

**KAFPI**  
**KeralaM**

**AFPI**  
Academy of Family Physicians of India  
**Kerala Chapter**



**18-19**  
**JANUARY**

PEARL VIEW HOTEL  
THALASSERY, KERALA

**AFPICON**  
**KERALA 2025**

**9th ANNUAL STATE CONFERENCE**  
ACADEMY OF FAMILY PHYSICIANS OF INDIA, KERALA CHAPTER

**"From Awareness to Action: Family Medicine for Lifelong Health"**

<https://afpicon2025.afpikerala.in/>

## Welcome to AFPICON Kerala 2025!

We are thrilled to invite you to the 9th Annual State Conference of the Academy of Family Physicians of India, Kerala Chapter, to be held on January 18th and 19th, 2025, at the Pearl View Hotel in Thalassery, Kerala. This conference offers a unique opportunity to enhance your knowledge, share ideas, and collaborate with peers in the ever-evolving field of Family Medicine.

Set against the backdrop of Thalassery's rich cultural heritage, AFPICON Kerala 2025 promises inspiring sessions, hands-on workshops, and valuable networking. Join us as we explore this year's theme, *"From Awareness to Action: Family Medicine for Lifelong Health,"* and contribute to shaping the future of primary care.

Organising Team,  
AFPICON Kerala 2025

## AFPICON Kerala 2025

### Organising Committee

Dr Indhu Rajeev  
President AFPI Kerala

Dr Kailas P  
Secretary AFPI Kerala

Dr Jisha V  
Treasurer AFPI Kerala

Dr Mansoor P M  
Organising Chairperson

Dr Prashob N  
Organising Secretary

Dr Devanand P C  
Event Treasurer

### Patrons

Dr Mohan Kubendra  
President AFPI

Dr Vandana Boobna  
Vice President AFPI

Dr Resmi S Kaimal  
Secretary AFPI

Dr Serin Kuriakose  
Treasurer AFPI

Dr Raman Kumar  
Chairman Emeritus AFPI

Dr Bijayraj R  
Founder President AFPI Kerala Chapter

### Subcommittees:

#### Scientific

Chair: Dr Nadeem Abootty  
Advisor: Dr Serin Kuriakose

#### Finance

Chair: Dr Devanand P C  
Advisor: Dr Jisha V

#### Registration & Reception

Chair: Dr Aiswarya V Namboodiri  
Advisor: Dr Resmi S Kaimal

#### Travel and Hospitality

Chair: Dr Liminu P  
Advisor: Dr Abdul Rasik T

#### Cultural

Chair: Dr Lamiza Abdusalam  
Advisor: Dr Roby K Prasad

#### Souvenir

Chair: Dr Ambili Ranjith  
Advisor: Dr Bijayraj R

#### Event and Venue

Chair: Dr Nigesh V  
Advisor: Dr Anand K

#### Media & Publicity

Chair: Dr Vishnu B S  
Advisor: Dr Shahzad M U

#### Spice Route representative

Dr Midhun R K

#### PG Representative

Dr Tinto K

09:00 a.m. - 09:20 a.m.	<b>Dyslipidaemia Management: When to Start, What to Target, and How to Treat</b>	<b>Dr Vishnu B. S.</b> Specialist & Academic Coordinator, Department of Family Medicine, KIMSHHealth, Trivandrum
09:20 a.m. - 09:40 a.m.	<b>Adult Immunization: Essentials for Family Physicians</b>	<b>Dr Mariyam Shabeera</b> Faculty, Department of Family Medicine, IQRAA Hospital, Calicut, Chief Family Physician, IQRAA IIMK Dispensary, IIM Kozhikode
09:40 a.m. - 10:00 a.m.	<b>Masculine Matters: A Comprehensive View on Male Sexual Dysfunction</b>	<b>Dr Anoop K. J.</b> Specialist Family Physician, Health Services, Government of Kerala
10:00 a.m. - 10:20 a.m.	<b>Beyond Worry: Managing Anxiety Disorders in Everyday Practice</b>	<b>Dr Zarin Pilakkadavath</b> Family Medicine Specialist, Aster Clinics, Dubai
