



ॐ ज्ञानं इति ध्यातामहे

ADICHUNCHANAGIRI UNIVERSITY



ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

B.G. Nagara - 571448, Nagamangala Taluk, Mandya District, Karnataka



AIMS PANORAMA

REFLECTION OF AIMS NEWSLETTERS - 2021. VOL-11 ISSUE-1



॥ ಜೈ ಶ್ರೀ ಗುರುದೇವ್ ॥



ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಮಹಾಸಂಸ್ಥಾನ ಮಠ Sri Adichunchanagiri Mahasamsthana Matha

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

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 **"AIMS - PANORAMA Volum - 11 Issue - 1? A Compendium of Departmental Newsletters"** document which comprises of all activities of Faculty and Students for the academic year 2021 .

Let us have faith in ourselves and work sincerely ,not leaving everything to fate .I beseech the divine blessings of Lord Kalabhyraveshwara 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)**



FOREWORD

Adichunchanagiri institute of medical sciences was established under the aegis 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**” 2021 (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.

Dr M G Shivaramu, M.D.
Principal, AIMS.
Dean, Health Sciences (Medical)
ACU

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04	Department of Pharmacology	PharmacoLOGIC
05	Department of Pathology	Patho - Insight
06	Department of Microbiology	MICRO BULLETIN
07	Department of Forensic medicine	FORUM
08	Department of Community Medicine	Cohort
09	Department of Medicine	AIMS – MED PULSE
10	Department of Paediatrics	MILESTONES
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12	Department of Psychiatry	Let the Minds talk
13	Department of E.N.T	DHWANI
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15	Department of Anaesthesiology	ANODYNE
16	Department of OBG	JANANI - Mother is living god
17	Department of Dentistry	32 pearls
18	Department of surgery	Sushruthavani
19	Department of Orthopaedics	ORTHO VISION
20	Department of Radiology	Imaging the world
21	Department of Clinical Psychology	PSYCH CENTRAL

January to June 2021,

Volume 11

Issue 1

Anatomica-AIMS

Official Newsletter of Department of Anatomy, AIMS

It brings me a great pleasure to present the current issue of our departmental newsletter, ANATOMICA – AIMS

After unlock of Covid lockdown classes were started for 2019 batch. Offline theory and practical classes were conducted and all portions were completed by the last week of Feb. ACU exams were conducted during 1st week of March. Overall result was 84.56% pass and Anatomy alone 86.48% with 13 distinctions and 78 students got 1st class. Supplementary examinations were conducted in the month of May with 66.67% pass in Anatomy.

2020 batch induction program was done on 20/01/ 2021, and foundation course was conducted for a week. White coat ceremony was done during

the foundation course. And classes started from 1st Feb with Cadaveric oath on 1st day of dissection. Due to 2nd wave of Covid pandemic March 15th again lockdown and online classes continued on Medwhiz platform until the end of June.

Two of our faculty members successfully completed BCBR Courses. Our faculty members have taken part in Webinars arranged within the institution and outside the institution. Our faculty have been resource persons in medical education and scientific research programs.

Our sincere thanks to Dean of Health Sciences, ACU & Principal, AIMS Dr M G Shivaramu for his constant guidance and support.

- Professor and Head



Chief Patron :

Paramapoojya Jagadguru

Sri Sri Sri

Dr. Nirmalanandanatha

Mahaswamiji

Advisor :

Dr. M G Shivaramu

Dean of health sciences,

ACU, Principal, AIMS

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Menasinkai

Professor and HOD

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Dr. Asharani S K

Dr. Ajay.N

Dr. Thejeshwari.H.G.

Dr. Savitha V

Dr. Pooja P

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WHITE COAT CEREMONY ON 01-02-2021



Address by the Principal,
AIMS & Dean, Health



Vote of Thanks
by Dr. Savitha V



Welcome Speech by
Dr. Asha



Faculty helped the students in donning the White coats

GUEST LECTURES



Indian Medical Graduate; Role, Goals and Competencies by Dr M Rohini M, Professor and Head, Dept. of Anatomy, Coimbatore Medical College, Coimbatore on 06/03/2021



Role of Alumni in Comprehensive Development of the Alma Mater by Dr. Aparna G, Professor and Head, Dept. of Anatomy, NRI Medical College, Chinnakakani, Guntur District, on 06/03/2021



Introduction to CNS and Clinical Anatomy of Cerebellum by Dr. Muthukumar T, Professor of Anatomy, Sri Ramachandra Medical College, Porur, Chennai on 03/03/2021



Mammary Gland:
Clinically Relevant Anatomy by
Dr. Geethanjali B S,
Associate Professor of Anatomy,
Sapthagiri Medical College,
Bengaluru on 03/03/2021

FACULTY NEWS

Resource Persons :



Dr. Tejaswi H L and Dr. Ajay N delivered talks at a Workshop on Sensitization and orientation to Skill and Simulation Lab on 30th and 31st March 2021



Dr. Ajay N was a speaker in “Motivational Workshop Inspiring the Young Minds” held on April 7th 2021

Certificate Courses

- ▶ **Basic Course in Biomedical Research by ICMR - National Institute of Epidemiology**
 - Dr. Tejaswi H L
 - Dr. Asharani S K
 - Dr. Thejeshwari H G
 - Dr. Ajay N
 - Dr. Savitha V

Research & Development Grants Received from ACU

- Dr. Tejaswi H L – Rs. 10000
- Dr. Ajay N – Rs. 75000

Ongoing Research Projects

- ▶ Dr.Sharada B Menasinkai (Morphometric study of anterior clinoid process and optic strut in dry skull)
- ▶ Dr.Tejaswi H L (Perceptions of first-year medical students on the use of whole slide imaging in learning histology)
- ▶ Dr.Tejaswi H L (Ultrastructure of the Alveolar Cell Complex of Human Lung and its Functional Correlation)
- ▶ Dr.Tejaswi H L (Correlation of atherosclerosis of cerebral vasculature with vasa vasorum density and its clinical implications)
- ▶ Dr.Thejeshwari H G (Assessment of brain ventricular system by CT in Indian Population and its clinical significance)
- ▶ Dr.Ajay N (Morphological and morphometric analysis of Superior articular facet of first cervical vertebra and its relevance in craniovertebral junction stability)
- ▶ Dr.Savitha V (New perspective of hyoid bone morphology)

Publications

- ▶ Vandana Sai Sirisha, Chiniwar MA, Sharada B M. Obstetric outcome in Primigravida with unengaged versus engaged fetal head at term. IJRCOG 17 2021;10(1): 251 -55
- ▶ Anshu Kumari, M A Chiniwar, Sharada B Menasinkai. Comparative study of pharmacological and combined pharmacomechanical method of induction of labour: A randomised study. IJRCOG 18 2021;10(5): 1977- 82

Collaborations

- ▶ With Dr. B.R. Ambedkar Medical College, Ramaiah Medical College, Bengaluru

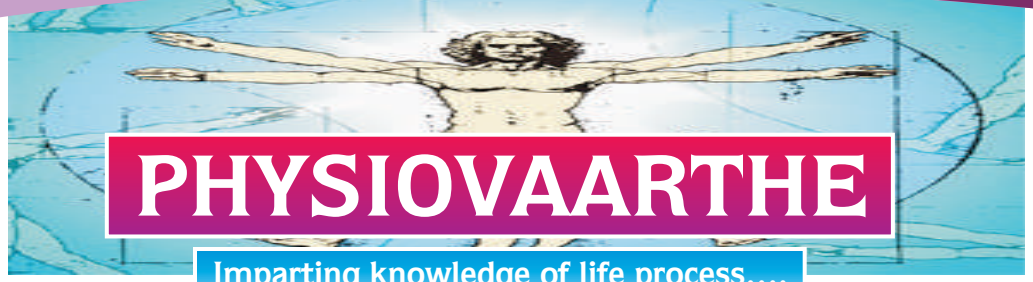


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B.G.Nagara - 571448, Nagamangala Taluk, Mandya District, Karnataka



Imparting knowledge of life process....

BI-ANNUAL NEWS LETTER FROM THE DEPARTMENT OF PHYSIOLOGY

Volume 11

Issue 1

Jan-June 2021

Dear readers,

I am very happy to present the Volume11 (1) of our bi-annual newsletter, "PHYSIOVAARTHE" providing glimpses of curricular and co-curricular activities of the department.

Taking into account the experience of the previous year to conduct teaching & learning activities in the online mode due to the pandemic induced lockdown, a new era of teaching, learning & evaluation has been unleashed. This experience has paved way for newer methods in implementing the CBME curriculum in a blended learning format for the new batch.

I wish to inform you that, the following events were successfully conducted in our department under the able guidance of our dynamic Principal and with the innovative ideas of our faculty. It was a very eventful period in the academic and research front with good number of scientific sessions attended and conducted, along with more research projects undertaken by our faculty.

GLIMPSES OF ACTIVITIES DURING THIS PERIOD

- ▶ Valedictory programme for I MBBS 2019-20 batch
- ▶ Orientation programme for Undergraduates of I M.B.B.S., 2020-21 batch
- ▶ Guest lecture on "Importance of Early clinical exposure for I M.B.B.S."
- ▶ Successful completion of examinations for first batch of CBME curriculum.
- ▶ Sessions on History of Medicine
- ▶ Short article writing competition on the topic "My experience on Benefits of Practicing Yoga" for students, staff & parents.
- ▶ Webinar on the occasion of International day of yoga on the topic "Energizing the mind and body through yoga at home & yoga with family"

Many thanks to our dynamic Principal, Dr. M.G. Shivaramu, for the continued encouragement and support in the progress of the department. My heartfelt thanks to all my department colleagues for their hard work and dedication to the department's success.

- Dr. Sudhir G K
Professor and Head



OUR TEAM

Chief Patron :

Paramapoojya

Sri Sri Sri

Dr. Nirmalanandanatha
Mahaswamiji

Advisor

Dr. M. G. Shivaramu

Principal, A.I.M.S,

Dean-Faculty of Health
Sciences (Medical), ACU.

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Dr. Malini M.

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**VALEDICTORY PROGRAMME FOR I MBBS 2019-20 BATCH
27th JANUARY 2021**

- ▶ A valedictory programme was organized by the Department of Physiology on 27th January 2021 for the I-MBBS batch of 2019-20 at Lecture Hall 2 from 12 to 12.45 pm.
- ▶ The purpose of the programme was to distribute prizes for the winners of various co-curricular & extra-curricular events conducted for students & perform Saraswathi pooja to mark the formal closure of the academic year with blessings of almighty.
- ▶ The Chief guest for the programme was Dr. M.G.Shivaramu, Principal, A.I.M.S. Dr. Swaroop M.R., Professor & HoD, Dermatology and Mr. Girish M.S., H.R. Head, A.I.M.S. were the guests of honor.
- ▶ The chief guest addressed the gathering, highlighting the significance of such events. Winners of various events conducted were given away certificates and prizes (Breakthrough inventions & discoveries, Physiology Quiz & Kannada Essay competition) by the Principal and the dignitaries.
- ▶ A total of 17 students received the certificates & prizes for their outstanding performance in these events. In addition to this, all the qualifiers for semifinals of quiz, participating teams for Kannada essay and Breakthrough inventions & discoveries received their participatory certificates.
- ▶ A formal vote of thanks to mark the closure of the session was made by Dr. Jyothi S. and was followed by seeking the blessings of Goddess Saraswathi by all students & distribution of sweets.





VALEDICTORY PROGRAMME FOR I MBBS 2019-20 BATCH

Kannada e-prabandha spardhe



UG Physiology quiz





UG ORIENTATION PROGRAMME FOR I M.B.B.S., 2020-21 BATCH 30th JANUARY 2021

An Orientation Programme was organized the by Department of Physiology, AIMS on 30th January 2021 for I-MBBS 2020-21 batch with the objective of creating familiarity with the Department academic activities, rules and policies of department for freshers.

The programme started with a general welcome of all participants by Dr. Malini.M, Assistant Professor, Department of Physiology (Programme moderator) and an invocation song by Miss Ananya & Miss Anvitha I-MBBS students. Following this, all the staff members introduced themselves to make students be aware & familiar. Later students introduced themselves with their name, place where they completed II PUC / +12, place of their origin & one interesting personality fact about them.

The students were oriented with curriculum in Physiology, teaching & learning methods followed, evaluation methods & criteria for pass, textbooks & learning resources in the department, rules & regulations in the department, mentorship programme, co-curricular & extra-curricular activities, as part of the orientation programme. The programme concluded with a Vote of thanks proposed by Dr. Malini.M & obtaining reflection about the programme by the students.

STAFF INTRODUCTION





**UG ORIENTATION PROGRAMME FOR I M.B.B.S.,
2020-21 BATCH**

STUDENTS INTRODUCTION



NON-TEACHING STAFF INTRODUCTION





GUEST LECTURE AS A PART OF FOUNDATION COURSE “IMPORTANCE OF EARLY CLINICAL EXPOSURE” 2nd MARCH 2021

Guest lecture was organized by Department of Physiology, AIMS on the topic “**Importance of Early Clinical Exposure**” on 2nd March 2021 as a part of foundation course for phase I-MBBS 2020 – 21 batch.

Guest speaker were **Dr. Prabhu N** Associate Professor, Department of Physiology, JIPMER, Pondicherry and **Dr. M.V. Sailaja** Professor & Head, Vishwabharathi Medical College, Kurnool.

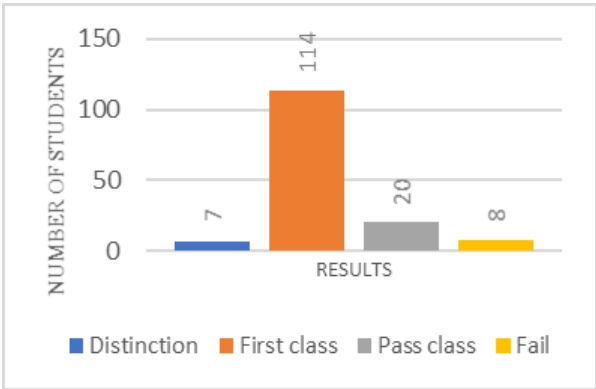
Dr. Prabhu N began the session by giving the overview of MBBS curriculum, then elaborate talk on objectives of Early clinical exposure of the I MBBS which was to enable the learner to recognize the relevance of basic sciences in diagnosis, patient care and management and also provide a context that will enhance basic science learning and also provided key elements of ECE session like basic sciences correlation, clinical skills, humanities etc.

The next session was delivered by Dr. M.V. Sailaja, who began the session by providing context proposed by GMER 2019. She gave elaborate talk on the purpose of ECE which was not to prepone the conventional clinical teaching but to provide better understanding of basic sciences through a clinical context.





EXAMINATIONS RESULTS FOR FIRST BATCH OF CBME CURRICULUM



1st MBBS 2019-20 batch (First CBME batch) Overall result is 94.6% (141/149)

Out of 149 students who had appeared for university exam 7(5%) students secured distinction (5 girls and 2 boys), 114 students (81%) Secured first class

SESSION ON HISTORY OF MEDICINE 09/06/2021

History of Medicine Session was organized by the Department of Physiology, (Medwhiz platform), AIMS on 09/06/2021 for I MBBS 2020-21 Batch with the objective to create awareness on importance of history, evolution and research among students between 10am- 11 am.

Dr. Sudhir G K, Professor & HOD, Physiology and Dr. Jyothi S, Assistant Professor, Physiology were the speakers for the session.

First session was handled by Dr. Sudhir G K, Professor & HOD on the topic of Discovery of membrane potential between 10am to 10.30am

Second session was handled by Dr. Jyothi S Assistant Professor on the topic Discovery of Blood Groups between 10.30 am to 11am

Session closed with taking reflections and feedback

The screenshot shows a Zoom meeting with two participants. The main content is a presentation with the following slides:

- Discovery of Membrane potentials:** A diagram showing a cell membrane with a resting potential and an action potential. It includes labels for 'Resting potential', 'Action potential', 'Depolarization', and 'Repolarization'.
- Hodgkin & Huxley Squid axon experimentation:** A slide with a photograph of the experiment and text: "They inserted a fine capillary electrode into the squid giant axon (up to a mm in diameter) and were able to measure electrical changes within the axon during an action potential." and "Their legacy also forms the very framework for studying and analyzing ion channel kinetics."
- Story of blood transfusion:** A timeline of blood transfusion milestones:
 - 1628 - Description of circulation of blood
 - 1629 - Invention of syringe for intravenous injection
 - 1666 - First successful transfusion between dogs
 - 1667 - Laid to human transfusion
 - 1818 - First successful human to human transfusion



**INTERNATIONAL DAY OF YOGA
WEBINAR ON “ENERGIZING THE MIND AND BODY THROUGH YOGA
AT HOME & YOGA WITH FAMILY” 20th JUNE 2021**

A webinar was organized through zoom session by Department of Physiology on the occasion of International Day of Yoga on the topic “**Energizing the mind and body through yoga at home & yoga with family**”, for the benefit of Undergraduate medical students & faculty through medwhiz platform on 20th June 2021 from 4:00 to 5:30 PM. The guest speaker was **Dr.Sunayana J.,** M.D. Assistant Professor, Department of Swasthavritta & Yoga Sri Kalabhyraveshwara Swamy Ayurveda Medical college (SKAMC), Bengaluru.

The event was attended by more than 150 delegates, which included the Principal & Registrar of AIMS, undergraduate students, postgraduate students, staff of AIMS and their family members and also HOD, Department of Swasthavritta & Yoga, SKAMC, Dr. Prasanna Kulkarni.

The speaker began the session with Importance of Yoga for Physical, mental and spiritual development. She spoke regarding benefits of practicing yoga & meditation on muscular, nervous & cardiovascular system. She gave elaborate talk on different asanas & meditation technique for covid warriors & people working in home. After the talk, a few delegates shared their experience of practicing yoga & meditation. This was followed with announcement of the winners of **short article writing competition** organized as part of Yoga Day celebrations.

The winners were Dr Shrinivas P(Student category), Dr Yogesh D (Faculty category), Mr Pradhyumna V Kashyap (Family member category).

|| Jai Sri Gaurdev ||
ADICHUNCHANAGIRI UNIVERSITY
Adichunchanagiri Institute of Medical Sciences
 B.G. Nagar - 571418, Nagamangala Taluk, Mandya Dist. Karnataka

WEBINAR SERIES Date: 20th June 2021
 Time: 4:00 pm to 5:15 pm

Department of Physiology
 organizes
7th International Day of Yoga

Topic: Energizing the mind and body through Yoga at Home & with family.

THEME: "BE WITH YOGA – BE AT HOME"

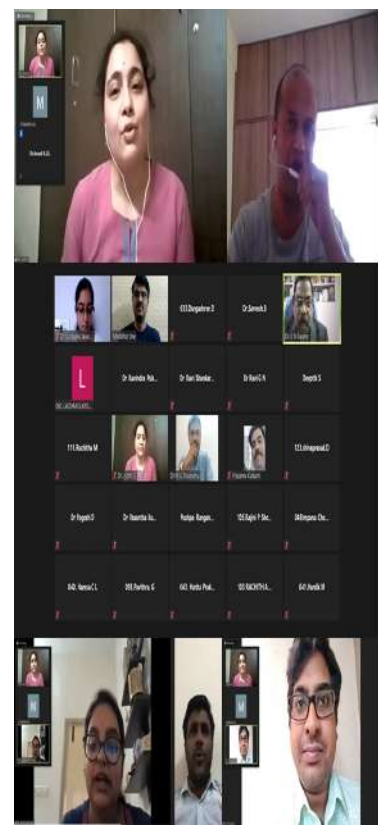
Platform : Medwhiz live
 Resource Person :

Dr. Sunayana J.,
 Assistant Professor,
 Department of Swasthavritta & Yoga,
 Sri Kalabhyraveshwara Swamy
 Ayurvedic Medical College (SKAMC)
 Hospital & Research Center,
 Bengaluru.

Energizing the mind and body through yoga at home and with family
 By
 Dr.Sunayana J
 Assistant Professor
 Dept of Swasthavritta and Yoga
 Sri Kalabhyraveshwara Swamy Ayurvedic Medical
 college Hospital And Research center
 Bangalore

Energizing covid warriors

- In a time of pandemic stress it is important to have a healthy mind and body.
- Practicing yoga and meditation can help in this.
- Some of the benefits of practicing yoga and meditation are:
- Reduces stress and anxiety.
- Improves sleep.
- Boosts immunity.
- Helps in maintaining a healthy weight.
- Improves concentration and memory.
- Helps in managing chronic conditions like hypertension, diabetes, and asthma.
- Promotes overall well-being and happiness.





CBME IMPLEMENTATION RELATED ACTIVITIES FOR 2020-21 BATCH

Medical council of India has introduced new curriculum, Competency Based Medical Education (CBME) for the batch 2019-20. Related to the continuation of this new curriculum various activities were held in the Department.

ECE (Early Clinical Exposure)

ECE sessions were conducted for students every week in groups of 50 each

Students were taught on select topics like Oedema and Dehydration, Blood banking, Abnormal ECG, Pulse Oximetry, Heart Failure in both classroom setting and virtual hospital setting.

SDL (Self Directed Learning)

Students were asked to present seminar on SDL topics in General Physiology, Blood, CVS.

Students seminar was conducted on 26/03/2021 and 25/06/2021. Five students from each tutor-ward group were assigned the task and the best presentation was judged by all faculty using a template.

The best presenters will be awarded certificates during the valedictory programme at the end of academic year.





CBME IMPLEMENTATION RELATED ACTIVITIES FOR 2020-21 BATCH

Vertical Integration Sessions

Vertical integration session on Anaemia- its clinical features, diagnosis and management was organized from the department of Physiology on 23rd & 24th March 2021. The participating departments were Biochemistry, Pathology, General Medicine along with Physiology.

Vertical integrated session on Hypertension- its classification, Common causes, clinical features with its physiological basis, investigations, treatment was organized from the department of Physiology on 10th May 2021. The participating departments were General Medicine, Pharmacology along with Physiology



HYPERTENSION



Antihypertensive drugs

- 1. Angiotensin Converting Enzyme Inhibitors (ACEIs)** – Captopril, Enalapril, Ramipril, Lisinopril, Fosinopril
- 2. Angiotensin Receptor Blockers** – Losartan, Telmisartan, Olmesartan, Irbesartan, Candesartan
- 3. Calcium Channel Blockers** –
Nifedipine, Amlodipine, Lacidipine, Nicardipine
Diltiazem
Verapamil



17^{MAY}
World
Hypertension Day

DR SOHIL SHARDA
FINAL YEAR POSTGRADUATE
DEPARTMENT OF MEDICINE
AIMS , BG NAGAR

ONGOING RESEARCH PROJECTS

STUDENT PROJECTS

ICMR approved ongoing projects:

1. Effect of Exercise on ECG in young Healthy adults of BG Nagara in Mandya district of Karnataka. Student: Miss. Poojadarshini M. / Guide: Dr. Malini. M
2. Influence of acute physical exercise on cognitive performance in healthy young adults of a South Indian Medical College - A randomized controlled trial. Student: Miss. Vindhya N.K. / Guide - Dr. Jyothi S.

Self-funded projects:

1. Long term increased sodium intake in patients with postural hypotension tachycardia syndrome (POTS) is it worth it? Student : Zeba Firdouse. / Guide- Dr. Anand K S S.
2. Study of pulmonary function tests (PFT) in the workers of LPG bottling plant, Yediyur. Student : Hitesh. /Guide- Dr. Ravi G.N.
3. Relationship between ABO blood group and pregnancy complications – Student : Meghana C R / Guide - Dr. Malini M.
4. Assessment of attention span in different phases of menstrual cycle – Student :Miss. Srilakshmi B M / Guide - Dr. Jyothi S.

FACULTY PROJECTS

Funded :

1. Collaborative project: Computational and Experimental Exploration of IL-6, IL-1 and Janus Kinase(JAK)immune protein and identification of most potent receptor blocker from the plant sources through in-silico screening, determining its X-ray crystallographic structure and in-vitro exploration, isolation, extraction, purification and quantification of most potent compounds, designs and development of formulation. Principal investigator: Dr T Yunus Pasha HoD Pharmacy chemistry, Co-investigator: Dr Sudhir G K
Funded under BIG Grants of BIRAC, New Delhi

**SELF-FUNDED**

1. Assessment of relation between sleep pattern, waist circumference and glycosylated hemoglobin in healthcare professionals in A.I.M.S., B.G.Nagara – Dr. Sudhir G.K, Miss. Nagarathna K.
2. "A comparative study of Effect of Anaemia on Pulmonary Function Tests and Cardiovascular changes in Young Adult Females" - Dr.Malini M
3. Pattern of recovery of taste and smell among covid infected patients - Dr.Sudhir G K
4. Incidence of CNS manifestations among covid infected patients - Dr.Ravi G N
5. Effect of wearing different types of masks on cardiorespiratory functions – Dr.Jyothi S
6. Degree of loss of taste and smell among covid infected patients with olfactory and gustatory side effects of the infection - Dr.Divyashree.

COMPLETED PROJECTS

1. Relation between anxiety and performance in formative assessment and summative assessment among medical students - Dr.Sudhir G K
2. The Perception of Phase I MBBS Students towards online classes compared to offline in Physiology Teaching and Assessment during the Covid -19 Pandemic- Dr.Malini M, Dr. Divyashree

PUBLICATIONS

1. Anand K S S , Shashikala L. Impact of Hemoglobin level on attention and concentration in old adults population. International Journal of advanced research in medicine.2021;3(1) :459-461.
2. Anand K S S Model based teaching versus animation teaching in Physiology. International Journal of advanced research in medicine. Jan 2021;3(1) :321-32
3. Dr. L Shashikala, Dr. Anand KSS. A study of QRS complex in ECG in asymptomatic obese young patients. International Journal of advanced research in medicine 2021;3(1) : 462-464.
4. Jyothi S, Sujaya B. Assessment of Lower Limb Flexibility in Female Bharathanatyam Dancers. Int J Clin Exp Physiol. 2021;7(4) :139-42.

CME/Guest Lecture organized by the faculty as a member of Institutional committee

1. Sensitization program on ISO 9001:2015 for teaching faculty by IQAC, AIMS on 19th and 23rd February 2021- Dr.Sudhir G K
2. Webinar on Feedback on Curriculum: Process and implications by AIMS NAAC and IQAC Committee, Speaker - Dr. Aswini Dutt R on 9th April 2021 -Dr.Sudhir G K
3. Workshop on Personality development "Positive Attitude" organized by IQAC - AIMS in association with PACE HR consultancy, Speaker - Mr. G Venkatesh, HR Consultant, PACE on 20th & 21st April 2021 for non-teaching staff of AIMS.- Dr.Sudhir G K
4. Webinar on Ecosystem Restoration organized on account of World environment day by YRC unit with NSS unit of AIMS on 6th June 2021 - Dr. Jyothi S



FACULTY AS RESOURCE PERSON IN VARIOUS EVENTS

1. Dr.Sudhir G K As a resource person for a session on “Professionalism during Internship” during IOP for 2016 Batch students.



CONFERENCE/CME/GUEST LECTURE ATTENDED BY FACULTY

1. Sensitisation program on ISO 9001:2015 for teaching faculty by IQAC, AIMS. On 19th and 23rd February 2021- all faculty members had attended.
2. Guest lecture organized on account of International Women's day 2021 on Achieving an equal future by Women Empowerment Cell of AIMS. 12th March attended by Dr.Jyothi S and Dr. Divyashree
3. 2021, As a delegate in the International e-conference iMECON organized by UCHPE, SDUAHER, Kolar from 25th-27th March 2021- Dr.Sudhir GK
4. Workshop on Sensitisation and Orientation to skill and simulation lab by AIMS Skill and Simulation centre in association with AIMS MEU. On 30th and 31st March 2021- Attended by Dr.Sudhir GK and Dr.Jyothi S
5. Webinar on E-Learning in medical education - Winds of change by Institutional Curriculum Committee 1st April 2021-Dr.Sudhir G K, Dr.Divyashree
6. Webinar on Feedback on Curriculum: Process and implications by AIMS NAAC and IQAC Committee, Speaker - Dr. Aswini Dutt R on 9th April 2021 - attended by Dr.Ravi G N, Dr.Malini M, Dr Jyothi S
7. Webinar on “Testing and Assessing a Skill Station” organized by Society of Health care simulation, Department of Emergency Medicine, Father Muller Medical College on 17th April 2021 – Dr.Malini M



8. Workshop on Personality development "Positive Attitude" organized by IQAC - AIMS in association with PACE HR consultancy, Speaker - Mr. G Venkatesh, HR Consultant, PACE on 20th & 21st April 2021 for non-teaching staff of AIMS.
9. Webinar on Gender mainstreaming in medical education organized by Department of Forensic medicine. 22nd April 2021- Dr.Divyashree
10. Webinar on Teaching, Learning and Evaluation - Inputs on criteria 2 of NAAC organized by AIMS NAAC and IQAC Committee Speaker - Dr. Prashanth Vishwanath on 24th May 2021 - attended by Dr.Malini M, Dr. Jyothi S
11. Webinar organized on account of World No Tobacco Day with theme Commit to quit by Department of Psychiatry and Department of Community Medicine 31st May 2021- Dr.Divyashree, Dr.Jyothi S
12. Webinar organized on account of World Malaria Day with theme Reaching the zero malaria target by Department of Community Medicine and Department of General Medicine 31st May 2021- Dr.Divyashree, Dr.Jyothi S
13. Webinar on Safe food today for a healthy tomorrow organized on account of World food safety day by Department of Biochemistry with Department of Community Medicine- 7th June 2021- Dr.Jyothi S
14. Webinar on Reading habit in digital era organized by AIMS Learning Resource Centre on 16th June 2021-Dr.Jyothi S
15. International Yoga Day- 2021 Webinar organized by Department of Physiology Sikkim Manipal Institute of Medical Sciences on 21st June 2021 on the occasion of International Yoga Day -2021.-Dr.Malini M.
16. Webinar on Research ,innovations & extension: Strengths & challenges in criteria 3 of NAAC organized by AIMS NAAC and IQAC committee on 25th June 2021 -Dr.Ravi G N
17. Preconference workshop Art of writing manuscript for publication at RAMSIECON-2021 Recent advances in medical sciences international E-conference on 30th June 2021 at Yenepoya Medical college Mangalore- Dr.Jyothi S and Dr.Divyashree.



FELICITATION TO MR. THIMMEGOWDA K.S.

Our technician Mr. Thimmegowda K.S. retired from his service on 31st December 2020. A felicitation programme was arranged by the department on this occasion as a mark of respect and recognition for the service rendered by him to the department and institution.



We wish him good health and all the best for his future endeavors.

“Power is gained by **sharing knowledge**, not hoarding it”

॥ जै श्री गुरुदेव ॥

ADICHUNCHANAGIRI UNIVERSITY

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

A constituent college of Adichunchanagiri University



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॥Jai Sri Gurudev॥

Biomed

(Medicine at Molecular level)
Department of Biochemistry

January to June 2021 ; Volume 11, Issue 01

From Chief Editor's Desk:

Greetings from the Department of Biochemistry

I am happy & proud to be presenting latest issue of BIOMED Newsletter from the department. The department had the usual spell of academic activity despite the COVID 19 resurge and ensuing lockdown. Finally the long awaited examinations of phase 1 (2019-20 batch) was conducted in Feb- March 2021. I feel extremely proud to announce that the department excelled with 92.56% results (overall MBBS phase 1 result as 84.56%) with 35 distinctions (23.64%) in Biochemistry. Ms Deekshitha Aiyer was the topper and Ms Rekha got highest marks in Biochemistry. There was positive feedback from external examiners regarding the student performance with sincere appreciation of the training process of the students in the department. The cumulative results in Biochemistry is 98% after adding the ACU supplementary examination results.

The faculty continued to excel in academic activities with many of us utilizing the opportunities of updating ourselves by participating in various webinars, learning the art & science of e learning & teaching as well as undergoing training both in online and offline mode. I am also delighted to proclaim that 75% of our faculty have completed the basic course in biomedical research.

The department conducted orientation programme, webinars and guest lectures inspite of the hurdles of the pandemic. Faculty were also actively involved in conduction of programmes by various committees.

The institute is preparing for 250 MBBS admissions and in this regard new aesthetic & modern buidings are being constructed. The staff are looking forward to shifting the department to new premises and establishing it as a centre of excellence in teaching learning and research



Dept. of Biochemistry Staff with Principal & Dean, Dr. MG Shivaramu

Orientation programme for 1st MBBS 2020-21 batch students

The department organized the Orientation Programme on 29th January 2021 between 9.00 am & 1.00 pm for 1st MBBS 2020-21 batch of student. The programme included introduction of faculty, orientation to rules and regulations of the department, curriculum & syllabus, learning resources and teaching learning methods and assessment and evaluation methods. Games were arranged for the students under fun & learn with each game giving an underlying message of attributes required for a medical graduate.

TIME	PROGRAMME	RESOURCE PERSON / FACILITATOR
9.00 am - 9.15 am	Registration	Dr. Chakrasma D.
9.15 am - 9.30 am	Pre-test and moderation	Mr. Somashekar G N
9.30 am - 9.45 am	Introduction of staff	Dr. Rajashwari A
9.45 am - 10.00 am	Rules and Regulations of the department	Dr. Aliya Nusrath
10.00 am - 10.10 am	Goals, Objectives & Syllabus	Dr. Nirmitha D
10.10 am - 10.20 am	Teaching learning methods & Books	Dr. Shilpashree YD
10.20 am - 10.45 am	Evaluation and Assessments	Dr. Asha Rani H & Dr. Shubhi B N
10.45 am - 12.00 pm	Fun and Learn	Dr. Aliya Nusrath
12.00 pm - 12.45 pm	Introduction to Biochemistry	Dr. Aliya Nusrath
12.45 pm - 1.00 pm	Post-test and Vote of Thanks	Mr. Somashekar G N

All are cordially Invited!



It is the supreme art of the teacher to awaken joy in creative expression and knowledge.

Albert Einstein

Guest Lecture on time Management for 1st MBBS 2020-21 batch students

Department of Biochemistry in collaboration with MEU, AIMS organized a guest lecture, as a part of the foundation course on 3rd March 2021, for 1st MBBS 2020-21 batch students, at 2.30pm

Title: “Time Management”

Guest Speaker: Dr. Ashakiran S, Professor and Head, Department of Biochemistry, Sapthagiri Institute of Medical Sciences & Research Centre, Bengaluru.

The programme began at 2.30 pm; Guest speaker delivered an informative presentation on topic time management and learning environment. The speaker emphasized the importance of time management by conducting **two group activities; time is money and time eaters**

The entire Programme was well appreciated by the students.

Finally, the programme was concluded with honouring the guest speaker and external examiner Dr. Venkataraman, Professor and head, Dept. of Biochemistry, Pinnamaneni Siddhartha Institute of Medical Sciences by Dr. Aliya Nusrath, Prof. and Head, Dept. of Biochemistry and faculty members of the department.

Photos of the Programme



Webinar on Surprising benefits of Vitamin D

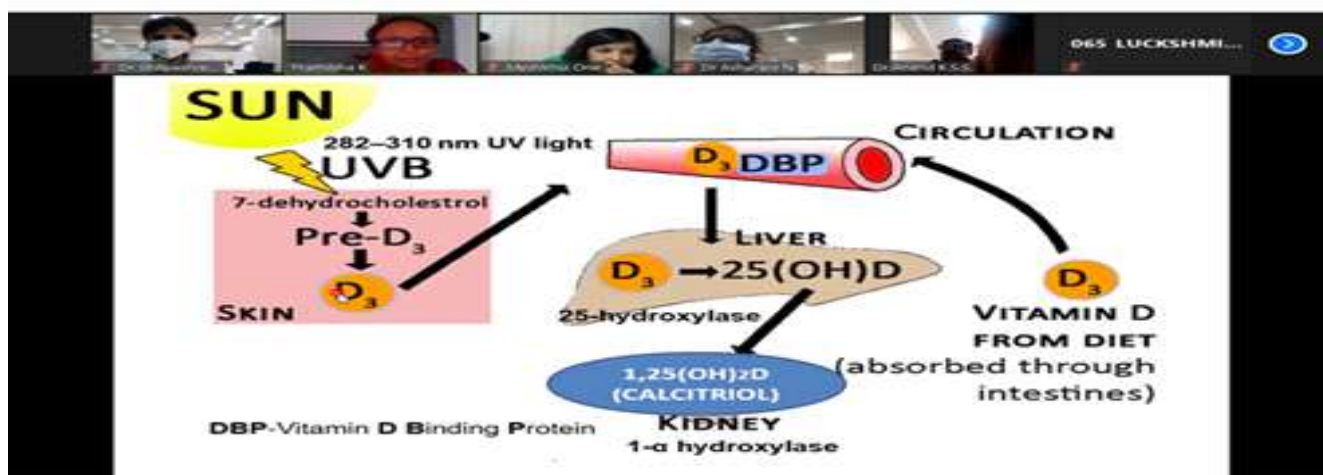
A webinar was organized by the department of Biochemistry, AIMS as a part of the Biochemistry webinar series, on 16th April 2021 at 11.00 am

Dr Priyadarshini K S, Professor, Department of Biochemistry, Rajarajeshwari Medical College and Hospital, Bengaluru was the resource person. Dr Priyadarshini K S is a proud alumna of our institution.

The Guest speaker provided an excellent lecture on the Biochemistry of vitamin D. The session also provided an insight into benefits of Vitamin D beyond the bone and also highlighted the relationship of Vitamin D with other diseases.

All 150 students of MBBS phase I, faculty of Biochemistry department & physiology and Dr. Prathibha K, Asst. Professor, Dept. of Biochemistry, RRMCH & PG alumna of the institution attended the session. The deliberation was very fruitful and was well appreciated by all.

The poster is for a webinar titled "Surprising Benefits of Vitamin D". It is organized by the Department of Biochemistry at Adichunchanagiri Institute of Medical Sciences, Adichunchanagiri University. The event is part of a "WEBINAR SERIES" and is scheduled for April 16, 2021, from 11:00 a.m. to 12:00 p.m. The guest speaker is Dr. Priyadarshini K.S., a Professor in the Department of Biochemistry at Rajarajeshwari Medical College and Hospital, Bengaluru. The poster includes images of pills, a plate of food labeled "Vitamin D", and a large letter "D" made of fruits. The theme is "Surprising Benefits of Vitamin D".



Details of the program

- ▶ Time: 11:00 a.m. -12.00 p.m.
- ▶ Welcome address: Dr. Aliya Nusrath
- ▶ Introduction of the speaker: Dr. Rajeshwari A
- ▶ Scientific session: Dr. Priyadarshini K S
- ▶ Moderation - Dr. Kruthi B N
- ▶ Vote of thanks: Dr. Asharani N
- ▶ Link of the zoom class:

<https://zoom.us/j/95048794239?pwd=VGYvUVMvaXZ4Y1JYQXpBSmNFZ0pUZz09>

Publications

1. **Aliya Nusrath, T A Dhanalakshmi, K Amita. Effectiveness of an Orientation Program on Attitude of Undergraduate Medical Students toward Undertaking of Indian Council of Medical research – Short term studentship programme.** Journal of Medical Sciences and Health.2020;6(3):1-6.
2. Santhosh Kumar, **Aliya Nusrath, Dinesh Ramadas. Free Radical Induced Cell Damage: Protected by Purified Coleus Aromaticus Leaves Protein.** International Journal of Pharmaceutical Sciences and Research.2020;11(7):3320-3325.
3. **Asharani N, Anagha Sridhar B. Evaluation of Knowledge, Attitude and Practices towards Diabetes and Determinant Factors of Diabetic Knowledge among Diabetic Patients: A Study in South India. Advances in Diabetes and Metabolism.**2021;9(1):6-12. DOI:10.13189/adm.2021.090102

Guest Lecture on “Safe food today for a healthy tomorrow”

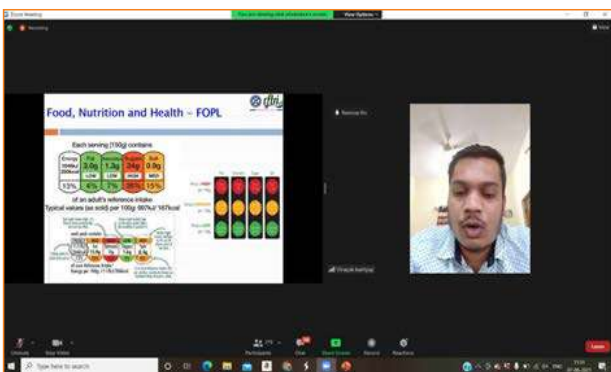
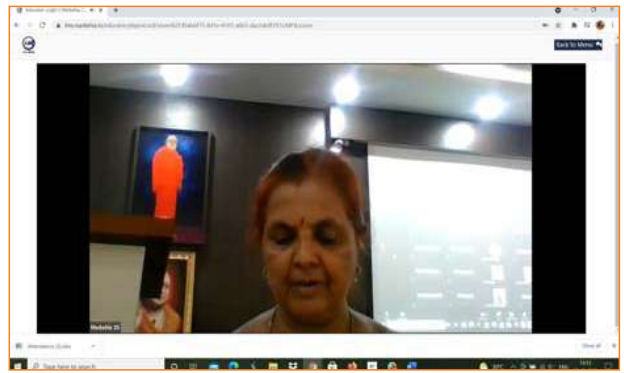
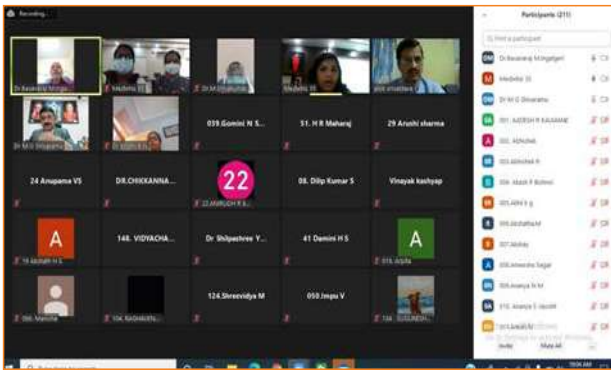
Dept. of Biochemistry and Dept. of Community Medicine jointly organized a webinar on the topic “**Safe food today for a healthy tomorrow**” to mark the event of “**World Food Safety Day 2021**”. The webinar was held on 7th June 2021 between 10:00 am to 11:30 am using Medwhiz/Zoom platform. The resource person was Dr. Alok Kumar Srivastava, Chief Scientist and Head, Food Safety & Analytical Quality Control Lab, CSIR.CFTRI, Mysuru

The objective of the program was to highlight on the food safety and quality indicators to assess the food safety.

