

# CME UPDATES IN GERIATRIC CLINICAL PRACTICE

 December 21st, 2025

 4th floor amphitheatre BCMCH.




Organised by

DEPARTMENT OF GERIATRIC MEDICINE  
BCMCH- IAG KERALA CHAPTER



 0469 270 3100, 350 3100

 [info@bcmch.org](mailto:info@bcmch.org)

 [www.bcmch.org](http://www.bcmch.org)

Click Here For  
Online Registration :

<https://www.bcmch.org/cme/geriatric-cme-2025>

## ORGANISING COMMITTEE

### ORGANISING CHAIRPERSON

**Dr. Shiny John, Professor & HOD**, Dept. of Psychiatry, AIMS, Thrissur

### ORGANISING SECRETARY

**Dr. Vineeth Chandran**, Assistant Professor, Dept. of Psychiatry, AIMS, Thrissur

### SCIENTIFIC COORDINATOR

**Dr. P. K. Preethi Menon**, Professor, Dept. of Psychiatry, AIMS, Thrissur

### ORGANISING VICE CHAIRPERSONS

**Dr. Reshma Susan Mathew**, Assistant Professor, Dept. of Psychiatry, AIMS, Thrissur

**Dr. Delcine Maria Jose**, Senior Resident, Dept. of Psychiatry, AIMS, Thrissur

### CO-ORGANISING SECRETARY

**Mrs. K. K. Elizabeth**, Psychiatric Social Worker, Dept. of Psychiatry, AIMS, Thrissur

**Mrs. Twinkle K. Mathew**, Psychiatric Social Worker, Dept. of Psychiatry, AIMS, Thrissur

## EXECUTIVE COMMITTEE

**Mrs. Niji Vijayan**, Clinical Psychologist, Dept. of Psychiatry, AIMS, Thrissur

**Mrs. Aiona Liz**, Clinical Psychologist, Dept. of Psychiatry, AIMS, Thrissur

**Mrs. Sandya Prinson**, Remedial Trainer, Dept. of Psychiatry, AIMS, Thrissur

Scan QR Code



For Registration

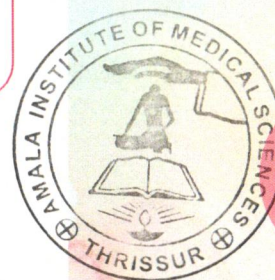
### Registration Coordinators

**Dr. Shilpa Jose: +918 856 5199**

**Dr. Aparna Mathews: +91 790 787 9258**

AMALA INSTITUTE OF MEDICAL SCIENCES  
AMALA NAGAR, THRISSUR-680 555

*Betsy*  
**Dr. BETSY THOMAS**  
MD, FRCOG, DNB, MICOG  
PRINCIPAL



APPLIED FOR  
KSMC  
CREDIT HOURS

**December 18, 2025 (Thursday) | 01.30pm- 04.00pm**

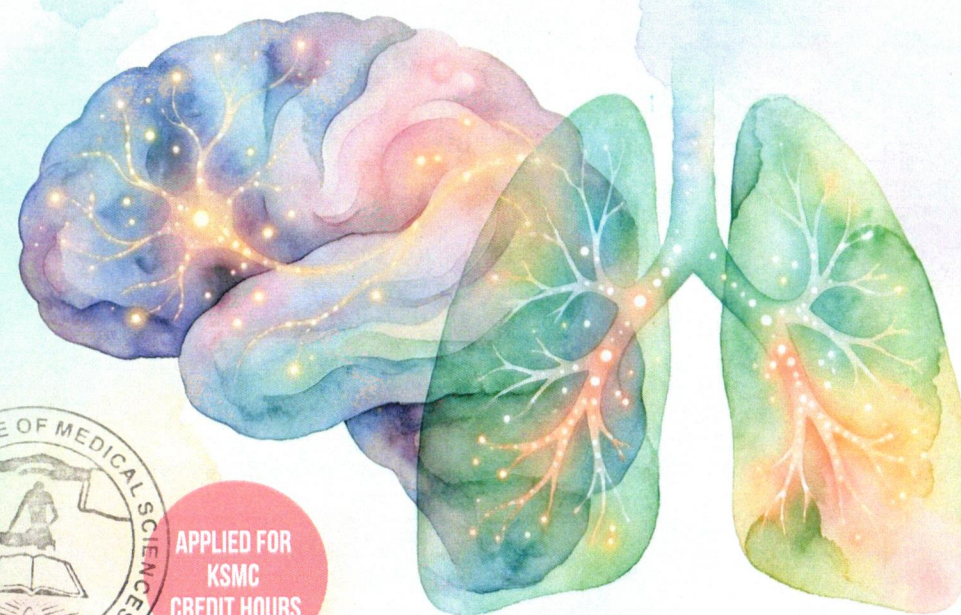
Venue: Forensic Demo Hall,  
Amala Institute of Medical Sciences, Thrissur

