



# PUSHPAGIRI

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## PUSHPAGIRI NEWS BULLETIN

2023 April ❁ Vol. III ❁ Issue 25

The Monthly Newsletter of Pushpagiri Institute of Medical Sciences & Research Centre

### PRINCIPAL'S DESK

The world Autism awareness day is being celebrated on the 2<sup>nd</sup> of April every year. We, as humans grow and flourish by learning to socialise and fulfill our physical and emotional needs by interacting with our immediate society meaningfully. Autism Spectrum Disorders limit persons to do this cardinal human functionality. Even though Autism occurs due to a lot of genetic variations, environment and its early contributions help in remoulding and modifying their social and communicative domains. Neurodiversity is no longer considered as a limitation to alienate a person and we as medical fraternity should make earnest efforts to understand and embrace people with neurodiversity and make every possible opportunity to help them to come out and be one of us. The importance of early diagnosis and timely intensive intervention is well understood and we are proud to have Pratheeksha CDC team under the efficient leadership of Dr Manju George as part of Pushpagiri family, which contribute significantly in these aspects for thousands of children and families of Kerala across the globe over the last 12 years.



### Health for All

#### Dr. Felix Johns, Professor & HOD, Department of Community Medicine, PIMS&RC

Every year, World Health Day is celebrated on April 7<sup>th</sup>, with the aim to create awareness of a specific health theme to highlight a priority area of concern regarding global health. The day honours the anniversary of WHO's creation in 1948; since its inception in 1950, the event has intended to raise awareness of a specific health issue for the World Health Organisation. World Health Day 2023 is centered on the topic 'Health for All', in commemoration of WHO's 75<sup>th</sup> anniversary, emphasizes the importance of addressing social, economic, and environmental determinants of health to ensure that everyone has the opportunity to live a healthy life.

Marginalized communities around the world struggle to make ends meet due to low daily income, subpar housing and educational opportunities, lack of employment opportunities, access to safe environments, clean water air, secure food, and health services. This results in needless pain, preventable sickness, and early mortality. Additionally, it hurts our economy and developmental growth. Not only is this unfair, but it can be avoided.

While Kerala's healthcare system is relatively well-developed, our state still faces a range of health issues that need to be addressed. Non-communicable diseases are on the rise in Kerala, along with the added burden of infectious diseases. Current data on mental health issues and substance abuse shows just the tip of an iceberg. The negative impacts on human health due to environmental pollution has also burdened the society with air pollution, water pollution, and waste management issues.

Leaders and policy makers should aim to raise awareness about global health issues, promote health equity by addressing disparities, encourage collaboration among stakeholders, and highlight progress in improving health outcomes worldwide, includes educating people on the importance of good health, providing access to healthcare services, and reducing the burden of diseases in disadvantaged communities and low- and middle-income countries. Therefore, it should be expected to make sure that everyone has access to healthy living and working environments, monitoring health disparities and making sure that everyone has access to high-quality medical care when and where they need it. Thus, raising awareness of significant health issues during the past 50 years, including mental health, maternal and child care, and climate change. The festival is marked by after-hours events and offers a chance to draw attention to these crucial facets of global health on a global scale.

The Department of Community Medicine PIMS & RC organized awareness programs on prioritized health issues including cancer detection, infectious disease prevention, geriatric health, hygiene and nutrition among school children, maternal health and antimicrobial resistance. We believe that a significant change can be brought at the community level through a behaviour change approach. To achieve that we are currently working on developing an inclusive community owned health care delivery system with multiple stakeholders like local self-government, NGOs and various departments.





## 3T - IBHSc Bioethics Program under International Chair in Bioethics (HAIFA)

The 3T-IBHSc Bioethics program under International Chair in Bioethics (HAIFA) (Formerly UNESCO Chair in Bioethics) for Medical, Dental, Nursing, Pharmacy and Allied-Health Sciences Teaching Faculty to Implement the Integrated Bioethics Curriculum in Health Science Training was conducted in Pushpagiri Senate hall on 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> April 2023 by Prof. Russell D'Souza (Course Director, Melbourne, Australia), Prof. Mary Mathew (Head, Bioethics India Programme), Prof. Princy Palatty (Head, Curriculum Development, AIMS, Kochi), Prof. (Col) Derek D'Souza (Head, Training courses, DY Patil Vidyapeeth Pune), Dr. Vivek Mady (National Training Faculty, Chennai), Prof. Dhanya Sacheendran (Jr Training Faculty).

The accredited 3T-IBHSc course has been designed to introduce to the medical teaching faculty to teach bioethics curriculum which reflects the 15 principles in the UNESCO's Universal Declaration on Bioethics and Human Rights (2005). The course was developed by experts under the Department of Education of the UNESCO Chair in Bioethics Haifa.

