

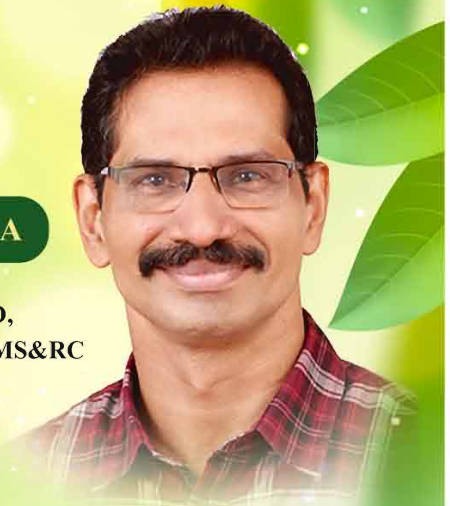


PRINCIPAL'S DESK

People in modern society are expected to actively engage in the management of their health and to make a wide range of health decisions. Sound health decisions require comprehensible health information that is accessible and appropriate. As technological advancement is being made rapidly, the public now has access to an increasing number of health information sources. Internet penetration is very rapid in the developing world but there are no clear standards for the accuracy of the information available to a layman. Non-Communicable diseases are on the rise and it's imperative that the health care community creates more awareness regarding modifiable lifestyle behaviors. This has highlighted the need for better health literacy, especially among the youth, where positive behavioral changes can be made with lifelong impacts. With a mission to develop fresh communications-based approaches to public health and wellness promotion, the Department of Community Medicine has initiated a health literacy project, the Pushpagiri Centre for Health Communication (PCHC). With the objectives of communicating credible health information, countering misinformation and promoting a healthier lifestyle, PCHC is establishing 'Spandanam' health clubs in neighboring Arts & Science colleges and schools where students and their teachers of any stream of study can become members. As the name 'Spandanam' implies, regular, repeated health awareness sessions like group discussions, screening activities, exhibitions, etc are conducted at all the clubs in various institutions. I would like to congratulate Dr. Joe Abraham from the Department of Community Medicine who is coordinating the activities related to PCHC and wish all success for the future programs.

EPILEPSY # END STIGMA

Dr. Reji Thomas, Professor & HOD,
Department of Neuromedicine, PIMS&RC



International Epilepsy Day is celebrated to create an awareness about the challenges faced by people living with epilepsy and to support them. Every year the second Monday of February is celebrated as the International Epilepsy Day. Epilepsy is one of the earliest known medical conditions. This occurs due to abnormal electrical activity in the brain. It can present in a myriad of ways. It can be generalized or focal. There can be many other presentations including vacant staring, sudden falls, jerky movements or alterations in behaviour.

There are about 65 million people living with epilepsy around the globe. The prevalence in India is 5.59 to 10 per 1000 persons. Many misconceptions and myths surround epilepsy. In earlier times it was related to evil spirits, possession states and witchcraft. Even though the situation has changed a lot, there is still some stigma associated with the disease. Epilepsy is a well controllable disease with proper treatment. People with epilepsy can do all jobs like other people, but they are often sidelined.

Almost every year International Epilepsy Day is celebrated with a theme. This year it was celebrated on February 13. This year's theme is related to the stigma. For many people living with epilepsy, the stigma associated with the disease is more difficult to deal than the condition itself.

We have to change this and support them to come to the front line. They should be confident enough to say "Yes, I have Epilepsy and I am not afraid to say that."

PUSHPAGIRI CENTER FOR HEALTH COMMUNICATION (PCHC)

Pushpagiri Center for Health Communication (PCHC), a health literacy project of Department of Community Medicine, was inaugurated by Prof Dr. P S Sukumaran, Member Syndicate, Mahatma Gandhi University. The event conducted at Lecture Hall 2, Academic block was presided by Rev Fr. George Valiyaparambil, Director, Pushpagiri College of Medicine & Allied Sciences. Dr. Tomy Philip, Principal offered his felicitations regarding the various activities conducted by the center. Spandanam Health clubs, one of the flagship program of the center is currently active in 5 institutions viz SB College, Assumption College, St. Thomas College, Mar Thoma College and St. Thomas HSS. Students and faculty representing these institutions were present at the event and Certificates of Association were awarded to each institution. PCHC has been conducting various health promotional activities and screening camps at these clubs for the past 6 months. An online monthly newsletter – PCHC Dispatch (<https://pchcdispatch.substack.com/>) with contributions by faculty from various departments, has been getting good patronage from the health club members. Dr. Joe Abraham (PCHC In-Charge) and Dr. Betsy A Jose, Assistant Professors, Department of Community Medicine also spoke to the gathering. The inaugural event was followed by a session on ' **പ്രഥമം പ്രധാനം** - First aid measures you might need at home' by Dr. Arjun James, Assistant Professor, Department of Emergency Medicine.