The programme was moderated by Dr. Namitha D, Asst. Professor, Dept of Biochemistry. Dr. Aliya Nusrath, Professor & Head, Dept of Biochemistry welcomed the gathering. Dr. M G Shivaramu, Principal AIMS, & Dean Health Sciences (Medical), ACU delivered the opening remarks. Dr. Rajeshwari A, Assoc. Professor, Dept. of Biochemistry introduced the speaker. Guest speaker Dr. Alok Kumar Srivastava, delivered an informative presentation. He highlighted on the objectives of Food safety and quality Assurance mandate @ CFTRI, changing dynamics of food quality, safety and health, food safety in India, including recent initiatives of Food Safety & Standards Authority of India (FSSAI), food fortification to enhance the nutritional status and food nutrition and health - challenges and Mitigation.

In the open house discussion, a number of queries were raised by faculty and students which were effectively answered by the speaker The programme ended with vote of thanks by Dr. Vinayak H Kashyap, Asst. Professor, Dept. of community medicine.

Glimpses of the programme



Student Forum

Toppers of 1st MBBS 2019-20 batch students (Feb-March 2021 ACU Examination)



Ms Deekshitha K Ayier
Topper of the batch (83%)

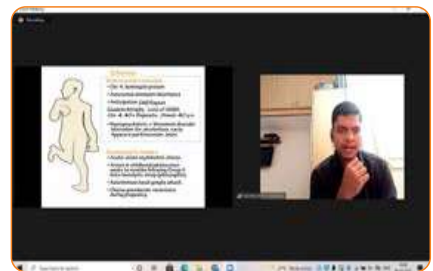
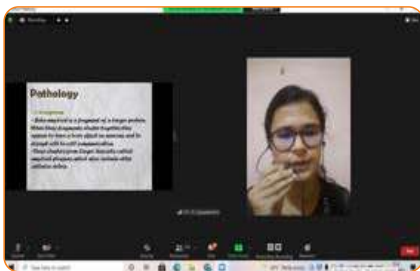
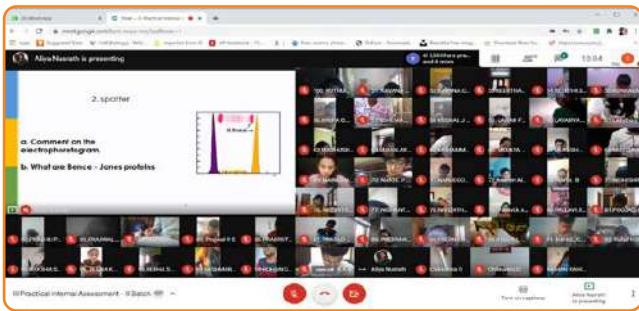


Ms Gayathri Brahmandan
2nd topper of the batch (82.8%)

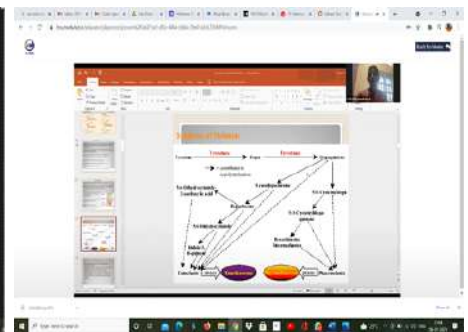


Ms Rekha S
Topper in Biochemistry (88%)

1st MBBS 2020-21 Batch students writing the Internal Assessment



1st MBBS students presenting in SDL sessions as well as seminars



BSc Allied Health Science
Students writing the
internal Assessment

Faculty as Resource persons

Dr. Aliya Nusrath

1. Delivered a presentation, titled **“Introduction and need for the study”** at the workshop on Dissertation protocol/Synopsis writing for I year MD/MS students of 2020-21 batch held on 12th and 13th March 2021.
2. Delivered a presentation, titled **“Peyton's four steps approach”** organized by AIMS-Skill and Simulation Center in collaboration with AIMS-MEU on 30th & 31st March 2021
3. Delivered a presentation, titled **“Guidelines for Specimen collection handling and transport for Laboratory Investigations”** at the Interns Programme organized by MEU, AIMS on 8th May 2021.



Dr. Asha Rani N

1. Delivered a presentation titled - **“Designing of task training module and preparation of session plan”** organized by AIMS-Skill and Simulation Center in collaboration with AIMS-MEU on 30th & 31st March 2021



Dr. Shilpashree Y D

1. Guest speaker and delivered a presentation in the **“Extracellular Matrix: A root of mammalian diseases”** organized by Sri Siddhartha Medical College and Hospital, on 24th February 2021.



Conference / Workshop /CME/Guest lectures

Dr. Aliya Nusrath

1. Webinar on **“e-Learning in Medical Education – Winds of Change”** organized by curriculum committee with Dr. Vaidyanathan Balasubramanyam, Professor of Anatomy, St. John's Medical college, on 1st April 2021 at 10.30 am.
2. Webinar on **“Feedback on Curriculum: Process and implications”** organized by NAAC and IQAC Committee on 9th April 2021 with Dr. Aswini Dutt.R, Associate dean, Professor and Head, Department of Physiology, Yenepoya medical college, Yenepoya University, Mangalore.
3. **“Surprising benefits of Vitamin D”** on 16th April 2021 organized by Dept. of Biochemistry
4. Webinar on **“Teaching Learning and Evaluation Inputs on Criteria 2 of NAAC”** organized by IQAC and NAAC committee on 24th May 2021.
5. Webinar on **“Research, Innovations and Extension: Strengths and Challenges in Criteria 3 of NAAC”** organized by IQAC and NAAC committee on 25th June 2021.

Dr. Rajeshwari A

1. Webinar on **“e-Learning in Medical Education- Winds of change”** held on 1st April 2021, Institutional Curriculum Committee.
2. Webinar on **“Feedback on Curriculum: Process and Implications”** on 9th April 2021, organized by IQAC and NAAC committee, AIMS, B G Nagara.
3. **“Surprising benefits of Vitamin D”** on 16th April 2021 organized by Dept. of Biochemistry

Dr. Asha Rani N

1. **Covid-19 Vaccine-status update** – organized by WEC-AIMS on 4th Feb 2021
2. **Achieving an Equal Future #Choose to Challenge#** organized by WEC -AIMS on 12th March 2021
3. **FDP on “NMC Guidelines for Skill and Simulation Lab: Implementation at Medical Institutions”** held on 18th & 19th March 2021 organized by JSS AHER Skill & Simulation Centre & MEU, JSS Medical College at JSS Academy of Higher Education & Research
4. Webinar on **“e-Learning in Medical Education- Winds of change”** held on 1st April 2021, Institutional Curriculum Committee.
5. **A virtual conference for HPE(VICHPE-2021) with the theme of Health Professionals of Tomorrow: Agents of Educational Reforms** from 6th to 8th April 2021 organized by department of medical education, Era University, Lucknow, India & Al Sadiq International Virtual University, USA.
6. Webinar on **“Feedback on Curriculum: Process and Implications”** on 9th April 2021, organized by IQAC and NAAC committee, AIMS, B G Nagara.
7. **“Blended Learning”** pre conference workshop of VICHPE-2021: A Virtual International Conference for Health Professions Education organized by Department of Medical Education, Era University in collaboration with Al Sadiq International Virtual University (SIVU), U.S.A. on 13th April 2021.
8. **Portfolio Management”** pre conference workshop of VICHPE-2021: A Virtual International Conference for Health Professions Education organized by Department of Medical Education, Era University in collaboration with Al Sadiq International Virtual University (SIVU), U.S.A. on 13th April 2021.
9. **“Testing and Assessing a Skill Station”** on 17th April 2021 organized by Society for Healthcare Simulation

10. **“Surprising benefits of Vitamin D”** on 16th April 2021 organized by Dept. of Biochemistry
11. **“Gender Mainstreaming in Medical Education”** on 22nd April 2021 organized by Dept. of Forensic Medicine.
12. **“Teaching Learning and Evaluation- Inputs on criteria 2 of NAAC”** on 24th May 2021 organized by NAAC & IQAC of AIMS
13. **“Research, Innovations & Extension: Strengths & Challenges in Criteria 3 of NAAC”** on 25th June 2021 organized by NAAC & IQAC of AIMS

Dr. Shilpashree Y D

1. **Covid -19 Vaccine-status update** – organized by WEC-AIMS on 4th Feb 2021.
2. ISO 9001 certification training programme, organized by AIMS, on 19th February 2021
3. **A virtual conference for HPE(VICHPE-2021) with the theme of Health Professionals of Tomorrow: Agents of Educational Reforms** from 6th to 8th April 2021 organized by department of medical education, Era University, Lucknow, India & Al Sadiq International Virtual University, USA.
4. Webinar on **“Feedback on Curriculum: Process and Implications”** on 9th April 2021, organized by IQAC and NAAC committee, AIMS, B G Nagara.
5. **“Surprising benefits of Vitamin D”** on 16th April 2021 organized by Dept. of Biochemistry

Dr. Namitha D

1. ISO 9001 certification training programme, organized by AIMS, on 19th February 2021
2. **Achieving an Equal Future #Choose to Challenge#** organized by WEC -AIMS on 8th March 2021.
3. **“Women in leadership ”** organized by WEC -AIMS on 12th March 2021.
4. Webinar on **“Feedback on Curriculum: Process and Implications”** on 9th April 2021, organized by IQAC and NAAC committee, AIMS, B G Nagara.
5. **“Surprising benefits of Vitamin D”** on 16th April 2021 organized by Dept. of Biochemistry
6. **“Teaching Learning and Evaluation- Inputs on criteria 2 of NAAC”** on 24th May 2021 organized by NAAC & IQAC of AIMS
7. **“Research, Innovations & Extension: Strengths & Challenges in Criteria 3 of NAAC”** on 25th June 2021 organized by NAAC & IQAC of AIMS

Dr. Kruthi B N

1. CME webinar on **“Unraveling the Covid Code – A Multidimensional Approach”** organized by The Tamilnadu Dr. M G R Medical University, Chennai, held on 7th and 8th January 2021.
2. **Covid -19 Vaccine-status update** – organized by WEC-AIMS on 4th Feb 2021
3. ISO 9001 certification training programme, organized by AIMS, on 19th February 2021
4. **Achieving an Equal Future #Choose to Challenge#** organized by WEC -AIMS on 8th March 2021
5. **“Women in leadership “** organized by WEC -AIMS on 12th March 2021.
6. **“Surprising benefits of Vitamin D”** on 16th April 2021 organized by Dept. of Biochemistry
7. CME on **“Current and Future Perspectives of Cytokines as Biomarkers in Human Disease”** organized by Sri Devaraj urs medical College, Kolar held on 13th May 2021.
8. Webinar on **“Teaching Learning and Evaluation Inputs on Criteria 2 of NAAC”** organized by IQAC and NAAC committee on 24th May 2021.

Course and Training

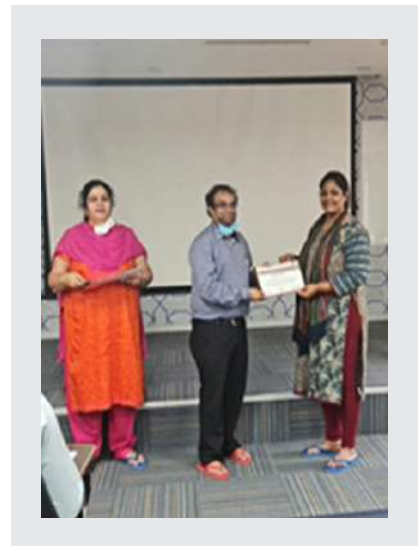
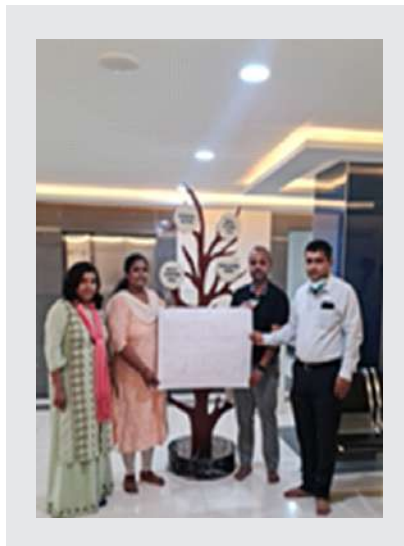
The following faculty successfully completed certification course in “**Basic Course in Biomedical research**” from **ICMR-National Institute of Epidemiology** (March – June 2020).

- Dr. Aliya Nusrath
- Dr. Rajeshwari A
- Dr. Asha Rani N
- Dr. Shilpashree Y D
- Dr. Namitha D

[(Additionally Dr. Kruthi BN had completed this course during first cycle (Sept – Dec 2019)].

The following faculty underwent training on “**NMC Guidelines for Skills and Simulation Lab: Implementation at Medical Institution**” held on 18th and 19th March 2021 conducted by JSS AHER Skill and Simulation Centre and MEU, JSS Medical College, Mysuru.

- Dr. Aliya Nusrath
- Dr. Asha Rani N



Faculty at JSS AHER Skill and Simulation Centre, JSS Medical College, Mysuru, receiving certificates of training in skill & simulation lab implementation

Dr. Asha Rani N Completed required course of study for “Effective PPT Designing and Presentation” conducted online between 16th April 2021 to 13th May 2021.

*Change is the end result
of all true learning.*

- Leo Buscaglia

Faculty Forum

Keeping oneself safe and keeping others safe has never been more important than the current situation.

The staff in the department not only adheres to the safety guidelines of COVID 19 but also have been vaccinated against the COVID 19. We thank our management for ensuring the safety of the staff



House warming ceremony of Mr. Shankare Gowda



Department of Biochemistry Staff Photo



Dr Aliya during JMSH release with Executive Editor in Chief & other JMSH editorial Team



Faculty visiting the new building construction



॥ ज्ञेयो इतो ह्युपपदेह्य ॥

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ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

A constituent college of Adichunchanagiri University



DEPARTMENT OF PHARMACOLOGY

Pharmacology

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JANUARY to JUNE, 2021; Volume 11, Issue 01

Greetings and regards from the department

Greetings for good health and cheer from the Department of Pharmacology. This year

we again witnessed a lockdown due to which online teaching was resorted. The online teaching seems to have given fruit with respect to the enthusiasm shown by the students of 2019 batch. The first internal assessment exams were conducted online successfully with some limitations. 2021 has lot of positives like successful registration of the Institutional Ethics Committee with CDSCO and DHR for regulatory and academic research activities. The first ACU exams were conducted in the month of February/March this year for MBBS students successfully. A major vaccination drive in our institution saw majority of faculty getting vaccinated against COVID-19. The department saw the addition of four new teaching faculty bringing the total to eight. Here's looking to more good things in the year ahead...stay positive, enthusiastic and optimistic...

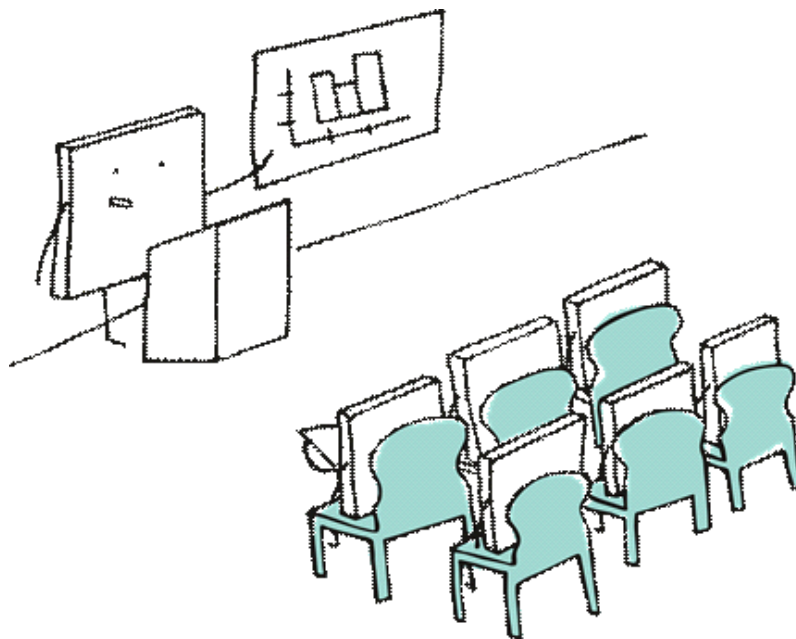
Dr Ravi Shankar M,
Professor and Head of the Department

Best Wishes.
Professor and HOD



ACADEMIC ACTIVITIES DURING COVID 19 PERIOD

- ▶ ACU 2018 (Non- CBME) batch university exams were conducted between on February and March.
- ▶ EXAMINATION RESULTS: 96% students secured passed results in pharmacology subject.
- ▶ All faculties actively participated in Department meeting for the future course of action with regards to academic activities, NAAC activities and CBME based activities.
- ▶ All faculties were participated in orientation programme for II MBBS students (2019 CBME Batch) on 22.03.2021.
- ▶ LECTURE CLASSES: online classes, small group teaching, tutorials and student seminar were conducted in a week using technology tool Medwhiz platform. All faculties were actively involved in online teaching for under graduate teaching in lecturer classes, practicals, small group teaching, tutorials and student seminars. The presentations were posted in the whats app group comprising the students and faculty of pharmacology.
- ▶ ASSESSMENTS: All faculties were actively involved in conduction of first internal assessment for CBME 2019 batch on 9/05/2021, 14/06/2021, 15/05/2021 and 16/05/202



WEBINARS BY GUEST FACULTY

Topic – “Informed Consent Document” by Ms Chandana Pal, Accreditation and Quality Systems Incharge and HRPP Chief Coordinator, Apollo Research and Innovations (ARI) on 08.01.2021. organizers: Department of Pharmacology and Institutional Ethics Committee

|| Jai Sri Gurudev ||
Adichunchanagiri University
Adichunchanagiri Institute of Medical Sciences
 B G Nagar – 571448

Department of Pharmacology

Summary of Webinar on “INFORMED CONSENT DOCUMENT”

Webinar on “**INFORMED CONSENT DOCUMENT**” was organized by Department of Pharmacology, AIMS, BG Nagar and AIMS Institutional Ethics committee in collaboration with Apollo Research and Innovations, on **08-01-2021** from 2.30pm to 4.00pm by using Google Meet Platform. **Miss CHANDANA PAL**, Accreditation and Quality Systems In charge & HRPP Chief Coordinator, Apollo Research & Innovations (ARI), was the guest speaker. The programme was attended by nearly 60 participants including Medical faculties and postgraduates from our Institute.

Dr Mann G, Associate Professor, Department of Pharmacology hosted and moderated the scientific session. Dr Vinaya M, Associate Professor, Department of Pharmacology welcomed the gathering. Dr Ravi Shankar M, Professor and Head, Department of Pharmacology addressed the key note for the webinar session. Dr Padmanabha T S, Assistant Professor, Department of Pharmacology introduced the resource person.

The topic for Webinar was “**Informed Consent Document (ICD)**”. The guest speaker explained the importance of Informed consent document (Patient information sheet) and Informed consent form (ICF). She also explained about the basic principles to design ICD and the principles of Ethics to be followed while taking ICF.

The session ended with an open house discussion.

The session was concluded with vote of thanks by Dr Ravi Shankar M, Professor and Head, Department of Pharmacology.

The webinar was very informative & well appreciated by the participants.
 Link for the recorded webinar:
<https://drive.google.com/file/d/190kVvKqerQMPt3BkgCGQOVtP4Rk9r/view?usp=sharing>

|| Jai Sri Gurudev ||
ADICHUNCHANAGIRI UNIVERSITY
Adichunchanagiri Institute of Medical Sciences
 B.G. Nagara - 571448, Nagamangala Taluk, Mandya Dist, Karnataka

WEBINAR SERIES Date: 08th January, 2021
 Time: 2.30 pm to 3.30 pm

DEPARTMENT OF PHARMACOLOGY
 In Association with
AIMS INSTITUTIONAL ETHICS COMMITTEE AND APOLLO RESEARCH AND INNOVATIONS

WEBINAR ON INFORMED CONSENT DOCUMENT
 Participant Information Sheet (PIS) and Informed Consent Form (ICF)

Resource Person :


Ms Chandana Pal
 Accreditation & Quality Systems Incharge
 & HRPP Chief Coordinator
 Apollo Research & Innovations (ARI)

Platform – Google Meet: Link - <https://meet.google.com/aqx-hhqa-sfv>

|| Jai Sri Gurudev ||
Adichunchanagiri University
Adichunchanagiri Institute of Medical Sciences
 B.G. Nagara - 571448, Nagamangala Taluk, Mandya Dist, Karnataka

WEBINAR SERIES Date: 08th January, 2021
 Time: 2.30 pm to 3.30 pm

DEPARTMENT OF PHARMACOLOGY
 AIMS INSTITUTIONAL ETHICS COMMITTEE AND APOLLO RESEARCH AND INNOVATIONS

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The image also shows two screenshots from a Google Meet session. The top screenshot shows a presentation slide titled "INFORMED CONSENT DOCUMENT" with a diagram of a person and a document. The bottom screenshot shows a slide titled "Informed Consent" with a list of items and a diagram of a person and a document.

ACADEMIC ACTIVITIES

Dr RAVI SHANKAR M, Professor and Head

- ▶ Participated in academic council meeting as chairperson of board of studies and Institutional Curricular Committee meetings to discuss the academic activities for CBME Curriculum in Adichunchanagiri University.
- ▶ **Induction program for I MBBS students** – participated by rendering hippocrates oath on 20.1.2021
- ▶ Participated in **orientation program** for II MBBS students (2019 CBME Batch) on 22.3.2021.
- ▶ Conducted undergraduate examination as internal examiner and as external at other institutions
- ▶ Participated in screening of research proposals of AIMS, BG Nagara as Member of AIMS Institutional Ethics Committee.
- ▶ Participated in ISO steering Committee meetings
- ▶ Participated in online **integrated teaching program** for I MBBS students – “Pharmacotherapy of Hypertension” with Department of General Medicine organized by Department of Physiology on 10.5.2021.
- ▶ **Chairperson** for BoS meeting of para-clinical subjects to discuss the challenges in implementation of CBME Curriculum for Phase II MBBS course during COVID period w.r.t to online teaching and conduction of internal assessments on 29.6.2021.
- ▶ Participated in college Council Review meetings as head of the department.

Webinars/Seminars/Conferences

- ▶ **Organized** a webinar on "Informed Consent Document" on 8.1.2021 with Department of Pharmacology and Institutional Ethics Committee.
- ▶ **Delegate** for Guest lecture in ACU on 16.2.2021 – “Role of IQAC in NAAC Accreditation”.

Institutional Ethics Committee related activities

- ▶ **Re-Registration** of Adichunchanagiri Institute of Medical Sciences Institutional Ethics Committee with **CDSCO** (Registration Number – EC/659/Inst/KA/2018/RR-21
- ▶ **Provisional Registration** of Adichunchanagiri Institute of Medical Sciences Institutional Ethics Committee with National Ethics Committee Registry for Biomedical and Health Research (NECRBHR), **Department of Health Research (DHR)**

Board of Studies related activities

- ▶ **Chairperson** for BoS meeting of para-clinical subjects to discuss the challenges in implementation of CBME Curriculum for Phase II MBBS course during COVID period w.r.t to online teaching and conduction of internal assessments on 29.6.2021

- ▶ **Induction program for I MBBS students** – participated by rendering Hippocrates oath on 20.1.2021
- ▶ Participated in **orientation program** for II MBBS students (2019 CBME Batch) on 22.3.2021
- ▶ Participated in online **integrated teaching program** for I MBBS students – “Pharmacotherapy of Hypertension” with Department of General Medicine organized by Department of Physiology on 10.5.2021.

DR VINAYA M, Associate Professor

- ▶ Completed online course (Cycle-2 Dec- Jan 2021) on **“Basic Course in Biomedical Research”** offered by ICMR in Collaboration with National Institute of Epidemiology & Council of India, on 17.12.2020
- ▶ Actively participated in preparation of Pharmacology Log Book and Practical Record Book for CBME Curriculum.

Dr PADMANABHA T S, Assistant Professor

- ▶ Actively participated as organising team in a webinar on **“Informed Consent Document”** on 8.1.2021 with Department of Pharmacology and Institutional Ethics Committee.
- ▶ Actively participated in preparation of **Log Book and Record Book** for the CBME Curriculum
- ▶ Actively involved in **Re-Registration of Adichunchanagiri Institute of Medical Sciences Institutional Ethics Committee** with CDSCO (Registration Number – EC/659/Inst/KA/2018/RR-21
- ▶ Actively involved in Provisional Registration of Adichunchanagiri Institute of Medical Sciences Institutional Ethics Committee with National Ethics Committee Registry for Biomedical and Health Research (NECRBHR), Department of Health Research (DHR)
- ▶ Actively participated in screening of research proposals of AIMS, BG Nagara as Member of AIMS Institutional Ethics Committee.
- ▶ Actively involved in **AIMS, Medical Education Unit** related activities
- ▶ Attended virtual conference **“i-MECON : International Medical Education Conference”** held between 25th - 27th March 2021 conducted by the University Centre for Health Professions Education, Sri Devaraj Urs Academy of Higher Education and Research, Tamaka, Kolar. Presented Paper on "Is There a Case for Case-Based Learning in Pharmacology?"
- ▶ Attended virtual International Conference for Health Professions Education VICHPE 6-8 April, 2021, Era University and Al-Sadiq International Virtual University – **Presented paper** on " A comparative study on the effectiveness of case based approach and didactic teaching methods in learning outcome of second year medical students.

Dr. SAREETHA A V, Assistant Professor

- ▶ Actively participated in organising webinars on Informed Consent Form and Importance of Good Clinical Practice in Clinical Research” in collaboration with Institutional Ethics Committee.
- ▶ Actively participated in screening of research proposals of AIMS, B G Nagara as member of AIMS Institutional Ethics Committee.
- ▶ Actively participated in preparation of Log Book and Record Book for the CBME Curriculum.

PUBLICATIONS FROM THE FACULTY

1. K N, M RS. Prescribing patterns in the management of arthritis in a rural tertiary care teaching hospital. Int J Basic Clin Pharmacol 2021; 10:49-54.
2. **Sareetha A V**, Sridhar Prasad YP, Kiran T, Shashikumara. Nootropic activity of ethanolic extract of Woodfordia fruticosa (L.) Kurz flowers on scopolamineinduced mouse model of Alzheimer's disease. Natl J Physiol Pharm Pharmacol 2021;11(05):495-499.
3. **Sareetha A V**, Sridhar Prasad YP, Shashikumara. Repeated oral administration of ethanolic extract of Woodfordia fruticosa (L.) Kurz. flowers against the animal models of depression. Natl J Physiol Pharm Pharmacol 2021;11(05):490-494.
4. **Sareetha A V**, Gore SR, Shashikumara, Sandeep B. Critical appraisal of drug promotional literature: Educative or misleading for second year MBBS students. Natl J Physiol Pharm Pharmacol 2021;11(07):710-714.
5. Dr. Prakash Gundagatti, Dr. Atul Kumar Pandey, **Dr. Sareetha A V** and Dr. Pramod GR. A study on spectrum of thyroid dysfunction in type 2 DM. International Journal of Advanced Research in Medicine 2021; 3(1): 473-475.
6. Dr. Prakash Gundagatti, Dr. Atul Kumar Pandey, **Dr. Sareetha A V** and Dr. Pramod GR. Correlates of thyroid disorder in type DM patients. International Journal of Advanced Research in Medicine 2021; 3(1): 476-479.
7. Dr. Prakash Gundagatti, Dr. Atul Kumar Pandey, **Dr. Sareetha A V** and Dr. Pramod GR. Study of serum magnesium level in patients of newly diagnosed type-2 diabetes mellitus and its effect on glycemic control. International Journal of Advanced Research in Medicine 2020; 2(1): 79-81.
8. Dr. Prakash Gundagatti, Dr. Atul Kumar Pandey, **Dr. Sareetha A V** and Dr. Pramod GR. Thyroid dysfunction in type 2 DM patients with microvascular complications. International Journal of Advanced Research in Medicine 2020; 2(2): 133-135.

EXTENSION ACTIVITY

Dr Ravishankar M, Professor and Head

- ▶ Received "Certificate of Excellence in Reviewing" as reviewer for the year 2021 from Journal of Pharmaceutical Research International & international Journal of Biochemistry Research and Review.



Dr PADMANABHA T S, Assistant Professor

- ▶ Has completed MCI'S "**ADVANCED COURSE IN MEDICAL EDUCATION**" at St' Johns Medical College, Bangalore.
- ▶ Resource person for "**Orientation programme for interns**" held on 5th, 6th & 7th February 2020: Topic: Team building activities. By MEU, AIMS.
- ▶ Actively involved in journal related activities of "Journal of Medical Science and Health". **Role: Associate Editor of "Journal of Medical Science and Health"**.
- ▶ Enrolled for **PhD Scholar in Medical Pharmacology** at Adichunchanagiri University
- ▶ Attended "Sensitization Program – AIMS-IQAC – ISO 9001:2015" for Teaching faculty on 19th February 2021, at AIMS, B G Nagara: Resource person: Dr G R Lakshmisha, Director, GARANI consultants, Quality Assessors & Lead Consultants.
- ▶ Attended Institutional IQAC and NAAC Committee of criteria 2 jointly organized a webinar on the topic "**Teaching Learning and Evaluation – Inputs on Criteria 2 of NAAC**" on 24th May 2021 from 2.15 pm to 4.10 pm. Resource person - Dr Prashanth Vishwanath, Professor, Dept of Biochemistry and Coordinator, IQAC, JSS Academy of Higher Education& Research, Mysuru
- ▶ Participated in Webinar on "Research Innovations & Extension: Strengths & Challenges in Criteria 3 of NAAC" held on 25th June 2021
- ▶ Attended "Author Workshop & Scopus Metrics Analysis" at BLDE(DU), Vijayapura on 28th to 30th June 2021. Resource persons: Vikram Sudhakar, Dr. Ishima Badhwar, Sameer Gupta, Health Solutions, Elsevier.

Achievements and Best Practices

Institutional Ethics Committee, AIMS

- ▶ Government of India, Directorate General of Health Services, Central Drugs Standard Control Organization successfully granted the approval for smooth functioning AIMS IEC. Ethics Committee Re-Registration No. ECR/659/Inst/K A/2018/RR-21 issued under New Drugs and Clinical Trials Rules, 2019. (The registration is valid from 12-Apr-2021 to 11-Apr-2026,)

Institutional Animal Ethics Committee, AIMS

- ▶ As a part of best practice, CCTV were installed in the AIMS, Animal House to enhance the quality measure in accordance with the CPCSEA

FACULTY NEWS

- ▶ Send off was given to Dr Manu G, Associate Professor for his contribution towards department in the last five years, as he moved to JSS Medical College, Mysore from March 2021
- ▶ Our New faculty recruitment for the post of Assistant professor (AP) and Senior resident (SR) cum tutor are
- ▶ Dr Sneha Jyothi (Assistant Professor) on 01.03.2021
- ▶ She has done her MD Pharmacology from Bangalore Medical College & Research Institute
- ▶ Dr Neeta C S, Assistant Professor, joined on 15.03.2021
- ▶ She has done her MD Pharmacology from Bidar Institute of Medical Sciences
- ▶ Dr Divya, Assistant Professor, joined on 05.04.2021
- ▶ She has done her MD Pharmacology from Bangalore Medical College & Research Institute
- ▶ Dr Vivekananda (Senior Resident cum tutor) joined on 15.03.2021
- ▶ He has done his MD Pharmacology from Bidar Institute of Medical Sciences.



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ADICHUNCHANAGIRI UNIVERSITY

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

A constituent college of Adichunchanagiri University



Jan - June 2021. Volume 11 Issue 1

PATHO - INSIGHT

DEPARTMENT OF PATHOLOGY

Chief Patron

Sri Sri Sri Dr.

Nirmalanandanatha

Swamiji

Advisor

Dr. Shivaramu.M.G

Principal, AIMS

Dean-Academics (Medical)

Adichunchanagiri University

Chief Editor

Dr Vijay Shankar S

Professor & HOD

Editorial Board

Dr Abhishek MG

Dr Amita K

Dr Sanjay M

Dr Nanjundaswamy.D

Members

Dr Prakash V B

Dr Rakshitha H B

Dr Kusuma K N

Dr Rajini T

Dr Sudha P S

Dr Indira C.S

Dr Dr Dhanalakshmi

Dr Chandana

Dr Amrutha vani M S

Dr Geethanjali

Dr Ramya Suresh

Dr Rashmi

Dr Jalli Pravallika

Dr Pournami

From the Desk of Chief Editor

"It is hard to fail, but it is worse never to have tried to succeed."

- Theodore Roosevelt

It is indeed a great pleasure to bring out the First issue of 11th 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 department of Pathology has been a forerunner in terms of its academic achievements.

With the continued Covid -19 pandemic ,in the form of second wave the enthusiasm has been undeterred. Our faculty have been a part of various webinars, within and outside the institution and also participated in various academic events

Our faculty have been resource persons in various medical education and scientific research programs in our institution.

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



REPORT OF CLINICOPATHOLOGIC CASE DISCUSSION 2021

With the divine blessings of Paramapujya Jagadguru Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji and Paramapujya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, the first clinicopathologic case discussion for the year 2021 was held on 20th February 2021 by the Department of Pathology in collaboration with the Department of General Surgery and Department of Radiology.

The program was designed to discuss a unique case of Intramuscular Hydatid Cyst of Thigh, starting from the clinical history, right through to the final diagnosis, treatment, and the further management of the patient, thereby allowing us to learn of the various shortcomings and areas of improvement. Taking place in the Lecture Hall in the presence of all the members of the three departments, Dr. Vijay Shankar, Head of Department of Pathology welcomed the gathering and introduced the proceedings of the day.



Dr. Vijay Shankar, Head of Department of Pathology welcomed the gathering



Dr. Arshad Khan, final year postgraduate from the Department of General Surgery.



Dr. Ramya Suresh, a 1st year postgraduate from department of Pathology

The first presenter was Dr. Arshad Khan, final year postgraduate from the Department of General Surgery. Dr. Arshad took us through the entire clinical course of the patient – the history, examination findings, radiological findings, intraoperative findings and thus coming to a provisional diagnosis of an organizing hematoma or a soft tissue tumor. The presenter from the Department of Pathology was Dr. Ramya Suresh, a 1st year postgraduate who highlighted the FNAC and histopathologic findings leading to the definitive diagnosis of an Intramuscular Hydatid Cyst.

The lacunas that were identified threw open a discussion to what could have been a better course of action and what must be done in the further management of the patient. With each department gathering healthy suggestions for betterment, the entire program was a great success with a lot of constructive learning

REPORT OF DEPARTMENT ORIENTATION PROGRAMME FOR CBME BATCH STUDENTS

Orientation programme in the Department of Pathology was conducted for I batch of ACU CBME 2019 Batch on 23.03.2021 from 11.00 am to 01.00 pm in lecture hall 1.

DR. Abhishek M G Professor, department of Pathology, welcomed the gathering and introduced the staff, followed by introduction by students.

Dr. Rakshitha H B briefed about the department, different sections in pathology department like Histopathology, Cytology, Hematology, central Laboratory. Logbook, practical record, attendance, dress code, books for reference and also instructed the students to wear mask, use of sanitizer and maintain social distance for the prevention of COVID -19, 2nd wave.

Dr. Rajini T Assistant Professor took all the students for departmental tour and she briefed about practical hall (both Dry Lab & wet lab) and lecture etc.,

Dr. Abhishek M G Professor briefed Regarding Syllabus & Curriculum and described the various methods of assessment, evaluation like OSPE & eligibility criteria as per the CBME guidelines.

Dr. Prakash V B Assistant Professor & Blood Bank officer briefed about central laboratory and Blood bank component separation.,



Dr Rajini, Assistant Professor interacting with students



Dr. Rakshitha H B briefing about department & different section

Dr. Kusuma K N Assistant Professor explained the Phase II Tutor Mentor ward system, biomedical waste management and Covid vaccination.

The programme was concluded by vote of thanks by Dr. Kusuma, Assistant Professor. Pathology Dept.



Students Introduction



Students Introduction

ROLE OF DEPARTMENT FACULTY IN VARIOUS ACADEMIC ACTIVITIES

Dr Amita K , Coordinator of Scientific committee, Conducted guest lecture on "Process of Patents" for scientific committee and IEC members of AIMS. Resource person: Dr Ravi Kumar, Prof & HOD, R&D, BGSIT, Head of IPR cell, ACU on 22nd April 2021 at MEU Hall, AIMS.

FACULTY AS RESOURCE PERSONS AT CME/CONFERENCES

Dr Vijay Shankar S, Delivered Guest lecture titled "importance of social media in medical education" online for first year MBBS students, MRIMS, Hyderabad on 9th February 2021.

Dr Vijay Shankar S as Judge SPARRCCOMEME contest held at Sri Ramachandra Pathology Annual Rapid review course from 4th to 10th Jan 2021 conducted by dept of Pathology SRMCRI Porur Chennai

FUNDED RESEARCH PROJECTS:

1. Characterization of cancer stem cells markers in breast cancer in rural areas for prognostic and therapeutic implications Funding Agency applied – VGST; PI-Dr Amita K; CO PI- Dr Rakshita HB
2. 3D Bio printing of Patient derived Extracellular Matrix to Design Breast Cancer Tumour Models for Drug Screening and Cancer Research Funding Agency applied – SERB. PI-Dr Prashanth K, Faculty Natural Sciences, ACU; CO PI- Dr Amita K
3. Development of cancer diagnostics methodologies in rural areas using latest advancements in Artificial Intelligence Funding Agency applied – VGST. PI-Dr Ravi Kumar, Prof & HOD, R & D, BGSIT, ACU; CO PI- Dr Amita K

CONFERENCES/GUEST LECTURES/CMES ETC. ATTENDED BY FACULTY / STUDENTS

The faculty and postgraduates have regularly attended various CME,s Workshops and slide seminars held at various institutions across the state.

ACTIVITIES FROM BLOOD BANK

VOLUNTARY BLOOD DONATION CAMP CONDUCTED DURING JUNE 2021

On the occasion of World Blood Donors day on 14th June, 2021, with the blessings of Parama Poojya Swamiji, Sri Sri Sri Dr. Nirmalanandhanatha Mahaswamiji, Adichunchanagiri institute of medical sciences celebrated the event by conducting blood donation camp.

Department of Pathology, AHRC Blood bank in association with Youth Red Cross and NSS unit under the guidance of our Principal, M G Shivaramu were successful in reinforcing the slogan for 2021 "Donate blood and keep the world beating" by educating the donors and the public, the importance of blood and its products. Our principal stressed on the need for blood donation especially during covid-19 period and educated the public about vaccination, myths and advantages of blood donation.



Inauguration of the event



Principal, M G Shivaramu addressing the gathering

Among the blood donors were general public, doctors, postgraduate students and our hospital staff. Hence we were successful in accomplishing the objectives for which the event was started by the World Health Organisation in 2004.

On the same occasion we released a write up on "**Guidelines for Blood Donation during Covid-19 period**"



The blood bank team

REPORT OF GUEST LECTURE CONDUCTED ON 6TH MARCH 2021 "APPROACH TO GLIAL NEOPLASMS"

With the divine blessings of Paramapujya Jagadguru Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji and Paramapujya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, the Department of Pathology hosted a guest lecture by Dr. Lawrence D'Crux, Associate Professor, Department of Pathology, Sri Ramachandra Medical College, Chennai in the MEU Hall on 6th March 2021

Dr. Lawrence spoke about the "Approach To Glial Neoplasms". Breaking down such a complex topic into a form of flowcharts for easy and quick diagnosis based on IDH, ATRX and p53 staining was the highlight of the session. With his focus being on glial tumors, he later went on to briefly touch upon other CNS neoplasms and a general approach to frozen sections.



His crisp, informative and picture filled presentation along with his strong knowledge about the subject made this session a remarkably interesting one only to leave the participants overwhelmed and in awe at the vast, unexplored, expanse and crevices of pathology.

Dr. Lawrence was honored and felicitated by the department. With the room brimming with motivation, the entire program ended in a big success.



Felicitation of the guest speaker

EXAMINATION AND RELATED ACTIVITIES



Dr Vijay Shankar S at BMCRI, Bangalore

- Dr Vijay Shankar S Carried out university assignment of ACU UG practical exams as internal examiner at Adichunchanagiri institute of medical sciences from 4th – 6th March 2021
- Dr Vijay Shankar S Carried out university assignment of SSMC practical exams as external examiner at Siddhartha institute of Medical sciences, from 29th and 30th June 2021
- Dr Vijay Shankar S Carried out university assignment of RGUHS UG practical exams as External examiner at Bangalore Medical College & Research Institute from 19th – 23rd March 2021 and Saphthagiri institute of medical sciences from 25th – 28th March 2021

- Dr Abhishek, Carried out university assignment of RGUHS UG practical exams as External examiner at Rajarajeshwari Medical College from 25th – 28th March 2021
- Dr Amita K , External examiner for UG exams at SIMS on 22nd to 25th March 2021 , Shivamogga and MIMS, Mandya on 27th and 28th March 2021.
- Dr Prakash Carried out university assignment of RGUHS UG practical exams as External examiner at Akash medical college, Bangalore from 19th & 20th March 2021
- Dr Rakshitha, External examiner for UG exams at MMCRI Mysore on 20th- 23rd March 2021.
- Dr Sanjay, External examiner for UG exams at DY Patil Medical College, Pune, on 22nd to 25th February 2021.



Dr Abhishek at RRM&RC, Bangalore



Dr Vijay Shankar, Dr Amita at AIMS



Dr Prakash at BSGGIMS, Bangalore



Dr Rakshitha at MMCRI, Mysore

LIST OF PUBLICATIONS

1. Varalakshmi M, Vijay Shankar S, Proteinuria among school children aged 8-16 years in rural area of Karnataka. Indian J Pathol Oncol 2021;8(2):183-187
2. Kusuma K N, Chandana N, Shilpa M Shetty . Correlation of Robinson's cytological grading of breast carcinoma with bloom Richardson's histological grading – A teaching institutional experience in Mandya, Karnataka. J Evid Based Med Healthc 021;8(21):1620-1623.

Accepted for publication

3. Rajini, Amita K. Diagnostic accuracy of fine needle aspiration cytology in breast masses among children and adolescents aged below 21 years of age – a cross-sectional study. JCDR. 2021.