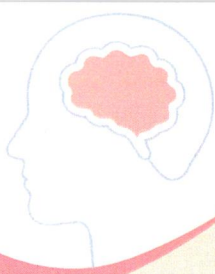
Organised by  
DEPT. OF PSYCHIATRY, AIMS  
Amala Nagar PO, Thrissur, Kerala  
[www.amalaims.org](http://www.amalaims.org)



# BRAIN & BREATH

## Bridging Mental Health Respiratory Disorders





## OUR PATRO

Fr. Julious Arakkal CMI, AIMS, Thrissur  
 Fr. Deljo Puthur CMI, Joint Director, AIMS, Thrissur  
 Fr. Antony Mannummel CMI, Associate Director, AIMS, Thrissur  
 Dr. Betsy Thomas, Principal, AIMS, Thrissur  
 Dr. Rajesh Anto, Medical Superintendent, AIMS, Thrissur



## INTRODUCTION

Step into Brain and Breath—CME event dedicated to the vital interplay between mental health and respiratory wellness. The programme features expert sessions that illuminate how chronic respiratory symptoms shape emotional resilience, cognitive performance, and overall psychological well-being. From the emotional toll of breathlessness to the cognitive fog of chronic inflammation, these sessions offer cutting-edge insights and practical tools to help clinicians recognise early mental-health signals, communicate with confidence, and deliver more holistic patient care.

The programme culminates in an interactive, panel discussion where multidisciplinary specialists tackle the real-world challenges of integrating mental-health strategies into respiratory practice. Together, you'll explore how anxiety amplifies dyspnea, how depression impacts disease management, and how stress affects symptom perception and adherence. Expect lively dialogue, collaborative problem-solving and actionable takeaways you can implement immediately. Join us for an inspiring, practice-elevating experience that redefines what it means to care for patients—because supporting the breath begins with supporting the mind behind it.