The program was inaugurated on 17<sup>th</sup> April. The Chief Guest was Dr. Mohanan Kunnummal (Hon'ble Vice Chancellor, KUHS; Head, Kerala State Nodal Centre; Head, Association of Indian Health Science Universities, ICB UNESCO Chair in Bioethics). The Guest of Honor was Prof. (Dr.) J.A. Jayalal (National President IMA (2020-21), Secretary General –Common Wealth Medical Association, UK; National Head –IMA UNESCO Bioethics chair).

The program was inaugurated on 17<sup>th</sup> April. The Chief Guest was Dr. Mohanan Kunnummal (Hon'ble Vice Chancellor, KUHS; Head, Kerala State Nodal Centre; Head, Association of Indian Health Science Universities, ICB UNESCO Chair in Bioethics). The Guest of Honor was Prof. (Dr.) J.A. Jayalal (National President IMA (2020-21), Secretary General –Common Wealth Medical Association, UK; National Head –IMA UNESCO Bioethics chair).

The program started with a prayer song by students of Pushpagiri Dental College and the Welcome Address by Dr. Tomy Philip (Principal, PIMS&RC & Head, Pushpagiri Bioethics Unit). The Presidential Address was delivered by Rev.Fr. Jose Kallumalickal (CEO, Pushpagiri Group of Institutions & Chair, Pushpagiri Bioethics Unit). The inauguration and lamp lighting were graced by Chief Guest Dr. Mohanan Kunnummal, Hon'ble VC, KUHS and the Guest of Honour message was delivered by Prof. (Dr.) J. A. Jayalal. The felicitation was addressed by Prof. (Dr.) Russell D'Souza (Head and Chair, Asia Pacific Division, International Chair of Bioethics). Dr. Mohanan Kunnummal was presented a Writ by Prof. (Dr.) Russell D'Souza and memento and ponnada was presented by Dr. Tomy Philip. Guest of Honor Prof. (Dr.) J.A.Jayalal was presented the memento and ponnada by Dr. Vikram Gowda (Vice Principal (Admin) PIMS&RC). The felicitation speech was delivered by Rev.Fr. Jose Kallumalickal. The vote of thanks was delivered by Dr. Vikram Gowda. The inauguration program concluded with the National Anthem. The 3T-IBHSc team planted a sapling of a mango tree on the grounds of Pushpagiri Medical College, and a marble plaque was revealed to commemorate the 3T-IBHSc program. All the dignitaries were present at the event.

The successful three-day training program concluded with the Valedictory function on 19<sup>th</sup> April. The feedback from participants and resource faculty was shared. The valedictory function was addressed by Prof. (Dr.) Russell D'Souza, Head and Chair, Asia Pacific Division, International Chair of Bioethics. The function was also addressed by Rev.Fr. George Valiyaparambil (Director, PIMS&RC). He distributed certificates to Resource faculty. The delegates were awarded certificates by the resource faculty. Dr. Gaddam Vijayalakshmi (Vice Principal, Under Graduate studies) delivered the vote of thanks.



## World Health Day Celebrations

Every year, 7<sup>th</sup> April is celebrated worldwide as World Health Day (WHD). The Department of Community Medicine under the aegis of the Indian Association of Preventive and Social Medicine (IAPSM) organized a quiz competition for MBBS Students of PIMSRC to mark the occasion and the final round was held on 10<sup>th</sup> April 2023. Dr. Joe Abraham, Assistant Professor, was the nodal officer and Quiz master of the event. More than 90 students participated in the Elimination rounds held on the 3<sup>rd</sup> and 4<sup>th</sup> of April and four teams were selected. Irene Anna Thomas and Irene P Sunny of the 2020 batch were adjudged the winners of the competition.









## PHARMACON 2023

PHARMACON 2023: National CME on Updates in Pharmacology & Therapeutics was conducted by the Department of Pharmacology, Pushpagiri Institute of Medical Sciences and Research Centre, Tiruvalla on 28th April 2023.

The Conference was inaugurated by Rev. Fr. George Valiyaparambil, Director, Medical College and Allied Sciences with felicitation by Medical College Principal, Dr. Tomy Philip. Dr. Liya Roslin Joseph welcomed the delegates and Dr. Dona Dominic rendered the vote of thanks.

