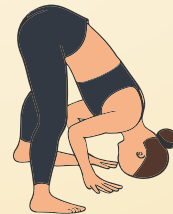
The forward folding action creates space between the vertebra helping to alleviate back pain and improve spinal health.

Reducing anxiety headache

- Increase of blood flow to brain reduces the anxiety and relieve head ache.
- Strengthen lower body especially legs and improve the balance.

Improve the posture.

- Regular practice help to alleviate symptoms of sciatica and reduces heaviness of legs.
- This posture relieve nasal congestion and sinusitis.
- Highly beneficial for runners to stretch and release tension in the leg.



Weekly NCD Camps at IMA Campus – 04.04.2026, 11.04.2026, 18.04.2026 & 25.04.2026 on Saturdays by Dr B Koshal Ram & Dr D Parameswaran



**Weekly Yoga at IMA Campus & through ZOOM on Sundays
05.04.2026, 12.04.2026, 19.04.2026 & 26.04.2026**

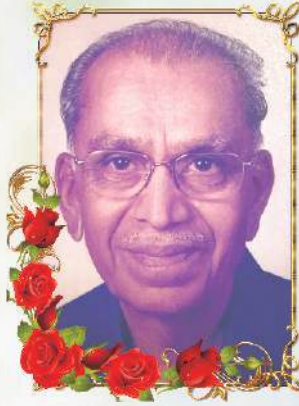


"Please join the free Yoga class, Every Sunday at IMA, and keep yourself healthy."

RESPECTFUL HOMAGE



Born : 19.04.1932



Died : 06.05.2023

Dr. M. SURYANARAYANAN

Dr. Surya Narayanan sir our respected Past President and guiding force of Indian Medical Association, passed away on 06/05/2026. He was a dedicated leader, mentor, and an inspiration to the medical fraternity. His invaluable contributions and committed service to IMA Coimbatore will always be remembered with deep respect and gratitude.

May his soul rest in peace. Heartfelt condolences to the bereaved family.

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IMA - AMS Anaphylactic Shock & Life Saving Cardiac Loading Dose Kit

This kit is prepared all because of the fact that our IMA-TNSB, Present Honorary Secretary Dr.S.KARTHIK PRABHU had an Anaphylactic shock and Recovered from DIRE situation during November 2024. That only made me to think about this KIT. I dedicate this KIT to DR.S.KARTHIK PRABHU SIR.

Emergency medicine- injection:

Inj. Dexamethasone - 1 vial

Inj. Avil (Chlorpheniramine) - 1 vial Inj. Adrenaline - 2 Ampoules

Inj. Hydrocortisone - 1 vial Disposable Syringe - 2 Insulin Syringe – 2

Emergency Tablets: One

Tab: Omnacortil(Prednisolone)20 - 4 Tab: Panbrik(Pantaprozole)40 - 4 Tab: Atarax (Hydroxazine)25 - 4 Vial cutter&Cotton Swab

Emergency Cardiac Medicine Life Saving Loading Dose: Two

Tab: Ecosprin(Acetyl Salicylic Acid)325 - 1 Tab: Clopism(Clopidogrel)75 - 4

Tab: Atorsim(Atorvastatin)40 - 2 Tab: Panbrik(Pantaprazole)40 – 1

COST OF KIT-RS 400/-

Anaphylaxis is **Acute, life threatening, systemic hypersensitivity reaction**, can happen to any person.

- Mostly **IgE mediated reactions to food, drug, insect stings.**
- Caused by sudden release of mast cell mediators.- Prevalence - 0.05 to 2%.
- Acute systemic reactions involving IgG dependent mechanisms.
- Acute systemic reactions that can occur due to direct (non immunologic) release of histamine and other mediators from mast cells and basophils – anaphylactoid reactions.- Sometimes Idiopathic anaphylaxis - no obvious cause.

So in case of **Acute Crisis** we the **Medical Fraternity IMA Member** should be having the

First aid KIT of Emergency Drugs always so that we may be of use in dire Emergency.

Management of ANAPHYLAXIS AND ANAPHYLACTIC SHOCK IN ADULTS

Clinical Diagnosis: Sudden onset urticarial {Itching, Swelling}, flushing {Red colour}, pruritus {Itching of skin}.

Danger Signs: Respiratory distress (Stridor {Abnormal high pitched musical breathing sound}, wheezing {High pitched whistling sound made while breathing}, dyspnea {Shortness of Breath}, persistent cough, cyanosis {Bluish or Grayish discoloration of skin and Mucous membrane most commonly due to lack of oxygen}), hypotension (Low BP), chest pain, collapse.

Airway, Breathing, Circulation

- IM Adrenaline(epinephrine) - 0.3 to 0.5 mg
IM in mid outer thigh (1mg/ml) can repeat every 5 to 15 minutes
- Oxygen supplementation, Monitor spo2
- Normal saline fluid bolus - 500 - 1000 ml W/F urine output

Adjunctive therapies:

H1 Antihistamine - Inj.Avil(Pheniramine Maleate) 45mg IV
Glucocorticoid - Methylprednisolone 125mg IV

Refractory Symptoms:

- Adrenaline (Epinephrine) infusion -3mg(3ml) plus 47ml NS in 50ml Syringe Pump to run at a rate of 10ml/Hour.
Injectable drugs are to be given to recover the illness and Oral tablets
- Omnacortil (Prednisolone) 20, Tab: Panbrik (Pantaprozole) 40, Tab: Atarax (Hydroxazine) 25 one each to be swallowed immediately if the patient is conscious.

Acute Coronary Emergency: At the same time in case of sudden acute Coronary Symptoms Chest Pain, Severe Sweating, Chest pain with Breathlessness, we should be swallow the Firstline Protective Drugs immediately.

Life Saving Loading Dose

Tab: Ecosprin 325 - 1

Tab: Clopidogrel 75 - 4

Tab: Atorsim(Atorvastatin)40 - 2

Tab: Panbrik(Pantaprazole)40 - 1,so that there will be temporary relief from chest pain and it covers time of the transit.

In this kit the tablets and injection were provided and there will be a separate list in which the expiry date of the tablet and injections will be written and you are requested to periodically verify the expiry date and replace the drugs accordingly so that patients will be benefited.

This **IMA AMS TNSB ANAPHYLAXIS&CARDIAC EMERGENCY KIT** is available for sale.

COST OF KIT-RS 400/-

FOR FURTHER KITS, PLEASE CONTACT:

Dr.V.RAJESH BABU

CHAIRMAN, IMA-AMS,TAMILNADU,

Mob : 9360030094, svrbmch@gmail.com

**No. 6, VNR Nagar, 18th street, Vadavalli,
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ARTICLES, POEMS, HUMOUR,
PICTURES, ART, etc.**



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Published by Dr.S.Karthick Prabhu (Founder) on behalf of Coimbatore Branch of Indian Medical Association. Printed by Karthika Sampathkumar Printed at Premier Printing Press, 77, Karunanidhi Nagar, Trichy Road, Sungam, Ramanathapuram, Coimbatore - 641 045, and published from 92, Syrian Church Road, Coimbatore - 641 001.

Editor : **Dr M Doraikannan**