INTEGRATED TEACHING FOR UNDERGRADUATES



Dr Kusuma K N delivered a lecture on laboratory findings of common anemia in Integrated teaching organized by department physiology on 24th march 2021

EXAMINATION RESULTS | UNDERGRADUATES

Toppers in Pathology



Ancy Jasmine Dmello
82.3%



Srilakshmi B M
81.5%



Dhanyatha R B
81%

The results of 2018-19 batch of undergraduate students was announced on 19th March 2021 with 97% pass percentage in Pathology.

143 students appeared for the exams of which, 17 students secured distinction and 34 students secured first class.

ACCOMPLISHMENTS

BASIC COURSE IN BIOMEDICAL RESEARCH

Dr Kusuma K N, Dr Rakshitha HB, Dr Rajini T & Dr Abhishek M G cleared the Basic Course in Biomedical research examination with flying colors

EXTRACURRICULAR ACTIVITIES

Dr Rajini T Secretary of Women empowerment cell , organized women's day on 12th march 2021. All the female faculty and PGs actively participated in the event.



CULTURAL ACTIVITIES

Postgraduate students from our department actively participated in various cultural activities and won prizes in competitions. **Dr Ramya Suresh** secured First prize in the dance competition.



Bharatanatyam performance by Dr. Ramya Suresh on 20th March, 2021 for the official graduation ceremony & Winxiderz Graduation Cultural fest

Dr Jalli Pravallika participated in fashion Show and dance competition

Please feel free to contact us at : pathology@bgsaims.edu.in



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ADICHUNCHANAGIRI UNIVERSITY

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

A constituent college of Adichunchanagiri University



Jan to June, 2021; Volume 11, Issue 01

MICRO BULLETIN

DEPARTMENT OF MICROBIOLOGY

The Department of Microbiology is having well trained and dedicated faculty. The department renders diagnostic services to AH&RC, teaching facilities to MBBS, PG degree in Microbiology, B.Sc. Medical Laboratory Technology, Nursing and Paramedical courses.

The laboratory is situated in AH & RC premises, providing services round the clock in the diagnosis of infectious diseases. Department is actively involved in hospital infection control/surveillance, setting guidelines for antibiotic policy and Biomedical Waste Management. NTEP, ICTC/HIV surveillance & ART Centre are attached to Microbiology section of central laboratory. Department of Microbiology has established molecular laboratory. We have performed total of 226621 RT-PCR tests for a period of one year for COVID-19.

The department has organised guest lectures, continued medical education (CME) Programmes and involved in research activities on various fields of Microbiology in co-ordination with other departments.



Chief Patron

Paramapoojya Jagadguru

Sri Sri Sri

Dr. Nirmalanandanatha

Mahaswamiji

Advisor

Dr. M.G Shivaramu.

Principal, AIMS

Chief Editor

Dr. D. Venkatesha

Professor & HOD

Editorial Board

Dr. Dhanalakshmi.T.A

Dr. Vijaya.S

Dr. Vidyasagar K.

Dr. Shwetha D C

Dr. Megha S

Dr. Shakthi R

E-mail :
microbiology@bgsaims.edu.in

NEW YEAR CELEBRATION 2021



The Staffs of the Department of Microbiology Celebrated the New Year 2021 in the department on 01-01-2021 by lighting the candle, cutting the cake and exchanged the greetings

ORIENTATION PROGRAMME

Orientation programme in the Department of Microbiology was conducted for I batch of ACU CBME 2019 Batch on 23.03.2021 from 02.00 pm to 04.00 pm in lecture hall 1. Dr. Venkatesha D Professor and Head, department of Microbiology, welcomed the gathering and introduced the staff, followed by introduction by students. Dr. Venkatesha D briefed about department, logbook, practical record, attendance, internal assessment test, dress code, books for reference and insisted on punctuality and also instructed the students to wear mask, use of sanitizer and maintain social distance for the prevention of COVID -19 2nd wave and also to take the vaccine. Dr. Shwetha D C Assistant Professor discussed the various branches in Microbiology, syllabus & Curriculum. Dr. Vidyasagar K Assistant Professor described the assessment, evaluation & eligibility criteria as per the CBME guidelines. Dr. Megha S Assistant Professor briefed about central laboratory, Molecular laboratory and Research labs of the department. Dr. Dhanalakshmi T A Professor explained the Phase II Mentor ward system. Dr. Shakthi R Assistant Professor briefed about the role of hand hygiene and hand washing, role of hospital infection control committee, antibiotic policy, biomedical waste management and hepatitis B vaccination.

The programme was concluded by vote of thanks by Dr. Venkatesha D, Professor & Head. The feedback of the orientation Programme was taken in the google forms.



**Teaching Faculty
of Microbiology
Department**

Students





Dr. Venkatesha D
Welcomed the gathering
and introduced the staff



Dr. Dhanalakshmi T A
Explained the
Phase II Mentor
ward system



Dr. Vidyasagar K
Described the assessment,
evaluation & eligibility
criteria as per the
CBME guidelines



Dr. Shwetha D C
Discussed the various
branches in Microbiology,
syllabus & Curriculum



Dr. Megha S
Briefed about central laboratory,
Molecular laboratory and
Research labs



Dr. Shakthi R
Briefed about the role of
hand hygiene, role of
HICC, antibiotic policy, BMW
management and Hep
B vaccination

Webinar-Series

Webinar on "Immunoprophylaxis" was organized by Department of Microbiology, AIMS, B G Nagara on 11-05-2021 from 11.00 am to 12.00 pm using Medwhiz platform. Dr. Girish N, Professor of Microbiology, Vydehi Institute of Medical Sciences and Research Centre, Bengaluru was the guest speaker. The programme was attended by nearly 135 MBBS students and also faculty of department of Microbiology.

Dr. Venkatesha D Professor & Head, Department of Microbiology welcomed the gathering.

Dr. Dhanalakshmi T A Professor Department of Microbiology introduced the speaker.

The topic for guest lecture was "**Immunoprophylaxis**". The session started with introduction to active and passive immunity. Enumerated the vaccines for preventable diseases, explained the mechanism of immunity and discussed about various types of vaccines and National immunization schedule-Indradhanush. Speaker also explain the hurdles in preparation of HIV vaccine and highlighted the present vaccines available for COVID -19 and importance of vaccination in the COVID -19 pandemic. Student actively participated in the session and interacted with speaker.

The webinar programme was concluded with vote of thanks by Dr. Vijaya S.

The participants appreciated the topic, quality of the webinar and arrangements. Feedback on the programme was taken.



Dr. Venkatesha D,
HOD, welcomed the gathering

- Killed vaccine are:
 - Do not stimulate local immunity
 - Short lasting
 - Do not stimulate cytotoxic T cell response in contrast to live attenuated vaccines
 - Safe can be given to pregnant woman and immunocompromised host
 - It is heat stable



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Why not yet discovered?



Vaccines for Sars-Cov2



EVERY  ACCINATION
IS A LITTLE VICTORY



Speaker - **Dr. Girish N**



Vote of thanks – **Dr. Vijaya S**

FACULTY RESEARCH PROJECTS

1. The study of bacteriological profile, antibiogram and biofilm formation of wound infection isolates. Dr. Venkatesha D, Dr. Dhanalakshmi TA, Dr. Shakthi R
2. Bacteriological profile of Hospital acquired infections and their antibiotic resistance patterns. Dr. Dhanalakshmi TA, Dr. Vidyasagar K, Dr. Venkatesha D
3. Prevalence of Carbapenem Resistant Enterobacteriaceae in a tertiary care teaching hospital. Dr. Dhanalakshmi TA, Dr. Vidyasagar K, Dr. Venkatesha D
4. In Vitro Activity of Fosfomycin among Uropathogens in a Rural Tertiary Health Care Center. Dr. Vijaya S
5. Evaluation of peripheral blood smear and quantitative buffy coat in the diagnosis of Malaria- A comparative study. Dr. Vidyasagar K, Dr. Venkatesha D
6. Study of prevalence of HIV infection among patients attending ICTC in a tertiary care hospital. Dr. Vidyasagar K, Dr. Venkatesha D
7. Microbiological profile of CSOM and their antibiogram in a rural tertiary care hospital. Dr. Shwetha D C, Dr. Venkatesha D, Dr. Ravi G C
8. Detection of biofilm production and antibiotic resistance pattern in clinical isolates from orthopedic implant associated infections. Dr. Shakthi R, Dr. Venkatesha D
9. Linezolid resistance among staphylococcal isolates in a tertiary care hospital. Dr. Shakthi R, Dr. Venkatesha D
10. Correlation between Ct values of SARS-CoV-2 polymerase chain reaction and severity of disease or mortality in patients with COVID 19 disease. Dr. Shakthi R
11. Knowledge and Insight about COVID-19 among the allied health science students in India: An online survey. Dr. Shakthi R
12. Dynamic profile of RTPCR in diagnosing COVID-19 at virology laboratory, AIMS B.G. Nagara- A descriptive study. Dr. Megha S, Dr. Venkatesha D
13. 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 TA
14. "An analysis of the viral load and antibodies in patients with COVID-19 infections of varying severity and during convalescence". Dr. Ravi, Dr. Megha S, Dr. Ramesh

ACU FUNDED RESEARCH PROJECTS

1. Antibody titres to Hepatitis B surface antigen among Hepatitis B vaccinated medical students. Ms. Alisha Goel, Dr. Dhanalakshmi TA
2. Study of Asymptomatic bacteriuria in pregnant women attending tertiary care hospital. Mr. A. Balaji Yadav, Dr. Vidyasagar K
3. Comparison of efficacy of fine needle aspiration and fluid cytology and CBNAAT in diagnosis of extrapulmonary tuberculosis. Dr. Amita K, Dr. Dhanalakshmi TA
4. Synthesis of novel piperazine based chemical library and enumeration of its antimicrobial potency. Dr. Thammanna Gowda S S, Dr. Dhanalakshmi TA

ICMR PROJECTS FOR UNDERGRADUATE STUDENTS

1. Evaluation of antimicrobial activity of Ethanolic leaf extracts of Azadirachta Indica (Neem) on Clinically important organisms. Mr. Indradhanush U Dr. Megha S Dr. Venkatesha D

PUBLICATIONS

1. Vijaya Shivanna, SS Prajwal, D. Venkatesha. Ceftaroline In-Vitro Activity against Methicillin Resistant Staphylococcal Isolates in a Rural Tertiary Health Care Centre. National journal of Laboratory Medicine 2021Apr.Vol-10(2): MO24-MO27
2. Shakthi R, Venkatesha D. MRSA colonization in health care professionals with varying degrees of exposure to the hospital environment and its susceptibility to Mupirocin in a tertiary care center. Indian journal of Microbiology Research 2021;8(1):71-75
3. D.C. Shwetha D C, D. Venkatesha. Identification and Antifungal susceptibility of Candida Species Isolated from Various Clinical Samples at a Tertiary Care Hospital. International Journal of Current Microbiology and Applied Sciences (2021) 10(03): 527-532
4. S. Megha, D. Venkatesha and D.C. Shwetha. Comparison of Teicoplanin E-strip and Agar Dilution Methods against Clinical Isolates of Staphylococcus Species in a Rural Tertiary Care Centre. International Journal of Current Microbiology and Applied Sciences (2021) 10(3): 1276-1281

ONLINE PROGRAMMES ATTENDED BY DEPARTMENT STAFF

1. "Informed consent document" organised by Dept. of Pharmacology on 8.1.2021 Dr. Venkatesha D, Dr. Dhanalakshmi TA, Dr. Vijaya S, Dr. Vidyasagar K
2. AIMS Alumni COVID Warrior Felicitation Programme organised by AIMS on 9.01.2021 Dr. Venkatesha D.
3. Moderated session on "Demonstration an understanding of the role of the doctors in society and their impact" for foundation course for I MBBS 2020-21 batch organised by MEUAIMS on 25.01.2021 Dr. Vijaya S
4. "COVID 19: Mutants and Vaccines" organised by Dept. of Microbiology SDUMC, Kolar on 2.2.2021 Dr. Dhanalakshmi TA, Dr. Vidyasagar K, Dr. Shakthi R
5. COVID-19 Vaccination- issuer & concerns organised by RGUHS Bengaluru on 3.2.2021 Dr. Venkatesha D, Dr. Dhanalakshmi TA, Dr. Vidyasagar K, Dr. Shakthi R
6. COVID-10 vaccine status update organised by women empowerment cell AIMS, B. G. Nagara on 4.2.21 Dr. Vijaya S, Dr. Vidyasagar K, Dr. Shwetha D C, Dr. Shakthi R
7. "Microbiology Teaching & Learning- Then & Now" organised by KMC Mangalore (Microsoft Teams) on 6.2.2021 Dr. Dhanalakshmi TA, Dr. Vijaya S, Dr. Vidyasagar K, Dr. Shakthi R
8. CME cum Newsletter release topic "An instigations SARS-Covc2 mutations & its impact on Vaccination organised by RMLIMS Lucknow on 13.02.2021 Dr. Dhanalakshmi TA
9. Bloom value: artificial intelligence in hospital management organised by AIMS, B.G. Nagara on 17.02.2021 Dr. Shwetha D C, Dr. Megha S
10. E MICROKAR 21 Annual Conference of IAMM-KC organised by Sapthagiri Institute of Medical Sciences & research Centre Bengaluru on 19.02.2021 Dr. Dhanalakshmi TA, Dr. Shwetha D C, Dr. Shakthi R
11. ISO 9001-2015 sensitization programme organised by IQAC-AIMS, B. G. Nagara on 19.02.2021 attended by Dr.Venkatesha D, Dr. Vijaya S, Dr. Vidyasagar K, Dr. Megha S and Mamatha V .A, Mamatha H N, Shobha
12. ISO 9001-2015 sensitization programme organised by IQAC-AIMS, B. G. Nagara on 23.02.2021 attended by Dr. Dhanalakshmi TA, Dr. Shwetha D C, Dr. Shakthi R and M. B. Prasad, Manjunath S, Lakshminarayana T, Kantharaju T N

13. Resource person for foundation course I MBBS on skill module universal precautions organised by MEU on 3.3.2021 Dr. Vijaya S
14. CBME- Workshop Implementing CBME Curriculum in Microbiology organised by KMCH Institute of Health Sciences & Research on 6.3.2021 Dr. Dhanalakshmi TA, Dr. Vijaya S, Dr. Shwetha D C, Dr. Shakthi R
15. "Workshop on Dissertation writing for II –year MD/MS students" organized by Scientific Committee on 12th & 13th March 2021 Dr. Dhanalakshmi TA
16. Tricon 2021 organised by St. John's medical college on 18,19,20 March 2021 Dr. Shakthi R
17. Sensitization and orientation to skill and simulation lab organized by MEU AIMS, B.G. Nagara on 30th and 31st March 2021 Dr. Vidyasagar K, Dr. Megha S
18. Webinar on "E – Learning in Medical Education- Winds of Change" organised by Institutional Curriculum Committee on 01.04.2021. Dr. Venkatesha D, Dr. Dhanalakshmi TA, Dr. Vijaya S,
19. National CME (online) Theme: - Covid-19 vaccination & surveillance of potential adverse events following immunization organised by department of community medicine DCMS Hyderabad on 3.4.2021 Dr. Shakthi R
20. Feedback on curriculum process and implications organised by NAAC & IQAC Committee AIMS on 9.4.2021 Dr. Venkatesha D, Dr. Dhanalakshmi TA, Dr. Vijaya S
21. State level CME (online) on "Airborne Infection control" organised by Dept. of Microbiology JJM Medical College on 23.4.2021 Dr. Dhanalakshmi TA
22. Medwhiz LMS orientation Programme organised by AIMS, B.G. Nagara on 22.5.2021. Dr. Venkatesha D, Dr. Dhanalakshmi TA, Dr. Vijaya S, Dr. Vidyasagar K
23. Teaching, learning and evaluation inputs in criteria 2 of NAAC- organised by NAAC core committee and IQAC AIMS on 24.5.2021- Dr. Venkatesha D, Dr. Dhanalakshmi TA, Dr. Vijaya S
24. Research Innovations & Extension: Strengths & Challenges in Criteria 3 of NAAC organised by NAAC-IQAC AIMS, B.G. Nagara on 25.6.21 Dr. Venkatesha D, Dr. Dhanalakshmi TA, Dr. Vijaya S
25. Regional distance learning seminar series Topic: "COVID-19 vaccination among PLHIV" organised by Centre of excellence Bowring, Bangalore on 28.6.2021 Dr. Shakthi R

ACU EXAMINATION

First Batch of ACU appeared for examination on 16-02-2021

RESULTS

ACU Examination	Number of Candidates Appeared	Number of Candidates Passed	Pass Percentage
February - March 2021	143	134	94

No of Distinction - 19 (Boys - 6 & Girls - 13)

No of I class - 69 (Boys - 24 & Girls - 45)

No of pass class - 46

MOLECULAR LABORATORY – COVID-19 TESTING CENTRE

No of Samples tested by RT-PCR for a period of one year - 226621

Positive - 16155

Negative - 210466

No of Samples tested by RAT test (Rapid antigen test) for a period of one year - 35,430

Positive - 2320

Negative - 33110

HOMAGE



Dr. B.P. Lalithamma,
Former Professor & Head,
Department of Microbiology AIMS, B. G. Nagara
expired on 16.6.2021. The staffs of the department of
Microbiology paid tribute to the departed soul.

॥ ज्ञानं इत्येव ब्रह्मणो देव ॥



ADICHUNCHANAGIRI UNIVERSITY

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

FORUM

LET THE DISCUSSION BEGIN HERE.....

DEPARTMENT OF FORENSIC MEDICINE & TOXICOLOGY

Volume 11

Issue 1

2021



PATRON

Paramapoojya Jagadguru
SRI SRI SRI DR NIRMALANANDANATHA MAHASWAMIJI

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DR SOMASHEKAR C, Assistant Professor
DR CHINMAYI Y, Assistant Professor

NEWS LETTER

Using Technology to Enhance Medical Education



The use of technology in health care delivery has evolved rapidly in terms of expectations in patient care, adopting newer and advanced technology in diagnosis and treatment of clinical conditions and is also playing a vital role in patient education. This has also brought in several changes in medical education. Medical educators

across the globe are challenged to use these innovations in technology in training the “next generation” physicians.

The use of technology in medical education has gained enormous significance over the last decade. Advances in communication and information technology have been very rapid. They have diffused into our day-to-day life in the form of the internet, personal computers, and smart handheld devices. Adapting to this new norm has definite implications in education.

Since its beginning, the COVID-19 pandemic has been reported to affect more than 1.6 billion learners in more than 200 countries and has deprived them of face-to-face teaching. Ever since the beginning of the COVID-19 pandemic, medical education and training have been significantly disrupted. The absence of face-to-face teaching and lack of interaction with patients has greatly affected clinical training. Addressing the skill training of the young doctors using online teaching has been an enormous challenge. The pandemic has further enhanced the need for adopting technology in medical education to deliver the curriculum in the absence of face-to-face teaching effectively. Online teaching and e-learning have become an integral part of the medical curriculum these days.

Challenges to adapting to technology in medical education

Even though cognitive, attitude, and ethical components have been addressed to a great extent using online platforms, the challenge remains in training in psychomotor skills. Practical and clinical component forms a significant part of the medical education curriculum and technology can play a considerable role in compensating for the absence of face to face teaching.

The major challenge in adapting technology in medical education remains in recreating compelling, real-life clinical encounters, the doctor-patient interaction, learning essential clinical skills remotely. Apart from the clinical learning happening in the hospital, skill and simulation labs played a crucial role in training undergraduates and postgraduates. But, the absence of students on campus has resulted in a significant lacuna in professional training.

Another significant challenge is to provide all students uninterrupted access to learning resources. This may not be easy considering that most students still may not have access to good internet facilities and smart devices. Educators worldwide need to find ways of reaching out to every student so that no one is deprived of their right to access quality medical education.

The pandemic has provided a great opportunity to medical educators to experiment, innovate in transforming the principles of medical education, pedagogical techniques, and assessments to address the void created by the pandemic. The real challenge is to adapt to this new norm by encouraging the use of artificial intelligence, virtual reality and learning engineering in the field of medical education.

Medical educators across the globe have responded well in adapting to the newer need and challenges in implementing the medical curriculum during this difficult period of the pandemic. The response has included a rapid shift to the use of both synchronous and asynchronous modes of online teaching-learning methods, adopting effective learner involvement strategies, and also use of innovative assessment techniques to assist learning and also assess learning

Various web-based platforms, learning management systems, social media have been used vigorously by educators to provide the best learning experiences to medical

students across the globe. Telemedicine, artificial intelligence, and chatbots are being increasingly used to achieve an easy connection between educators and students and doctors and patients.

There has been an increasing trend in the use of open educational resources (OER). These OERs are available free of cost to both educators and the students. Swayam Prabha, the free DTH channel for education, by the ministry of MHRD, Government of India, is one such example of an OER which is providing lakhs of medical students free and complete access to resources related to the medical curriculum. A wonderful initiative created by collaborative efforts of the eminent faculties across the country is trying to fill in the void created by the pandemic.

Remote medical education needs to quickly adapt to the six steps of Kern's curriculum design. This calls for a collaborative effort from all medical educators across the world. All educators must assess the learner's need in the online learning environment, define achievable learning objectives, focus on identifying ideal instructional techniques to engage the learner, assess the learner, provide feedback, and feedforward. As quoted by Said HT and Schwartz AW, the focus of the medical educators should be on the pedagogy but not the platform!

Remote medical education is here to stay, even long after this pandemic is over. This transformative change will have significant benefits but will also throw several challenges at us. Ultimately, we need to look forward and adapt strategies that best suit the needs of our students and avoid scarring that the pandemic is threatening to leave behind!

(courtesy by Higher Education Digest).

Dr. M G Shivaramu,
Principal, Adichunchanagiri Institute
of Medical Sciences
Dean, Health Sciences (Medical),
Adichunchanagiri University.

AWARDS

1. Dr M G Shivaramu awarded with Principal of the year 2020 on 5th December 2020 during 13th rashtriya shiksha Gaurav puraskar ceremony 2020 by Centre for Education Growth and Research.
2. Dr M G Shivaramu, honoured as Intellectual of the year 2020 by Rifacimento international on October. 22, 2020.

UG RESULTS

1. Second year MBBS results (ACU 1st Batch) was announced on 19-3-2021. Percentage of students passed in FMT was 97%.



BHOOMIKA M Y

NIHAL A

(169/200: Both students are Topper in Forensic Medicine & Toxicology)

PUBLICATIONS

Following research articles were published during January 2021 to June 2021 period

Sl No.	Authors	Title	Journal
1.	Shivaramu MG	A Retrospective postmortem study of hyoid bone fractures in mechanical asphyxia death	IJFMT (Scopus indexed)
2.	Vijay Kumar A G	The Study of Prevalence of Depression and Anxiety in Undergraduate Medical Students – A Cross-Sectional Study	JMSH
3.	Chinmayi Y	A study of fusion of radial head using ultrasonography and its application in forensic investigation.	IJSR

WEBINAR



॥ Jai Sri Gurudev ॥

Adichunchanagiri University Adichunchanagiri Institute of Medical Sciences



REPORT OF WEBINAR ON 'GENDER MAINSTREAMING IN MEDICAL EDUCATION' organized by dept of Forensic Medicine on 22nd April 2021.

Adichunchanagiri Institute of Medical Sciences
P.O. Box - 31149, Bangalore-56, Karnataka, India

WEBINAR SERIES
Date: 22nd April 2021
Time: 12:00 pm to 12:30 pm

Department of Forensic Medicine

A Webinar on 'Gender Mainstreaming in Medical Education' was organized by dept of Forensic Medicine as a part of Forensics Webinar series. Dr Jagadeesh N, Professor and Head, Dept of Forensic Medicine, Vydehi Institute Of Medical Sciences, was the resource person. A Gender Mainstreamer, WHO, Geneva initiative and a National faculty in the subject of Medical examination in Sexual offence cases for Judges Lawyers, Police, Doctors and other stakeholders. He is a distinguished speaker, author and teacher.



Topic : GENDER MAINSTREAMING
IN MEDICAL EDUCATION
SPEAKER



Dr. Jagadeesh. N., M.D., M.Ch.
Forensic Medicine
Vydehi Institute of Medical Sciences
Bangalore, India

The webinar was conducted with the objective of sensitizing the 3rd term UG students to gender incorporation and inclusiveness in Medical curricula so that future Indian Medical Graduates are gender sensitive and gender mainstreamed focussing on gender discrimination mitigation in Health care. The live Webinar started with the introductory remarks and a keynote and welcome address by Dr MG Shivaramu Principal and Dean of Health Sciences ACU. The Speaker highlighted various gender sensitive issues from educational perspectives and impact of sex and gender on Medical Research highlighting the future role of IMG viz-a-viz gender sensitivity and gender Mainstreaming as envisaged under CBME draft.

The interactive Webinar was delivered using Medwhizz- Zoom platform. The session was completed in an hour and was attended by 144 UG students; members of Women Empowerment cell of AIMS, B G Nagara. Students were given the opportunity to interact with the speaker during the Q and A session which benefited the students. Faculty also interacted with the Speaker with fruitful discussions. Closing remarks and vote of thanks was delivered by Dr KUMAR U. Feedback about the Webinar session was taken at the end of session through Google forms from all students which was highly positive and encouraging.

Link to the recording of the webinar

https://docs.google.com/forms/d/13hoUlPQBWsQozw_S0a8VB_HEfZ5_bB_htiMPcoF-FEj4/edit?usp=drivesdk

Department staff with external examiners on the day of ACU Forensic Medicine Practical exams.



Summary of Orientation program for Phase II UG (CBME) students

A departmental orientation program for phase II UG CBME students was held on March 22nd 2021 from 11AM to 1PM. The students were briefed about the subject and the department activities. This was followed by a brief staff and student introductions. Dr Kumar U professor and HOD briefed the students about department rules and regulations. Dr Somashekar C, Assistant professor gave an insight in to the syllabus and teaching learning methodologies as per CBME guidelines that will be followed. Dr Chinmayi, Assistant professor updated about assessment details, log book and practical records maintenance and also books to be referred were highlighted. She emphasized about dress code and etiquette to be followed in the department was. The students then were taken for department tour to have a look at various blocks like mortuary, museum, mock court, laboratory, toxicology garden. Students were sensitized to various aspects of functioning of the department.





|| जै इति श्रुतम् ||

Adichunchanagiri University

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

B.G.Nagara, Nagamangala, Mandya



Cohort

Department of Community Medicine
Biannual Department Newsletter

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Nirmalanandanatha Mahaswamiji

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Volume 11

Issue -1

Jan 2021 – July 2021

EDITORIAL

Message from editor in chief,

I am pleased to bring out our biannual department newsletter "Cohort" which includes various activities carried out in between January 2021 to July 2021. The department of Community Medicine, under the able guidance of Dr Shivaramu M G, Principal, Adichunchanagiri Institute of Medical Sciences, has hosted many academic workshops, health education programmes, guest lectures, Webinars and most importantly various activities related to COVID 19 awareness.

I thank my department staff for their immense support and contribution in enriching the academic discipline, with numerous community health programmes, representation in CMEs, workshops, webinars, contribution towards the global pandemic COVID19. Though the second wave of covid 19 hit us again, we had experience of facing it the first time and it was not difficult for us to switch over to digital platform and it was taken as a challenge to render health information activities in the field as well related to covid 19.

1. Health awareness activities,

Various health awareness activities were observed which includes observing important international and national days, outreach health awareness talks from the month of January 2021 to July 2021.

January 2021: Health awareness activities.

COVID TEST

Venue: Bhakthanatha School, BG Ng.

Date: 01-01-2021,

Topic: Covid test & awareness

Audience: Teaching & non-teaching staff

Organized by Department of Community Medicine, AIMS and C.H.C., Bellur.

Speakers:

1. Dr.Ramesh, T.H.O.,
2. Dr.Raghavendra.S.K., A.M.O., CHC., Bellur
3. Dr.M.C.Prabhudeva, M.S.W.,
4. Mr.Yathish.B.R., M.S.W.,
5. Mr.Ravi, Health Inspector

Dr.Ramesh, T.H.O. of Nagamangala Taluk inaugurated the Covid test programme and spoke about social distance, mask up, regular use of sanitizer and regular hand wash with soap. Dr.Raghavendra.S.K., A.M.O., specially explained social distance among students, nutritional diet for students and finally explained don't follow social superstitious relating with Covid-19. Dr.M.C.Prabhudeva explained social problems arise out of Covid-19. Sri.Lakshmikanthraj, H.M., Bhakthanatha High School, welcomed the gathering. Mr.Yathish, M.S.W., Mr.Ravi, Health Inspector, Interns and CHC staff were participated. Totally 167 covid test done.



Inauguration of COVID 19 testing at CHC Bellur facility.

STRESS MANAGEMENT

Venue: M.Kyathanahalli

Date: 03-01-2021,

Topic: Stress Management

Audience: S.H.G. members

Organized by Department of Community Medicine, AIMS and Sri Kshethra Dharmasthala Grameenabhivruddi Samsthe, Nagamangala.

Speakers:

1. Dr.M.C.Prabhudeva, M.S.W.,

This programme was organized by department of Community Medicine and S.K.D.G.S., Nagamangala. Miss. Archana, Coordinator welcomed the gathering. Dr.M.C.Prabhudeva spoke about causes for stress in rural women and management of stress. In rural area specially for women, financial problems, health problems, bad habits, depression, fear, guilty, hot discussions, gailous, over expectations, quarrel, negative attitude, selfish and social problems in Community and family and managing stress in rural areas sharing emotions, acceptance, counseling, diet, fun, humor, love, music, positive attitude, relax, routine work and devotional aspects. And also he explained awareness of Covid-19. Mr.Iliyas explained only stress arises above poverty line not under below poverty line. Vote of thanks by Smt. Chandrika.



Health talk on Stress management at an anganwadi at Nagamangala.

WOMEN HEALTH

Venue: Anganawadi A.C.Giri

Topic: ANC & PNC Care

Organized by Department of Community Medicine, AIMS and I.C.D.S., Nagamangala.

Date: 12-01-2021,

Audience: Anganawadi workers

Speakers:

1. Dr.Manuja.L.M., Assistant Professor
2. Dr.Vinayak H.Kashyap, Assistant Professor
3. Dr.M.C.Prabhudeva, M.S.W.,
4. Mr.Yathish.B.R., M.S.W.,
5. Smt. Divya, Supervisor

Dr.Manuja.L.M. Asst. Prof. clearly explained ANC and PNC care for Anganawadi workers, mainly diet for pregnant women, vaccination for pregnant women, what are the emergencies to visit Hospital. And also she explained immunization for children and diet for below 5 year children, importance of breast feeding. Dr.Vinayak H. Kashyap, Asst. Prof. Mr.Yathish, M.S.Ws., Smt. Divya, Supervisor and 50 Anganawadi workers were presented. Dr.M.C.Prabhudeva welcomed the gathering.



Health awareness and health promotion event on improving Women health at an Anganawadi.



Health awareness and health promotion event on improving Women health at an Anganawadi.

COVID-19 AWARENESS

Venue: RDS High School, Bellur

Topic: Awareness of Covid-19

Organized by Department of Community Medicine, AIMS and RDS High School, Bellur.

Date: 19-01-2021,

Audience: RDS High school students

Speakers:

1. Dr.M.C.Prabhudeva, M.S.W.,

2. Mr.Yathish.B.R., M.S.W.,

This programme was organized by department of Community Medicine and RDS High school, Bellur. Mr.Manjunath, Head Master of RDS welcomed the gathering. Dr.M.C.Prabhudeva spoke about usage of masks, keep social distance and regular hand wash with soap or sanitizer and eat nutritious food. Mr.Yathish.B.R. spoke about history of Corona, Government policies and treatment aspect in Government setting. Vote of thanks by Sri.Krishnappa, Assistant Teacher of R.D.S. High School.



Health talk on awareness towards Covid-19 at RDS high school, Bellur.



COVID-19 AWARENESS & ESSAY COMPETITION

Venue: SBSH School, B.G. Nagar

Date: 27-01-2021

Topic: Awareness of Covid-19 and Essay Competition

Audience: SBS High School students

Organized by Department of Community Medicine, AIMS and C.H.C., Bellur.

Speakers:

1. Dr.Raghavendra.S.K., Assistant Professor
2. Dr.M.C.Prabhudeva, M.S.W.,
3. Mr.Yathish.B.R., M.S.W.,

This programme was organized by department of Community Medicine, C.H.C., Bellur and Sri Bhakthanathaswamy High school, B.G.Nagara. Sri.Ramegowda, Teacher, welcomed the gathering. Dr.Raghavendra.S.K. spoke about usage of masks, keep social distance and regular hand wash with soap or sanitizer and eat nutritious food. Dr.M.C.Prabhudeva spoke about social aspects of Covid-19. Mr.Yathish.B.R., M.S.W., was present on the same day. Finally they were conducted the quiz competition for the students about Covid-19. Vote of thanks by Smt.Rukmini, Assistant Teacher of Sri Bhakthanathaswamy High School.



Covid-19 awareness health activity and essay competition held at SBS school on 27.01.2021



PULSE POLIO AWARENESS

Venue: CHC, Bellur

Topic: Pulse Polio awareness

Organized by Department of Community Medicine, AIMS and C.H.C., Bellur.

Date: 30-01-2021,

Audience: Anganawadi workers

Speakers:

1. Dr.Raghavendra.S.K.
2. Dr.M.C.Prabhudeva
3. Mr.Yathish.B.R., M.S.W.,

This programme was organized by department of Community Medicine and C.H.C., Bellur. Dr.Raghavendra.S.K., Assistant Professor had explained importance of Polio vaccine for below 5 year children and also he explained responsibilities of Asha Workers, Anganawadi workers, Health workers and mother of the babies. Dr.M.C.Prabhudeva spoke about booth responsibility of CHC, Bellur. Mr.Yathish.B.R. took responsibility of A.C.Giri P.H.C. area Pulse Polio programme. Asha workers, Anganawadi workers and Health workers participated.

Various villages under our filed practice areas were visited by Dr.M.C.Prabhudeva, Mr.Yathish.B.R., supported by the anganwadi workers and ASHA workers and with special help by Interns posted in the department of Community Medicine.

This team created awareness mainly on stay at home, social distancing, importance of mask and symptoms and prevention of Corona through audio and pamphlets. Conducted survey on COVID – 19 in rural community, Asha workers and Anganawadi workers involved in this survey program. Interns interacted with rural people and completed Google form on COVID -19.



Pulse polio campaign awareness activity for the Anganwadi workers at CHC Bellur.

PULSE POLIO PROGRAMME

Venue: CHC, Bellur

Date: 31-01-2021,

Topic: Pulse Polio programme

Beneficiaries: Below 5 year children

Organized by Department of Community Medicine, AIMS and C.H.C., Bellur.

Organizers:

1. Dr.Raghavendra.S.K., A.M.O., CHC., Bellur
2. Dr.M.C.Prabhudeva, M.S.W.,
3. Mr.Yathish.B.R., M.S.W.,

This programme was organized by department of Community Medicine and C.H.C., Bellur. Dr.Raghavendra.S.K., AMO, Bellur was taken complete responsibilities of Pulse Polio programme of CHC, Bellur area. On the same day morning within 7.30 AM, the CHC Bellur distributed vaccine with carriers to concerned people. Dr.M.C.Prabhudeva supervised selected booths of CHC Bellur area. Mr.Yathish.B.R. supervised selected booths of PHC A.C.Giri area. Asha workers, Anganawadi workers and Health workers were participated.



Pulse polio campaign, outreach booth immunization activity.



Pulse polio campaign, house to house immunization activity.

**February 2021: Health Awareness activities:
PULSE POLIO CAMPAIGN**

Venue: CHC, Bellur

Date: 02-02-2021,

Topic: Pulse Polio house to house visit

Audience: Anganawadi workers, Asha

Organized by Department of Community Medicine, AIMS and C.H.C., Bellur.

Speakers:

1. Dr.Raghavendra.S.K.
2. Dr.M.C.Prabhudeva
3. Mr.Yathish.B.R., M.S.W.,

This programme was organized by department of Community Medicine and C.H.C., Bellur. Dr.Raghavendra.S.K., Assistant Professor had explained importance of Polio vaccine for below 5 year children and also he explained responsibilities of Asha Workers, Anganawadi workers, Health workers and mother of the babies. Dr.M.C.Prabhudeva, Mr.Yathish.B.R. visited Bommenahalli, Govindaghatta and Laksimipura. Anganawadi and Asha workers participated.



Pulse polio campaign, House to house immunization activity.

World Cancer Day

Venue: CHC, Bellur

Topic: Cancer Awareness

Organized by Dept of Community Medicine, Dept of surgery, OBG AIMS and C.H.C, Bellur.

Date: 04-02-2021,

Audience: Women and general public

Speakers:

1. Dr.Raghavendra.S.K.
2. Dr.Somashekar
3. Mr.Yathish.B.R., M.S.W.,

This programme was organized by department of Community Medicine, Dept of surgery, OBG AIMS, and C.H.C., Bellur. Dr.Raghavendra.S.K., Assistant Professor had explained importance of cancer awareness. mainly breast cancer, cervical cancer. Dr.Somashekar explained treatment and surgery for cancer. Mr.Yathish B.R welcomed guests and gathering and concluded the programme . After the programme CHC Bellur organized cancer screening for needy women. More than 99 women benefited from this camp.



World cancer day celebration at CHC Bellur.

Sparsh Awareness

Venue: Govt High School, Kuchalli

Topic: Sparsh Awareness

Organized by Dept of Community Medicine, Dept of Dermatology AIMS, and C.H.C., Bellur.

Date: 11-02-2021,

Audience: Teachers and Students.

Speakers:

1. Dr.Radha.R
2. Dr. Shethal M.P
3. Mr.Yathish.B.R., M.S.W.,

This programme was organized by department of Community Medicine, Dept of Dermatology AIMS and P.H.C Gondenahalli. Dr.Radha.R explained importance of Sparsh health Programme. Dr.Shethal M.P mainly explained menstrual hygiene for adolescence girl, Sparsh health programme benefits. Dr.Shruthi medical officer and PHC staff Participated. Mr.Yathish B.R coordinated the programme and it ended with Health camp for students.



Sparsh, menstrual hygiene awareness health talk with health check-up camp.



Sparsh Awareness

Venue: Govt Primary School, Bellur

Topic: Sparsh Awareness

Organized by Dept of Community Medicine, Dept of Dermatology AIMS, and C.H.C., Bellur.

Date: 12-02-2021,

Audience: Teachers and Students.

Speakers:

1. Dr. Raghavendra.S.K.

2. Mr.Yathish.B.R., M.S.W.,

This programme was organized by department of Community Medicine, Dept of Dermatology AIMS and C.H.C. Bellur, Dr. Raghavendra.S.K had explained importance of Sparsh health Programme. and also C.H.C staff Participated. Mr. Yathish B.R coordinated the programme. Finally, Programme ended with Health camp for students.



Sparsh health awareness talk by Dr. Raghavendra S. K at Govt Primary School, Bellur.

T.D. IMMUNIZATION PROGRAMME

Venue: S.B.K.S., B.G.Nagara

Topic: T.D. Injection

Organized by Department of Community Medicine, AIMS and C.H.C Bellur.

Dated: 25.02.2021

Audience: Students

Speakers:

1. Mr.Yathish.B.R.,
2. House Surgeons and CHC Field Staff.

Program started with welcome speech by Mr.Lakshmikantharaj, Head Master, S.B.K.S., B.G.Nagara. Mr.Yathish B.R. were planned, co-ordinated and organized this programme. CHC field staff, House surgeons were participated the programme. Approximately T.D. injection given to 200 students. Programme ended with vote of thanks by Mr.Ramesh, Head Master, H.P.S., B.G.Nagara .



TD immunization programme for the school students.

General Health Camp

Venue: Nelligere tool plaza

Date: 18-02-2021,

Topic: Health camp

Organized by Department of Community Medicine, AIMS and CHC, Bellur

Speakers:

1. Dr.Shashikanth S.K
2. Dr.Shethal M.P
3. Mr Yathish B.R
4. House Surgeons and CHC Staff.

Conducted health camp for rural community at Nelligere tool plaza, Bellur Hobli, Nagamangala Taluk. Dept.staff, House Surgeons and CHC staff were present. Tool plaza employees got benefited from the health camp.



Free Health Check-up camp with general health and well being awareness.



WOMEN HEALTH

Venue: Rural police station, Bellur

Date: 26-02-2021,

Topic: Women health and social legislation

Audience: SHG members

Organized by Department of Community Medicine, AIMS and SKDAS, Nagamangala.

Speakers:

1. Dr.Raghavendra S.K Assistant Professor
2. Mr.Dayand SI
3. Dr.M.C.Prabhudeva, M.S.W.,
4. Mr.Yathish.B.R., M.S.W.,
5. Miss. Archana Co-ordinator

Dr.Raghavendra S.K Asst. Prof. clearly explained health aspects closely related with social legislation, also about women health problems. Mr Dayand SI spoke about domestic violence and about dowry and sexual harassment. Mr.Yathish B.R M.S.W, Miss Archana and Dr.M.C Prabhudeva Welcomed Guests. More than 60 self help group members were presented.



Health awareness talk on women health and social legislation at Bellur police station.



COVID-19 AWARENESS & QUIZ COMPETITION

Venue: B.G.S Polytechnic College., B.G.Nagar

Date: 27-02-2021,

Topic: Awareness of Covid-19 and Quiz competition

Audience: B.G.S Polytechnic Faculty and students

Organized by Dept of Community Medicine AIMS, BGS Polytechnic College and CHC Bellur.

Speakers:

1. Dr.M.C.Prabhudeva, M.S.W.,
2. Mr.Yathish.B.R., M.S.W.,
3. Mr.Siddalingappa SHI
4. Mr.Ravikumar HI and Mr.Abinandan HI

This programme was organized by department of Community Medicine, C.H.C., Bellur and B.G.S Polytechnic College., B.G.Nagara. We have conducted Quiz programme on COVID-19. More than 60 Polytechnic students participated. Finley 3 students got 1st,2nd,and 3rd prizes. Quiz programme conducted by Mr.Siddalingappa. Dr.M.C Prabhudeva spoke about prevention of CORONA,mainly explained Mask, Handwash and social distance. Mr.Yathish B.R co-ordinated programme. Mr. Giriappa Principal B.G.S Polytechnic College welcomed the gathering. competition for the students about Covid-19. Vote of thanks by Smt.Rukmini, Assistant Teacher of Sri Bhakthanathaswamy High School.



