



MES | MEDICAL COLLEGE
PERINTHALMANNA

MES MED-COMPASS 2026

-Navigating the clinical gray zones of Modern Medicine

Annual CME organized by the

Department of General Medicine, MES Medical College



08/02/2026



8:30 am onwards



MES MEDICAL COLLEGE AUDITORIUM



Applied for 2 TCMC Credit Hours

Greetings from Department of General Medicine

Dear esteemed colleagues and clinicians,

It is with great pride and a spirit of academic fellowship that the department of General Medicine at MES Medical College welcomes you to **MES MED-COMPASS 2026**. We gather here in Perinthalmanna – the historic “Hospital City” of Malappuram – a place that has long served as a sanctuary for healing and a hub for medical excellence.

In the rapidly evolving landscape of Modern Medicine, the challenge for a clinician is rarely a lack of information, but rather the ambiguity of “gray zones”. We have designed this CME program specifically to address those elusive clinical crossroads – from the intricate management of diabetes during the upcoming fasting period and the enigma of subclinical thyroid diseases, to the nuanced interpretation of confusing rheumatologic markers and the lifesaving utility of bedside ultrasound in the ICU.

Our program brings together a distinguished faculty of skilled orators and visionary subject experts, paired with the wisdom of our most experienced senior clinicians to chair and guide each discourse. Together, we will move beyond textbook theories to refine our diagnostic approach and simplify the complexities that define our daily practice.

We invite you to join us in this intellectual pursuit, where tradition meets innovation, and where your participation enriches our collective journey to clinical mastery. We look forward to welcoming you to our campus, the second Sunday next month, the 8th of February.

Warm regards,
The Organizing Committee, **MES MED-Compass 2026**

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Prof. Dr. V Abdul Jaleel

Prof. Dr. Jimnaz PA

Prof. Dr. Ram Narayan

Dr. Abdul Rahim Fazal

SCIENTIFIC PROGRAM

Time	Topic	Speaker
08:00 to 08:30 AM	REGISTRATION	
08:30 to 09:30 AM	POST GRADUATE & UNDERGRADUATE CASE PRESENTATIONS	
09:30 to 10:00 AM	“Steady Sugars, Sacred Seasons” Navigating Diabetes Care During Religious Fasting	Prof.Dr. Jimnaz PA
10:00 to 10:30 AM	“The Thyroid Enigma” Navigating the Gray Zones of TSH and Beyond	Dr. Anish Ahamed
10:30 to 11:00 AM	“Beyond the Snore” Decoding Obstructive Sleep Apnea	Prof.Dr. Dhvani Gopinath
11:00 to 11:15 AM	INAUGURATION	
11:15 to 11:45 AM	“Dr PK Abdul Gafoor Memorial Oration”	Dr. Haridas VT MBBS, DNB (Gen Med), DNB (Neuro), DM (Neuro) Senior Consultant Neurophysician, Thrissur.
11:45 AM to 12:15 PM	“Seeing is Believing” Enhancing Physical Exams With Ultrasound in ICU	Dr. Abdul Rahim Fazal
12:15 to 12:45 PM	“Busting the Burn” A 360-degree Clinical Perspective of Gastro-esophageal Reflux Disease	Dr. Rema Krishnakumar
12:45 to 01:15 PM	“Articular Wisdom” Cracking the Rheumatology Serology	Dr. Mujeeb Rahman
01:15 to 01:30 PM	VALEDICTORY FUNCTION	
01:30 PM onwards	LUNCH	

TEAM MES MED-COMPASS 2026

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Organizing Chairman

Prof. Dr. Ram Narayan
Organizing Secretary

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UG/PG Corner – We invite interested students to bring your most fascinating clinical cases to the stage and turn your diagnostic insights into a winning moment. Showcase your expertise to our expert panel and compete for the attractive prizes awaiting the season's most compelling presentations!

Submit your abstracts to mesmedcompass@gmail.com on or before 31st January, 2026.
Contact 08606439321 or 09495137258 for details.

REGISTRATION FEE DETAILS:-

EARLY SPOT

DELEGATES : RS.500/- RS.750/-

PGS/UGS : FREE RS.250/-

ANY QUERIES, FEEL FREE TO CONTACT

Prof. Dr. Mohammed - 9446 386 889
Prof. Dr. V Abdul Jaleel - 9846 354 277
Prof. Dr. Jimnaz PA - 9745 152 288
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