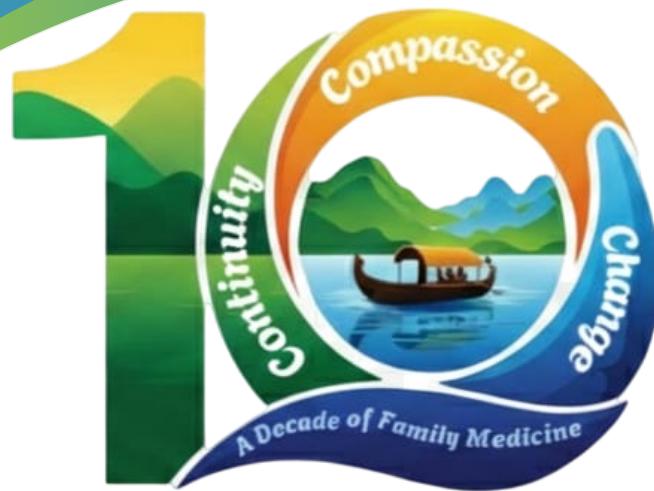




AFPI KERALA CHAPTER
PRESENTS

10TH ANNUAL STATE CONFERENCE



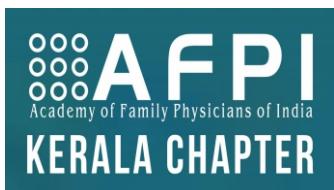
AFPICON
Kerala **2026**
10th Annual State Conference - AFPI Kerala



SCAN TO
REGISTER

2026
January 31st &
February 1st

Venue:
Contour Backwaters
Hotel Resort & Convention Centre,
Changanassery, Kottayam



Weblink: <https://www.afpicon2026.afpikerala.in>



Message from Chairperson

“

Dear Delegates and Friends,

It is with great pleasure that I extend a warm welcome to you for the 10th Annual State Conference of the Academy of Family Physicians of India (AFPI), Kerala Chapter, which will be held on January 31st and February 1st, 2026, at Contour Backwaters Hotel Resort and Convention Centre, Changanassery, nestled amidst the enchanting backwaters of Kuttanad.

This milestone marks a decade of dedicated efforts to advance and strengthen Family Medicine across Kerala. Our theme this year, "Continuity, Compassion, and Change: A Decade of Family Medicine", encapsulates our ongoing commitment to uphold patient-centered care while embracing scientific progress and innovation in primary healthcare.

The scientific program has been carefully curated to include sessions on chronic disease management, preventive health, mental well-being, digital health tools, and more—delivered by distinguished experts from across the state and country. Our focus remains on providing practical, actionable insights that can be seamlessly integrated into daily practice. Apart from the academic enrichment, this conference offers a valuable platform for networking, collaboration, and celebrating the vital role of family physicians. The serene surroundings of Changanassery and the scenic beauty of Kuttanad will surely inspire meaningful dialogue and reflection. Once again, I welcome you all and wish you an enriching, inspiring, and memorable experience.

Warm regards,
Dr Neena Jacob
Organizing Chairperson

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Registration- 8.00 a.m.- 9.00 a.m

Hall A

09.00 a.m. - 09.30 a.m. **Migraine in 2026 –Updates in Management**

Dr Suchithra S

Consultant, Department of Family Medicine,
Vijaya Viva Health Centre, Thiruvananthapuram

09.30 a.m. - 10.00 a.m. **Caring for Patients with Dementia-Updates in Current Practices**

Dr Resmi S Kaimal

H.O.D, Department of Family Medicine,
Lourdes Hospital Post Graduate Institute of Medical
Science and Research, Kochi,
General Secretary, National AFPI

10.00 a.m.-10.30 a.m. **ACO - When it's not Asthma or COPD**

Dr Indhu Rajeev

Senior Consultant, Department of Critical Care,
Department of Family Medicine,
Lourdes Hospital Post Graduate Institute of Medical
Science and Research, Kochi
Immediate Past President, AFPI Kerala

