

॥ Jai Sri Gurudev ॥

SRI ADICHUNCHANAGIRI UNIVERSITY



ADICHUNCHANAGIRI

INSTITUTE OF MEDICAL SCIENCES

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॥ ಜೈ ಶ್ರೀ ಗುರುದೇವ್ ॥



ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ ಮಠ Sri Adichunchanagiri Mahasamsthana Math

ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಕ್ಷೇತ್ರ - 571811, ನಾಗಮಂಗಲ ತಾಲ್ಲೂಕು, ಮಂಡ್ಯ ಜಿಲ್ಲೆ
Sri Adichunchanagiri Kshetra 571811, Nagamangala Taluk, Mandya Dist.

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Date:01.04.2019

MESSAGE

||Jai Sri Gurudev||

‘Doctor’ is a word, when heard by anyone can immediately develop respect in the heart. It is the noblest profession in all the professions available throughout the world. Being a doctor is having the responsibilities more, than the privilege. Doctor is considered as a highly responsible person because he can save a life of human being, when the patient is in critical condition.

Medical profession is considered as a noble profession and the doctors have been always compared and equated next to God. The word ‘noble’ means that a doctor should have qualities like compassion, caring, giving, sharing, concern, helping, etc. A doctor is supposed to treat a person irrespective of caste, creed, religion, financial status, or social status. His sole concern is and should be to remove the miseries of the suffering patients.

Adichunchanagiri Institute of Medical Sciences, BG Nagara, Mandya, Karnataka has been in the forefront of providing professional medical education in the rural part of the country for the last three decades. I am proud to express that our Institution is releasing “PANORAMA – A Compendium of Departmental Newsletters” document which comprises of all activities of Faculty and Students for the academic year 2018.

Let us have faith in ourselves and work sincerely, not leaving everything to fate. I beseech the divine blessings of Lord Kalabhyraveswara Swamy and His Holiness Jagadguru Padmabhushan Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji to
all.....

Yours in the Service of the Lord,
(Sri Dr. Nirmalanandanatha Swamiji)

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FOREWORD

Adichunchanagiri institute of medical sciences was established under the aegis's of sri sri sri Dr. Balagangadharanatha mahaswamiji with the purpose of providing proper medical care to the rural population in and around bellur.

In the past 30 years it has transformed from a rural college to a vibrant, state of the art academic and cultural hub and is now under the patronship of Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji. All the departments of our college are actively

involved in both academic and research activities. Every department has its own newsletter which is published twice a year. To summarize the achievements of the faculty and the post graduate, our college has launched

***“AIMS PANORAMA” 2018 (Reflection of Aims Newsletters).** from the previous seven years.*

This magazine highlights the curricular and extracurricular activities of various departments with the growing emphasis on research in the field of medicine, It is important to be on the forefront of medical education by publishing genuine research articles and the institution is on the forefront in that direction.

I wish that all of us thrive hard to achieve excellence and reach greater heights in the years to come.

Principal

Dr. M. G. Shivaramu



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Anatomica

AIMS

Newsletter of Department of Anatomy



Warm greetings to all the readers!

It gives me immense pleasure to present to you the second issue of Anatomica-AIMS, the official newsletter of department of Anatomy of Adichunchanagiri University of Medical Sciences.

The year 2018 was a memorable year for the department as we hosted the 20th State-level Conference of Karnataka Chapter of Anatomists, from 28-30 September, 2018. The conference focussed on Research, Education and Ethics in Anatomy. The conference was attended by more than 150 faculty delegates and 100 student delegates. With this newsletter we extend our sincere thanks to all involved in making the event a grand success.

Features

Guest lecture on organ donation

Guest lecture on embryology of pharyngeal arches

20th State level of conference of Karnataka Chapter of Anatomists

Faculty news

Chief Editor

Guest Lecture – Organ Donation



10th August 2018

A guest lecture was arranged for the students of BGS model public school with an objective of creating awareness about the basics of organ donation. The programme was organised as a part of Organ Donation Day.

The lecture was given by Dr Tejaswi H L, Associate Professor of Anatomy.

The lecture touched upon the basics of organ donation, and elaborated about the process of organ donation and tissue transplantation in India.

40 students from 8th and 9th standard attended the lecture. The students participated with enthusiasm and made the session interactive and lively.

The session ended with a small quiz and prize distribution for the winners.



One donor can save up to **8** lives

Is any age too old to be an **ORGAN DONOR?**



What matters is the health of your organs.

GIFT OF LIFE

Guest lecture on Basics of Gametogenesis and Fertilization

September 25th 2018



A guest lecture was organised on 'Basics of Gametogenesis and Fertilization'. The guest speaker was Dr Yogesh Ashok Sontakke who is presently working as Associate Professor of Anatomy in Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER) and has authored a textbook of human embryology.

The lecture touched upon gametogenesis and its significance in clinical application and elaborated about the process of fertilization.



20th state level conference of Karnataka Chapter of Anatomists

28th-30th September 2018

Pre-Conference workshops [28th September 2018]

Assessment, the Achilles heel of the anatomy curriculum; Can we treat it?

Coordinator: Dr Nachiket Shankar, Associate Professor of Anatomy, St.Johns Medical College, Bengaluru

Facilitators:

Dr Lakshmi T A, Associate Professor of Anatomy, St.Johns Medical College, Bengaluru

Dr Yogita R, Professor of Anatomy, St.Johns Medical College, Bengaluru

Dr Stephen Dayal, Associate Professor of Anatomy, St.Johns Medical College, Bengaluru

Dr Tejaswi H L, Associate Professor of Anatomy, AIMS, B G Nagara



20th state level conference of Karnataka Chapter of Anatomists

28th-30th September 2018

Pre-Conference workshops [28th September 2018]

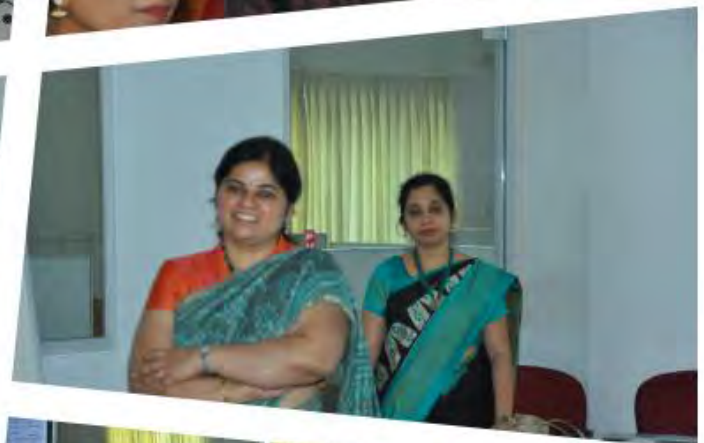
Research Grant in Anatomy: Inception to finish line

Coordinator: Dr Vasudha Kulkarni, Associate Professor of Anatomy, Dr B R Ambedkar Medical College, Bengaluru

Facilitators:

Dr Deepa Bhat, Associate Professor of Anatomy,
JSS Medical College, Mysuru

Dr Ashwini Appaji, Associate Professor of Anatomy,
M S Ramaiah Medical College, Bengaluru



20th state level conference of Karnataka Chapter of Anatomists

28th-30th September 2018

Research, Education and Ethics in Anatomy.



20th state level conference of Karnataka Chapter of Anatomists

28th-30th September 2018

Research, Education and Ethics in Anatomy.



FACULTY ACADEMIC ACTIVITIES

Recent publications

1. Mahantappa A, Chinivar MA, Kaushik J, Menasinkai SB. Maternal and fetal outcome in oligohydramnios after 34 weeks of gestation. International Journal of Reproduction, Contraception, Obstetrics and Gynecology 2018;7(11):4604-08

Research papers presented at conference

1. Dr Thejeshwari H J presented a poster titled "A Study on The Aberrant Origin of The Left Vertebral Artery and The Left Common Carotid Artery" at 20th State level Conference of Karnataka Chapter of Anatomists held between September 28-30th 2018 at Adichunchanagiri Institute of Medical Sciences, B G Nagara was attended by all faculty.

Conferences/workshops attended

1. 20th State level Conference of Karnataka Chapter of Anatomists held between September 28-30th 2018 at Adichunchanagiri Institute of Medical Sciences, B G Nagara was attended by all faculty.

Faculty from the department as resource person in various programmes

Dr Tejaswi H L, Associate Professor was the resource person for the following programmes,

1. Workshop on Synopsis writing for Dissertation for I year MD/MS students organized by the Scientific Committee on 19th July 2018.
2. Guest lecture on Organ Donation for students of BGS Model Public School, B G Nagara, held on 10th August 2018 at BGS Model Public School campus, B G Nagara
3. Pre-Conference workshop on "Assessment, the Achilles heel of the anatomy curriculum; Can we treat it" at 20th State level Conference of Karnataka Chapter of Anatomists held between September 28-30th 2018 at Adichunchanagiri Institute of Medical Sciences, B G Nagara
4. Workshop on Workplace Based Assessment organized by the Medical Education Unit on 26th October 2018.

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Dr Ajay N
Dr Shilpa M

Anatomica-AIMS

Newsletter of Department of Anatomy

Adichunchanagiri Institute of Medical Sciences

BG Nagara, Nagamangala
Mandya

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jai sri gurudev



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INSTITUTE OF
MEDICAL SCIENCES**



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Dr. Ravi G N

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Dr. Malini M
Dr. Ashwathy V T
Dr. Jyothi S

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Imparting knowledge of life process

BI-ANNUAL NEWS LETTER FROM DEPARTMENT OF PHYSIOLOGY

From the Editor's desk

Dear readers,

I am very much pleased to bring out the Vol-8 (2) of our newsletter 'Physiovaarthé' giving useful information on the subject & the department.

I am extremely delighted to inform that students of 2017-18 batch have created history by securing 100% pass in Physiology(Both regular & Odd Batch) taking the department to the top position .

Happy to inform that Dr. Sudhir G K. Professor is inducted as IQAC coordinator & Dr Jyothi S is inducted as NAAC peer committee member.

In December 2018 we have proposed to open a clinical neurophysiology lab in our hospital as a subspecialty. From this academic year we are conducting integrated teaching & Students seminar on the regular basis

I also feel proud to share the information that, we got very good response from the delegates & students for the **Guest lecture** on "Biopotentials" held on 12/4/18 & **State level CME: "Myths & facts of Ageing"** conducted on 28th December 2018.

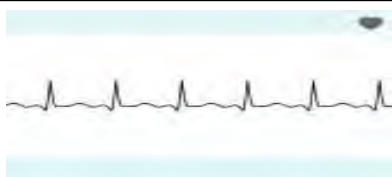
In memory of our great teacher, philosopher and guide, Dr. Rajagopal (Former Principal and HOD of Physiology, AIMS) the department celebrated his birthday with high respect by inviting all teaching and non-teaching faculty of the college on 14/09/2018.

I whole heartedly thank our beloved & dynamic principal for his constant support and encouragement & all the staff for their great effort contributing to the success of the CME, guest lecture, orientation programme & also for the smooth running of departmental activities.

Wish you all a happy & prosperous new year -2019

Dr. K.N.Narasimhaswamy
Professor & HOD





ACADEMIC SECTION Activities of Department - HIGHLIGHTS

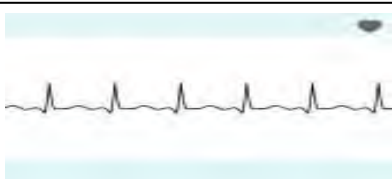


CME on on “Myths & facts of ageing” conducted on 27th Decembere 2018

Summary

A State level CME on the theme “Myths & Facts of Aging” was organized by the department of Physiology, AIMS on 27th December 2018. This one day scientific programme covered different aspects of aging from the basics of ‘How to know we are aging’, ‘Challenges of aging’, ‘Recent advances in basis of aging & anti-aging’, ‘Art & Science of healthy aging’ & finally ‘Scope for research in Geriatric medicine’ presented by speakers from various colleges of Karnataka. The CME witnessed delegates from various colleges of Karnataka along with internal delegates & MBBS students. On the background of a possibility to halt aging, a debate was arranged on advantages & disadvantages of human immortality to conclude the day’s session.





ACADEMIC SECTION
Activities of Department - HIGHLIGHTS



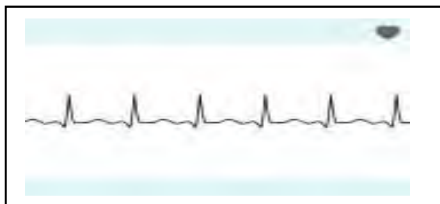
GUEST LECTURE on “Biopotentials” conducted on 12th April 2018.

The department organized a Guest lecture on “**Membrane Potentials -A Story Of Discovery**” for the I M.B.B.S. students of 2018-19 batch on 9/11/2018. **Speaker was Dr.Harsha Hallahalli** Professor of Physiology, K.S Hegde Medical Academy , NITTE University,Manglore

Scientific session Part I The basic purpose of this session was to provide the student learners a broad insight into the basic physiological aspects of membrane potentials. Speaker began the scientific session with the background that mankind has ever been interested in decoding the complexity of life processes. In the current era of nanotechnology in medicine, our focus is more on understanding life at thermo molecular level, with the aim of developing preventive & therapeutic strategies for diseases using nano-particles. However these advances in the understanding of life process have been possible only with a sound knowledge of the basics of life & its origin. Existence of membrane potential forms the basis of all forms of life & its processes. Hence recapturing the basics of membrane potential & its discovery may pave the way for exploring further into the unknown & intricate mechanisms behind our existence. This concept aroused interest among the student participants and the audience. The speaker made the session very interesting and interactive throughout the session

Scientific session Part 2 Scientific session began after the tea break. He gave a deep insight into the various aspects of membrane potentials and also told about its clinical implication. The session was very interactive with beautiful animations and lots of historical background of the discovery of membrane potentials.





ACADEMIC SECTION Activities of Department - HIGHLIGHTS



Dr. Anand K S S has been promoted as Associate professor on 1/12/2018 .We the teaching & non teaching faculty of the department congratulate him .

Publications in 2018 (July – december)

1. Ashwathy V.T., Lokesh B.N. *Comparative study of pulmonary function test in yoga trained and untrained school going boys*. IJAPB 2018;5(7):2394-3440
2. Jyothi S., Sujaya B. *Assessment of muscle strength in female Bharathanatyam dancers*. IJPNPE 2018;3(2):621-625.
3. Malini M., V.S. Balajoshi, K.F. Kammar. *A comparative study of impact of obesity on dynamic lung function test in young adult women*. IJOP 2018;6(4):18-23.
4. Ravi G.N, K.N Narasimha Swamy, Anand K. S .S. *Effect of “ Meditation ” On Blood Pressure in Young Healthy Adults of B.G. Nagara .* Scholars Journal of Applied Medical Sciences, 2018; 6(7): 2823-25.

**Oral presentation in APPICON conference held at MAHE Manipal, in November 2018
by Dr Aswathy V.T & Dr Jyothi. S**



- 1) Comparative study of effect of isotonic exercise on cardiovascular parameters in normotensive young adults with & without parental history of HTN
- 2) Effect of isometric exercise on cardiovascular changes in normotensive healthy adults with & without parental history of HTN



Students seminar was held on 28/09/18 & on the topics - General & Nerve muscle Physiology



Students seminar was held on 24/11/18 on the topic - Blood

We are extremely happy to announce that 6 students secured distinction in Physiology in the I MBBS RGUHS exams held in July 2018.

Adnan nayazi (75.00%), Anargya marpalli(75.75%), Fara faran(77.50%), Chandrashekar k upadya (75.50%),Nithin bhargav(75.75%) & Yashaswani G (76.25%).





BRAIN TEASER

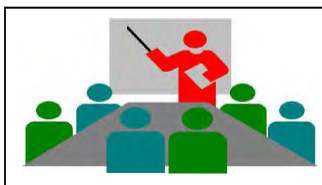


World search in Physiology

A	P	O	P	T	O	S	I	S	Y	B	R	K	D
X	N	R	F	Q	U	T	Z	C	N	L	A	M	S
B	S	A	N	O	D	E	V	Q	M	X	J	X	F
F	Y	Z	E	P	I	D	T	O	U	R	K	Q	N
Y	N	C	H	M	L	S	N	B	J	K	C	A	B
L	A	R	D	Z	I	O	W	R	G	I	O	U	A
C	P	E	T	O	C	A	N	N	O	N	M	Z	T
Y	S	U	M	Y	E	D	G	I	H	E	J	N	C
U	E	A	T	N	E	C	A	L	P	S	A	I	E
C	D	E	V	Y	Q	B	S	O	A	I	Q	B	R
K	S	P	M	F	N	G	T	Y	F	N	X	U	A
U	E	G	R	W	S	K	R	I	C	K	E	T	S
W	L	Q	V	H	Z	A	I	T	H	M	P	N	A
C	O	M	P	L	I	A	N	C	E	P	X	J	V

1. Condition where haemoglobin content decreases
2. Pacemaker of heart
3. Programmed cell death
4. Scientist who coined the term Homeostasis
5. Molecular motor
6. Largest WBC in peripheral blood smear
7. Distensibility of lung and chest wall
8. Secretion from G cells
9. Counter current exchanger in nephron
10. Functional connection between two neurons
11. Main source of progesterone during pregnancy
12. Vitamin D3 deficiency in children

Dr.Jyothi .S
Assistant Professor



SCIENTIFIC SECTION



NE

Prof. Autar Singh Paintal (Indian scientist Sept 24, 1925 -Dec 21, 2004)

His contributions –

During his early career, dissection of single nerve fibers was considered difficult. Hence, Dr. Paintal innovated the use of ***liquid paraffin*** to embed the whole nerve and isolated the single fibers without impairing their activity, which was being a tremendous boost in the measurement of single-fiber conduction velocities. In turn, he had done a major contribution to science in the "Development of a single-fiber technique for recording afferent impulses from individual sensory receptors". Furthermore, he made an historical discovery of ***J-receptors.*** This was recognized as the First Great Discovery in the Field of Medicine in India After Independence. Thereupon, he coined the name ***J-receptors*** to indicate their location in Juxta pulmonary capillaries in the lung. Subsequently, he introduced the concept of viscerosomatic inhibition by showing that these receptors were responsible for the J-reflex. Moreover, he characterized its reflex and sensory actions on both at sea level and at Himalayan altitude and also established the clinical relevance of J-receptors in respect to breathlessness induced by exercise and in acute respiratory distress syndrome. Ultimately, his outstanding work had made him received numerous honors and awards, including ***Dr. B.C. Roy National Award*** (1973) and ***Padma Vibhushan*** in 1986.

Dr. Malini.M
Assistant Professor

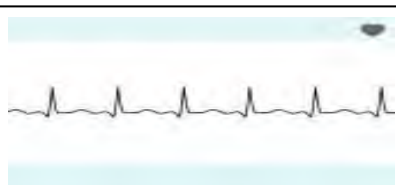
Nobel Prize in Physiology or Medicine 2018 was jointly awarded to James P. Allison and Tasuku Honjo for their discovery of cancer therapy by inhibition of negative immune regulation.



James P. Allison

Tasuku Honjo

Dr. Ashwathy V.T
Assistant Professor



ACADEMIC SECTION

Activities of Department - HIGHLIGHTS



Orientation Programme for for the I M.B.B.S. students of 2018-19 batch on 4/19/2018

Summary

The department organized a orientation programme for for the I M.B.B.S. students of 2018-19 batch on 4/19/2018. The Programme began by talk on objective of MBBS curriculum & roles of Physician by Dr. Madhav K Savkar, Convener, MEU followed by Student self introduction. Next was Staff introduction by Dr K N NarasimhaSwamy (HOD, Physiology) introduced all the staff members. Subsequent talk was on bird's eye view on scope of Physiology in medical practice by Dr. Anand K.S.S. Followed by department rules & regulations by Dr. Jyothi. Next talk was on domains of learning by Dr. Vijaya S. Member, MEU. Subsequent talk was on teaching & learning methods by Dr. Sudhir G.K. Followed by evaluation methods & criteria for pass by Dr. K.N. Narasimhaswamy, mentorship programme by Dr. Ravi G.N& other activities – co-curricular & extra-curricular activities by Dr. Malini M





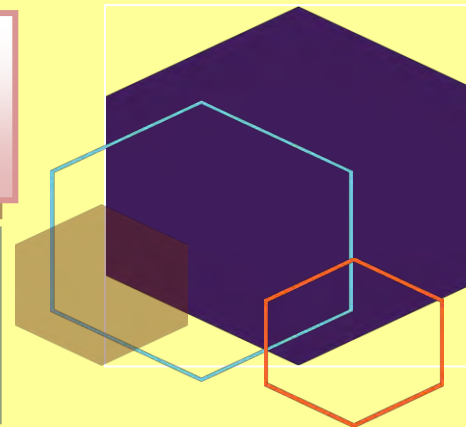
Biomed



Medicine at Molecular level

Volume 8, Issue 2

July to December 2018



Greetings from the Department of Biochemistry

**Adichunchanagiri
University**

**Adichunchanagiri
Institute of Medical
Sciences**

Dept. of Biochemistry

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Dr. Nirmalanandanatha
Mahaswamiji**

Chief Advisor

**Dr. M.G Shivaramu
Principal
AIMS**

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Professor & Head
Dept. of Biochemistry**

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Asst. Professor**

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From Chief Editor's Desk:

I, on behalf of the department, am happy to present this current issue of the newsletter. As we wrap another successful year, we the faculty and staff continue to strive hard to set new bench marks for ourselves and our students. ***I am extremely proud to share the success story of our first year undergraduates.***



Hearty Congratulation to the batch of 2017-18 for cent percent results (regular & supplementary exams together) with 35.8% scoring distinctions. Ms. Divyanshi Rana and Mr. Paul Mathews topped the chart in Biochemistry and Mr. Nithin Bhargava was over all batch topper.

It is equally heartwarming to welcome the **first batch of 2018 -19, 1st MBBS students** to our prestigious institute, AIMS under the umbrella of Adichunchanagiri University.

Education is for improving the lives of others and for leaving your community and world better than you found it.
- Marian Wright Edelman

Another important highlight of this period, is involvement of the department in **extension activity rendering community services**. The department conducted an awareness program on Diabetes Mellitus(DM) to high school children as well as celebration of **World Diabetic day** by organizing an awareness programme on diet and lifestyle modifications in DM for diabetic patients at CHC Bellur. The icing on the cake was organization of a **guest lecture** on **Free radicals and antioxidants** by **alumna Dr. Akhila Prashant**, Professor, Dept. of Biochemistry, JSS AHER, Mysuru.

The department is ever thankful to our charismatic Principal & Dean Faculty of Medicine, **Dr. M G Shivaramu** for his constant support and encouragement. Finally, I congratulate my team of earnest, enthusiastic, energetic and vibrant faculty for all the scholastic achievements which has stemmed higher summit of academic accomplishments of the department.

Extension Activity for High School Children

Department of Biochemistry organized an extension activity for high school children of Sri Bhakthanatha Swamy High School on the topic **"Awareness of Diabetes Mellitus and its prevention"** on 9th July 2018. Dr. Asharani N, Associate professor was the moderator of the programme. Dr. M G Shivaramu, Principal, AIMS, Mrs. Jayashree and Mr. Harish, teachers of Sri Bhakthanatha Swamy High School were the invited guests.

The academic programme was conducted in 3 sessions. In first session, Dr. Rajeshwari A, Associate professor delivered an informational talk on the topic "Causes and symptoms of Diabetes Mellitus." In the 2nd session, a role play was done by 7th term MBBS students on "Awareness of Diabetes Mellitus", which was a very informative role play for the students. In 3rd session, Dr. Namitha D Asst. Professor gave a motivational talk on "Prevention of diabetes" with lot of interactions with the students. School children thoroughly enjoyed the entire programme and both the lectures were well appreciated by everyone.



Congratulation to **Dr. Asha Rani N**, Assoc. Professor for completing the Advance Course in Medical Education (ACME) from St John's Medical College.



UG orientation programme

UG orientation programme for 2018-19 batch was organized on 5th September 2018. A pretest was conducted for the students. The programme began with invocation song by Ms. Sanjana Srinivas, I MBBS student. Dr. Aliya Nusrath, Prof and HOD, addressed and welcomed the aspiring doctors of 2018-19 batch. Ice breaking between the students was done with an activity where the students had to write their details and their favorite teacher's name (to mark the teacher's day celebration) in a paper aero plane and throw it at other students. Students introduce their peers based on the paper aeroplane received by them.

Dr. Rajeshwari A, introduced the staff of the department. The programme continued with a lecture on communication skills by Dr. Vinaya M, MEU member. Dr. Namitha D, highlighted the vision, mission of the Institute & Department. The rules and regulations of the department and tips to succeed were presented by Dr. Aliya Nusrath, Prof and HOD. Introduction to the curriculum and syllabus of Biochemistry was given by Dr. Shilpashree Y D, Asst. Prof. Further, Dr. Aliya Nusrath, Prof and HOD, highlighted on books, stationeries and evaluation/examination process. A brief lecture on ethics and professionalism was given by Dr. Vinay. H R, MEU member. In the afternoon session Dr. Aliya Nusrath, Prof and HOD, took a class on introduction to Biochemistry. Finally fun games were organized for the students by the faculty. At the end of the session, post-test questionnaire and feedback forms were collected.



Guest Lecture - 2018

The department of Biochemistry organized a guest lecture on “Free Radicals and Antioxidants” on 29th October 2018. The programme was moderated by **Dr. Namitha D**, Asst. Prof, Dept. of Biochemistry. **Dr. Akila Prashant**, Professor of Biochemistry, JSS Academy of Higher Education and Research, Mysuru, was the guest speaker of the event. She is an alumna of our institute who graduated in the year 2000.



Dr. Akila Prashant,
Professor of Biochemistry, JSS
Academy of Higher Education and
Research, Mysuru



Dr. Namitha D,
Moderating the programme

Dr. M G Shivaramu, Principal and Dean, Faculty of Medicine; Mr. Umesh B K, Registrar, AIMS; Dr Aliya Nusrath, Prof and Head, Dept of Biochemistry; Dr. Sharada B Menasinakai, Prof and Head, Dept. of Anatomy; Dr. Sudhir GK, Prof. and in charge Head, Dept. of Physiology were the dignitaries on the dais. Faculties from various departments and I year MBBS students were the delegates for the guest lecture.



Dr. Aliya Nusrath, Prof. and Head, Dept. of Biochemistry welcomed the gathering. The programme was inaugurated by ceremonial watering of Tulsi plant. The guest speaker was honored by Dr. MG Shivaramu, Principal, AIMS & Dean faculty of Medicine, ACU.



Dr. M G Shivaramu,
Addressing the gathering



Dr. Shilpashree YD,
Introducing the
speaker



**Students answering quiz using Kahoot
App**

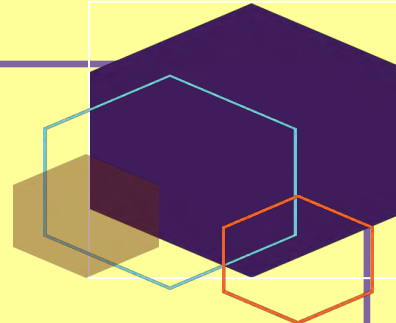


Dr. Asha Rani N
Rendering the vote of
thanks

Guest speaker delivered a presentation on “**Free Radicals and Antioxidants**”.

The first session covered the topic on “Free Radicals” via an interactive lecture.

The second session was on Antioxidants. The learning of students was assessed by a quiz, at the end of each session using Kahoot app and the top 3 scores were rewarded in each session. Feedback forms were collected at the end of the session



Happenings in the Department

It is disheartening to announce the retirement of **Sri Krishnegowda**, Attender. He joined the department in 2008 and served for a decade. The department wishes him and his family a healthy, happy and success life ahead.

The department welcomes **Mrs. Anusya**, attender.



Farewell party for
Mr. Krishnegowda.



Mr. Krishnegowda and other nonteaching

Team Biochemistry



Ayudha Pooja celebration in the department



Hearty Congratulations
To Our beloved HOD, Dr. Aliya Nusrath
For Wining the
Best Teacher Award (Biochemistry)
For the academic year 2017-18.



World Diabetic Day celebration

An extension activity to mark the celebration of world Diabetic Day was organized by the Dept. of Biochemistry in collaboration with Dept. of Medicine and Dept. of Community Medicine at Community Health Centre, Bellur on 19th November 2018 for Diabetic patients. Faculty and staff from the department of Biochemistry, Dr. Sheethal M, Asst. Prof, Dept. of Community Medicine Dr. Raghavendra S K, Asst. Professor, Dept. of Community Medicine & Medical officer, CHC, Bellur. Dr. Vinod Gowda H K, Senior Resident, Dept. of Medicine, Mr. Shivakumar Y S and Mr. Dharmendra Y P, Public Relation Officer, AH&RC were the coordinators of the programme.

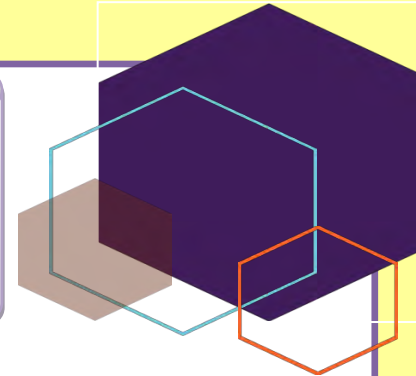
A health check-up consisting of anthropometric measurements, blood investigations, ECG and clinical examination for diabetic patients was conducted.

Dr. M G Shivaramu, Principal, AIMS, representatives from Grama and Zilla Panchayat, Dr. Aliya Nusrath, Prof and HOD, Dept. of Biochemistry, Dr. Basavaraju M I, Prof and Head, Department of Com. Medicine, Dr. Shashikantha Bhat, Prof and I/C Head, Department of Medicine and Dr. Somshekhar, Administrative officer, CHC, Bellur were the dignitaries. Welcome address was rendered by Mr. Somashekhar G N, Assistant Professor, Dept. of Biochemistry. The programme was inaugurated by lighting the lamp by the dignitaries. Dr. M G Shivaramu, Principal, AIMS addressed the gathering and shared his thought regarding importance of adopting healthy eating and life style.

The inaugural function was followed by educational session on ***“Diabetic diet, Life style modifications among diabetic patients and Self-care in management of Diabetes Mellitus”*** delivered by **Dr. Sheethal M**, Asst. Prof, Dept. of Community Medicine, **Dr. Namitha D**, Asst. Prof, Dept. of Biochemistry and **Dr. Asha Rani N**, Assoc. Prof., Dept. of Biochemistry, AIMS. All the sessions included active participation from patients and the speakers clarified all the myths and doubts of the diabetic patients.



**Hearty Congratulations to Dr. Asha Rani N
for winning an Award for Best Scientific Paper
Presentation in KCACON 2018.**



Scientific Paper Presentations

Oral Presentations at 5th State Level Conference of Association of Medical Biochemists Karnataka Chapter AMBKCCON -2018 “Diabetes...Fat to Fitness” at KSHEMA, Mangalore.

- **Dr. Asha Rani N, Associate Prof** - *“Basic research Methodology Workshop-Are They Effective in improving Research skill among Medical Postgraduates”*
- **Dr. Shilpashree Y D, Asst. Prof** - *“Perception of Post Graduate Medical Student on Microteaching as an Effective Teaching Tool”*

Oral Presentations at 20th State level Conference of Karnataka Chapter of Anatomists 2018 “Research, Education and Ethics in Anatomy” at AIMS, B G Nagara.

- **Dr. Asha Rani N, Associate Prof** - *“Medical Students perspective on Educational Environment; A cross sectional study Based on DREEM Questionnaire”*
- **Dr. Shilpashree Y D, Asst. Prof** - *“Pre-Admission, Preclinical phase scores: Are they indicators of clinical phase outcomes?”*

Academic achievements of faculty

1. Dr. Aliya Nusrath

- **Delivered a presentation**, titled **“Introduction and need for the study and study design”** at the Workshop on Dissertation protocol/ Synopsis Writing for First year MD/MS students of 2018-19 batch on 18th & 19th July 2018.
- **Delivered a presentation**, titled **“Formulation of Research question/Hypothesis”** at the workshop on “Basics of Research Methodology and Statistical Analysis using SPSS” organized by Scientific Committee AIMS, B G Nagara on 22nd & 23rd October 2018.
- **Participated as Delegate** in the “Training Programme for College Principals & Faculty of SAST(R.) and ACU on 20th & 21st November 2018.
- **Resource person** for “Orientation Programme for MBBS students on Indian Council of Medical Research- Short term studentship (ICMR-STs)” organized by Scientific Committee, AIMS, B G Nagara on 24th November 2018.
- **Delivered a presentation**, titled **“Teaching Learning methods”** at the “Orientation Programme for newly appointed Faculty” organized by MEU, AIMS, B G Nagara on 30th November 2018.

2. Dr. Asha Rani N

- **Delivered a talk** on **“Biomedical Waste Management”** for first MBBS students at SSMC, Sri Siddhartha Academy of Higher Education, Tumkuru on 1st October 2018.
- **Resource person** for the presentation **“Domains of Learning”** at “Orientation Programme for newly appointed Faculty” organized by MEU, AIMS, B G Nagara on 30th November 2018.

3. Dr. Shilpashree Y D

- **Resource person** for the presentation **“Guidelines for Laboratory Investigations”** at Internship orientation programme organized by MEU, AIMS, B G Nagara on 6th September 2018.
- **Delivered a short talk** in Integrated teaching programme on **“Laboratory support in Myocardial Infarction”** organized by Department of Community Medicine on 12th November 2018.

Scholastic Achievements

PUBLICATIONS

1. **Aliya Nusrath, Shilpashree YD, N Asha Rani, Shashikantha SK.** Perception, Practices and Obstacles in Conducting Research among Teachers of a Medical College. Journal of Research in Medical Education & Ethics. 2018; 8(2):112-8.
2. **Shilpashree YD, Aliya Nusrath, Namitha Devegowda.** Knowledge of Diabetes among Rural High School Children of Mandya. International Journal of Biochemistry and Biophysics. 2018; 6(3):71-5.
3. **Shilpashree YD, Namitha D.** Assessment of diabetes knowledge amongst nursing students. International Journal of Applied Research. 2018; 4(8):225-8.
4. **Ruchitha Vinayak, Rajeshwari A, N Asha Rani, Somashekar GN, Namitha D.** Correlation of Thyroid Dysfunction and Dyslipidaemia in Chronic Kidney Disease: A Cross-sectional study from Rural South India. International Journal of Biotechnology and Biochemistry. 2018; 14(3):205-15.
5. **T.A Dhanalakshmi, D Venkatesha, Aliya Nusrath, N. Asharani.** Evaluation of Phenotypic Methods for Detection of Biofilm Formation in Uropathogens. National Journal of Laboratory Medicine. 2018; 7(4):6-11.
6. **Asharani N, Rahul HV, Aliya Nusrath.** Prevalence of childhood obesity and its determinants among rural children of BG Nagara. International Journal of Clinical Biochemistry and Research. 2018; 5(4):509-12.