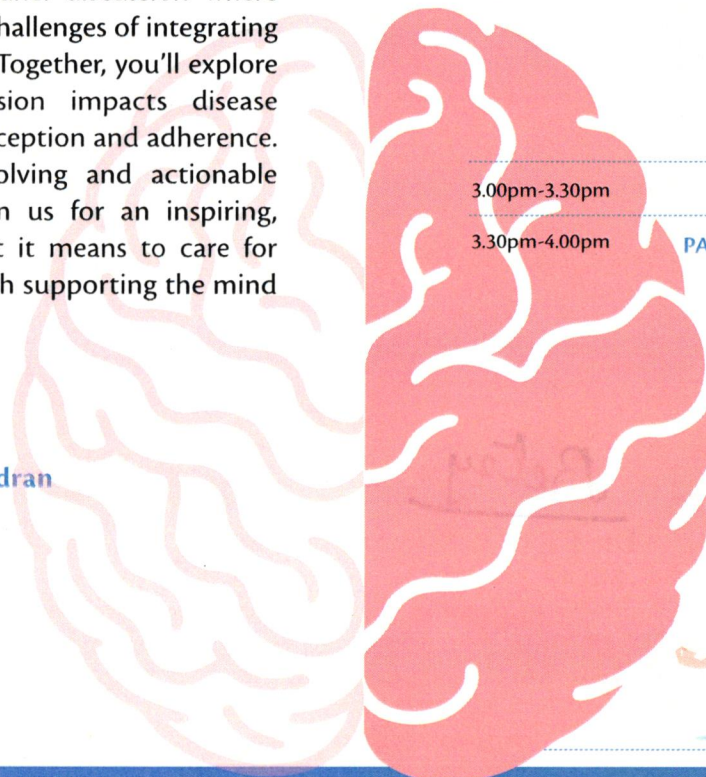
With warm regards,

### Dr. Shiny John

Organising Chairperson  
 Professor & HOD  
 Dept. of Psychiatry  
 AIMS, Thrissur

### Dr. Vineeth Chandran

Organising Secretary  
 Assistant Professor  
 Dept. of Psychiatry  
 AIMS, Thrissur



## PROGRAMME SCHEDULE

TIME	TOPIC	SPEAKER
Session 1 1.30pm-2.15pm	UNDERSTANDING OBSTRUCTIVE SLEEP APNEA	<b>Dr. Rennis Davis Kizhakkepeedika</b> Professor & HOD, Dept. of Pulmonary Medicine & Vice Principal, AIMS, Thrissur
		<b>CHAIRPERSON</b> <b>Dr. Davis Paul Chelangara</b> Professor & HOD, Dept. of Respiratory Medicine AIMS, Thrissur
Session 2 2.15pm-3.00pm	MENTAL HEALTH ASPECTS OF RESPIRATORY ILLNESSES	<b>SPEAKER</b> <b>Dr. Smitha Ramadas</b> Professor Psychiatry Government Medical College Thrissur
		<b>CHAIRPERSON</b> <b>Dr. Shiny John</b> Professor & HOD, AIMS, Thrissur
3.00pm-3.30pm		<b>Inauguration &amp; Tea</b>
3.30pm-4.00pm	<b>PANEL DISCUSSION</b>	<b>PANELISTS</b> <b>Dr. Smitha Ramadas</b> Professor, Psychiatry Government Medical College, Thrissur <b>Dr. Davis Paul Chelangara</b> Professor & HOD, Dept. of Respiratory Medicine AIMS, Thrissur <b>Dr. Rennis Davis Kizhakkepeedika</b> Professor & HOD, Dept. of Pulmonary Medicine & Vice Principal, AIMS, Thrissur <b>Mrs. Niji Vijayan N.</b> Clinical Psychologist AIMS, Thrissur
		<b>MODERATOR</b> <b>Dr. P. K. Preethi Menon</b> Professor, Dept. of Psychiatry, AIMS, Thrissur





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TCMC  
Credit Hours  
Awaited

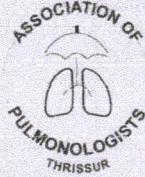
## Clinical Pharmacology Update 2025

August 02, 2025 @ 8.30am-4.30pm  
Venue: Bro. Xavier CMI Memorial Hall  
St. Joseph Block, AIMS, Thrissur

Shaping The Future of Patient Care:  
A CME on Recent Updates in Clinical Pharmacotherapeutics

**Organised by** \_\_\_\_\_

Dept. of Pharmacology,  
Amala Institute of Medical Sciences, Thrissur



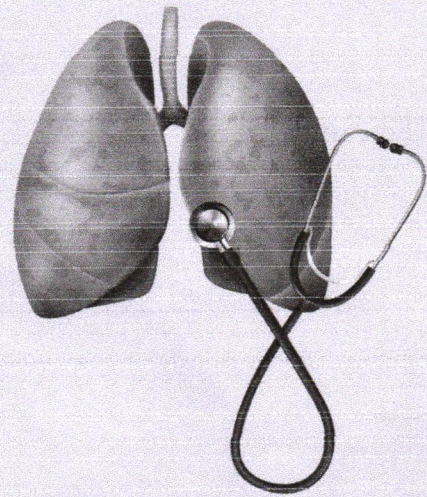
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## EXPLORING THE FRONTIERS OF RESPIRATORY CARE