10.30 a.m. - 11.00 a.m. **Common Skin Lesions in Children- Diagnosis and Management:**

Dr Roshni M

Senior Consultant, Family Medicine
K J Medical Trust Hospital, Kalpetta

11.00 a.m.-11.30 a.m. **Perinatal Mental Health - Screening, Support and Intervention**

Dr Ally Plakkal J

Family Physician, Civil Surgeon, FHC Aloor, Thrissur

11.30 a.m. - 12.30 p.m. **Tackling the Obesity Epidemic**

1.Lifestyle Management**Dr Lareeta Cheeran**

Family Physician,
South Zone Diabetes and Podiatry Hospital,
Kunnamkulam

2.Updates in Pharmacological Management**Dr Neena Jacob**

Consultant, Family Medicine,
Medlounges Hospital, Thiruvalla

3.Surgical Management**Dr Mariyam Shabeera P K**

Junior Consultant in Department of Family Medicine,
IQRAA International Hospital, Kozhikode, Specialist
Medical Officer, IQRAA Dispensary, IIM Kozhikode

4.Evaluation and Management of Complications**Dr Sangeetha S**

Consultant Family Medicine,
Mar Sleeva Medicity Medical Centre, Aruvithura,
Kottayam

Hall B

9.00 am – 10.30 am:

Poster Presentation

10.30 a.m. -11.30 a.m.

Spice Route Session 1

Courses, Careers and Callings: Exploring Opportunities in Family Medicine for Young Family Doctors

11.30 a.m.-12.30 p.m.

Quiz Prelims

12.30 p.m.- 01.00 p.m.	Fatigue in Focus - Diagnosis and Management Dr Nadeem Abootty Family Medicine Specialist, Josgiri Hospital Thalassery and Tellicherry Cooperative Hospital, President, AFPI Kerala	Detect Early, Act Early : A Clinical Breast Examination Guide for Family Physicians Dr Regi Jose Professor of Community Medicine, Sree Gokulam Medical College & Research Foundation, Director, Snehita Women's Health Foundation
01.00 p.m.- 02.00 p.m.	LUNCH	LUNCH
02.00 p.m.- 02.30 p.m.	Significant Event Analysis: A tool for Quality Improvement in General Practice Dr Anoop K J Specialist, Family Medicine, Assistant Surgeon, FHC Vallarpadam, Ernakulam	2.00 p.m.- 3.00 p.m. Workshop 1 Artificial Intelligence
02.30 p.m.- 03.00 p.m.	Climate – Resilient Primary Care: Preparing Family Doctors for the Health Challenges of a Warming South Asia Dr Sankha Randenikumara Consultant, Family Physician, Hon. Secretary, WONCA South Asia Region Chair, WONCA Working Party on Planetary Health	1. AI in Clinical Practice Dr Serin Kuriakose Consultant, Family Medicine Renai Medicity, Kochi, Treasurer, National AFPI
03.00 p.m.- 04.00 p.m.	QUIZ FINALS	2. AI in Clinical Research Dr Regi Jose Professor of Community Medicine, Sree Gokulam Medical College & Research Foundation, Director, Snehita Women's Health Foundation
06.00 p.m.- 07.00 p.m.	AFPI Kerala General Body Meeting	
07.00 p.m.- 10.00 p.m.	Cultural Programme and Gala Dinner	

DAY 2

01-02-2026 SUNDAY

Hall A

08.30 a.m. - 09.00 a.m. **MASLD: Latest Updates in Treatment**
Dr Mamta Manohar
 Specialist, Family Medicine,
 Assistant Surgeon, PHC Chalil, Thalassery

09.00 a.m. - 09.30 a.m. **Evidence - Based Prevention:
A Comprehensive Guide to Preventive
Health Strategies**
Dr Aiswarya V Namboodiri
 Family Medicine Specialist,
 KIMS Health, Trivandrum
 State Lead – Spice Route Kerala