10:20 a.m. - 10:30 a.m.	<b>Tea Break</b>	
10:30 a.m. - 11:30 a.m.	<b>Panel Discussion: Translating Health Awareness into Action: The Family Physician's Role</b>	<b>Moderator: Dr Nadeem Abooty</b> Scientific Committee Chair, AFPICON Kerala 2025 <b>Panelists:</b> <b>Dr Pramendra Prasad Gupta,</b> President Elect, WONCA SAR <b>Dr Serin Kuriakose,</b> Treasurer, AFPI <b>Dr M. N. Menon,</b> National Convener, IMA Standing Committee for Ethics <b>Dr Kailas P.,</b> State Secretary, AFPI Kerala <b>Dr R. K. Prasad,</b> Immediate Past President, AFPI Karnataka
11:30 a.m. - 12:30 p.m.	<b>Bullet Sessions on Incidentally Detected Asymptomatic Conditions</b> <b>Session Duration: 10 minutes each</b>  Gallstones:  Lymphadenopathy:  Deranged Liver Function Tests:  Osteoporosis:	<b>Dr Fahmi K.</b> Consultant Family Physician, Muthoot Health Care, Kozhencherry <b>Dr Joice Joseph</b> Consultant Family Physician & HOD, Department of Family Medicine, IQRAA International Hospital, Kozhikode <b>Dr Mamta Manohar</b> Specialist Family Physician, Health Services, Government of Kerala <b>Dr Sangeetha S.</b> Consultant Family Physician, Aruvithura Medical Centre, Mar Sleeva Medicity, Pala



Fibroid Uterus:

**Dr Roshna Abdul Shukkoor**  
Consultant Family Physician,  
Apollo Family Health Center, Kannur

Thrombocytopenia:

**Dr Anu Elizabeth Jacob**  
Consultant Family Physician,  
KIMSHealth, Trivandrum

12:30 p.m. - 01:30 p.m.

**Panel Discussion: Global Perspectives on Primary Care (By The Spice Route India Movement Kerala Chapter)**

**Moderator: Dr Vishnu B. S.**  
Executive Member, AFPI Kerala Chapter & FM 360, PG Coordinator, The Spice Route India Movement

01:30 p.m. - 02:00 p.m.

**Lunch**

02:00 p.m. - 02:20 p.m.

**Rational Pharmacotherapy in Antenatal and Lactating Women: Best Practices for Family Physicians**

**Dr Nusaibath Kottadan**  
Family Physician & Pain and Palliative Specialist, IQRAA International Hospital, Calicut

02:20 p.m. - 02:40 p.m.

**Novel Iron Therapy: Navigating Options for Effective Anemia Management**

**Dr Indhu Rajeev**  
Consultant Critical Care & Faculty, Department of Family Medicine, Lourdes Hospital, Ernakulam

02:40 p.m. - 03:00 p.m.

**Managing Rectal Bleeding in Primary Care: A Practical Approach**

**Dr Aiswarya V. Namboodiri**  
Specialist Family Physician, KIMS Health, Trivandrum

03:00 p.m. - 04:00 p.m.

**Quiz Finale**

04:00 p.m.

**Thalassery Heritage Tour**

07:00 p.m.

**GB Meeting & Gala Dinner**

## HALL B

## WORKSHOPS

09:30 a.m. - 10:00 a.m.

**Workshop A: ECG Essentials: Decoding the Basics**

**Dr Bijoy Mathew**  
Specialist Family Physician, Health Services, Government of Kerala  
**Dr Sreejith Valappil**  
Interventional Cardiologist, Tellicherry Cooperative Hospital

10:00 a.m. - 10:30 a.m.

**Workshop B: Brain Imaging Demystified: Introduction to MRI and CT for Family Physicians**

**Dr Jayakrishnan M. P.**  
Consultant Neurologist, Tellicherry Cooperative Hospital  
**Dr Rashi Kurup**  
Consultant Family Physician, City Hospital, Ernakulam

10:30 a.m. - 12:00 p.m.