CONFERENCE/ WORKSHOP/TRAININGS

- Four faculties from Dept. of Biochemistry attended 5th State Level Conference of Association of Medical Biochemists Karnataka Chapter AMBKCCON-2018 “Diabetes...Fat to Fitness” at KSHEMA, Mangalore.
 1. **Dr. Aliya Nusrath, Prof & Head**
 2. **Dr. Asha Rani N, Associate Prof**
 3. **Dr. Shilpashree Y D, Asst. Prof**
 4. **Dr. Namitha D, Asst. Prof**
- **Dr. Asha Rani N, Associate Prof and Dr. Shilpashree Y D, Asst. Prof** attended 20th State level Conference of Karnataka Chapter of Anatomists 2018 “Research, Education And Ethics In Anatomy” at AIMS, B G Nagara.
- Three faculties from Dept. of Biochemistry attended workshop on “Basics of Research Methodology and Statistical Analysis using SPSS” organized by Scientific Committee AIMS, B G Nagara.
 1. **Dr. Asha Rani N, Associate Prof**
 2. **Dr. Shilpashree Y D, Asst. Prof**
 3. **Dr. Namitha D, Asst. Prof**
- **Dr. Asha Rani N, Associate Prof** attended workshop on “Work Place Based Assessment” organized by MEU, AIMS, B G Nagara.
- **Dr. Shilpashree Y D, Asst. Prof** undergoing training in “Advanced course in Medical Education” (ACME) organized by Medical Education Unit, St John’s Medical College recognized by Medical Council of India.
- Three faculties from Dept. of Biochemistry **Participated as Delegate** in the “Orientation Workshop on Role of Board of Studies and Curriculum Planning”
 - **Dr. Aliya Nusrath, Prof & Head**
 - **Dr. Asha Rani N, Associate Prof**
 - **Dr. Shilpashree YD, Asst. Prof**
- **Dr. Aliya Nusrath, Prof & Head, Dr. Rajeshwari A, Assoc. Prof, Dr. Asha Rani N, Associate Prof, Dr. Shilpashree Y D, Asst. Prof & Dr. Namitha D, Asst. Prof** attended state level CME at The Oxford Medical College, Hospital and Research centre on 14th December 2018.



pharmacologic

The logic behind using drugs.....



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INSTITUTE OF MEDICAL SCIENCES

PATRON



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DEPARTMENT OF PHARMACOLOGY

NEWS LETTER

From the Editor's Desk

Greetings and Best wishes from Department of Pharmacology. A number of academic events in the form of CMEs, workshops etc have taken place in the second half of 2018. A healthy participation by the faculty was witnessed. Programs related to medical sciences and medical education has happened. The talents day was celebrated in our institution with a great zeal of enthusiasm. Overall a wonderful year 2018 was. Looking forward for an equally eventful 2019. Best wishes. Happy reading.



WORKSHOP'S/CME'S ATTENDED



Dr Madhav K Savkar, Dr Vinaya M, Dr Manu G and Dr Padmanabha T S, participated in National Conference on “Combat Depression for Professionals and Public” organized by JSS Medical College, Mysuru on 22nd and 23rd October 2018.

- ❑ Dr Madhav K Savkar participated in workshop on Workplace based assessment held on 26th October 2018 at AIMS, B G Nagar.
- ❑ Dr Ravi Shankar M, Chaired a scientific session in CME-Update on Nephrology & Critical Care on 31/10/2018, Organized by Dept of General Medicine, AIMS, BG Nagara.
- ❑ Dr Madhav K Savkar attended training program for college Principals and Faculty of SAST & ACU held on 20th and 21st November 2018 at ACU campus B G Nagar.
- ❑ Dr Ravi Shankar M, Chaired a scientific session in State level CME - Pain Management - USG workshop on 19.12.2018. Theme: Learning and conquering pain. Organized by Dept of Anaesthesiology, AIMS, BG Nagara.



Dr Ravi Shankar M and Dr Madhav K Savkar, participated as a delegate in the Orientation workshop on “Role of board of studies and curriculum planning” held on 28th November 2018 at AIMS, B G Nagar.

❑



Dr Madhav K Savkar participated in “National Conference on Quality Indication and Benchmarks for Health Science Institution” organized by Internal Quality Assurance Cell of Chettinad Academy of Research & Education on 14th and 15th December 2018

PRESENTATIONS



Dr Madhav K Savkar presented a poster at KCACON-2018 20th State level conference of Karnataka chapter of Anatomists titled “Perception of MBBS students regarding small group teaching methods” held on 29th and 30th September 2018 at AIMS, B G Nagar and won the best poster award.



Dr Padmanabha T S presented a poster at KCACON-2018 20th State level conference of Karnataka chapter of Anatomists titled “Pathological Internet Usage: An academic illness” at AIMS, B G Nagar.



Dr Manu G presented a paper at National Conference on “Combat Depression for Professionals and Public” organized by JSS Medical College, Mysuru titled: “Prevalence of depression among medical students: A cross sectional study in a rural tertiary care centre”.



Dr Padmanabha T S presented a paper at National Conference on “Combat Depression for Professionals and Public” organized by JSS Medical College, Mysuru titled: “Impact of 1st year MBBS results as an predictor for sleep disturbance & depression in 2nd year medical students”.



Dr Madhav K Savkar delivered a Guest Lecture on “Drug Interactions” organized by Department of Pharmacology, Yenepoya Medical College, Mangaluru on 26th November 2018.

ACHIEVEMENTS



A certificate of excellence was presented to Dr Ravishankar M for being the best teacher in the Department of Pharmacology for the academic year 2017-18.



Dr Padmanabha T S was awarded as Best Academic Performance Indicator (API) score in the year 2016 for his highest number of Original Research Publications in the year 2016 held on 18th September 2018: Talents day event 2018.

- ❑ Dr Padmanabha T S is chosen as an Editorial board member for peer reviewed journal – “Journal of Medical Sciences & Health”.

OTHER ACTIVITIES



Dr Manu G participated in the cultural event of talents day programme held on 18th September 2018 at BGS auditorium.



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Nirmalanandanatha
Swamiji**

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Patho - Insight

Department of Pathology

From the Desk of Chief Editor

“Individually, we are one drop. Together, we are an ocean.”

Ryūnosuke Satoro

Its indeed a great pleasure to bring out the second issue of 8th volume of newsletter showcasing various activities done in the department. Our department is blessed with a wonderful team of enthusiastic faculty and vibrant postgraduate students. The quality of work done routinely is excellent with great enthusiasm and passion. The department of Pathology has been forerunner in terms of its academic achievements.

Our faculty have been resource persons in various state and national conferences and CMEs.

I am happy to inform that “International Pathology Day” was conducted on 14th November to create awareness about the role of Pathologists in health care delivery. An awareness program on cervical cancer was done for the female faculty of the sister institutions of our esteemed Adichunchanagiri University. Various integrated teaching programmes were also conducted during this period.

All our ventures have been possible only because of the constant support and encouragement of our dynamic Principal Dr M G Shivaramu who has played a vital role in all our endeavors.

Regards

*Dr Vijay Shankar S
Professor & HOD*



OUR TEAM

‘INTERNATIONAL PATHOLOGY DAY’

This event was held on November 14th 2018 on the occasion of ‘International Pathology Day’. The event included an art exhibition by students on the above mentioned theme of International Pathology Day, which was well represented by enthusiastic undergraduate students of 3rd term who prepared various academic models and charts

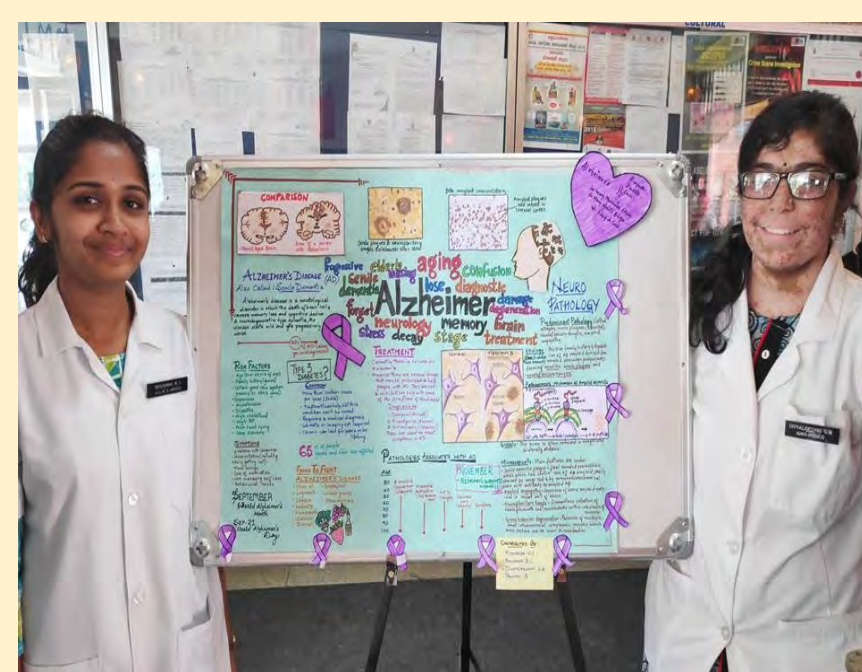


Faculty members and postgraduates of the department welcoming the delegates



Students with their display models.

A talk was organised on the ‘Awareness of Cervical Carcinoma’ by the department of pathology and the speaker was Dr Amita K, Professor of pathology, who is known for her academic brilliance and effective communication skills. The talk was to create awareness about cervical carcinoma which forms a significant tumour burden in not only our country but also all over the world.



Students explaining their display models to our beloved Principal and faculties of the institution

The event began at 11:00 am in the Anatomy Lecture hall. Anchoring was done by our PG student Dr Mallika. Welcome speech was delivered by Dr Vijay Shankar, Professor and HOD, Department of pathology who stressed on the importance of Pathology in the field of medicine. He then introduced the speaker Dr Amita K to the audience and handed over the session to her. The talk was attended by faculties from the sister institutions of our esteemed Adichunchanagiri University and was represented by faculty from Engineering, Nursing, Pharmacy and Degree college belonging to our university and BGS Model public School



Dr. Mallika anchoring the Programme



Dr. Vijay Shankar.S., on importance of Pathology.



Dr. Amita.K., Giving the talk on Cervical Cancer.



Dr. Amita.K being felicitated by Principal.



Dr. Abhishek.M.G - Vote of Thanks

Our beloved Principal Dr Shivaramu, made his presence at the event and spoke on the importance of Pathology and also conveyed his wishes to the entire department on the eve of International Pathology Day. He also congratulated Dr Amita K for such a wonderful talk and also congratulated Dr Vijay Shankar and the whole department for organizing such an extended event in the University. Feedback was collected from the audience.

Finally Dr Abhishek M.G proposed vote of thanks which was followed by a group photo with the principal, entire staff members and the audience.

It was a very interactive talk. At the end of the talk there was a questionnaire session and the audience responded wonderfully by posing questions to the speaker which was very effectively answered by the same.



Department group photograph with the Audience.

The event proved to be a grand success and the attending delegates were enriched with sound knowledge regarding the basics of cervical carcinoma and it was quite evident that the knowledge acquired would be disseminated to the general public

Role of Department faculty in Medical Education & Scientific committee



Dr. Amita.K, Scientific committee co-ordinator, Organised the workshop on "**Synopsis writing for 1st year post graduates**" and gave a talk on "**Topic selection and review of Literature**" on 18th and 19th July 2018.

Dr.Amita. K Organized a talk on "**Introductions to clinics**" Gave talk on "**Waste management**" for 3rd term students as part of scientific committee on 12th September 2018.

Delivered a talk on "**Ethics & Professionalism**" at orientation program for Interns of held on 6th September 2018, organized by MEU, AIMS

Dr.Amita.K Organized "**Research methodology workshop**" for faculty members as a part of scientific committee. On 22nd and 23rd October 2018

Dr.Amita.K Organized "**STS orientation programme**" for 1st year and 3rd term students on 04th November 2018

Interdepartmental collaboration | Department of Orthopedics & Pathology

An interdepartemntal meet was organised with the department of orthopedics. Dr Vijay Shankar S gave a talk on "**Basic orthopedic Pathology**" on 20.12.2018 All Pathology and orthopedics PG's

Faculty as Resource person in CME/Workshops outside institution



Dr. Vijay Shankar.S Delivered a guest lecture on "**Pathology and Social media**" SRM medical college Hospital and Research center, Tiruchirapalli, Tamil Nadu. on 30.08.2018

Delivered a lecture on " Gross discussion of urogenital system" in the CME on "**Update on urogenital Pathology**", at Sri Manakula Vinayagar Medical College & Hospital on 17th November 2018.



Delivered a Lecture on "**Role of Pathology in Colorectal Practice**" workshop on "minimally invasive coloproctology" held by SIICP (Smiles International Institute of Coloproctology"),on 12th October 2018 at Vivanta by Taj, Bengaluru.

Dr. Vijay Shankar.S Delivered a guest lecture on "**Role of Pathology in perianal diseases**" at course on minimal invasive coloproctology at Bangalore conducted by SMILES international institute of coloproctology (SIICP) Bangalore from 17.08.2018 to 18.08.2018

Integrated teaching for undergraduates

Integrated teaching programme on "Malaria" was organized by dept of Microbiology on 8th August 2018. **Dr Prakash V B** Gave a talk on "**Pathology and Pathogenesis of Malaria**".

Integrated teaching programme on the topic "Anemia" was organized by the department of Physiology on 12th Oct 2018. **Dr Abhishek M G**, Professor gave a talk on **Lab Investigations of common types of anemia**.



Oral Paper &Poster Presentations

Dr.Amita.K, Professor Presented an oral paper "Milans System of Classification of Salivary Gland Tumors" at 48th Annual Conference of the Indian Academy of Cytologists, held in Bambolim, Goa from 1st November to 4th November 2018.

Dr.Avinash, Final year PG Presented an oral paper "Accuracy of Milan system for reporting salivary gland cytology-review of morphology and diagnostic challenges in each category" at 45th Annual Conference KCIAPM, held in Bangalore on 6th and 7th October 2018.

Dr.Farheen Kauser, Final year PG Presented an poster titled" Clear cell renal cell carcinoma with cystic change" at 45th Annual Conference KCIAPM, held in Bangalore on 6th and 7th October 2018.



AWARDS & ACCOMPLISHMENTS

Publications

- 1.Amita K,Shivashankar Vijay Shankar, Mallika Rajshekar Kalmood, Channagangappa Shimoga Indira. Neutrophil Erythrophagocytosis and Neutrophil Erythrocyte Rosetting in Paroxysmal Cold Haemoglobinuria. Selcuk Med J 2018;34(4): 172-175
- 2.Diksha Rai, K Amita, Vijay S Shankar. Pre-hypertension and Hypertension in School Children Aged 8 to 17 Years in Southern India: A Community Based Study. Journal of Clinical and Diagnostic Research. 2018 Nov, Vol-12(11): LC26-LC29
- 3.Rakshitha.H.B, Amita.K, Mangalagowri, Avinash balekuduru. Relation of alcohol to helicobacter pylori infection" A cross sectional study. Journal of diagnostic pathology and oncology 2018;3:3145-49.
- 4.Rakshitha HB, Nandini GV, Gouri M, Balekuduru A. Application of OLGA (Operative link on gastritis assessment) staging system forgastritis in alcoholics- a cross sectional study.IP Journal of Diagnostic Pathology and Oncology, July-September, 2018;3(3):208-213.

ICMR - STS Projects

ICMR STS Project titled "Relationship of Mean platelet volume and HbA1c in predicting the level of diabetes control in type 2 diabetes mellitus" of **Ms Amruthavarshini** under the guidance of **Dr Amita K**, was accepted and the final project submitted.

Postgraduate Corner

Dr. Chandana under guideship of Dr. Vijay Shankar.S Submitted her thesis synopsis **"Role of tumour budding as a tumor maker in primary invasive Breast Carcinoma"** on 26th September 2018.

Dr. Dhanalakshmi under guideship of Dr.Amita.K Submitted her thesis synopsis **"Role of Mast cells and lymangiogenesis as a Prognastic marker in primary breast carcinoma"** on 26th September 2018.



Dr Vijay Shankar S, Dr Amita K & Dr Abhishek M G in the team of Medical Education unit , which was adjudged as the best department in Talents day 2018

Results: UG & PG Exams

The results of 23 students batch (2015 batch), was declared and 67% of the students passed in Pathology
The department congratulates all the students passed and wish the best for students who couldn't make it this time.

Please feel free to contact us at
aimspathology@gmail.com

Congratulations

Dr. Vijay shankar S was awarded best teacher in the department of Pathology for academic year 2017-18 was also felicitated for completing his additional fellowship on Medical Education(ACME) ,in Talents day 2018



Dr.Avinash was feliciated along with his teammates for winning the Zonal Cricket championship in talents day 2018

Dr.Tony was felicitated in talents day 2018, for winning 1st place in poster presentation at "National Hands on workshop on Head and Neck Cytology conducted at AIMS on 27th & 28th October 2017.

CME, Workshops & Conferences

Dr.Amita.K, Dr.Sarvesh.B.M Dr.Mallika, Dr.Aftab Alam,Dr.Avinash Singh Attended CME on at Sri Devaraj Urs Medical College, Kolar1st September 2018.

Dr.Vijay Shankar.S , Dr.Sarvesh.B.M Dr.Srinath, Dr.Aftab Alam,Dr.Avinash Singh Attended CME on Pathology with slide seminar conducted by KCIAPM at Apollo Hospitals, Bangalore on 8th September 2018.

Dr.Vijay Shankar.S ,Dr.Avinash Singh, Dr.Farheen Attended state level Pathology conference KAPCON conducted at NIMHANS auditorium, Bangal.ore on 4th to 6th October 2018

Dr.Amita.K, Dr.Sanjay.M, Dr.Sarvesh.B.M Attended National level cytology Conference CYTOCON - 2018 at Goa. Organised by IAC. 31st October 2018 to 04th November 2018.

Dr.Abhishek.M.G, Dr.Amita.K, Dr.Sanjay.M, Dr.Sarvesh.B.M Dr.Chandana. Attended CME on "Blood transfusion" at MIMS, Mandya 01st December 2019.

Examination & Related activities

Dr. Abhishek.M.G Conducted RGUHS UG Practical Examination on 23rd and 24th July 2018.

Dr. Vijay Shankar.S Appointed as external examiner at yenepoya Medical college Mangalore on 23rd and 24th July 2018.

Dr.Amita.K was appointed as external examiner for Undergraduate practical examination at JSS Medical college, Mysore. From 03.08.2018 to 05.08.2018.



MICRO BULLETIN



॥ जै इमे ह्युरुदेव ॥

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

(A constituent college of Adichunchanagiri University)



DEPARTMENT OF MICROBIOLOGY NEWSLETTER



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Orientation Programme for III Term Students

Dr. D.Venkatesha,
Professor and Head,
Dept of Microbiology,
AIMS, B.G.Nagara

An orientation programme in the Department of Microbiology was conducted for III term students (2018-19 batch) on 21.08.2018 at 12.15 pm to 1.15 pm in lecture hall 2. The programme commenced with invocation song by Kum Anarghya Marpalli 3rd term student. Dr. Megha S Assistant Professor of Microbiology welcomed the gathering. Dr. D. Venkatesha Professor and Head, Department of Microbiology chaired the programme. Teaching staff introduced themselves to the students and students also introduced themselves. Dr. D. Venkatesha briefed the students about the goals and objectives, scope of medical microbiology and books for reference. Dr. Dhanalakshmi T.A, Dr. K Janakiram, Dr. Vijaya S, Dr. Megha S and Dr. Shakthi R interacted with students on various matters like mentor-mentee system and examination pattern etc. Dr. Shakthi R Assistant Professor of Microbiology proposed vote of thanks. Miss. Amrutha G Nambiar 3rd term student anchored the programme.



**Miss. Anarghya M
& Miss. Amrutha G.N**



Teaching Faculty of Microbiology Department



Students of III Term



Dr. D. Venkatesha



Dr. Dhanalakshmi T.A



Dr. Shakthi R

INTEGRATED TEACHING PROGRAMME ON MALARIA

Integrated teaching programme on “MALARIA” was conducted on 30.08.2018 for 5th term MBBS students from 10.00 am to 1.00 pm in the Lecture Hall 1. Dr.M.G.Shivaramu, Principal addressed the students and highlighted the importance and scope of integrated teaching programme. Dr.K.Janakiram Associate professor of Microbiology briefed about the different species of Plasmodium and vectors that transmit malaria and the life cycle of malarial parasite. Dr.Prakash B.V Assistant professor of Pathology discussed about the pathogenesis of malaria. Dr. Nandhitha Assistant professor of Medicine briefed the clinical manifestations and complications of malaria. Dr.Shakthi R Assistant professor of Microbiology explained the various methods for diagnosis of malaria. Dr. Madhav K. Savkar Professor of Pharmacology explained the various drugs available for treatment of malaria. Dr.Shashikiran M Associate Professor of Community Medicine stressed upon prevention strategies and vaccines. Students interacted with faculty members. Ms. Sonal 5th term student anchored the programme. Faculty members from Microbiology, Pathology, Pharmacology and Community medicine attended the programme.



Programme Title



Dr. M.G.Shivaramu, Principal



V Term Students



Anchored by -Miss. Sonal



Principal with Teaching Faculty



Dr. Prakash B.V



Dr. Shakthi R



Dr. Madhv K Savkar



Dr. Janakiram K



Dr. Shashikiram M



Dr. Nandhitha

INTEGRATED TEACHING PROGRAMME ON HIV

Integrated teaching programme on “HIV” was conducted on 28.09.2018 for 5th term MBBS students from 10.00 am to 1.00 pm in the Lecture Hall 3. Dr.Shakthi.R Assistant professor of Microbiology briefed the structure and antigenic characters of HIV virus. Dr. H.B. Rakshitha Assistant professor of Pathology explained the Pathogenesis of HIV. Dr. B.S. Swathi Assistant Professor of Medicine discussed the clinical manifestations and complications of HIV. Dr. Vijaya S Assistant professor of Microbiology explained the Laboratory diagnosis of HIV. Dr. M. Ravishankar Professor and HOD of Pharmacology discussed about Treatment of HIV and newer drugs available. Dr. A.G. Vijaya Kumar Associate Professor of Forensic Medicine spoke on medico legal aspect of HIV/AIDS. Dr. R. Radha Professor of Community Medicine stressed upon the awareness and prevention of HIV. Staff members from Microbiology, Pathology, Pharmacology and Community medicine attended the programme.



Programme Title



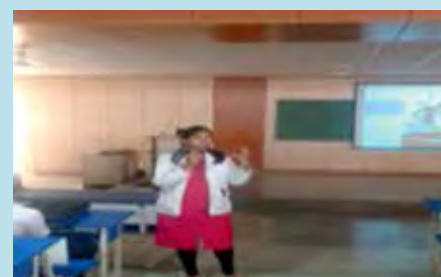
Anchored by -Mr. Arjun D.T



Teaching faculty with Students



V Term Students



Dr. Shakthi R



Dr. Rakshitha H.B



Dr. Swathi B.S



Dr. Vijaya S



Dr. Ravishankar M



Dr. Vijaya Kumar H.G



Dr. Radha R

PUBLICATIONS

1. Sharath Chandru Megha, Dasegowda Venkatesha, Doddaiiah Vijaya Occurrence of ESBL, AmpC and Carbapenemase Producers among Enterobacteriaceae in Rural Tertiary Care Hospital Journal of Microbiology and Related Research July-December 2018 Volume 4 Number 2:97-104
2. Shakthi R, Venkatesha D, Prevalence of Non fermenting Gram Negative Bacilli Infections in a Tertiary Care Hospital Journal of Microbiology and Related Research Volume 4 Number 2 July-December 2018 81-84
3. Shakthi R, Venkatesha D, Speciation and Antibigram of Enterococci in a Tertiary Care Centre with Special Reference to VRE Journal of Microbiology and Related Research Volume 4 Number 2 July-December 2018 85-88
4. T.A Dhanalakshmi, D Venkatesha, Aliya Nusrath, N Asha Rani. Evaluation of Phenotypic Methods for Detection of Biofilm Formation in Uropathogens National journal of Laboratory Medicine,2018,Oct,Vol-7(4): MO06-M011
5. Vidyasagar K, Nagarathnamma T. Study of catheter associated urinary tract infection and biofilm production by Escherichia coli. Indian J Microbiol Res.2018;5(3):387-392.
6. Bhanupriya, S.B, Janakiram K, Venkatesha D. HBV Infection Among Rural Pregnant Women Attending A Tertiary Care Hospital. International Journal August 2018, 10,(08),72145-72147.

POSTER PRESENTATION

1. Dr. Dhanalakshmi T.A: Presented poster on “Knowledge, Attitude and Practices towards Antibiotic Usage and Antibiotic Resistance among Medical students and Interns: A cross sectional study” at MICROCON -2018 42nd Annual Conference of India Association of Medical Microbiologists held at NIMHANS, Bangalore on 28th November to 2nd December -2018
2. Dr. Vijaya S: Presented poster on “Detection of Mupirocin resistance in skin and soft tissue infection in a rural tertiary health care centre” at MICROCON -2018, 42nd Annual national Conference of India Association of Medical Microbiologists held at NIMHANS, Bangalore on 28th November to 2nd December -2018.

ONGOING RESEARCH PROJECTS

1. Bacteriological profile of urinary tract infections and their antibiogram. Dr. Venkatesha D, Dr. Dhanalakshmi T.A .
2. The study of bacteriological profile, antibiogram and biofilm formation of wound infection isolates. Dr. Venkatesha D, Dr. Dhanalakshmi T.A
3. Detection of biofilm formation in bacteria isolated from cases of urinary tract infection. Dr. Dhanalakshmi T.A, Dr. Venkatesha D, Dr. Aliya Nusrath
4. Detection of antimicrobial property of the green leafy vegetable by agar well method using reference gram positive and gram negative bacteria. Dr. Rajeshwari A, Dr. Dhanalakshmi T.A
5. Knowledge, attitudes & practices towards antibiotic usage & antibiotic resistance among medical students & interns; A cross sectional study (Inter departmental project – Medicine Microbiology & Biochemistry) Dr. Dhanalakshmi T.A, Dr. Asha Rani N, Dr. Shruthi B
6. Knowledge attitude and practice towards HPV vaccination among medical & paramedical students in tertiary /care hospital (Inter departmental project – Medicine , Microbiology) Dr. Shruthi B, Dr. Dhanalakshmi T.A
7. Impact of an orientation programme on attitude of undergraduate medical students towards undertaking of Indian council of Medical Research- short Term Studentship programme. Dr.Aliya Nusrath , Dr.Raghavendra, Dr. Amitha ,Dr. Dhanalakshmi T.A
8. Screening of plant extracts for antimicrobial activity. Dr. Janakiram K, Dr. Annegowda

9. Asymptomatic Bacteriuria in pregnant women. Dr. Vidyasagar K, Dr. Venkatesha D
10. Microbiological profile of CSOM and their antibiogram in a rural tertiary care hospital. Dr. Shwetha D.C, Dr. Venkatesha D, Dr. Ravi G.C
11. Occurrence of Teicoplanin resistance among Staphylococcus isolates. Dr. Megha S, Dr. Venkatesha D
12. Biofilm produces in Ureteric stents. Dr. Megha S, Dr. Venkatesha D
13. Detection of Vancomycin resistant Enterococci using conventional method and VRE Hichrome media. Dr. Shakthi R, Dr. Venkatesha D
14. Detection of biofilm production and antibiotic resistance pattern in clinical isolates from orthopedic implant associated infections. Dr. Shakthi R, Dr. Venkatesha D
15. Comparative study of KOH, Calcoflour white and culture for the isolation of Dermatophyte infections. Dr. Shakthi R, Dr. Venkatesha D
16. Linezolid resistance among Staphylococcal isolates in a tertiary care hospital. Dr. Shakthi R, Dr. Venkatesha D

LECTURES DELIVERED

Dr .Vijaya S Resource persons for –

- UG orientation program on “Domains of learning” conducted by dept of Physiology in association with MEU AIMS, B.G.Nagara on 04.09.2018
- Interns orientation program on “Hospital infection Control” conducted by MEU, AIMS, B.G.Nagara on 06.09.2018
- Introduction to clinics for III term students on “Hand hygiene” conducted by Standing committee on Medical education Medical students association of India AIMS, B.G.Nagara on 12.10.18

CME AND CONFERENCES ATTENDED BY STAFF

1. "Paediatric Ophthalmology" conducted by Dept of Ophthalmology AIMS, B.G.Nagara on 28.7.18 Dr.Venkatesha D
2. Microbiology CME 2018 & First Quarterly Meet & IAMM-KC 'Gastrointestinal infection-An update' conducted by dept of Microbiology Father Muller medical college Mangaluru on 28.7.18 Dr. Shakthi R
3. "Update on Gastroenterology" conducted by dept of of Medicine AIMS, B.G.Nagara on 7.9.18 Dr. Venkatesha D
4. KCACON 2018 20th State level conference of Karnataka Chapter of Anatomists "Research, Education and ethics in Anatomy" conducted by dept of Anatomy AIMS, B.G.Nagara on 28th & 29th November 2018 Dr. Venkatesha D
5. National Tuberculosis Conference- Towards TB Elimination : Vision of the Nation conducted by Dept of Microbiology Kasturba Medical College, Manipal in association with District TB Centre, Udupi on 6.10.18 Dr. Janakiram K
6. Update on Nephrology and Critical Care conducted by Dept of General Medicine on 31.1.18 Dr. Venkatesha D, Dr. Dhanalakshmi T.A
7. "CLSI-ID and AST" at St. John's Bangalore during MICROCON 2018 conducted by Dept. of NIMHANS, St. John's Medical college, Bangalore on 29.11.18 Dr.Vijaya S
8. MICROCON-2018 42nd Annual Conference of India Association of Medical Microbiologists "Breaking Barriers... Building Bridges" conducted by NIMHANS, Convention Centre Bangalore on 30.11.18 to 2.12.18 Dr.Dhanalakshmi T.A, Dr. Vijaya S, Dr. Shwetha D.C
9. "Myths and facts of aging" conducted by Dept. of Physiology AIMS, B.G.Nagara on 27.12.18 Dr. Dhanalakshmi T.A, Dr. Janakiram K, Dr. Vijaya S, Dr. Vidyasagar K, Dr. Shwetha D.C

GUEST LECTURES ATTENDED BY STAFF

1. "Community Ophthalmology" Conducted by Dept of Ophthalmology AIMS, B.G.Nagara on 19.7.18 Dr. Venkatesha D
2. "Crystallography" conducted by Molecular Medicine AIMS, B.G.Nagara on 4.9.18 Dr.Venkatesha D, Dr. Dhanalakshmi T.A, Dr. Janakiram K
3. Diabetic Retinopathy & Childhood Blindness conducted by Dept of Ophthalmology AIMS, B.G.Nagara on 11.10.18 Dr. Venkatesha D
4. "Updates of Tuberculosis management" conducted by Dept of Community Medicine AIMS, B.G.Nagara on 25.10.18 Dr.Shwetha D.C, Dr. Megha S, Dr. Shakthi R
5. Free Radicals and Antioxidants conducted by Dept of Biochemistry AIMS, B.G.Nagara on 29.10.18 Dr. Venkatesha D
6. Over View on Diabetes Mellitus conducted by Dept of General Medicine AMIS, B.G.Nagara on 27.11.18 Dr.Venkatesha D

WORKSHOPS ATTENDED BY STAFF

1. Workshop on "Dissertation protocol /synopsis writing for 1st year MD/MS post graduate 2018-19 batch" conducted by Scientific Committee AIMS, B.G.Nagara on 18th & 19th July 2018 – Dr. T.A Dhanalakshmi
2. Workshop on "Basics of Research Methodology and statistical analysis using SPSS conducted by Scientific committee AIMS, B.G.Nagara on 22.10.18 & 23.10.18 --Dr. Dhanalakshmi T.A, Dr. Vidyasagar K, Dr. Shakthi R
3. Workshop on "Work place based Assessment" conducted by MEU AIMS, B.G.Nagara on 26.10.18 Dr. Vijaya S
4. Workshop on "Role of Board of studies & Curriculum planning" conducted by Medical Education Unit AIMS B.G.Nagara on 28.11.18 Dr.Venkatesha D, Dr. Dhanalakshmi T.A
5. Trainer of Trainers workshop on Basic TOG & Programmatic Management of Drug-resistant Tuberculosis conducted by St. John's medical college, Bangalore on 29.11.18 & 30.11.18 Dr. Shakthi R

PROMOTION OF STAFF



Dr. Vijaya S,

Assistant professor of Microbiology promoted as Associate Professor of Microbiology.



Dr. D Venkatesha Professor & Head Dept. of Microbiology, Adichunchanagiri institute of Medical Sciences is assigned an Additional Charge as Co-ordinator of Post-Graduate Studies in Medical & Allied Health Sciences Faculty of Adichunchanagiri University



Adichunchanagiri Institute of Medical Sciences
B.G.Nagara, Nagamangala, Mandya

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Newsletter from Department of Forensic medicine & Toxicology



ADULTERY NOT A CRIME "Husband Not Master of Wife," Says Supreme Court

Adultery is no longer a crime in India though it can be grounds for divorce, the Supreme Court said today, junking a 158-year law that punished a man for an affair but not the woman, treating her as her husband's property. "It's time to say the husband is not the master of the woman," said a five-judge constitution bench, unanimously sticking up for gender justice and calling out the Victorian adultery law as arbitrary.

Section 497 of the Indian Penal Code punished a man who has an affair with a woman "without the consent or connivance of" her husband, with up to five years in jail. A petition said by exonerating wives of adultery if done with the consent of their husbands, it discriminates against women, and amounts to "institutionalized discrimination".