ORIENTATION TO MEDICAL EDUCATION TECHNOLOGIES, PROFESSIONALISM, ETHICS & QUALITY ASSURANCE FEBRUARY 3-4, 2023

The Medical Education Unit (MEU) of Pushpagiri Institute of Medical Sciences & Research Centre had recognized the significant role played by the Post graduate students in undergraduate teaching. The MEU had been conducting Orientation Program to Postgraduate students in Medical Education Technologies regularly from 2014 batch onwards.

In view of the corona pandemic, for the 2020 and 2021 batches, the program was conducted in the year 2022 in online mode with inclusion of modules like Professionalism and Ethics following recommendations from the NMC, and module on e-learning in view of its high relevance in medical education. Based on the feedback received from the students and the faculty, the program for the 2022 batch of Postgraduate students was on-site for two days, on February 3rd and 4th, 2023, and included a module on Quality Assurance apart from the previous modules. Sessions were taken by faculty of Medical Education Unit, UG Curriculum Committee, Forensic Medicine and Quality Departments of the Institution.

The two-day program was inaugurated on February 3rd, 2023 by Rev Fr. George Valiyaparambil, Director of Pushpagiri Medical & Allied Colleges. Felicitations were given by Dr. Tomy Philip, Principal. Dr. Gaddam Vijaya Lakshmi, MEU Coordinator, Dr. Ajith V, MEU Co-coordinator and Dr. Letha S, Professor of Paediatrics also spoke on the occasion.



THE 4th ANNUAL CME – HEALTH ECONOMICS – A PUBLIC HEALTH PERSPECTIVE

The Department of Community Medicine organized the 4th annual CME on the topic “Health Economics – A public Health perspective” on 11th of February, 2023. Dr. Vikram Gowda, Vice principal (Administration) welcomed the honorable Resource persons. The renowned Public Health Experts Dr. Rakhil Gaitonde, Dr. Antony Stanley & Dr. Ashis John from the Achutha Menon Center for Health Sciences Studies, Thiruvananthapuram led the sessions for the CME. After the introductory session on Cost effectiveness, costing of Health services & Measurement of Quality of life, a group discussion was conducted in a World café model. Utility Assessment, costing & budget analysis were taught in detail during the discussions. Post lunch sessions were on Methods for the Economic Evaluation of Health Care Programmes & Introduction to Health Technology. Following the Q&A session and feedback sharing, guests were felicitated and Dr. Gayathri delivered the vote of thanks. Certificates were distributed among all the 49 participants.