**Workshop G: USG Guided Procedure Training (BUGS)**

**ELITEMED.CARE**, Bangalore

12:00 p.m. - 12:30 p.m.

**Workshop C: Everyday Wellness: Key Strategies for Healthy Eating and Active Living**

**Dr Mallikarjuna Reddy Somala**  
Consultant Family Physician & Master Health Coach  
**Dr Prasanth S.**  
Consultant Family Physician, Vathiyayath Hospital, Perumbavoor

12:30 p.m. - 01:00 p.m. **Workshop D: Introduction to Orthotics in Primary Care**

**Dr Nigesh V.**  
Consultant Family Physician, Ahalia Diabetes Hospital

**Dr Sisha Paleri**  
Consultant Psychiatrist,  
ESI Hospital, Palakkad

01:00 p.m. - 02:00 p.m. **Lunch**

02:00 p.m. - 02:30 p.m. **Workshop E: Diabetic Foot Essentials: Screening, Treatment & Prevention**

**Dr Javid Risvan O. K.**  
Specialist Family Physician, Health Services, Government of Kerala

**Dr Arunima Dev S.**  
Specialist Family Physician, Health Services, Government of Kerala

02:30 p.m. - 03:00 p.m. **Workshop F: Devices in Diabetes Management**

**Dr Jisha V.**  
Consultant Family Physician,  
Vitalis Health, Kochi

**Dr Anagha Vijayan**  
Consultant Family Physician,  
Thrikkakara Cooperative Hospital,  
Kochi

## HALL C

09:30 a.m. - 12:30 p.m. **Poster Presentations**

## HALL D

09:00 a.m. - 09:30 a.m. **Quiz Prelims**

10:00 a.m. - 01:00 p.m. **Oral Presentations**

## HALL A

### DAY 02: JANUARY 19, 2025

09:00 a.m. - 09:20 a.m. **Decoding Chest X-rays: Practical Insights for Family Physicians**

**Dr Jithin George**  
Specialist Family Physician, Health Services, Government of Kerala

09:20 a.m. - 09:40 a.m. **Speaking the Language of Care: Communication Skills for Family Physicians**

**Dr S. Venkatesan**  
Professor & Head, Department of Family Medicine, Christian Medical College, Vellore

09:40 a.m. - 10:00 a.m. **Insomnia Management: Multidisciplinary Approach to Sleep Disorders**

**Dr Namita Unnikrishnan**  
Specialist Family Physician, KIMS Health, Trivandrum



10:00 a.m. - 11:00 a.m.

**Panel Discussion: From Legislation to Practice: How Policies Affect Family Medicine**

**Moderator: Dr Bijay Raj**  
Founder President, AFPI Kerala

**Panelists:**

**Col Dr Mohan Kubendra**

National President, AFPI

**Dr Vandana Boobna**

National Vice President, AFPI

**Dr Resmi S. Kaimal**

General Secretary, AFPI

**Dr Raman Kumar**

Chairman Emeritus & Founder President, AFPI

**Dr R. Ramesh**

IMA National Vice President-Elect, Former Director of Health Services, Kerala

**Dr Abdul Rasik T.**

Specialist Family Physician, Health Services, Government of Kerala

11:00 a.m. - 12:00 p.m.

***Inaugural Ceremony***

12:00 p.m. - 12:40 p.m.

**Beyond Boundaries: Shaping the Future of Family Medicine**

**Dr P. K. Sasidharan**

Retd. Professor & Head, Department of Internal Medicine, Government Medical College, Kozhikode

12:40 p.m. - 01:00 p.m.

**From Aphthous Stomatitis to Systemic Conditions: Navigating Oral Ulcers**

**Dr Jesheera Mohammed Kutty**

Senior Specialist, Family Medicine, Aster MIMS, Calicut

01:00 p.m. - 02:00 p.m.

**Lunch**

02:00 p.m. - 02:20 p.m.

**Aesthetic to Medical: Understanding Nail and Hair Conditions**

**Dr Roby K. Prasad**

Family Physician, Dr Roby's Family Clinic, Kozhikode

02:20 p.m. - 02:40 p.m.