Health awareness talk on Covid19 with quiz competition



Health awareness talk with quiz competition.

March 2021: Health Awareness Activities.**T.D. IMMUNIZATION PROGRAMME**

Venue: S.B.K.S., B.G.Nagara

Dated: 08.03.2021

Topic: T.D. Injection

Audience: Students

Organized by Department of Community Medicine, AIMS and C.H.C Bellur.

Speakers:

1. Dr.M.C Prbhudeva
2. Mr.Yathish.B.R.,
3. House Surgeons and CHC Field Staff.

Program started with welcome speech by Mr.Ramesh, Head Master, H.P.S, S.B.K.S., B.G.Nagara. Dr.M.C Prbhudeva and Mr.Yathish B.R. planned, co-ordinated and organized this programme. CHC field staff, House surgeons participated in the programme. Approximately T.D. injection given to 150 students. Programme ended with vote of thanks by Mrs Gayithri,P.T Teacher, H.P.S., B.G.Nagara .

**TD immunization session at school.**

COVID-19, TOBACCO AWARENESS & DRAWING COMPETITION

Venue: B.G.S BEd College., B.G.Nagar

Date: 12-03-2021,

Topic: Awareness of Covid-19 Tobacco and Drawing competition

Audience: B.G.S BEd Students

Organized by Department of Community Medicine, AIMS, B.G.S BEd College, Taluk Health Office and C.H.C., Bellur.

Speakers:

1. Dr.M.C.Prabhudeva, M.S.W.,
2. Mr.Yathish.B.R., M.S.W.,
3. Mr.Thimaraju.,Dist Consultant
4. Mr.Siddalingappa SHI
5. Mr.Abinandan HI

This programme was organized by department of Community Medicine, C.H.C., Bellur and B.G.S BEd College., B.G.Nagara. We have conducted drawing competition, Tobacco and COVID-19 programme. More than 60 BEd students participated. Finally 3 students got 1st, 2nd, and 3rd prizes. Drawing Competition programme conducted by Mr.Thimaraju spoke about disadvantages of tobacco. Dr.M.C Prabhudeva spoke about prevention of CORONA, mainly explained Mask, Handwash and social distance. Mr.Yathish B.R co-ordinated programme. Dr,A.T Shivaramu Principal B.G.S BEd College welcomed the gathering. competition for the students about Tobacco and Covid-19. Vote of thanks by Mr.Gopal, Assistant professor of B.G.S BEd College., B.G.Nagar .



Health awareness talk on Covid19 and Tobacco with drawing competition.



Report of World Tuberculosis (TB) day observation in Alisandra, Nagamangala Tq, Mandya district – 24th March 2021- Organised by NTEP AIMS in association with department of Community Medicine, AIMS, District TB Office, Mandya& NSS AIMS

World TB day was observed by NTEP AIMS in association with department of Community Medicine, AIMS, District TB Office, Mandya & NSS AIMS on 24th March 2021 in Alisandra, Nagamangala taluk, Mandya district. The programme included more than 100 target audience from the village in all the age groups. Dr Shashikantha S K, Associate Professor (department of Community Medicine), & also the Nodal officer for NTEP and COVID 19 vaccination in AIMS, addressed the gathering about the importance of TB preventive measures in the community and spoke about the 2021 TB day theme “Clock is ticking” importance. They were also told about the COVID 19 appropriate behaviours in the community with special reference to the rising cases of COVID 19 in India. The participants were also informed about the provisions that are made to vaccinate people above 60 and 45 years of age, against COVID 19.

The programme included TB awareness role play (Street play) by students of Adichunchanagiri College of Pharmacy & by Folklore team from Mandya district.

Dr Ramesh, THO, Nagamangala spoke about importance of TB control in India. Dr Basavaraj M Ingalgeri, HOD, other faculty from department of Community Medicine, NSS AIMS co-ordinator were present on the occasion. Mr Basappa, STS-TB, Mr Avinash TBHV from Nagamangala, health workers & ASHA workers were also present in the programme.



World TB day celebration with traditional fold dance and programme.



COVID-19 and T.B AWARENESS

Venue: Anganawadi, Bellur.,
Topic: Awareness of Covid-19 and TB
Organized by Department of Community Medicine, AIMS, and C.H.C., Bellur.

Date: 25-03-2021,
Audience: S.H.G Members

Speakers:

1. Dr. Ragavendra S.K, AMO, CHC Bellur.,
2. Dr.Shashikanth S.K Asso Prof.,
3. Dr.M.C.Prabhudeva M.S.W.,

This programme was organized by department of Community Medicine, and C.H.C., Bellur. We have conducted T.B and COVID-19 programme, More than 30 participated S.H.G Members. Dr.Ragavendra spoke about advantages of COVID Vaccine. DR. Shashikanth spoke about symptoms and treatment of T.B. Dr.M.C Prabhudeva spoke about prevention of CORONA, mainly explained Mask, Hand wash and social distance. Welcomed by ASHA Worker Mrs.Bhagya, Vote of thanks by Mrs. Savikala, Anganwadi worker Bellur.



Health awareness talk on Covid19 at an anganwadi to self-help group audience.

April 2021: Health awareness activities COVID-19 Vaccine

Venue: Anganawadi , Bellur.,

Date: 01-04-2021,

Topic: Awareness of Covid-19 vaccine

Audience: Anganwadi workers and Helpers

Organized by Department of Community Medicine, AIMS, and C.H.C., Bellur.

Speakers:

1. Dr. Ragavendra S.K ,AMO,CHC Bellur.,
2. Dr.Prabhudeva M.C, MSW.,
3. Mr.Yathish B.R,MSW

This programme was organized by department of Community Medicine, and C.H.C., Bellur. COVID-19 vaccine was given to more than 40 Anganwadi workers and Helpers. Dr. Raghavendra spoke about advantages of COVID Vaccine. Dr.M.C Prabhudeva spoke about prevention of CORONA, mainly explained Mask, Hand wash and social distance. Welcomed by Mr.Yathish B.R,MSW, Vote of thanks by Mrs. Savikala,Anganwadi worker Bellur .



Covid 19 vaccination drive, vaccinated anganwadi workers and anganwadi helpers.

Planned House to house visit of positive person in primary and secondary contact COVID-19 awareness programme from 20-04-2021 to 30-04-2021.



House to house visit regarding sensitization towards Covid19.



May 2021: Health awareness activities

Dengue Day

Venue: CHC, Bellur.

Date: 03-05-2021,

Topic: Awareness of Covid-19 and Dengue

Audience: Asha workers and CHC Staff

Organized by Department of Community Medicine, AIMS, and C.H.C., Bellur.

Speakers:

1. Dr. Raghavendra S.K, AMO, CHC Bellur.

2. Mr.Yathish B.R, MSW

This programme was organized by department of Community Medicine, and C.H.C., Bellur. We conducted Dengue day and COVID-19 Awareness programme. Dr. Raghavendra spoke about advantages of Covid Vaccine, symptoms and prevention aspects of Dengue fever. Mr. Yathish B.R, MSW, spoke about prevention of CORONA and Dengue, mainly explained Mask, Hand wash and social distance. More than 30 Asha workers and CHC staff Participated.



Dengue and Covid19 awareness rally.



ನಾಗಮಂಗಲ ತಾಲೂಕಿನ ಬೆಳ್ಳೂರು ಪಟ್ಟಣದ ಆದಿಚುಂಚನಗಿರಿ ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರದ ವತಿಯಿಂದ ಮಲೇರಿಯಾ ವಿರೋಧಿ ಮಾಸಾಚರಣೆ ಜಾಗೃತಿ ಜಾಥಾ ನಡೆಸಲಾಯಿತು. ಡಾ.ರಾಘವೇಂದ್ರ ಮತ್ತಿತರರು ಇದ್ದರು.

ಮಲೇರಿಯಾ ವಿರೋಧಿ ಮಾಸಾಚರಣೆ ಜಾಗೃತಿ ಜಾಥಾ

Swab collection, COVID vaccination and awareness programme organized by Dept, Community Medicine and CHC bellur from 03-05-2021 to 28-05-2021.



Swab collection and Covid19 vaccination awareness



Covid 19 vaccination to general public



Swab collection centre at CHC Bellur

Walkathon on COVID-19 and Mask Day at Bellur

Venue: Bellur.,

Date: 19-05-2021,

Topic: Awareness of Covid-19

Audience: Asha workers, CHC Staff and General Public

Organized by Department of Community Medicine, AIMS, and C.H.C., Bellur.

Speakers:

1. Dr. Ragavendra S. K. AMO, CHC Bellur.,
2. Mr.Yathish B.R, MSW
3. CHC Staff and Asha workers.

This programme was organized by department of Community Medicine, and C.H.C., Bellur. Walkathon on COVID-19 Awareness programme was conducted. Dr Raghavendra spoke about advantages of COVID Vaccine, Symptoms and prevention aspects of COVID. Mr.Yathish B.R, MSW, spoke about prevention of CORONA, mainly explained Mask, Hand wash and social distance. Municipal and Police personnel attended. Welcomed by Vote of thanks by Mr,Ravi, Health Inspector. More than 30 Asha workers and CHC staff Participated.



Covid19 awareness rally.

June 2021: Health awareness activities COVID 19 VACCINATION PROGRAMME

Venue: Govt Higher Primary School

Date: 01.06.2021

Topic: COVID19 VACCINATION

Audience: Anganwadi workers and helpers

Organized by Department of Community Medicine, AIMS and C.H.C Bellur.

Speakers:

1. Dr. Radha.R. Prof.,
2. Dr. Ragavendra S.K, AMO
3. Dr. Prabhudeva M.C, Mr.Yathish.B.R., MSW'S
4. House Surgeons and CHC Field Staff

Program started with welcome speech by Mr.Yathish B.R, MSW who also planned, co-ordinated and organized this programme. Dr.Radha R Prof, explained importance of COVID vaccine. Dr. Raghavendra spoke about myths and superstitions about COVID vaccine in community. House surgeons also participated in the programme. COVID vaccination was given to 100 people. Programme ended with vote of thanks by Dr. M.C Prabhudeva.



Covid19 vaccination site and awareness was given regarding COVID vaccination.

DISTRIBUTION OF NUTRITIOUS FOOD KIT

Venue: PHC, Brammadevarahalli.

Dated: 04.06.2021

Topic: COVID VACCINATION

Audience: Community

Organized by Department of Community Medicine, AIMS and P.H.C Brammadevarahalli.

Speakers:

1. Dr.M.G Shivarama. Principal, AIMS.
2. Dr.Basavaraj M Ingalageri.Prof and HOD.
3. Dr.Monisha MO.
4. Mr.Yathish.B.R., MSW
5. House Surgeons and PHC Field Staff Brammadevarahalli

This programme was planned, co-ordinated and organized by PHC MO and field staff Brammadevarahalli, Dr.M.G Shivaramu Principal AIMS. spoke about prevention of CORONA, Mainly he explained importance of mask, social distance, frequent hand wash with soap/Sanitizer and importance of nutritious food. He also explained importance of COVID vaccine and myths and superstitions about COVID vaccine in community. Mr.H.D Rajegowda industrialist and Vishva and sriganda Vokkaliga mahila vedike sponsored nutritious food kit and sanitary kit to Asha workers and ANC, PNC women of Brammadevarahalli PHC action area villages. Mr.H.D Rajegowda industrialist, Kunigal. Dr Ramesh, Taluk Health Officer, Nagamangala. Dr. Sagar, Medical Superintendent, Dr.Monisha Medical officer, Mahila repretives of Vishva and Sriganda Mahila Vedike, President and members Gramapanchayathi Brammadevarahalli all participated in the event.



Covid 19 awareness programme and nutritional food distribution programme inauguration



Speech by the Principal Dr. MG Shivaramu regarding Covid 19 awareness.



Distribution of the nutritious food packets.

COVID VACCINATION PROGRAMME

Venue: Bettahalli

Dated: 04.06.2021

Topic: COVID VACCINATION

Audience: Community

Organized by Department of Community Medicine, AIMS and P.H.C Bramadevarahlli.

Speakers:

1. Dr.Basavaraj M Ingalageri.Prof and HOD.
2. Dr.Monisha MO.
3. Mr.Yathish.B.R., MSW
4. House Surgeons and PHC Field Staff Bramadevarahalli

Programme started with welcome speech by Mr.B.R Yathish, MSW. Dr. Basavaraj M Ingalageri.Prof and HOD. spoke about myths and superstitions about COVID vaccine in community. Dr. Monisha Medical Officer, Explained importance of COVID vaccine. House surgeons participated in the programme. 100 beneficiaries received COVID vaccination.



DISTRIBUTION OF NUTRITIOUS FOOD KIT

Venue: CHC Bellur.

Dated: 11.06.2021

Topic: COVID VACCINATION

Audience: Asha worker, Community

Organized by Department of Community Medicine, AIMS and C.H.C Bellur.

Speakers:

1. Dr.Raghavendra .,S.K, AMO
2. Dr.Prabhudeva M.C.,Mr.Yathish.B.R., MSW'S
3. Asha workers and CHC Field Staff.

This programme was planned, co-ordinated and organized by Dr.M.C Prabhudeva and Mr.B.R.Yathish M.S.W'S. Dr. Raghavendra spoke about prevention of CORONA, explained importance of mask, social distance, hand wash with soap/Sanitizer and importance of nutritious food and importance of COVID vaccine, myths and superstitions about COVID vaccine in community. Old students of A.C. Giri Mut gave nutritious food kit and sanitary kit to Asha workers and ANC, PNC women of CHC Bellur.



Distribution of nutrition packets to ASHA workers, ANC and PNC mothers.

COVID VACCINATION PROGRAMME

Venue: Govt Higher Primary School, Bellur

Topic: COVID VACCINATION

Organized by Department of Community Medicine, AIMS and C.H.C Bellur.

Dated: 18.06.2021

Audience: Police, Community

Speakers:

1. Dr. Shashikiran.M, Asso.Prof.,
2. Dr. Raghavendra S.K, AMO
3. Dr.Prabhudeva M.C.,Mr.Yathish.B.R., MSW'S
4. House Surgeons and CHC Field Staff

Program started with welcome speech by Dr.M.C.Prabhudeva, MSW Dr.Shashikiran.M, Associate Professor spoke about myths and superstitions about COVID vaccine in community. Dr. Raghavendra explained importance of COVID vaccine, importance of first dose and second dose. COVID vaccination was given to 100 people. Programme ended with vote of thanks by Mr.B.R Yathish.



Covid19 vaccination and awareness towards vaccination.

2. Conferences attended:

1. 5th KUHS NATIONAL CONFERENCE ON POSTGRADUATE MEDICAL RESEARCH 3 rd & 4th March, 2021 “COVID –19 AND BEYOND PERSPECTIVE AND CHALLENGES – Attended by Dr Radha R.
2. IAPSMCON 21 – 48th Annual National Conference of Indian Association of Preventive and Social Medicine, on theme, “Public Health in 21st century – current challenges and future opportunities” held from 19th to 21st March 2021 at PGIMER Chandigarh – Attended by Dr Vinayak H. Kashyap.

3. Publications:

1. Pendkur G, Singhal P, Somasundaram V, Raghavendra SK, Sharma S. Clinicopathological study of new onset pancytopenia: An experience of largest study from a tertiary care center of western India. Med J DY Patil Vidyapeeth 2021;14:283-9.

4. Other Activities:**Dr Radha R:**

1. Resource person in Dissertation writing workshop held by Scientific Committee, AIMS on 12th and 13th March 2021
2. Resource person in foundation course for 1st year students on Jan 2021
3. Resource person in World TB day observation on 24th March 2021 in Alisandra, Nagamangala Tq, Mandya district, organised by NTEP, AIMS in association with DTO, Mandya, Department of Community Medicine & NSS AIMS.
4. World TB day observation on 24th March 2021 in Alisandra, Nagamangala Tq, Mandya district, organised by NTEP, AIMS in association with DTO, Mandya, Department of Community Medicine & NSS AIMS

Dr Sheethal MP:

1. Resource person in Dissertation writing workshop held by Scientific Committee, AIMS on 12th and 13th March 2021
2. Resource person in foundation course for 1st year students on Jan 2021
3. Resource person in World TB day observation on 24th March 2021 in Alisandra, Nagamangala Tq, Mandya district, organised by NTEP, AIMS in association with DTO, Mandya, Department of Community Medicine & NSS AIMS
4. World TB day observation on 24th March 2021 in Alisandra, Nagamangala Tq, Mandya district, organised by NTEP, AIMS in association with DTO, Mandya, Department of Community Medicine & NSS AIMS

Dr Shashikantha SK:

1. Resource person in CORONA DO's and Don't's held in BGSIT, B G Nagara on 16th March 2021
2. Resource person in Dissertation writing workshop held by Scientific Committee, AIMS on 12th and 13th March 2021
3. Resource person in World TB day observation on 24th March 2021 in Alisandra, Nagamangala Tq, Mandya district, organised by NTEP, AIMS in association with DTO, Mandya, Department of Community Medicine & NSS AIMS
4. Resource person in TB awareness programme organised by NTEP, AIMS in association with DTO, Mandya, held on 20th March 2021 in Bogadi, Nagamangala Tq, Mandya district.

5. TB awareness programme organised by NTEP, AIMS in association with DTO, Mandya, held on 20th March 2021 in Bogadi, Nagamangala Tq, Mandya district.
6. World TB day observation on 24th March 2021 in Alisandra, Nagamangala Tq, Mandya district, organised by NTEP, AIMS in association with DTO, Mandya, Department of Community Medicine & NSS AIMS
7. As NODAL officer for COVID 19 vaccination in AIMS, B G Nagara, in supportive supervision of the COVID 19 Vaccination activity.

Dr Raghavendra:

1. Guest Speaker - Covid19 vaccination – A most relevant Public Webinar on a burning topic of present times.

Dr Vinayak H. Kashyap:

1. Attended a Webinar on “Feedback on curriculum: Process and implications” on 9th April 2021 conducted by IQAC and NAAC committee of AIMS.
2. Attended a National Webinar on NAFLD – An emerging epidemic of Non-communicable disease in India on 11th May 2021 organized by AIIMS Mangalageri.
3. Completed a online training in Basic NRP course conducted by Indian Academy of Paediatrics on 22nd June 2021.

Webinar educational series by the department of Community Medicine:

1. World Tuberculosis Day 2021 – “Theme-the clock is ticking” organized by Dept of General Medicine in association with Community Medicine and AIMS NTEP on 24.03.2021.
2. World Health Day 2021 – “Theme-Covid19 preventive strategies adopted in India” organized by the dept of Community Medicine on 30th April 2021.
3. World No Tobacco Day 2021 organized by the Department of Psychiatry in association with dept of Community Medicine on 31.05.2021.
4. World Food Safety Day 2021 organized by the Department of Biochemistry in association with dept of Community Medicine on 7th June 2021.

On-going research project:

1. HPV vaccine –Awareness and practices of Medical students – by Dr Radha R
2. Nutritional assessment of toll workers in B G Nagar – by Dr Sheethal MP
3. “Far from over”, COVID 19 vaccine uptake and perception of benefits and risks – by Dr Sheethal MP



AIMS - MED PLUSE...



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Volume 11: Issue 3 (January to June 2021)

Dear Readers,

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

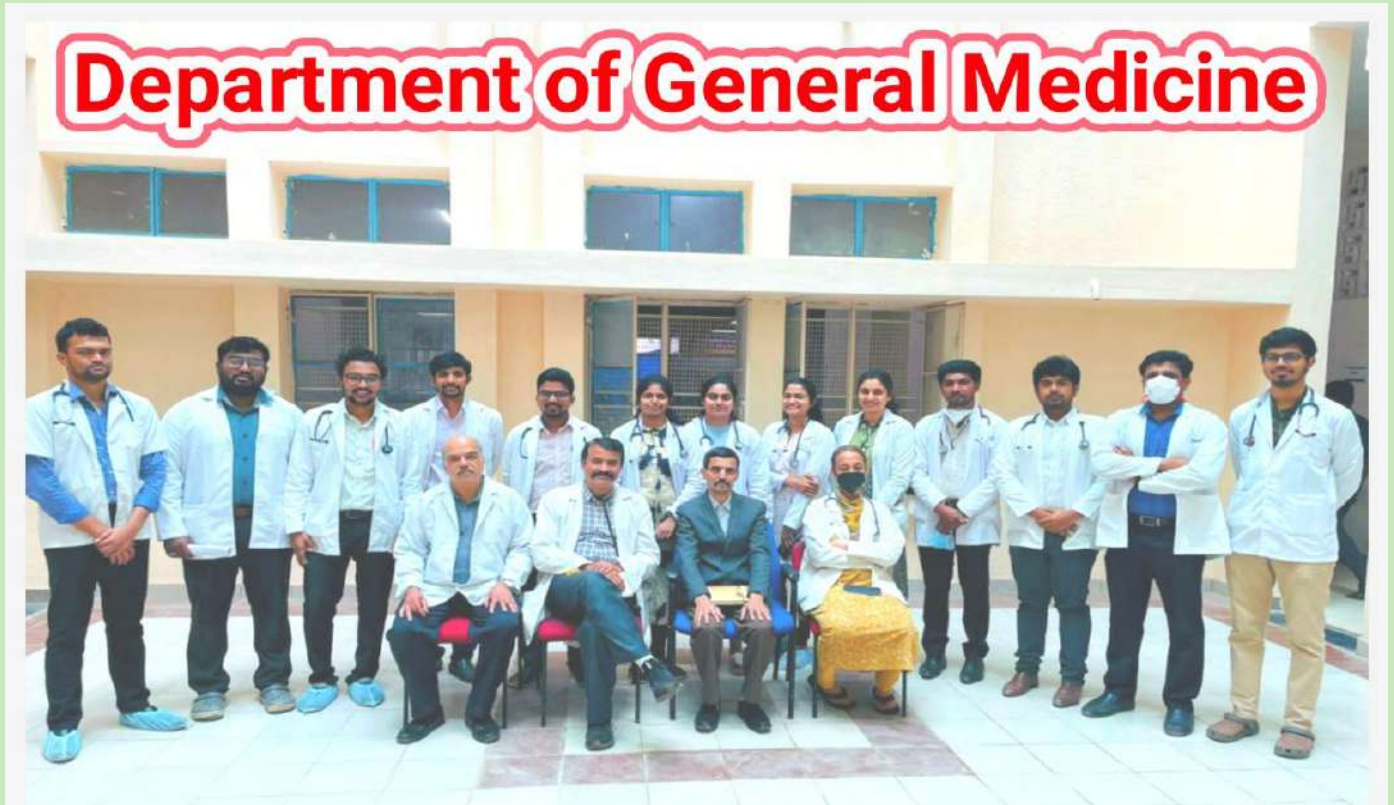
The Department has been working on various ongoing research projects. Several research activities are being done, documented and sent for publication.

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.

*-Dr. Shashikantha,
Professor and HOD*

OUR VISION

'To be one of the most outstanding academic department 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*
- *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.*
- *Creativity, teamwork and pride in dedication to mission and achievement of vision.*

PUBLICATIONS

Sl. No.	Topic	Authors name	Month
1.	Clinical pattern and outcome of severe cases of Covid 19 in a rural medical college hospital in Karnataka	Dr. Ramanath Shenoy. Dr.Shashikanth K Dr.Deepak T.G Dr.Madhusudan J	<i>IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) e-ISSN: 2279-0853, p-ISSN: 2279-0861. Volume 20, Issue 2 Ser.7 (February. 2021), PP 01-03</i>
2.	A CLINICAL STUDY OF ETIOLOGY, OUTCOME AND PROGNOSTIC FACTORS OF ACUTE KIDNEY INJURY AMONG ICU ADMISSIONS	Dr.Shashikantha Dr. Sohil Sharda Dr. Bernice Robert	<i>GJRA- Global Journal for research analysis VOLUME-10, ISSUE-04, APRIL-2021 PRINT ISSN No. 2277 - 8160</i>
	IN RURAL TERTIARY CARE HOSPITAL	Dr. Gangurde Bhushan Daulatrao	<i>DOI:10.36106/gjra</i>
3.	A Multicentric, Open Label,Randomized,phase 3, Study on the Safety and Efficacy of Sofinox Gel in Diabetic Wound Healing.	Dr. Ravi BN (Principal Investigator, AIMS) Dr. Machandra Reddy (Co- investigator,AIMS)	<i>Clinical Trial, CTRI/2019/07/020319 http://ctri.nic.in, ICMR National Institute of Medical Statistics</i>
4.	A Prospective, Open-Label, Two-Arm, Parallel-Group, Randomized, Controlled,Multi-Centric Trial for Evaluation of Efficacy and Safety of COVID-19 Hyper-immunoglobulin (Human) Solution in Participants with Active COVID-19	Dr. Ravi BN (Principal Investigator, AIMS) Dr. Machandra Reddy (Co- investigator,AIMS)	<i>Clinical Trial, CTRI/2020/09/027903 http://ctri.nic.in, ICMR National Institute of Medical Statistics</i>

CME'S / CONFERENCES/ WORK SHOPS

ATTENDED.

<i>DATE</i>	<i>EVENT DETAILS</i>	<i>STAFF/POST GRADUATES ATTENDED</i>
4th to 7th March 2021.	eAPICON 2021- A VIRTUAL ANNUAL CONFERENCE OF THE	Dr. Machandra Reddy Dr. Visakan B
	ASSOCIATION OF PHYSICIAN'S OF INDIA	Dr.Chandan Kumar Dr.Jyanesh M Dr.Srinivas P Dr.Apurva Janardan Dr.Bharathi S Dr.Rahul B
12th to 13th March 2021	WORKSHOP ON DISSERTATION WRITING FOR 2nd YEAR MD/MS STUDENTS	Dr.Bharathi S Dr.Chandan Kumar Dr. Machandra Reddy Dr. Visakan B Dr.Srinivas P Dr.Rahul B Dr.Jyanesh M



eAPICON 2021 A VIRTUAL ANNUAL CONFERENCE



A Rare case report of Fahr's Disease/ Calcinosis nucleorum /Primary familial brain calcification

AUTHORS- DR.MACHANDRA REDDY1, DR.B N RAVI2, 1.PGTcumPresenter, 2 Professor Dept General Medicine AIMS BG NAGARA

INTRODUCTION

Fahr's disease other wise called as Calcinosis Nucleorum/ Primary familial brain calcification, named after Karl Theodor Fahr a german neurologist who first reported the disorder in 1930.It is a rare neurological condition with prevalence of <1/1,000,000 with autosomal dominant inheritance, incomplete and age-related penetrance with phenomenon of anticipation, characterized by abnormal idiopathic calcification, with calcified deposits in areas of the brain that control movement, including the basal ganglia, cerebral cortex, thalamus, hippocampus, dentate nucleus, cerebral cortex and cerebellar subcortical white matter. Symptoms of the disorder depends on areas effected by deposits

AIM

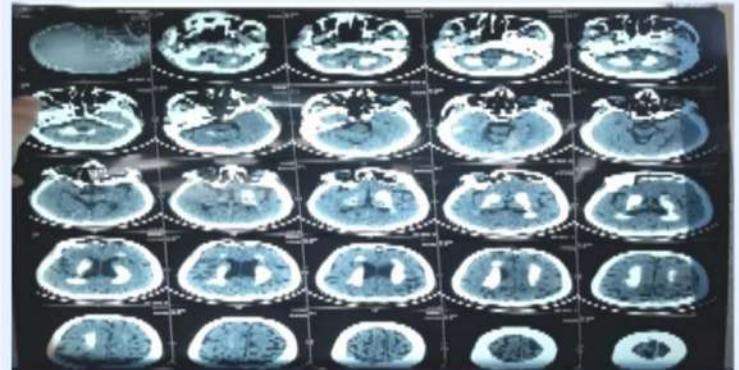
1. An attempt to present a rare case report of fahr's disease
- 2.To Address the diagnostic challenges misleading during diagnosis of a rare entity fahr's disease

METHOD- CASE REPORT

A 60 year old male case of seizure disorder since 2years on phenotoin 100mg on irregular treatment for the Past few months, was brought to casualty with History of tremulousness of both upper limbs since past 2 months, and multiple episodes of convulsions with since early morning. with no other known comorbidities. A significant family history of his Father having features suggestive of parkinsonism and son having seizures since 6 months with persistent headache was noted. On examination patient had postural tremors, rigidity, bradykinesia, other features of parkinsonism with no other significant finding.

RESULTS AND DISCUSSION

CT Brain showed extensive bilateral symmetric calcification involving bilateral centrum semiovale, corona radiata, basal ganglia, thalamus and periventricular white matter with diffuse brain parenchymal atrophic changes, characteristic of Fahr's disease. Other relevant investigations done- did not show any significant abnormalities.



Fahr's disease is a rare neurological condition possess many diagnostic challenges while many conditions which mimic in clinical presentation, diagnosis can be made with presence of Progressive neurologic dysfunction with onset at any age, Radiographic evidence of bilateral calcification of basal ganglia and some other regions of the brain, Absence of biochemical abnormalities suggestive of endocrinopathies, mitochondrial or other systemic disorders, Absence of infections, toxin or trauma, family history with autosomal dominant inheritance

CONCLUSION

- Fahr's disease is rare Neurogenetic disease with many clinical mimickers like parkinson disease, mitochondrial myopathy. It's a diagnosis of exclusion,
- Thorough knowledge about the disease is needed for the clinician and Patients family in dealing with fahars disease as there is a significant family history.

REFERENCE, AND ACKNOWLEDGEMENT

- Perugula ML, Lippman S. Fahr's Disease or Fahr's Syndrome? Innov Clin Neurosci. 2016 Jul-Aug;13(7-8):45-6.
- Batla A, Tai XY, Schottlaender L, Erro R, Balint B, Bhatia KP. Deconstructing Fahr's disease/syndrome of brain calcification in the era of new genes. Parkinsonism Relat Disord. 2017 Apr;37:1-10.



AN INTERESTING CASE OF RHEUMATIC HEART DISEASE IN AN ELDERLY

DR. SRINIVAS.P, DR.SHASHIKANTHA, DR.RAVI.B.N, DR.MADHURA.T.L
ADICHUNCHANGIRI INSTITUTE OF MEDICAL SCIENCES, BELLUR



ADICHUNCHANGIRI
UNIVERSITY

INTRODUCTION

- Rheumatic heart disease remains common in developing countries, where its prevalence is underestimated by clinical examination. Although the incidence of rheumatic fever has considerably decreased in industrialized countries in the past 60 years, **RHD has not disappeared.**
- This condition remains the most common form of valvular disease in developing countries, where it primarily affects young adults. Residual RHD still exists in elderly patients who were exposed to acute rheumatic fever during childhood when rheumatic fever was still endemic. Prevalence is estimated at 2–3% when using systematic echocardiographic screening. RHD in the elderly is a rare entity and can cause diagnostic dilemma if the treating physician is not aware of such entities. This case report describes one such scenario.

AIM- An attempt to present a case report of an interesting case of RHD in an elderly patient.

METHODS- CASE REPORT

64 year elderly male patient presented with complaints of chest pain, on and off since 2 years, giddiness, on and off since 1 year, aggravated since one month, breathlessness since one year, which increased in severity past 15 days. He is a known hypertensive, on treatment since past 12 years. On examination, he had mid-diastolic murmur in mitral area. Investigations including CBC with cardiac markers and other routines were normal. Chest X-ray showed cardiomegaly with left atrial dilatation. ECHO showed RHD, dilated left Atrium, severe Mitral stenosis, with Mitral valve area of 1.0 cmsq, mild MR, mild TR/PAH with EF of 60%. He was treated with furosemide, telmisartan, spironolactone; sildenafil for 5 days and was referred to a cardiac centre for pmvc/valve replacement.



2D ECHO CARDIOGRAPHY / CO

FINDINGS

LEFT VENTRICLE	:	LVH
LEFT ATRIUM	:	Dilated
RIGHT VENTRICLE	:	Normal
RIGHT ATRIUM	:	Normal
AORTA	:	Normal
PULMONARY ARTERY	:	Normal
IVS	:	Intact
IAS	:	Intact
VALVES	:	Thickend, doming, restricted motility of mitral and aortic valve



PERICARDIUM : Normal
DOPPLER STUDY : Normal

IMPRESSION:

- Rheumatic heart disease
- Severe MS. MVA 1.0 cmsq, Mild MR
- Moderate AS. PG 50mmHg, Grade II AR
- Mild TR/ PAH. RVSP 30mmHg
- Concentric LVH
- No regional wall motion abnormalities
- Normal left ventricular function. EF 60%
- No clots/pericardial effusion.

DISCUSSION AND RESULTS

- RHD is a late consequence of acute rheumatic fever, which is initiated by pharyngeal or cutaneous infection caused by group A β hemolytic *Streptococci*. Approximately 60% of patients with acute rheumatic fever will develop RHD. **Besides** recurrences of streptococcal infections, which have a major role in the development of RHD, **individual host susceptibility and associated infections are likely to contribute to RHD.** In addition, RHD is favored by overcrowding, malnutrition, and limited access to health care. The near elimination of acute rheumatic fever and reduction in the rates of RHD in high-income countries during the late 20th century was attributed in part to improvements in socioeconomic conditions and the widespread use of Benzathine penicillin G to treat streptococcal pharyngitis. In 2015, the countries with the largest estimated numbers of cases of RHD were India (13.17 million cases), China (7.07 million) and India had the highest estimated numbers of deaths due to RHD (119,100 deaths).
- Clinically manifest RHD is just "TIP OF THE ICEBERG". Absence of murmurs does not exclude persistence of valvular pathology. Overall prevalence of RHD was shown to range from 2.7 cases per 1000 population (for "clinically manifest" disease) to 21.1 cases per 1000 population (for "clinically silent" disease).
- Early detection is paramount to implement secondary prevention and limit the evolution towards severe valve damage. In this context, **ECHO has emerged as a potential tool** in high-burden populations allowing the detection of subclinical disease as well as the confirmation of clinically audible lesions. **A better understanding of the immunogenetic determinants of the disease may provide a potential route to identify relevant bacterial antigens that could be used in the development of a vaccine against group A streptococcus.**

CONCLUSION

- RHD in elderly is a rare entity but seen in developing countries.
- Echocardiography can pick up lesions not audible by auscultation.
- WHF criteria can help in ECHO diagnosis of RHD.
- These patients should be followed up for long periods to assess the damage to the valve. Early interventions in these patients can decrease morbidity and mortality.

ACKNOWLEDGEMENTS AND REFERENCES

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2. Jonathan R. (2008). Rheumatic heart disease in Asia. *Circulation*, 118(25): 2748-2753.
3. David A. Watkins, M.D.et al, Global, Regional, and National Burden of Rheumatic Heart Disease, 1990–2015 *N Engl J Med* 2017; 377:713-722.
4. Eloi Marijon M.D et al. Rheumatic Heart Disease — An Iceberg in Tropical Waters *N Engl J Med* 2017; 377:780-781.

A RARE CASE “SHEEHAN’S SYNDROME”

Dr. Rahul Biradar, Dr. Shashikantha (Professor & HOD)

Department of General Medicine

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

Karnataka



Introduction :

Sheehan's syndrome(SS) which was originally described by Sheehans, occurs as a result of ischaemic necrosis of pituitary gland due to severe postpartum haemorrhage¹. Hypopituitarism is the partial or total loss of anterior pituitary hormone Secretion². The prevalence of hypopituitarism is 46 cases per lakh with an incidence of 4 cases per lakh. Sheehan's syndrome is decreasing in frequency worldwide and is a rare cause of hypopituitarism owing to advance in obstetric care². Long-standing pituitary damage is associated with increased mortality primarily due to increased cardiovascular and cerebrovascular mortality³. SS can present in the postpartum period or after many months to years following after the delivery. The gland has a great secretory reserve and more than 75% must be destroyed before clinical manifestations are evident⁴. They manifest as failure to lactate or to resume menses, genital and axillary hair loss, asthenia and weakness, fine wrinkles around the eyes and lips, signs of premature aging, dry skin, hypopigmentation. Hyponatremia is a uncommon presentation of the disease⁵.

Case Report :

A 43 year old female P3L2D1 presented with complaints of easy fatigability, puffiness of face and confusion since 2 months. She gives history of a normal vaginal delivery 12 years back at home which was complicated by severe postpartum haemorrhage (PPH) and being unconscious and was shifted to a primary health centre, where she was hospitalised for few days and managed conservatively for PPH and she had received blood transfusions, during which she recalled that she unable to breast feed her kid and she never got her menses following after last delivery. The patient also gave history of cold intolerance, decreased daily activities, hair loss, increased weight gain, increased sleep and drowsiness during most of the day and since 12 years.

On physical examination: Patient had dry skin, fine wrinkles, puffiness of face, absent axillary, pubic and skin hair.

Pulse rate : 70bpm

Blood Pressure : 110/78mmHg

Pallor – Present

Systemic examination :

RS : B/L normal vesicular breath sounds heard, no added sounds

CVS : S1 & S2 heard, no murmur

P/A : soft, non tender and no organomegaly

CNS : conscious and oriented, no focal neurological deficits

Blood investigations showed the following

Haemoglobin - 7.8gm/dl ↓

Total leukocyte count – 7480 cells/cumm

Platelet - 3.13 lakhs/cumm

RBS - 98mg/dl

Sr. Sodium -129mmol/L ↓, Sr. Potassium – 4.3mmol/L

T3 - 0.23ng/dl ↓, T4 - <0.91 ug/dl ↓, TSH - 1.73 mIU/ml

Free T3 - 0.70, Free T4 - 0.35, Free TSH -1.73

FSH - 3.33IU/L ↓, LH - 1.37IU/L ↓

Prolactin - 1.17ng/dl ↓, Cortisol - 0.38mcg/dl ↓

Neuroimaging (MRI) : Empty sella with complete thinning of pituitary gland

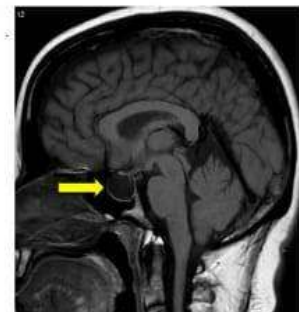
Based on the above investigations a diagnosis of SHEEHAN'S SYNDROME(SS) with pituitary failure presenting with delayed onset hyponatremia and hypotension was made.

Discussion :

SS is characterised by ischemic necrosis of the anterior pituitary gland resulting from postpartum haemorrhage(PPH). One of the most common cause of hypopituitarism in developing countries. The anterior pituitary is supplied mainly by the portal venous system which is a low pressure system. The main role in pathogenesis of the disease is enlargement of pituitary gland, small sellar size, disseminated intravascular coagulation and autoimmunity. SS is characterised by varying degrees of dysfunction of the anterior pituitary⁶. Enlargement of pituitary cells, particularly the lactotrophs, occur during pregnancy but without a corresponding matching increase in vascular supply. So whenever the pituitary becomes vulnerable to hypo-perfusion in the post partum period, ischemic necrosis of the pituitary gland occurs. SS can range from Pan-hypopituitarism to selective hormone losses. Hyponatremia is a rare presentation of SS, which is probably due to the underlying hormone deficiencies⁵.

Conclusion :

Deficiency of various pituitary hormones and their target hormones produces a myriad of clinical features. The Diagnosis of SS is often challenging and a high index of suspicion is needed to diagnose this entity. MRI of the brain and pituitary fossa may show an empty sella but may not be diagnostic, history of postpartum haemorrhage, failure to lactate and cessation of menses are important clues for the diagnosis. Early diagnosis and appropriate treatment are necessary to reduce the morbidity and mortality.



References :

1. Sheehan HI. Postpartum necrosis of the anterior pituitary. *Journal of Pathology and Bacteriology.* 1937;45:189-214.
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4. Laway BA, Mir SA, Gojwari T, Shah TR, Zargar AH. Selective preservation of anterior pituitary functions in patients with Sheehan's syndrome. *Indian J Endocrinol Metab.* 2011 Sep;15 Suppl 3:S238-41.
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CMES, WEBINARS AND GUEST LECTURES

GUEST LECTURE ON WORLD TUBERCULOSIS DAY 2021

Theme- " The Clock is Ticking "

Date- 24/03/2021

Venue- MEU HALL AIMS





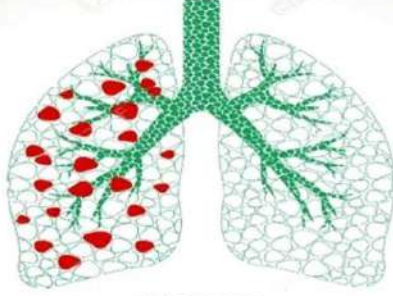
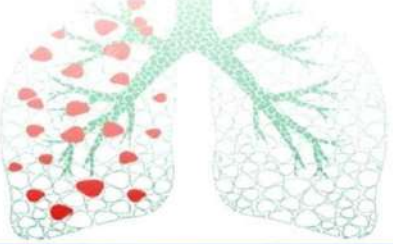
GUEST SPEAKER:

DR. C. PRASHANT

ASSOCIATE PROFESSOR, DEPARTMENT OF RESPIRATORY MEDICINE, MMC & RI, MYSURU

TOPIC :-

NTEP UPDATE : GUIDELINES ON DIAGNOSIS AND MANAGEMENT OF PULMONARY TUBERCULOSIS

 <p style="text-align: center;"> Jai Sri Gurudev ADICHUNCHANAGIRI UNIVERSITY</p> <p>Adichunchanagiri Institute of Medical Sciences B.G. Nagara - 571448, Nagamangala Taluk, Mandya Dist. Karnataka</p>			
 <p>GUEST Lecture</p>		<p>Date : 24th March 2021 Time : 10:00am Venue : MEU HALL AIMS</p> 	
<p>Department of General Medicine in Association with Department of Community Medicine and AIMS - NTEP Presents</p>			
<p>WORLD TUBERCULOSIS DAY-2021</p>			
<p>THEME : "THE CLOCK IS TICKING"</p>			
			
<p>WORLD TUBERCULOSIS DAY</p>			
			
PROGRAMME SCHEDULE			
10:30 am to 12:00 noon			
WELCOME ADDRESS		DR. SHASHIKANTHA PROFESSOR AND HOD DEPT OF GENERAL MEDICINE AIMS, B.G NAGARA	
INTRODUCTION OF THE GUEST SPEAKER BY		DR. J. INBANATHAN PROFESSOR DEPT OF GENERAL MEDICINE AIMS, B G NAGARA	
TOPIC :- NTEP UPDATE : GUIDELINES ON DIAGNOSIS AND MANAGEMENT OF PULMONARY TUBERCULOSIS		SPEAKER: DR. C. PRASHANT ASSOCIATE PROFESSOR DEPARTMENT OF RESPIRATORY MEDICINE, MMC & RI, MYSURU	
VOTE OF THANKS BY		Dr. RAMANATHA SHENOY B ASST PROFESSOR DEPARTMENT OF GENERAL MEDICINE AIMS, B.G.NAGARA	

Online Webinar..