The Conference highlighted the recent treatment modalities in specialties of Gastroenterology, Endocrinology, Cardiology, and Pharmacology. The talks were delivered by eminent speakers in each specialties – Dr. Ramesh M, Senior Consultant, Department of Gastrosiences, Mar Sleevea Medicity, Palai; Dr. Rajeev Philip, Professor & Head, Department of Endocrinology, PIMS & RC; Dr. Scaria P Thomas, Associate Professor of Pharmacology, Govt. T D M C, Alappuzha; Dr. Sajan Ahmad Z, Senior Consultant in Cardiology Lead, Cardio-Oncology & Heart Failure, Parumala Hospital, Tiruvalla & Dr. Ruby Raphael, Assistant Professor, Department of Clinical Pharmacology & Therapeutics, NIMS, Hyderabad & Co – Investigator for COVAXIN Clinical Trial. The lectures were informative and engaging, with ample opportunities for audience participation and discussion. The conference was well attended by pharmacologists and post graduates from all over the state. There was also an e-poster competition for the delegates and best poster was awarded with cash prize.



## Taking Steps Towards a Healthier World: Observing World Health Week

2023 World Health Day theme is "Health for All". World Federation for mental health-WFMH Asia-Pacific in association with the NAMH India observed World health week from April 4. Dr. R V Asokan, National president elect of IMA inaugurated the event and Dr N Sulphi, President, IMA Kerala gave a message online. WFMH Vice President, Dr. Roy A Kallivayalil presided over the event held at Pushpagiri. Fr. Jose Kallumalickal (CEO), Dr. Cyril Joseph (President, IMA Thiruvalla), Sr. Deepa OSS, Dr. Derrick Johnson, Dr. Asha Davis, Dr. Nibin Wilson, Dr. Goutham Kiran, Dr. Alija Bilal and Ms. Rithu Thomas expressed their opinions.



## Assessment of TB programme by State TB Evaluation Team

State TB Evaluation Team came for assessment of TB programme NTEP Cell, PIMSRC on 25<sup>th</sup> April 2023. Dr. Betsy (TB Nodal Officer), Dr. Midhun (Assistant Professor, Pulmonary Medicine), Monai (TB Health counsellor), PGs and interns at Department of Community Medicine attended the evaluation.



# PUBLICATIONS AND PRESENTATIONS

## Department of Pharmacology

1. Dr. Liya Roslin Joseph presented an e-poster titled "Cost Effectiveness of Epoetin and Darbepoetin in Patients with Anemia due to Chronic Kidney Disease in a Tertiary Care Centre in South Kerala" at PHARMACON-2023 on 28th April 2023.
2. Dr. Sarannya Ravi presented an e-poster titled "Case report on Allopurinol induced Stevens Johnson Syndrome" at PHARMACON-2023 on 28th April 2023.
3. Dr. Souparnika Vijayan presented an e-poster titled "Lithium - Induced Slurring of Speech – A Case Report" at PHARMACON-2023 on 28th April 2023

## RESEARCH CENTRE UPDATES



### Research Methodology Workshop 2023

Research Methodology workshop 2023 for post graduate residents was conducted at Pushpagiri Institute of Medical Sciences on 3<sup>rd</sup> and 4<sup>th</sup> April 2023 by Clinical Epidemiology Unit, Pushpagiri Research Centre. Inaugurating the workshop, Rev. Fr George Valiyaparampil (Director, PIMS) stressed the need to incorporate a research culture in day-to-day clinical practice. Dr. Tomy Philip (Principal, PIMS&RC) in his presidential address urged the participants to make use of the two days workshop to build a strong base in research process and get themselves equipped to take up research projects. Two-day workshop was designed to have interactive academic sessions in the forenoon session and group work in the afternoon for which participants were divided into 5 groups with a faculty as mentor. Prof Dr Binu Areekal (HOD, Community Medicine, GMC Idukki), Dr Saritha Susan Varghese (Associate Professor, Community Medicine, BCMC Thiruvalla) and faculty of Community Medicine, PIMS & RC handled various academic sessions over two days. During Day 1, Group work, delegates worked upon their research topic and formulated their research question, listed out their study objectives and identified the study design they will be using for their study. Day 2 Group work focused on preparing the research protocol during which each delegate prepared the protocol for their proposed thesis topic. Workshop was attended by first year postgraduates of PIMS & RC and Pushpagiri College of Dental Sciences.





## Workshop on Statistical Analysis at Pushpagiri College of Dental Sciences

A one-day workshop on statistical analysis and guidance for writing IRB forms was conducted on 10<sup>th</sup> April 2023 for first year post graduate residents of Pushpagiri college of Dental Sciences by Clinical Epidemiology Unit, Pushpagiri Research Centre. Session on statistical analysis covering descriptive & inferential statistics was handled by Dr. Rosin George Varghese, CEU. This was followed by protocol presentation by postgraduate residents and discussion of IRB forms.