# CRACKLES



A CME on Respiratory Diseases

20 | March 22, 2025, Saturday

25 | @ 11:30am - 4:00pm

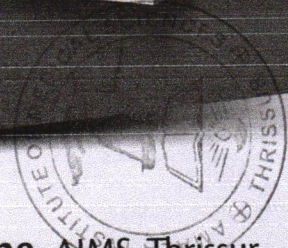
Bro. Xavier CMI Memorial Hall, St. Joseph Block



*Betsy*



DR. BETSY THOMAS  
MD, FRCOG, DNB, MICOG  
PRINCIPAL  
AMALA INSTITUTE OF MEDICAL SCIENCES  
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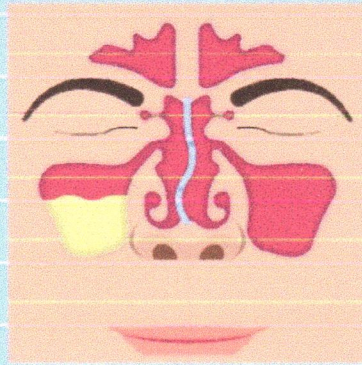
**Depts. of Respiratory Medicine & Pulmonary Medicine, AIMS, Thrissur**

In association with Academy of Pulmonary & Critical Care Medicine (APCCM)

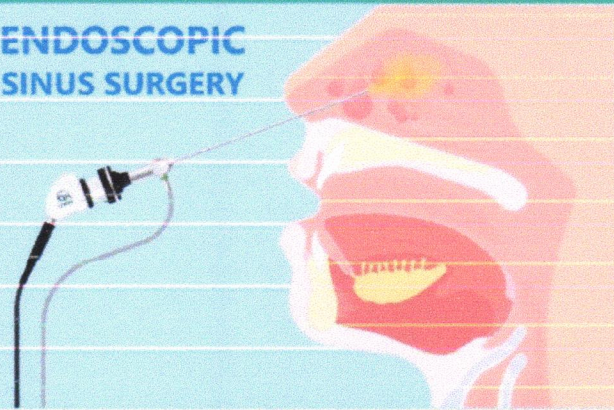
& Association of Pulmonologists Thrissur (APT)

# AANCHOR FESS

BASIC TO ADVANCED



ENDOSCOPIC  
SINUS SURGERY



DECEMBER 13-14, 2025 | 8.00am-5.00pm  
Lecture Hall 1 & Dissection Hall, Amala Medical College, Thrissur



A Joint Venture by:

DEPTS. OF ENT, HEAD & NECK SURGERY AND ANATOMY  
Amala Institute of Medical Sciences (AIMS), Thrissur, Kerala

AOI (ASSOCIATION OF OTOLARYNGOLOGISTS OF INDIA)  
Thrissur Chapter

TENTS (THRISSUR ENT SURGEONS' SOCIETY)



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# Amala MEDISIGN 1.0

ADVANCED PG TRAINING IN CLINICAL MEDICINE

November 03, 2024 (Sunday) | 8.00am-5.00pm

@ Bro. Xavier CMI Memorial  
Conference Hall, St. Joseph's Block

## HIGHLIGHTS OF VERSION 1.0

Detailed case discussion on common exam cases in **NEUROLOGY & CARDIOLOGY**. Opportunity to present cases before eminent teachers and astute clinicians. Boost in confidence guaranteed to face any practical exam.

Registration fees: **Rs. 500/-**

(Open to MD, DNB & DM Postgraduates)

Seats limited to **First 50 Registrations**

Apply before: **October 31, 2024**

(No spot registration)

For more information and queries, contact:

Dr. Anish S: +91 9447424912

Dr. Merlin Elizabeth Thomas: +919539147225

Email: amalageneralmedicine@gmail.com



**Dr. James Jose MD, DM**  
Former Professor & Head  
Dept. of Neurology,  
Govt. Medical College, Kozhikode  
Govt. Medical College Alappuzha



**Dr. Rajesh G. MD, DM**  
Professor & Head  
Dept. of Cardiology  
Govt. Medical College,  
Kozhikode

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**DEPT. OF GENERAL MEDICINE, AMALA INSTITUTE OF MEDICAL SCIENCES, Thrissur**

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Amala Nagar PO, Thrissur, Kerala.