In Reminder of World Malaria Day 2021,

Theme- "Reaching Zero Malaria Target"

Dept of General Medicine in Collaboration with
Dept of Community Medicine Conducted an Online
Webinar Series on 31 May 2021.

MEDICINE TOD!Y.....

॥ ज्ञानं श्रेष्ठं गुरुदेव ॥

Adichunchanagiri University

Adichunchanagiri Institute of Medical Sciences
B.G.Nagara - 571448, Nagamangala Taluk, Mandya District, Karnataka

 **WEBINAR SERIES** 

Date: 31.5.2021
Time: 2.00 pm to 3.00 pm

Department of Community Medicine
In Collaboration with
Department of General Medicine

 **WORLD Malaria Day**

"Reaching The Zero Malaria Target."

Resource Persons:

 **Dr. Shashikantha,**
Prof & Head, Department of General Medicine,
AIMS, B G Nagara
Topic: Clinical features & management of Malaria

 **Dr. Shashikiran M,**
Associate Professor,
Department of Community Medicine, AIMS, B G Nagara
Topic: Prevention, Control & National Program on Malaria

The New Zealand scientists trying to make brain-controlled robots a thing

Brain-controlled devices could give people with disabilities or severe injuries new access to the world. But it could also be used to enhance humans, create super soldiers or even transcend the human body entirely.

It allows users, people who can't move their limbs or

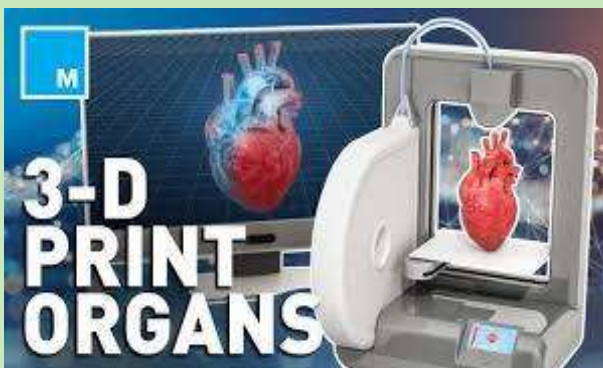


speak for example, to use a computer to talk, access the web or control devices around their home.

SMART INHALERS, Inhalers are the main treatment option for asthma and if taken correctly. To help asthma sufferers to better manage their condition, **Bluetooth** enabled smart inhalers have been developed. A small device is attached to the inhaler which records the date and time of each dose, this data is then sent to the patient smart phones so they can keep track and control their condition/



ARTIFICIAL ORGANS, To take 3D printing another notch, **bio-printing** is also an emerging medical technology. Bio-printing poised to push the boundaries further. Bio-printing uses 3D printers and techniques to fabricate 3D structures of biological materials, from cells to bio-chemicals, through precise layer by layer positioning. The ultimate goal is to replicate functioning tissue and materials such as organs, which can be transplanted in to human beings..



DISPOSABLE COVID BOX –

Introducing new method to do safe bronchoscopy (highly aerosol generating procedure) through disposable COVID box in this difficult

covid times, introduced an unbelievably cheap and effective method “DISPOS!BLE

COVID BOX”. an acrylic board 70 20 cm and attached 3 bars 32 cm long and slide it under the side of the patient. A similar contraption is used on the other side. Then, it is covered by a polypropylene sheet 2’ 2’. It makes a completely disposable airtight chamber with the polypropylene sheet.

there are no aerosols released in atmosphere after the procedure, making it absolutely safe for bronchoscopist and at same time patient also remains safe. We are ready again in no time with fresh polypropylene sheet to do the next bronchoscopy.



Image Gallery- Rewinding.

Memories...



FELICITATION PROGRAM FOR COVID WORRIES AT AIMS AUDITORIUM

COVID-19 Vaccination and Awareness Program at AH & RC





Our Beloved Principal Dr.MG Shivaramu Sir, at AH & RC vaccination center, Spreading the awareness



COVID WARRIORS WITH THEIR WAR ROOM SUIT/PPE KIT



Wishing All The Best to Senior's Eg PGs..

Senior's interaction with HOD Sir, Seeking guidance ..







॥ ज्ञाने इति ह्युत्पद्यते ॥



ADICHUNCHANAGIRI UNIVERSITY

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

B.G.Nagara, Nagamangala, Mandya - 571448



Volume 11 Issue 1

Official Newsletter Jan-June 2021

MILESTONES

DEPARTMENT OF PEDIATRICS

From the Chief Editors DESK

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Nirmalanandanatha Mahaswamiji

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Principal AIMS.

Dean -Academics, Medical, ACU.

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With the divine blessings of Paramapoojya Jagadguru Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji and His Holiness Jagadguru Sri Sri Sri Dr Nirmalanandanatha Mahaswamiji, we are bringing out the first issue of 11th volume of news letter “MILESTONES”

As the COVID 19 pandemic continues, here we stand together; still fighting the COVID 19 pandemic, there is simply no escaping.

Apart from effective management of COVID cases, we continued our effective & uninterrupted student educational programs through online platforms without any hurdles. Our faculties were involved in the publication and research work, conducting webinars & guest lecturers in the department.

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. The news letter gives a great opportunity for us to bring out our activities, publications and research work of our department.

All our academic achievements, student training and fruitful activities in the department would not have been possible without the able guidance, constant support and encouragement by our beloved principal and Dean Dr. M G Shivaramu sir.

Regards

Dr. Mahendrappa K B, Professor & HOD





HEARTY WELCOME

We are very pleased to have new addition to our family.
We heartily welcome Dr Praveen U as Assistant Professor.

FAREWELL

“Education is the most powerful weapon which you can use to change the world and Teachers affect eternity; no one can tell where their influence stops”.

Likewise, Dr Pavan Kumar and Dr Ishwaraj played an important role in shaping students’ future. Thank you for always being our guide and amazing teachers.



Workshop on basic NRP (Neonatal resuscitation program)

We the Department of Pediatrics in collaboration with the department of Paediatric Nursing Adichunchanagiri Institute of Medical sciences, successfully conducted **workshop on Basic neonatal resuscitation for nursing students on 19/02/2021.**



The event was managed by Dr. Mahendrappa K B Professor and HOD, Dr. Sunil Kumar P Professor, Dr.Nandhakumar Senior Resident from department of Paediatrics& Mrs. Arthi, HOD Paediatric Nursing, AIMS.

The programme was initiated with an invocation by the nursing student.The Introduction and welcome speech was rendered by Dr. Mahendrappa, HOD Dept. of Pediatrics, who gave a concise and brilliant introduction to the event. Dr. Mahendrappa shared his experiences at NICU Wadia hospital Mumbai & highlighted the vital role of nurses in the management of neonates.

Dr. Sunil Kumar & Dr. Nandhakumar, the resource persons, spoke about the need for Neonatal resuscitation; materials needed for basic Neonatal resuscitation and explained in detail the steps of NRP according to recent NRP 2021 AAP guidelines. The event included 2 workshop Stations wherein the detailed steps of NRP were demonstrated on a mannequins.



Introductory speech by
Dr.Mahendrappa K B,
HOD, Paediatrics



THE GATHERING



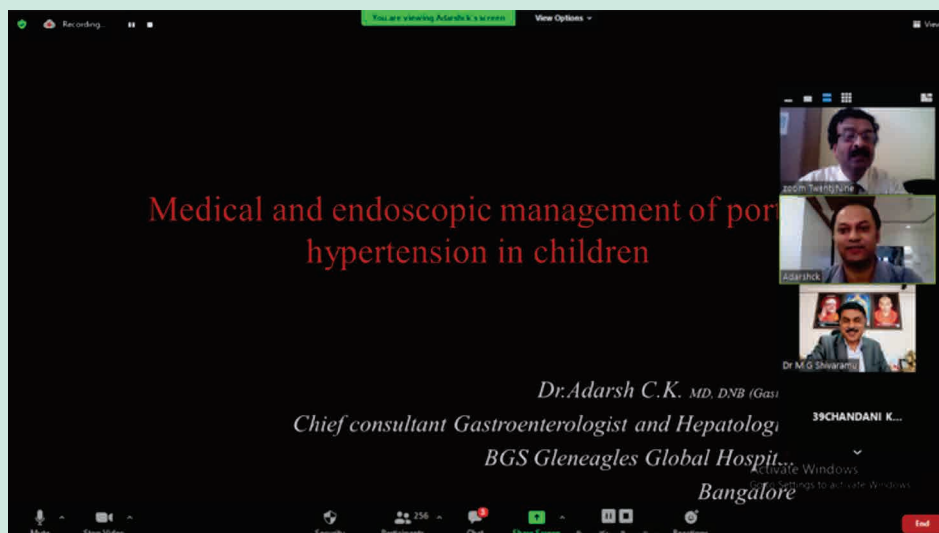
Webinar on “medical and endoscopic management of portal hypertension in children”

A webinar was conducted by the Department of Paediatrics on the topic “Medical and endoscopic management of portal hypertension in children” on 18th July 2021 from 11am to 12pm.

Dr Adarsh C K who is a Consultant chief Gastroenterologist and Hepatologist working in BGS global hospital, Bangalore was the resource person of the day.

The objective of the webinar was to enlighten postgraduate, undergraduate students and faculty members about the medical and endoscopic management of Portal hypertension in children. Dr. Mahendrappa KB, Professor & HOD welcomed & introduced the resource person Dr Adarsh C. K. Our principal inaugurated the webinar and advised the participants to achieve academic excellence like Dr Adarsh. Dr Shivaramu sir appreciated Dr Adarsh for an excellent seminar & sharing his experience and also for sparing his time.

Speaker, Dr Adarsh shared his experience about the Patho Physiology, Case scenarios from his experience, management of Portal Hypertension stressing on endoscopic management specifically and liver transplantation in children.



Total of 256 participants took part in the session which included postgraduates, undergraduates and faculty members of our institute. The webinar ended with an interactive session of questions and answers put forward by the students and faculty members. Session was well attended and appreciated by the audience. The webinar was concluded by Dr. Mahendrappa K.B.

Guest lecture

Dr. Madhunandan K, Assistant professor Dept of Paediatrics spoke on postnatal screening of congenital hearing loss on the occasion of world hearing day on 03-03-2021 organized department of ENT in association with department of Paediatrics and OBG



COVID-19, THE PANDEMIC!

As the COVID 19 pandemic continues, here we stand together; still fighting the COVID 19 pandemic, there is simply no escaping. We all have been affected, the impact of the pandemic and its consequences are felt differently, while some of them have adapted to work online, we doctors, as sworn continue to give our best to the patients need. We Department of Pediatrics have stretched our workforce capacity in some of our clinical areas by planning, preparedness, patient evaluation and care since the time COVID 19 pandemic has occurred,

We also continued our effective & uninterrupted student educational programs through online platforms without any hurdles. Fever clinic was put up to screen all the patients with COVID symptoms, whenever necessary Rapid antigen and RTPCR tests for COVID 19 were done for pediatric patients. And we did encounter a lot of COVID 19 positive status pediatric patients, all of them were successfully managed as per the WHO, CDC and IAP management protocol for COVID 19. We have also been witnessing the suspect MIS-C cases in inpatients, studies and researches are being conducted by the faculties and Resident.

Faculty development program /Conferences / CME/ Workshops attended

1. Dr. Mahendrappa K B, Webinar on "Effective clinical learning in new normal" organized By SDUAHER Kolar on 2nd January 2021
2. Dr. Mahendrappa K B, Workshop on "Revised NAAC norms & Procedures under the Aegis of the UGC Scheme" organized by Saint. Johns College Bangalore on 7th Jan to 15th January 2021
3. Dr. Mahendrappa K B, CIAP PEDICON 2021 IAP National Conference organized by IAP National Conference on 4th to 7th FEB 2021 Mumbai
4. Dr. Mahendrappa K B, KARNATAKA PEDICON 2020 organized by IAP National & State on 14th to 18th February.2021

5. Dr. Mahendrappa K B, Webinar on "Feedback on curriculum process & implications" organized by IQAC & NAAC committee AIMS on 9th April 2021.
6. Dr. Mahendrappa K B, Webinar on "Teaching learning & evaluation inputs on criteria 2 of NAAC" organized by IQAC & NAAC committee, AIMS on 24th may 2021.

PUBLICATIONS FROM THE DEPARTMENT

1. Kotyal B Mahendrappa, Pavankumar. Effect of low dose inhaled corticosteroids on Hba1c and FBS levels in children with asthma. International journal of scientific research.2021; 10(1):1-3. ISSN: 2277-8179.
2. Kotyal B Mahendrappa, Shravya Rao. Red cell distribution width as a tool in critically ill neonate. Int J Contep Periatr. 2021; 8(3):517-521.
3. Kotyal B Mahendrappa, Shravya Rao. Cord blood nucleated RBCs as a potential tool in prediction of neonatal hyperbilirubinemia in ABO incompatibility susceptible neonates. Int J Contep Pediatr. 2021; 8(2):1-4.
4. Rohan yadav, P Sunil kumar, Mahendrappa K B, G M Kumar, Channabasavanna. Maternal risk factors Associated with preterm birth in a tertiary care center. International journal of Scientific Research. 2021; 10(2): 1-5.
5. Likitha, Channabasavanna, Mahendrappa K B. Immediate complications of hypoxic ischemic encephalopathy in term neonates with resistive index as prognostic factor. Int J Contemp Pediatr. 2021; 8(4):711-715.
6. Rohan yadav, Sunil kumar, Mahendrappa KB, Kumar GM. Immediate outcome of preterm babies born in a tertiary rural care center. IJSR. 2021; 10(2): 1-6.
7. Madanika S, Kumar D P, Sreekavya P. A study on calf circumference at birth as a screening indicator to predict low birth weight babies in and around rural area. Indian Journal of Child Health. 2021; 8(2):70-2.
8. A study of association between chest X ray findings and severity of pneumonia in children between 2 to 59 months of age.

Ongoing projects in the department of Pediatrics 2021

1. Dr Mahendrappa K B, Dr Nandhakumar, Dr Sandya. A randomized, double - blind, placebo - controlled study to evaluate efficacy and safety of Bacillus coagulans MTCC 5856 in management of acute diarrhea in children.
2. Dr Mahendrappa K B, Dr. Keerthana prospective, randomized double blind placebo controlled study of L. reuteri on infantile colic
3. Dr Mahendrappa K B, Dr. Madanika , Dr. Madu keradi A randomized double - blind placebo- controlled study to evaluate safety and efficacy of Bacillus coagulans MTCC 5856 in maintaining Gastrointestinal infections and respiratory infections of healthy children
4. Dr Mahendrappa K B, Dr Madanika, Dr. Ankita A cross sectional study on correlation of Spectrum of clinical manifestations & RTPCR / RAT positivity rate in children aged between 1 year to 18 years.
5. Dr. Madhunandan , Dr.Shreyas Clinical profile and outcome of snake bite in Paediatric population in rural tertiary center, AIMS ,Mandya

6. Dr . Madhunandan, Dr.Archana Assessment of fetal malnutrition by clinical assessment of malnutrition score (can score)-A cases sectional study,
7. Dr . Madhunandan, Dr.Keerthirani A study on knowledge attitude and practice of breast feeding among mothers – A cases sectional study
8. Dr . Madhunandan, Dr.Hemanth kumar , Dr.Keerthana, Dr.Ankitha Anthropometric parameters for identification of low birth weight in newborns
9. Dr . Praveen U, Dr. Hemanth kumar, Dr. Sandya. "Cord blood bilirubin can be used As an early predictor of neonatal Hyperbilirubinemia".
10. Prevalence of overweight and obesity in school children aged 6-16years in B G Nagara.
11. "Health of adolescent girls"- A prospective study in rural tertiary care Hospital.
12. A comparison study of modified sick neonatal scoring and extended sick neonatal scoring in prediction of neonatal outcome.
13. Respiratory distress and its outcome in neonates in Tertiary care Hospital- A prospective study.
14. The Effect of body weight on peak expiratory flow rate (PEFR) in adolescent rural school children.
15. A study on the prevalence of congenital Hypothyroidism and factors affecting it in premature infants at tertiary rural care Centre.
16. A Prospective Study of Urinary Tract Infection and Etiological Agents in Neonatal Sepsis.
17. Incidence, Etiological Profile And Immediate Outcome Of Thrombocytopenia In Neonates Admitted To NICU In A Tertiary Care Centre.
18. To determine the optimal intramuscular needle penetration depth for vaccination in 6 weeks to 6 months children using USG.
19. Oto Acoustic Emission as a Screening Test to Detect Hearing Impairment in High risk Newborns – A Prospective Observational Study.
20. A Study of anthropometric parameters for identification of low birth weight in newborns.

DEPARTMENT NEWS AND ACTIVITIES

1. Department of Pediatrics wishes all the very best to exam going postgraduates Dr Rohan Yadav, Dr Anuradha S, Dr Likitha, Dr Shravya S Rao, Dr Archana and Dr Keerthirani A Metifor ACU PG examination.
2. Our postgraduates Dr Madanika, Dr Sr eeKavya, Dr Deepanjali, Dr Monish, Dr keerthana, Dr Sandhya and Dr Shreyas attended Neonatal Ventilator workshop by IAP held in February 2021 at Hassan Institute of Medical Sciences, Hassan.

PHOTO GALLERY





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MEDICAL SCIENCES

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|| Jai Shri Gurudev ||

InfoDerma

A NEWS BULLETIN FROM
DEPARTMENT OF DERMATOLOGY



VOLUME 11 ISSUE 1

Jan-June 2021

FROM HOD'S DESK



From The Editor's Desk

It gives me immense pleasure to bring out the new issue of newsletter. In this issue, we have highlighted the various academic activities and external outreach programmes conducted by our department between Jan- June 2021.

Our department observed **World Leprosy Day** on 30th January 2021. On this day, we organized a free skin camp, leprosy screening camp and a rally at Government General Hospital, Nagamangala in association with Redcross and Sri Adichunchanagiri College of Arts, Commerce and Sciences.

We also observed the **World Vitiligo Day** on 25th June 2021 where handouts enclosing information about vitiligo, myths and facts about this condition, were distributed to all the patients so as to create awareness among their family members and community.

We also organized an **e-CME titled "Tropical Dermatology"** on 28th march 2021 in association with Department of Dermatology, HIMS, Hassan and IADVL, Karnataka.

We have published original research papers and case reports in various specialty indexed journals.

DR M R SWAROOP
PROFESSOR & HOD
DEPARTMENT OF DERMATOLOGY

WORLD LEPROSY DAY

On the occasion of National Anti-leprosy day and Martyr's day on 30th January 2021, we from the Department of Dermatology, Adichunchanagiri Institute of Medical Sciences (AIMS) organized a 'free skin camp and Leprosy screening camp' at Government General Hospital, Nagamangala in association with Redcross, Sri Adichunchanagiri College of Arts, Commerce and Science and Government General Hospital, Nagamangala.

The inaugural function was held in the campus of Sri Adichunchanagiri College of Arts, Commerce and Science and was graced by presence of Honorable Chief guest- Mr. Kunhi Ahmed, Tahsildar, Nagamangala. Other dignitaries included Dr. M.G.Shivaramu, Dean and Principal, AH&RC, Dr. B.G.Sagar, Medical Superintendent, AH&RC, Mr. Naveen Kumar, DYSP, Nagamangala, Dr. Sharath, Taluk Health Officer, Dr. Venkatesh, Administrator, GPH, Nagamangala, Dr. B.K.Lokesh, Principal of Sri Adichunchanagiri College of Arts, Commerce and Science. Department of Dermatology, AIMS was represented by Dr. M R Swaroop, Professor and Head of the Department, Dr. Neethu Nag, Senior Resident and post graduates.

The inaugural function commenced at 10.45 am. A two-minute silence was observed between 11 am and 11.02 am by the dignitaries and the gathering as a mark of respect for Mahatma Gandhi on his death anniversary.



The gathering was then addressed by chief guest and respected Tahsildar of Nagamangala- Mr. Kunhi Ahmed, with his talk on stigma associated with leprosy and highlighted contributions and life time achievements of Mahatma Gandhi towards leprosy. Following the inaugural speech by the chief guest, our beloved and esteemed Dean and Principal of Adichunchanagiri Hospital and Research Centre – Dr. M.G.Shivaramu, enlightened the gathering about the scientific knowledge, the etiology, treatment, National Leprosy Elimination Programme and protective measures of leprosy disease. Our esteemed Medical Superintendent, Adichunchanagiri Hospital and Research Centre- Dr. B.G.Sagar, subsequently addressed the gathering by talks on lifetime accomplishments of Mahatma Gandhi and his contributions towards leprosy. He also mentioned about the importance of recognizing cardinal symptoms like hypoanaesthetic patches, reduced sensation and unnoticed trivial trauma which should be followed by investigations like slit skin smear, which acts as a helping aid in proper and early diagnosis and thereby adequate treatment of the same.

The inaugural function was followed by a rally through the main streets of Nagamangala town by the staff, post graduates and interns of Department of Dermatology, Adichunchanagiri Institute of Medical Sciences. The students of Sri Adichunchanagiri College of Arts, Commerce and Science and ASHA workers also participated in the rally. Through the rally, pamphlets were distributed amongst the general public which contained information about Leprosy and myths associated with it. With this, we tried to create awareness among the public that Leprosy is curable.

Free skin camp was conducted from 9 am to 4 pm at Government General Hospital, Nagamangala. Around 100 patients with skin diseases were treated by our doctors. These patients were also screened for Leprosy. Free drugs were distributed to them and they were asked to come for follow up at our hospital.





TROPICAL DERMATOLOGY E-CME

The department of Dermatology, Venereology and Leprosy, Adichunchanagiri Institute of Medical Sciences, B.G.Nagara and Department of Dermatology, Venereology and Leprosy, Hassan Institute of Medical Sciences, Hassan in association with IADVL, Karnataka organized an E-CME titled “Tropical Dermatology” on 28/03/2021.

A total of 118 delegates including faculty and post graduates of Dermatology from all over the country had enrolled in the CME. This e – CME was conducted via Zoom online platform between 9 am and 1.30 pm. The inaugural ceremony was held at 10.40 am in the campus of Hassan Institute of Medical Sciences and was graced by the presence of Chief Patrons- Dr. Ravikumar B.C, Professor of Dermatology and Director of Hassan Institute of Medical Sciences; Dr. M.G. Shivaramu, Dean and Principal of Adichunchanagiri Institute of Medical Sciences; Advisor- Dr. Krishnamurthy V.R. (Medical Superintendent, HIMS); Organizing Chairman- Dr. Parvathi C.N, Professor and Head of the Department of Dermatology, HIMS; Organizing Secretary- Dr. M. Ranga Swaroop, Professor and Head of the Department of Dermatology, AIMS; Dr. Shashikumar B.M, President of IADVL - Karnataka branch and Dr. Manjunath Shenoy, Chairperson of IADVL Academy. Dr. Parvathi C.N delivered the welcome address. Dr. Ravikumar.B.C, Dr. M.G.Shivaramu, Dr Shashikumar B.M and Dr. Manjunath Shenoy addressed the gathering. The vote of thanks was rendered by Dr. M.Ranga Swaroop.

An enthralling introduction on tropical diseases was rendered by Dr. Parvathi C.N, followed by an enlightening talk on subcutaneous mycosis, by Dr. Manjunath Shenoy from Mangalore. The next speaker was Dr. Arun C Inamdar from Bijapur, who spoke about Dermatologists’ perspective on Rickettsial diseases in India. The next session was a talk on cutaneous tuberculosis, delivered by Dr. Archana Singal from Delhi. Following this, Dr. Shagufta Rather from Srinagar, Kashmir rendered a talk on cutaneous leishmaniasis. This was followed by a talk on lymphatic filariasis by Dr. S.R. Narahari who highlighted its management aspects. The last topic was ‘recent updates regarding management of leprosy’ which was dealt with by Dr Ashwini P.K from Mysore.

The staff from Department of Dermatology, AIMS - Dr. Yogesh.D, Associate Professor, Dr. N. P. Umashankar, Senior Resident, Dr. Neetu Nag, Senior Resident, participated in this CME. The staff from Department of Dermatology, HIMS – Dr. Suresh M.R, Assistant Professor, Dr. Vinay K.N, Assistant Professor, Dr. Vivekananda Ittigi, Senior Resident and Dr. Umadevi H.R, Senior Resident, participated in the CME. Senior Dermatologist Dr. Vasudev Naik, from Hassan also participated in this CME.

The post-graduates from the Department of Dermatology, AIMS - Dr. Y. Priyanka, Dr. M. Nikitha Reddy, Dr. Shaila Shree D, Dr. Taranpreet Kaur Kalra, Dr. Shaik Mohammed Obeidullah and post graduates from Department of Dermatology, HIMS also participated in the CME.

The lectures were followed by an online quiz for Dermatology postgraduates which was conducted by the Quiz Master- Dr. Sahana Srihari. A total of 50 postgraduates from across the country took part in the quiz. The first place was secured by Dr. Pravallika from Siddhartha Medical College, Tumkur; the second place was secured by Dr. Harithashree L from SMC, Vijayawada and the third place secured by Dr. Soumya Alice Mathew from JSS Medical College, Mysore.



WORLD 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 2021.

Patients coming to the OPD were briefed about this disease- vitiligo. Having emphasized about the nature of this ailment, its course and prognosis in their own vernacular language, we tried to weed out the stigma accompanying the disease. Pictures and images were set forth at eminent locations in the OPD. We also highlighted the benign and non-communicable nature of the disease. All the misconceptions related to the disease were eliminated and the facts pertaining to the disease were explained to them. Various modes of treatment were also elaborately explained to the patients.

Additionally, handouts enclosing information about vitiligo in brief, myths and facts about the condition, were distributed to all the patients so as to create awareness among their family members and community. We also handed out free samples for the benefit of the patients. Thus, our main objective was achieved in exterminating the misconceptions of this disease and changing the perceptions among the patients about vitiligo and also motivated the patients in developing a constructive behavior towards a positive body image, irrespective of the color of the skin.



DEPARTMENT NEWS

PUBLICATIONS

The following articles were published by Department of Dermatology in indexed specialty journals.

FACULTY:

1. Reddy KY, Swaroop MR, Mallaya RR, Ghosh A, Krishn ZS. A comparative study of efficacy of fractional carbondioxide laser and microneedling fractional radiofrequency in the treatment of acne scars. IP Indian J Clin Exp Dermatol 2021;7(1):47-53.
2. Mallya RR, Swaroop MR, Reddy KY, Ghosh A, Krishn ZS. Study of efficacy and cost effectiveness of topical permethrin, benzyl benzoate and oral ivermectin in the treatment of scabies. IP Indian J Clin Exp Dermatol 2021;7(1):54-60.
3. Devaraj Yogesh, Mukunda RS, Yadav PY, Devendra SS, Sundaram PM. Adult-onset eccrine angiomatous hamartoma treated with excision and skin grafting: a case report. Int J Res Dermatol 2021;7:293-6.
4. Devaraj Yogesh, Mukunda RS, Mallya RR, Kalra TK, Devendra SS. Erythrokeratoderma variabilis: a case report. Int J Res Dermatol 2021;7:581-3
5. Devaraj Yogesh, Swaroop MR, Mallya RR, Sajeed A, Reddy KY. Purpura fulminans secondary to indian tick typhus: a case report. Int J Res Dermatol 2021;7:3103

POSTER AND PAPER PRESENTATION

POST GRADUATES

1. **Dr. Yashwanth Reddy** presented an e-poster titled “Dapsone hypersensitivity syndrome -A case report” at e-DERMACON held from 5th- 7th February 2021.
2. **Dr. Yashwanth Reddy** presented an e-poster titled “A comparative study of efficacy of fractional carbondioxide laser and microneedling fractional radiofrequency in the treatment of acne scars” at e-DERMACON held from 5th- 7th February 2021.
3. **Dr. Rashmi R Mallya** presented an e-poster titled “A Comparative study of efficacy and cost-effectiveness of topical permethrin and oral ivermectin in the treatment of scabies” in e-DERMACON Karnataka-2021 held from 5th- 7th February 2021.
4. **Dr. Rashmi R Mallya** presented an e-poster titled “Persistent hypo and hyperpigmented plaques over the trunk and extremities- A case report” in e-DERMACON Karnataka-2021 held from 5th- 7th February 2021.
5. **Dr. Priyanka Y** presented an e-poster titled “Bowen’s disease- A case series” in e-DERMACON Karnataka-2021 held from 5th- 7th February 2021.

6. **Dr. Priyanka Y** presented an e-poster titled “Eccrine Angiomatous Hamartoma- A case report” in e-DERMACON Karnataka-2021 held from 5th- 7th February 2021.
7. **Dr. Premika.MS** presented an e-poster titled “Purpura Fulminans Secondary To Rickettsial Infection” in e-DERMACON Karnataka-2021 held from 5th- 7th February 2021.
8. **Dr. Premika.MS** presented an e-poster titled “Evaluation of Efficacy and Safety of Microneedling Fractional Radiofrequency (MnRF) in the Treatment of Striae distensae” in e-DERMACON Karnataka-2021 held from 5th- 7th February 2021.

RESOURCE PERSON

DR. M R SWAROOP

- Was an **Organizing Secretary in an e-CME on “Tropical Dermatology”** held on 28th march 2021 in HIMS, HASSAN in association with AIMS, B.G. Nagara and IADVL Karnataka.
- Was the **Moderator in Resimed KN DERM Session 42-** A Case based discussion on Severe Cutaneous Drug Reaction in association with IADVL, held on 15th May 2021.

CONFERENCE, WORKSHOP AND CME ATTENDED BY FACULTY AND POSTGRADUATES

FACULTY

DR. M R SWAROOP

- Was an Organizing Secretary in an e-CME on “Tropical Dermatology” held on 28th march 2021 in HIMS, HASSAN in association with AIMS, B.G. Nagara and IADVL Karnataka.
- Attended IADVL dermatology national conference e-DERMACON 2021 on 5th-7th February 2021.

DR. YOGESH D

- Was a part of organizing committee in an e-CME on “Tropical Dermatology” held on 28th march 2021 in HIMS, HASSAN in association with AIMS, B.G. Nagara and IADVL Karnataka.
- Attended IADVL dermatology national conference e-DERMACON 2021 on 5th-7th February 2021.

DR. NEETHU NAG

- Was a part of organizing committee in an e-CME on “Tropical Dermatology” held on 28th march 2021 in HIMS, HASSAN in association with AIMS, B.G. Nagara and IADVL Karnataka.
- Attended IADVL dermatology national conference e-DERMACON 2021 on 5th-7th February 2021.

POST GRADUATES:

1. **Dr. Yashwanth Reddy, Dr. Rashmi R Mallya, Dr. Premika.MS, Dr. Priyanka Y, Dr. M. Nikitha Reddy, Dr. Taranpreet Kaur Kalra, Dr. Shaila Shree D, Dr. S MD Obeidullah** completed IADVL e-DERMACON workshops held on 31st January 2021.
2. **Dr. Yashwanth Reddy, Dr. Rashmi R Mallya, Dr. Premika.MS, Dr. M. Nikitha Reddy, Dr. Priyanka Y, Dr. Taranpreet Kaur Kalra, Dr. Shaila Shree D, Dr. S MD Obeidullah** participated in IADVL dermatology national conference e-DERMACON 2021 held from 5th-7th February 2021.
3. **Dr. Yashwanth Reddy, Dr. Rashmi R Mallya, Dr. Premika.MS, Dr. Priyanka Y, Dr. M. Nikitha Reddy, Dr. Taranpreet Kaur Kalra, Dr. Shaila Shree D, Dr. S MD Obeidullah** participated in IADVL e-DERMADVANCE held on 23rd and 24th January 2021.
4. **Dr. Rashmi R Mallya, Dr. Premika.MS** presented the spotters of disorders of hypo and hyperpigmentation in IADVL e-DERMADVANCE held on 23rd and 24th January 2021.
5. **Dr. Yashwanth Reddy, Dr. Rashmi R Mallya, Dr. Premika.MS, Dr. Priyanka Y, Dr. M. Nikitha Reddy, Dr. Shaila Shree D, Dr. Taranpreet Kaur Kalra, Dr. S MD Obeidullah** were a part of executive committee in e-CME on tropical dermatology held on 28th march 2021 in HIMS, HASSAN in association with AIMS, B.G. Nagara and IADVL Karnataka.
6. **Dr. Yashwanth Reddy, Dr. Rashmi R Mallya, Dr. Premika.MS, Dr. Priyanka Y, Dr. M. Nikitha Reddy, Dr. Taranpreet Kaur Kalra, Dr. Shaila Shree D, Dr. S MD Obeidullah** attended IADVL 3rd Dermoscopy e-workshop held on 10th January 2021.
7. **Dr. Priyanka Y** participated in IADVL pediatric conference E-PEDDERMACON 2021 in association with Indian Academy of Pediatrics held on 13th June 2021.
8. **Dr. Rashmi R Mallya and Dr. Yashwanth Reddy** participated in the National 3D quiz conducted by 3D Mankind in association with Bangalore Medical College & Research Institute held on 02th February 2021.
9. **Dr. Yashwanth Reddy** was one of the finalists and presented a seminar on Vesiculobullous Disorders in the National 3D quiz conducted by 3D Mankind in association with Bangalore Medical college & Research Institute held on 14th February 2021.

10. **Dr. Yashwanth Reddy, Dr. Rashmi R Mallya** participated in Resimed KN DERM Session 42- A Case based discussion on Severe Cutaneous Drug Reaction in association with IADVL, held on 15th May 2021.
11. **Dr. Priyanka Y, Dr. M. Nikitha Reddy, Dr. Shaila Shree D, Dr. Taranpreet Kaur Kalra, Dr. S MD Obeidullah** participated in the group Fashion show event at Graduation fest held March 2021.
12. **Dr. Taranpreet Kaur Kalra, Dr. Shaila Shree D, Dr. S MD Obeidullah** participated in the group singing, solo and group dance event at Graduation fest held in March 2021.

EXTRA-CURRICULAR ACHIEVEMENTS

- ▶ Dr. Priyanka Y, 2nd year post-graduate, secured 1st place for “Best Outfit” in Fashion show event at Graduation fest held in March 2021.
- ▶ Dr. Priyanka Y, Dr. Shaila Shree D, Dr. Taranpreet Kaur Kalra and Dr. Shaik Mohammed Obeidullah secured 1st place in Fashion show event at Graduation fest held in March 2021.





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

To,



॥ ज्ञेको इतो ह्युत्पद्येत् ॥

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Let the Minds talk

A Biannual Newsletter from
Department of Psychiatry, AIMS

Volume - 11

Issue -1

Jan - June 2021

EDITORIAL

Dear readers,

We extend our gratitude to Paramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, Honourable vice-chancellor, Principal, and medical superintendent for the constant support, a special thanks to our Principal Dr. M G Shivaramu for encouraging and guiding us in conducting departmental activities more efficiently.

Though we thought pandemic is disappearing or coming to end by the end of 2020, to our surprise the second wave hit us hard to an extent of causing a dearth in supply of medical oxygen to the hospital, especially leading to more morbidity and mortality among the public, though many healthcare professionals were protected by vaccination against COVID -19, some developed re-infection with mild symptoms, few succumbed to it. As a mental health care professional, we came across many COVID-positive patients and post-Covid recovered patients having psychological illnesses like anxiety disorders, Depression, Insomnia, and grief reaction, etc. We counselled and treated them effectively as we were better prepared mentally to handle the situation compared to the first wave; we have a team that carried out all departmental activities including patient care, academics, or publication and research activities to the best of our capabilities.

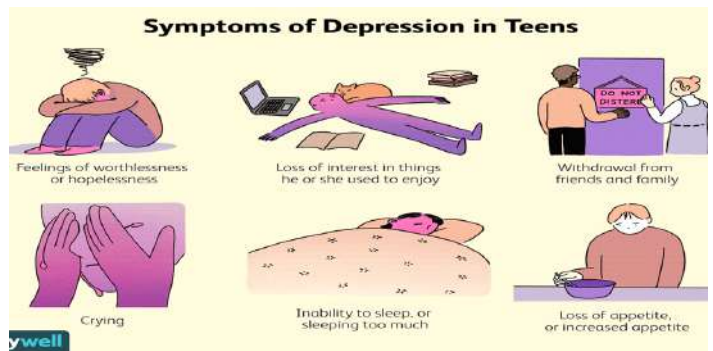
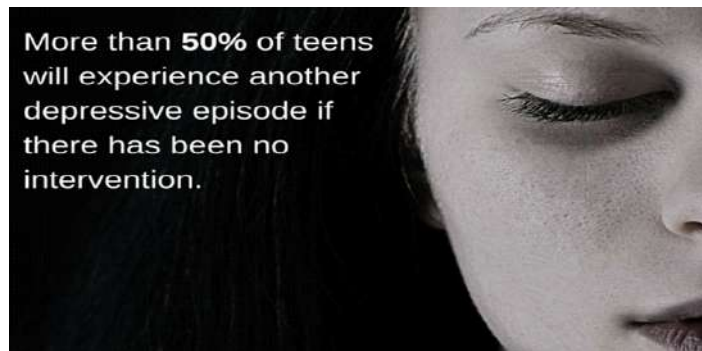
Regards

Dr Shivakumar B K

Associate Professor and I/C HOD

DEPRESSION IN ADOLESCENTS

Major depressive disorder is a common problem for adolescents but often is unrecognised. It has an array of symptoms affecting somatic, cognitive, affective, and social processes. Academic failure, poor peer relationships, behavioral problems, conflict with parents and other authority figures, and substance abuse are some of the consequences of major depressive disorder in this age group.



The depressive disorders include MDD (Major depressive disorder), dysthymia, and bipolar disorder. MDD is the most common depressive disorder in adolescents. Major depressive disorder (MDD) often complicates the tumultuous adolescent years. It is observed that physiological, psychological, and social changes that characterize adolescence increase the risk for MDD. The impulsivity of adolescence combined with MDD also can lead to death by suicide. MDD is present when either depressed mood or a lack of pleasure in usual activities is present continuously for 2 weeks or more and is accompanied by five or more additional symptoms. Symptoms include changes in appetite, sleep, or weight; fatigue; decreased libido; difficulty concentrating; feelings of worthlessness; and, in moderate to severe cases of MDD, recurrent thoughts of death.

There is a strong genetic component in MDD, with the highest rates seen in first-degree relatives. The point prevalence for MDD in adolescents ranges from 0.4% to 8.3% and the lifetime prevalence is approximately 10% to 28%. Girls are twice as likely as boys to have MDD.

Dysthymic disorder (DD) also is seen in adolescents and is present when depressed mood or irritability is present every day for at least 1 year. It is accompanied by the same symptoms seen in MDD and feelings of hopelessness and low self-esteem, but it does not meet the full criteria for MDD. Adolescents with DD are at high risk of developing MDD, and when this occurs, it is referred to as double depression (DD). Also approximately 10% to 15% of adolescents with recurrent MDD will subsequently develop bipolar disorder. In bipolar disorder, both mania and MDD are part of the illness spectrum. Mania is characterized by an expansive or irritable mood accompanied by an inflated self-esteem, decreased need for sleep, extreme talkativeness, and flight of ideas. In adolescents, school failure and truancy, antisocial behavior, and substance abuse may be present.

Adolescents and young adults with a history of childhood maltreatment were 3 times more likely to become depressed or suicidal than were individuals without such a history. Poor adolescent interpersonal functioning and negative self-assessment associated with maternal depression has been linked to early onset. Insecure attachment and maternal negativity also have been linked to adolescent depression.

Co-morbidity with MDD in adolescents range from 40% to 70%. Most common co-morbidities include DD, anxiety disorders, disruptive disorders, and substance abuse. Also Suicide is the third leading cause of death among young people ages 15 to 24 years. Boys are 5 times more likely to commit suicide than are girls. Suicide attempts are most common among girls (3.3%).

Despite its prevalence, MDD remains undertreated or untreated. Early and aggressive treatment of adolescents can shorten episodes of MDD and reduce the risk for subsequent episodes. Effective treatments include SSRIs, coping skills training and cognitive behavioral therapy. Early assessment is key to depression detection and suicide prevention, especially in primary care settings. Questioning adolescents and using depression screening instruments aid in identifying MDD in this group. Through psycho-education, mental health workers can promote recovery from MDD by encouraging a healthy lifestyle, enhancing social skills, and assisting the adolescent to identify and use sources of social support. These measures can prevent adolescents' premature death and promote long-term well-being.

BY,
DR.SUPRIYA D'SILVA
 SENIOR RESIDENT
 DEPARTMENT OF PSYCHIATRY
 AIMS, BG NAGARA.

Academic activities of faculty members (From 1st Jan, 2021 to 30th June, 2021)
Dr. Shivakumar B K

Publications :

1. **Dr. Shiva Kumar B K.,** Mrs. Neha Farheen Mushtaq., Dr. Vinay H R. Ms. Bramaramba D H. Depression, anxiety and stress among undergraduate medical students during covid-19 pandemic. International Journal of Scientific Research. 2021(march); 10(03):56-58. DOI: <https://www.doi.org/10.36106/ijsr>.

Conferences/CME/Workshops/Guest lecturers organized

1. A webinar on the occasion of world no-tobacco day titled “Commit to quit” with resource person being Dr. Neeraj Raj.B, Senior resident at Dayanand sagar institute of medical education

Conferences/CME/Workshops/Guest lectures attended:

- a. A webinar on “Informed consent document – patient information sheet and informed consent form” organized by IEC and dept of pharmacology on 08-01-2021
- b. A webinar on “E-learning in medical education- winds of change” organized by institutional curriculum committee on 01-04-2021.
- c. A webinar on “Feedback on curriculum: process and implications” organized by IQAC and NAAC committee on 09-04-2021.
- d. A webinar on “Teaching learning and evaluation – inputs on criteria 2 of NAAC” organized by IQAC and NAAC committee on 24-05-2021.
- e. A webinar on “Research, innovations and extension: strengths and challenges in criteria 3 of NAAC” organized by IQAC and NAAC committee on 25-06-2021.