### Approved as Research Guide

Dr. Soumya R.S, Scientist, Pushpagiri Research Centre, has been approved as a research guide in subject area Medical Biochemistry by Kerala University of Health Sciences (U.O. No 262I2023/dean/KUHS dated 12/04/2023)

Pushpagiri Research Centre got renewal for Scientific & Industrial Research Organizations (SIROs) Certificate

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GOVERNMENT OF KERALA  
MINISTRY OF SCIENCE AND TECHNOLOGY  
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Department of Scientific and Industrial Research  
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New Delhi - 110016

F.No. 14/560/2011-TU-V Date: 27<sup>th</sup> March 2023

The Director  
Pushpagiri Medical Society  
Pushpagiri Medical College Hospital Campus,  
Puthanambhita,  
Tiruvalla - 689101, Kerala

Subject: Renewal of Recognition of Scientific and Industrial Research Organisations (SIROs).

Dear Sir,

This has reference to your application for renewal of recognition of Pushpagiri Medical Society, Tiruvalla, Kerala as a Scientific and Industrial Research Organisation (SIRO) by the Department of Scientific and Industrial Research under the Scheme on Recognition of Scientific and Industrial Research Organisations (SIROs), 1988.

2. This is to inform you that it has been decided to accord renewal of recognition to Pushpagiri Medical Society, Tiruvalla, Kerala from 01.04.2023 to 31.03.2026. The recognition is subject to terms and conditions mentioned overleaf.

3. Receipt of this letter may kindly be acknowledged.

Yours faithfully,  
  
(Dr. P.K. Dutta)  
Scientist - G

## Publications

Rekha Unni, Reshmy R, Karthika Ramesh, Tiju Joseph Mathew, Abraham A, Yogesh Bharat Dalvi, Raveendran Sindhu, Aravind Madhavan, Parameswaran Binod, Ashok Pandey, Asad Syed, Meenakshi Verma, Balasubramani Ravindran, Mukesh Kumar Awasthi, "Ixora coccinea L. - A reliable source of nanocellulose for bio-adsorbent applications" published in the International Journal of Biological Macromolecules of Elsevier Publication house.

<https://www.sciencedirect.com/science/article/abs/pii/S01418.13023013612>

# ACHIEVEMENTS



DEEPIKA – ACCOMPLISHMENT AWARD 2023



Dr. Maria Reji



Dr. Angela Varghese P

## First and Second prizes for quiz competition

Final year Pathology Post Graduate Students **Dr. Maria** and **Dr. Angela** won the first and second prizes respectively for the quiz competition conducted as part of BCON CME program at Medical College Kottayam on 3rd April 2023.



**Dr. Jithu Kurian** (Nephrology) has been selected as a visual abstract editor of Indian journal of transplantation.

*Congratulations...!!*



Dr. Ridhu Vakkachan

*Congratulations!*



Dr. Akhila Prasad

**Dr. Akhila Prasad & Dr. Ridhu Vakkachan** (PGs in Respiratory Medicine) Secured 2<sup>nd</sup> position in the Kottayam Respiratory Society COPD Quiz conducted on 25<sup>th</sup> April 2023.

# APPOINTMENTS



**Dr. Soniya U** is appointed as Junior Resident in the Department of Nephrology from 1<sup>st</sup> April 2023



**Dr. Sr. Keerthimol Joy** is appointed as Junior Resident in the Department of Onco Surgery from 10<sup>th</sup> April 2023



**Dr. Serene Varghese** is appointed as Senior Resident in the Department of Microbiology from 14<sup>th</sup> April 2023.



**Dr. Sreelakshmi Venugopal** is appointed as Assistant Professor in the Department of Pharmacology from 11<sup>th</sup> April 2023



**Dr. Elsheba Mathew** is appointed as Professor Emeritus in the Department of Community Medicine from 15<sup>th</sup> April 2023.



# PROMOTIONS

## PROMOTIONS FOR THE MONTH OF APRIL 2023



### **Dr. M Kashinatha Shenoy – Ophthalmology**

Dr. M Kashinatha Shenoy, Department of Ophthalmology has been promoted to Professor from 1<sup>st</sup> April 2023.

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### **Dr. Ajumala M Basheer – Biochemistry**

Dr. Ajumala M Basheer, Department of Biochemistry has been promoted to Assistant Professor from 1<sup>st</sup> April 2023



## **PUSHPAGIRI CLINICAL CLUB NEWS**

The sessions of Clinical Club were conducted in the Month of April. Topics taken and their respective speakers were as follows:

- ▶ An Aching Quandary – Dr. Gifty Alexander
- ▶ Rare Tumours of small bones of hand and Foot – Dr. Anand Raj R
- ▶ Young adult with acute small bowel obstruction – common complication of an uncommon disease – Dr. Prince Philip
- ▶ Physiological mysteries of Sleep & Wakefulness – Dr. Ann U Thomas

Conveners Capsule – Soft Doctor Series Speakers for the month were:

Dr. Nimitha M T

Dr. Kiran R

Dr. Prince Philip

Dr. Vikram Gowda N R

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