AL-AZHAR
MEDICAL COLLEGE AND SUPER SPECIALITY HOSPITAL

Emergency Medicine Association
EMA

ACADEMIC COLLEGE OF EMERGENCY EXPERTS INDIA
ACEE INDIA

HEALTH & MEDICINE
INDUSEM

EM KERALA 2026

WINTER CONFERENCE

FIRST NATIONAL CONFERENCE ON
WELLNESS IN EMERGENCY MEDICINE

Saving Lives Without Losing Ourselves



5 – 6 DECEMBER 2026

Al-Azhar Medical College & Super Speciality Hospital
Thodupuzha, Idukki, Kerala

A NOTE FROM THE ORGANISING COMMITTEE



Emergency Medicine is a specialty built around time-critical decisions, uncertainty, and caring for people on some of the hardest days of their lives. Yet, the demands of our profession can take a toll on the wellbeing of the very people who care for others.

Burnout, emotional fatigue, and the difficulty of balancing professional and personal life are real challenges faced by emergency medicine teams everywhere. Wellness is not a luxury; it is a need and a necessity for sustainable, compassionate emergency care.

Winter Conference 2026 brings the Emergency Medicine community together to recognise these challenges, share practical approaches, and build a culture where the wellbeing of healthcare professionals matters.

We are proud to present a conference dedicated to wellness in Emergency Medicine—an initiative envisioned as the first conference in India focused on wellness in EM.

Because the Rescuer Needs Rescue Too.

"Saving Lives Without Losing Ourselves."

ORGANISING CHAIRMAN
Dr. Jeevan Jayakumar

ORGANISING SECRETARY
Dr. Yasir Sulaiman

EMA STATE CHAPTER SECRETARY
Dr. Akhil S.L.

SCIENTIFIC COMMITTEE HEAD
Dr. Rebecca Paulose

WELLNESS PROGRAM COORDINATOR
Dr. Albin James



5 – 6 December 2026

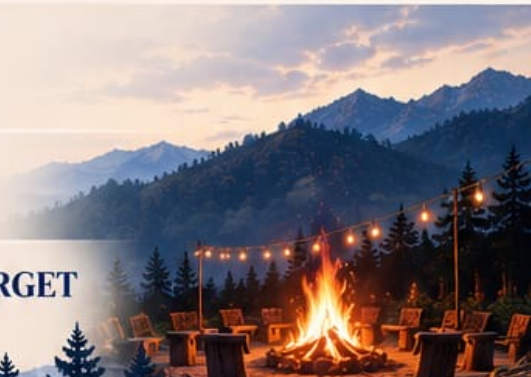
Al-Azhar Medical College & Super Speciality Hospital
Thodupuzha, Idukki, Kerala

WINTER CONFERENCE 2026

CONFERENCE PROGRAMME

DAY 1 | 5 DECEMBER 2026

Because the Rescuer Needs Rescue Too.

6:00 AM	**THE WINTER GATHERING** Journey to the Conference Pick-up from Ernakulam and Kottayam	
8:00 – 9:00 AM	**COFFEE, CONVERSATIONS & CONNECTIONS** Breakfast and Registration	
9:00 – 10:00 AM	**BREAKING BARRIERS, LEADING THE FRONTLINE** Women in Emergency Medicine – Panel Discussion	**Panellists**
10:00 – 11:00 AM	**EM 2030: THE FUTURE WE DARE TO IMAGINE** Debate – Future and Hopes in Emergency Medicine	**Moderators**
11:00 AM	**FROM THE FRONTLINE TO THE HILLS** Transfer to Green Berg Resort, Kulamavu	
12:00 PM	**THE WINTER BEGINS** Inauguration & Opening Ceremony	
1:00 – 2:00 PM	**THE GATHERING TABLE** Lunch Break	
2:00 – 3:00 PM	**BEYOND THE SHIFT** Resort Activities – Connect, Explore & Recharge	• Nature Walks • Team Games • Free Time to Explore
4:00 – 5:00 PM	**PAUSE. BREATHE. RECONNECT.** Wellness, Meditation & Yoga – Preventing Burnout by Akhila Beena Thaha	
5:00 – 6:00 PM	**BEYOND THE PAYCHEQUE** Financial Wellness for Doctors by **Dr. Mathews Jose**	
6:00 – 8:00 PM	**THE ELDRITCH WHISPER** An Evening of Mystery & Mentalism by **Arjun Satheesh**	
8:00 – 9:00 PM	**THE WINTER BANQUET** Dinner	
9:00 PM onwards	**THE SHIFT STORIES WE'LL NEVER FORGET** Amphitheatre Campfire – Stories, Bonds & More	

Al-Azhar Medical College & Super Speciality Hospital
& Green Berg Resort, Kulamavu, Idukki, Kerala

Recharge. Reflect. Rise.

WINTER CONFERENCE 2026

CONFERENCE PROGRAMME

DAY 2 | 6 DECEMBER 2026

Because the Rescuer Needs Rescue Too.

6:00 – 7:00 AM	THE MORNING TRAIL	Trekking
8:00 – 9:00 AM	COFFEE & CONNECTIONS	Breakfast
10:00 – 11:00 AM	ON THE WATER	Boating & Kayaking Activities
11:00 AM – 12:00 PM	THE EM DEVIL CIRCUIT	EM Fitness Challenge
12:00 – 1:00 PM	POOLSIDE PAUSE	Pool Activities
1:00 – 2:00 PM	THE GATHERING TABLE	Lunch
2:00 – 4:00 PM	UNTIL WE MEET AGAIN	Finale, group photographs & departure

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RECHARGE | REFLECT | RISE

CONFERENCE REGISTRATION

5 – 6 DECEMBER 2026 | Green Berg Resort, Kulamavu, Idukki

Scan this QR code or use the link to register for the conference.

REGISTER NOW >

PRE-CONFERENCE WORKSHOP
4 DECEMBER 2026

FIRST BREATH
A Hands-on Ventilator Workshop

Al-Azhar Medical College, Thodupuzha

Scan this QR code to register for the pre-conference workshop.

REGISTER NOW >

CONFERENCE REGISTRATION INCLUDES

- Access to all academic sessions
- Refreshments and lunch
- Certificate of participation
- Networking with emergency medicine colleagues

FOR QUERIES

Dr. Jeevan Jayakumar
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Dr. Yasir Sulaiman
88488 23424

Dr. Rebecca Paulose
94470 18239

Disclaimer: CME credit points will be available.