Academic activities of faculty members (From 1st Jan, 2021 to 30th June, 2021)
Dr. VINAY.H.R

1. Publications

- a. Venkataraman, R., Madempudi, R.S., Neelamraju, J. **Vinay HR** et al. Effect of Multi-strain Probiotic Formulation on Students Facing Examination Stress: a Double-Blind, Placebo-Controlled Study. Probiotics & Antimicro. Prot. 13, 12–18 (2021). <https://doi.org/10.1007/s12602-020-09681-4>
- b. Kishor M, **Vinay HR**, Ajaykumar K, Suhas C. Art of teaching sexual medicine to medical students. Journal of Psychosexual Health. 2021;1-3
- c. Kishor M, Chandran S, **Vinay H R**, Ram D. Suicide among Indian doctors. Indian J Psychiatry 2021;63:279-84
- d. Rajesh V, Vidhyashree BH, Tanushree BM, **Vinay HR**. Impact of Covid-19 Pandemic Imposed Lockdown on Happiness and Depression. Int. J. Pharm. Sci. Rev. Res., 67(2), March - April 2021;131-136
- e. Vinay HR. Approach to suicide prevention in patients with dermatological conditions. In: Ashwini PK and Kishor M, Editors. Essentials of Psychiatry for Dermatology and Aesthetic Practice. Apsara Prakashana, Mysore. 2021.p190-194

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

- a. A webinar on CBME implementation in Psychiatry: towards standardization of lesson plans organized as a Co-Chairperson of IPS UG education subcommittee on 23-01-2021.
- b. A webinar on the occasion of world no-tobacco day titled "Commit to quit" with resource person being Dr. Neeraj Raj.B, Senior resident at Dayanand sagar institute of medical education

3. Conferences/CME/Workshops/Guest lectures attended:

- a. A webinar on "Informed consent document – patient information sheet and informed consent form" organized by IEC and dept of pharmacology on 08-01-2021
- b. A webinar on "E-learning in medical education- winds of change" organized by institutional curriculum committee on 01-04-2021.
- c. A webinar on "Feedback on curriculum: process and implications" organized by IQAC and NAAC committee on 09-04-2021.
- d. A webinar on "Teaching learning and evaluation – inputs on criteria 2 of NAAC" organized by IQAC and NAAC committee on 24-05-2021.
- e. A webinar on "Energizing the mind and body through yoga at home and with family" organized by department of physiology on 20-06-2021.
- f. A webinar on "Research, innovations and extension: strengths and challenges in criteria 3 of NAAC" organized by IQAC and NAAC committee on 25-06-2021.

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

- a. Resource person for workshop on "sensitization and orientation to skill and simulation lab" organized by AIMS skill and simulation centre in association with MEU on 30th and 31st March 2021.
- b. Resource person for "Orientation program for interns of 2016 batch" organized by MEU on 08-05-2021

5. Any other academic activity

- a. Internal auditor for ISO 9001:2015 during internal auditing week (19th to 24th April, 2021)
- b. Attended meeting of BoS for paraclinical subjects as a clinical subject coordinator for medical and allied subjects on 29-06-2021.

Dr. Supriya D'Silva

- 1) Attended Webinar on "Relooking at role of teachers in Medical college-Beyond Covid-19!! On 21/01/2021,2:30pm organised by JSS medical college.
- 2) Attended Webinar on "Management of Cancer pain" organised by department of surgery in association with department of Anaesthesiology, AIMS on 12/02/2021 (2:00pm to 3:00pm)
- 3) Attended Guest lecture on "Time management" organised by department of biochemistry, AIMS on 3/03/2021 on 03/03/2021 (2:00pm to 3:00Pm)
- 4) Attended Webinar on "Adoloscent health care" on 05.03-2021 organised by IMA kerala state branch.
- 5) Attended Guest lecture on "INTERNATIONAL WOMEN'S DAY-2021- ACHIEVING AN EQUAL FUTURE" organised by Women Empowerment cell, AIMS on 12/03/2021 (10:30am to 12:30pm)
- 6) Attended webinar on "Adoloscent mental health" organised by Career guidance and adolescent counselling cell, Department of General education on 13-03-2021 at 7pm.
- 7) Attended webinar on "Clinical depression:What can family caregivers do " by Dr.Nimesh G Desai , Professor of Psychiatry and Director, IBHAS,Delhi on 19/03/2021(4pm to 5.30pm)
- 8) Attended Webinar on "NO TOBACCO DAY-2021-COMMIT TO QUIT" organised by Department of Psychiatry in collaboration with department on community medicine, AIMS on 31.05.2021(11:15am to 12:15pm)
- 9) Attended Webinar on "BE WITH YOGA –BE AT HOME" AS PART OF 7TH INTERNATIONAL DAY OF YOGA organised by department of Physiology, AIMS on 20/06/2021(4:00pm to 5:15pm)

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INSTITUTE OF MEDICAL
SCIENCES

(A constituent college of
Adichunchanagiri University)



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II Jai Sri Gurudev II

DHWANI

Department of Otorhinolaryngology and
Head & Neck Surgery



January to June 2021; Volume 11, Issue 1

From the Editor's Desk

The year of 2021 has been embroiled in Covid and post Covid related health issues. We at the Department of ENT and Head & Neck Surgery have dealt with lot of Covid and post Covid related disorders and have done our best to do justice in treating the same.

Dr. Kiran M Naik,
Professor and HOD



CME ON WORLD HEARING DAY

GUEST LECTURE ON CONGENITAL HEARING LOSS

The CME was organized by Department of ENT on 3rd March 2021 in the MEU Hall of AIMS.

Our chief guest Dr. H A Dathathri (Consultant, ENT & Head and Neck Surgery and Cochlear Implant Surgeon at Columbia Asia Hospital, Mysore) enlightened us on the evaluation and management of congenital hearing loss.

Our esteemed resource persons, Dr. Ramesh Babu, Associate Professor, Dept of OBG, AIMS and Dr. Madhusudhan, Assistant Professor, Department of Pediatrics, AIMS discussed the need for antenatal and postnatal screening for congenital hearing loss.

Mr Dhruva H M (Consultant Audiologist and Speech Language Pathologist, Sky Speech and Hearing Care, Columbia Asia Hospital, Mysore) helped us in better understanding of the topic congenital hearing loss evaluation.



CME ON WORLD HEARING DAY LIVE DEMONSTRATION OF COCHLEAR IMPLANT INSERTION

The afternoon session of CME was a live demonstration of Cochlear Implant insertion by Dr. H. A. Dathathri conducted in the Temporal Bone Dissection Lab of Department of ENT.

Dr. H. A. Dathathri skillfully dissected the temporal bone explaining the anatomical landmarks and principal procedures of temporal bone dissection.

The technique of cochlear implant insertion was demonstrated in the dissected temporal bone under microscopic guidance making it an enriching experience to the postgraduate students.

We were also familiarized with the trick of the trade in cochlear implant insertion.



CME ON WORLD HEARING DAY - MEMORIES



TEACHING AND LEARNING

PUBLISHED ARTICLES

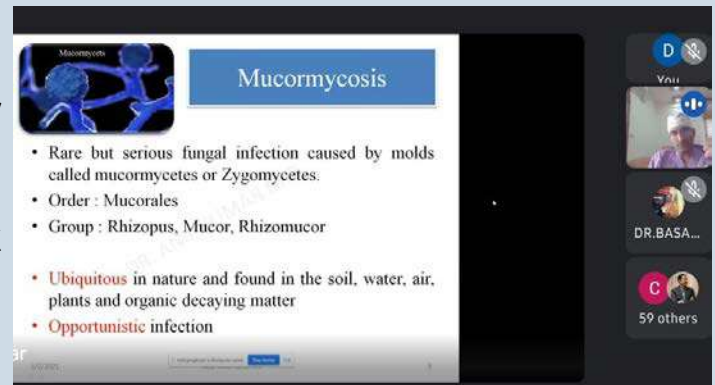
- Dr. Ravi K. S, Associate Professor and Dr. Kiran Naik, Professor & HOD have published a paper on “**Role of Magnification and Microscopy in Thyroid surgery, safety and efficacy**”.
- Dr. Kiran Naik, Professor & HOD and Dr. Ravi K S, Associate Professor have published a paper on “**Music – A Double edged sword for students in Covid scenario**”.
- Dr. Vinay Bhat, Associate Professor with post graduates has published a paper on “**A Rare case of Inverted Papilloma from middle turbinate**”.

ONGOING ARTICLES

- Dr. Kiran Naik, Professor and HOD and Dr. Pragathi B S, Senior resident with post graduates is working on a research study on “**Pulmonary Function Test findings in post covid patients**” and also on “**Different presentations of parotid swelling cases visiting the hospital**”.
- Dr. Ravi G. C, Professor is conducting an ongoing research study on “**Role of Adenoidectomy in the management of Otitis Media with effusion, Diagnosing allergic rhinitis – role of nasal smear and nasal mucosal biopsy in rural population**” and “**Micronuclei in oral epithelial cells as an index of cytological damage in oral lesions in patients consuming tobacco**”.
- Dr. Satish Kumar, Assistant professor is conducting an ongoing research study on “**Prevalence of Vestibular Migraine**” and on “**Covid 19 and Allergic Rhinitis**”.
- Dr. Nitha, Assistant professor and Dr. Pragathi B S, Senior resident have participated in the **AOI Digital Summit** on 19th and 20th February 2021 organized by Association of Otorhinolaryngologists of India, Mumbai branch.

WEBINAR ON MUCORMYCOSIS

A webinar on **COVID 19 Associated Mucormycosis** was co-organized by Department of ENT and Anesthesiology in association with Mucormycosis Task Force of AIMS on 2nd June 2021 from 2:15 pm to 3:15 pm.



The webinar was conducted via google meet platform. The faculty and post graduate students of Department of ENT and Anesthesiology attended the session.



Dr. Deepak Haldipur,
Otorhinolaryngologist,
Trust Well Hospital,
Bengaluru.

The resource persons for the webinar were Dr. Anil Kumar, Associate Professor, Dept of Anesthesiology, JSS Medical college, Mysuru and Dr. Deepak Haldipur, Otorhinolaryngologist, Trust Well Hospital, Bengaluru who shared their experience in diagnosing and treating mucormycosis in this pandemic.



Dr. Anil Kumar,
Associate Professor,
Dept of Anesthesiology,
JSS Medical college,
Mysuru

YOUTH RED CROSS

Dr. Satish Kumar, Assistant professor, Department of ENT, who is also the program officer of Youth Red Cross unit of AIMS has organized the following activities.



WORLD ENVIRONMENT DAY

World environment day was celebrated on 5th June 2021 jointly by Youth Red Cross and NSS with the theme **Ecosystem Restoration**.



20 tree saplings were planted near the staff quarters, AIMS helped by the students of Youth Red Cross and NSS.

WEBINAR ON ENVIRONMENT DAY

AIMS Youth Red Cross had conducted a webinar on 6th June 2021 on the relevance of Ecosystem Restoration. Mr. Ranjan Bellarpady, coordinator, Swacch Manas, Ramakrishna Mission Mangaluru was the speaker of the webinar.



COVID WARRIORS- WARD DUTY TEAM



TEAM MEMBERS:

Dr. Nitha

Dr. Satish Kumar

Dr. Pragathi B S

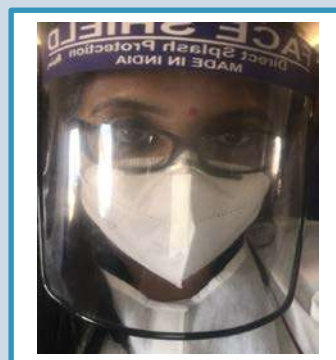
Dr. Abhishek M P

Dr. Reshma R Nair

Dr. Greeshma. P. G

Dr. Famida. P. A

Dr. Aniketh. V. R





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Adichunchanagiri University

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

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Dr. Spoorthy S, Asst. Professor
Dr. Pooja H V, Assistant Professor
Dr. Sowmya, Senior Resident

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Dr. Vineel Sai

Volume 11 Issues 1

Official Newsletter June-21

OPHTHO - VISION

Department of Ophthalmology



I am delighted to bring this newsletter introducing various activities done in the department of Ophthalmology in the past 6 months from JANUARY 2021 to JUNE 2021.

We are pleased to announce that our **Vice Chancellor, Adichunchanagiri University Professor. Dr. S. Chandrashekhhar Shetty** sir has been awarded 'Lifetime Achievement Award' by prestigious All India Ophthalmic Society on 24th June 2021 in the virtual All India Ophthalmic conference. Sir has been

involved in various developmental activities in the field of Ophthalmology throughout his service and he has been a guiding force for all of us. On behalf of Department of Ophthalmology we all the faculty members and postgraduates heartily congratulate sir and wish him happy and healthy life.

We thank our beloved Principal Dr. M G Shivaramu for constant support and encouragement to conduct various departmental activities.

We conducted World Glaucoma Week in the month of March 2021. Glaucoma is a progressive disease which often tends to go unnoticed and may eventually lead to vision loss. Several screening camps for glaucoma were held, wherein we educated patients about the need for treatment and offered them options for management of the disease.

Being a rural teaching hospital, one of our primary aims is to create awareness amongst the masses about the various manifestations of eye disease and offer them both medical and surgical treatment modalities. We accomplish the same by undertaking eye camps in the several villages surrounding our college.

Around 44 camps were conducted in various areas around AIMS. 984 Cataract cases and 77 miscellaneous cases were operated. Total number of cases operated from January 2021 to June 2021 were 1061. All surgeries were performed abiding by the NPCB and AHRC guidelines.

On behalf of the department of Ophthalmology, we would like to wish Dr Sowmya, senior resident a Happy Married life! We also wish Dr Vaishnavi, junior resident, a Happy Married Life!

The second wave of covid 19 was quite a challenging phase of the pandemic. All faculty and postgraduate students were actively involved in managing COVID patients. Alongside we continued our Outpatient services even during the lockdown period. Through the pandemic, teaching programme was not hampered and virtual online teaching was resumed, for both undergraduate and postgraduate students as usual in time scheduled.

Our final year postgraduate students will be giving their university theory and practical examinations in the month of July. The department would like to convey their best wishes to Dr. Shruthi K. P, Dr. Jeevitha R, Dr. Madhuri P and Dr. Raghavendraswamy.

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

NATIONAL GLAUCOMA AWARENESS MONTH (JANUARY)

National Glaucoma awareness month is celebrated every year in the month of January and as the part of the same we from the Department of Ophthalmology conducted 12 screening camps. Awareness talks were given by postgraduates during the same.

A programme was conducted in our hospital to create awareness among the public which was chaired by our Medical Superintendent; Dr. B.G. Sagar, Dr. H.T. Venkate Gowda; Professor and HOD Department of Ophthalmology. The event was attended by RMO, PROs, faculty members and all the postgraduates of the Department of Ophthalmology. Free drops were given to known glaucoma patients and information containing pamphlets were distributed to all.



Retina Camp

A camp was organized by AIMS in coordination with Vittala Eye Institute, Bangalore. Patients were screened prior by our faculty in OPD and camps, those requiring further treatment were followed up by vitreo-retinal surgeons from the Vittala Eye Institute. Totally 20 patients attended the camp of which 4 underwent laser procedures, free of cost. They subsequently were followed up by our faculty in Ophthalmology OPD, AIMS.

WORLD GLAUCOMA WEEK 7th to 13th MARCH 2021

The World Glaucoma WEEK was celebrated following the theme for this year as **“The World is bright, save your sight!”**. The 2021 theme reflects the hope that with regular testing, people continue to see the world around us: full of beauty, charm and adventure.

Several Camps were conducted during this awareness week, during which over **822** patients were screened including OPD patients. About 15 known cases were followed up and 19 newly detected cases of primary and secondary glaucomas were diagnosed. Free anti- glaucoma drops were handed out to these patients.

We conducted a program in order to celebrate the “World Glaucoma WEEK” in our hospital premises on **9th March 2021** which was chaired by our beloved principal, Dr. M.G. Shivaramu; Dean and Director AIMS, Dr. B.G. Sagar; Medical Superintendent, Dr. H.T. Venkate Gowda; Professor and HOD Department of Ophthalmology. The event was attended by RMO, PROs, faculty members and all the postgraduates of the Department of Ophthalmology.

Various services available in our hospital were explained to the patients by our beloved principal, Dr M.G. Shivaramu. He encouraged them to avail the same. Glaucoma awareness talks regarding symptoms, treatment and prevention were given by staff and postgraduates. Pamphlets containing the information regarding the same in Kannada were distributed during camps and amongst OPD patients.





ACADEMIC ACHIEVEMENTS

Ongoing Research Papers

1. **Dr. Spoorthy S**, Assistant Professor as chief author and Dr. Sharanya, Junior Resident a Paper on 'Ocular complications secondary to common malpractices followed in rural areas- an observational tertiary care centre study'.
2. **Dr. H.T. Venkate Gowda**, Professor and Head as principal investigator and Dr. Spoorthy S, Assistant Professor and Dr. Pooja H.V, Assistant Professor as co-investigators – 'Ocular morbidity in post covid patients in a tertiary care rural hospital'.
3. **Dr. Pooja H.V**, Assistant Professor as chief author and Dr. Suman D, Junior Resident a Paper on 'Comparison of efficacy and safety between Supratarsal injection of Triamcinolone versus Supratarsal injection of Autologous serum in recalcitrant Vernal Keratoconjunctivitis.'
4. **Dr. Pooja H.V**, Assistant Professor as chief author and Dr. Kiran, Junior Resident a Paper on 'Incidence of dry eye diseases among software officials during Covid 19 pandemic.'
5. **Dr. H.T. Venkate Gowda**, Professor and Head as principal investigator and Dr. Spoorthy S, Assistant Professor and Dr. Pooja H.V, Assistant Professor, Dr. Suman, Junior Resident - as co-investigators, 'A rare case of Intraconal tumor in a 3 year old child- a case report'.

Interesting cases

1. Tale of a happy child- Improvement in the survival rate and adequate pain management due to timely intervention.

Under the guidance of **Dr. H.T. Venkate Gowda**, Professor and Head, **Dr. Spoorthy S**, Assistant Professor and **Dr. Pooja H.V**, Assistant Professor had successfully performed excision biopsy of intraconal tumor on a 3 year old child from North-East India after being rejected at several hospitals. The child presented with severe proptosis and perforated corneal ulcer and was diagnosed to have Neurofibromatosis type 1. On histopathology it was diagnosed : Low grade Optic Nerve Glioma – Possibility of Pilocytic astrocytoma. The child has been on regular follow up since then and is doing well. We would like to extend our gratitude to the departments of Neurosurgery, Anaesthesia, Pediatrics, Pathology and Radiology for aiding in the diagnosis and management of this case.

2. Squint

18 year old male patient presented with right eye esotropia. Successful surgical correction was done by **Dr. Pooja H.V**, Assistant Professor.

3. Patients with **post COVID** sequelae presented to the OPD with varying manifestations.

- a. First wave - Conjunctivitis, Viral Retinitis which was successfully investigated and treated at our centre.
- b. Second wave - Mucormycosis, viral retinitis. All Covid positive mucormycosis cases were referred to mucormycosis treatment centre Victoria hospital, Bangalore for further management.



PHOTO GALLERY







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



ANODYNE

॥ ज्ञाने इति ह्युपापदेह ॥

Adichunchanagiri Institute of Medical Sciences
(A Constituent College of Adichunchanagiri University)



Volume: 11 Issue: 1 January- June 2021

NEWS LETTER

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Dr. Lohith R

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Dr. Rashmi.H.R
Dr. Shravya.M.S
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Dr. Misabah shahid
Dr. Srudhi estherin Koshy
Dr. Muhammad Raof

EDITORIAL

- We the Anaesthesiologists, take pride in our dedication to raise and maintain the standards of the medical practice of anaesthesiology and to improve patient care.
- We have acted as an advocate for all patients who require anaesthesia or relief from pain.
- We have values for patient safety, physician-led care and scientific discovery and our vision is to improve health through innovation in quality and safety.
- We form a union of sharp minds, kind hearts and steady hands to protect patients during their most vulnerable moments

Regards,
Dr. Chethanananda T N
Professor and Head



Webinar: Management of Cancer Pain

12/02/2021

A webinar on MANAGEMENT OF CANCER PAIN was organised by the department of Anaesthesiology in association with the department of General Surgery as a part of the webinar series.

RESOURCE PERSON:**Dr. Mamata H S,**

Assistant Professor,
Department of Anesthesiology and Pain relief,
KIDWAI Memorial Institute of Oncology,
Bangalore, Karnataka.

The objective of this webinar series has been to expose the students to eminent teachers to enlighten their knowledge and deeper understanding of management of cancer pain. Details of the program: Welcome note was given by Dr. Manjula R, Prof, Dept of Anaesthesiology, AIMS, BG Nagara.

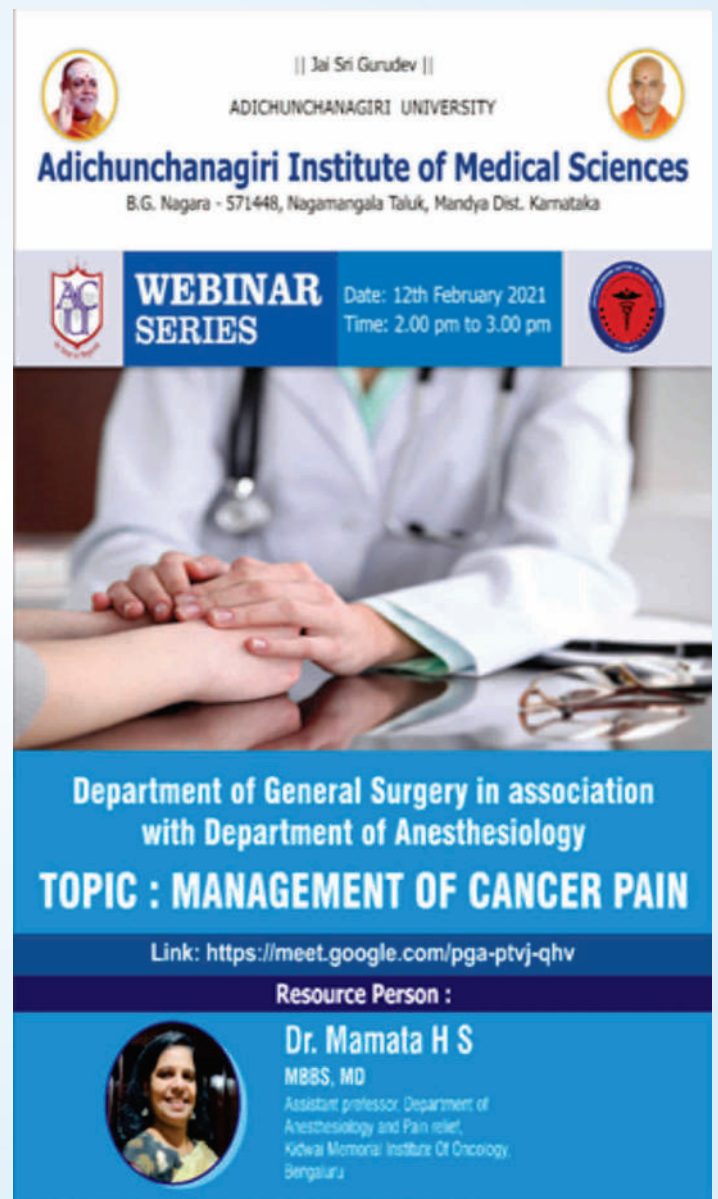
Our beloved principal, Dr. M G Shivaramu, took first step in the course by inaugurating the program.

Keynote address was given by Dr. Hanumanthaiah, Professor, Dept of General Surgery, AIMS, BG Nagara.

The speakers were introduced and scientific sessions were handed over to the resource person. This interactive webinar was delivered using the Google meet platform and was completed in one hour (2:00pm to 3:00pm). The presentation was followed by an interactive session where different

scenarios, difficult situations faced by our postgraduates and consultants, their doubts were discussed for about 30 minutes. This webinar was attended by 100 members.

At the end of the session, closing remarks and vote of thanks was delivered by Dr. Manjula R, Professor, Department of Anaesthesiology.



|| Jai Sri Gurudev ||
ADICHUNCHANAGIRI UNIVERSITY
Adichunchanagiri Institute of Medical Sciences
B.G. Nagara - 571448, Nagamangala Taluk, Mandya Dist. Karnataka

WEBINAR SERIES Date: 12th February 2021
Time: 2.00 pm to 3.00 pm

Department of General Surgery in association
with Department of Anesthesiology
TOPIC : MANAGEMENT OF CANCER PAIN

Link: <https://meet.google.com/pgs-ptvj-qhv>

Resource Person :

Dr. Mamata H S
MBBS, MD
Assistant professor, Department of
Anesthesiology and Pain relief,
Kidwai Memorial Institute Of Oncology,
Bengaluru

Webinar: COVID-19 ASSOCIATED MUCORMYCOSIS: THE INTENSIVIST PERSPECTIVE

02/06/2021

A webinar on “COVID-19 ASSOCIATED MUCORMYCOSIS: THE INTENSIVIST PERSPECTIVE” was organised by the Department of Anaesthesiology and ENT in association with AIMS-Mucormycosis Task Force as a part of the national webinar series.

RESOURCE PERSON:

Dr. Anil Kumar MR,
Associate Professor,
Department of Anesthesiology,
JSS Medical College,
Mysuru, Karnataka.

Dr. Deepak Haldipur,
Otorhinolaryngologist,
Trust Well Hospital,
Bangalore, Karnataka,

The objective of this webinar series has been to expose the students to eminent teachers to enlighten their knowledge and deeper understanding of mucormycosis in COVID-19 patients.

Details of the program:

Welcome note was given by Dr.Chethanananda TN, Prof and Head, Dept of Anaesthesiology, AIMS, B G Nagara.

Our beloved principal, Dr. M G Shivaramu, took first step in the course by inaugurating the program.

The speakers were introduced by Dr. Kiran Naik, Prof and Head, Dept of ENT and scientific sessions were handed over to the resource person. This interactive webinar was delivered using the Google meet platform from 2:00pm to 3:45pm. The presentation was followed by doubt clearing sessions for about 30 minutes.

This webinar was attended by around 100 members including Professor and Head, Dept of Anesthesiology, from JSS Medical College, Mysore and MRMC Gulbarga.

At the end of session, closing remarks and vote of thanks was delivered by Dr. Chethanananda T.N, Prof and Head, Dept of Anesthesiology.

Adichunchanagiri University
Adichunchanagiri Institute of Medical Sciences
B.G.Nagara - 571448, Nagamangala Taluk, Mandya District, Karnataka

WEBINAR SERIES Date : 02.6.2021
Time : 02.15 PM to 03.15 PM

Department of Anesthesiology & ENT
In Association with
AIMS - Mucormycosis Task Force

Topic : "COVID-19 Associated Mucormycosis"
The Intensivist Perspective

Resource Persons:

Dr. Anil Kumar MR,
Associate Professor,
Department of Anesthesiology,
JSS Medical College, Mysuru

Dr. Deepak Haldipur,
Otorhinolaryngologist,
Trust Well Hospital,
Bengaluru
"Experience in Treating Mucormycosis in this
Pandemic"

CME AND CONFERENCES ATTENDED

1. PG EXCEL 2021, 13th-14th February 2021

ATTENDED BY:

Dr. Chethanananda T N
Dr. Vasantha kumar K R
Dr. Manjula R
Dr. Sarvesh.B
Dr. Ranjitha C
Dr. Prathiksha.B.Rao
Dr. Manjunath B.K
Dr. Praveen kumar M
Dr. Prathibha P
Dr. Rohi Rasagna

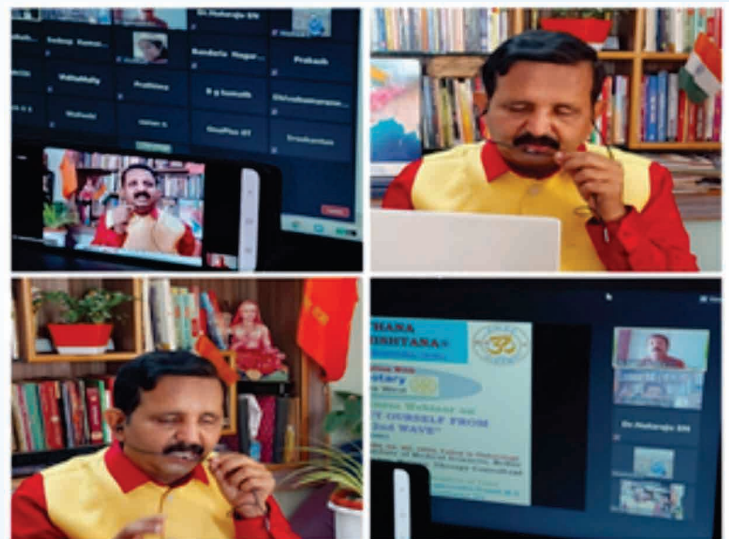
2. Dr. Sarvesh B attended International Symposium of Ultrasound for Regional Anesthesia, Pain Medicine, and Point-of-Care Application (ISURA 2021), online programme held from June 4th -June 6th 2021
3. Dr. Chethanananda T N, chaired a session on ANAESTHETIC CONSIDERATION IN A PATIENT WITH CIRRHOSIS OF LIVER AND PORTAL HYPERTENSION, in PG EXCEL 2021 held on 13th-14th February 2021, organised by ISA Karnataka and KSHEMA, Mangalore.
4. Dr.Vasantha Kumar K R, chaired a session on ANAESTHETIC MANAGEMENT OF PATIENT COMING FOR TRANSURETHRAL RESECTION OF PROSTATE in PG EXCEL 2021 held on 13th-14th February 2021, organised by ISA Karnataka and KSHEMA, Mangalore.



5. Dr. Vasantha Kumar .K.R participated as a resource person and delivered a lecture on ALTER NATIVE MEDICINE -AN INTRODUCTION at AIMS, BG Nagara for MBBS Induction Programme, on 25/01/2021.
6. Dr.Vasantha Kumar .K.R was a resource person for First MBBS Induction Programme and delivered a lecture on SELF-BELIEF – KEY TO SUCCESS at AIMS, BG Nagara, on March 2021.

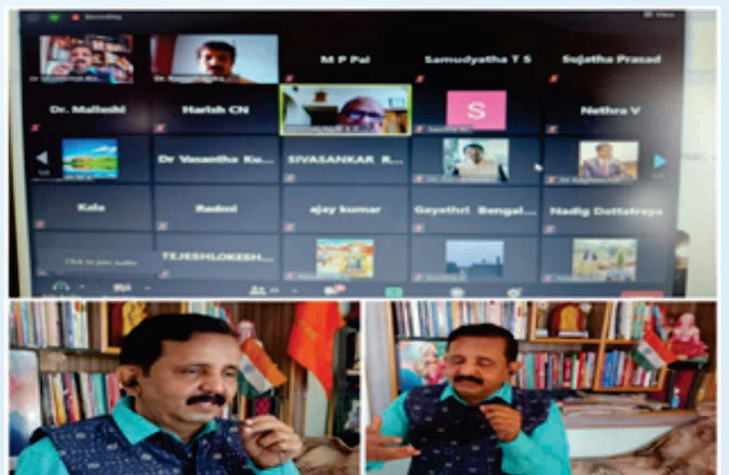


7. Dr. Vasantha Kumar .K.R delivered a lecture on HOW TO PROTECT OURSELF FROM COVID-19 2nd WAVE organised by Sanathana Samprathishtana, at Rotary Club, Mysore on 21/04/2021.



8. Dr. Vasantha Kumar .K.R delivered a lecture on HOW TO BOOST OUR IMMUNE SYSTEM THROUGH FOOD – Lions Club, Mysore East on April 2021.

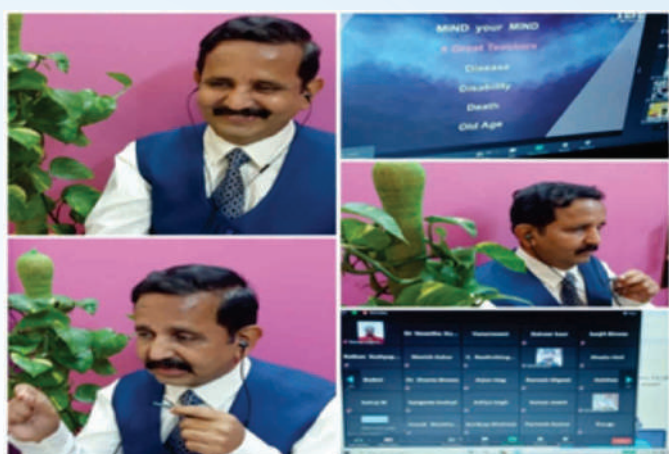
9. Dr.Vasantha Kumar .K.R delivered a lecture on MUCORMYCOSIS-FUNGAL INFECTION AND ITS CARE organised by Sanathana Samprathishtana, at Rotary Club, Mysore on 06/06/2021.



10. Dr. Vasantha Kumar .K. R delivered a lecture on YOGA AND WELLNESS- organised by ICAR (Indian Council of Agricultural Research) - IIHR (Indian Institute of Horticultural Research), Bangalore on International Yoga Day- 21st June 2021.



11. Dr. Vasantha Kumar .K.R delivered a guest lecture on IMPORTANCE OF pH BALANCE – organised by Global Fortune Creators, Mysore on June 2021.



Publications and Research Works:

1. Prashanth Gowtham Raj S K, Damodar Reddy Y, Chethanananda T N, Prathiksha B Rao, Rashmi H R. A comparative study between intravenous ondansetron with Dexamethasone and Ramosetron in preventing postoperative nausea and vomiting in patients undergoing middle ear surgeries. MedPulse International Journal of Anesthesiology. January 2021; 17(1): 01-06.
2. Prashanth Gowtham Raj. S.K, Chethanananda.T.N, Bhagyashree Amingad, Sandhya Lakshmi Menon, Vasantha Kumar.K.R (2021); Awake Retrograde Intubation: Our Experience and a Comparison between CVC Guide Wire and Zebra Guide Wire for Railroading. IAR J Anaes Critic Cre; 2021; 2(2) 15-22.
3. H S Prajwal Patel, Sarvesh B, Bhavyashree G Y. A comparative study of Bupivacaine 0.5% and Ropivacaine 0.5% for ultrasound guided supraclavicular brachial plexus block. International Journal of Medical Anesthesiology. 2021; 4(2): 98-102.
4. A successful completion of “ A clinical trial to evaluate the efficacy and safety of Ropivacaine Hydrochloride in dextrose injection compared to Bupivacaine Hydrochloride in dextrose injection for subjects undergoing lower limb orthopaedic surgeries under Spinal anesthesia” by Dr. Prajwal Patel H S. Biosphere Clinical Research Pvt.Ltd.
5. Carotid body tumor resection – A case report. Dr. Manjula R, Dr. Sandhya Lakshmy Menon, Dr. Ranjitha C. Journal of Medical Sciences and Health/Jan-Apr 2021/Volume7/Issue1

Activities:

1. A hearty welcome to our Senior resident Dr. Lohith R, from the staff and postgraduates to the department of Anaesthesiology, AIMS, B G Nagara.



2. Best wishes to exam appearing postgraduate students under Adichunchanagiri University:

Dr. Rajeev Keerthi.K.L	Dr. Anand.P.Math
Dr. Ranjitha.C	Dr. Bhavyashree
Dr. Rashmi H.R	Dr. Sujith.C.R
Dr. Shravya.M.S	Dr. Nadia Ahmad
Dr. Prathiksha.B.Rao	Dr. Sukanand

3. A special mention to the faculty and postgraduates for rendering their services in emergency caesarean sections in the Covid OT.

Dr. Sarayu R (Assistant Professor)

Dr. Lohith R (Senior Resident)

Dr. Prathibha P, Dr. Srudhi Estherin Koshy, Dr. Muhammad Raof (Post graduates)

ACHIEVEMENTS

1. Dr. Vasantha Kumar K R was awarded an ISA STAR for the month of April and May by Indian Society of Anesthesiologists for the Mission for Vision- Paediatric eye surgeries; 52 eye surgeries under General Anesthesia in 7 days in Gambia (West Africa).
2. Dr. Sarvesh B was awarded 1st prize in 'Free Paper Presentation' in WBSSPCON 2021 online conference organized by Daradia Pain Hospital, Kolkata on 16th-17th January 2021.
3. Dr. Sarvesh B participated in paper presentation at IAPA WEBCON 2021, 13th Annual Conference of Indian Association of Pediatric Anesthesiologists Jointly organized by IAPA and Sri Guru Ram Das University of Health Sciences, Sri Amritsar on 27th-28th March 2021

TOKEN OF APPRECIATION

1. The Department of Anaesthesiology, has appreciated the services rendered by Dr. Shivaramu B T, Associate professor who has retired from the department in the month of February 2021.



2. The Head of the Department, Anaesthesiology, has appreciated and personally thanked each and everyone of the department, faculty and post graduates for the services that they have rendered in Covid and Non-Covid sector during second wave of Covid-19 pandemic

EXTRA-CURRICULAR ACTIVITIES

1. Dr. Chethanananda T N, President, Kannada Balaga, AIMS, B G Nagara.
2. Dr. Vasantha Kumar K R, Advisor, Kannada Balaga, AIMS, B G Nagara.
3. Dr. Manjula R, Chairman of Women empowerment cell, organised women's day on 12th March 2021. All the female faculty and PGs actively participated in the event.
4. Dr. Saikumar Channabasaganagoud Patil, is a PG representative of Kannada Balaga, AIMS, BG Nagara.

ISA ರಾಷ್ಟ್ರಗೀತೆ

ಓ ಸಂವೇದನಕಾರಕನೇ
ಓ ನಿಶ್ಚೇತನಕಾರಕನೇ,
ಶಸ್ತ್ರಚಿಕಿತ್ಸಕರ ಆಪಾತ್ಪಾಂಧವನೇ,
ನೋವು ನಿವಾರಣಾ ನಿಪುಣನೇ,
ತುರ್ತುಸಮಯದಿ
ಮುಂಚೂಣಿಯಲ್ಲಿರುವ
ಪರದೆಯ ಹಿಂದಿನ ಸೂತ್ರಧಾರನೇ,
ನಿಮಗಿದೋ ನಮ್ಮ ನಮನ.

ಪ್ರತಿಕ್ಷಣದಿ ರೋಗಿಗಳ ಶ್ವಾಸ,
ಹೃದಯದ ಬಡಿತ
ಮಾಂತ್ರಿಕನಂತೆ
ನಿಮ್ಮ ಕೈ ಹಿಡಿತದಲ್ಲಿ.

ರೋಗಿಯ ನಿಶ್ಚೇತನಗೊಳಿಸಲು
ಸಕಲ ಜ್ಞಾನಿಯಾಗಿ
ವಿಶ್ರಾಂತಿ ರಹಿತ, ಅನ್ನರಹಿತ,
ಬಾಯಾರಿದ, ನಿದ್ರಾಹೀನ,
ಮನೆ, ಮನಗಳಿಂದ ದೂರವಿದ್ದು
ಶ್ರಮಿಸುವ ಪರಿ ವಿಸ್ಮೃತ.

ಅಡಿಯಿಂದ ಮುಡಿಯವರಿಗೆ
ನಿನ್ನಲ್ಲಿ ನೀನೇ ಬಂಧಿಯಾಗಿ,
ಬಾಹ್ಯ ಪ್ರಪಂಚದಿ ದೂರವಾಗಿ,
ನೈಪುಣ್ಯದಿಂದ ಅರಿವಳಿಕೆ ನೀಡಿ,

ರೋಗಿಗಳ ಶರೀರವನ್ನು
ನಿಯಂತ್ರಣದಲ್ಲಿರಿಸಿ.

ಪ್ರಜ್ಞಾಹೀನರಾಗಿಸುವ
ನೋವು ನಿವಾರಿಸುವ
ಸೇವಾ ಮನೋಭಾವದಿ
ಕೈಕಂಯಗೊಳ್ಳುವ,
ರೋಗಿಗಳಿಗೆ ಪುನರ್ಜನ್ಮ ನೀಡುವ
ಸಂಕಟದಿಂದ ಪಾರು ಮಾಡುವ
ನಿಮಗಿಹರು ಯಾರು ಸರಿಸಾಟಿ?

ಓ ಸಂವೇದನಕಾರಕನೇ,
ಓ ನಿಶ್ಚೇತನಕಾರಕನೇ,
ಅರಿವಳಿಕೆ ತಜ್ಞನೇ
ನಿಮಗಿದೋ ನಮ್ಮ ಹೃತ್ಪೂರ್ವಕ
ನಮನಗಳು.

ಅನುವಾದ: ISA National Anthem.

ಡಾ.ಮಂಜುಳಹನುಮಂತಯ್ಯ,
ಪ್ರಾಧ್ಯಾಪಕರು,
ಅರಿವಳಿಕೆ ವಿಭಾಗ,
ಆದಿಚಂಚನಗಿರಿ ವೈದ್ಯಕೀಯ
ಮಹಾವಿದ್ಯಾಲಯ,
ಬಾಲಗಂಗಾಧರನಾಥ ನಗರ,
ಮಂಡ್ಯ ಜಿಲ್ಲೆ-571448.



ISA
Indian Society of
Anaesthesiologists



JANANI - MOTHER IS LIVING GOD

Volume-11

Issue-1/2021

CHIEF PATRON

Parama Poojya Jagadhguru
Sri Sri Sri
Nirmalanandanatha
Mahaswamiji

ADVISORS

Dr. M G Shivaramu
Principal, A.I.M.S., Dean-
faculty of health sciences
(medical), ACU.

Dr. B G Sagar
Medical Superintendent,
AH & RC

Head of the Department

Dr. Ravindra.S.Pukale

Editor in chief

Dr. Ravindra.S.Pukale

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Official News letter - Department Of OBG

Dear Readers,

With divine blessings of Parama Poojya Jagadhguru Sri Sri Sri Dr Balagangadharanatha Mahaswamiji and with blessings of Parama Poojya Jagadhguru Sri Sri Sri Nirmalanandanatha Mahaswamiji, I am glad in bringing out the 10th volume 1st issue of our department news letter for the year 2021 covering the activities from January 1st 2021 to June 30th 2021. 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. B G Sagar for their constant support and encouragement for all the activities in our department. I thank all the faculty members for their contribution.