"Adultery cannot and should not be a crime," said outgoing Chief Justice Dipak Misra, who has delivered a slew of progressive decisions in his last few weeks in office -one of the busiest - before retiring on October 2. Three weeks ago, the Supreme Court scrapped a colonial-era ban on gay sex. "Making adultery a crime is retrograde and would mean punishing unhappy people," said Justice Misra.

The judges noted that most countries had abolished laws against adultery. As he began reading out the verdict, the Chief Justice remarked that the beauty of the constitution is it includes "the I, me and you" and "any law which dents individual dignity and equity of women in a civilized society invites the wrath of the constitution".

The top court, calling adultery a relic of the past, said Section 497 "denudes women from making choices".

During arguments, the centre had defended the law saying adultery must remain a crime so that the sanctity of marriage can be protected. The top court had then questioned how the law preserved the sanctity of marriage when the extra-marital affair didn't invite punishment if the woman's husband stood by her.

The Chief Justice said today that adultery might not be the cause of an unhappy marriage; it could be the result of one.

"In case of adultery, criminal law expects people to be loyal which is a command, which gets into the realm of privacy," the judges felt.

The Supreme Court had upheld the legality of the crime in 1954, arguing that in adultery "it is commonly accepted that it is the man who is the seducer and not the women".

Last year, in response to the petition challenging the law, the court had said it treats a woman as her husband's subordinate and time had come for society to realize that a woman is as equal to a man in every respect.

Adultery (from Latin adulterium) is extramarital sex that is considered objectionable on social, religious, moral, or legal grounds. Although what sexual activities constitute adultery varies, as well as the social, religious, and legal consequences, the concept exists in many cultures and is similar in Christianity, Islam, and Judaism. A single act of sexual intercourse is generally sufficient to constitute adultery, and a more long-term sexual relationship is sometimes referred to as an affair.

Historically, many cultures have considered adultery to be a very serious crime. Adultery often incurred severe punishment, usually for the woman and sometimes for the man, with penalties including capital punishment, mutilation, or torture. Such punishments have gradually fallen into disfavor, especially in Western countries from the 19th century.

In most Western countries, adultery itself is no longer a criminal offense, but may still have legal consequences, particularly in divorce cases. For example, in fault-based family law jurisdictions, adultery almost always constitutes a ground for divorce and may be a factor in property settlement, the custody of children, the denial of alimony, etc. Adultery is not a ground for divorce in jurisdictions which have adopted a no-fault divorce model. In some societies and among certain religious adherents, adultery may affect the social status of those involved, and may result in social ostracism.

In countries where adultery is a criminal offense, punishments range from fines to caning and even capital punishment. Since the 20th century, criminal laws against adultery have become controversial, with international organizations calling for their abolition, especially in the light of several high-profile stoning cases

that have occurred in some countries. The head of the United Nations expert body charged with identifying ways to eliminate laws that discriminate against women or are discriminatory to them in terms of implementation or impact, Kamala Chandrakirana, has stated that:

"Adultery must not be classified as a criminal offence at all". A joint statement by the United Nations Working Group on discrimination against women in law and in practice states that: "Adultery as a criminal offence violates women's human rights".

In Muslim countries that follow Sharia law for criminal justice, the punishment for adultery may be stoning. There are fifteen countries in which stoning is authorized as lawful punishment, though in recent times it has been legally carried out only in Iran and Somalia.

Most countries that criminalize adultery are those where the dominant religion is Islam, and several Sub-Saharan African Christian-majority countries, but there are some notable exceptions to this rule, namely Philippines, Taiwan, and several U.S. states.

In some jurisdictions, having sexual relations with the king's wife or the wife of his eldest son constitutes treason. By analogy, in cultures which value and normally practice exclusive interpersonal relationships, sexual relations with a person outside the relationship may also be described as infidelity or cheating, and is subject to sanction.

DR M G SHIVARAMU
PROFESSOR & PRINCIPAL
A I M S

PUBLICATIONS

DR M G SHIVARAMU. Medico-Legal Autopsy & Forensic Science Laboratory: Vital Tools of Criminal Justice System. J Forensic Med 2018, 3:2.

DR KUMAR U. Fatal Cranio-Cerebral Injuries-Epidemiological Trends in Mortality Rates from Road Traffic Accidents. Int J Forens Sci 2018, 3(3): 000147.

DR VIJAY KUMAR A G. Medico-Legal Autopsy & Forensic Science Laboratory: Vital Tools of Criminal Justice System. J Forensic Med 2018, 3:2.

DR VINAY J. A profile of fatal snake bite cases in rural Mandya- a retrospective study. IJFMP 2018;11(4):245-50

AWARDS & RESOURCE PERSON



DR VIJAY KUMAR HAS BEEN AWARDED AS BEST TEACHER BY PARAMAPOOJYA JAGADGURU SRI SRI SRI DR NIRMALANANDANATHA MAHASWAMIJI



DR KUMAR U HONORED BY PRINCIPAL DR M G SHIVARAMU FOR SUCCESSFULLY COMPLETING THE BOARD OF STUDIES WORKSHOP



MR. SATHYA S BHAT, IS FACILITATED BY THE PRINCIPAL FOR COMPLETION OF ICMR PROJECT ON MCCD.



DR VIJAY KUMAR HONORED BY PRINCIPAL DR M G SHIVARAMU FOR SUCCESSFULLY COMPLETING THE BOARD OF STUDIES WORKSHOP



DR VIJAY KUMAR FELICITATED AT MANDYA INSTITUTE OF MEDICAL SCIENCES FOR DELIVERING A GUEST LECTURE ON "VIOLENCE AGAINST DOCTOR"



DR VIJAY KUMAR DELIVERED A GUEST LECTURE ON "HOW TO HANDLE VICTIMS OF SEXUAL ASSAULT", ORGANISED BY MEDICAL STUDENTS ASSOCIATION



॥ जै इति गुरुदेव ॥

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

(A constituent college of Adichunchanagiri University)



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Department of Community Medicine Biannual Departmental Newsletter



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EDITORIAL

Dear Readers,

I am glad in bringing out the recent volume of our department newsletter. It gives me an immense sense of satisfaction in putting various academic and community outreach activities in a compendium named “**COHORT**”. I am grateful to our principal Dr M G Shivaramu, who is a constant source of support and the main driving force in organizing many meaningful programmes. The department of Community Medicine has a dedicated team of faculty members who have taken active initiations at various levels in conducting the outreach activities in the community.

As the department embraces on the strength of the faculty members and their abilities in reaching the community health needs at large, the response from the community members is overwhelming too. More programmes of such nature are being organised at a regular basis.

I thank all the faculty members and social workers for their contribution and the valuable feedback. I am grateful to our principal in making the above said activities possible with a sole intention to help the Community.

Dr. Basavaraj M Ingalgeri
Professor and Head

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World Breast Feeding Week Celebration

Department of Community Medicine, AIMS in collaboration with CHC Belluru observed World Breastfeeding Week from August 1st to 7th 2017 on the theme “Breast feeding: Foundation of life”.

Number of activities were organized for the nurses of Anganwadi workers, ASHA workers, postnatal mothers and family members.

The objectives of World Breastfeeding Week 2018 were to:

1. **INFORM** people about the links between good nutrition, food security, poverty reduction and breastfeeding.
2. **ANCHOR** breastfeeding as the foundation of life.
3. **ENGAGE** with individuals and organisations for greater impact.
4. **GALVANISE** action to advance breastfeeding as a part of good nutrition, food security and poverty reduction.

There are 27 Anganwadi centres under CHC Belluru. Activities were conducted in all these Anganwadi centres by the faculty of department of Community Medicine, AIMS.

At Anganwadi Centres, a session on exclusive breastfeeding, physiology of breastfeeding, advantages to the child, mother, family and the society, different methods/ positions, latching, complementary feeding, artificial feeds and disadvantages and followed by a session on breast conditions and its management, inverted nipple and its management, breast milk expression were explained by respective staffs allotted to Anganwadi centre. Health baby competition was also

organised during the session. On an average 30-35, participants including mothers and family members participated in the program. The participants clarified their doubts and they have appreciated the effort taken by the department. A debate on Myths related to Breast feeding was also conducted in 4 Anganwadi centres. In one of the Anganwadi centre, Baby shower was done on this occasion. All the faculty of the department took part in World Breast Feeding week.





NATIONAL DEWORMING DAY

The deworming program in India reached a key milestone with the launch of the National Deworming Day on February 10, 2015. The National Deworming Day slogan is "worm-free children, happy children". National Deworming Day targeted all children in the age group 1-19 years.

In order to celebrate and observance of the National Deworming Day, Department of Community medicine in collaboration with CHC Belluru organized a programme on 10th August 2018. As a part of this observation, Health education was organised in three schools (2 Government and 1 Private school) and followed by distribution of Albendazole tablets.

In GHPS, Dr Raghavendra S K, Assistant professor, Department of Community Medicine, AIMS stressed the importance of hand hygiene and followed by demonstration of hand wash. Dr Somashekar, Administrative officer, CHC Belluru, briefed on types, effects, detection and treatment of worm infestation. Dr Basavaraj M Ingalgeri, Prof and Head, Department of Community Medicine, AIMS was the Chief Guest on the occasion. MSWs of Department of Community Medicine, AIMS, Head master, teachers of GHPS Belluru and Paramedical Staff of CHC Belluru attended the programme.



National Nutrition Week (1-7 September 2018)

National Nutrition Week is observed every year from 1st September to 7th September to aware people about the importance of nutrition for the Human Body and well-being of health. People should include a healthy diet in their daily routine like whole grains, fruits, vegetables, fat-free milk etc. with full of nutrition which not only helps in growth but also make immune system strong.

National Nutrition Week 2018: Theme

The theme for National Nutrition Week 2018 is '*Go Further with Food*'

This time theme focuses on the main source of nutrition, which should be chosen wisely and requires you to explore the nutritious food options which are provided with by Mother Nature. In addition, nutrition week propagates a holistic approach towards a healthier society by one theme at a time.

Following activities were conducted during the National Nutrition Week:

1. Anganwadi Centre, Varahasandra(16.09.2018)
2. RHTC, Bellur(24.09.2018)

NUTRITION AWARENESS AT ANGANWADI CENTRE, VARAHASANDRA

On 16th September 2018, NNW programme was organised by AWC, Varahasandra. Dr Raghavendra S K. inaugurated exhibition. A bouquet of flowers greeted him. Mrs Choodarathna, Anganwadi worker at the outset extended a warm welcome to the chief guest and health workers of RHTC and it was followed by lighting the lamp. In his inaugural speech, Dr Raghavendra highlighted the importance of nutrition and nutrition awareness. He talked about the related programs of government and felt that benefits of programs should reach to each and every corner of the country. He emphasized on the main objective of the exhibition i.e. remove malnourishment from the country. After the speech, he interacted with the participants i.e., pregnant women and lactating mothers, clarifying queries related to nutrition and childcare. Dr Prabhudev, MSW proposed vote of thanks.

NUTRITION AWARENESS AT RHTC BELLUR

On 21st October, NNW was observed at RHTC Bellur. Following Dignitaries were present during the program.

- Dr Somashekar, Administrative Medical officer, RHTC Bellur
- Dr Raghavendra S K, Assistant Professor, Dept of Community Medicine, AIMS
- Mrs Roopa, Anganwadi supervisor, ICDS, Nagamanagala Branch

Around 30 Anganwadi workers were present during the programme. Dr Prabhudev MSW, Department of Community Medicine, AIMS, welcomed the dignitaries. It was followed by Lamp lighting by the guests. Dr Somashekar inaugurated the exhibition. He stressed the importance of

nutrition and balanced diet in women's health. He was of the view that small efforts would lead to big results. Simply inculcating small behavioral changes in our life we can fight malnutrition. He thanked the participants for participating and attending the exhibition enthusiastically. He said that if the child is malnourished then the society will not be healthy at all. Dr Raghavendra congratulated all AWW and their supervisor for being present at the occasion. He said the ICDS project has now expanded to cover population that is more vulnerable. He showed his concern about the situation of malnutrition of children under 6yrs of age and urged that we need to seriously work to improve the nutritional status of children. Mrs Roopa also addressed Anganwadi workers to put more effort in making the program huge success. Mr Abhinandan proposed vote of thanks.



Guest lecture on “Programmatic updates on TB and DRTB”

The guest lecture on “Programmatic updates on TB and DRTB” was organised by the department of Community Medicine and RNTCP-AIMS on 25 th October 2018 at 10:30 am in Ground floor lecture hall-AIMS. The session was split into two parts, the first being the “updates on TB diagnosis and management” and the second on management of Drug Resistant Tuberculosis. The guest speaker Dr Shazia Anjum, World Health Organization, Medical Consultant-RNTCP, Karnataka State Head Quarters, Bangalore, India, addressed the faculties and the interns on the updates of Tuberculosis and Drug resistant tuberculosis. Around 60 faculties and few medical officers from the nearby rural health centres attended the guest lecture. The guest speaker also addressed the questions related to TB that are raised by the participants.



Anti tobacco awareness campaign

As a part of “Adolescent Health” activity, Taluka health officer, from the department of Health and family welfare organized a “Anti tobacco awareness campaign” in collaboration with Department of Community Medicine, AIMS at Bhakthanathaswamy Composite PU College, BG Nagara on 19-12-18 to the Students of class I and II PUC of Arts, Commerce and Science. Dr. Chandan N, Assistant Professor, Dr. Raghavendra SK, Assistant Professor, Dr. Prabhudeva M C, Medico Social Worker, Department of Community Medicine, AIMS, Mr.ManjeGowda, Principal, Bhakthanathaswamy Composite PU College, Mr.Siddalingappa, Senior Health Inspector, Taluk Hospital, Nagamangala, Mr.Abhinandan, Health Inspector, CHC, Bellur, College teachers and staff were present during the program.

Mr.Siddalingappa spoke about the organization of the program, importance of the anti- tobacco campaign. Dr. Chandan N, chief resource person of the day spoke on history of tobacco usage, ill health effects of tobacco. Diseases caused by tobacco, prevention, environmental effects and legislations regarding tobacco sales and usage. Dr. Raghavendra SK, spoke in detail about COTPA act, adolescent health, addiction and deaddiction of tobacco products. Dr. Prabhudeva M.C., spoke about the counselling and social aspects of tobacco usage.

10 students participated in the speech competition and cash prize was given for the top 3 participants .



World AIDS Day 2018 Celebration

The department of Community Medicine in association with NSS unit of AIMS conducted HIV/AIDS awareness programmes from 3rd December to 18th December 2018. The objective of the programme was to create awareness among the target groups regarding HIV & AIDS using role play, power point, active interactions and videos. The above mentioned outreach activity was conducted among various schools & colleges in & around BG Nagar & Nagamangala town.

SI No	Date	Venue	Participants	Resource Person
1.	03.12.18	BGS PU College, BG Nagara	1st PUC Students (120)	Dr Raghavendra SK
2.	04.12.18	Govt High School, Koochahalli	10th Std Students (72)	Dr Chandan N
3.	06.12.18	RDS High School, Bellur	8th – 10th Std Students (80)	Dr Ramya M
4.	07.12.18	Bhakthanathaswamy High School, BG Nagara	8th – 10th Std Students (75)	Dr Radha R
5.	08.12.18	Govt High School, Kembare	8th – 10th Std Students (95)	Dr Shashikiran M
6.	11.12.18	CHC, Bellur	AWW (55)	Dr Somahekar, Dr Prabhudeva & Mr Yathish
7.	13.12.18	BGSIT, BG Nagara	Engineering & Management Students (205)	Dr Basavaraj M I, Dr Radha R, Dr Shashikiran M, Dr Sheethal & NSS Unit
8.	15.12.18	SAC Degree College, Nagamangala	Degree Students (220)	Dr Sheethal, Dr Chandan, Dr Raghavendra & NSS Unit
9.	18.12.18	BGS College of Education, Adichunchanagiri	B Ed Students (60)	Dr Shashikanth SK
			Total - 982	



1. Activity at BGS PU College, BG Nagara



2. Activity at Govt. High School, Koochahalli





3. Activity at RDS High School, Bellur



5. Activity at CHC, Bellur





6. Activity at Govt. High School, Kembare



7. Activity at BGSIT, BG Nagar





8. Activity at SAC Degree College, Nagamangala



9. Activity at BGS College of Education, Adichunchanagiri

Report on Integrated teaching programme on Ischemic Heart disease for 7th term students

An Integrated teaching programme on Ischemic Heart disease was conducted for 7th & 6th term students on 12.11.2018 at Lecture hall 1. In all, 11 speakers from 10 departments spoke on various aspects of IHD. It was conceived, planned and organized by Dr Shashikran M, Assoc Prof, Department of Community Medicine.

The opening session was by Dr Tejaswi, Assoc Prof, Department of Anatomy, who lectured on the anatomy of Coronary circulation. He made it lively by demonstrating 3D images which was very well appreciated by all the students. Next, was Dr Jyothi, Asst Professor, Department of Physiology, who discussed about the physiology of coronary circulation. The 3rd speaker was Dr. Nanjundaswamy, Assoc Prof, Department of Pathology who gave an insight into the patho-physiology of coronary circulation & development of plaques. The next speaker was Dr Shashikran M, Assoc Prof, Department of Community Medicine who highlighted the epidemiology & problem statement of IHD. The next two sessions were by Dr Asharani N, Assoc Prof, Department of Biochemistry & Dr Mohan, Asst Prof, Department of Radio diagnosis respectively, who spoke on Lab support & radiology support respectively in diagnosis of IHD.

A short tea break was given & the immediate post tea session was handled by Dr Padmanabha TS, Asst Prof, Department of Pharmacology who described about different drugs used in the treatment of IHD. The next speaker was Dr Ramanath Shenoy, Assoc Professor, Department of General Medicine, who outlined the clinical feature & medical management of IHD followed by Dr Hanumanthaiah, Professor, Department of General Surgery who highlighted the surgical interventions in IHD. The next session was by Dr Anilkumar, Asst Prof, Department of Obstetrics & Gynecology who discussed about IHD during pregnancy & its management. The last session was by Dr Chandan N, Asst Prof, Department of Community Medicine who described about various preventive & control measures in Ischemic Heart disease. In all, it was a very fruitful & enlightening session for about 180 minutes, which was very helpful to all the students present.

SCIENTIFIC PAPER PRESENTATION

1. Scientific oral presentation by Dr Shashikanth S K entitled “Prevalence of cardiovascular disease risk factors among patients attending a rural health center Mandya” at KACHCON-2018, JJM Medical College, Davanagere on 29 and 30th September 2018.
2. Scientific oral presentation by Dr Sheethal M P entitled “Prevalence of obesity and hypertension among anganwadi workers in a rural health field practice area, Mandya” at KACHCON-2018, JJM Medical College, Davanagere on 29 and 30th September 2018.
3. Scientific oral presentation by Dr Chandan entitled “Coverage and utilization of health insurance schemes among rural population of Dharwad” at KACHCON-2018, JJM Medical College, Davanagere on 29 and 30th September 2018.

School Health Education

Date	Topic	Audience	Conducted by
11/07/2018	Adolescent health	Highschool students, Government High School, Heragnahalli	Dr. Sheethal Dr. Prabhudev Mr. Yatheesh
11/07/2018	Environment and Health	Highschool students, Government High School, Alisandra	Dr. Manuja Dr. Prabhudev Mr. Yatheesh
12/07/2018	Nutrition in Children	Anchechittanahalli anganwadi centre	Dr. Shashikiran Dr. Prabhudev Mr. Yatheesh
23/09/2018	Mental Health	Highschool students, Government High School, Koochalli	Dr. Raghavendra Dr. Prabhudev Mr. Yatheesh
24/09/2018	Adolescent health	Highschool students, Government High School, Alisandra	Dr. Chandan Dr. Prabhudev Mr. Yatheesh
20/11/2018	Adolescent health	Highschool students, Government High school, Koochalli	Dr. Chandan Dr. Prabhudev Mr. Yatheesh
23/11/2018	Reproductive health among adolescent girls	Students, RDS high school, Bellur	Dr. Ramya M Dr. Prabudev Mr. Yatheesh



WORKSHOP & CME ATTENDED

1. Dr Radha R, had participated in CME held on 03th September 2018 at NIMHANS, Bangalore on 'Community Psychiatry and District Mental Health Programme, an Update'.
2. Dr Radha R, attended Workshop on "Workplace based assessment" at AIMS, BG Nagar held on 26th October 2018.
3. Dr Radha R, attended Workshop on "Leadership and Soft Skills" at BMCRI, Bangalore held on 03 to 10th October 2018.
4. Dr Radha R, attended orientation Workshop on "Board of studies and Curriculum Planning" at AIMS, BG Nagar held on 28th November 2018.
5. Dr Shashikanth S K, Dr Raghavendra participated in a workshop on TB treatment guidelines held on 29 and 30 th November 2018 at St Johns Medical College, Bangalore.
6. Dr Basavaraj M Ingalgeri, Dr Shashikiran M, Dr Shashikanth, Dr Sheethal, Dr Raghavendra and Dr Chandhan attended State level KACH Conference organised by Department of Community Medicine, JJM Medical college, Davangere from 29th September to 30th September 2018.
7. Dr Raghavendra, attended Training of Trainers workshop on Basic TOG and PMDT organised by St John's Medical College, Bengaluru, 29th and 30th November 2018.
8. Dr Raghavendra, attended Workshop on Workplace Based Assessment organised by MEU, AIMS, BG Nagara on 26th October, 2018.
9. Dr Chandan, attended workshop on 'Basics of Research Methodology and Statistical Analysis using SPSS' organized by Scientific Committee AIMS on 22nd and 23rd October 2018.
10. Dr Chandan, attended ISMSCON 2018- Pre workshop on Sample Size Estimation for Health Sciences Research held at NIMHANS on 31st October 2018.
11. Dr Chandan, attended Qualitative research workshop organized by Department of Community medicine, SDM College of Medical Sciences, Dharwad on 9th and 10th November 2018.

PUBLICATIONS BY STAFF & PG STUDENTS

1. M Shashikiran, S. K. Raghavendra, Ravindra S. Pukale. A study of factors associated with low birth weight in a tertiary care centre in Rural south India. Annals of community health Jan – Mar 2018;6(1): 9-14.
2. Shashikantha SK, Sheethal. Awareness about Malaria Transmission and Its Preventive Measures among Households in an Urban Area Of Mandya, Karnataka. Natl J Community Med 2018;9(9):656-660.
3. Shashikantha SK, Jagadeesh D. Awareness Regarding Tobacco Consumption in Any Form and Its Ill Effects on Health in a Rural Community in Mandya District, Karnataka. Natl J Community Med 2018;9(8):605-609.
4. Ramya M Manchegowda, Ashwath N Doddabele Hanumanthaiah. Perception on Community Oriented Learning among Medical Students in a Medical College in Bangalore. National Journal of Community Medicine Aug 2018; 9(8): 585-88.
5. Ramya Manchegowda, Lakshmi Hulugappa. Knowledge and Attitude regarding breast feeding among lactating mothers in a rural area. Ijcmph 2018; 11(5): 4870-73.
6. Manuja LM, Viswanatha PG, Veena NH, Ranganath TS. A Cross Sectional Study on Vaccination Coverage of Children in the Urban Slums of Bangalore. Natl J Community Med 2018; 9(10): 745-750.
7. Manjunath M, Manuja LM, Harish BR. Knowledge regarding rabies and its prevention among first year medical college students, Mandya. Int J Community Med Public Health 2018;5:4905-8.
8. Chandan N, Patil K. Awareness about complementary and alternative medicine among attendees of urban and rural health training centres of a medical college in North Karnataka. Int J Community Med Public Health 2018;5:3924-9.



Adichunchanagiri Institute of Medical Sciences
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|| Jai Sri Gurudev ||

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Department of Medicine



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All Postgraduates

Dear Readers,

The department of General Medicine has been striving for excellence in patient care, teaching program in the department, research work or publications.

The Department has been working on various ongoing research projects. Several rare cases are being studied, documented and sent for research publication. Poster presentations were done by post graduates at APICON 2019.

The postgraduate students are being taught clinical skills and applied theory on a regular basis. We acknowledge the constant support, guidance and encouragement from our beloved and dynamic Principal Dr. M.G.Shivaramu in all our departmental activities.

(Prof & H.O.D)

Dr. H. VasudevaNaik

OUR VISION

'To be one of the most outstanding academic department of medicine in the region and a centre of excellence in innovative research and medical education and most importantly in patient care'

OUR MISSION

- *Commitment to Residents, students and conducting CME*
- *Excellence in patient care with robust inter disciplinary programmes*
- *Training our medical students with highest level of professionalism in patient care*
- *Creating and maintaining a curriculum that will expose our residents and students to all medical specialty through our academic institutions*
- *Creativity, teamwork and pride in dedication to mission and achievement of vision.*

A RARE CASE PRESENTATION

BARDET-BIEDL SYNDROME

Authors

Dr.VikramRathod, Dr.Manmohan U S, Dr.Vishwas M K, Dr.BhushanGangurde, Dr. Bernice Roberts

Introduction

Bardetbiedl syndrome is a rare inherited disorder with involvement of multiple systems and various spectrum of clinical features.

The distinguishing features from the still rarer Laurence Moon syndrome are retinal pigmentary degeneration, mental retardation, and hypogonadism occur in conjunction with progressive spastic paraparesis and distal muscle weakness but without polydactyly.

In 1886 Laurence and Moon explained a case of 7 year old female with rod-cone dystrophy, hypogenitalism, mental retardation, obesity and polydactyly. Her three elder brothers were also suffering from this clinical state. Then in 1920 Bardet described a female patient of 4 years old presented with the rod-cone dystrophy, obesity and polydactyly (11 toes). She also had mental retardation. After two years of Bardet's report i.e., in 1922, Biedl studied two cases and highlighted the complete scenario of clinical signs which includes skull abnormalities, anal Atresia, mental deficiency and gastrointestinal conflicts. In 1925 Solis-Cohen and Weiss connected four patients of one family. Since these discoveries, presence of symptoms such as obesity, hypogonadism, retinal pigment defects, psychological impairment and polydactylism in several conditions as combinations, frequently in

children with normal parents (cousin marriages) has been termed as Laurence-Moon-Bardet-Biedl Syndrome (LMBBS).

Principal manifestations of this disorder are rod-cone dystrophy (sometimes called atypical retinitis pigmentosa), postaxial polydactyly, central obesity, mental retardation, hypogonadism, and renal dysfunction.[1] Other features not always present include hepatic fibrosis, diabetes mellitus, neurological, speech and language deficits, behavioral traits, facial dysmorphism, dental anomalies and developmental delay.[1,2]

Modified diagnostic criteria

Primary features

Four features are required to be present of: Rod-cone dystrophy, Polydactyly, Obesity, Learning disabilities, hypogonadism in males, Renal anomalies or

Three primary plus two secondary features are required of: Secondary features Speech disorder/delay Strabismus/cataracts/astigmatism Brachydactyly/syndactyly Developmental delay Polyuria/polydipsia (nephrogenic diabetes insipidus) Ataxia/poor coordination/imbalance Mild spasticity (especially lower limbs) Diabetes mellitus Dental crowding/ hypodontia/small roots/high arched palate Left ventricular hypertrophy/congenital heart disease /Hepatic fibrosis.

Case report

Our patient 26 yrs, male was seen in the OPD for uncontrolled sugars and had a non-healing wound in the gluteal region. He has diminished vision since 16yrs, delayed developmental milestones. His antenatal history is uneventful, born of consanguineous marriage.

On examination : Patient was obese with short stature.

On general physical examination – polydactyly in all 4 limbs

On detailed ocular examination-he had perception of light, pendular nystagmus, pupils were round, regular reacting to light.

Fundoscopy showed - features of retinitis pigmentosa.



PUBLICATIONS

NAME (Paper presentation)	AUTHORS	JOURNAL
ABO and Rh Blood Groups in Ischemic Heart Disease Patients: A Cross Sectional Study from Rural Tertiary Care Hospital of South Karnataka	Dr. ShruthiBettegowda	Journal of medical science and clinical research (JMSCR)
Electrocardiographic abnormalities in patient with acute stroke attending a rural hospital	Dr. Ramegowda R B Dr. Manoj Kumar B K Dr. YashKhanvilkar Dr. SrikanthGoudMallam	Journal of medical science and clinical research (JMSCR)
Clinical and biochemical profile of newly diagnosed type 2 diabetes mellituspatients: A Study from Rural Tertiary Care Hospital of South Karnataka	Dr. ShruthiBettegowda Dr. MadhuraTalkadLakshmiku mar	Journal of medical science and clinical research (JMSCR)
A Study of Prevalence and Spectrum of Thyroid Dysfunction in Type II Diabetes Mellitus	Dr. Brijesh K Dr. MahanteshGhaniger	IOSR Journal of Dental and Medical Sciences (IOSR-JDMS)
A study of clinical manifestations, laboratory profile and outcome of dengue fever in a tertiary care centre in South Karnataka	Dr. Shashikantha Dr. SrikanthGoudMallam Dr. YashKhanvilkar Dr. Manojkumar B K	MSCR
Hirayama Disease	Dr. Meghana Murthy Dr. Ravi B N Dr. H. VasudevaNaik	Journal of medical science and clinical research (JMSCR)
Study of Cardiac Autonomic Neuropathy and Its Association with QtcDispersionin Type-2 Diabetes Mellitus Patients Attending Rural Medical College	Dr. MahanteshGhaniger Dr. Brijesh K	Scholars Journal of Applied Medical Sciences (SJAMS)
A Cross-Sectional Study to Determine the Relation between Glycemic Status at admission and the Outcome Following Organophosphorus Poisoning Cases inRural Teaching Hospital	Dr. Ravi B.N Dr. Manmohan U.S	Scholars Journal of Applied Medical Sciences (SJAMS)
ABO and Rh Blood Groups in Hypertensive Patients: A Cross Sectional Studyfrom Rural Tertiary Care Hospital of South Karnataka, India	Dr. K.S SiddeshwaraAnand Dr. ShruthiBettegowda	Scholars Journal of Applied Medical Sciences (SJAMS)

POSTER PRESENTATIONS – APICON 2019



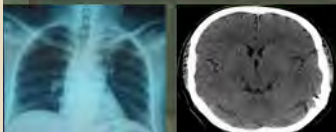
Cerebral edema complicating Hyperosmolar Hyperglycemic State (HHS) : Rare presentation

- DR. MANOJKUMAR B K.



Introduction

- India, being Diabetic capital has maximum number of people suffering from Diabetes with poor blood sugar control.
- Acute severe complications of relative insulin deficiency – Diabetic ketoacidosis (DKA) and Hyperosmolar Hyperglycemic State (HHS) are seen commonly.
- HHS being relatively more common in T2DM, associated with potentially serious complications, if not treated properly.



Report of the case

- 60 years old female presented with history of altered sensorium since one day (history given by her attenders) .
- History suggestive of 1 episode of Generalized tonic clonic convulsions with loss of consciousness for 20 minutes and 4 episodes of vomiting.
- H /S/O upper respiratory infection 4 days back.
- K/C/O Diabetes since 6yrs and Hypertension since 6 years on irregular treatment.
- On examination: Pulse – 110 bpm, BP – 110/70 mmHg, SpO₂ – 98% @ room air
- Patient is conscious and disoriented with GCS – E2M4V3, without any focal neurological deficit.
- Respiratory system – Bilateral rhonchi with coarse crepitations.
- Relevant investigations** - URINE ROUTINE: sugar – 1.5%, Total count – 11200 /dl, N84L12E02M02, ESR – 24, RBS - 551 mg/dl, RFT – normal, Na/K/Cl -141/3.4/99 mEq/ L, ABG- normal, Sr osmolality – 318 mOsm/kg, CXR – scattered non homogenous opacities, CT Brain – s/o Diffuse cerebral edema, with normal follow up MRI brain.
- Investigation negative for Tuberculosis and meningitis.
- Treated with fluids, insulin, antibiotics, electrolyte correction, nebulisation and physiotherapy.

Discussion

Few studies showed the evidence of cerebral edema(1%) without any underlying brain pathology/ metabolic derangement during course of disease which does corrected itself with ontime treatment.

Conclusion

Cerebral edema in HHS can be due to electrolyte disturbance, high blood sugar or as a consequence of rapid treatment. So with proper treatment we can forecome the complication and prevent the mortality. Anti-epileptics are not necessary for the treatment of above cause.



AN UNUSUAL BEE STING - A RARE CASE REPORT

M. SRIKANTH GOUD



INTRODUCTION

- Bee stings are commonly encountered worldwide, in rural population in particular.
- Bee stings causes various manifestations including mild allergic reactions to severe life-threatening events.
- Neurological manifestations are rare.
- There are only few cases reported in the literature with neurological manifestations like seizures, aphasia, dysarthria, apraxia, ataxia and coma.



CASE DETAILS

- A 55 years old male, farmer by occupation without any comorbidities was bitten by multiple bees all over the body at his field presented to causality with headache, vomiting, swelling of face, burning and itching all over the body.
- Patient was symptomatically treated with intravenous antihistamines, corticosteroids and antiemetics.
- Over 4-6 hours patient developed weakness of left upper and lower limb.
- On examination he was conscious and oriented with swelling of face, Vitals were stable.
- On neurological examination cranial nerves were intact, weakness of left upper and lower limb with decreased tone and power of 2/5. Visual acuity was normal, no signs of meningeal irritation.
- Laboratory investigations including complete blood count, Liver and Renal Function Tests, Urine routine were normal. ECG were normal.
- Features of CT Brain plain and contrast were suggestive of cerebral venous sinus thrombosis.



DISCUSSION

- Systemic toxic effects in bee sting are due to neurotoxic, hemorrhagic and hemolytic effects of bee venom.
- Accordingly vasculitis, cardiac arrhythmias, renal failure and neurological manifestations can occur.
- Although neurological manifestations are rare, a wide spectrum of conditions such as convulsions, polyradiculoneuropathy, infarction and cortical sinus thrombosis have been reported in literature.
- Exact pathogenesis is still unclear, but vasoactive inflammatory mediators and major allergen phospholipase A2 in bee venom with neurotoxic properties is proposed to be probable pathogenesis.

CONCLUSION

- Cerebral venous sinus thrombosis should be high index of suspicion in cases of bee sting. Site of bite is also essentially important.
- Further studies are needed to elucidate exact pathogenesis of neurological manifestations in bee stings.



KARTAGENERS SYNDROME WITH LACTOSE INTOLERANCE : A CASE REPORT

AUTHOR: Dr. Yuvarajkumar A Yadravi

Department of Medicine, Adichunchanagiri Institute of Medical Sciences, Mandya.