*Betsy*

Dr. BETSY THOMAS

MD, FRCO, DNB, MCOG

PRINCIPAL

AMALA INSTITUTE OF MEDICAL SCIENCES

AMALA NAGAR, THRISSUR-680 555



# CERTIFICATE COURSE IN GERIATRIC MEDICINE & GERONTOLOGY

VERSION 5



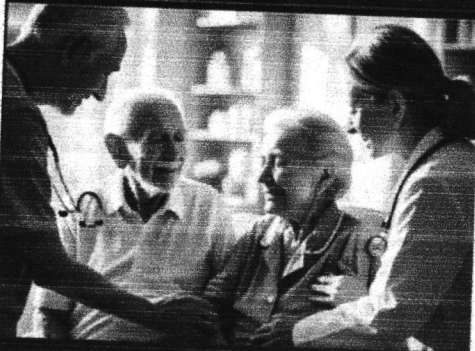
GERIATRIC SOCIETY  
OF INDIA

Organized by



KHAJA BANDANAWAZ  
UNIVERSITY

KHAJA BANDANAWAZ  
UNIVERSITY



## COURSE DETAILS

- Duration : 4<sup>th</sup> July - 31<sup>st</sup> October
- Session : Every Tuesday & Friday , 8 PM - 9.30 PM
- Mode : Zoom ( Link will be sent every Monday )
- Eligibility : MBBS/MD/MS/DNB/BDS/Nurses/Physiotherapists

- Biweekly interactive Zoom sessions (1-2 lectures per session).
- Lecture summary PDFs & Vaccination Guidelines.
- Post-lecture MCQs (by email).
- Assessment: 75% attendance & 50% pass mark
- Final Exam: Approx. 10 days after last class (with a supplementary exam option)
- Course Fee: ₹13,000 (Inclusive of 18% GST)
- Includes: All Zoom lectures, PDFs, MCQs, assessment & certification
- Structured Practical Training at GSICON : Agra 13th Dec.
- Practical training venue & other information will be shared in due course.
- Candidates will attend the practical training at their own cost & are eligible for discounted rates at GSICON.
- Certificates will be presented at Annual-GSI Conference 2025, Agra.

### Bank Details :

Account Name: Geriatric Society of  
India Kerala Branch  
Bank: SBI Valanjambalam  
A/C No. 43250344300  
IFSC: SBIN0070898

### Additional Benefits :

Discounted Life Membership: ₹6000 (₹8000 original)  
Associate Life Membership: ₹3000 (₹4000 original)  
Forms: [www.geriaticindia.in](http://www.geriaticindia.in)

Last-Date for Registration : June 30th 2025

### CONTACT

Dr. Sajesh Asokan  
9847031241  
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[gskeralabranche@gmail.com](mailto:gskeralabranche@gmail.com)

Dr. Aswin Surjit  
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Course Coordinator  
[surjitaswin@gmail.com](mailto:surjitaswin@gmail.com)

Dr. Balakrishnan Vallyot  
9447320430  
Course Conductor  
[vallyot@gmail.com](mailto:vallyot@gmail.com)



30

Friday, 29th August 2025

Vaccination in Older persons



Dr. Kaushik Ranjan Das

MBBS, FCSI, FCGP, CCGM, PGDCE & Diploma - Family Medicine PG Diploma in Geriatric Care, Certificate Courses in Geriatric Medicine, Clinical Cardiology, Psychiatry & Psychosexual Disorder & Dementia, Nehru Memorial Hospital, Barrackpore & Apollo Clinic Barrackpore, WB

31

Friday, 29th August 2025

Common Ophthalmological issues in Older persons



Dr. Thanushree Arjun

MBBS, MS (Ophthal), Thrissur, FICO Assistant Professor at Amala Institute of Medical Sciences Thrissur, Kerala

32

Tuesday, 2nd September 2025

Geriatric Gastroenterology



Dr. Soumik Ghosh

MBBS, MD, PhD (Medical Gastroenterology), FRCP, MAMS, PGCC (in er), PGDGM, PSC- Medical College & Amp; Hospital, Kolkata, WB