**Conjunctival and Corneal Conditions: Practical Approaches for General Practitioners**

**Dr Krishnakumar P. M.**

Specialist Family Physician, Health Services, Government of Kerala

02:40 p.m. - 03:00 p.m.

**Tiny Tummies: Managing Common Paediatric Gastrointestinal Issues in Primary Care**

**Dr Lizy Vincent**

Consultant & Coordinator (HOD), Department of Family Medicine, KIMSHealth, Thiruvananthapuram

03:00 p.m. - 03:20 p.m.

**From Policy to Practice: NTEP Updates for Family Physicians**

**Dr Melvin J. Gonsalvez**

Specialist Family Physician, Health Services, Government of Kerala

03:20 p.m. - 03:40 p.m.

**The Invisible Illness: Navigating Chronic Fatigue Syndrome**

**Dr Anand K.**

Specialist Family Physician, Health Services, Government of Kerala

03:40 p.m.

**Valedictory Function**

## HALL B WORKSHOPS

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## HALL C

09:00 a.m. - 03:00 p.m. **Poster Presentations**

## HALL D

10:00 a.m. - 01:00 p.m. **Oral Presentations**



\*Additional GST applicable

Category	AFPI Member Specialist / Gp	Non AFPI Member Specialist / Gp	AFPI Member-PG Student	Non AFPI Member-PG Student	Interns, MBBS Students, Paramedics	Accompanying Persons
Early Bird Offer Till 31/10/24	3250	4250	2250	3250	2000	2000
Regular (1/11/24-31/12/24)	4000	5000	3000	4000	2000	2000
1/1/2025 Onwards	5000	6000	4000	5000	2000	2000

- Registration for all categories except accompanying persons includes conference attendance for 2 days, delegate kits, tea, lunch & gala dinner.
- Registration for accompanying persons includes conference attendance for 2 days, tea, lunch & gala dinner.
- PG students & MBBS students should upload proof of doing PG/ MBBS; Institutional ID card / bonafide certificate from the head of the institution or head of department are acceptable.
- Interns should submit proof of doing an internship or having completed the internship after 31/8/2024.

## DO NOT MISS OUT ON THE HERITAGE CITY TOUR - 18TH JANUARY, 2025

### ACCOMMODATIONS:



#### HOTEL PEARL VIEW

Venus Corner, NH 66, Near Cooperative Hospital Road, Palissery, Thalassery, Kerala  
Contact- 7736662262, 8714586808



#### SREE GOKULAM FORTE

Good Shed Road, Opposite Railway Station, Palissery, Thalassery, Kerala  
Contact- 04902321222

2.1km from Pearl View Hotel



#### HOTEL NAVARATNA INN

Good Shed Road, Palissery, Thalassery, Kerala  
Contact -04902322803

2.2 km from Pearl View Hotel



#### PARIS RESIDENCY HOTEL

Logans Road, Pilakool, Thalassery, Kerala  
Contact- 04902342666

2.6km from Pearl View Hotel



#### HOTEL BKM INTERNATIONAL

Logan's Road, Pilakool, Thalassery, Kerala  
Contact- 04902324544

3km from Pearl View Hotel



#### HOTEL PARCO RESIDENCY

Government Hospital Road, Near Sobha Textiles, Thalassery, Kerala  
Contact- 04902327810

2.3km from Pearl View Hotel

FOR ANY QUERY REGARDING ACCOMODATION, KINDLY CONTACT DR. LIMINU 7736662262

### HIGHLIGHTS IN THALASSERY



THALASSERY PIER



THALASSERY FORT



MUZHAPPILANGAD DRIVE IN BEACH THALASSERY

### TO REACH THE VENUE:



#### Nearest Airport:

Kannur International Airport (CNN) : 23 KM  
Calicut International Airport (CCJ) : 100 KM



#### Nearest Railway Station:

Thalassery Railway Station (TLY) : 2.2 KM  
Kannur Railway Station (CAN) : 20 KM  
Kozhikode Railway Station (CLT) : 75 KM

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