INTRODUCTION

Kartageners syndrome (KS) is a rare congenital malformation comprising of a classical triad of sinusitis, situs inversus and bronchiectasis with an autosomal recessive pattern of inheritance. Correct diagnosis of this disorder early in life is important in the overall prognosis as many of the complications can be prevented if timely management is instituted.

CASE REPORT

- ▶ A 40 year old woman presented with recurrent episodes of productive cough and hemoptysis since 4 years. She was diagnosed with pulmonary tuberculosis clinically (smear negative) 3 years back and started on anti tubercular therapy, which she completed but without any clinical improvement. She had recurrent episodes of sinusitis and past history of ectopic pregnancy 20 years back. Patient also gives history of intolerance to dairy products
- ▶ On physical examination, she was conscious and oriented, her vitals were stable, oxygen saturation was 92% at room air. She was pale and had grade 2 clubbing. She had a deviated nasal septum to the right with septal spur and atrophic right middle turbinate. There was no lymphadenopathy in accessible sites. Respiratory system examination revealed coarse crepitations and scattered rhonchi in both lung fields. Cardiovascular examination revealed apex beat in right 5th intercostal space along midclavicular line. Heart sounds were best audible on the right side of her chest. Per abdominal and neurological examination was normal.
- ▶ A laboratory examination showed haemoglobin 8.8 gm/dl, total leucocyte count 7200 cells/cumm, platelet count 402000/cumm, peripheral smear was microcytic, hypochromic anemia. Sputum for acid fast bacilli and CBNAAT was negative. Serum chemistries were normal. A chest X ray revealed dextrocardia, fundus gas bubble on right side, bilateral mid and lower zone bronchiectasis (Fig 1). An ultrasound of abdomen showed liver and inferior vena cava on left side and spleen on right side, suggestive of situs inversus. A CT scan of Paranasal sinuses revealed chronic pansinusitis. Deviated nasal septum to the right side with septal spur on the right side, atrophic right middle turbinate. Chest computed tomography showed cylindrical bronchiectasis in bilateral lung fields predominantly in middle and lingular segments, mucoid impaction within the dilated bronchi and bronchioles (Fig 2).
- ▶ A diagnosis of Kartageners syndrome was made and she was treated with intravenous antibiotics, mucolytic and chest physiotherapy. She was vaccinated against Pneumococcal and H. Influenza infections. She was symptomatically better and discharged on day 18 with an advice for regular follow up.



Fig.1



Fig.2

DISCUSSION

- ▶ KS is a rare, autosomal recessive ciliopathic disorder characterized by the clinical triad of chronic sinusitis, bronchiectasis, and situs inversus with an estimated incidence is approximately 1 in 30,000 live births.
- ▶ Normal ciliary function is critical for respiratory tract host defense and normal visceral orientation during embryogenesis. Lack or dysfunction of dynein arms, radial spokes, and microtubules of cilia are recognized structural and functional abnormalities of ciliary ultrastructures, encoded by the mutated genes DNA11 and DNAH5.
- ▶ Abnormal ciliary motility at sites leads to chronic recurrent sinopulmonary infections and infertility. Impaired ciliary motility during embryogenesis predisposes to left-right laterality defects like situs solitus (that is, dextrocardia only) or situs inversus totalis where transpositions of thoracic and abdominal organs are noticed.
- ▶ The diagnostic criteria recommended for this syndrome include history of chronic bronchial infection and rhinitis from early childhood, combined with one or more of following features: (a) situs inversus or dextrocardia in a patient or a sibling, (b) alive but immotile spermatozoa, (c) absent or impaired tracheobronchial clearance, and (d) cilia showing characteristic ultrastructural defect on electron microscopy.
- ▶ Laboratory screening tests include exhaled nasal nitric oxide level determination and saccharin test for assessing nasal epithelial mucociliary function. High-speed video microscopy for assessing ciliary beat frequency and pattern, transmission electron microscopic for detecting ultrastructural ciliary defect and genetic testing for DNA11 and DNAH5.
- ▶ Standard treatment for sinopulmonary problems in people with KS includes chest physiotherapy, mucolytics, and antibiotics. A long-term low-dose prophylactic antibiotic is required in those with frequent exacerbation of bronchiectasis (≥ 3 times/year). Influenza and pneumococcal vaccination should be routinely given.

CONCLUSION

Patients with KS exist as cases of chronic recurrent sinopulmonary infections. As there is no easy, reliable non-invasive diagnostic test for KS and the correct diagnosis is often delayed by years, it may cause chronic respiratory problems with reduced quality of life. Genetic counseling and fertility issues should be addressed once KS is diagnosed.

CME'S ATTENDED/ CONFERENCES ATTENDED

NAME	STAFF/POSTGRADUATES
APICON-2019	Dr. Vishwas M K, Dr.SrikanthGoud, Dr.Yuvaraj, Dr.Puneeth , Dr. Manojkumar, Dr. Hari Prasad
MERT-2018	Dr.Manojkumar, Dr.SrikanthGoud, Dr. Vishwas M K, Dr. Puneeth, Dr. Jithin, Dr. Phaneshwar, Dr. Hari Prasad, Dr. Yuvaraj
SPECTRUM-2019	Dr. Ramegowda R B Dr. YashKhanvilkar, Dr. Yuvaraj, Dr. Vishwas M K, Dr. SrikanthGoud, Dr. Manojkumar
MPMRT ANNUAL MEDICINE UPDATE - 2019	Dr. H VasudevaNaik,Dr. Jagannatha K, Dr. RamegowdaR B Dr. Manojkumar, Dr. SrikanthGoud, Dr. Vishwas M K, Dr. Puneeth, Dr. Jithin, Dr. Phaneshwar, Dr. Hari Prasad, Dr. Yuvaraj
CECON-2019	Dr. Ravi B N Dr. Deepak M, Dr. YashKhanvikar, Dr. Manojkumar, Dr. Jithin

CMEs and guest lectures

- 3rd August 2018 – Cardiology guest lecture**
Speakers and topics :
 Dr. Jayakumar P – Pregnancy and cardiovascular disease
 Dr. Sathish L- Preoperative cardiac risk assessment & perioperative management in non cardiac surgeries
- 7th September 2018 – Gastroenterology CME**
Speakers and topics :
 Dr. (Major) Venu H Aradya- Non Alcoholic fatty liver disease, inflammatory bowel disease
 Dr. SandeepSatsangi – Recent trends in hepatitis
 Dr. Adarsh C K – Upper GI bleed, Management of acute pancreatitis
- 31st October 2018 – Nephrology CME**
Speakers and topics :
 Dr. Pavan M – Kidney and drugs
 Dr. ManjunathShetty – Overview of diabetic nephropathy
 Dr. RaghunathAldakatti – Clinical application of acid base analysis
 Dr. Niranjana M R – AKI in ICU settings and its management
- 27th November 2018 – Guest lecture on Diabetes**
Speaker and topic: Dr. M A Shekar – Overview on Diabetes Mellitus





Several camps were organized successfully in the year 2018 from July to December





Madikeri Flood relief camp



॥ जेवो इगे ह्युपपदेव ॥



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MILESTONES

A News Bulletin From The Department of Pediatrics

HOD DESK

With the divine blessings of Paramapoojya Jagadguru Sri Sri Sri Padmabhushan Dr. Balagangadharanatha Mahaswamiji and His Holiness Jagadguru Sri Dr Nirmalanandanatha swamiji, we are bringing out our news letter **"MILESTONES"** (June 2018- December 2018).

It gives an immense pleasure for both parents and pediatricians watch a child accede each milestone. The triumph of each milestone is rejoiced and appreciated. Similarly, Our department is striving hard to excel in every aspect and progress towards achievement of its milestones. The glory of success keeps on adding. This gives a great opportunity for us to bring out our department activities and also the publication and research work of our faculty members as well as post graduates. **A hearty congratulations to Dr Asha M N who has been awarded at STATE KARPEDICON for paper presentation on the topic "LDH as a prognosticating tool in predicting NICU stay and oxygen dependence in Meconium stained amniotic fluid Neonates" under ANKEGOWDA MEMORIAL oral paper presentation category held in October'18.**



Kindly mail your valuable comments and suggestions -
milestones.aims@gmail.com

LACTATE DEHYDROGENASE AS A PROGNASTICATING TOOL IN PREDICTING NICU STAY AND OXYGEN DEPENDENCE IN MECONIUM STAINED AMNIOTIC FLUID NEONATES

Dr Kamath M, Dr MN Asha, Dr B Sai Hari, Dr M Sneha

- i Associate Professor, Department of Paediatrics, AIMS Bellur, Mandya
- ii Postgraduate student , Department of Paediatrics, AIMS Bellur, Mandya
- iii Postgraduate student , Department of Paediatrics, AIMS Bellur, Mandya
- iv Senior resident, Department of Paediatrics, Chacha Nehru Bal Chikitsalay, New Delhi

ABSTRACT

BACKGROUND: Lactate Dehydrogenase(LDH) is elevated in blood during hypoxia/ tissue damage. The LDH values will be elevated in newborn born to Meconium Stained Amniotic Fluid (MSAF); the degree of elevation correlates with the amount of hypoxia. Hence LDH values can be used to quantify the outcome in MSAF newborns.

AIM: To assess the LDH level and correlation of duration of Neonatal Intensive Care Unit(NICU) stay. To predict the duration of oxygen dependence in newborns born to MSAF using LDH level at birth.

METHODS: A prospective cross sectional study was conducted between Jan 2018 to June 2018.Cord blood LDH in all MSAF newborns were measured. The newborns were observed for prolonged NICU stay and duration of oxygen dependence. Correlation was looked for between high LDH level and prolonged NICU stay and duration of oxygen dependence.

RESULTS:Our study showed a positive correlation between higher level of cord blood LDH and prolonged NICU stay ($p= 0.08$). It also depicted that as the cord blood LDH level increases, there is an increase in duration of oxygen supplementation to the newborns ($p=0.8$).

CONCLUSION: LDH levels can be used as a prognosticating tool in predicting NICU stay & oxygen dependence.However, larger studies are needed in the Indian population to conclude the same.

BREAST FEEDING WEEK

Breastfeeding and Breast milk – A Commitment, Not an Option. Breast milk is the best gift a mother can give her child. The newborn baby's first cry signifies none other than its need for the mother milk. As pediatricians, we have always been privileged to witness such beautiful bonding process. In order to encourage this phenomenon and to promote exclusive breastfeeding UNICEF celebrates WORLD BREASTFEEDING WEEK, the first week of August every year.

The Grand event began with the primary motto "Foundation for life". The week was celebrated from august 1st -8th. It was inaugurated at Medversity hall by our Medical superintendent Dr B G Sagar, beloved Head of the department Dr Shivaprakash N C , and our institute registrar Mr Umesh and other dignitaries.

The weeklong event was filled with activities like educating the medical students, mothers, nursing students. This year we extended our sharing of knowledge and awareness through engineering colleges visits. Our department also conducted poster presentation, quiz for Undergraduates and nursing students and our working nursing staffs. Our department took a step forwards in organizing an educative yet entertaining skit by our budding interns for creating awareness among public in our hospital lobby.

We arranged an awareness program for the in-patients and the post neonatal care ward mothers about the importance of starting the breastfeeding immediately after birth and how effectively it helps as a long term beneficial mode.

Our postgraduates visited the nearest Primary Health Centre on the breastfeeding week and educated the personnel and mothers about the motto and the importance of family support in promoting breastfeeding.

The grandiose week was ended on the valedictory function at lecture hall which was presided by our department HOD Dr Madhava Kamath K, Dr Balaji.M.D. Prizes for various activity winners were distributed and audience rose to the occasion.

CHILDREN'S DAY

The day emphasizes on importance of giving love, affection and attention to the budding children. “The children of today will make India of tomorrow” said great Nehru. The healthy children of today will make better India tomorrow” – we say and exert for it. To reiterate our motto - the children day celebrations in our hospital was held on 14th November 2018.

The day was inaugurated by our honorable Principal Dr Shivaramu M G, our honorable medical superintendent Dr. Manohar T M and our ever enthusiastic Head of the department Dr Madhava Kamath K. All the paediatric staff and PGs had gathered in the Paediatric OPD and inaugurated our one more beautiful addition “the play area” and “Breastfeeding room”. The idea was innovated by our beloved HOD Dr.Madhava Kamath K. The success was celebrated by cutting the cake and distributing sweets and fruits amongst the children.



THE PLAY AREA AND BREAST FEEDING ROOM-INAUGURATION

Playing constitute an essential part of normal psychosomatic development of children. When the child is sick & visits a hospital, it is highly important to have an enterprising ambience especially the play area.

Play area in any pediatric set-up serve as a major attraction for children & also can help in building rapport with the patients. Further, during hospitalization play area per se can act as a therapeutic modality. Thus the use of play area in a hospital may act as tool in the betterment of child. Our play area was decorated beautifully with play balls, ladders and horse rides which will even arouse the nostalgic feelings of childhood in every person.

Our hospital is a baby friendly hospital under which we have pledged to have supportive personnel to nursing mother. Exclusive breast feeding rates are found to be higher with institutions having separate breast feeding space.

In fact it is the moral responsibility of an institution is to provide privacy to women who are breast feeding. Hence having a breast feeding room can keep the mother comfortable & at ease which not only promote exclusive breast feeding but also can increase the out-patients & intra-patients number.

The grand inauguration of play area and Breastfeeding room was done on Childrens day by Our principal Dr. Shivaramu M G and Dr Geetha Avadhani, Professor of Surgery.

The day was made more memorable by decorating the in-patient wards and OPD. We arranged drawing competition for children in our ward. All the children were encouraged by giving gifts. The cheerfulness of the children made all the adults, a child again. By the end of the day the hidden child in every man was discovered!



GUEST LECTURE ON ZIKA VIRUS

Department of pediatric nursing organized a guest lecture on **“ZIKA VIRUS INFECTION”** on 14.12.2018 by Dr Poornachand V, Senior resident, Department of Paediatrics, AH & RC.

Our Speaker Dr Poornachand elaborated the details about ZIKA VIRUS INFECTION. His informative speech was helpful and educative for nursing students.



SUCCESS STORY OF PRETERM

Our NICU has done a great job in successfully retrieving a 905 grams female baby with a weight gain of 1.6 kg at discharge.

B/O Lakshmi devi Twin II (Dichorionic diamniotic) born as extremely preterm (27 weeks) with extreme low birth weight (905 grams) born via vaginal delivery admitted in our NICU on 25th November (DOB: 25/11/18 at 2:30 pm).

Baby was successfully managed in our NICU.

Baby was discharged on 65th day of life with good weight gain of 1.58 kg with ROP screening negative with establishment of palladai and supplements.

Baby was reviewed in our OPD recently with good weight gain of 1.75 kg.

To conclude, Optimum care with minimal handling and emergency management with surfactant and CPAP will help in better prognosis & quality of life in preterms.



PUBLICATIONS BY STAFF

Dr. Madhav Kamath: Associate professor

1. Madhava KK, Philip P, Shetty V, Venkataram R, GiridharBH. Association of Obstructive sleep apnea on surgically treated cleft anomalies. Int J Contemp Pediatr 2016;3:345-9.

Dr. Sunil Kumar P: Associate professor

Sunil Kumar P, Haricharan KR. Neonatal thrombocytopenia associated with gestational hypertension, preeclampsia and eclampsia: a case-control study. Int J Contemp Pediatr 2016;3:16-21.

ONGOING RESEARCHES

- ▶ Assessment of Emotional and Behavioral problems among adolescents using PSC-17 Youth self reporting Questionnaire.
- ▶ Correlation between postnatal weight gain and development of Retinopathy of Prematurity: Experience in rural tertiary care center.
- ▶ Outcome of NICU at a rural medical college.
- ▶ Role of Mean platelet value in newborns in predicting sepsis and outcome.
- ▶ Suicidal attempts by adolescents – a retrospective chart review in a rural tertiary hospital.
- ▶ Nasal masks versus bi-nasal prongs in preterm neonates with respiratory distress: a randomized controlled trial.
- ▶ Nutritional status in Anganwadi children under ICDS in rural field practice area of AIMS.
- ▶ To study the correlation of Thompson scoring in predicting early neonatal complication and outcome in post asphyxiated term neonates – a prospective study.
- ▶ Prevalence of Hypertension in school going adolescents in rural Mandya.
- ▶ Red cell distribution width as a predictor tool in critically ill neonate.
- ▶ Lactate dehydrogenase concentration in nasal wash as a predictor of severity of bronchiolitis in children in tertiary care hospital.
- ▶ Correlation between cerebral and renal arterial resistive indices and immediate Neonatal Outcomes in Term Infants with birth asphyxia.
- ▶ Correlation between Post natal weight gain and ROP in preterm babies less than 34 weeks – A Prospective study.
- ▶ Clinicobiochemical profile of infants of diabetic mother.

DEPARTMENT NEWS AND ACTIVITIES

- ▶ Department of Pediatrics wishes the PG Exam going students Dr Asha, Dr Vinay, Dr Shankar, Dr Sai Hari, Dr Deepthi and Dr Manasa all the very best for the RGUHS PG examinations 2019.
- ▶ Our Senior Resident Dr Poornachand V has started ePost Graduate Program in Epidemiology from Indian Institute of Public health-Delhi (December – 2018).
- ▶ Our department organized an Interdepartmental meeting on “Photosensitive dermatoses in Children” in collaboration with Department of Dermatology.
- ▶ Our postgraduates Dr Asha and Dr Meenakshi represented IAP – NNF divisional level PG quiz which was held at JJM, Davanagere and secured 4th place.
- ▶ Our postgraduates Dr Asha, Dr Shankar, Dr Sai Hari, Dr Vinay, Dr Anuradha, Dr Rohan, Dr Likitha, Dr Vasudha, Dr Srinath and Dr Shravya attended IAP - CME on Neurology in Bengaluru.
- ▶ Our postgraduates Dr Shankar Dr Vinay Dr Asha Dr Sai Hari attended the CME on Mediolegal aspects in Mandya.
- ▶ Our postgraduates Dr Ranjini, Dr Manasa, Dr Meenakshi, Dr Ishwar and Dr Sujeeth attended the Advanced Neonatal resuscitation program held at JSS hospital, Mysuru.
- ▶ Our postgraduates Dr Ranjini, Dr Meenakshi, Dr Ishwar, Dr Manasa and Dr Sujeeth attended IAP-Mission Kishore Uday in Mysuru.
- ▶ Our postgraduates Dr Ranjini, Dr Meenakshi, Dr Ishwar and Dr Sujeeth attended IAP-state conference on Infectious diseases in Bengaluru.

PHOTO GALLERY



IAP UG QUIZ inauguration



IAP UG QUIZ



INTERDEPARTMENTAL MEETING
WITH DERMATOLOGY



BREASTFEEDING WEEK INAUGURATION



BREASTFEEDING AWARENESS IN
NURSING COLLEGE



BREASTFEEDING AWARENESS IN
ENGINEERING COLLEGE



BREASTFEEDING WEEK SKIT



BREASTFEEDING WEEK QUIZ

PHOTO GALLERY



BREASTFEEDING WEEK POSTER COMPETITION



BREASTFEEDING VALIDICTORY FUNCTION



CHILDRENS DAY



DRAWING COMPETITION CHILDRENS DAY



CHILDRENS DAY PRIZE DISTRIBUTION

PHOTO GALLERY



THE PLAY AREA



AYUDHA POOJA



GUEST LECTURE ON ZIKA VIRUS



ASSESSMENT OF ADOLESCENTS IN OPD



NEW YEAR CELEBRATION



InfoDerma



A NEWS BULLETIN FROM DEPARTMENT OF DERMATOLOGY ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES B.G.Nagara, Nagamangala, Mandya

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Dr. Zigu

VITILIGO DAY

We, from the Department of Dermatology, Venereology and Leprosy, Adichunchanagiri Institute of Medical Sciences, B.G.Nagara observed the **World Vitiligo day** on 25th June 2018.

Patients coming to the OPD were educated about vitiligo, they were elaborated about the nature of the disease and its course and prognosis in their own language and thus tried to eliminate the stigma associated with the disease. Pictures and images were displayed at prominent locations in the OPD. Stress was laid on the benign and non-communicable nature of the disease. All the myths associated with the diseases were eliminated and the facts pertaining to the disease were explained to them.

In addition to this, handouts containing information about vitiligo in brief and myths and facts about the condition were given to all the patients so that they spread the awareness among their family members and community. Thus, we succeeded in creating awareness among the patients about Vitiligo and to have a positive body image irrespective of the colour of the skin.



VITILIGO RATHA (VITILIGO VAN)

Vitiligo Ratha (Vitiligo van) is a **pilot project** organized by the Indian Association of Dermatologists, Venereologists and Leprologists – Karnataka branch (IADVL- KN). It consists of a van fitted with an LCD projector displaying a short video which gives information about vitiligo for public awareness. This van travelled across Karnataka covering all the districts and taluk headquarters and was stationed at major district hospitals, Medical College hospitals and prominent public places like bus stands. It reached Adichunchanagiri Institute of Medical Sciences campus on 11th July 2018 at 2 pm. The van was received by our Principal Dr M G Shivaramu and Medical Superintendent Dr T M Manohar, staff and post graduates from the Department of Dermatology.

The van was stationed in front of our hospital. A short video about vitiligo was played on the LCD projector in the van and this video was witnessed by patients. The video consisted of information about vitiligo, being explained by prominent Dermatologists. With this the patients were made aware about vitiligo, its clinical manifestations and treatment options and an effort was made to eliminate the myths and social stigma associated with the disease.



The Association of Metabolic Syndrome and Insulin Resistance in Early-Onset Androgenetic Alopecia in Males: A Case–Control Study

Introduction: Androgenetic alopecia (AGA), the most common non-scarring alopecia, is an androgen-induced disorder characterized by hair loss in genetically predisposed men and women. In AGA, androgens induce miniaturization of hair follicles, especially in the fronto-temporal area and vertex of the scalp in men, over the crown in women. AGA in male developing before 30 years of age with at least Grade III of Hamilton–Norwood classification is termed as early-onset or premature AGA (Figure). Men with premature AGA are found to be susceptible to cardiovascular diseases, metabolic syndrome (MS), diabetes mellitus, hypertension, and also premature baldness can have a definite negative impact on the self-image and self-esteem in these patients. In spite of the emerging evidences for the association between premature AGA and MS, it is highly inconsistent, with very few studies being reported in Indian population. Since the pathophysiological link between MS, insulin resistance (IR), and premature AGA is not yet fully understood, we conducted the present study to evaluate their association.



Figure: Norwood and Hamilton grading of androgenetic alopecia.

Methods: A case control study was conducted in the Outpatient Department of Dermatology, Venereology and Leprosy, Adichunchanagiri Institute of Medical Sciences, B G Nagara, during December 2014–May 2016. Fifty male patients aged between 18 and 30 years with early-onset AGA were enrolled in the study as cases and equal number of age-matched males were enrolled in the study as control. After a detailed clinical history and examination, blood samples were collected (12-h fasting) and the following investigations were performed: 1) Fasting serum insulin level 2) Fasting blood sugar level 3) Triglycerides 4) High-density lipoprotein (HDL). Diagnosis of MS was done by the presence of three or more of the following criteria: a) Waist circumference (WC) ≥ 102 cm in male b) TGs value ≥ 150 mg/dl c) HDL < 40 mg/dl d) FBS ≥ 110 mg/dl e) BP $\geq 130/85$ mmHg. Diagnosis of insulin resistance was made based on the formula, $IR = (\text{Fasting insulin level } [\mu\text{IU/mL}] \times \text{fasting glucose level } [\text{mmol/L}]/22.5)$. A value above 2.7 is considered to indicate IR. The statistical software, SPSS 15.0 (IBM SPSS for windows, South Wacker Drive, Chicago) was used. Data entry was done in Microsoft Excel. $P < 0.05$ was considered to be statistically significant.

Results: The patient group consisted of 50 male patients between 18 and 30 years and the same number of age- and gender-matched patients were taken as control. In our study, majority of patients with early-onset AGA were in the age group of 18–24 years (68%) with a mean age of 25.12 ± 2.344 years. Majority had insidious onset of hair loss (58%). 31% among the cases and 14% of the controls had family history of baldness ($P = 0.001$). On scalp examination, 23 (46%) patients were classified as

Stage III, 12 (24%) as Stage IV, 10 (20%) as Stage V, and 5 (10%) as Stage VI based on Hamilton–Norwood scale of hair loss. When the groups were compared in respect to MS frequency, 15 (30%) patients in early AGA group and 4 (8%) participants in control group were found to have MS and the difference between the groups was statistically significant ($P=0.005$).

Discussion: AGA in males developing before 30 year of age with at least Grade III of Hamilton–Norwood classification is termed as early-onset or premature AGA. In our study, the most common age group was between 22 and 24 years. The presence of MS has been associated with a three-fold increase in risk for CADs and five-fold increase in risk for cardiovascular mortality. In the present study, MS was significantly associated with early-onset AGA group when compared with control group ($P=0.005$).

Conclusion: In the present study, MS was significantly associated with early-onset AGA. Early-onset AGA patients should be closely followed up on a long term basis, particularly for cardiovascular disorders. The observations in the present study may raise awareness in susceptible individuals that lifestyle changes (weight control, exercise, diet with a low glycemic index) in early life may reduce the risk of coronary artery disease.

Dr. Manohara B.K (Post graduate)

Undergraduate Dermatology Quiz 2018

The Department of Dermatology, Adichunchanagiri University hosted the intercollegiate undergraduate south zone Dermatology quiz on 29th August 2018. This quiz was conducted by IADVL (Indian Association of Dermatologists, Venereologists and Leprologists) - Karnataka branch.

A team of two Undergraduate students from 6 Medical Colleges from south zone namely Mysore Medical College and Research Institute, Adichunchanagiri Institute of Medical Sciences, JSS Medical College, Shridevi Institute of Medical Sciences and Research Hospital, Sri Devaraj Urs Medical College and Hassan Institute of Medical Sciences participated in the quiz.

The IADVL Karnataka quiz coordinator was Dr. Ashwini, Assistant Professor of Dermatology from JSS Medical College, Mysore and the quiz master was Dr. Shubha B, Assistant Professor in Dermatology at St John's Medical College, Bangalore.



The quiz programme was inaugurated at lecture hall 1, AIMS at 11.30 am by our Principal Dr. M.G. Shivaramu and the other guests in the inaugural ceremony were Dr Sagar B G (Medical Superintendent of our Hospital), Mr Umesh B K (Registrar), Dr Ashwini, Dr Shubha B and Dr M R Swaroop (Professor and in charge head of Department of Dermatology, AIMS).

The quiz was conducted in two rounds – Preliminary round and final round. The six teams participated in the preliminary round, out of which 4 teams (Mysore Medical College, JSS Medical College, Hassan Institute of Medical Sciences, Adichunchanagiri Institute of Medical Sciences) qualified for the final round. The final round was conducted in Lecture hall 1 and was witnessed by the staff and students of AIMS. The first, second and third places were secured by teams from Mysore Medical College, JSS Medical College and Hassan Institute of Medical Sciences respectively.

The **winners** of the quiz were **Ms Vasudha D and Mr Prahlad D R** from Mysore Medical College.

DEPARTMENT NEWS

Publications

1. Yogesh Devaraj, Belagola Dasegowda Sathyanarayana, Mukunda Ranga Swaroop, Sowmya Shree H., Mithila Ravindranath, Avik Ghosh. Discoid lupus erythematosus in acro-orificial vitiligo. Int J Res Dermatol. 2018 Aug;4(3):456-9.
2. Yogesh D, Devi Bijayanti, Romita Bachaspatimayum. Clinicoepidemiological profile, precipitating factors and severity indicators in alopecia areata in Manipur. Indian Journal of Clinical and Experimental Dermatology, October-December, 2018;4(4):335-41.

Conference, Workshops and CME

The staff and postgraduates participated in the following:

1. CME on BDS founding day and vitiligo update on the occasion of world vitiligo day held on 29th July 2018 at Courtyard Marriot, Bengaluru.
2. Conference on DERMABASICS-2018, at Yenepoya Medical College, Yenepoya, Mangalore.
3. PGCON (South zone) held on 8th and 9th September 2018 in Department of Dermatology, AMC/KGH Visakhapatnam.
4. CME on Dermatopathology held at Kasturba Medical College & Kasturba Hospital, MAHE, Manipal on 15th & 16th September 2018.
5. Karnataka state IADVL Conference, CUTICON 2018 held on 28th to 30th September in Mysuru, Karnataka.
6. MIDDERMACON 2018, the 6th mid-term conference of IADVL, held in Nagercoil, Kanyakumari on 10th to 12th August 2018.

7. CME Programme titled 'Tropical Dermatology – Missing the Itinerant cases' held on 26th August 2018 at Command Hospital Air Force, Bangalore, conducted by Bangalore Dermatological Society.
8. CME Programme held on 28th October 2018 at KMC-II Vidyabhavan, Bangalore, conducted by Bangalore Dermatological Society.

Poster and Paper presentations

1. Dr Swaroop M.R, Professor, presented a paper titled "Immunocompromised District- Clinical Relevance" at CUTICON KARNATAKA held at Mysuru, Karnataka on 28th to 30th September 2018.
 2. Dr Sindhuja Sreekanth, post graduate presented an award paper titled- "The efficacy of microneedling radio frequency with platelet rich plasma in the treatment of facial acne scars" at MIDDERMACON 2018 held at Nagercoil, Kanyakumari from 10th to 12th August, 2018
 3. Dr Shruti Bidarkar, post graduate presented a poster titled "Unusual variant of cutaneous malignancies in patients with Xeroderma Pigmentosum" at Dermatopathology CME held at Kasturba Medical College & Kasturba Hospital, MAHE, Manipal on 15th & 16th September 2018.
 4. Dr Sindhuja Sreekanth, post graduate presented a poster on "Bowen's disease- a clinical case series" at Dermatopathology CME held at Kasturba Medical College & Kasturba Hospital, MAHE, Manipal on 15th & 16th September, 2018.
 5. Dr Mithila post graduate presented a poster on "Solitary verrucous plaque over right ring finger- a case report" at Dermatopathology CME held at Kasturba Medical College & Kasturba Hospital, MAHE, Manipal on 15th & 16th September , 2018.
 6. Dr Avik, post graduate presented a poster on "Syringocystadenoma papilliferum" at Dermatopathology CME held at Kasturba Medical College & Kasturba Hospital, MAHE, Manipal on 15th & 16th September 2018.
 7. Dr Sowmya Shree H, post graduate presented a poster titled "Basosquamous carcinoma" at Dermatopathology CME held at Kasturba Medical College & Kasturba Hospital, MAHE, Manipal on 15th & 16th September, 2018.
 8. Dr Shruti Bidarkar, post graduate presented a paper titled "The association of Metabolic syndrome and Insulin resistance in early onset androgenetic alopecia in Males: a case control study" at CUTICON KARNATAKA held at Mysuru, Karnataka on 28th to 30th September 2018.
 9. Dr Sindhuja Sreekanth, post graduate presented a poster on "Solitary verrucous plaque over right ring finger- a case report" at CUTICON Karnataka 2018 held at Mysuru, Karnataka on 28th to 30th September.
-

10. Dr Shruti Bidarkar, post graduate presented a poster titled “Syringocystadenoma papilliferum” at CUTICON Karnataka 2018 held at Mysuru, Karnataka on 28th to 30th September.
11. Dr Sowmya Shree H, post graduate presented a paper titled- “Steroid induced facies” at CUTICON Karnataka 2018 held at Mysuru, Karnataka on 28th to 30th September.
12. Dr Sowmya Shree H, post graduate presented a poster titled “Basosquamous cell carcinoma” at CUTICON Karnataka 2018 held at Mysuru, Karnataka on 28th to 30th September.
13. Dr Mithila post graduate presented a poster on “Lymphangioma Circumscriptum- a report of two cases” at CUTICON KARNATAKA held at Mysuru, Karnataka on 28th to 30th September 2018.
14. Dr Avik post graduate presented a poster on “Bowen’s disease- a clinical case series” at CUTICON KARNATAKA held at Mysuru, Karnataka on 28th to 30th September 2018.

Achievements:

- Professor and Head of Department **Dr. B.D. Sathyanarayana** was conferred with the **Life time achievement award** by Dr. S. Chandrashekar Shetty, the vice chancellor of Adichunchanagiri University on the event of Doctors’ day celebration at AIMS on 6th July 2018, the guest of honor being eminent neurosurgeon from Bangalore, Dr Thimappa Hegde.



- We congratulate our staff **Dr M R Swaroop** on being **promoted as Professor** in Department of Dermatology.
- We congratulate our postgraduates **Dr Suman** and **Dr Aneesa** for securing **3rd rank** in Diploma and **10th rank** in M.D respectively in the Dermatology, Venereology and Leprology examination conducted by Rajiv Gandhi University of Health Sciences in June 2018.



Adichunchanagiri Institute of Medical Sciences
B.G.Nagara, Nagamangala, Mandya

To,



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ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES
(A constituent college of Adichunchanagiri University)



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Let the Minds talk

A Biannual Newsletter from Department of Psychiatry, AIMS

Editorial

Dear readers,

The faculty of the psychiatry department wishes you all a happy new year. We extend our gratitude to Paramapoojya Jagadguru Sri Sri Sri Dr Nirmalanandanatha Mahaswamiji, Vice chancellor, Principal and Medical superintendent for encouraging and supporting us in Progress of departmental activities. I am grateful to our principal Dr Shivaramu M G for his guidance in conducting the activities successfully.

It was a great beginning for me to involve in a lot of academic, research, and community activities. We have planned to continue same with great enthusiasm, coordination and support from our colleagues.

The current issue highlights the important events conducted and participated from our Department.

Dr. Shivakumar.B.K
Associate Professor & I/c HOD

Academic activities & other achievements of the faculty - Dr. Shivakumar.B.K

1. Publications

- a. Swapna B, Supriya H S, Seema, Shivakumar B K. Mean platelet volume in depression and anxiety disorders-A hospital-based case-control study. International neuropsychiatric disease journal. 2018;11(4):1-8. DOI: 10.9734/INDJ/2018/42988.
- b. Bondade S, Iyengar RS, Shivakumar BK, Karthik KN. Intimate partner violence and psychiatric comorbidity in infertile women – A cross-sectional hospital-based study. Indian J Psychol Med 2018; 40:540-6. DOI:10.4103/IJPSYM.IJPSYM_158_18.