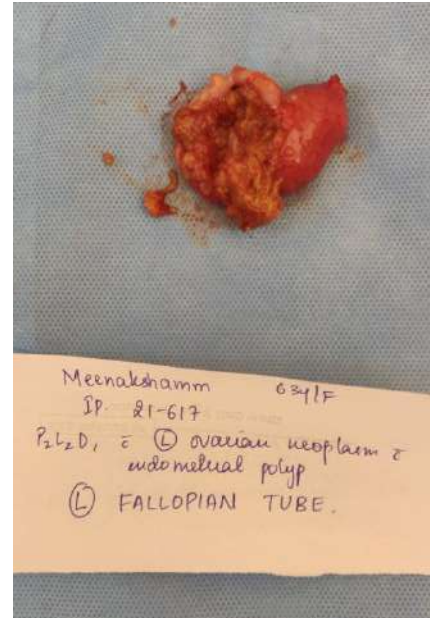
Dr Ravindra S Pukale
Professor and HOD

CONTENTS

- Editorial
- Gynaec-oncology workshop
- Publications
- Conference

GYNAEC – ONCOLOGY WORKSHOP

A 63 years old multigravida with Left Ovarian neoplasm and Endocervical polyp underwent STAGING LAPAROTOMY on 15th January 2021 and was found to have Left Fallopian tube mass which was diagnosed as Papillary carcinoma of Fallopian tube after Histopathological examination.



Our department welcoming the YEAR – 2021



Our department staff and postgraduates celebrated new year 2021

Women's Day celebrations in our dept on March 8th 2021



Our department celebrated women's day on March 8th 2021, awareness regarding the health of the women and her role in building a strong and healthy society was put across eloquently by our department staff and postgraduates.

Our department felicitated our beloved Principal Dr M G Shivaramu on completing 10 years as the Principal of AIMS, Bellur. The momento was designed by our staff Dr Ramesh Babu, Associate Professor.



Our Post graduates Dr Monika Bhaskar and Dr Vidyashree won FIRST place in the quiz on Preeclampsia in a CME held on March 20th by Mysore Obstetrics and Gynecology Society.



Our department was involved in prevention and treatment of COVID 19 in pregnancy. 3 Caesarian sections were done in COVID ward and around 30 antenatal and postnatal COVID positive patients were treated successfully.

Our department participated in “AARIVU-AAROGYA” ABHIYANA as a part of Corona Prevention team under the guidance of his holiness Jagadguru Sri Sri Sri Nirmalanandanatha Mahaswamiji and in the presence of Dean and Prinicipal Dr M G Shivaramu, the Medical Superintendent Dr B G Sagar, Registrar Subbaraya on 16th June 2021. Our HOD Prof Dr Ravindra S Pukale, Prof Dr Mahendra G and Dr Subbappa K were actively involved in the campaign. The programme involved Vaccination campaign, distribution of Medicine kits, Nutritious food kit, aarogya sadhana kit in the surrounding villages.

ಕೊರೋನಾ ನಿಗ್ರಹ ಪಡೆ

ನಮ್ಮ ಯುದ್ಧ ! ಕೊರೋನಾ ವಿರುದ್ಧ !

“ಅರಿವು - ಆರೋಗ್ಯ” ಅಭಿಯಾನ

ನಮ್ಮ ನಡಿಗೆ.. ಹಳ್ಳಿಯ ಕಡೆಗೆ..

ಗ್ರಾಮ : ಬ್ರಹ್ಮದೇವರಹಳ್ಳಿ, ಜ.ಶೆಟ್ಟಹಳ್ಳಿ, ಸಾಮಪಹಳ್ಳಿ, ಬಣ್ಣಪೊಪ್ಪಲು, ಪೆಂಪನಪೊಪ್ಪಲು, ಗ್ರಾಮ ಪಂಚಾಯ್ತಿ, ನಾಗಮಂಗಲ ವಾಲೂಕೆರೆ, ಮಂಜ್ಯ ಬಳ್ಳಿ

16 ಜೂನ್ 2021, ಬುಧವಾರ, ಬೆಳಿಗ್ಗೆ 9.00 ಗಂಟೆಯಿಂದ

* ಲಸಿಕೆ ಅಭಿಯಾನ * ಆರೋಗ್ಯ ಸಾಧನಾ ಕಿಟ್
* ಔಷಧಿ ಕಿಟ್ * ಪೌಷ್ಟಿಕ ಆಹಾರ ಕಿಟ್ ವಿತರಣೆ





Our department organised webinar series

1. “Awareness on Cervical cancer” by Dr Nagarathnamma, Prof OBG, Rajarajeshwari on 26 May 2021. This was organised in association with AIMS-Women Empowerment Cell. The importance of early detection by effective screening and the prevention of Carcinoma cervix was discussed in detail by Dr Nagarathnamma.



2. “How to Predict, Prevent, Prepare and Proceed with PPH” by Dr Srinivas K, Professor and unit chief, Dept Of OBG, Vanivilas hospital, BMC & RI on 30 June 2021. Dr Srinivas put forth the need for preparedness and early action in managing PPH. He also highlighted the recent developments in the management of PPH.



CONFERENCES AND CME

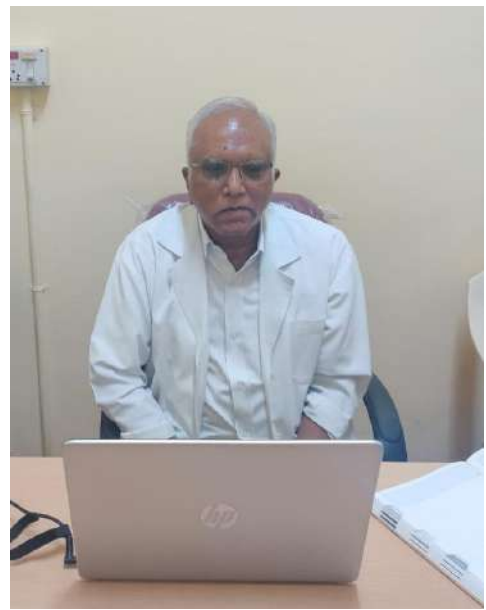
- 1) Dr Ramesh Babu, Associate Professor, was a Resource person in the Guest lecture on “Congenital hearing loss” on account of World Hearing Day on 3rd March 2020 in Dept of ENT, SAH & RC.

RESOURCE PERSONS		10:30 am - 11:00 am
	Dr. Ramesh Babu , Associate Professor, Dept. of OBG, ANS, B.G. Nagar	Antenatal Screening for Congenital Hearing Loss
		11:00 am - 11:30 am
	Dr. Madhusundan K , Assistant Professor, Dept. of Prosthodontics, A.M.S, B.G. Nagar	Post Natal Screening
		11:30 am - 01:00 pm
	Dr. H.A. Dattatry , Consultant ENT and Maxillofacial Surgery, Cochlear Implant Surgeon, Columbia Asia Hospital, Mysuru	Evaluation and Management of Congenital Hearing Loss
	Mr. Druva H M , Consultant Audiological and Speech Language Pathologist, Sri Speech and Hearing Care, Columbia Asia Hospital, Mysuru	
LUNCH		01:00 pm - 2:00 pm
		02:00 pm - 03:30 pm
		Live Demonstration of Cochlear implant insertion
Venue : Temporal Bone Dissection Lab, Department of ENT		

- 2) Our Staff and Postgraduates attended a CME organised by Mysore Obstetrics and Gynecology Society in association with Dept of OBG, Mysore Medical College on “Recent advances in Pre eclampsia prediction and treatment” on 20th March 2021. Our staff Dr Mahendra G, Professor, was one of the Panelist in the Panel discussion on “Predictors of Preeclampsia.”



- 3) Dr Bharathi K R, Associate Professor, attended the conference “GNANAVARSHA 2020-21”, organised by Bangalore Society of Obstetrics and gynaecology on the topic “HEALTHY MOTHERS FOR HEALTHY OFFSPRING BY TRANSGENERATIONAL CARE” held on 28th March 2021.
- 4) Dr M A Chiniwar, Professor, was the moderator in Postgraduate Revision course organised by The Obstetrics and Gynaecological Society of Southern India from 28th March 2021 to 2nd April 2021.

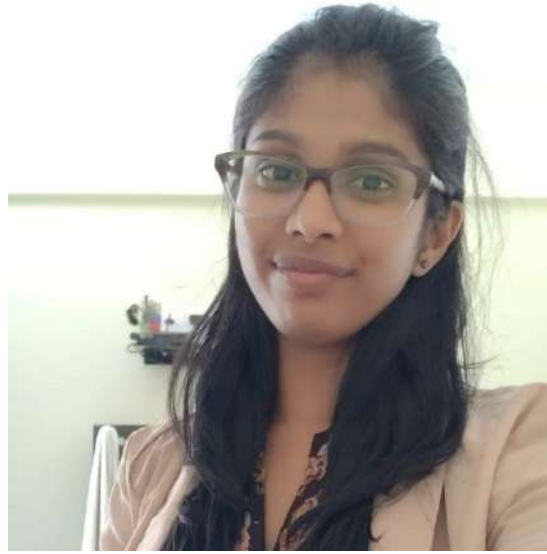


- 5) Dr Triza K L, Associate Professor, participated as a delegate in the Projecting Rising Indian Dynamic Endoscopists (PRIDE) II Virtual Conference organised by Indian Association of Gynaecological Endoscopists held on 3rd & 4th April 2021.

PUBLICATIONS

- 1) Dr Ravindra S Pukale, Dr Kavyashree HB. Oral Iron versus parenteral Iron Sucrose in a rural tertiary care hospital of southern India. International Journal of Scientific Research. 2021 Mar;10(03).
- 2) Dr Mahendra G authored a chapter “Clinical study of unengaged head in primigravida at term in labour” in the book “Current approaches in science and technology” published in 2021.
- 3) Dr Triza Kumar Laxman, Dr Ekta Chhabra, Dr Ravindra S Pukale. A Study of fetomaternal outcome of Instrumental Vaginal Deliveries at a rural tertiary care hospital in Mandya, Karnataka. International Journal of Scientific Research. 2021 Mar;10(03).

HEARTY WELCOME



We lovingly welcome Dr PRIYANKA KANTHRAJ and Dr NAMRATHA K N into our OBG family.

FAREWELLS

a) Dr POOJA BHAT worked as Assistant professor in our department. She has played a vital role in the functioning of our department, her dedication and enthusiasm will be missed.

b) Dr SPANDANA worked as Assistant professor in our department .

We wish them both grand success in their endeavours.

DEPARTMENT OF OBG





32 Pearls



Official Newsletter from the Department of Dentistry

॥ ज्ञेनो इगो ह्युपपदेष्ट ॥

ADICHUNCHANAGIRI UNIVERSITY

**Adichunchanagiri
Institute of
Medical Sciences**

B.G.Nagara,
Nagamangala, Mandya - 571448



Chief Patrons

Sri Sri Sri Dr. Nirmalanandanatha
Mahaswamiji

Advisors

Dr. M. G. Shivaramu
Dean of Health Sciences Medical,
Principal, AIMS

Dr. B.G. Sagar
Medical Superintendent

Members

Dr. Prasanna H.R
Prof and HOD

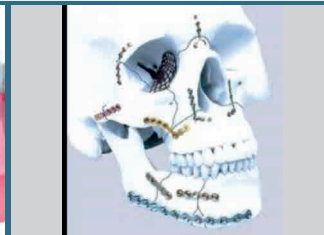
Dr. B.Ranjit Singh
Assoc Prof

Dr. Lakshmi M S
Asst Prof

Dr. Kavitha .M.N
Snr Resident

Volume 11 Issue 1

Jan – July 2021



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 **Mucormycosis-a lurking danger.**

we hope the article presented in this issue are informative and clinically useful.

Department of Dentistry.

Adichunchanagiri Institute of Medical Sciences



MUCORMYCOSIS ----A LURKING DANGER.

Introduction

Mucormycosis was also known as zygomycosis which is caused by fungi belonging to order mucorales. rhizopus species is the main causative organism . Mucormycosis is rare but serious angio invasive infection.

Background

Mucormycosis is a fungal infection that mainly affects people who are on medication for other health ailments their by reducing their ability to fight environmental pathogens.

Sinues or lungs of such individuals get affected after spores are inhaled from the air.

There are six clinical types of mucormycosis, the most common form is rhinocerebral mucormycosis which is of greatest interest to the dental profession.

An ulcer or extraction wound in the mouth can be a port of entry for fungal invasion of the hard palate, maxillary bone, paranasal sinus, orbit, intracranial cavity and brain and rarely in the mandible.

Other sites of infection include the nose, lungs, gastrointestinal tract, skin, kidneys, and central nervous system .

Despite surgical and antifungal treatments the mortality rate is higher than 50% and even higher in immunocompromised patients.

Clinical features

- Nasal Obstruction
- Bloody Nasal Discharge
- Facial Pain Or Head Ache.
- Facial Swelling Or Cellulitis.
- Visual Disturbances With Concurrent Proptosis.
- Facial Paralysis In Case Of Facial Nerve Involvement.
- As The Disease Progresses In To Cranial Vault It May Lead To Blindness, Lethargy, Seizures, And Death.



PATHOGENESIS

Mucormycosis primarily occurs around rhinomaxillary or rhinocerebral areas involving facial tissues, palate, alveolar bone and mandibular bone. Inhalation through nasal passage or infection of extraction sockets with sporangiospores in immunocompromised patients always involve larger areas of necrosis and with systemic dissemination.

In healthy individuals, neutrophils when exposed to the Mucorales there is up regulation of Toll-like receptors and expression of nuclear factor kappa beta.

In immunocompetent individuals Mucorales are killed by generation of oxidative metabolites and cationic peptide defensins, which are impaired in acidosis and hyperglycemia.

Neutrophil dysfunctional states have high risk of developing mucormycosis not only by *R. arrhizus* species but also by less common varieties like *corymbifera*, *A. elegans* and *Rhizomucor pussillus*.

The factors influencing the pathogenicity of Mucorales are mainly:

1. The availability of the iron.
2. ketoacidosis.
3. pH.
4. The interactions of mucorale to the endothelium.

Mucorales obtain iron from host using high affinity iron permeases or by the low molecular weight iron chelators or by the usage of iron present in the hemoglobin through FTR1 gene expression.

Elevated serum iron and iron chelator (deferoxamine) have high incidence of mucormycosis. Iron usage by the *Rhizopus* is many folds than *Candida*, as it utilizes deferoxamine.

Diabetic ketoacidosis patients have high levels of serum iron and the pH ranging from 7.3 to 6.88, which is ideal environment for growth of *Rhizopus*.

In acidosis, disruption of binding capacity between iron and transferrin causes elevation of serum iron (ferric form). *Rhizopus* adheres to the laminin and Type IV collagen in extra cellular matrix, and induces endocytosis causing the endothelial damage.

Invasion of endothelial cells by the Mucorales lead to angioinvasion resulting in thrombosis subsequent to the tissue necrosis.

Pathogenesis and mechanism of bone destruction is attributed to the reduced vascularity by thrombi formation and inhibition of angiogenesis due to elevated levels of GRP 78.

DIAGNOSIS AND MANGEMENT

Diagnosing mucormycosis by imaging studies (radiological or CT or MRI), culture studies or serological tests are not unswerving. Good clinical examination with history and astute approach in treating without delay can reduce morbidity and mortality. Antifungal treatment by amphotericin group has many toxic side effects. There are clinical trails using azoles and echinocandins, iron chelators, hyper baric oxygen and cytokine therapy but the data till date shows that these drugs also have side effects.

Nonhealing of extraction sockets and immunocompromised states should alert high suspicion, judicious approach by the clinician and early diagnosis and appropriate management helps to reduce the size of defect and complications.

Prevention Anaerobic infections in the lungs and mouth can be prevented in a variety of ways, including:

- maintaining excellent oral hygiene, such as brushing and flossing twice a day
- having any infectious fluids in your mouth suctioned out by your dentist
- keeping your stomach acid pH level balanced

Complications

Untreated anaerobic infections can lead to other serious conditions, including:

- brain, liver, or lung abscesses
- aspiration pneumonia
- anaerobic cellulitis
- chronic sinusitis
- periodontitis
- necrotizing gingivitis (also known as “trench mouth”)
- sepsis

Many of these conditions have their own set of symptoms and complications, including tooth loss, fever, fatigue, organ failure, and, in some cases, death.



DEPARTMENTAL ACTIVITIES

- Attended webinar on “world no tobacco day” topic “commit to quit” dated 31 may 2021
- Attended webiner on” world malaria day “topic reaching “the zero malaria target “dated31 may 2021
- Attended scientific symposium on mucormycosis “a fungal epidemic during forward 19 pandemic” on 2nd June 2021
- Attended webiner conducted by aims Youth Red Cross unit and nss Unit theme 2021” ecosystem restoration” on 6th June2021
- Attended webinar on World Food safety day 2021 topic” safe foodToday for a healthy tomorrow”
- Attended webinar conducted by learning resource centre in association with aims naac On 16th June 2021 topic “reading habit in digital era”
- Attended webinar conducted for 7th international day of yoga topic” energising the mind and body through yoga at home and with family theme” Be with yoga be at home “on 20th June 2021
- Attended webiner on medical and endoscopic management off portal hypertension In children on 18th June 2021.
- Attended webiner conducted by naac and Internal quality assurance cell topic research innovations and extension strength and challenges in criteria three of naac on 25th June 2021
- Attended webiner on International Day against drug abuse and illicit trafficking theme sharefax on drugs save lives on 26th June 2021





सुश्रुतवानी

Volume 11 Issue 1, 2021

NEWS LETTER



॥ ज्ञो इतो ह्युपदेष्ट ॥



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

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Department of Surgery

From The HOD's desk

Namaskara,

Good Morning to all my colleagues and students



With the divine blessings of Paramapoojya Jagadguru Padmabhooshan Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji, his Holiness Paramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Swamiji, Principal Dr.M.G.Shivaramu and Medical Superintendent Dr. B.G Sagar, I am happy to share our departmental activities through this news letter "Sushruthavani 2021" and I also extend a heartfelt thanks for their constant support, encouragement & inspiration for conducting departmental activities more efficiently.

We are team of 4 Professors, 1 Associate Professor, 14 Assistant Professors, & 16 Post Graduates Students. I thank all our faculty members for their contributions for our department and appreciating the efforts of COVID-19 warriors.

I hope this COVID-19 pandemic will resolve soon and situation will become better.

Stay Strong, Stay Healthy, Stay Positive, Stay Happy
May god bless us al

Dr. M.Shivakumar,
Professor and Head

DEPARTMENTAL ACTIVITIES

Feb 4 2021 - World Cancer Day Awareness Program

Cancer awareness program was conducted by department of general surgery in association with department of OBG in bellur CHC. Dr Shivakumar Professor and HOD, Department of General Surgery enlightened the community people about awareness of signs and symptoms of cancer, availability of early detection and treatment in our hospital. Educated about how a cancer patient can lead a normal life with recent advances .



PRACTICAL EXAMINATION OF UNDERGRADUATE OF BATCH 2016 WAS CONDUCTED ON 19/04/2021 WITH ALL COVID SAFETY MEASURES AND SOCIAL DISTANCING



We The Department Of General Surgery And Orthopaedics Are Grateful To Our Externals Dr Ramu, Dr Anand Ravi , Dr Vivek , Dr Madhu, And Dr Srujan Teja , Dr. Veena Karanth For Joining Their Hands In Successfully Conducting Ug Exams In This Pandemic Time

|| Jai Sri Gurudev ||

ADICHUNCHANAGIRI UNIVERSITY


Adichunchanagiri Institute of Medical Sciences
B.G. Nagara - 571448, Nagamangala Taluk, Mandya Dist. Karnataka

WEBINAR SERIES Date: 12th February 2021
Time: 2.00 pm to 3.00 pm

Department of General Surgery in association with Department of Anesthesiology
TOPIC : MANAGEMENT OF CANCER PAIN

Link: <https://meet.google.com/pgs-ptvj-qhv>

Resource Person :



Dr. Mamata H S
MBBS, MD
Assistant professor, Department of Anesthesiology and Pain relief, Kidwai Memorial Institute Of Oncology, Bengaluru

Feb 12 2021 – Webinar On Management Of Cancer Pain

A Webinar On Management Of Cancer Pain Was Organised By The Department Of General Surgery In Association With Department Of Anesthesiology Which Was Beneficial To Pgs, Interns & Ugs. Topics Discussed In Detail About Palliative Chemotherapy , Usage Of Narcotic Analgesics In Various Forms Like Patch ,infusion Etc.

Dr.mamata H S, Assistant Professor Of Department Of Anesthesiology And Pain Relief , Kidwai Memorial Institute Of Oncology ,bangalore. Dr. Hanumanthiah C.S, Professor Is The Organizing Secretary For Webinar.



TOPIC
RABIES MANAGEMENT

Speaker
DR. VENUGOPAL K J
Assistant Professor, General Surgery,
Adichunchanagiri Institute of Medical
Sciences, Mandya

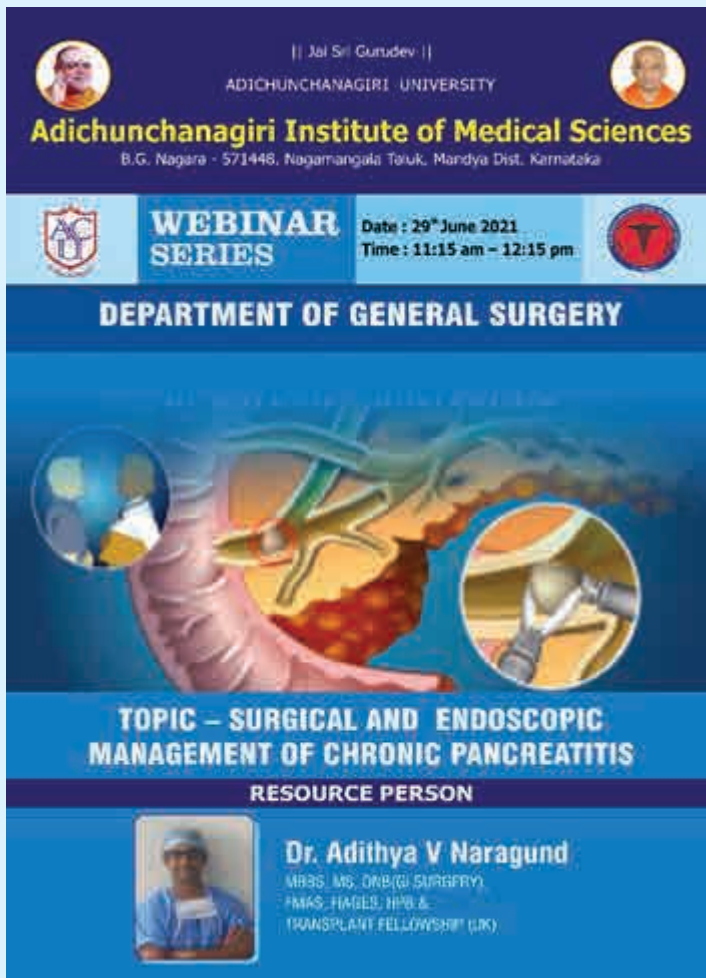
ZOOM MEETING
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PASSCODE
720353

On Friday, 11th June 2021 @ 04:00 PM

Supported by
BSV
Bringing life to life

June 11 2021 : Webinar On Rabies Management Was Given By Dr Venugopal K J Assissant Professor ,organised By Bsv Attended By 60 Members ,



|| Jai Sri Gurudev ||
ADICHUNCHANAGIRI UNIVERSITY
Adichunchanagiri Institute of Medical Sciences
B.G. Nagara - 571448, Nagamangala Taluk, Mandya Dist, Karnataka

WEBINAR SERIES Date : 29th June 2021
Time : 11:15 am - 12:15 pm

DEPARTMENT OF GENERAL SURGERY

TOPIC - SURGICAL AND ENDOSCOPIC MANAGEMENT OF CHRONIC PANCREATITIS

RESOURCE PERSON

Dr. Adithya V Naragund
MChS, MS, DNB (G SURGERY),
FRCGS, FRCS, HPB &
TRANSPLANT FELLOWSHIP (UK)

June 29 2021 – Webinar On Surgical And Endoscopic Management Of Chronic Pancreatitis

Department Of Surgery Organised A Webinar On Surgical And Endoscopic Management Of Chronic Pancreatitis .

The Webinar Included Topics Such As Patient Presentation Evaluation Use With Eus, Ercp And Mrcp, Various Methods Of Surgical Management Including Recent Advances Under The Guidance Of Dr. Hanumanthiah C.S, Professor.



INTERESTING CASES OPERATED FROM OUR INSTITUTE

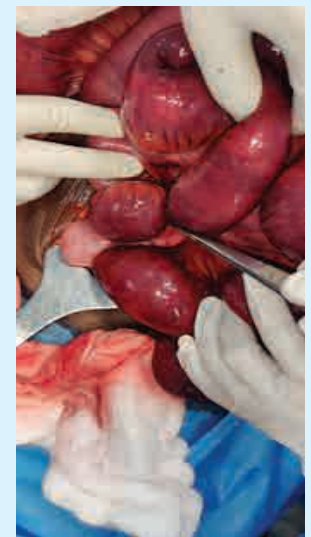
CASE 1 : 70 yr old male patient came with complaints of pain abdomen since 4 days with history of vomiting non billous . On evaluation X-ray erect abdomen s/o multiple air fluid levels . USG abdomen F/s/o acute intestinal obstruction –CECT abdomen revealed acute intestinal obstruction with narrowing at distal ileal loop. Patient was planned and taken up for EXPLORATORY LAPROTOMY + PROCEED



INTRA-OPERATIVE FINDINGS:

Ileal band constriction noted at about 10cm proximal to ileocaecal junction with infarction of ileum about 95 cm length from band of constriction. Hence ileal resection of about 1metre was done with end to end anastomosis. Patient withstood the procedure with uneventful post-operative period and was discharged on Post-op day 14.

HPE : F/S/O CHRONIC ILEITIS WITH HEMORRHAGIC ILEAL INFARCTION



BAND OF CONSTRICTION

CASE 2 :

- An elderly old female patient with lump in the right breast since one year , On examination -Lump - present in the right inner quadrant of size 8 x 6 cm, Skin over the breast stretched ,shiny engorged vein is present.
- Patient underwent MODIFIED RADICAL MASTECTOMY .
- Post -operative period uneventful
- HPE : F/S/O PHYLLODES TUMOR OF RIGHT BREAST

**CASE 3 :**

56 year old male patient, came with complaints of swelling posterior aspect of the lower half of the left thigh 25 yrs back with a rapid increase in size over the past 1 year. On examination, size- 30 x 20 cms.

- Local scan of the left thigh- a well defined large multi lobulated hyperechoic lesion with multiple cysts with internal echoes noted measuring approximately 14.5 x 22.7 x 13.5 cm (3700 cc) in the subcutaneous plane .FNAC: F/S/O parasitic lesion with granulomatous reaction.
- Patient underwent EXCISION AND BIOPSY-
- Post -operative period uneventful
- HPE : F/S/O Hydatid cyst

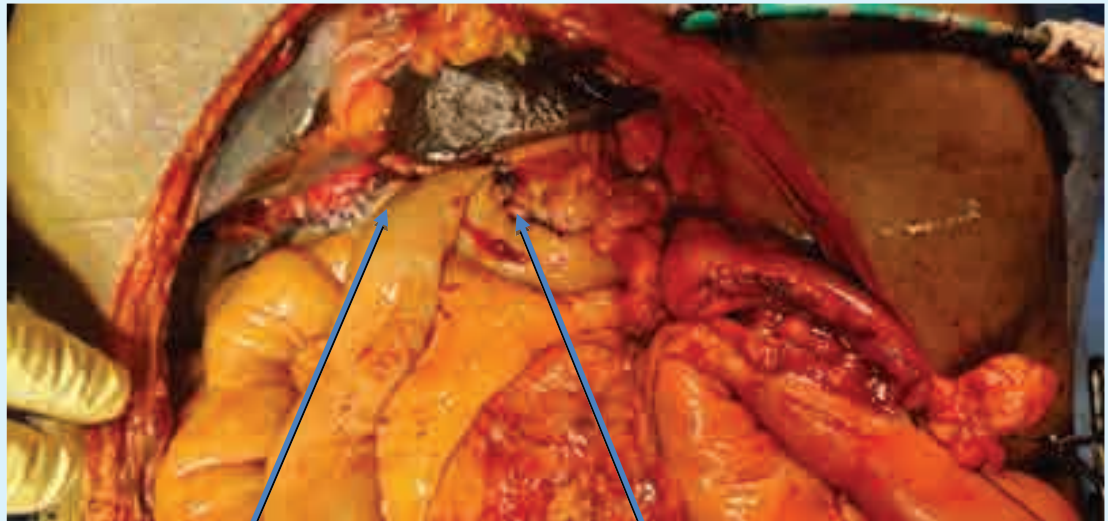


CASE 4:

A 45years old male patient presented with pain abdomen and bilious vomiting and discolouration of eyes since 1 week , Lab investigation showed deranged LFT , CECT abdomen showed a well defined homogenously enhancing soft tissue density mass lesion in the periampullary region involving distal CBD and ampullary region causing moderate upstream dilation of biliray system, CA19.9-3852U/L

Patient underwent Whipple's procedure and specimen was sent for HPE and report showed adenocarcinoma possibly of extra hepatic bile duct origin , TNM staging pT3 pN1 pMx with out off 2 out off 8 lymphnodes were positive for tumor

Post-op period Uneventful



HEPATICO-
JEJUNOSTOMY

PANCREATO-
JEJUNOSTOMY

CASE 5 :

45 year old female presented with complaints of pain in right side of abdomen since 15days , history of nausea . On evaluating USG abdomen revealed hydatid cyst in caudate lobe with compression on the gall bladder , cystic duct and CBD causing dilatation of CBD, IHBR dilatation , rupture hydatid cyst in segment VI of liver with intra-cystic rupture and floating membrane within, MRI abdomen suggestive of hydatid cyst of liver with an exophytic component . Patient underwent Exploratory laparotomy + hydatid cyst de-roofing + cyst excision + cholecystectomy .

Post -operative period uneventful



CASE 6:

45 year old male presented with complaints of swelling in front of right ear since 3months not associated with pain .On examination swelling present in right parotid region measuring about 3x 2cm , FNAC suggested of pleomorphic adenoma with cystic changes. Patient was planned and taken up for right superficial parotidectomy post operative period uneventful HPE : F/S/O PLEOMORPHIC ADENOMA



PUBLICATIONS				
SL.NO	TITLE	JOURNAL	YEAR AND STATUS	AUTHOR
1	EVALUATION OF IMPORTANCE OF S BILIRUBIN LEVEL IN CASES OF SIMPLE AND COMPLICATED ACUTE APPENDICITIS	NEW INDIAN JOURNAL OF SURGERY ORIGINAL RESEARCH ARTICLE	FEBRUARY 2021 (PUBLISHED)	DR.SACHIN.M.B DR.AKSHATHA.H.S DR. HANUMANTHA BASAPPA VAGGARA DR.SACHIN.K
2	KARAPANDZIE AND BERNARD BURROW WEBSTER FLAP AMALGAMATION IN RECONSTRUCTION OF NEAR-TOTAL DEFECT OF THE LOWER LIP	JOURNAL OF MEDICAL SCIENCES AND HEALTH CASE REPORT	FEBRUARY 2021 (PUBLISHED)	DR.N. NAVEEN DR.T.S.PURUSHOTHAM DR. PALLAVI H R DR. HANUMANTHA BASAPPA VAGGARA
3	DEMOGRAPHIC PROFILES, ETIOLOGY AND MANAGEMENT OF PATIENTS PRESENTING WITH ACUTE PANCREATITIS IN AIMS, B.G.NAGARA: A PROSPECTIVED STUDY	INTERNATIONAL SURGERY JOURNAL ORIGINAL RESEARCH ARTICLE	MARCH 2021 (PUBLISHED)	DR.AKSHATHA.H.S DR.SACHIN.M.B DR.HANUMANTHA BASAPPA VAGGARA
4	DIFFERENT SURGICAL APPROACHES FOR PILONIDAL SINUS-OUR EXPERIENCE IN A PERIPHERALLY LOCATED TERTIARY CARE HOSPITAL	JOURNAL OF MEICAL SCIENCES AND HEALTH ORIGINAL RESEARCH ARTICLE	APRIL 2021 (PUBLISHED)	DR.SACHIN.M.B DR.SACHIN.K DR. HANUMANTHA BASAPPA VAGGARA
5	EFFECTIVENESS OF MANNHEIM PERITONITIS SCORING SYSTEM IN PREDICTIONG THE MORBIDITY AND MORTALITY IN PERITONITIS DUE TO HOLLOW VISCOUS PERFORATION	INTERNATIONAL SURGERY JOURNAL ORIGINAL RESEARCH ARTICLE	MAY 2021 (PUBLISHED)	DR.SACHIN.M.B DR.AKSHATHA.H.S DR.RAKSHITHA JANARDHAN
6	OPEN METHOD VERSUS FLAP CLOSURE IN PILONIDAL SINUS IN A RURAL TERTIARY CARE HOSPITAL, KARNATAKA-A COHORT STUDY	JOURNAL OF CLINICAL AND DIAGNOSTIC RESEARCH ORIGINAL RESEARCH ARTICLE	MAY 2021 (PUBLISHED)	DR.SATISH KUMAR DR.AVADHANI GEETA K. DR.K.SACHIN

BUDDING SURGEONS

Dr. Apoorva R A, Dr. Arshad Ali Khan, Dr. P Venkatasiva Krishna And Dr. Hanumantha Basappa Has Appeared In Final Year Examinations and Awaiting For Their Result. We Wish Them All The Best For Their Future.





OFFICIAL NEWSLETTER FROM THE Department of ORTHOPAEDICS



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ADICHUNCHANAGIRI UNIVERSITY ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

B.G.Nagara, Nagamangala, Mandya - 571448

Volume 11 Issues 1

July, 2021

“ORTHO VISION”

Editorial

Seeking the blessings of Paramapoojya Jagadguru Padmashree Dr Balagangadharanatha mahaswamiji and Parama Poojya Dr Nirmalanandanatha mahaswamiji, I am happy to bring out the newsletter of orthopaedics department JULY 2021 edition.

Salutes to all corona warriors of AH&RC for their yeoman services during the Pandemonium of the pandemic. The staff & PG s of the Department have done their might without batting an eye by treating the injured.

A new era dawned on the horizon of AH&RC with Arthroscopic repair of knee ligaments, arthroplasty, pelviacetabular surgery and deformity correction of limbs Online classes and Internal examinations were highlights of academics.

We whole heartedly welcome Dr. Naveen Kumar R to our department.

Our sincere thanks to Dr M.G.Shivaramu, Principal for his constant support, to our continued efforts to offer the best of orthopedic services to the remotest of the rural population.

*Seeking the blessings of Parama Poojya
Swamiji in all our future endeavors,*

Dr. B.G.Sagar

Prof & HOD

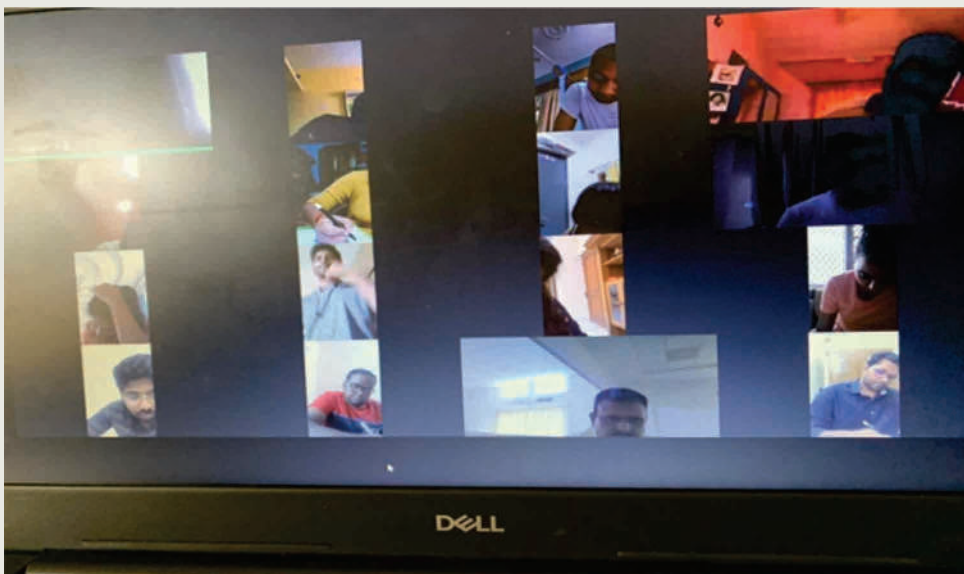
Department of Orthopaedics

EVENTS

1) ONLINE CLASSES FOR UNDERGRADUATE STUDENTS

Due to current pandemic situation of COVID-19, department of orthopaedics has been conducting online classes through the PowerPoint presentations on the topics according to the schedule with voice narration to 3rd term, 6th term and 8th term students through MEDWHIZ platform. Attendance was made compulsory under strict online supervision.

From the 1st week of January clinical postings has been started for the 8th term students. They were divided into 5 batches and each batch were divided accordingly in two hours duration. That is from 9:00 am to 11:00am for 15 days with strict COVID 19 guidelines. Attendance was made compulsory. END posting assessment was conducted under strict COVID 19 guidelines.



DEVELOPMENT AND ACHIEVEMENTS IN DEPARTMENT OF ORTHOPAEDICS

1.1 ADDITION OF NEW STAFF MEMBER

**WE WHOLE HEARTEDLY WELCOME,
NEW STAFF MEMBER TO OUR DEPARTMENT**

DR NAVEEN KUMAR R MBBS, D. ORTHO

Dr. Naveen kumar R is an alumnus of our college and has



INTERESTING CASES

1. LEFT SHOULDER HEMIARTHROPLASTY

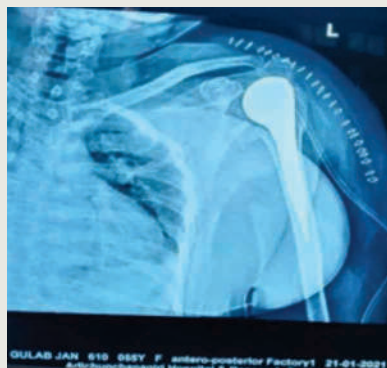
DR SATHEESH GS, DR DINTO DAVIS, DR ASHOKA RAKSHTIH, DR NAVEEN KUMAR R UNDER THE GUIDANCE OF DR B.G. SAGAR

A 55-Year-old male patient had come with complaints of left shoulder pain after he sustained trauma two months back, x rays were taken and she was diagnosed to have 2-part fracture of proximal humerus(old) and she was advised for shoulder hemiarthroplasty to ensure better range of shoulder movements and to ail her pain.



PRE-OP X RAYS

Pre op workup was done and the left proximal humeral head was excised and hemi arthroplasty was done

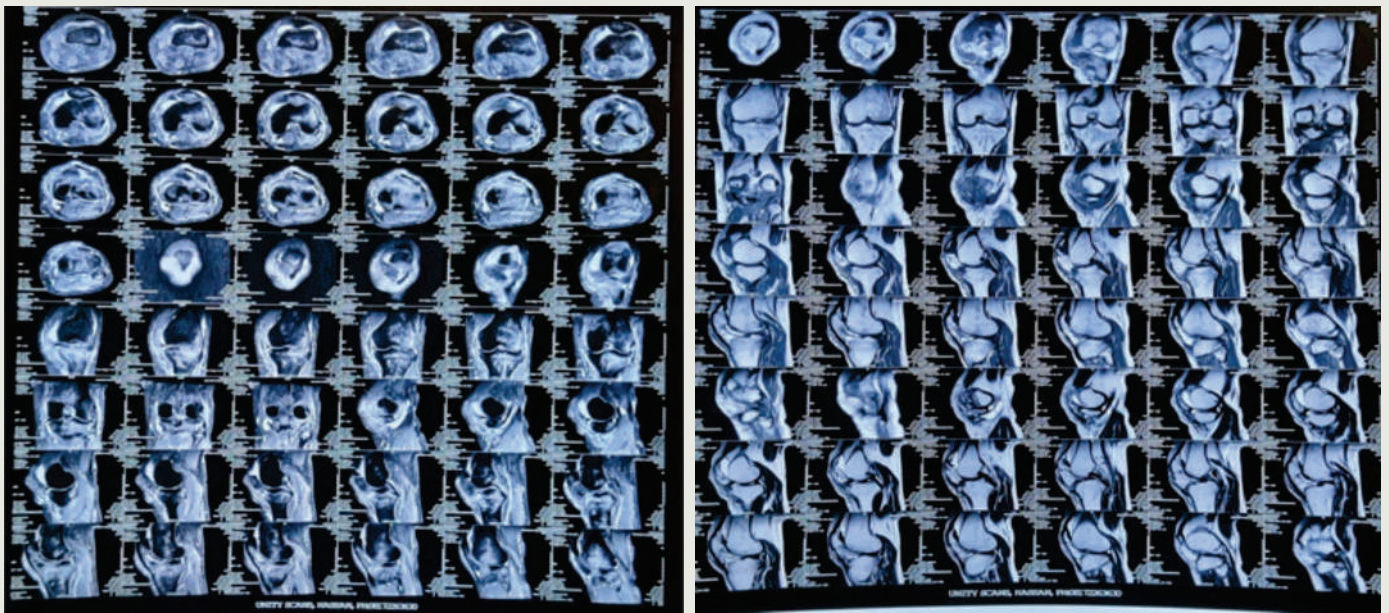


Post OP X Ray

2) ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

DR MAHESH DV, DR POOJASHREE, DR AVINASH GORKAL UNDER THE GUIDANCE OF DR DEEPAK C.D

A 20-year-old male patient named Sharath had sustained injury to left knee with twisting injury of left knee, he then had severe pain in the Left knee associated with knee swelling. He had giving away sensation in the left knee on walking. He got MRI done after the incident which showed full thickness tear of left anterior cruciate ligament. After Preop workup done, patient was taken up for surgery under spinal anesthesia. ACL reconstruction using semitendinosus graft and end prosthetic button. He is doing well now with near normal range of knee movements.