09.30 a.m. - 10.00 a.m. **LGBTQ+ Patient Care: Best Practices for
Screening, Diagnosis and Referral**
Dr Suja Sukumar
 Consultant Endocrinologist,
 Renai Medicity, Cochin

10.00 a.m. - 10.30 a.m. **The Dual Threat: Addressing Addictions
and Excessive Screen Time in Children**
Dr Ann Tomina Thomas
 Associate Consultant, Family Medicine,
 Mar Sleeva Medicity, Palai

10.30 a.m. - 11.00 a.m. **SLE - Management in Family Practice**
Dr P K Sasidharan
 Former HOD, Medicine and Hematology,
 Government Medical College, Kozhikode
 Past President, Indian Society of Hematology
 Former Dean Faculty of Medicine, University of Calicut

11.00 a.m. - 11.45am **INAUGURATION**
Keynote address:
Dr Pramendra Prasad Gupta
 President, WONCA, South Asian Region

11.45am - 12.30 p.m. **Panel Discussion:
Compassion in the Age of Technology:
Redefining Patient - Doctor Relationship**

Panelists:

Dr Vandana Boobna
 Vice – President, National AFPI
 Founder Secretary, AFPI

Dr Sankha Randenikumara
 Consultant, Family Physician,
 Hon. Secretary, WONCA South Asia Region
 Chair, WONCA Working Party on Planetary Health

Dr M N Menon
 President, IMA Kerala

Hall B

8.30 – 9.30 am **Spice Route Session 2**
**Exploring MRCGP [INT]: Hacks to Clear in
the First Attempt.**
Dr Bijayraj Rajanbabu
 Senior Consultant, Family Medicine
 Starcare Hospital, Calicut
 Examiner, MRCGP [INT] – South Asia Board
 Founder President - AFPI Kerala

9.30 a.m. - 11.00 a.m. **Oral Paper Presentation**

Dr Bejoy C P

Managing Editor, KGMOA,
Dy DMO, Ardram Nodal Officer, Kannur

Dr Shahzad M Ubaidulla

Specialist, Family Medicine,
Aster Clinic, Sharjah.
Former Secretary – AFPI Kerala

Moderator:
Dr Resmi S Kaimal

General Secretary, National AFPI

12.30 p.m.- 01.30 p.m. **LUNCH**

1.30 p.m.- 02.00 p.m. **Financial Literacy for Doctors**

Dr Bibin P Mathew

General and Minimal Access Surgeon
Co-founder – Wealth Rx: Financial Education for Doctors

02.00 p.m.- 02.30 p.m. **Sudden Cardiac Death in the Young-Prevention and Evaluation**

Dr Vishnu B S

Family Medicine Specialist
KIMS Health, Trivandrum
National Chair, Spice Route India
YDM Chair, South Asia Region

02.30 p.m.- 03.30 p.m. **Optimizing Antibiotic Use: Best Practices and Updates**

1. Antibiotic Stewardship in Upper Respiratory Tract Infections
Dr Ann Maria

Consultant, Family Medicine,
P S Hospital, Maradu, Kochi

2. Antibiotic Stewardship in Skin and Soft Tissue Infections
Dr Haritha C

Consultant, Family Medicine,
Thalassery Mission Hospital

3. Antibiotic Stewardship in Acute Diarrhoeal Diseases
Dr K Sreeda

Specialist Family Medicine,
Assistant Surgeon, FHC Malampuzha, Palakkad

4. Diagnostic Stewardship: Right Test for the Right Patient at the Right Time
Dr Selva P Hamza

Consultant, Family Medicine,
Malabar Hospital, Manjeri

03.30 p.m.- 04.00 p.m. **Travel and Wilderness Medicine - A Quick guide**

Dr Kailas P

Specialist, Family Medicine,
FHC Varavoor, Thrissur,
Immediate Past Secretary, AFPI Kerala