2. Conferences/CME/Workshops attended:

- a. “Under graduate training in psychiatry in India -the way forward” psychiatry CME held on 17 th August 2018, at st Johns medical college hospital, Bengaluru.
- b. “Basics of research methodology and statistical analysis using SPSS” workshop held on 22nd - 23rd October 2018, at AIMS, B.G. Nagara.
- c. “IPSOCON-2018” – south zone psychiatry CME held on 26th - 28th October 2018, conducted by IPS South zone held at Tirupati. Andra pradesh.
- d. “Mission 2k by 2020 workshop on the mental health care act,2017” held on 23rd November 2018, at NIMHANS.
- e. “Orientation workshop on role of board of studies and curriculum planning” held on 28th November 2018, at AIMS, B.G. Nagara.
- f. “Pain management and USG workshop” CME programme held on 19th December 2018, at AIMS, B.G. Nagara
- g. “NATCON – 2018” national annual conference of IMA held on 28th-29th December 2018, at BGS GIMS. Bengaluru.

3. Any other academic activity

- a. Training and guiding students Mr. Yashas. P and Mr. Ashwin K Bhat who won 5th place in south zone Psychiatry UG quiz conducted by IPS South zone held on October 27th, 2018 at Tirupati.
- b. Orientation program for fresh Engineering students of BGSIT pertaining to “Stress management and psychological issues” were conducted on 13th August 2018, at BGSIT.
- c. Orientation program for fresh Pharmacy students pertaining to “Stress management and psychological issues” was conducted on 30th August 2018, at Sri Adichunchanagiri college of pharmacy.
- d. Mental Health Awareness rally at CHC Bellur was organized in association with community department and was inaugurated by planting a sapling by Principal on 10th October.
- e. Guest Lecture at Adichunchanagiri Nursing College on stress management orientation on 12th October 2018.
- f. IBM-ACU workshop was attained on 15th October 2018 at Seminar Hall, AIMS.
- g. Weekly PHC visit as part of community outreach programme by psychiatry department staff.

Academic activities & other achievements of the faculty - Dr. Vinay.H.R

1.Conferences/CME/Workshops/Guest lectures organized:

a. A guest lecture on “Is there a meaning for suffering” was organized by the doctors’ club as a part of doctors’ day celebrations on 06/07/2018. Dr. Thimmappa Hegde, director and senior consultant neurosurgeon, Narayana Institute of Neurosciences, was invited as the resource person.

b. Interdepartmental teaching program (seminar) titled ‘Psychodermatology’ in collaboration with department of dermatology was organized on 27-07-2018 at AIMS, B.G.Nagar.

c. An internship Orientation program was organized by Medical Education Unit, AIMS on 6th September, 2018 for the batch 2013-14 (Refresher batch).

d. Awareness rally was organized in association with Community Medicine department at Bellur town on October 10th, 2018 starting from community health centre.

e.A guest lecture was organized on the theme “Young people and mental health in changing world” on October 16th, 2018 to conclude the week-long observation along with prize distribution for the winners in various competitions. Dr. Santosh.S.V, Professor and HOD, Dept of Psychiatry, Hassan Institute of Medical Sciences was the guest speaker.

f.Department of Psychiatry in association with NSS AIMS Unit and Department of Community Medicine, organized a guest lecture on “Substance use among young people” on 20th November 2018 with guest speaker as Dr. Raveesh.B.N.

g. Orientation and sensitization workshop for new faculty held on 30-11-2018 from MEU at AIMS.

2.Guest speaker/Chairperson in conferences/workshops/CMEs

a. Resource person during ‘Stress management orientation’ session held with engineering students at BGSIT, B.G.Nagar on 13th August, 2018

b. Resource person during ‘Stress management orientation’ session held with pharmacy students at Adichunchanagiri College of Pharmacy, B.G.Nagar on 30th August, 2018

c. A Departmental Orientation Programme for 1st MBBS Students of 2018-19 batch was organized by the Dept. of Biochemistry on 05-9-2018. A brief lecture on ethics and professionalism was given by Dr.Vinay. H R, MEU member.

d. Chaired a session on ‘Yoga in depression – benefits and limitations’ at National conference on combat depression held at JSS Medical college, Mysuru on 22nd and 23rd October, 2018

e.Resource person for a workshop on ‘Combat depression module for pediatricians’ at National conference on combat depression held at JSS Medical college, Mysuru on 22nd & 23rd October, 2018

f. Resource person (Quiz Master) for the UG quiz on depression at National conference on combat depression held at JSS Medical college, Mysuru on 22nd and 23rd October, 2018

g. Resource person for an awareness program conducted by Taluk Legal Services Authority and Lawyers union on the occasion of world mental health day at Nagamangala on 25-10-2018.

h.Resource person during ‘Stress management orientation’ session held with nursing students at Adichunchanagiri Nursing College, B.G.Nagar on 12th October, 2018

i. Resource person for the session on ‘Substance abuse and implications’ for the pourakarmikas of Turuvekere taluk held on 31-12-2018 at department of Psychiatry, AIMS.

3.Conferences/CME/Workshops attended:

- a. CME on 'Undergraduate training in psychiatry in India – The way forward' held on 17-08-2018 at St. John's Medical College & Hospital, Bengaluru.
- b. Annual conference of Indian Psychiatric society, Karnataka chapter held between 31-08-2018 to 02-09-2018 at SDM college of medical sciences and hospital, Dharwad
- c. CME on 'Community psychiatry and district mental health programme – an update' held on 03-09-2018 at NIMHANS, Bangalore
- d. CME on 'Update on gastroenterology' held on 07-09-2018 at AIMS, B.G.Nagara organized by Dept of General Medicine.
- e. Attended the 1st contact session of 'MCI fellowship in medical education' (Advance Course in Medical Education - ACME) at MCI nodal centre St. John's Medical College, Bengaluru from 22nd to 26th of September, 2018.
- f. A workshop on artificial intelligence and technological interface with medical field held in collaboration between IBM-ACU on 15th October, 2018.
- g. Workshop on 'Workplace based assessment' organized by MEU, AIMS held on 26-10-2018 at AIMS, B.G.Nagara
- h. Orientation workshop on role of BoS and Curriculum planning organized by MEU held on 28-11-2018 at AIMS, B.G.Nagara.
- i. Global autism convention 2018 held at St. John's National Academy of Health Sciences, Bengaluru on 10-12-2018 to 12-10-2018.
- j. CME on 'Myths and facts of ageing' held on 27-12-2018 organized by Dept of Physiology at AIMS, B.G.Nagara

4.Publications

- a. Kishor M, Vinay HR, Kusuma KS, Kantanavar P, Chandran S. A faculty training module on the art of counseling students in academic issues. Int J Health Allied Sci 2018;7:210-1
- b. Kishor M, Chandran S, Vinay HR, Kusuma KS, Kantanavar P. A faculty training module on the art of counseling students on non-academic issues. Int J Health Allied Sci 2018;7:273-5

5.Oral/Poster presentations

- a. Poster presentation titled '*An experiential account of psychiatry clinical postings for II MBBS students with Interns as simulated patients*' which won 'Indian Teachers of Psychiatry MINDS united award' for best idea or research or practice that has positive implications in undergraduate psychiatry at National conference on combat depression held at JSS Medical college, Mysuru on 22nd & 23rd Oct, 2018.

6.Any other academic activity or achievements

- a. The inaugural function of Mental Health Collaboration program between AIMS, B G Nagara and Taluk Health Office (Nagamangala Taluk) under department of Health & Family Welfare was held on 16th August, 2018 at Community Health Center, Bellur. This was the first visit of psychiatrists from the Department of Psychiatry, SAH&RC in the series of visits scheduled in coming weeks as part of the public-private collaboration
- b. Presented with 'Best teacher' and 'Best Clinician' certificate/award in the department of Psychiatry at 'Talents Day-2018' observed on 18-09-2018 at AIMS, B.G.Nagara.

c. Competitions for students like painting, clay modelling, short film making and quiz were held all week along on the topics related to mental health on the occasion of 'World Mental Health Week' observed from 10-10-2018 to 16-10-2018.

d. Initiation of speciality clinics in the department – Child guidance clinic (Tuesdays) Coordinator – Dr Vinay.H.R

e. Quality initiative of instituting MINDS- AIMS annual award for student with excellence in psychiatry.

f. Member of newly constituted Internal Quality assurance Cell (IQAC)

g. Member of newly constituted 'Kannada Balaga'

h. Member of newly constituted NAAC Core Committee.

i. Subject mentor in Mentor-Ward system of Phase III Part II of MBBS course

j. Participated and won 'Man of the Match' in cricket under Royal Brigades team in psychiatry premiere league.

The team secured runners up in the finals organized by IPS- KC sports activity at KANCIPS – 2018 (28th Annual conference of IPS Karnataka chapter), Dharwad.

Academic activities & other achievements of the faculty - Dr. Neeraj Raj.B

1. Conferences/ Workshops/CME's attended

a. Conferences attended: -

1. Dementia -2018, International Symposium on Dementia & 22nd National conference of ARDSI at Indian Institute of Science, Bengaluru between 14-16th September 2018.

2. 31st Aug to 2nd Sept 2018 - KANCIPS (28th Annual Conference of IPS Karnataka Chapter), Dharwad.

3. T.S SRINIVASAN Knowledge conclave 2019 on "Neuro Technologies" held at NIMHANS on Feb 15th and 16th 2019.

b. Workshops attended: -

1. National Workshop for Early Career Professional in Assessment & Management of Technological Addiction organized by SHUT clinic NIMHANS on 29th September 2018.

2. Workshop on 'Community Psychiatry and DMHP - An Update' held at NIMHANS on 3rd September 2018.

3. Workshop organized by IPSKC and NIMHANS on 15th July 2018 on 'Working through Mental Health Care Act -2017'.

4. Participated as a delegate in the 'Orientation and Sensitization Programme for newly appointed Faculty' held on 30th November 2018.

5. Non-Invasive deep brain stimulation certificate workshop at NIMHANS on Feb 18th to 20th 2019.

c. C.M.E's attended: -

1. "Pain management and USG workshop" CME programme held on 19th December 2018, at AIMS, B.G. Nagara.

2. Guest speaker

1. Guest speaker at Haradanahalli P.H.C and PU college respectively on 11th Oct and gave a talk on mental health issues in young children and adolescents.

2. Guest Lecture at Adichunchanagiri Nursing College on stress management orientation on 12th October 2018.

3. Guest Seminar presentation on 'Secondary psychodermatological disorders' at Seminar Hall, dept of Dermatology at a PG teaching program conducted on 26th July 2018 2:00 pm on the topic 'Psychodermatology'. This was an Interdepartmental initiative between the departments of Psychiatry and Dermatology.

3. Publications

a. Neeraj Raj B. Teaching Psychiatry to Undergraduates- Sprouts of Change. Let the minds talk 2018 Jun; vol 8 (1): 2.

Articles for Publication in line,

b. Neeraj Raj B, Vijaya Raman. Dissociation in Children & Adolescents- Current review of the literature.

c. Neeraj Raj B, Dr R.B Galagali, Dr Vidya Satyanarayanan. Neuropsychiatric Morbidity among Inpatients with Recent Mild and Moderate Traumatic Brain Injury.

d. Dr Shivakumar B.K, Dr Neeraj Raj B, Dr Vinay H.R A cross-sectional study of opinion about the mental illness among undergraduate medical students.

e. Dr Neeraj Raj B, Dr Shivakumar B.K, Dr Vinay H.R. A cross-sectional study of attitude towards psychiatry among undergraduate medical students.

3.Any other academic activity or achievements

a) Training and guiding students Mr Yashas.P and Mr Ashwin K Bhat who won 1st place in State level Psychiatry UG quiz conducted by IPS Karnataka Chapter at Kalaburgi on 6th May 2018 and represented Karnataka at IPS South zone quiz held at Tirupathi on October 27th, 2018.

b) As part of the community outreach programme, Government private initiative to schedule psychiatrist to 12 selected P.H.C's in Nagamangala Taluk. As part of this initiative weekly PHC visits to educate ASHA workers, P.H.C doctors and to treat the patients.

c) Orientation program for fresh Engineering students of BGSIT pertaining to "Stress management and psychological issues" were conducted on 13th August 2018, at BGSIT.

d) Orientation program for fresh Pharmacy students pertaining to "Stress management and psychological issues" was conducted on 30th August 2018, at Sri Adichunchanagiri college of pharmacy.

e) Mental Health Awareness rally at CHC Bellur was organized in association with community department and was inaugurated by planting a sapling by Principal on 10th October.

f) IBM-ACU workshop was attained on 15th October 2018 at Seminar Hall, AIMS.

g) Organized quiz and coordinated competitions as part of 'Mental Health Week' arranged on the theme "Young people and Mental health in changing world".

h) Starting speciality clinics in the department

Senile and memory clinic – Wednesdays (Dr Neeraj Raj. B)

i) 1st prize in Chess event in open category organized during the IPS- KC sports activity at KANCIPS – 2018 (28th Annual conference of IPS Karnataka chapter), Dharwad.

j) Participated as a team member in cricket under Royal Brigades in psychiatry premiere league. Our team secured 2nd place in the sports event organized during the IPS- KC sports activity at KANCIPS – 2018 (28th Annual conference of IPS Karnataka chapter), Dharwad.

Photo Gallery – Departmental events in July-December 2018



Doctor's Day celebration at AIMS



Awareness rally on world mental health day



Guest Lecture on World mental health day



PHC visit by Dr. Shivakumar.B.K



PHC visit by Dr. Shivakumar.B.K



Inaugural of Public-Private initiative (PHC visits by AIMS)

Photo Gallery – Departmental events in July - December 2018



Dr. Vinay.H.R receiving award for a poster at National conference



Dr. Neeraj Raj.B visiting a PHC



Dr. Shivakumar.B.K. visiting a PHC



Dr. Vinay.H.R & Dr. Neeraj Raj.B at flood relief camp, kodagu



Adichunchanagiri Institute of Medical Sciences
B.G.Nagara, Nagamangala, Mandya

To,



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Sri Sri Sri
Nirmalanandanatha
Mahaswamiji

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॥ Jai Sri Gurudev ॥

DHWANI

Official Newsletter from the Department of E.N.T.

Adichunchanagiri Institute of Medical Sciences

From the Editor's desk

Greetings from the E.N.T. Department. We are very happy to present to you our newsletter "DHWANI".

We, the faculty in the department strive to achieve our aims and goals as specified in the visions and objectives of the department.

We constantly encourage our students for their overall development. In this semester, we have had several accomplishments from both undergraduates and post graduates.

I would like to express our gratitude to our Principal, Dr. M. G. Shivaramu for inspiring us with his encouragement.

I would also like to thank my colleagues and students for their support and contributions for publishing this newsletter.

Dr.G.C.Ravi

Professor and H O D

A Case of Unilateral Nasolabial Cyst- presented by Dr Sathiyamoorthy at ENT State Conference in Mandya in October 2018

- A 35 years old male patient presented with chief complaint of painless swelling in the left side of upper lip region and left sided nasal obstruction since 1 year.

History of presenting illness

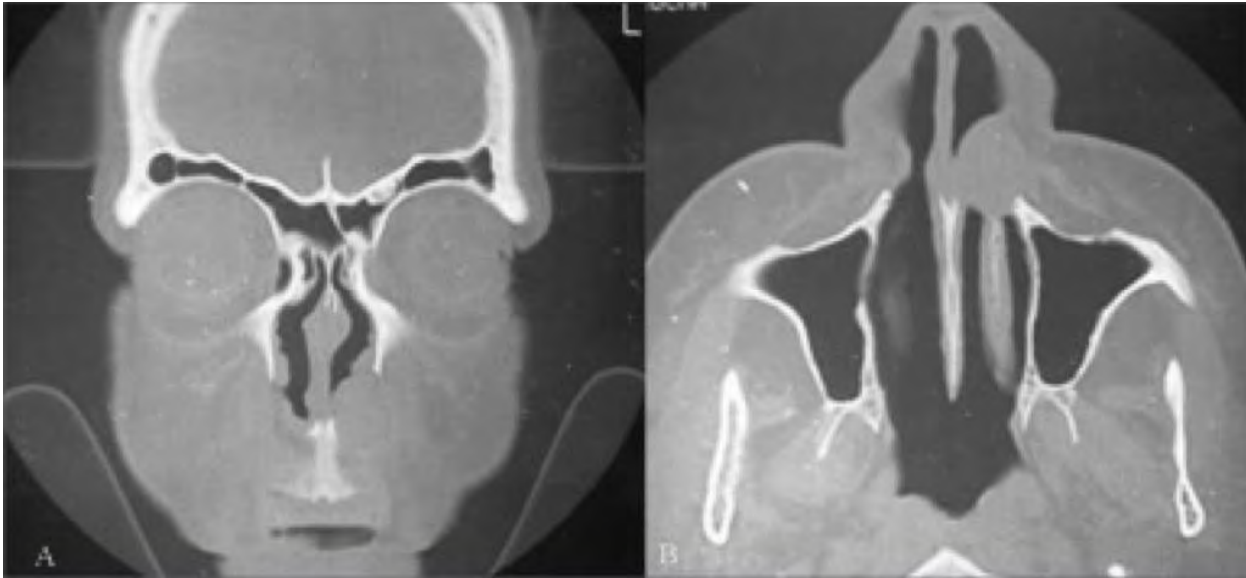
- Swelling was insidious in onset and gradually progressive.
- No history of trauma in the affected region

Examination

- Examination revealed facial asymmetry with slight elevation of the ala nasi and deformation of the left nasolabial sulcus.
- The floor of nose showed soft fluctuant circumscribed mass 2*2.5 cm in dimension which narrowed the nasal cavity.
- Intraoral examination revealed the presence of a nodular lesion consistent with extraoral findings, extending anteriorly toward the gingivolabial sulcus.

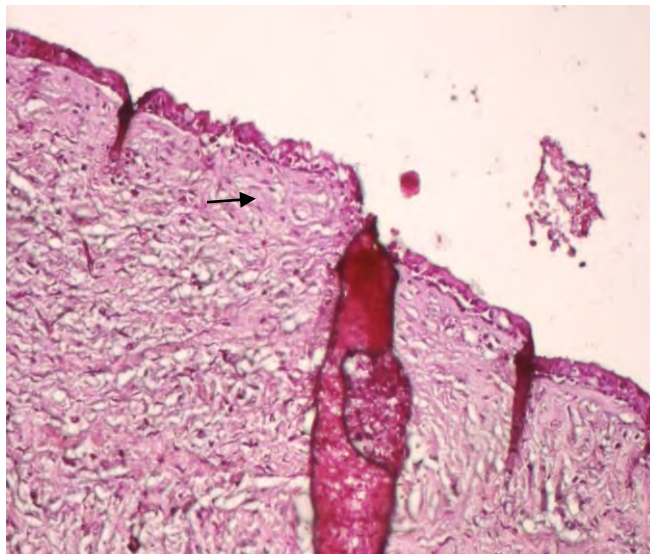


CT Scan revealed a non-odontogenic cyst in nasolabial area measuring 25x27x25 mm (AP xTX x CC)



TREATMENT GIVEN

- Under GA, through sublabial approach cyst capsule was dissected and the lesion was excised and sent for histopathological examination.
- Post-operative period was uneventful.



Histopathological Examination

- Report shows cystic structure lined by **pseudostratified columnar epithelium** with scattered mucin producing goblet cells and it is made up of thick fibro collagenous tissue and dense chronic inflammatory cells.

DISCUSSION - Nasolabial cyst is a rare developmental non-odontogenic type of soft tissue cyst occurring in nasal alar region of midface. It was described by Zukerkandl in 1882.

- Nasolabial cyst also known as nasovestibular cyst, nasoglobular cyst and nasoalveolar cyst.

- In 1953, Klestadt investigated nasolabial cysts in depth and named as Klestadt's cyst. It represents about 0.7% of all cysts in the maxillofacial region, 2.5% of the non-odontogenic cysts.
- Commonly seen in females and it has high peak prevalence in the 4th-5th decade of life.
- It is usually unilateral, but 11.2% cases have been reported to be bilateral.
- For nasolabial cyst, various theories of origin have been proposed.
 1. It is a retention cyst arising from inflamed mucus gland.
 2. These lesions must originate from embryonic epithelium, entrapped in the developmental fissures between the lateral nasal and maxillary processes, postulated by Klestadt.
 3. It arises from the remnants of the lower anterior part of the nasolacrimal duct, the most accepted theory by Bruggemann.
- **CONCLUSION-** Nasolabial cyst should always be kept considered in the differential diagnosis of soft tissue swelling in nasal alar region.

The diagnosis in this case was based on clinical findings, which described all of the findings of nasolabial cyst and was confirmed by histopathology. Surgical excision through sub labial approach is the treatment of choice.

A RARE CASE OF DENTIGEROUS CYST ASSOCIATED WITH IMPACTED MAXILLARY PREMOLAR- presented by Dr. Niharika at ENT State Conference in Mandya in October 2018.

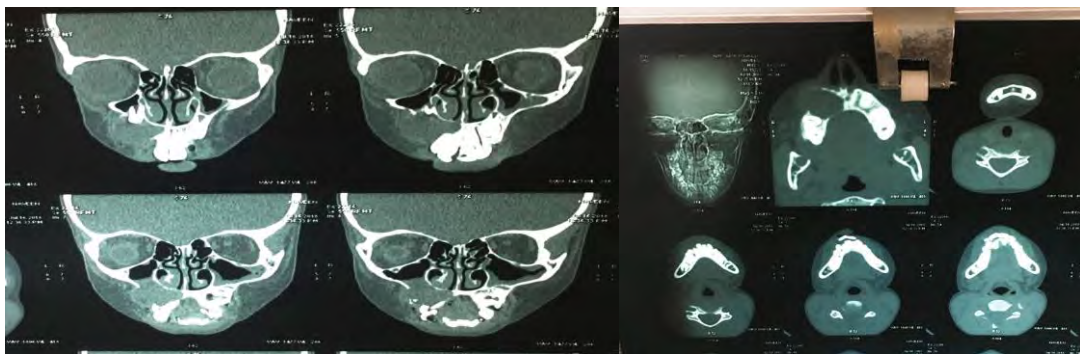
A 12-year-old boy presented with a chief complaint of painless swelling in the upper right maxillary region and facial asymmetry since 2 months.

History of presenting illness

- Swelling was insidious in onset and gradually progressive.
- No history of trauma in the affected region or any systemic pathology.
- Examination- Extraoral examination revealed swelling in the right maxillary region and upper lip on the right side.

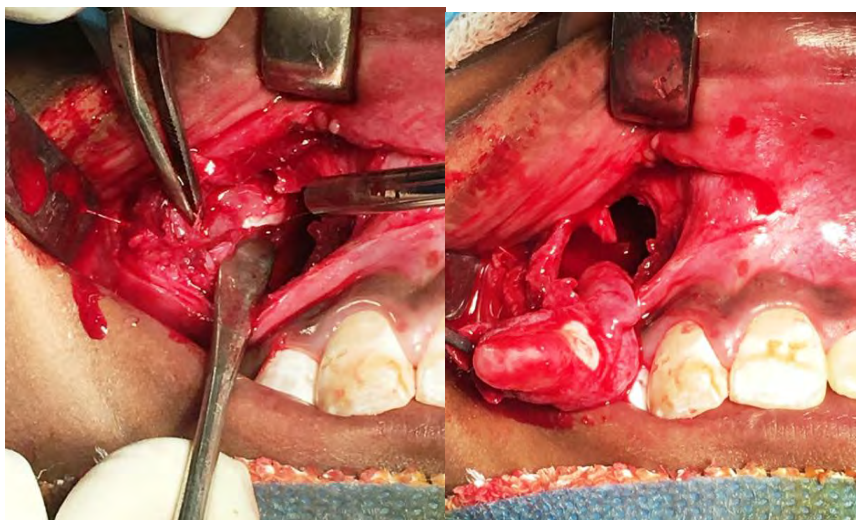


- On intraoral examination, there was a firm painless swelling in right maxillary vestibule area measuring about 3×4 cm, extending from maxillary right lateral incisor to 1st molar region.
- The overlying mucosa did not show any inflammatory signs
- On general examination, patient was moderately built. Vitals were stable. There was no pallor, icterus, clubbing or edema.
- CT revealed a well defined lobulated cystic lesion centered around the crown of the impacted and displaced right 1st premolar with its roots embedded in the medial wall of maxillary sinus arising from the right maxillary alveolus.
- Thus the clinical and radiologic features were suggestive of dentigerous cyst.



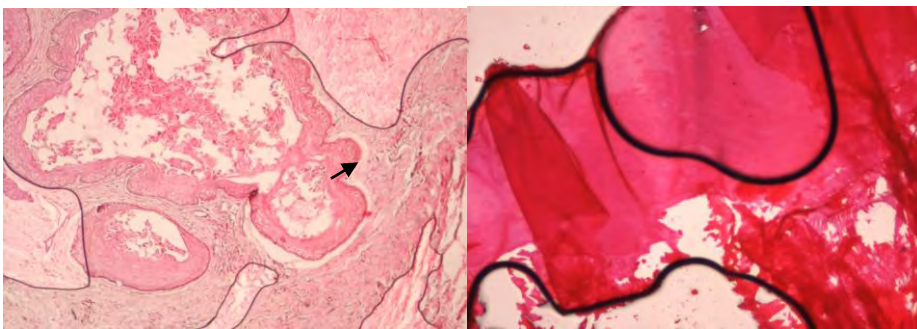
TREATMENT GIVEN

- Enucleation of the cyst along with extraction of the impacted maxillary premolar was done and the specimen sent for histopathological examination. Postoperative follow up was uneventful and the sutured site healed well.





Histopathological analysis revealed a cyst lined by **stratified squamous epithelium**. Subepithelium showed chronic inflammatory cell. Infiltrate and fibrocollagenous tissue. Areas of hemorrhage and tooth are seen consistent with dentigerous cyst.



DISCUSSION

Dentigerous cysts are the most common of the developmental odontogenic cysts of the jaws and account for approximately 20-24% of all the epithelium-lined cysts of the jaw.

- It usually occurs in 2nd to 3rd decades with slight male preponderance.
- A dentigerous cyst is a cyst which usually encloses the crown of an unerupted tooth, expands the follicle, and is attached to the cemento-enamel junction of the tooth.
- Most commonly, it involves the mandibular and maxillary third molar, maxillary permanent canines, followed by mandibular premolars and rarely maxillary premolars.
- The incidence rate of dentigerous cyst involving maxillary premolar is 2.7% as compared with 45.7% involving mandibular 3rd molar. Daley et al reported an incidence of 0.1 to 0.6% and Shear found it to be 1.5%.
- According to Toller et al, the origin of dentigerous cyst could be due to breakdown of proliferating cells of the follicle after impeded eruption. There is an increase in osmotic pressure as a result of breakdown of products, finally leading to development of cyst.
- A dentigerous cyst can be inflammatory or non-inflammatory.
- The inflammatory type of dentigerous cyst occurs because of inflammation in a nonvital deciduous tooth.
- The noninflammatory type develops due to the pressure exerted by the erupting tooth on an impacted follicle.

- Radiographically, dentigerous cyst presents as well-defined unilocular radiolucency, often with a sclerotic border and this radiolucency surrounds the crown of an impacted tooth.
- Three radiographic variants of dentigerous cyst, namely central, lateral, and circumferential, have been described.
- In our case the cyst was of circumferential variety engulfing the crown of an impacted tooth.

CONCLUSION

- Whenever young patients present with painless slow expansile lesions of the jaw, odontogenic cysts should be considered as one of the differential diagnosis. Therefore complete clinical and radiological examination has to be done to render appropriate treatment.

A CASE OF RTA WITH WOODEN LOG PIECE PENETRATING THE NECK BROUGHT TO EMERGENCY

- ▶ A 45 year old male patient had history of RTA on 22/12/ 18 night ,when patient was riding his bike and collided against a wooden log and a piece of wood perforated through the neck.
- ▶ Patient was brought to casualty with wooden piece insitu.
- ▶ No history of loss of consciousness/ vomiting/seizures/ head injury.
- ▶ On arrival – patient was conscious, oriented and irritable with vitals stable.

ON EXAMINATION - wooden piece perforating the anterior part of neck with :

- ▶ Entry wound → submandibular region on left side.
- ▶ Exit wound → postauricular region on right side.
- ▶ Length of wooden piece → 55cm-60cm approx.
- ▶ Width → approx 4cm
- ▶ One edge of the wooden piece was sharp and other was blunt. Oropharynx was injured and wooden piece was visualized.



- ▶ After maintaining circulation and breathing through mask ventilation, emergency tracheostomy was done with Portex tracheostomy tube size 8.0.

Difficulties faced while performing tracheostomy

- ▶ Restriction of neck mobility-Neck extension was not possible.
- ▶ Mobility of the patient.
- ▶ Neck – Short and Broad.
- ▶ Adequate sedation was not possible

Patient was referred to higher centre for in view of neurovascular management and multidisciplinary approach for further management.



॥ जेव्हा इतिहास पुनर्जागृत ॥



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OPHTHO - VISION

Department of Ophthalmology



I am happy to bring this newsletter introducing various activity done in the department of ophthalmology in the past 6 months from JULY 2018 to DEC 2018.

It was a activity filled year, various activities such as , Guest lecture, CME, Doctor's day, Eye donation fortnight, World sight day, Diabetic retinopathy month ,ROP screening programme , Interdepartmental meetings were conducted.

We thank our beloved Vice Chancellor Dr. S Chandrashekar Shetty for availing his valuable time and enlightening us regarding

“COMMUNITY OPHTHALMOLOGY”. We also thank our beloved Principal Dr. M G Shivaramu for constant support and encouragement to conduct various departmental activities. Our department professor and great teacher Dr. Jayaram R was retired from his duties in the month of September 15th, we wish him a happy healthy retired life.

Around 126 camps were conducted in various areas around AIMS. 1868 Cataract cases and 100 miscellaneous cases were operated.

We are proud to announce our colleague Dr. Spoorthy working as Senior resident was promoted as Assistant professor. Dr. Noothan working as Senior resident in Department of ophthalmology, has completed PHACO fellowship in Nethradhama institute, Bangalore . We wish both of them all the best.

State level ophthalmic conference was attended by all faculty and postgraduates in December. 8 papers and 3 posters were presented in KOSCON. It was a knowledgeable and innovative conference, helpful for both faculty and PG's.

Personal achievement is also important as much as professional achievement, we wish Dr. Maithri V Thunga, a happy married life.

Our hospital is surrounded by many villages, where the burden of blindness of eye related diseases are high. So, our aim of conducting various activities were directed towards creating awareness, educating the masses regarding the common eye problems and uses of eye donation.

Dr. H.T. Venkate Gowda,
Professor & HOD

DOCTOR'S DAY CELEBRATION

July 1st was celebrated as Doctor's day with all the faculty and PGs.



GUEST LECTURE-COMMUNITY OPHTHALMOLOGY

On the occasion of cataract awareness month, Felicitation function and Guest Lecture on Community Ophthalmology was conducted by Department of Ophthalmology, Adichunchanagiri Institute of Medical Sciences, B G Nagara on 19th July 2018.

The program was planned and executed under the guidance of Dr. H.T. Venkate Gowda, Professor and HOD, Department of the Ophthalmology, AIMS , B G Nagara.

Prof Dr S Chandrashekhara Shetty, Honourable Vice Chancellor, Adichunchanagiri University, B G Nagara and Prof Dr Sujatha B L, Director and Medical Superintendent, Minto Eye Hospital, BMCRI, Bengaluru were felicitated by department of Ophthalmology.

Our speakers Prof Dr S Chandrashekhara Shetty and Prof Dr Sujatha B L highlighted important aspects of National Programme for Control of Blindness, VISION 2020, global burden of cataract and elaborated on comprehensive eye care.

The guest lecture was attended by our beloved principal Dr M G Shivaramu, Registrar Mr Umesh, Professor and HODs of other departments of AIMS, other faculties, undergraduate and post graduate students.



STATE LEVEL OPHTHALMIC CME- PAEDIATRIC OPHTHALMOLOGY

The much awaited state level CME on Paediatric Ophthalmology conducted on 28th June 2018 and it was the first ophthalmic CME conducted after the formation of Adichunchanagiri University.



It was a day long CME & international and nationally renowned guest speakers specialized in the field of paediatric ophthalmology were invited to enlighten us regarding the topic. The session was started with invocation song by Dr.Maithri.

Welcome address was given by our Prof & HOD, Dr H T Venkate Gowda and the programme was inaugurated in the presence of our beloved Principal Dr. M G Shivaramu, Prof & HOD Dr. H T Venkate Gowda and other dignitaries.



Guests were addressed and felicitated by Principal Dr. M G Shivaramu.



Dr Hemanth Murthy, Medical Director, Retina Institute of Karnataka, reknowned Vitreo -Retinal Surgeon. He gave an impressive talk on **“Retinopathy of Prematurity”** and its management which was useful for both Residents of Ophthalmology and Paediatrics.



Dr Chinmayee J Thrishulamurthy, assistant professor at MINTO Ophthalmic hospital, BMC and RI and consultant at Nethradama Superspeciality Eye Hospital.

“Paediatric cataracts and amblyopia” one of the challenging areas in Ophthalmology was made easy by Dr. Chinmayee



Dr. Fairouz PM is a specialist in Ophthalmic Plastic surgery, Orbit and Ocular Oncology, consultant oculoplastic surgeon and ocular oncologist at Horus speciality Eye Care, Bengaluru spoke on new concepts regarding “**Retinoblastoma and other extra ocular tumors**” and was made simple for both PGs and UGs.



The programme was hosted by Dr. Maithri and Dr. Chaitra final year PGs.



Dr. Pooja H V working as Senior Resident in AIMS ,B G Nagar gave an “Introduction of normal visual development in a child”.



Dr. Spoorthy S working as Senior Resident, AIMS gave an elaborate explanation of “How to evaluate the vision in paediatric age group”.

Each session was followed by discussion.

Dr Vasudeva Naik, Prof & HOD, Dept of Medicine was the KMC Observer for the CME. The programme was attended by 170 delegates, including faculties and PGs of AIMS and other institutions and under graduates.



The session was concluded with vote of thanks by Dr. R Jayaram, Professor AIMS, B.G.Nagar.



Certificates were issued to all delegates with 2 credit hours as per KMC.

A day long CME was filled with knowledge, wisdom and was very useful for the students.

TEACHER'S DAY CELEBRATION:



SEPTEMBER 5TH was celebrated as Teacher's day and it was an occasion for the students to express their gratitude to their teachers

FAREWELL PROGRAMME

From the department of Ophthalmology, we had a small farewell program for our beloved professor Dr. Jayaram R. as part of completing his valuable service towards our institution and in the field of ophthalmology.