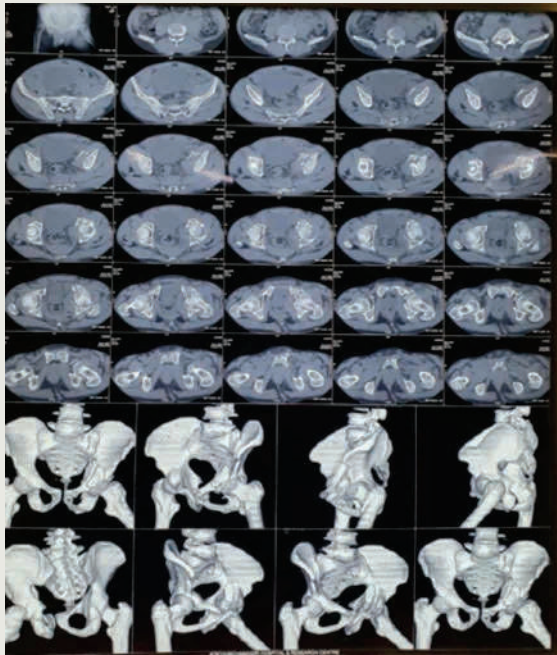
PRE-OP MRI FILMS

3) ACETABULAR FRACTURE TREATED WITH PLATING

DR SATHEESH GS, DR DINTO DAVIS, DR ASHOKA RAKSHTIH, DR NAVEEN KUMAR R UNDER THE GUIDANCE OF DR B.G. SAGAR

A 45-year-old male patient who met with an RTA presented with left hip pain. On radiological investigations he was diagnosed to have medial wall, roof, anterior and posterior column comminuted fracture of left acetabulum. After preop workup and stabilizing the patient hemodynamically, the patient was taken up for surgery under spinal anesthesia and he was operated under anterior ilioinguinal approach. The fracture was reduced under C arm guidance and a buttress plate and recon plate was used for fixation. Wound was closed in layers using mesh to prevent hernia with help of general surgeons. A drain was placed insitu.

HIS PREOP AND POST OP RADIOLOGICAL INVESTIGATIONS ARE AS FOLLOWS:



PRE-OP CT



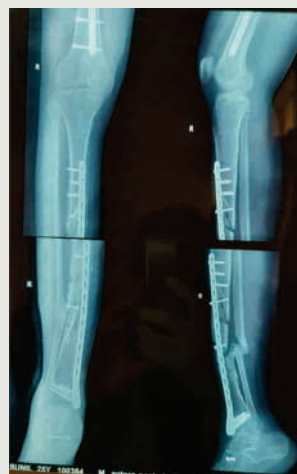
POST OP X

4) ILIZAROV PROCEDURE FOR INFECTED NON-UNION TIBIA

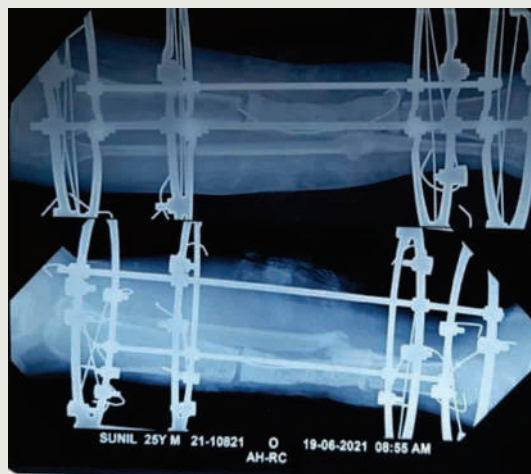
DR SATHEESH GS, DR DINTO DAVIS, DR ASHOKA RAKSHITH, DR NAVEEN KUMAR R UNDER THE GUIDANCE OF DR B G SAGAR

A 25-year-old male patient named Sunil had come with history of pain over right lower limb and inability to walk. He had history of trauma 9 months back, treated elsewhere and now diagnosed to have infected non union of right tibial shaft fracture with failed implant insitu. Pre op workup was done and it was decided to go on with ilizarov procedure for him and he was taken for surgery.

Under spinal anesthesia Masquelet technique (wound debridement with antibiotic loaded bone cement spacer was placed insitu) was carried out. Then in the same sitting, ilizarov external fixator was used to stabilize the fracture. As it is a two-stage procedure. The second stage i.e., Corticotomy and distraction was planned to carry out after 6 to 8 weeks.



PRE-OP X



POST OP X

5) TOTAL HIP REPLACEMENT FOR AVN OF FEMORAL HEAD WITH PROPHYLACTIC CORE DECOMPRESSION OF OPPOSITE FEMORAL HEAD

DR MAHESH DV, DR POOJASHREE, DR AVINASH GORKAL UNDER THE GUIDANCE OF DR DEEPAK C.D

A 48-year-old male patient named Lakshminarayan who presented with pain in bilateral hips while walking (R>L), was diagnosed to have AVN of bilateral femoral heads. Right side was stage 3 AVN and left side was stage 1 AVN. After Preop workup done, patient was taken up for surgery under spinal anesthesia. THR was done on right side with prophylactic core decompression was done on left side in the same sitting. A drain was placed insitu on the right side.



PRE-OP X



POST OP X

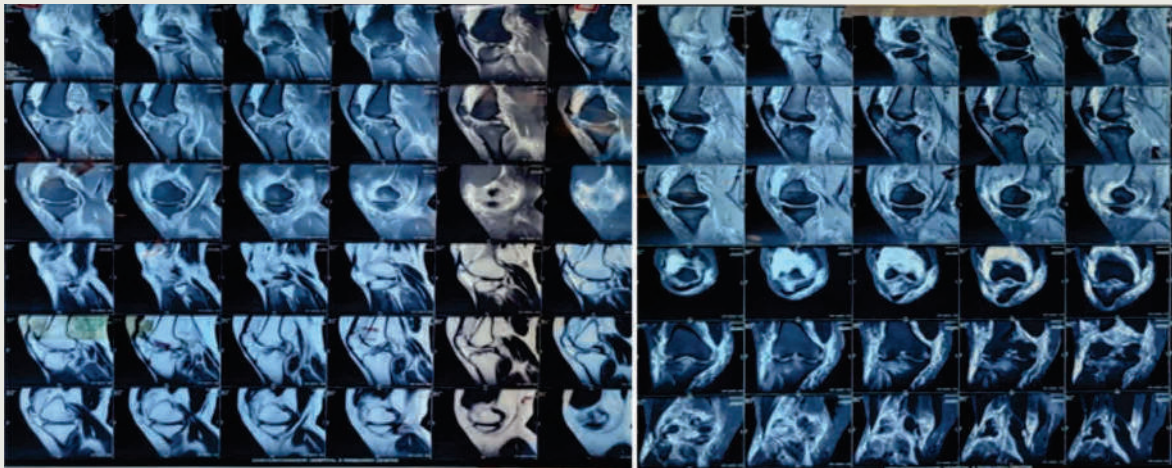
UNDER THE GUIDANCE OF DR. ABDUL RAVOOF, THE FOLLOWING ARTHROSCOPIC SURGERIES WERE PERFORMED BY DR HARISH K, DR BELLAD AND DR VISHWANATH.

TYPE OF ARTHROSCOPIC SURGERY	SURGERY DONE
SHOULDER ARTHROSCOPY	BANKART'S REPAIR WITH REPLISSAGEPROCEDURE
KNEE ARTHROSCOPY	MULTIPLELIGAMENTREPAIRWITH PARTIAL MENISCECTOMY
TOTALNUMBEROF ARTHROSCOPI&SURGERIES PERFORMED	4 (1 SHOULDER ARTHROSCOPY + 3 KNEE ARTHROSCOPY)

6) ANTERIOR CRUCIATE LIGAMENT REPAIR

DR BELLAD S H, DR HARISH K, DR VISHWANATH UNDER THE GUIDANCE OF DR ABDUL RAVOOF

A 34-year-old female patient named Roopa had sustained injury to right knee after falling from height with twisting injury of right knee, she then had severe pain in the right knee associated with knee swelling. She had giving away sensation in the right knee on walking. she got MRI done after the incident which showed. ACL avulsion from tibial end. After Preop workup done, patient was taken up for surgery under spinal anesthesia. Fib rewire pull though fixation. She is doing well now with near normal range of knee movements.

**PRE-OP MRI****6) OSTEOTOMY WITH BONE GRAFTING WITH IM NAILING OF LEFT TIBIA**

DR BELLAD S H, DR HARISH K, DR VISHWANATH UNDER THE GUIDANCE OF DR ABDUL RAVOOF

A 36-year-old male named Manjunath had come with history of pain over left lower limb and inability to weight bear. He had history of trauma 4months back, treated elsewhere and now diagnosed to have mal-union of left proximal tibia fracture with failed implant insitu. After Pre op workup was done, patient was taken up for surgery under spinal anesthesia.

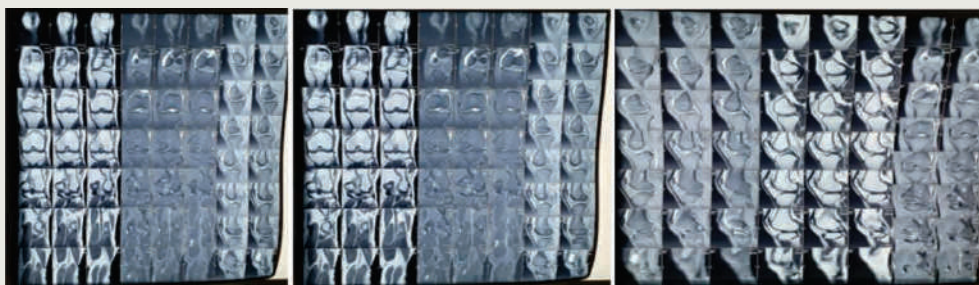
Implant removal with osteotomy with bone grafting followed by IM nailing of left tibia was done.

**PRE-OP X****POST-OP X****8) ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION WITH PARTIAL MENISCECTOMY**

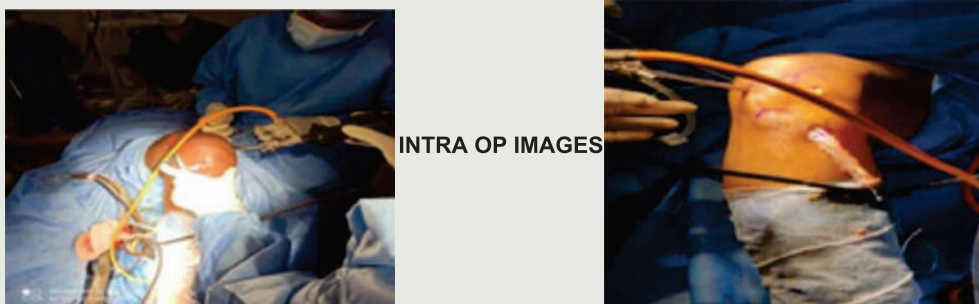
DR MAHESH DV, DR POOJASHREE, DR AVINASH GORKAL UNDER THE GUIDANCE OF DR DEEPAK C.D

A 20-year-old male patient named Sharath had sustained injury to left knee with twisting injury of left knee, he then had severe pain in the Left knee associated with knee swelling. He had giving away sensation in the left knee on walking. He got MRI done after the incident which showed high grade tear of left anterior cruciate ligament with medial and lateral meniscus tear. After Preop workup done, patient was taken up for surgery under spinal anesthesia. ACL reconstruction using semitendinosus graft and end prosthetic button was done with partial medial meniscectomy. He is doing well now with near normal range of knee movements.

PRE-OP MRI FILM



INTRA OP IMAGES



HOSPITAL STATISTICS (ORTHO DEPARTMENT ONLY) DURING COVID 19 PHASE

1. OUTPATIENT (OP) BASIS

During COVID 19 phase, OP ORTHO department has followed according to strict COVID-19 guidelines. Patients were asked to wear mask strictly, and proper queue was maintained, and doctors used to examine the patient with proper safe precautionary measures

On the statistical analysis of OP in ortho department, during January 2021 to June 2021, the statistics shows:

NEW					REVISIT					TOTAL
MALE	MALE CHILD	FEMALE	FEMALE CHILD	TOTAL	MALE	MALE CHILD	FEMALE	FEMALE CHILD	TOTAL	
7,036	153	5921	73	13,183	2,279	27	2,250	8	4,564	17,747

2. INPATIENT (IP) BASIS

Patients get admitted only if there is dire emergency need and long bone fractures. Before admission, COVID-19 test was made mandatory. Once COVID test is negative, patient was shifted to ward with strict COVID-19 precautionary guidelines, On the statistical analysis of IP (ortho), during January 2021 to June 2021, the statistics showed

NEW					REVISIT				
MALE	MALE CHILD	FEMALE	FEMALE CHILD	TOTAL	MALE	MALE CHILD	FEMALE	FEMALE CHILD	TOTAL
256	18	106	9	389	51	7	27	1	86

3. SURGERIES DURING COVID PHASE

After COVID-19 test is negative and all blood and necessary investigations done, for surgery, case accepted by anesthetist, surgery was performed under strict COVID-19 guidelines

On the statistical analysis of orthopedic surgeries during January 2021 to June 2021, the statistics showed:

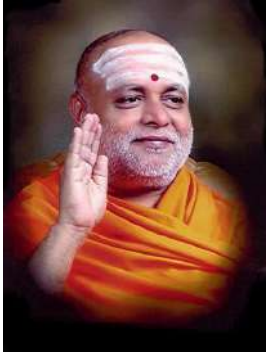
MONTH	NO. OF SURGERIES
January	50
February	60
MARCH	74
APRIL	49
MAY	20
JUNE	38
TOTAL	291



ADICHUNCHANAGIRI UNIVERSITY



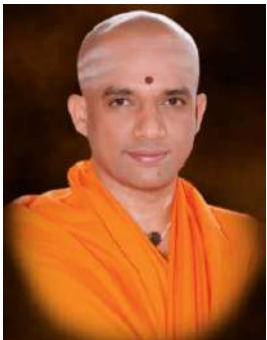
DEPARTMENT OF RADIO-DIAGNOSIS



**JAGADGURU SRI SRI SRI
PADMABHUSHANA DR.
BALANGADHARANATHA
MAHASWAMIJI**

With blessings of Paramapoojya Jagadguru Sri Sri Sri padmabhushana Dr. Balangadharanatha Mahaswamiji and His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji under the guidance of our esteemed principal Dr. Shivaramu.M.G .

We take immense pride to present the news letter of department of Radio-Diagnosis for a period of 6 months from December 2020- June 2021.



**PATRON
JAGADGURU SRI SRI SRI
NIRMALANANDANATHA
MAHASWAMIJI**

During these unprecedented times of COVID-19 pandemic, our department has provided necessary diagnostic services to the patients with all the necessary precautions and protective measures. The department has performed nearing 1000 CT scans for COVID patients during the second wave of COVID-19 thus fulfilled the necessary diagnostic support for the AH&RC COVID-19 team.

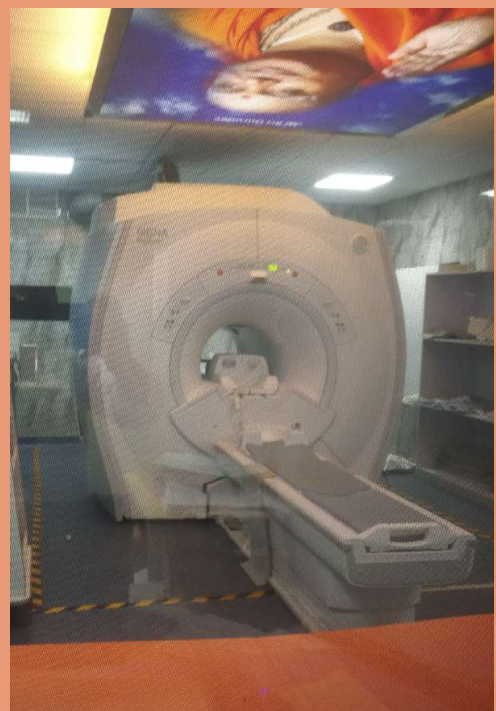


**INSTITUTIONAL ADVISOR
DR. M.G SHIVARAMU
PRINCIPAL, AIMS**

With the constant support from the staff, teaching programmes for post graduates and online classes for undergraduates were conducted for the academic development of the students. Our staff are currently pursuing publication of articles in numerous national journals.

IMAGING MODALITIES AVAILABLE AT THE DEPARTMENT

DIGITAL RADIOGRAPHY
COMPUTED RADIOGRAPHY
FLUROSCOPY GUIDED PROCEDUES
PORTABLE X RAY
USG ABDOMEN PELVIS
USG OBSTRETICS
TIFFA WITH 3D ,4D,
USG PERINEUM
USG SMALL PARTS AND JOINTS
DOPPLER STUDIES
USG GUIDED PROCEDUES
MRI
MRI BRAIN
JOINTS
SPINE
DIFFUSION WEIGHTED IMAGING
16 SLICE CT
CT GUIDED PROCEDURES
CT ANGIOGRAPHY



CONSULTANT RADIOLOGISTS:

Dr. Shashi kumar M R[Professor & HOD]

Dr. Mohan Kumar [Associate professor]

Dr. Chiranth N [Associate professor]

Dr. Manu R [Associate professor]

Dr. Shivdarshan M [Senior resident]

INTRODUCING THE NEW CONSULTANT:



**Dr Shivadarshan
M**

**MD Radiology
from the
prestigious
institute KMC
Manipal and
he is also the
topper of MD
Radiology
University
exams at KMC
Manipal**

POST GRADUATES:

Dr. Divya G. A.

Dr. Shilpa Charles

Dr. Ranjith M

Dr. Shreya K

Dr. Vennela N

Dr. Akshay B K

COVID CASES

A PRIMER ON INTERPRETING COVID-19 CT SEVERITY SCORING



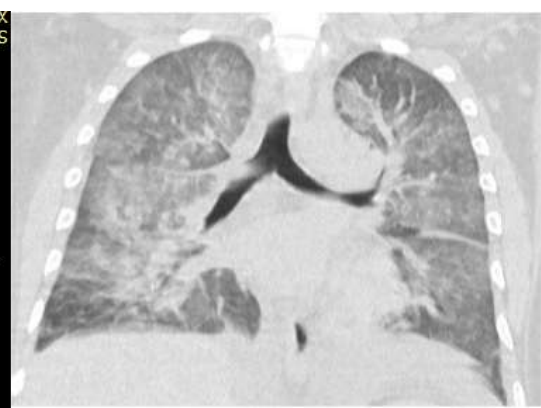
MILD [1-8]

CT severity score of 8 or less is considered as mild infection.



MODERATE [9-15]

CT severity score of 9 to 15 is considered as moderate disease.

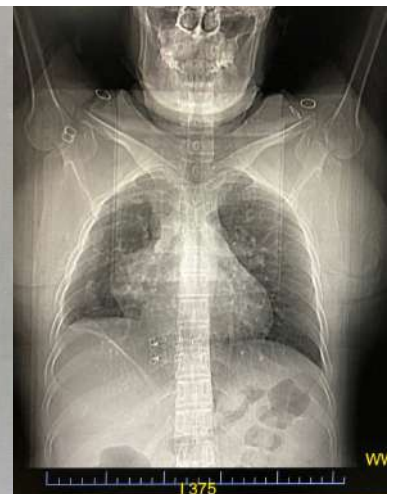
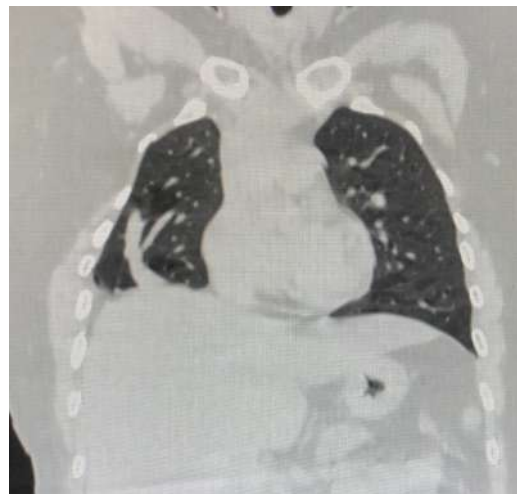


SEVERE [16-25]

ct score of 16-25 denotes a severe infection.

INCIDENTAL FINDINGS DURING COVID 19 LUNG SCREENING

A case brought to the radiology department for COVID-19 screening had incidental finding of Scimitar syndrome



SCIMITAR SYNDROME



SCIMITAR SYNDROME, ALSO KNOWN AS HYPOGENETIC LUNG SYNDROME, IS CHARACTERIZED BY A HYPOPLASTIC LUNG THAT IS DRAINED BY AN ANOMALOUS PULMONARY VEIN INTO THE SYSTEMIC VENOUS SYSTEM. IT IS A TYPE OF PARTIAL ANOMALOUS PULMONARY VENOUS RETURN AND IS ONE OF THE SEVERAL FINDINGS IN CONGENITAL PULMONARY VENOLOBAR SYNDROME.

CLINICAL PRESENTATION:

INFANTS PRESENT WITH SIGNS OF HEART FAILURE, WHICH MAY BE DUE TO ASSOCIATED CONGENITAL HEART DISEASE. ADULTS ARE MOST FREQUENTLY ASYMPTOMATIC BUT MAY HAVE RECURRENT PULMONARY INFECTION OR DYSPNEA ON EXERTION.

PATHOLOGY:

IT IS ESSENTIALLY A COMBINATION OF PULMONARY HYPOPLASIA AND PARTIAL ANOMALOUS PULMONARY VENOUS RETURN (PAPVR). IT ALMOST EXCLUSIVELY OCCURS ON THE RIGHT SIDE.

HAEMODYNAMICALLY, THERE IS AN ACYANOTIC LEFT TO RIGHT SHUNT. THE ANOMALOUS VEIN USUALLY DRAINS INTO:

INFERIOR VENA CAVA: MOST COMMON
RIGHT ATRIUM
PORTAL VEIN

IN SOME VARIANTS, THE ABNORMAL LUNG SEGMENT MAY RECEIVE ARTERIAL BLOOD SUPPLY FROM THE AORTA OR ITS BRANCHES. SOME CASES MAY SHOW THE ANOMALOUS SYSTEMIC ARTERIES SUPPLYING AN AREA OF ASSOCIATED PULMONARY SEQUESTRATION .

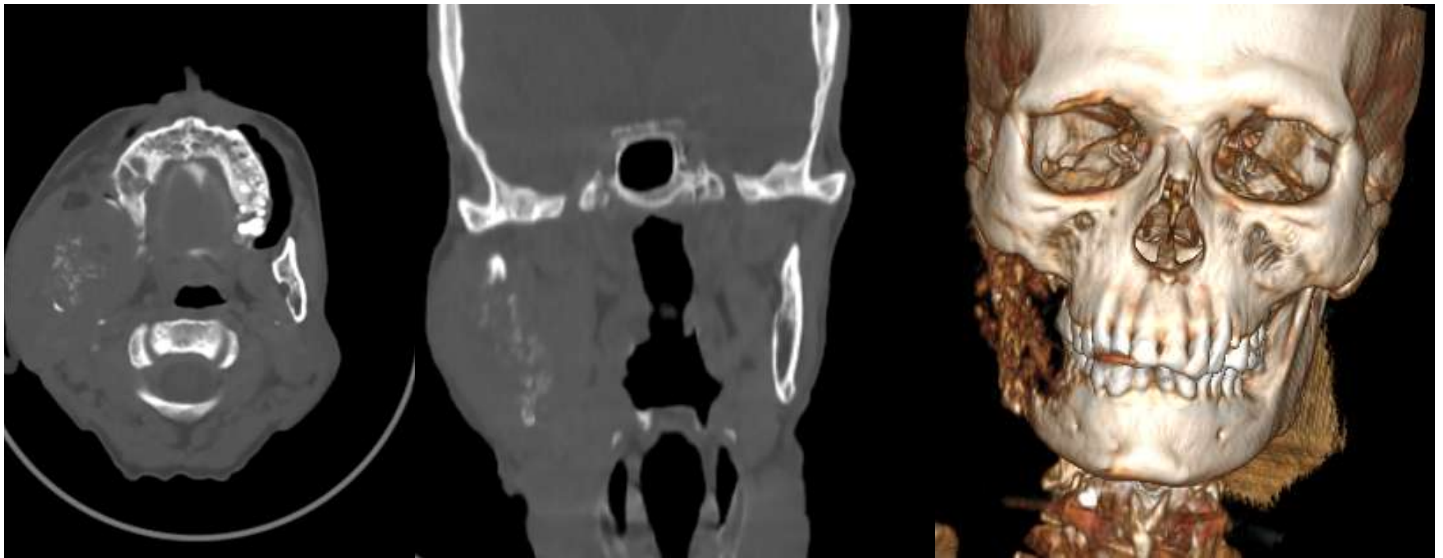
ASSOCIATIONS

CONGENITAL HEART DISEASE SUCH AS ASD, VSD, TETRALOGY OF FALLOT, PATENT DUCTUS ARTERIOSUS

IPSILATERAL DIAPHRAGMATIC ANOMALIES, E.G. ACCESSORY DIAPHRAGM, DIAPHRAGMATIC HERNIA, HORSESHOE LUNG.

VERTEBRAL ANOMALIES, E.G. HEMIVERTEBRAE,
GENITOURINARY TRACT ABNORMALITIES,
PULMONARY SEQUESTRATION.

INTERESTING CASE:



CT FINDINGS:

Patient presented with swelling in the right mandibular region following which plain CT and CE-CT was performed.

Large ill defined soft tissue density lesion noted involving posterior body, ramus of mandible on right side causing its destruction with few cystic with peripheral enhancement anterosuperiorly areas noted posteriorly. The lesion shows multiple tiny punctate calcifications. On contrast study lesion shows heterogenous enhancement. Laterally the lesion is seen infiltrating skin. Medially extending into gingivobuccal space with lost fat planes with tongue and floor of mouth anteriorly, displacing the parapharyngeal fat plane posteromedially. Posteriorly seen infiltrating the retromolar trigone and extending to involve infra-auricular region. Superiorly reaching upto superior border of right zygomatic arch and involves infratemporal fossa. Inferiorly extending upto right submandibular gland with suspicious loss of fat planes. The lesion shows lost fat planes with parotid gland laterally. Bony resorption of superior alveolar process of maxilla noted on right side. Right retro maxillary fat plane is maintained. Right maxillary sinus is obliterated with mucosal thickening with breach in the anterolateral wall.

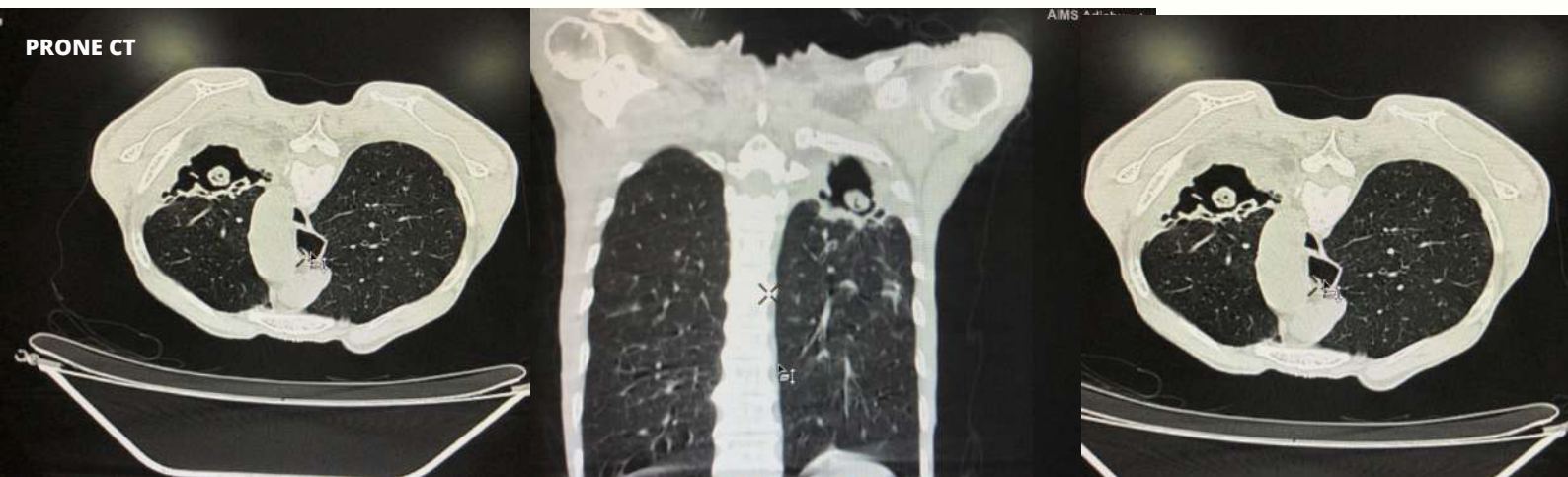
IMPRESSION:

Large ill defined soft tissue density lesion involving posterior body, ramus of mandible on right side causing its destruction with few cystic areas and calcifications within
- s/o malignant etiology

Possibilities-

- 1. Myeloma**
- 2. Metastasis**
- 3. Chondrosarcoma**

INTERESTING CASE:



CT FINDINGS:

Patient presented with breathlessness and pain in the upper chest followign which HRCT was done

Fibrocavitary changes with tractional bronchiectatic changes noted involving apico-posterior segment of left upper lobe, largest cavity size measures 3.8 x 5.7 x 5.7 cm[APXTRXCC].

Dependent soft tissue density round lesion noted within the cavity measuring 1.5x1.8 cm - s/o Aspergilloma.

Few cavities are noted communicating with the dilated bronchi.

Mild bronchiectatic changes in the left lower lobe bronchi.

Few tiny centrilobular nodules with tree in bud appearance noted in both lungs.

Left apical pleural thickening noted.

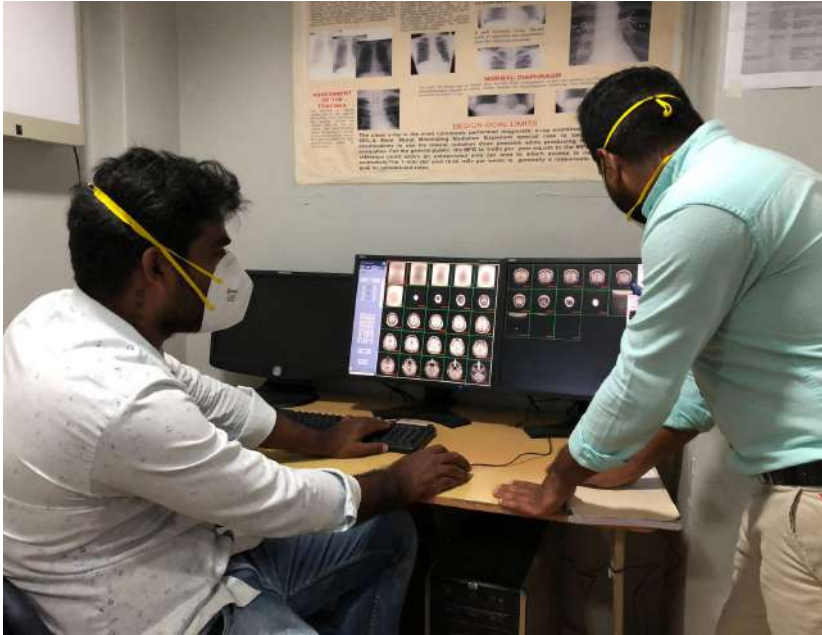
Diffuse centriacinar emphysematous changes noted.

Atelectatic band noted in lateral segment of right middle lobe.

IMPRESSION:

- Fibrocavitary changes with tractional bronchiectasis involving apico-posterior segment of left upper lobe with **aspergilloma formation.**
- MILD BRONCHIECTATIC CHANGES IN THE LEFT LOWER LOBE BRONCHI.
- FEW TINY CENTRILOBULAR NODULES WITH TREE IN BUD APPEARANCE IN BOTH LUNGS.

-FEATURES WERE SUGGESTIVE OF SEQUELAE OF OLD PULMONARY TUBERCULOSIS WITH ASPERGILLOMA FORMATION AND REACTIVATION OF INFECTION .



BSC RADIOGRAPHY TEACHING PROGRAM

BSC radiography teaching program is conducted on a regular schedule in the department with six students currently enrolled in the program. examinations were conducted in the month of june.

RESERCH IN PROGRESS

PAPER 1

ROLE OF COMPUTED TOMOGRAPHY IN EVALUATION OF covid PNEUMONIA WITH CHARECTERISTIC ANCILLARY CT FINDINGS.

PAPER 2

COMPARISON STUDY OF LUNG INVOLVEMENT IN VACCINATED AND UN-VACCINATED PATIENTS.



॥ ज्ञेयो इहो ह्युपापवेदर ॥

ADICHUNCHANAGIRI UNIVERSITY

ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES

A constituent college of Adichunchanagiri University



PSYCH CENTRAL

You Are Never Alone

**A Biannual Newsletter from
Department of Clinical Psychology, AIMS**

Volume-11

Issue-1

Jan - June 2021

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Paramapoojya Jagadguru

Sri Sri Sri Dr.

Nirmalanandanatha

Mahaswamiji

Chief Advisor

Dr. M G Shivaramu

Dean of Health Sciences

(Medical),

Principal, A.I.M.S.

Chief Editor

Mrs. NehaFarheen Mushtaq

Assistant Professor & Head

Editorial Board

Ms. Bramaramba D

Honnugudi

Clinical Psychologist

Dear Readers,

It is my immense pleasure to share the activities of the Department of Clinical Psychology through our departmental biannual newsletter. With the divine blessings of 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. B G Sagar for helping us conducting our departmental activities effectively.

We had a wonderful time in conducting various activities both as individual and also in collaboration with interdepartmental activities which includes sensitizing about different mental health issues in various programs conducted by the different organizations, guests lectures to the students and the general public, conducting webinar in the webinars.

With the hope that can be a powerful force, especially in difficult times. The world is facing the corona virus crisis, a pandemic that has changed life for millions of people. In times like these, hope can be a powerful source of reassurance. Many who are locked at home, others who are working to help and prevent the virus, also need the reassurance and the hope that "We shall overcome this"

Mrs. Neha Farheen Mushtaq
(Assistant Professor & Head)

E-mail : clinicalpsychology@bgsaims.edu.in



**Department of
Clinical Psychology Staff**

ACADEMIC ACTIVITIES OF FACULTY MEMBERS

Mrs. Neha Farheen Mushtaq

NUMBER OF LECTURES DELIVERED AS INVITED TALK:

1. Delivered a talk on **“Stress management post COVID”** held on 19th January 2021 Organized by HPCL, LPG Bottling plant, Yedyur
2. Delivered a talk on **“Importance of mental health in workplace”** held on 13th February 2021 Organized by HPCL, LPG Bottling plant, Yedyur
3. Delivered a talk on **“Mindfulness Based cognitive therapy and open discussion on career Guidance”** held on 18th May Organized by Mahabodhi Carla students home, Mysore
4. Delivered a talk on **“Personality Development and enhancing student motivation”** held on 25th June Organized by Mahabodhi Carla students home, Mysore

NUMBER OF CONFERENCES/WORKSHOPS/WEBINARS PARTICIPATED:

1. Attended the webinar on **“ ADHD-Therapeutic Approach unrecognized symptoms “** held on 7th January 2021 conducted by Thursday Musing 24th edition
2. Attended the webinar on **“ Family as caregiver in psychogeriatric practice; Comparative care vignettes “** held on 14th January 2021 conducted by Thursday Musing 25th edition
3. Attended the webinar on **“ Narrative approaches in child sexual abuse “** intervention held on 21st January 2021 conducted by Thursday Musing 26th edition
4. Attended the webinar on **“ Choosing a good school eclecticism in therapy“** held on 28th January 2021 conducted by Thursday Musing 27th edition

5. Attended the webinar on “ Better Brains and better minds Insights into cosmetic therapeutic “ held on 18th February 2021 conducted by Thursday Musing 30th edition
6. Attended the webinar on “ Common errors in the treatment of OCD “ held on 25th February 2021 conducted by Thursday Musing 31th edition
7. Attended the webinar on “Don't die yet! Suicide crisis intervention in active suicide situation “ held on 3rd March 2021 conducted by Thursday Musing 32nd edition
8. Attended the offline webinar on “The impact of digitalization on work life and wellbeing “ held on 10th March 2021 organized by department of studies in psychology in association with “ we the society” Talk show platform
9. Attended the webinar on “Mindfulness Based Interventions in OCD question and answer “ held on 11th March 2021 conducted by Thursday Musing 33rd edition
10. Attended the webinar on “Interpersonal psychotherapy in depression “ held on 25th March 2021 conducted by Thursday Musing 35th edition
11. Attended the webinar on “Loss and Grief: Addressing the universal and the personal contexts in the time of COVID“ held on 20th May 2021 conducted by Thursday Musing 43rd edition
12. Attended the webinar on “Strengthening individual, families and communities“ held on 10th June 2021 conducted by Thursday Musing 46th edition
13. Attended the webinar on “Psychosexual disorder “ held on 17th June 2021 conducted by Thursday Musing 47th edition
14. Attended the webinar on “Schizophrenia: Learning, Unlearning and relearning- 5 Decades “ held on 24th June 2021 conducted by Thursday Musing 48th edition

Ms. Bramaramba D Honnugudi

NUMBER OF CONFERENCES/WORKSHOPS/WEBINARS PARTICIPATED:

1. Attended the webinar on “ ADHD-Therapeutic Approach unrecognized symptoms “ held on 7th January 2021 conducted by Thursday Musing 24th edition
2. Attended the webinar on “ Dream Interpretation and Lucid Dreaming “ held on 23rd January 2021 conducted by Sampoorna Manosthiti
3. Attended the webinar on “ Workshop on mindfulness “ held on 31th January 2021 conducted by Sampoorna Manosthiti
4. Attended the offline webinar on “The impact of digitalization on work life

and wellbeing “ held on 10th March 2021 organized by department of studies in psychology in association with “ we the society” Talk show platform

5. Attended the webinar on “Brief intervention and motivational enhancement for substance use disorder “ held on 18th March 2021 conducted by Thursday Musing 34th edition
6. Attended the webinar on “ Emotional First Aid-Tapping Technique“ held on 13th March 2021 conducted by Sampoorna Manosthiti
7. Attend the webinar on “Measuring human behavior” held on 16th April 2021 conducted by O.P. Jindal Global university
8. Attended the webinar on “Nuances of selecting psychotropic in patients with seizures “ held on 23rd April 2021 conducted by Thursday Musing 42nd edition
9. Attended the webinar on “The impact of stress on the immune system “ held on 28th May 2021 conducted by university of sri jayewardenepura, Sri lanka
10. Attended the webinar on “Digital interventions, challenges and perspectives; Newer frontiers in clinical psychology” held on 28th , 29th and 30th May 2021 conducted by 47th National Annual conference of Indian association of clinical psychologist.
11. Attend the webinar on “Stress management and performance enhancement” held on 14th May 2021 conducted by O.P. Jindal Global university
12. Attend the webinar on “Sambav interactive online symposia for augmenting mental health services” held on 11th June 2021 conducted by JSSAHER
13. Attended the webinar on “Sex education and life skills training “ held on 25th and 26th June 2021 conducted by national institute for empowerment of person with multipale disabilities

PUBLICATION

1. Published article titled “ Depression, Anxiety and stress among Undergraduate medical students during COVID-19 Pandemic” in the Journal IJSR- International Journal of scientific research has got published in volume 10, issue 03 , March -2021

Photo gallery – Departmental events from January to June - 2021



Department of clinical psychology was a part of the organization of the women's day celebration in collaboration with Women empowerment cell which was held on March 08th 2021



Attended the offline webinar on **"The impact of digitalization on work life and wellbeing"** held on 10th March 2021 organized by department of studies in psychology in association with "we the society" Talk show platform

MAHABODHI SCHOOL MYSORE INDIA



Live Zoom Conference

Personality Development and Enhancing Student Motivation

By Expert

MS. NEHA FARHEEN MUSHTAQ (M.Sc, M.Phil, PhD)

Assistant Professor and Head, Department of Clinical Psychology, Adichunchanagiri Institute of Medical Sciences, B.G Nagara, Mandya.

ON FRIDAY

25 JUNE 2021

10:00AM IST

MAHABODHI METTALOKA YOUTH CENTRE, MYSURU, INDIA



Live Zoom Conference on

Mindfulness Based Cognitive Therapy And open discussion on Career Guidance

18th May 2021 @ 12:00 PM IST

Ms. NEHA FARHEEN MUSHTAQ, M.Sc, M.Phil, PhD
Assistant Professor and Head, Department of Clinical Psychology, Adichunchanagiri Institute of Medical Sciences, B.G Nagara, Mandya.

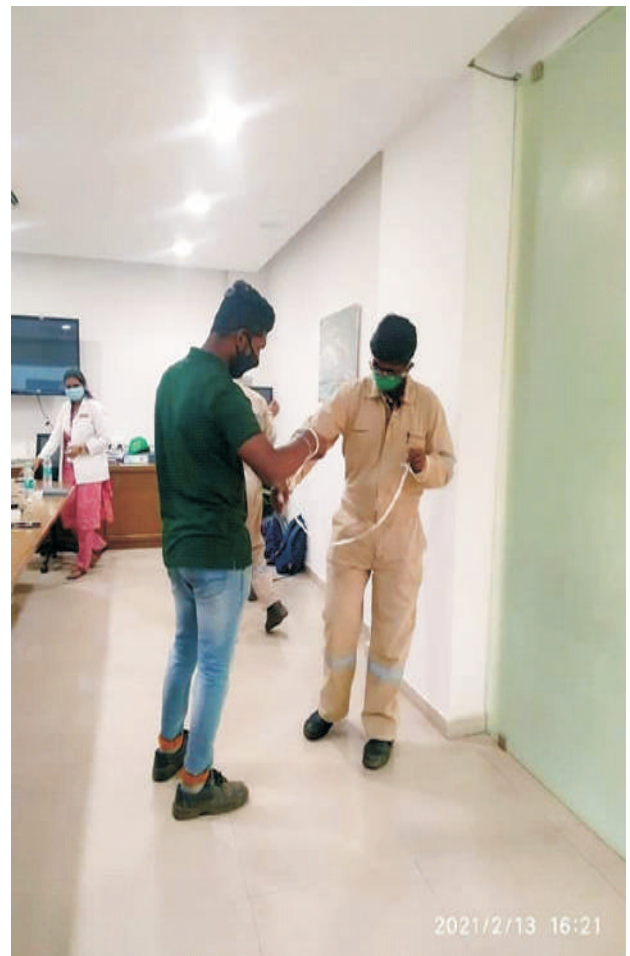




Ms. Neha Farheen Mushtaq delivered a talk and conducted activities on **“Stress management post COVID”** held on 19th January 2021 Organized by HPCL, LPG Bottling plant, Yediyur



Ms. Neha Farheen Mushtaq delivered a talk and conducted activities on **“Importance of mental health in workplace”** held on 13th February 2021 Organized by HPCL, LPG Bottling Plant, Yediyur



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