33

Tuesday, 2nd September 2025

Delirium & Falls Preventions in Hospital Settings



Dr. Anita Basavaraj

MBBS, M.D. (Medicine), D.N.B., P.G.D.G.M. (Gold Medal), Founder Chairperson Geriatric Society of India-Pune Ch. & Miraj-Sangali chapter, Fogarty Fellow Professor & Head, Medicine, Govt Medical College, Satara, Maharashtra

34

Tuesday, 9th September 2025

Stroke and Cerebrovascular Disease in Older persons



Dr. Bindu Menon

MD (Med), DNB. (Neuro), PGDCN (Neuro), (London), FRCP (Edinburgh), FRCP (London), MNAMS, FICP, FIAN, FWSO, FAAN, FAMS, Prof and HOD Neurology, Apollo Speciality Hospitals, Nellore, AP

5

Tuesday, 9th September 2025

Non-Pharmacological Interventions in Geriatric Care & Intergenerational Engagement activity



Dr. Sachin Desai

MBBS, MD Community Medicine, IGNOU, PHFI, Masters in Dementia Studies, University of Stirling, Scotland (Commonwealth Commission scholarship-United Kingdom), Department of Community Medicine, In-charge Geriatric Clinic S. Nijalingappa Medical College, Navanagar, Karnataka

*Betsy*

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MD, FRCOG, DNB, MICOG  
PRINCIPAL

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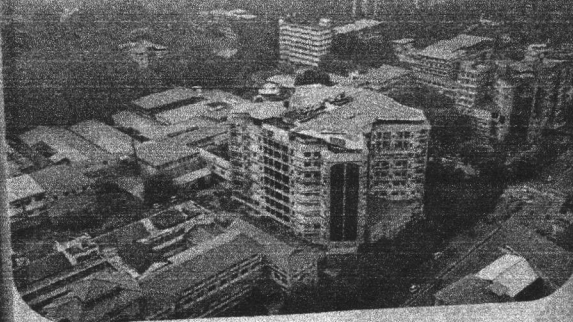






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## NMC

At Amala Institute of Medical Sciences, Thrissur

- Date: 31-Jul, 1 & 2 Aug-2025
- Time: 08:00 AM to 5.00 PM
- Venue: Bro. Xavier CMJ Hall

GPS Map Camera



Google

## Thrissur, Kerala, India

H569+fjm, Amalanagar, Thrissur, Kerala 680555, India

Lat 10.561284° Long 76.169088°

02/08/2025 03:05 PM GMT +05:30

NMC - Basic course Medical Educati Amala hospital





# 11<sup>th</sup>

## BASIC ORTHOPAEDIC PATHOLOGY COURSE

February 09, 2025

VENUE:  
Forensic Demonstration Hall



AMALA INSTITUTE OF MEDICAL SCIENCES  
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MD, FRCOG, DNB, MICOG  
PRINCIPAL

*Betsy Thomas*  
DR. BETSY THOMAS

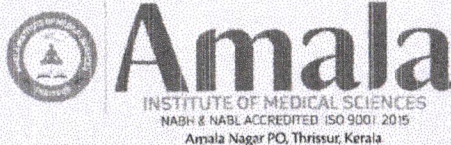


Under the aegis of KOA & TOS  
10 Day Online Course on  
Ortho-Patho-Radio Correlation in  
Bony Tumours.



Organised by:  
**DEPT. OF ORTHOPAEDICS, PATHOLOGY  
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OPHTHALMOLOGY**

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**MEDICAL EDUCATION UNIT, AIMS, THRISSUR**

proudly presents

**eyedeas<sup>2025</sup>**

**Chaos to Clarity  
in**

**Competency-Based  
Ophthalmic Education**

Under the Aegis of KSOS & TACO

**A**

**C F**

**HBP**

**TXUM**

**ZADNE**

Date : **30th March, 2025**

Time : **8.30 am - 3.30 pm**

Venue : **BRO XAVIER HALL,  
AIMS, THRISSUR**