Professor Dr. Jayaram R. joined our prestigious institution Adichunchanagiri institute of medical sciences in the year 2004 and has rendered his service towards treating patients and teaching profession since last 15 years.

We from the department of Ophthalmology conducted farewell function for our dear sir on 14th September 2018 at doctor's club. The program was headed by Principal Dr. M.G. Shivaramu, Professor and HOD Ophthalmology department Dr. H.T. Venkate gowda, In-charge Medical Superintendent & Professor and HOD department of Orthopedics, Dr Sagar and Office Superintendent Mr. Ramu.

The program began with invocation song by Dr. Raghavendra 1st year PG dept. of Ophthalmology. Brief introduction of Dr. Jayaram sir was given and felicitated by Department of Ophthalmology and honoured by Principal Dr M.G. Shivaramu.

All dignitaries spoke and wished him good health and peaceful post retirement life.

The program was also attended by teaching staff of department of ophthalmology, post graduate students, and nonteaching staff. Dr Spoorthy (senior resident) and Dr Hafeez (final year PG) shared their experience with sir and thanked him for his extended support. All the dignitaries and the audience were entertained by melodious songs by Dr Manohara (2nd year PG) and Dr Raghavendra (1st year PG). The program was successful and was followed by lunch.



EYE DONATION FORTNIGHT – DEPARTMENT OF OPHTHALMOLOGY

Eye donation fortnight is worldwide programme conducted during August 25th to 8th September. The aim of the programme is to create awareness regarding eye donation, methods of corneal procurement, storage, surgery for corneal transplantation.

Department of Ophthalmology, AIMS conducted eye donation fortnight, likewise to create awareness among the patients, students and general public. During the stipulated period an extensive reach out through camps was achieved in nearby rural areas and talks were given in closer villages attached to DBCS AIMS: Saligrama, Konanuru, Ankapura, Channarayapatna, Hirisave, Kunigal. A thorough knowledge regarding eye donation and the procedures involved in it were given by our Ophthalmologists to the masses.

Public was educated regarding the eye donation and various misconception and myths were cleared through interactions. Also pamphlets containing details of eye donation in the native language (kannada) was distributed to the audience.

Similar eye donation awareness was conducted in Bhaktanatha Swami PU School, Nagamangala by Ophthalmic faculties of AIMS; Dr. Spoorthy and Dr. Pooja. Around 200-250 students of PU college were present during the occasion. Students were educated with key information regarding eye donation: indications, procedure of Keratoplasty, Do's and don'ts of corneal preservation. It was followed by a questionnaire session. Students were interactive and enthusiastic throughout the session.

On 8th of September a programme was conducted in Ophthalmology OPD regarding the awareness of Eye donation for the Patients and Bystanders. Our Principal Dr. M G Shivaramu, AIMS, RMO Mr. Somashekar were the dignitaries present along with the faculty and postgraduates of Ophthalmology department, AIMS.

Eye donation awareness was created by HOD & Prof. Department of Ophthalmology Dr. H T Venkate Gowda . The session was followed by distribution of pamphlets containing the eye donation information in the native language.

During the fortnight apart from creating awareness outside, the walk-in patients were also educated regarding the importance of eye donation and people who are interested in eye donation were given the form to pledge their eyes.

The event was successful and overwhelming response was received from the patients, students and the general masses.



Eye Donation Awareness in Camp, School and For Patients in Hospital

FREE DIABETIC RETINOPATHY AND AGE RELATED MACULAR DEGENERATION SCREENING CAMP.

The department of Ophthalmology had conducted a free diabetic retinopathy and age related macular degeneration screening camp on 17th September 2018 in association with Warren company between 10:00 am to 4:00 pm.

About 73 patients were screened for the same. 2 patients had ARMD and 4 patients were found to have diabetic retinopathy of which 3 were categorized as Non Proliferative Diabetic retinopathy and 1 with Proliferative Diabetic retinopathy.



WORLD SIGHT DAY

World sight day is observed annually on second Thursday of October every year and as the name suggests it's a global event which is meant to draw attention on blindness and visual impairment. It was originally initiated by "Sight first" campaign of Lions club international foundation in the year 2000. Since then, it has been integrated into VISION 2020 and is coordinated by IAPB in cooperation with World Health Organization.

The theme for world sight day 2018 is "Eye Care Everywhere" with the emphasis that everyone everywhere should get access to good eye health.

Activities conducted by the department of Ophthalmology on the occasion of World Sight Day – OCTOBER 11th 2018.

1. WALKATHON

A walkathon was conducted on 5th October which was inspired by Prof. Dr. S Chandrashekar Shetty our Vice Chancellor, initiated by Prof & HOD Dr. H T Venkate Gowda supported by our beloved Principal Prof Dr. M G Shivaramu.



The whole department of Ophthalmology: the staff, teachers, residents and medical students joined hands for the event.

We gathered at Community Health Centre, Bellur and marched along the busy roads of Bellur town raising slogans related to eye health and eye donation.



2. DRAWING COMPETITION

Drawing competition was held on 5th October in B GS Model Public High School, to know the insight about students about World Sight Day. 49 students participated in the event. We thank the Principal of the school for encouraging the students for participation. Few drawings were selected for prizes.

The Winners of Drawing Competition.

1st Prize : Janani B(10th std), 2nd Prize: Chaitra D(10th std), 3rd Prize Laxmi MR(8th Std), Consolation Prizes To 2 Students : Krupa (Of 10thStd) And Raghavendra (Of 10th Std).



3. SCREENING CAMPS

For raising awareness there was a reach out to several villages around the hospital, where camps were conducted and resident ophthalmologists gave talk regarding the eye care, preventive and curative measures.



Screening Camp In BGS Model Public School B G Nagar Was Held To Promote Eye Health Awareness Among Children.

GUEST LECTURE- WORLD SIGHT DAY

October 11th 2018 A Guest Lecture was conducted as a part of World sight day programme. The Institutional heads were invited as the dignitaries; Principal Prof Dr.M G. Shivaramu , Medical Superintendent, Professor Dr. T. M . Manohar & Prof & HOD, Dr. H T Venkate Gowda & the guest speaker : Dr. K V Ravishankar, MD, FRCS.



Dr. K V Ravishankar the guest speaker is a well-known Ophthalmologist for his specialization in surgery for diseases of Retina and Vitreous and Pediatric Ophthalmology. He is the Director at Usha kiran eye hospital, Mysore .

The programme was started with the invocation song by Dr. Maithri (final year PG resident).

The guest speaker Dr. K V Ravishankar was felicitated by our beloved Principal Dr. M G Shivaramu.

Followed by that, there was a brief talk on activity done in this institution on occasion of World sight day by Dr. Manohara Prabhu (2nd year PG resident) & Dr. Madhuri (1st year PG Resident) The Prizes for the winners of drawing competition were distributed by our Principal Dr. M G Shivaramu. Followed by which the much awaited guest lecture by Dr. K.V Ravishankar on “Diabetic retinopathy and Childhood blindness” was given.

Students showed keen interest to know the subject. The lecture was made interesting and thought provoking with interesting figures, images and a lot of new advances that are taking place in Ophthalmology.

The session was followed by a vote of thanks to all the people, the speaker, institutional heads, the HOD, the staff and all students who participated in the guest lecture session and ended with the national anthem.



This session was informative and carried a useful message to all.

RETINOPATHY OF PREMATURITY- SCREENING DAY

As a part of international prematurity day, celebrated on Nov 17th, ROP screening was conducted in the department of Ophthalmology. Screening was done to 3 premature children by Professor Dr. Sundip Shenoy, Vitreoretinal surgeon, which was found to be normal.

In the last three years our department has screened around 89 children born prematurely with the criteria of birth weight < 2kgs and gestational age < 37 weeks. Around 24 children among the screened were found to have ROP in different stages which were referred to higher centre for further management.

Apart from screening the children parents were educated regarding the disease, causes and management modalities and exit screening was done upto 44 weeks of gestational age. A few children were followed up on a yearly basis up to 6 years to screen for complications such as myopia, cataract, amblyopia and glaucoma.



DIABETIC RETINOPATHY SCREENING MONTH

On the occasion of International diabetes day, celebrated worldwide on Nov 14th, the month of November was declared as a diabetic retinopathy screening month and free screening was conducted for all the diabetic patients attending the department of ophthalmology in AIMS, B G Nagara.

On 23rd Nov, 2018 an awareness programme was conducted and hospital dignitaries, Dr. M G Shivaramu, the principal, Dr. T M Manohar, Medical Superintendent of AHRC and Mr. Somshekar, Resident Medical Officer were present. Patients and their family members were addressed by Dr H T Venkate Gowda, Professor and HOD Department of ophthalmology and were educated about the impact of diabetes on the eye and the need for regular screening and follow up along with good diabetic control. They were also informed about the complications caused by diabetes in the eye and treatment modalities available for the said complications. Pamphlets containing the information in kannada were distributed to all the patients attending the programme.

During the entire month of November, free Screening was done to 64 diabetic patients during this month in the OPD, department of Ophthalmology. PRP was conducted to 5 patients, for the required indications. Other patients and the bystanders were provided with the pamphlets containing the needed information.



STATE LEVEL OPHTHALMIC CONFERENCE - KOSCON 2018

State level ophthalmic conference was attended by all faculty and postgraduates in December. 8 papers and 3 posters were presented in KOSCON. It was a knowledge filled and innovative conference, helpful for both faculty and post graduates.



TALENT'S DAY



CONGRATULATIONS!!

Our HOD Dr. H T Venkate Gowda sir was awarded **"BEST CLINICIAN"** for department of Ophthalmology



CONGRATULATIONS!!

Our Professor Dr. SUNDIP SHENOY sir was awarded **“BEST TEACHER”** for department of Ophthalmology

CAMP STATISTICS

There were around 105 camps conducted in various areas around AIMS from JULY 2018 to DECEMBER 2018. 1968 Cases were admitted. 1868 Cataract cases and 100 miscellaneous cases (pterygium, DCT, chalazion) were operated. Total number of cases operated from Jan to Dec 2018 was 4167.



INTERDEPARTMENTAL SCIENTIFIC MEET

Department of Ophthalmology and Department of Dermatology on 16-07-18.

TOPIC: LEPROSY

The seminar was conducted under the guidance of Dr H T Venkate Gowda, Prof and HOD dept of Ophthalmology and Dr Sathyanarayana, Prof and HOD dept of Dermatology. The staff, postgraduates from both the departments actively participated in this event. Dr Shruthi Bidarkar final year postgraduate student from department of Dermatology presented cutaneous manifestation of leprosy.

Dr Chandana S second year postgraduate student from the department of Ophthalmology presented about the ocular manifestations. This was followed by discussion among the students and professors.



OPHTHALMOLOGY AND DENTAL INTERDEPARTMENTAL MEET

Update on the **OPHTHALMOLOGY-DENTAL** Interdepartmental scientific meeting held between Department of Ophthalmology and Dental department on 24/09/2018.

TOPIC: ORBITAL FRACTURES

THE interdepartmental scientific meet was conducted by Department of ophthalmology and was presided by DR H T VENKATE GOWDA, Professor and HOD OPH. Dr .RANJITH Associate professor of Dental department was invited as the speaker.

An elaborate and informative talk was delivered by Dr. Ranjith covering various aspects of orbital trauma which included a brief anatomy of orbit, Diagnosis and emergency and elective treatment of the same.

Lights were thrown from the ophthalmology point of view on the subject by Dr. H T Venkate Gowda. Everyone found the session interactive and helpful.

All the Post graduates were educated regarding the orbital fracture evaluation and management..



INTERDEPARTMENTAL MEETING-OPHTHALMOLOGY AND MEDICINE DEPARTMENT

As a part of International diabetic day, an Interdepartmental meeting was conducted with the department of medicine on 23rd November, 2018.

TOPIC: DIABETIC RETINOPATHY

Dr Rahul PG, department of Internal Medicine presented a seminar regarding the pathogenesis, clinical features and management of diabetes mellitus. Dr. Maithri, PG, department of Ophthalmology spoke about the pathogenesis, screening protocols and management modalities of diabetic retinopathy. The session was headed by Dr Shashikanth Bhat, Prof & HOD (incharge), department of Internal medicine and Dr. H T Venkate Gowda, HOD department of ophthalmology. The session was attended by the faculty and PG students of both the departments. It was an interesting educative and interactive session.



PHOTO GALLERY







Dr. Spoorthy S, Department of Ophthalmology got promoted as Assistant Professor.



Dr. Nooten, Senior Resident, Department of Ophthalmology has Completed PHACO Training from Nethradhama Super Specialty Eye Hospital in the Month of December



Adichunchanagiri Institute of Medical Sciences
B.G.Nagara, Nagamangala, Mandya

To,



Agony of Pain ceases from here...



ANODYNE

**ADICHUNCHANAGIRI
INSTITUTE OF MEDICAL SCIENCES**
(A Constituent college of Adi Chunchanagiri University)



NEWS LETTER

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Principal, AIMS

CHIEF EDITOR

Dr. Kempachary
Professor & Hod

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EDITORIAL

With Humble Pranams to Parama Poojya Jagadguru Sri Sri Sri Dr. Nirmalananda Natha Mahaswamiji, we are presenting this newsletter

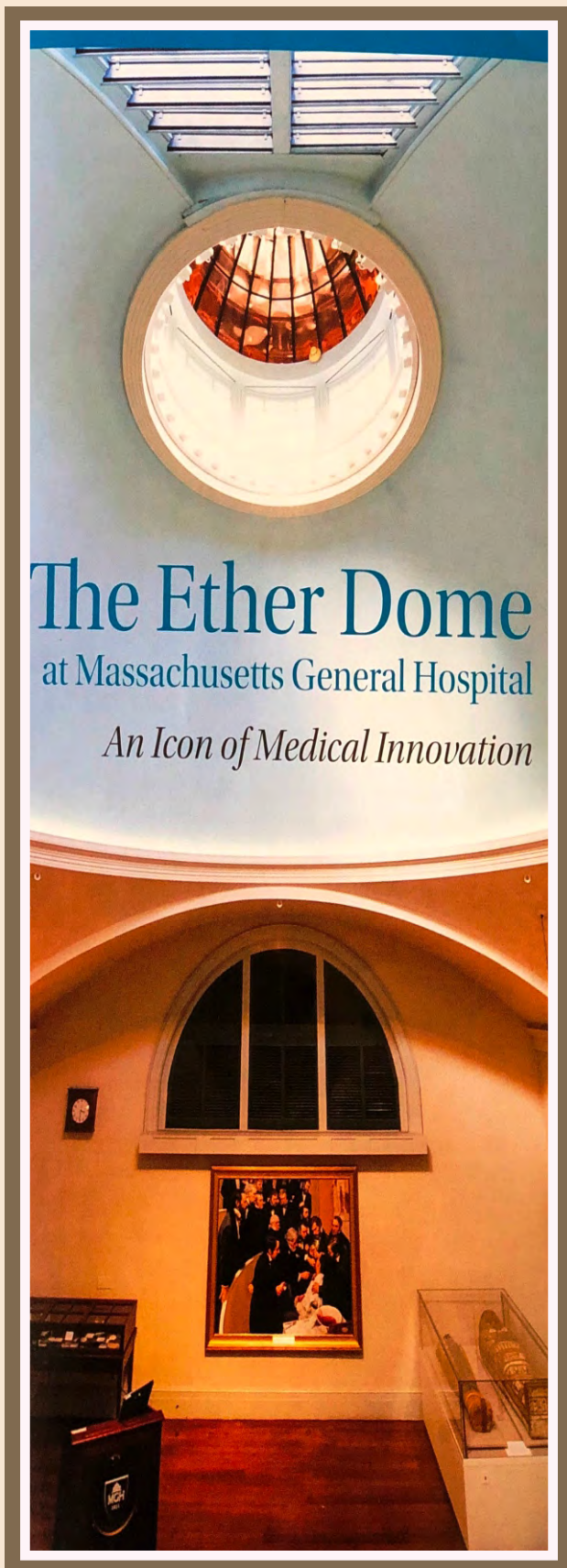
Year 2018 was a happening year for the Department of Anaesthesiology. Three useful and educative academic events namely, PG EXCEL 2018, Guest lecture on DVT Prophylaxis and CME on Pain management were conducted.

With a focus on developing a Pain Management as a subspeciality attached to the department of Anaesthesiology, as per the college council resolution, we the Department of Anaesthesiology conducted a state level CME on "Pain Management – USG Workshop" on 19/12/2018. We feel immensely proud to announce that around 140 Delegates from different colleges across Karnataka attended this educational feast. Eminent speakers from different parts of India shared their knowledge with delegates. The occasion was graced by our beloved Principal Dr. Shivaramu.MG, Medical superintendent Dr. Manohar.TM and Registrar Mr. Umesh.

We feel delighted to share the news that our beloved HOD has visited the Holy place of anesthesiologists "ETHER DOME" at Massachusetts General Hospital (MGH) in Boston on 14/11/2018.

We extend our heartfelt gratitude towards Vice Chancellor (ACU), Principal and Medical Superintendent for having supported us in all our endeavours.

Regards,
**Dr. Shivaramu.BT
Dr. Sarvesh.B**



The Bulfinch Building, named after its architect, Charles Bulfinch, opened to patients in 1821 and was hailed for its modern, innovative construction. The 36,000-square foot Greek revival-style building is made of Chelmsford granite and featured windows on all sides, as well as central heating and rudimentary indoor plumbing.

"The hospital is situated at the western part of Boston on a small eminence forming part of the Charles River or Bay," noted on article in the Oct.27, 1821, edition of the Columbian Centinel, a Boston newspaper of the day. "It is so placed that it must be forever open and accessible to the air from the south, west, and east; and on the north there is a considerable space between it and the nearest buildings."

The First Operating room of the MGH

The Ether Dome served as an operating theatre from 1821 to 1867, when a new surgical building was constructed. Operating rooms built before electricity were typically located on the top floor of a building to take advantage of available light. Before surgical anesthesia the location was also helpful to muffle the screams of patients for those on the floors below. Because pain often induced shock, surgeons of the day prided themselves on the speed with which they could amputate an arm or a leg. Ninety seconds was considered a good time. Two 19th-century operating chairs are located in the display area behind the seating tiers. Their red velvet upholstery was apparently intended to make bloodstains less visible.

After 1867 the Ether Dome served at different times as a dormitory for nurses, a dining hall and a storage area. The hospital commemorated the historical significance of the space in 1896 on the 50th anniversary of the first publc.



The Bulfinch Building of Massachusetts General Hospital

Demonstration of surgical anesthesia. The Ether Dome was designated a National Historic site in 1965.

While the words "operating Room" still appear inside the door to the closet on the right of the painting, today the room serves as a place for meetings and lectures.

The steel tiers with individual chairs date from about 1930, when fire regulations required the replacement of the old wooden bench seating. The names on the chairs have no known significance – it is likely that hospital donors were given the opportunity to name a chair after a favorite figure from MGH history.

The End of Pain in Surgery

In 1844 Hartford dentist Horace Wells noticed the painkilling effects of nitrous oxide at an event where volunteers inhaled the gas and then stumbled around and acted silly. Such affairs were known as "frolics."

Wells used nitrous oxide in his dental practice for the painless extraction of teeth. In 1845 he attempted to demonstrate his discovery in Boston. The test failed, probably because the dose was inadequate. Soundly ridiculed, Wells became deeply discouraged.

William T.G. Morton, a partner in Wells' practice, learned the technique and began experimenting on his own. Morton's interest in using the method for surgical anesthesia was inspired by Wells, but he also benefited from conversations with Charles T. Jackson, a professor of chemistry at Harvard, who advised him to use a higher grade of sulfuric ether. Jackson seemed to know that the gas could be effective in surgery, but he made no effort to apply his knowledge.



Special Article - The Ether Dome

With the help of MGH surgeon Henry Jacob Bigelow, Morton persuaded Warren to allow him to try his technique on a surgical patient. The trial took place in the Ether Dome on October 16, 1846. The patient – a young printer named Gilbert Abbott, who had a vascular neck tumor – announced that he had felt a scratching sensation, but no pain. Warren turned to the observers and proclaimed, "Gentlemen, this is no humbug." Bigelow immediately published an article describing the event and the news quickly travelled to Europe and other parts of America.

The Ether Controversy

Well, Jackson and Morton each claimed credit for the innovation. Jackson and Morton tangled in a bitter legal dispute and pamphleteering war that lasted 20 years. Jackson died insane at McLean Asylum in Belmont, Mass. In 1868 Morton read a newspaper item asserting that Jackson deserved the lion's share of credit. He became feverish, threw himself into a pond in New York's Central park and died, probably from a stroke, soon thereafter.

Wells left the practice of dentistry and his family and went to New York, where he was arrested for throwing acid on prostitutes. He killed himself in jail by slashing an artery after taking chloroform.

Meanwhile, a small-town Georgia doctor named Crawford Long had performed operation using ether anesthesia as early as 1842, but didn't publish his results until 1849, so he received no credit for the innovation.

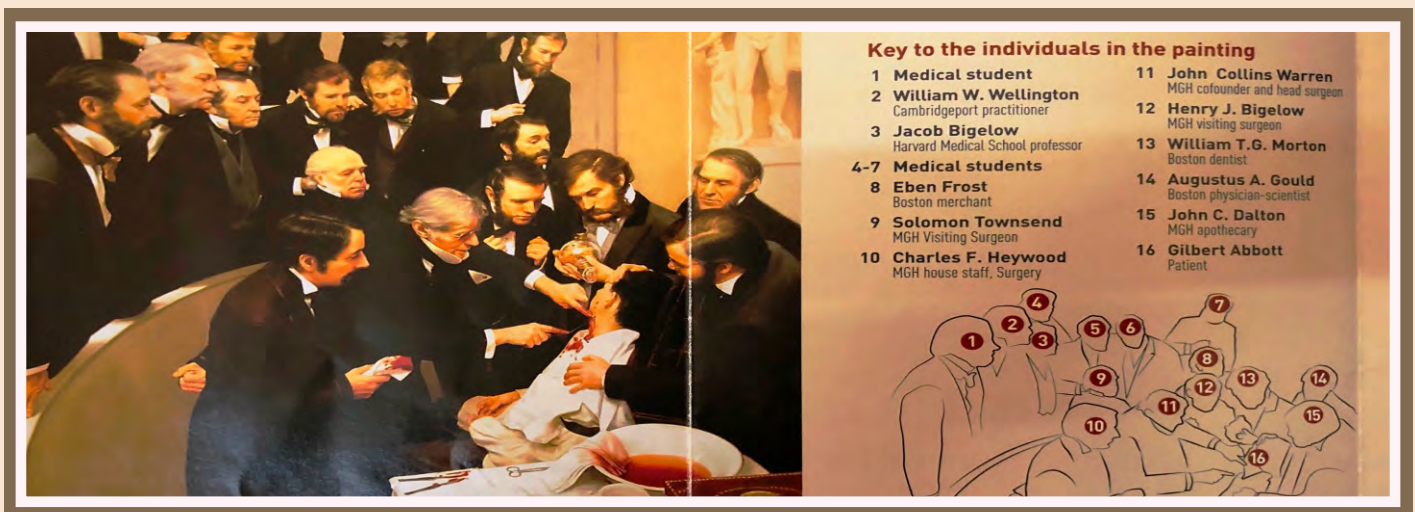
Following the historic operation, Gilbert Abbott was discharged on December 7, 1846. He married in 1850, fathered two children and enjoyed a successful career. He died of consumption (tuberculosis) in 1855 at the age of 30.

"Eher Day, 1846"

Artists Warren and Lucia Prosperi created this mural between 2000 and 2001, painting on site in the Ether Dome.

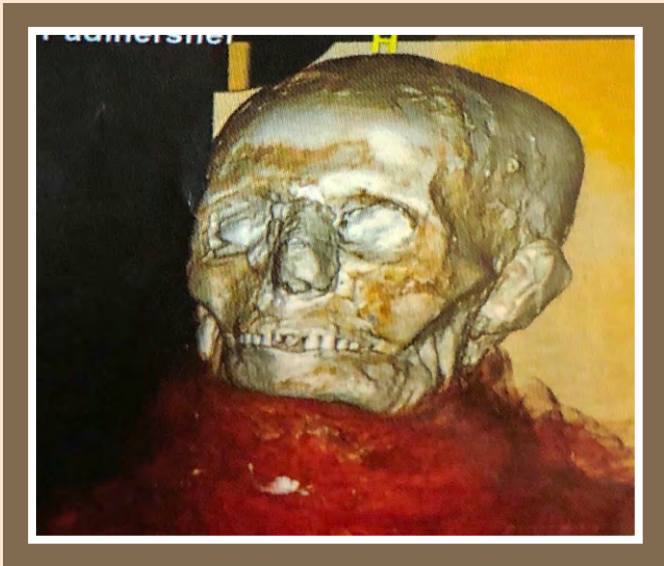
To represent the historic operation as realistically as possible, the Prosperis photographed a cast of 20 men, mostly MGH physicians, who gathered in the Ether Dome in January 2000 dressed in period costumes. They also consulted vintage photographs and artifacts from the MGH Archives and Special collections.

As the mural depicts, in the years before antiseptic and aseptic surgery, a surgeon typically operated in a frock coat as was appropriate for the dignity of his profession. The ivory or ebony handles of his surgical instruments signaled his status but made the instruments difficult to clean. Sterile surgery was not achieved at the MGH until the 1880s.



The Hospital's Oldest Patient

In 1823 the merchants Jacob Van Lennep & Co. honored Boston with an unusual gift: a mummy. It arrived in Boston on April 26, 1823, and was the first complete Egyptian burial ensemble in America.



Boston gave the mummy to the MGH, whose trustees accepted the gift as "an appropriate ornament of the operating room," while also hoping to exhibit the mummy to raise funds for the hospital. The mummy was first exhibited in Boston and later traveled by ship to venues along the eastern seaboard (1823 to 1824). It then returned to the MGH, but spent much of the late 19th century at the Boston Museum of Fine Arts. The mummy's outer coffin has been at the George Walter Vincent Museum in Springfield, Mass., since 1932.

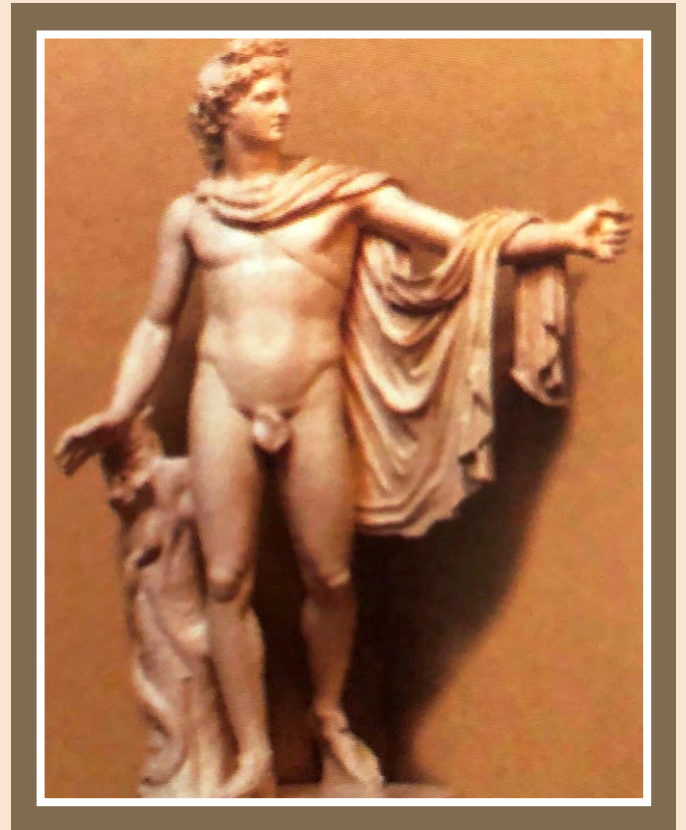
In 1823 John Collins Warren partially unwrapped and examined the mummy. He then published the first American treatise about mummies and mummification.

In 1930 Dows Dunham, curator emeritus at the Boston Museum of Fine Arts, translated the hieroglyphics on the coffins. Dunham discovered that the mummy worked as a stone mason and was named Padihershef, meaning "He whom the god Hershef has given."

Padihershef's remains have been studied by means of x-rays and CT scans. In 2013 a donor provided funds for the mummy's restoration. During the procedure, Padihershef was given a full-body CT scan overseen by MGH's MGH radiologist Rajiv Gupta. The results were analyzed and published by forensic pathologist Jonathan Elias. The restoration also included replacing the old glass and wood case with the current climate-controlled enclosure.

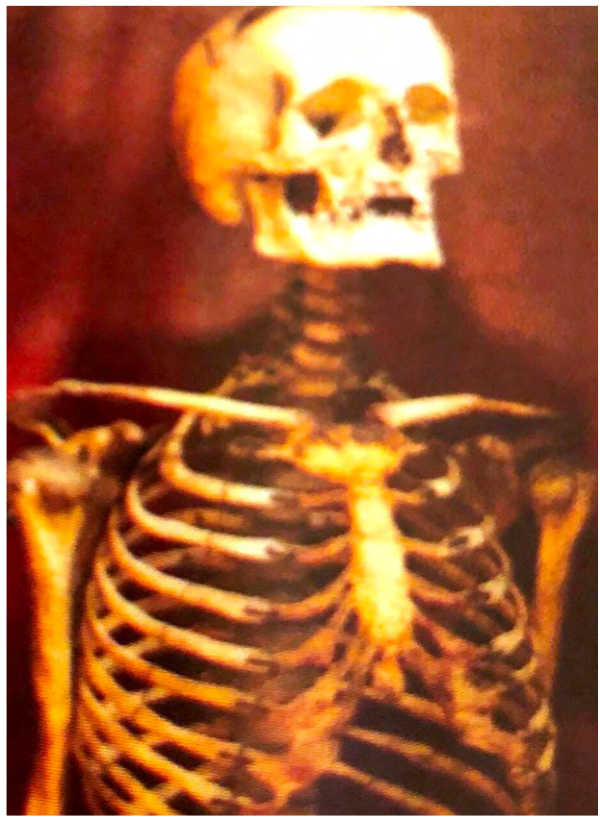
The Apollo Belvedere

Statesman, orator and short-term Harvard president Edward Everett gave the MGH the Ether Dome's plaster-cast statue of Apollo in the 1840s. The original, known as the Apollo Belvedere, was unearthed in Rome during the Renaissance. In the early 19th century, Napoleon's army looted the Vatican and took the Apollo to the Louvre in Paris. The museum made and sold plaster casts of the statue, one of which Everett bought and shipped back to Boston.



The Skeleton

The teaching skeleton hanging in the Ether Dome can be seen in the background of daguerreotypes showing the administration of ether anaesthesia in 1847. Such skeletons were a common feature in hospitals and medical schools in the 19th century.



MGH and the History of Innovation

Steps away from the Ether Dome, the Paul S. Russell, MD Museum of Medical History and Innovation is an additional rich source of information about the two centuries of medical progress at the MGH. Interactive displays, old and new medical instruments, prototype devices, and unusual objects collectively help tell the story of medicine at MGH and beyond.

2 North Grove Street a) Open Monday to Friday, 9am to 5pm year-round; Saturday 11am to 5pm April through October b) Admission Free.

Guest Lecture- Perioperative DVT Prophylaxis - 25/07/2018

A guest lecture was conducted on 25/07/2018 on "Perioperative DVT prophylaxis - A step towards better prognosis", by Dr.Yoganarasimha.N, professor, Department of Anaesthesiology BGS Global Institute of Medical Sciences, Bangalore. This occasion was



Department of Anaesthesiology, AIMS B.G.Nagara has conducted an annual CME programme on Pain Management – usg workshop under the theme “Learning and conquering pain” on 19.12.2018 awarding 2 KMC credit hours.

About more than 140 delegates comprising PG students & staff from mainly the anaesthesia Department & from other branches of Medicine like, General surgery , Orthopaedics, ENT, Obg, General medicine, Psychiatry, Paediatrics, Urology, Plastic surgery, Dermatology, Ophthalmology & Radiology, participated in the CME. The participants also included head of the Departments, staff & students of neighbouring medical colleges namely MMC Mysore, JSS medical college, mysore, MIMS & HIMS & practising anaesthesiologists.

The resource persons were eminent specialists having post doctoral qualification in pain from various places across India. graced by our beloved Principal Dr.Shivaramu.MG and Registrar Mr.Umesh. Many delegates from various specialities actively participated and got benefited from this guest lecture.

- 1) Dr. Ashok Kumar.B. K, Head, pain management department. KIMS.Banglore.
- 2) Dr.Avneesh Khare, director & consultant pain management, Khare pain clinic , Udaipur(Rajasthan)
- 3) Dr.Sidharth Verma spine pain specialist. Dy Patil University School of Medicine, Navi, Mumbai
- 4) Dr.Sudhakaran.R Consultant Pain physician Karpagam Medical College and Hospital Coimbatore.

Eight Scientific sessions started at 8 AM, continued upto 2 PM, each resource person conducting 2 sessions. Afternoon session between 2pm to 4pm was USG workshop consisting of Demoustration to PG students on nerveblocks using USG machine. Aproprate speciality professors from the medical colleges chaired & conducted the sessions with exchange of knowledge.

Inaugural function of the CME was held at 11.00am. Principal Dr.Shivaramu.M.G was the chief guest, Dr. Manohar T.M superintendent AH & RC, Sri Umesh Registrar AIMS were guests of honour. **Dr.Kempachary HOD, organising chairperson, Dr.Prajwal Patel.H.S & Dr.Sarvesh.B as organising secretaries** were present. Principal appreciated the department of Anaesthesiology for their team work & selection of appropriate resource persons. He stressed the importance of development of “pain management” as a subspeciality in the Anaesthesia department under the ACU in near future.Superintendent also expressed the same view along with registrar. They appreciated & congratulated the department of Anaesthesiology, AIMS B.G.Nagara for undertaking this excellent event & conducting it successfully.

Dr.D.S Somashekaraiah KMC observer rated this event as excellent.

All the delegates expressed their good opinion and congratulated deparment of Anaesthesiaology AIMS B.G.Nagara for conducting this unique event on pain management.



Inaguration of CME 2018 by lightning the Lamp



**Dignitaries on the stage at the time of
INAGURATION of CME -2018**



Felicitation of Speaker by Honarary dignitaries



**Dept. of Anaesthesiology with Principal, Medical
Superintendent, Registrar and Speakers**



**Organizing Chairperson Dr.Kempachary
Delivering Welcome Speech**



**Organizing Secretary Dr.Sarvesh.B
Delivering Vote of Thanks**

CME and CONFERENCES ATTENDED

NATIONAL MECHANICAL VENTILATION, HAEMODYNAMIC & ECMO WORKSHOPS AT NARAYANA HRUDAYALAYA, BENGALURU ON 6th & 8th JULY 2018.