04.00 p.m.- 04.30 p.m. **VALEDICTORY FUNCTION**

1.30 p.m.- 02.00 p.m. **LUNCH**

2.00 p.m.-3.00 p.m **MASTERCLASS**

Urgent Care in Family Practice

Dr Nisanth Menon N

H.O.D, Emergency Medicine
MOSC Medical College Hospital, Kolenchery
Chair, WONCA Emergency Medicine Specialist Group

Pelvic Inflammatory Disease - Recognizing and Treating a Silent Threat

Dr Ambili Ranjith

Specialist, Family Medicine
Assistant Surgeon, FHC Parli

3.00 pm- 4.00 pm:

Workshop 2

Practical Wellness for Everyday Practice

(AFPI Kerala Wellness Wing)

ORGANIZING COMMITTEE MEMBERS

Organizing Chairperson

Dr Neena Jacob

Organizing Secretary

Dr Lekshmi C R

Organizing Treasurer

Dr Niveditha G

AFPI State Executive

Dr Nadeem Abootty

President, AFPI Kerala

Dr Mansoor P M

Secretary, AFPI Kerala

Dr Anand P M

Treasurer, AFPI Kerala

Patrons

(Col) Dr Mohan Kubendra

Dr Vandana Boobna

Dr Resmi S Kaimal

Dr Serin Kuriakose

Dr Raman Kumar

Dr Bijayraj Rajanbabu

Scientific Committee

Chair : Dr Aiswarya V Namboodiri

Advisor : Dr Nadeem Abootty

Registration & Reception

Chair : Dr Suchithra S

Advisor : Dr Vishnu B S

Finance

Chair : Dr Niveditha G

Advisor : Dr Anand P M

Event Committee

Chair : Dr Arjun B Hari

Advisor : Dr Mansoor P M

Media & Publicity

Chair : Dr Lamiza Abdusalam

Advisor : Dr Jisha V

Travel and Hospitality

Chair : Dr Sam Abraham

Advisor : Dr Kailas P

Cultural Committee

Chair : Dr Prasanth S

Advisor : Dr Indhu Rajeev

Souvenir Committee

Chair : Dr Sangeetha S

Advisor : Dr Abdul Rasik T

Spice Route Representative

Dr Jayaganesh S

PG Representative

Dr O Kiran

Registration Tariff

Date	AFPI Member GP/Specialist	Non AFPI Member GP/Specialist	AFPI Member PG	Non AFPI Member PG	Accompanying Person/Interns/ MBBS Students
Aug 15 2025 to OCT 5 2025	Rs 5000	Rs 6000	Rs 4250	Rs 5000	Rs 3000
Oct 6 2025 to Dec 31 2025	Rs 6000	Rs 7000	Rs 5250	Rs 6000	Rs 3000
Jan 1 2026 to Jan 25 2026	Rs 8000	Rs 9000	Rs 7250	Rs 8000	Rs 3000
Jan 26 2026 to Jan 31 2026	Rs 10000	Rs 10000	Rs 10000	Rs 10000	Rs 4000

+GST as applicable + payment gateway charges

Accommodation options near venue:

KGA Elite Continental: 4 star hotel – 9.3 km from Venue
 Club 7- 3 star hotel - 10 km from Venue

Tourist attractions with distance from venue:



Nearest Railway Station:

Changanassery Railway Station 4km
 Tiruvalla 9.4 km
 Chengannur 18 km
 Kottayam 22.5 km
 Alappuzha 25.6km

Airport:

Cochin International Airport (COK) 108 km
 Trivandrum International Airport (TRV) 135 km

Bus stand:

Changanassery Bus Station 2.8 km
 Perunna Bus Stand around 1.8 km

Contact Us

Dr Neena Jacob 94477 05273 (Organising Chairperson)
 Dr Lekshmi C R 94971 67738 (Organising Secretary)
 afpicon2026@afpikerala.in