Participated by : Dr. Kempachary
Dr. Sandhya Lakshmi Menon
Dr. Shruthi.R
Dr. Santhosh.N.V

CME, HEAD AND NECK ANAESTHESIA AN OVERVIEW AT KIDWAI, BENGALURU ON 15th JULY 2018:

Participated by : Dr. Karthik Kumar
Dr. Suhana Banu
Dr. Shabana.S
Dr. Pavithra.D

ISACON KARNATAKA – 2018, ANNUAL STATE CONFERENCE AT JJM MEDICAL COLLEGE AND SS INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE, DAVANGERE ON 9th to 12th AUGUST 2018

Participated by :

Dr. Kempachary	Dr. Sumitha B
Dr. Srikantamurthy.T.N	Dr. Karthik Kumar
Dr. Chethananand.T.N	Dr. L.M Avinash
Dr. Vasantha Kumar	Dr. Shabana.S
Dr. Achyutha.J	Dr. Pallavi Kulkarni
Dr. Damodar Reddy.Y	Dr. Madhuri.G
	Dr. Rashmi.R

CME ON OBSTETRIC ANAESTHESIA, JSS MEDICAL COLLEGE AND HOSPITAL , MYSORE, 16 TH DECEMBER 2018

Participated by :

Dr. Chethananand.T.N	Dr. Ranjitha C
Dr. Manjula R	Dr. Rajeev Keerthi K.L
Dr. Sindhu	Dr. Sharada
Dr. Shabana.S	Dr. Vindhya prasad
Dr. Pallavi Kulkarni	Dr. J S Roma
Dr. Madhuri.G	Dr. Maheshwari
Dr. Rashmi.R	Dr. Prathiksha

Dr. KEMPACHARY

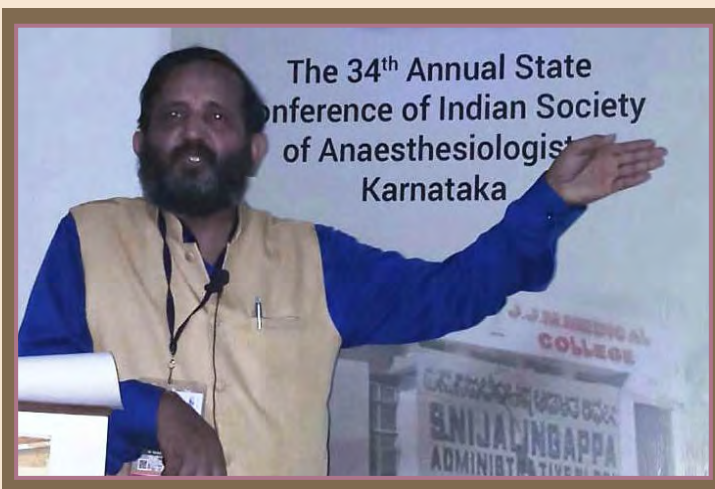
Professor and HOD



- Chaired a session at National Mechanical Ventilation, Haemodynamic and ECMO Workshops at Narayana Hrudayalaya, Bengaluru on 6th and 8th July 2018.
- Delivered a Lecture on "Additives in Spinal and Epidural Anaesthesia and their applications" in ISACON 2018 Davanagere held on 9th to 12th August 2018.
- Felicitated by Department of Anaesthesiology MMC & RI on the eve of Ethers Day 2018 in memory of recognition of his service for 22 years to the Department.
- Chaired a session on Cardiac diseases and Pregnancy in JSSMC Mysore on 16th Dec 2018
- Chaired a session on Recent advances in Pain management in Pain management CME in AIMS, B.G.Nagara on 19th Dec 2018

DR. VASANTHA KUMAR

Professor

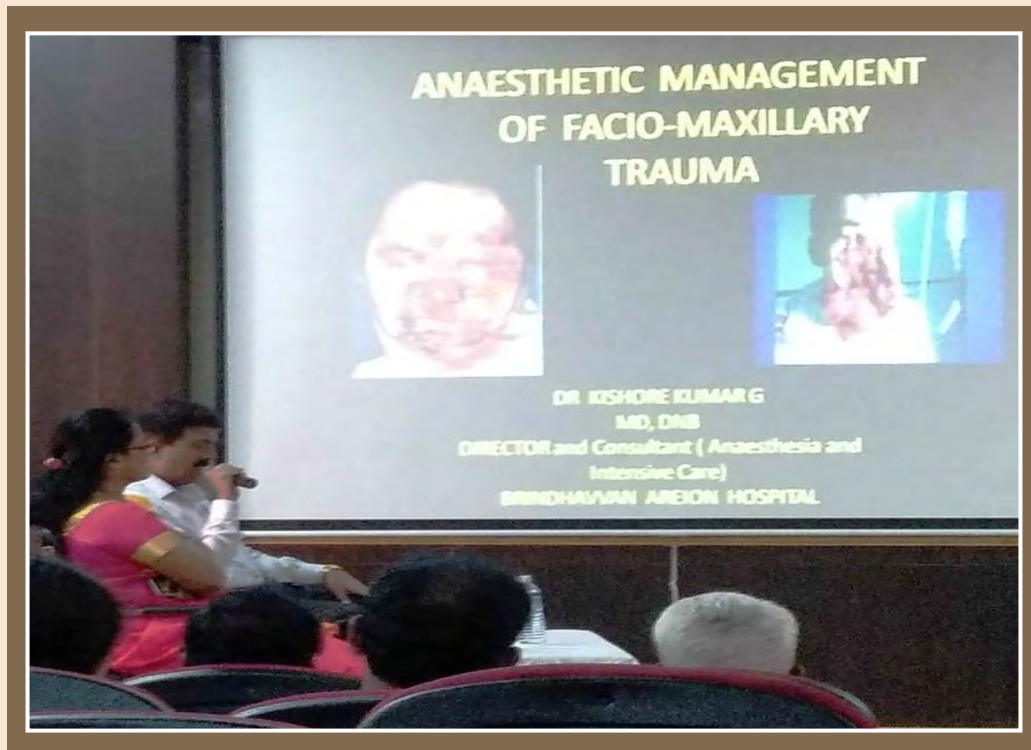


- Delivered a lecture on "Alternative Methods for Pain Relief" in ISACON Karnataka 2018 held at Davanagere.
- Attended "Anaesthetic management of facio maxillary trauma-CME" conducted by dept. of Surgery in AIMS, B.G.Nagara, 23 oct 2018.
- Attended state level CME conducted by Dept. of Physiology on "Myths and Facts of aging" at AIMS, B.G.Nagara, on 27 Dec 2018.

DR. CHETHANANANDA. T.N

Professor

- Chaired a session on anaesthetic management of facio maxillary trauma – CME conducted by dept. of Surgery, AIMS, B.G.Nagara on 23rd Oct 2018
- Chaired a session on anaesthetic management of caesarian section in JSS Mysore on 16th Dec 2018
- Chaired a session on cancer pain in pain management CME in AIMS, B.G.Nagara on 19th Dec 2018



DR. MANJULA. R

Professor

- Poster presentation at ISACON August 2018, annual state conference at JJM medical college and SS institute of medical sciences & research centre, Davangere under her guidance on kyphoscoliosis posted for right sided hernioplasty- an anaesthetic challenge
- Guest lecture on cardiology, Dept. of Medicine, AIMS B.G.Nagara 23rd Aug 2018 – attended
- Chaired a session on "Analysis of ABG" in Medicine CME held on 17th Oct, 2018 at AIMS B.G.Nagara
- Chair person for Anaesthetic management of facio maxillary trauma-CME conducted by dept. of Surgery in AIMS, B.G.Nagara, 23 oct 2018

1. Addition of dexmedetomidine to ropivacaine in subcostal transversus abdominis plane block potentiates postoperative analgesia among laparoscopic cholecystectomy patients: a prospective randomized controlled trial. Dr. Sarvesh.B, Dr. Shivaramu.BT. Anesth Essays Res 2018;12:809-13

Dissertations in Progress:

1. A clinical comparative study between Bupivacaine 0.5% (hyperbaric) 12.5 mg with Nalbuphine 0.8mg versus Bupivacaine 0.5%(hyperbaric) 12.5 mg with Buprenorphine 90 mcg intrathecally for patients undergoing infraumbilical and lower limb surgeries

2. "Analgesic efficacy of Buprenorphine as an adjuvant to Ropivacaine in ultrasound guided transversus abdominis plane block in inguinal hernia surgery" a prospective randomized study

3. Comparative study of Dexmedetomidine and Magnesium sulphate in attenuation of pressor response during extubation in Laparoscopic Cholecystectomy

4. Comparative study of Preemptive effect of multimodal Opioid versus Non opioid analgesia in Functional endoscopic sinus surgery.

5. A comparative study between 0.75% Ropivacaine versus 0.75% Ropivacaine with Buprenorphine for Supraclavicular brachial plexus block under ultrasound guidance.

ACTIVITIES

1. Hearty congratulations to Dr. Prajwal Patel.H.S, who has been promoted as Associate professor in the Department of Anaesthesiology, AIMS with effect from 1/12/2018.



2. A warm welcome to Dr. Asha.H.L, who joined the Department of Anaesthesiology as Senior Resident on 16/10/2018.



3. World Anaesthesia Day was celebrated on 16/10/2018



Massachusetts General Hospital (MGH) Boston

4. Our beloved Professor &HOD, Dr.Kempachary has visited the holy place of anaesthesiologists, "Ether Dome" at Massachusetts General Hospital (MGH) in Boston on 14/11/2018, to pay his tribute on behalf of Department of Anaesthesiology, AIMS, B.G.Nagara.



Professor and HOD Dr.Kempachary sitting in Historical Hall of Ether Dome

ON OCTOBER 16, 1846 IN THIS ROOM, THEN THE OPERATING THEATRE OF THE HOSPITAL, WAS GIVEN THE FIRST PUBLIC DEMONSTRATION OF ANAESTHESIA TO THE EXTENT OF PRODUCING INSENSIBILITY TO PAIN DURING A SERIOUS SURGICAL OPERATION. SULPHURIC ETHER WAS ADMINISTERED BY WILLIAM THOMAS GREEN MORTON A BOSTON DENTIST THE PATIENT WAS GILBERT ABBOTT THE OPERATION WAS THE REMOVAL OF A TUMOR UNDER THE JAW THE SURGEON WAS JOHN COLLINS WARREN. THE PATIENT DECLARED THAT HE HAD FELT NO PAIN DURING THE OPERATION AND WAS DISCHARGED WELL. DECEMBER 7. KNOWLEDGE OF THIS DISCOVERY SPREAD FROM THIS ROOM THROUGHOUT THE CIVILIZED WORLD AND A NEW ERA FOR SURGERY BEGAN.

INSCRIPTION at "Surgical Amphitheatre", regarding first successful public Demonstration of Ether anesthesia

5. "AYUDHA POOJA"celebration at OT Complex on 18/10/2018



FAREWELL

6. Best Wishes from Department of anaesthesiology for Dr.Vijayalaxmi.S, Former Professor and HOD, Department of OBG for happy and healthy retirement life.

KANNADA RAJYOTSAVA

7. Dr.Vasantha Kumar.K.R, participated in Kannada Rajyotsava by singing a song, conducted by colleges of ACU on 11TH December 2018.



8. Best Wishes to Postgraduates of Department of Anaesthesiology for upcoming final examination { Dr.Damodar Reddy.Y, Dr.Karthik Kumar, Dr.Lagadapati Madhav Avinash, Dr.Sumitha.B, Dr.Pallavi Kulkarni, Dr.Shabana S, Dr.Rashmi R, Dr.Madhuri}





ADICHUNCHANAGIRI UNIVERSITY

Estd. under ACU Act, 2012 (Karnataka Act No. 18 of 2013)

B G Nagara - 571448, Karnataka, India





JANANI MOTHER IS LIVING GOD



॥ जेवो इगो ह्युपपदेव ॥



ADICHUNCHANAGIRI UNIVERSITY

**ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES,
HOSPITAL AND RESEARCH CENTER**

B.G.Nagara, Nagamangala, Mandya - 571448

Biannual Departmental Newsletter



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Sri Sri Sri Dr. Nirmalanandanatha
Mahaswamiji

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Principal, A.I.M.S.

Dr. T M Manohar

Medical Superintendent,
SAH & RC

Faculty

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Dr. Mahendra.G
Dr. Bharathi.K.R
Dr. Surakshith.L.Gowda
Dr. Indiradevi.N.M
Dr. Subbappa.K
Dr. AnilkumarG.V
Dr. Anupama
Dr. PoojaBhat
Dr. Poornima G.M
&
Post Graduates

Department Of Obstetrics and Gynecology

EDITORIAL

Dear Readers,

I am glad in bringing out the 2nd volume of our department news letter of the year 2018. I am very happy to present our department activities in the news letter "JANANI- MOTHER IS LIVING GOD." I take this opportunity to thank our beloved Principal Dr.M.G.Shivaramu and Medical Superintendent Dr. T.M. Manohar for their constant support and encouragement for all the activities in our department I thank all the faculty members for their contribution.

Dr. Ravindra S Pukale
Professor and HOD

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BILATERAL MALIGNANT OVARIAN TUMOUR

INTRODUCTION:

Ovarian tumors are commonly occurring gynecological disorders. Among these, ovarian cancer is a seventh most common form of cancer in woman globally, but third leading cause of cancer in India. Incidence is about 5.4%. About 25% of the tumors are bilateral. Epithelial ovarian malignancies account to about 70% of all ovarian malignancies. The lack of early symptoms often delays diagnosis resulting in unfavorable prognosis.

CASE REPORT:

A patient aged 62 yrs P2L2 with postmenopausal status presented with complaints of pain abdomen since 10days with history of gross weight loss of around 6 kg in 1 month. On examination, she was pale with stable vitals and on per abdomen examination, a mass of 20 to 22 weeks gravid uterus size on right side and a mass of 18 to 20 weeks gravid uterus size on left side, both mass were firm in consistency, independently mobile with restricted movements. On bimanual examination uterus size could not be made out, nodularity felt in pouch of Douglas, vaginal mucosa was free and on per rectal examination nodularity felt. Ultrasound revealed solid cystic lesion of 10.7*12cm on right side and 9.4*7.4cm with thick internal septations with endometrial thickness 2.4cm , and CECT showed multiloculated hypo dense cystic lesions with isodense solid components and thick internal septations involving bilateral ovaries with enhancing wall and septae and solid components, 9.2*13.9*12.6cm on right side and 9.5*8.7*9.9cm on left side. Multiple enhancing peritoneal deposits in right paracolic gutter and pouch of douglas. Omental thickening and nodularity noted- features suggestive of bilateral ovarian malignancy with mild ascites and mild right pleural effusion with thickened endometrium (20mm) with bilateral enlarged iliac lymph nodes. CA125 being 1047mU/ml. she was diagnosed with B/L ovarian carcinoma FIGO Stage IIIC and underwent Total abdominal hysterectomy with bilateral salpingoophorectomy with total omentectomy with appendicectomy with peritoneal pelvic lymph node dissection under epidural and general anesthesia. (Intraop carboplatin 40ng intraperitoneally. 3pint PRBC,4 pint FFP, Filgrastin 300micrograms-recombinant human granulocyte colony stimulating factor injection,) Postoperative period was uneventful and was discharged after 14 days of surgery.

Currently patient has taken 2 cycles of chemotherapy: Paclitaxel 240mg and carboplatin 440ng

CONCLUSION :

The main protocol for the management of ovarian malignancy is early diagnosis and treatment. Patient should be investigated for any metastasis. Treatment mainly involves radical removal of tumor followed by chemotherapy if metastasis is ruled out.



A CASE OF UTERINE PERFORATION FOLLOWING INSTRUMENTAL EVACUATION (REFERRED TO SAH AND RC FROM PERIPHERAL GOVERNMENT HOSPITAL)

INTRODUCTION:

Uterine perforation is one of the serious complications of dilation and curettage, but extremely rare. The incidence is about 1.98% in first trimester elective abortions. In many cases perforation may go undetected and when observed, can be treated with conservative management. However, perforation can accompany intestinal injuries, which require surgery.

CASE REPORT:

A patient with obstetric score G3P2L2 was referred from peripheral government hospital i/v/o bowel injury following instrumental evacuation. She was admitted in the peripheral government hospital with history of 3 months of amenorrhea for MTP (for failed contraception) with history of 2 previous LSCS. After instrumental evacuation, she had complains of pain abdomen and bowel loops was seen at the introitus. She was immediately referred to SAH and RC.

In our hospital, quick history was taken and on examination she was conscious and oriented, she was pale and her vitals were stable, on per abdomen palpation, uterus was about 16-18 weeks size with diffuse tenderness in the lower abdomen. Local examination revealed collapsed bowel loops seen through introitus. Per vaginally cervical os was closed. She was immediately prepared for exploratory laparotomy after explaining the grave risk consent and call was given to the surgery staff.

Intraoperatively, posterior uterine wall rent of 4-5cm with ragged edges noted and sutured. One blood soaked gauze noted in the rent. Half expelled fetus and placenta was extruded through the rent and multiple sigmoid perforations and gangrenous changes noted over sigmoid and descending colon. Left half of transverse colon, sigmoid and descending colon resected. Temporary colostomy done. 2pint PRBC, 3pint FFP were transfused. Postoperatively, higher antibiotics like, Inj Piperacillin and Tazobactam along with Inj Amikacin and Inj Metronidazole were given for 5 days. Postoperative period was uneventful and she was discharged after 17 days of surgery.

DISCUSSION: Though uterine perforation is rare, but it a serious complication which might increase the morbidity and mortality. Ultrasound guided D&C makes the procedure “observable” rather than blind approach.

CONCLUSION: Appropriate training and use of ultrasound may reduce the number of unsafe abortions.



A CASE OF PRIMARY AMENORRHEA

INTRODUCTION:

Haematocolpus is a condition in which there is accumulation of the menstrual blood in vagina often caused by the combination of menstruation with imperforate hymen. A related disorder is haematometra where the uterus is completely filled with menstrual blood. Usually, presents after puberty as primary amenorrhea with recurrent pelvic pain and pelvic mass. Early diagnosis and management yields good results.

CASE REPORT:

A 14 Year old female was admitted with complains of back pain and had not attained menarche with no other significant history. On ultrasound examination, bicornuate and bicollis uterus with haematocolpus. Possibility of **Herner Werner Wunderlich Syndrome**. Clinical diagnosis was made as Imperforate hymen with haematocolpus. The patient's parents were explained about the diagnosis and she was prepared for surgery with written informed consent. Intraoperatively, blind vagina was noted and a mass of 8*6 cm was noted on per rectal examination suggestive of clinical haematometra. A meticulous vaginal dissection was done and delineation of vaginal septum was noted (Transvaginal septal resection), this was followed by mini-laparotomy, uterus was normal in shape and size with normal tubes and ovaries. A small nick put over cervix and about 400-600ml of dark brown fluid was drained. This was followed by Neovaginoplasty and vaginal mould was kept in-situ. Postoperative period was uneventful. And she is reviewed on monthly basis for noting the patency of the neovagina.

CONCLUSION:

Early evaluation and diagnosis of cases of primary amenorrhea will help in accurate management of menstrual and reproductive outcome in young girls.

MONOCHORIONIC TWIN PREGNANCY WITH TTTS (A compilation by Dr.RameshBabu)

- * When two or more fetuses share a single placenta monochorionic twins, dichorionic or monochorionic triplets..... will develop depending on the number of fetuses sharing.
- * Incidence is in excess of 20% due to ART and increasing maternal age at pregnancy.
- * Complications in general are- more preterm births, FGR, preeclampsia, more operative deliveries, PPH, infant feeding difficulties, adverse puerperal mood changes, etc,.
- * Specific complications due to intertwin vascular anastomoses which are unbalanced / unidirectional lead to TTTS(twin to twin transfusion syndrome), selective growth restrictions, twin anaemia polycythemia sequence(TAPS), twin reversed arterial perfusion(TRAP), single intrauterine death, etc.
- * Chorionicity should be diagnosed best before 14 weeks of gestation by detailed ultrasound scanning. Single placenta(not exclusive, as 3% of MC placentas can be bilobed and fused DC placentae can confuse), "thin" intertwin membrane inserting perpendicularly with "T" sign instead of "lambda" twin peaking in DCDA twins are ultrasound features of MC twins. Although diagnosis is not always easy. Sex discordance obviously rules out monochorionicity, but this is only a confidential reassurance unofficially in view of PCPNDT regulations. When mothers present late in gestation when diagnosis can be difficult, such pregnancies should be monitored as monochorionic until proved otherwise.

After 16 weeks all MC pregnancies should be scanned in detail EVERY TWO WEEKS to pick up growth discordance, oligo/poly sequence in amniotic fluid difference, and Doppler abnormalities in Umbilical artery, ductus venosus and MCA-PSV so that TTTS and TAPS are diagnosed for specific management procedures to be implemented after counselling.

- * Aneuploidy screening by NT, Double test, and quadruple test and NIPT are suggested. But the false positive diagnoses are more than in singleton/DCDA pregnancies.
- * In established TTTS pregnancies fetoscopic laser ablation of anastomotic vessels by Solomon's technique is preferred than amnioreduction or septostomy, when both the twins are given a survival chance. But this is expensive and require more skill. When one, (more pathological twin, usually donor twin) is selected to be deliberately killed, to allow the cotwin to grow - Radio frequency Ablation of Umbilical cord or cord coagulation can be done. In severe cases if the parents choose termination of pregnancy, that can be respected.
- * TTTS severity is staged by Quintero System.

GRADE 1: DVP > 8cm in one sac and <2cm in other

GRADE 2: Non visualization of fetal urinary bladder in donor twin.

GRADE 3: Doppler abnormalities

GRADE 4: Hydrops in one or both

GRADE 5: Demise of one or both twins.



GUEST LECTURE :

CERVICAL CANCER: "EARLY DETECTION SAVES LIVES"



Prof Dr. Ravindra .S. Pukale has delivered a guest lecture organized by department of OBG, Adichunchanagiri College of Nursing,B G Nagara on 12th October 2018

FAREWELL TO OUR BELOVED Prof. Dr VIJAYALAKSHMI. S

Just like how blossoms spread fragrance wherever they are kept , teachers spread learning and knowledge wherever they go. One such great teacher amongst us is our beloved Vijayalakshmi Mam, who has always worked to make things better for us, both professionally and personally.

She has been an immense source of inspiration and motivation. Working under her leadership has been a great learning curve for all of us. Bidding farewell to someone like her has been one of the hardest things for us. We wish our mam a happy and healthy retired life and hope to continue to be under her valuable guidance.





UROGYNACEOLOGY WORKSHOP

Under the leadership of Prof .Dr. Ravindra Pukale with the team of Uro-gynaecologist from ESI hospital, Peenya, Bangalore, **Dr. Chandrashekar and Dr. Kiran**, a workshop was organized on 6/12/2018. A case of Bicornuatebicollis uterus with haematocolpus was operated. Transvaginal septal resection with drainage of haematometra with Neo vaginoplasty was performed.



GYNAEC-ONCOLOGY WORKSHOP

Gynaec-oncology workshop was organized in our department on 21.12.2018. It included Staging laparotomy for the diagnosed case of Bilateral ovarian malignancy. This case was operated by **Dr. U D Bafna** (Former HOD in Gynaec - oncology department KIDWAI Institute). This was witnessed by all faculty members and postgraduates. It helped them to improve their surgical skills.

PUBLICATIONS:

Sl.No	Title of the Research paper	Name of the Journal	Authors	Date & Place	Page.No
01	Study Of Fetomaternal Outcome In Previous Cesaerean Section	international journal of reproduction , contraception, obstetrics and gynaecology, volume 7 ,issue 9	Mahantappa . A. Chiniwar	Sep 2018	3848
02	Maternal And Fetal Outcome In Oligohydramnios After 34 Weeks Of Gestation	International Journal Of Reproduction , Contraception, OBG, Volume 7, Issue 11	Mahantappa . A. Chiniwar Joe.kaushik M Sharada B M	Nov 2018	4604
03	Cutaneous Manifestations In Pregnancy	Journal Of Obstetrics And Gynaecology Volume 4, Issue 3	Mahendra G Bharathi Peta Vijayalakshmi S	July-Sep 2018	62
04	Study of Mifepristone and Misoprostol Vs Misoprostol Alone In Midtrimester Termination Of Pregnancy In Tertiary Care Hospital	Journal of Obstetrics and Gynaecology Volume 4, Issue 2	Mahendra G Vyshali R Vijayalakshmi S	Apr-June 2018	34

ONGOING RESEARCH ACTIVITY IN THE DEPARTMENT OF OBG

- ☛ “Prediction of pre eclampsia in early pregnancy by estimating the spot urinary albumin /creatinine ratio” by Dr.Bharathi K R and Dr. Afra Farheen M V
- ☛ “Analysis of cesarean section rates according to Robson’s ten group classification system at a tertiary care teaching hospital in south India” by Dr.Bharathi K R and Dr. Deepa R
- ☛ “Chewing gum in the post operative period for return of early bowel motility” by Prof Dr . RavindraPukale and Dr. Aditi Kulkarni
- ☛ “A randomized controlled clinical trial to compare subcutaneous drain versus no drain in cesarean section” by Dr. Ramesh Babu and Dr. Shwetha G R

CONFERENCES AND CME:

KSOGA 2018 was held in SNMC, Bagalkot between 5th to 7th October

- ☛ Dr.Anshu Kumari presented “Hemoperitoneum : A diagnostic dilemma , case series of hemoperitoneum in young female.”
- ☛ Dr. Shwetha G R presented a poster on “Patau syndrome : a rare case report”
- ☛ Dr. Deepa R presented a poster on “Scar endometriosis case series”
- ☛ Dr. Kavya B S presented a poster on “ Heterotopic pregnancy ,a rare case report”.

2nd YUVA –IAGE 2018 was held in Calicut on 3rd and 4th Nov 2018

- ☛ Dr.Mahendra G has given a lecture on “Sexual Dysfunction in couples with Infertility”
- ☛ Dr. Kavya B S presented a poster on “Takayasu Arteritis in pregnancy : A rare case Report” and secured second prize in Poster presentation.
- ☛ Dr. Monika Bhaskar K has presented a paper on : “Diagnostic Hysteroscopy for evaluation of infertility: Our experience in tertiary care hospital” and secured first prize in Paper presentation in Junior Category.
- ☛ Dr. Afra Farheen has presented a paper on : “ Husband’s participation in Birth preparedness and complication readiness” and secured second prize in Paper presentation in Junior Category.



**SPECIAL PRESENTATION TO OUR BELOVED
VIJAYALAKSHMI MAM BY
DR.RAMESH BABU ON THE OCCASION OF
HER RETIREMENT.**



**DEPARTMENT OF
OBSTETRICS AND GYNAECOLOGY**



32 Pearls



Official Newsletter from the Department of Dentistry

॥ जेवो इगे ह्यपुणवेदर ॥

ADICHUNCHANAGIRI UNIVERSITY



Adichunchanagiri Institute of Medical Sciences

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Dr. T.M. Manohar
Medical Superintendent

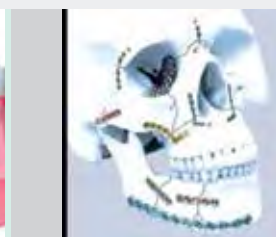
Members

Dr. Prasanna H.R
Prof and HOD

Dr. B.Ranjit Singh
Assoc Prof.

Dr. Subramanya.G
Asst Prof.

Dr. Kavitha .M.N
Snr Resident



HOD's DESK

With the blessings of Paramapoojya Jagadguru
Sri Sri Sri Padmabhushana

Dr.Balagangadharanatha Mahaswamiji

and

His Holiness Jagadguru
Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji.

We are coming out with our newsletter **32 PEARLS** and are very happy to present it to you. I would like to express our gratitude to the Principal, Dr. M. G. Shivaramu for inspiring us with his encouragement.

Recently, there has been a growing interest in Dental research. In this Issue we are focusing about Root Canal Treatment and Excision of sinus tract. We hope the article presented in this issue are informative and clinically useful.

Department of Dentistry.

Adichunchanagiri Institute of Medical Sciences

ROOT CANAL TREATMENT

Root canal treatment or endodontic treatment is necessary when the centre part within the tooth, known as the pulp, housing the blood vessels, nerves and living connective tissues, become infected or inflamed.

The root canal procedure is performed to save a damaged or badly infected tooth, instead of extracting it. This procedure is performed by an endodontist or a root canal specialist.

The most common causes of tooth damage or infection are, cavities occurring due to plaque accumulation, cracked or broken tooth due to any accidents or trauma, gum diseases, and repeated dental treatment to a particular tooth. These issues can cause pulp inflammation, infection and damage the pulp irreversibly. The person will at times experience excruciating pain. The pain may subside when the pulp dies, but very often returns as the infection spreads.

Patient was reported to dental department with the chief complaint of pus discharge in the chin region and gives the history of trauma to teeth about 5 to 7 years back. Extra oral examination shows sinus tract opening in the mental region and was tender on palpation. Intra oral examination reveals discolored non vital teeth wrt 31,41 and was tenderness on percussion wrt 31,41, Radiograph reveals peri apical cyst.

Treatment planned was RCT for 31,41 followed by excision of cyst sinus tract.

OPERATING PROCEDURE FOR RCT

The patient is examined using sterile instrument, mouth mirror, probe and diagnosis is made. After the case is allotted, patient is comfortably seated on the dental chair, previously disinfected.

1. Patient is referred from the registration counter to dental opd.
2. A through case history and clinical examination is done in the dental OPD.
3. The patient is examined using sterile instrument, mouth mirror, probe and diagnosis is made and confirmed using radiographs.
4. After the case is allotted, patient is comfortably seated on the dental chair, previously disinfected.
5. Patient is seated in a semi supine position depending on the quadrant in which is performed.
6. Once through examination is done, local anesthetic [2% adrenaline] solution is deposited.
7. Once adequate anesthesia has been achieved, Access opening is done followed by pulp extirpation.
8. Working length is determined and BMP is done using hand and rotary files and intra canal irrigation/ medicament is placed.

9. If the tooth is asymptomatic, Obturation is done to complete RCT.
10. Incision was given in vestibular region from 33 to 43, mucoperiosteal flap was reflected
11. Window was created in apical region wrt 31,41. Cyst was completely removed
12. Curettage was done followed by the excision of sinus tract.
13. Post-operative guidelines are given to the patient.
14. Appropriate antibiotics and analgesics are prescribed as needed.
15. Patient is recalled for follow up.



DEPARTMENTAL ACTIVITY

Oral hygiene week was celebrated from 1st to 7th of August 2018. During the week, Oral hygiene and its importance was highlighted at various Govt school in Nagamangala Taluk, followed by Valedictory function in Govt boys school, Bellur.



The culmination of Oral hygiene week was at Govt School, Bellur which included oral hygiene talk by Principal Sir and HOD of Dental department.



Distribution of Oral hygiene aids in the form of tooth brush and tooth paste to School children by Dr.M.G.Shivaramu, Principal and other dignitaries at Bellur Govt School.

CME ON MANAGEMENT OF MAXILLOFACIAL TRAUMA

The Dept of dentistry was one of the constituent department along with dept of Plastic surgery and Dept of General surgery for the organization of extensive coverage of management of Maxillofacial trauma through this CME.

The CME was conducted on 23rd OCT 2018 at AIMS.



Oral hygiene week was celebrated from 1st to 7th of August 2018. During the week, Oral hygiene and its importance was highlighted at various Govt school in Nagamangala Taluk,





HEALTH CAMP ATTENDED



Attended by Dr. Prasanna H.R

Sakaleshpura on 02.09.2018

Nittur on 05.09.2018

Hassan on 16.12.2018



Attended by Dr. Ranjit Singh

Hiriyur on 01.07.2018

Nagamangala on 19.8.2018

Kushalnagar and Madikere on 25.08.18
and 26.08.18

Gooluru on 16.09.18

BGS school on 5.9.2018

Shanivarsathe on 10.11.18

Somavarapete on 10.12.18

Kunigal on 25.12.18



Attended by Dr Subramanya G

Nagamangala on 3.8.2018
BGS School on 4.9.2018
Kurudanahalli on 22.10.2018
Channarayapatna on 28.10.2018
Handanakere on 20.11.2018



Attended by Dr Kavitha M N

Konanur on 15.07.2018
Kothathi on 21.07.2018
Hassan on 29.07.2018
Pandupura on 19.09.2018
Channarayapatna on 29.09.2018
Hunsur on 30.09.2018
Kyadigunte on 27.10.2018
Nagamagala on 31.10.2018
Srirangapatna on 24.11.2018



“Lasers In Dentistry.”

Attended Hands on Workshop on
“Successful Integration of Lasers into
Dental Practice” by

Dr. Prasanna H.R & Dr. Kavitha M.N
on 16th December 2018 in Hassan.

S.L.NO	CME/CDE/WORKSHOP/GUEST LECTURE	FACULTY MEMBER
1	CAD/CAM Denture and evolution of denture on 26th July in Hassan.	DR.PRASANNA.H.R
2	Attended hands on workshop on Successful Integration of Lasers into Dental practice on 16th October in Hassan.	DR.PRASANNA.H.R
3	CME on Management of Maxilla Facial Trauma in AIMS, B G Nagar.	DR.PRASANNA.H.R
4	Revolution in Endodontics held on 7th December in Hassan.	DR.PRASANNA.H.R
5	CME on Management of Maxilla Facial Trauma in AIMS, B G Nagar.	DR.RANJIT SINGH
6	CDE in Oxford Dental College on 26, 27TH July, Bangalore.	DR.SUBRAMANYA.G
7	CME on Management of Maxilla Facial Trauma in AIMS, B G Nagar.	DR.SUBRAMANYA.G
8	CME on Oral Oncology on 7th December in DSCDS, Bangalore.	DR.SUBRAMANYA.G
9	Attended hands on workshop on Successful Integration of Lasers into Dental practice on 16th October in Hassan.	DR.KAVITHA.M.N
10	CME on Management of Maxilla Facial Trauma in AIMS, B G Nagar.	DR.KAVITHA.M.N



Adichunchanagiri Institute of Medical Sciences
B.G.Nagara, Nagamangala, Mandya

To,



Shrutarvani



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B.G.Nagara, Karnataka - 571448

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Dr.Apoorva

From

The HOD's desk

Namaskara,

I am very happy to share the activities of the Department of Surgery through this news letter. There were a lot of activities which kept us busy. It all started with the Gnana Vignana Tantragnana mela followed by guest lecture, camps and conferences. With the divine blessings of our Paramapoojya Jagadguru Padmabhooshan Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji and his Holiness Paramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Swamiji, and guidance of our beloved Principal Dr. M.G.Shivaramu and Medical Superintendent Dr. T.M. Manohar we are trying our best to reach out to our students and society. Our team is strengthened by the addition of new staff members. It's a great pleasure to welcome the new batch of post graduates in Surgery.

Dr. M.Shivakumar,
Professor and Head

CME CONDUCTED WITH JOINT EFFORT OF GENERAL SURGERY, DENTAL SCIENCES AND PLASTIC SURGERY

A joint effort from the Department of Plastic Surgery, Department of General Surgery & Dentistry conducted a CME on 23/10/2018 on MANAGEMENT OF MAXILLO-FASCIAL TRAUMA.



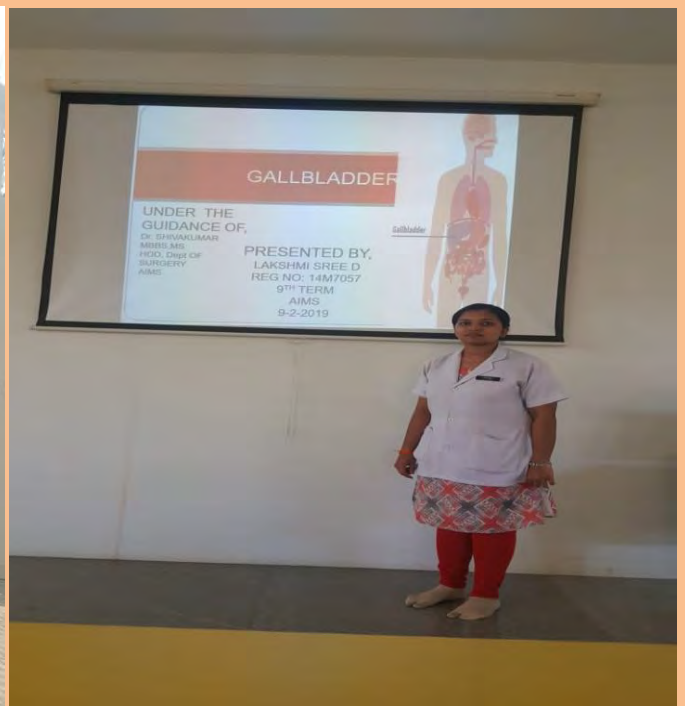
Dr.M.G.Shivaramu, MBBS., MD., Principal, AIMS felicitating the speakers, The Medical Superintendent Dr. T.M Manohar and The Head of the Department Dr. M. Shivakumar looks on.



S.Chandrashekar Shetty . Vice- Chancellor, ACU



Cancer Awareness and Cancer detection camp.



A.V. Room Semiar by 9th term students.

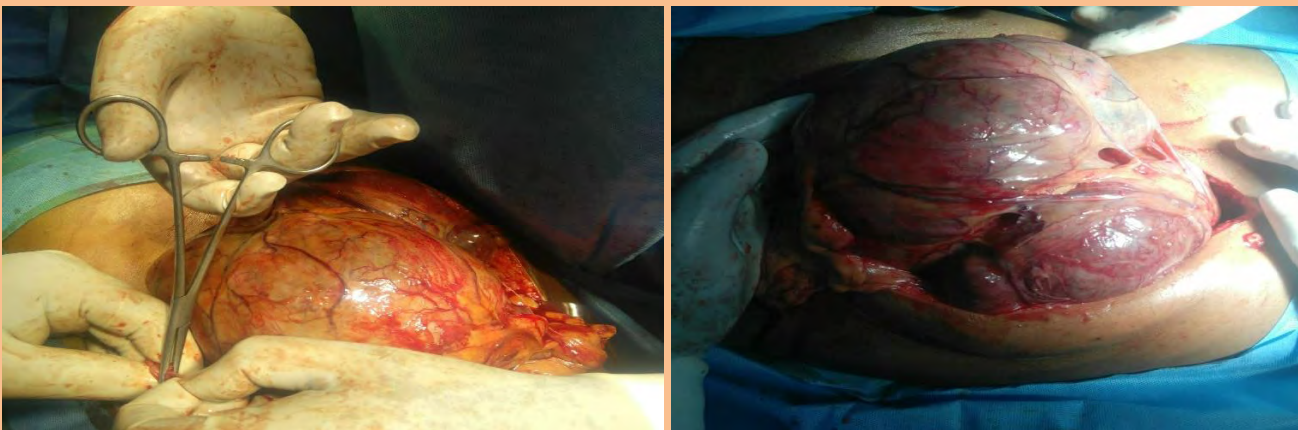
RARE AND COMPLEX CASES TREATED AT OUR INSTITUTION

CASE 1



Reccurent Retroperitoneal sarcoma
Operated by Dr Manohar T M MS general surgery
Medical superintendent of AH & RC

CASE 2



Retro peritoneal sarcoma operated by Dr. Hanumanthaiah C S, MS general surgery and Dr. Sharath kumar, MS general surgery.

CASE 3



Whipples procedure for periampullary carcinoma
By Dr. Hanumanthaiah C S and Dr. Sharath Kumar

DEPARTMENT OF PLASTIC SURGERY

The Department of Plastic Surgery had a fantastic last year (2018) in terms of array of surgeries performed, patient care offered and academically too. With the continual support from auxiliary Departments of General Surgery, Orthopedics, ENT, Anesthesia and others, we have been able to perform many complex surgeries which were a first not only in the district but also in surrounding region. Along with regular surgeries such as hand surgeries, burns treatments, trauma care, diabetic foot, contracture release, the department has carried out Free flap surgeries, Oncoreconstruction, Microvascular surgeries, Congenital deformities treatment and Cosmetic surgeries including hair transplant, breast reduction, facial plastic surgeries among others. Not only we have been able to cater the rural people but also patients from cities like Bangalore, Mysore are able to utilize the benefit of preeminent plastic surgery services at trifling charges, as envisioned by our Mahaswamiji. Also the department has been able to achieve academic excellence in conducting researches, publications and organize CME on MaxilloFacial Trauma Management. With our incessant strive for excellence, in the future, with apposite support we anticipate bettering the services being provided by the department.



Fig 1: Traumatic amputation of foot repaired with pedicled flap



Fig 2: Fournier's gangrene raw area reconstructed with superomedial thigh flap



Fig 3: V-Y advancement flap for sacral pressure sore



Fig 4: Abbe's flap in secondary cleft lip repair



Fig 5: Reconstruction of post burns raw areas in a child



Fig 6: Reverse sural flap in diabetic foot ulcer treatment



Fig 7: Free flap in reconstruction of oral cavity cancer post excision defect

PUBLICATIONS

1. (Col) M R shanker, Nahid M, Correlation of size of lump by clinical examination, ultrasonography and mammography with size of pathological specimen in carcinoma breast.new Indian Journal of Surgery Vol 9 No 2, March – April 2018.
2. (Col) M R Shanker, chair person in the CME on Current Concepts in Management of Breast Diseases held on 17 th November 2018 in department of surgery, Mandya Institute of Medical Sciences.
3. Dr. Manohar T M , chairperson in Zonal – Continuing Surgical Education Programme – 2018 conducted by Internation College Of Surgeons , Indian Section – Central Zone and PES Institute Of Medical Sciences And Reasearch , Deparment of general surgery conducted on 24th & 25th November 2018 at PESIMSR, Kuppam.
4. Pre operative serum albumin level as a predictor of surgical complications after emergency abdominal surgery by Dr.Sharath Kumar V, Dr.Dhruva.G.Prakash, Dr.P.V.Siva Krishna
5. A clinical study of generalised peritonitis and its management in a rural setup.Original research article published by By Dr. M R Shanker
6. RCT to asses Groin pain following inguinal hernioplasty using light weight mesh versus heavy weight mesh . published by Dr. M R Shanker.
7. A comparative study of different anatomical position , clinical presentation and USG findings CT scan plain / CECT with operative findings in patients of appendicitis in rural medical college . published by Dr. C S Hanumanthaiah, Dr. V Sharath kumar , Dr. Apoorva RA.
8. An approach to diagnosis and management of diabetic foot in rural medical college. By Dr. Hanumanthaiah ,Dr. V. Sharath kumar, Dr. Suhas N Gouda.
9. Ten years experience of penile fracture: conservative vs surgical treatment – a retroperitoneal study by Dr. C S Hanumanthaiah

The Department is happy to welcome its new staff.



Dr. Lavanya Shenoy
Professor in surgery



Dr.M.B. Sathish Kumar
associate professor



Dr. Chandra Mouly
Assistant professor



Dr.Rajesh K N
Assistant professor



Dr.Sachin K
senior resident



Dr.Sachin M B
Senior resident



Dr. Abhijith B.T
senior resident



Dr. Shivananda B.N
senior resident

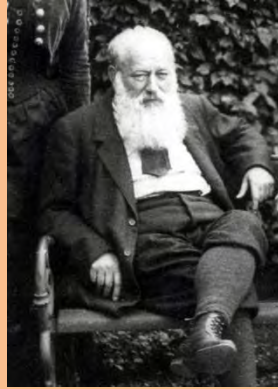


Dr. venugopal K.J.
Senior resident



Dr. Dayananda R
Senior resident

TRIBUTE TO THEODOR BILLROTH (1829-1894)



Christan Albert Theodor Billroth, he was Austrian Surgeon and great surgical giant of all time, he is scientific genius and amateur musician. He was an effective undergraduate and Post Graduate teacher.

He was an early adopter of the “**white coat**” in 1872. He was the first to conduct Oesophagectomy, first laryngectomy and first to conduct gastrectomy for gastric cancer and gastric ulcer still followed as standard treatment Billroth-1 and Billroth –II . He was the first surgeon to Excise Rectal cancer and bowel anastomosis. He published various books and papers, books on Tuberculosis, injuries and diseases of Breast, instruments and operations, Burns and Frostbites. Billroth was talented amateur pianist and violinist. Billroth was quick to use antiseptic technique in his surgical practice. Billroth was instrumental in establishing the first modern school of thought in surgery. Billroth passed restless intellectual spirit to numerous distinguished students creating the Billroth school of followers. His views on surgical training were unique “performing operations on cadavers and experimental animals and 2 to 3 years of assistantship in surgical department and acquiring advanced practical experience in a hospital necessary to prepare the surgeon for independent work” which should be the need of present surgical training.

॥ Jai Sri Gurudev ॥

Sri Adichunchanagiri Shikshana Trust

ADICHUNCHANAGIRI UNIVERSITY

Adichunchanagiri Institute of Medical Sciences



B G Nagara – 571448, Naga mangala Taluk, Mandya district

“ORTHO VISION”

Editorial

Seeking the blessings of Paramapoojya Jagadguru Padmashree Dr. Balagangadharanatha mahaswamiji and poojyaswamiji Dr Nirmalanandanatha mahaswamiji, I am happy to bring out the news letter of orthopaedics department FEBRUARY 2019 edition.

Glad news! MCI has raised the number of intake of MS PG seats in Orthopaedics department from six to eight from the academic year 2019-20. Sincere thanks to all the administrators.

Congratulations to Dr Chandra Shekar Shetty honorable Vice chancellor on the first anniversary of commissioning of ACU.

Hearty congratulations to Dr K G Gunnaiah on being felicitated by shri Vajubhai Vala, honorable Governor, Karnataka during the inaugural function of KOA conference 2019 at Bangalore.

Congratulations to Dr Madhukar K T on successfully completing MBA in Hospital Administration from Venkateshwara University.

SUBSPECIALITY CLINIC on ARTHROPLASTY is started in the AH and RC with Dr Mahesh D V and Dr Sathish G S as incharge of the same.

Our sincere thanks to Dr M.G.Shivaramu, Principal and Dr T M Manohar, Medical Superintendent for their constant support.

Editor

DR B G SAGAR

ADVISOR

DR M GSHIVARAMU
PRINCIPAL, AIMS
DEAN, Faculty of Health Sciences
(medical), ACU.

DR T M MANOHAR
MEDICAL SUPERITENDENT
AH&RC

CHIEF EDITOR

DR B.G SAGAR
PROF & HOD

EDITOR

DR MAHESH D V

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DR PRASHANTH KARADIGUDDA
DR T A KASHYAP
DR SREEKUMAR MOHAN
DR GURU PRASAD S

Events Galore

1)KOA ICL

PG curriculum and exam oriented CME program was conducted under the aegis of Karnataka Orthopaedic Association and AIMS orthopaedic department. It was attended by 149 delegates from 22 medical colleges and 23 resource persons from all over the state. President and Secretary KOA were felicitated, free paper session and poster presentation was there for post graduates. Experienced teachers showered their knowledge and experience upon the delegates. Tips and tricks of surgery and how to present clinical cases, reading of X-Rays were the hallmark of academic bonanza.



2)NEUROPATHY DETECTION CAMP

Neuropathy detection camp was conducted at department of orthopaedics on 31-1-2019 with the help from Micro labs Bangalore. In all, 59 staff members of the institution mainly diabetics were investigated for peripheral neuritis. Free samples of medicines were distributed. Four people were advised further higher investigations. Principal Dr M G Shivaramu inaugurated the programme.



3)OSTEOPOROSIS CAMP

Osteoporosis and arthritis detection camp , bone density check up camp using DEXA was help at department of orthopaedics, AIMS on 15-10-18. In all, 115 patients were subjected for investigations and educative material, free samples and advice was given to the beneficiaries. It was heartening to know that women patients were very eager to undergo investigation and were inquisitive about the pros and cons, dos and donts about the condition. In view of this, it was decided to conduct BMD camps at regular intervals and distribute handouts in the health camps.



4) INTER DEPARTMENT TEACHING

A) PATHOLOGY

An inter departmental seminar on ' pathology of bone tumors' was conducted at departmental seminar hall on 20-12-2018 by Dr Vijay Shankar, Professor and Head of Dept of pathology. He delivered a talk on biopsy, specimen sending and histopathology of bone tumors which was helpful for post graduate students. He pointed out the common mistakes in the biopsy procedures and sending of the specimen.

B) BIOCHEMISTRY

An inter departmental seminar on ' GOUT ' was conducted at departmental seminar hall on 30-1-19 by Dr Aliya Nusrat Professor and Head of Dept, Biochemistry. Dr Aliya dealt with the purine metabolism and discussed about the clinico-biochemical correlation. She explained in detail about the treatment modalities intervening at various stages of purine metabolism.

Dr Venkatesh, Junior resident, dept of orthopaedics, talked about clinico-radiological features and management of gout



Dr D Venkatesh, co-ordinator PG studies, ACU, was present throughout the discussion session.

Dr T M Manohar, Medical Superintendent, actively participated in the interactive session with staff members of orthopaedics department.

5) Spot Diagnosis

A spot diagnosis competition was arranged for the post graduate students of radiology and orthopaedics department. HODs and staff from radiology, surgery and orthopaedics participated actively and contributed academically to the discussion. Principal Dr M G Shivaramu was also present the deliberations. Dr Gopya Nayak, Professor of Orthopaedics, moderated the session and sponsored cash prize to the winners which was shared by three post graduates.

Interesting cases

1) REVISION ARTHROPLASTY FOR CUP DISLOCATION

KADARAIAH

On 1-3-2018, Kadaraiah was operated for osteoarthritis of left hip. To alleviate severe pain, he was operated upon and cemented Total Hip Replacement was done.



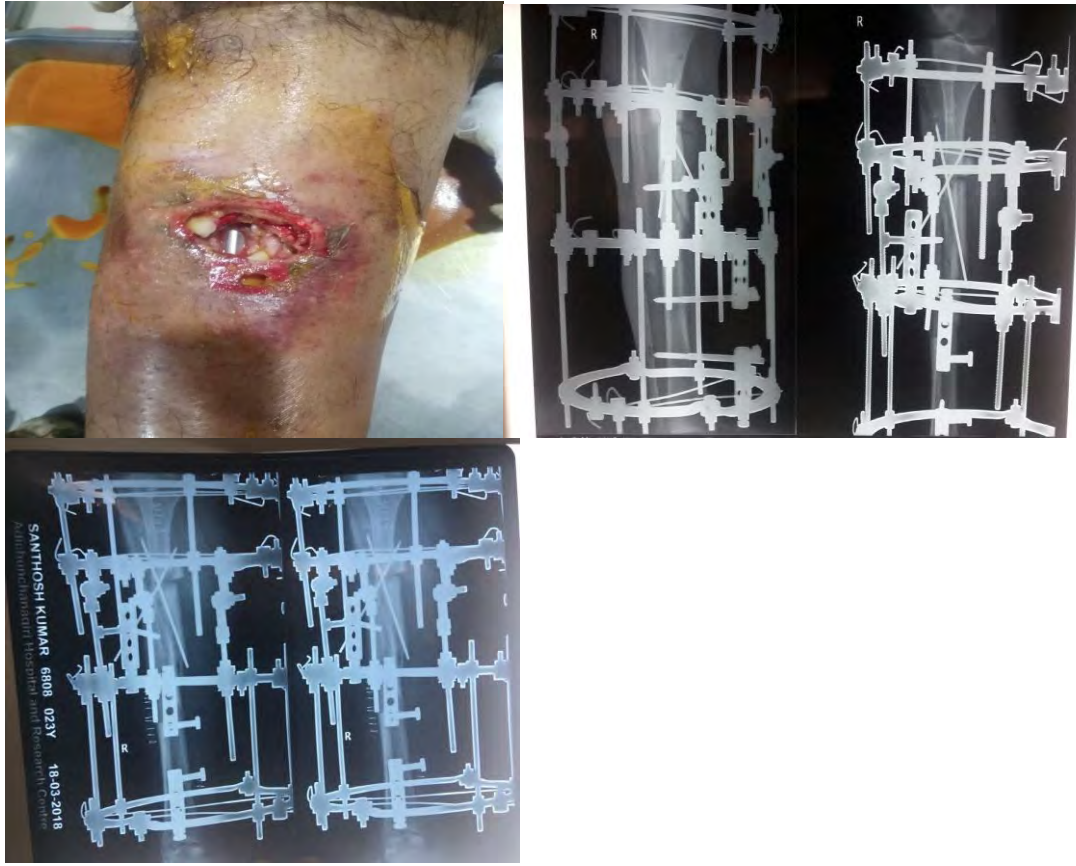
However he presented again on 31-12-2018 with dislocation of cemented cup, because of squatting on Indian toilets despite the advice. Hence a revision cup replacement was done on 19-1-2019. Now he is back to pre- injury status.



Sincere thanks to Dr T M Manohar, Medical Superintendent , AH and RC in extending free treatment including implant for the poor and needy patient.

2. ilizarov

Patient with history of operated right tibia shaft fracture with IM Nailing 2 years back. After 10 months patient developed discharging sinus and later implant exposed over leg for which patient was operated for non union infected tibia by implant removal and wound debridement and corticotomy of tibia and fixation by ilizarov technique. Reinforcement was done using 2 k wires. Patient was not willing for lengthening at later stage and shortening was treated by heel rise and fixator was continued for 9 months and removed and serial x rays showed callus formation at the non union site from 4 months after the surgery.



3. Non union both bone forearm

Patient had history of trauma 6 months back. Diagnosed left both bone forearm fracture. She was treated conservatively by slab and later cast. Following cast removal after 3 months, she started noticing bending or deformity of forearm. Pt continued routine activities and deformity increased. Then she became disabled due to complete loss of support of the forearm. Same time, patient noticed abnormal mobility at the fracture site. Pt was operated using intramedullary nail and platelet rich plasma injection at the non union site.



Pre op

post-op

FORTH COMING EVENTS

1. Guest lecture in the month of May 2019 at AIMS, B G Nagara
2. CME programme for post graduates in the month of AUGUST 2019

PUBLICATIONS AND CMEs

1)KOA CONFERENCE, BANGALORE 2019

DR K G GUNNAIAH was honoured by honourable governor on the inauguration function of KOACON 2019



DR B G SAGAR was panelist for problems of rural orthopaedics at KOACON 2019, Bangalore

DR GOPINATH P was chairperson for a scientific session.





Dr Sathish G S submitted the KOA international travelling fellowship report at KOA CON 2019.

Attended by dr B G Sagar

dr Abdul Ravoof

dr Gunnaiah K G

dr Madhukar K T

dr Gopinath P

dr C D Deepak

dr Mahesh D V

dr Satheesh G S

dr Harish

dr Pritham R C

dr Mohsin Ali Wahab

dr Ahmed Zelshan

dr Keshavendra Verma

PAPER AND POSTER PRESENTATIONS

1)Outcome of internal fixation of tibial plateau(PRESENTER : DR KESHAVENDRA VERMA ; AUTHOR : DR B G SAGAR)

2) Treatment of dorsal wrist ganglia by transfixation technique using a syringe needle. (PRESENTER : DR AHMED ZELSHAN ; AUTHOR : DR MADHUKAR K T)

3) Traumatic bilateral patellar fracture – a rare occurrence (PRESENTER : PREETAM RAJ CHANDRAN ; AUTHOR : DR MADHUKAR K T , DR GUNNAIAH K G)

2)IOA CONFERENCE AT COIMBATORE, NOVEMBER 2019

Following papers/posters were presented at IOA conference held at Coimbatore

1. Surgical management of floating knee (PRESENTER : DR SUSHANTH SHRIVASTAV ; AUTHOR : DR SAGAR B G)
2. Surgical management for non union of both bone forearm fracture – a case report (POSTER PRESENTATION : DR VENKATESH V ; AUTHOR: DR SAGAR B G , DR SATHEESH G S)
3. Functional outcome of proximal tibial periarticular fractures managed surgically.(PRESENTER DR VENKATESH V ; AUTHOR : DR SAGAR B G , DR SATHEESH G S)
4. Surgical management of malleolar fractures of ankle in adults. (PRESENTER DR VENKATESH V ; AUTHOR : DR ABDUL RAVOOF)

5. Incidence of glove perforation in orthopaedic surgeries (PRESENTER : DR MOINUDDIN BASHA K ; AUTHOR DR MADHUKAR K T , DR GUNNAIAH K G)
6. Results of distal end of radius treated with various modalities (POSTER PRESENTATION: DR VENKATESH V ; AUTHOR : DR ABDUL RAVOOF , DR DEEPAK C D)
7. Study of percutaneous k wire fixation in supracondylar fracture of humerus in children (PRESENTER : DR SABNEET SINGH MULTANI ; AUTHOR : DR ABDUL RAVOOF ; DR GOPINATH P)
8. Functional outcome of fracture shaft of tibia with intact fibula managed with I M Nailing (PRESENTER : DR MOINUDDIN BASHA K ; AUTHOR DR MADHUKAR K T , DR GUNNAIAH K G)
9. Comparative study of titanium elastic nailing vs dynamic compression plating for the management of fracture shaft of femur in adolescent age group. (PRESENTER : DR MOINUDDIN BASHA K; AUTHOR : DR MAHESH D V)





3)CME AT JSS (MYSORE)

Dr B G Sagar was resource person for clinical demonstration. Post graduates from five medical colleges including AIMS were present during the CME programme

4)CME AT KIMS (HUBLI) On POP AND ILIZAROV TECHNIQUE

attended by

dr Mohsin Ali Wahab

dr Kata Manoj Kumar

dr Veeresh Wali

dr Ansaruddin Zeeshan

dr Guruprasad S

5)CME AT MIMS

TOTAL KNEE REPLACEMENT AND SAW BONE WORKSHOP

attended by dr Prashanth H Karadigudda
 dr Sreekumar Mohan
 dr Veeresh Wali
 dr Guruprasad S
 dr Ansaruddin Zeeshan
 dr Kampa Avinash
 dr T A Kashyap

6)CME HASSAN

Workshop on hand injuries

Dr Harish along with post graduate students attended hands on workshop on 8th September 2018.

Attended by Dr Sushanth Shrivastav
 Dr Venkatesh V
 Dr Vikram Reddy
 Dr Moinuddin Basha K
 Dr Sabneet Singh Multani
 Dr Dileep Naidu

 Dr Preetam R C

 dr Mohsin Ali Wahab

 dr Ahmed Zelshan
 dr Keshavendra Verma



DEPARTMENT OF RADIO DIAGNOSIS



Patron
Jagadguru Sri Sri
Sri Nirmalanandanatha
Mahaswamiji



Editorial Greetings from the Department of Radiodiagnosis, With the blessings of Paramapujya,, Jagadguru, Sri Sri Sri Dr Balagangadharanatha Mahaswamiji and his Holiness Jagadguru Sri Sri Sri Nirmalanandanatha Mahaswamiji and under the guidance of our Principal Dr MG Shivaramu , we shall take great pleasure to introduce “IMAGING THE WORLD” ,newsletter from our department.

At the outset, we express our sincere thanks to our Principal Dr MG Shivaramu for bringing forth the novel concept of newsletter in our institution.

IMAGING THE WORLD, is presented by the Department of Radiodiagnosis , the branch that has an amazing ability to visualize the body without a scalpel!! Radiodiagnosis provides a rapid preliminary response to a clinical question .The Department of Radiodiagnosis from its inception, continues to play an important and significant role in the over all health care.

Our Department is equipped with dynamic faculty members who are actively involved in both diagnostic workup and academic activities.

In this edition we present to you the newer advances in the department and the various academic sessions conducted by our department.

We are open for your valuable comments and suggestions.
You may contact us at aimsradiology@gmail.com.



Dr. Shivaramu.G
Principal, AIMS



STAFF

Dr Skandesh B M
Dr.Mohan Kumar
Dr.Aditya S
Dr Chiranth

POST GRADUATES

Dr Kavyashree
Dr Vipul K R
Dr Rutvij Modh
Dr Preethi Jose
Dr Priti Soni

Dr Ravi Kumar R
Dr Vinay V R
Dr Bharath R
Dr Swathi Desai

FACILITIES OF THE DEPARTMENT

LIBRARY

- A full fledged air conditioned library/x-ray reporting room with newer books.
- New collections of journals and thesis from various colleges.
- Interesting case collections and facility for storage of data.



IMAGING MODALITIES

**DIGITAL RADIOGRAM COMPUTED
RADIOGRAPHY FLUROSCOPY
GUIDED PROCEDUES PORTABLE X
RAY**

USG

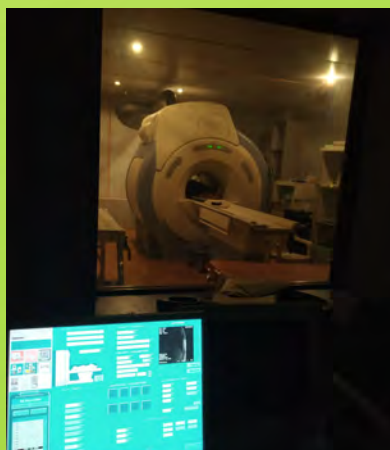
**USG ABDOMEN PELVIS,USG
OBSTRETICS
TIFFA WITH 3D ,4D,
USG PERINEUM
USG SMALL PARTS AND JOINTS
DOPPLER ELASTOGRAPHY-LATEST
EDITION. USG GUIDED PROCEDUES**

MRI

**MRI BRAIN
JOINTS
SPINE
DIFFUSION WEIGHTED IMAGING**

16 SLICE CT

**CT GUIDED PROCEDURES CT
ANGIOGRAPHY CT ENTEROCLYSIS**



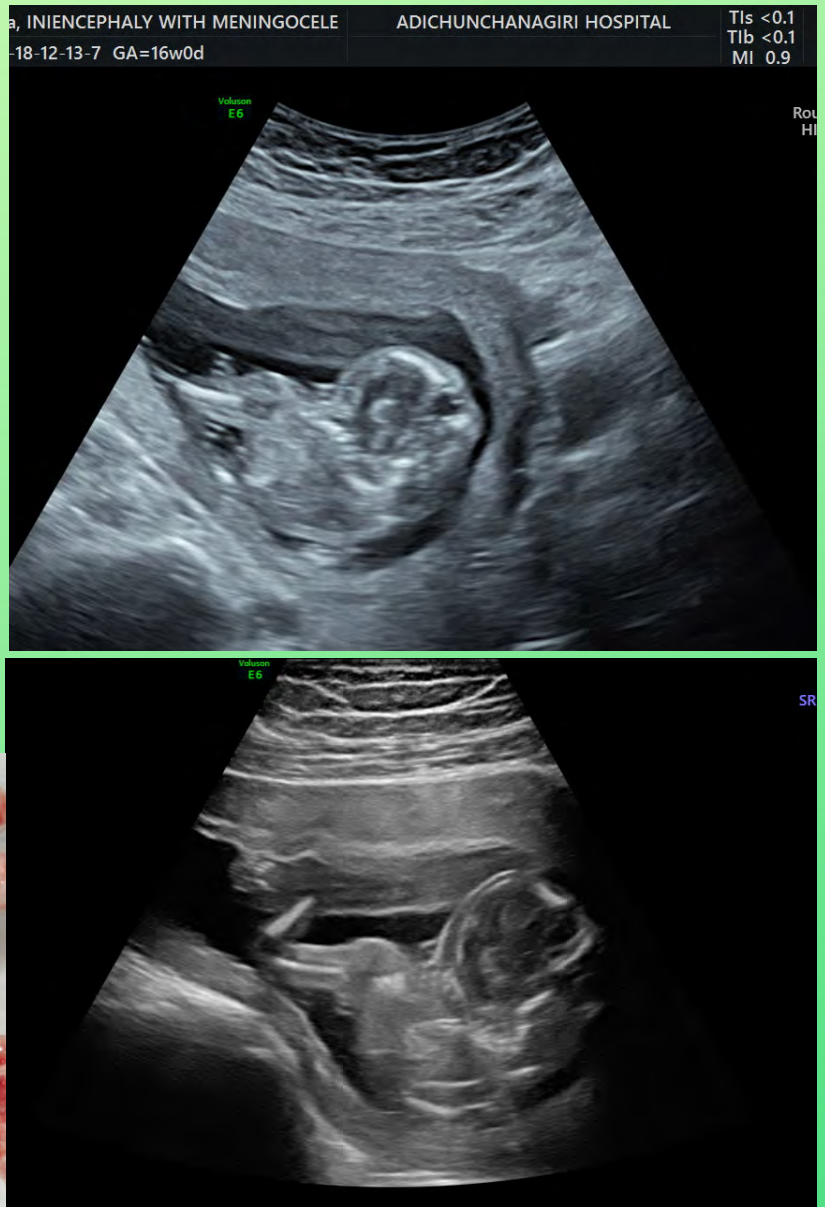
Rare cases

CASE:1 INIENCEPHALY

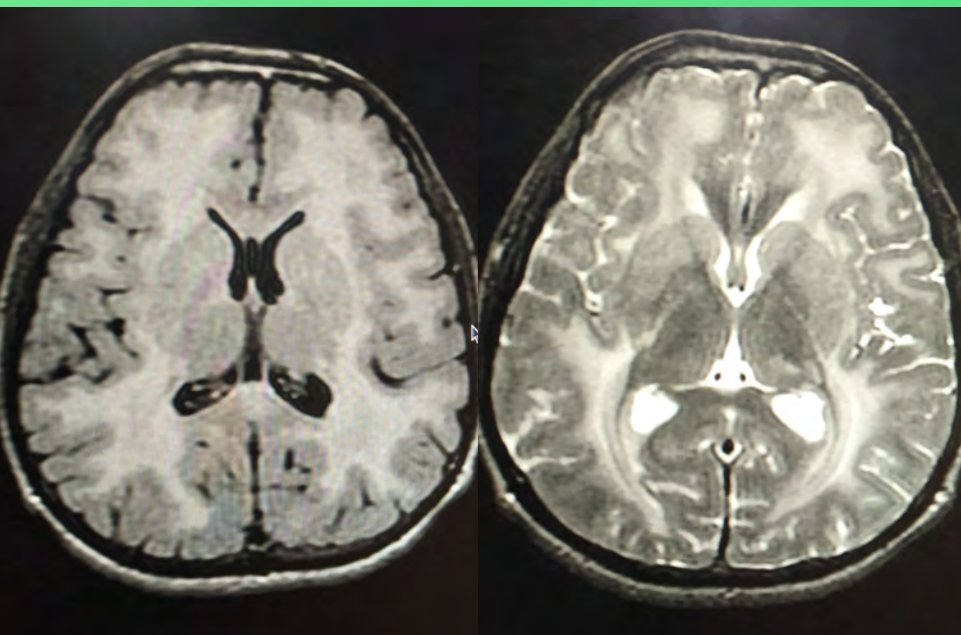
Iniencephaly is a rare neural tube defect .

1. Occipital bone defect
2. Partial or total absence (rachischisis) of cervicothoracic vertebrae.
- 3.Fixed fetal head retroflexion

In general population the incidence is ~0.1-10 per 10,000 live births.



CASE: 2 ALEXANDERS DISEASE



Alexander disease is a rare fatal leukodystrophy.

Diffuse white matter signal involving subcortical U fibres, T2 and FLAIR hyperintensities with frontal predominance.

Most of the cases are sporadic and few have heterozygous mutation in the coding region of GFAP, an astrocyte-specific intermediate filament protein, is associated with most cases of infantile sporadic onset.

Usually the end-stage disease is characterized by contrast-enhancing cystic leukomalacia.

CONFERENCES /CME ATTENDED

- **CIRCON 2018-** interventional radiology conference.
- **STAR PRIMER 2019-** Chennai Intensive teaching programme from 25 th to 27 th Jan

DELHI TO ADHICHUNCHANAGIRI !!



Second batch of students from Delhi Gangaram had come for an exclusive teaching programme by our HOD in AIMS Bellur on 4th Feb 2019 which went on for a week. The students were happy and gave a positive feedback regarding the teaching programme and requested for the same to be conducted every year for their successive batches



FAREWELL TO OUR HOD



Thank you for the motivation, knowledge and insight that you have given to all of us. Thank You for being there for us all the time. And we thank you for the time and effort you have spent on us.
Goodbye and we hope to see you again!

**FROM IGNORANCE, LEAD US TO TRUTH;
FROM DARKNESS, LEAD US TO LIGHT;**



THE DEN WOULD NOT BE THE SAME WITHOUT RUMBLING ROAR THAT ECHOED AND SHUDDERED ITS WALLS, OF THE LION WHO NOW HAD TO PART.....