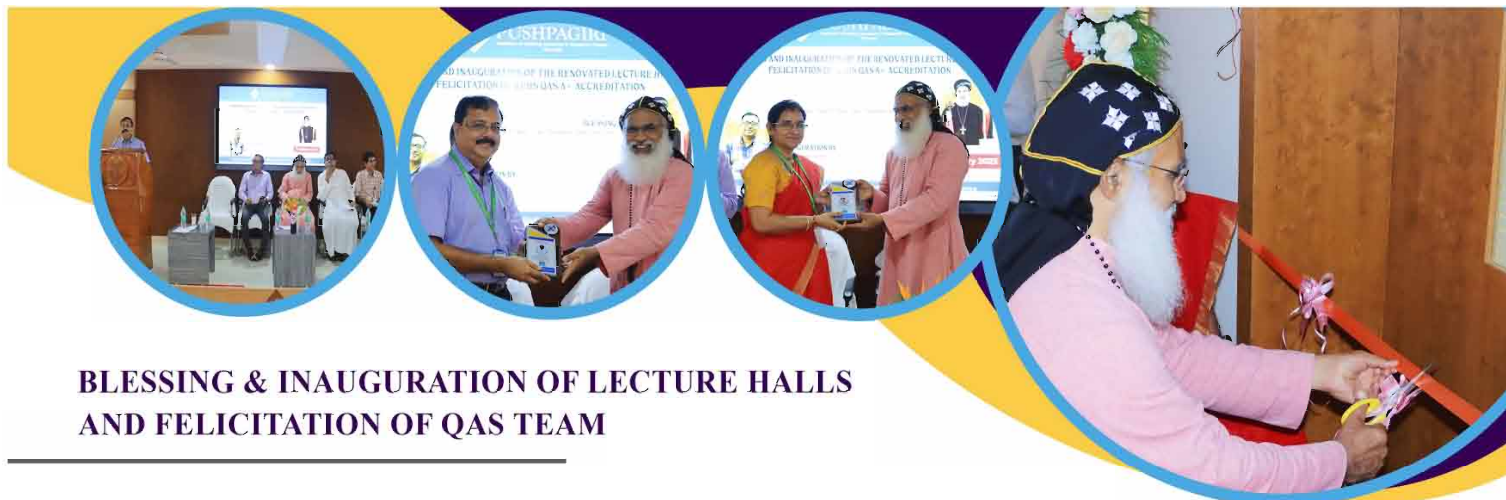


INTERACTIVE SESSION BY DR. IQBAL V M, DEAN, STUDENT AFFAIRS & NSS PROGRAM COORDINATOR, KUHS

An interactive and knowledge sharing session with Dr. Iqbal V.M, Dean, Student Affairs & NSS Program Coordinator, KUHS was arranged for the first-year students (2022 batch) of the Pushpagiri Group of Institutions. These sessions were conducted separately for first year students of MBBS, BDS, B Sc Nursing, B pharm and Pharm D courses. The sessions were arranged in Lecture Hall 2, Academic Building of Pushpagiri Medical College from 9 am – 1 pm.

Dr. Iqbal V M interacted with the students in a lively manner. He discussed on various problems faced by the students like coping with hostel life, academic schedules, exam stress and peer pressure. He also briefed the students about stress management, role of physical activities like exercise, yoga, walking, sports, etc. He encouraged all students to eat healthy food, have some sort of physical activity on regular basis. He also discussed briefly about the importance of being aware of anti-ragging & anti-drug abuse measures. He encouraged the students to report any change in behaviour observed in their peers to SSGP nodal officers/ administration of the institute. This reporting helps in early identification of students in trouble, and initiate remedial actions that will save the concerned students and help them to join the mainstream.





BLESSING & INAUGURATION OF LECTURE HALLS AND FELICITATION OF QAS TEAM

Blessing and inauguration of the renovated lecture halls in the academic block of PIMS & RC was organized on 21st February 2023. H.G. Most Rev. Dr. Thomas Mar Koorilos, Metropolitan Archbishop of Tiruvalla led the blessing ceremony of the renovated lecture halls. The felicitation meeting started with prayer song followed by the welcome address by Dr. Tomy Philip (Principal, PIMS&RC). The contributions of the Pushpagiri group of institutions to the society in health, cultural and economic areas for the past 60 years was highlighted by H.G. Most Rev. Dr. Thomas Mar Koorilos in the presidential address. Chief guest of the program, Dr. Iqbal V M (Dean, Student Affairs & NSS Program Coordinator, KUHS) inaugurated the function and was delighted in emphasizing the academic and technological advancements made by the Pushpagiri group of Institutions in the recent past. He specially appreciated the quality of faculty and facilities of the institution based on the feedback from the students obtained during the interaction session in the morning. He congratulated the management and faculty of the institution for acquiring KUHS QAS A+ accreditation. Mr. Mrudulan M A (Wooddraw Interiors), Mr Robin Siby (Maintenance Supervisor, PIMS&RC) and Dr. Jomon Varughese (Project Manager, Pushpagiri Medical Society) were honoured for their contribution to the renovation of lecture halls. It was followed by honouring of Rev Dr. Mathew Mazhavancheril (Director, Pushpagiri Research Centre), Dr. Vikram Gowda (Vice Principal – Administration, Nodal officer – QAS committee) & Dr. Gaddam Vijaya Lakshmi (Vice Principal – UG studies) for their leadership and vision in securing KUHS QAS A+ accreditation. All the teaching faculty and non-teaching staff who had worked in various QAS committees were honoured by Dr. Iqbal V.M and Rev. Fr. Jose Kallumalickal (CEO, Pushpagiri Group of Institutions) respectively. Dr. Santhosh R Pillai (Professor & HOD, Department of Pharmacology) delivered the vote of thanks.

ANNUAL CONFERENCE OF INDIAN PSYCHIATRIC SOCIETY

74th Annual conference of Indian Psychiatric Society was held at Bhubaneswar, Odisha on 2nd – 5th February, 2023. The theme of the annual conference was “Changing landscapes in mental health care”. Prof. Roy Kallivayalil, Dr.Sr. Liza Varughese, Dr. Derrick Johnson were the speakers in the Pushpagiri-JSS symposium chaired by Dr. Tanmayini Das. The symposium was well attended with much interested discussion.



PROFESSIONAL STUDENTS' SUMMIT 2023

Professional Student's Summit (PSS) is the Government of Kerala's (GoK) maiden initiative to get professional students from varied disciplines and institutions of the state to a common arena to share ideas to build a better Kerala. The third edition of the summit was conducted on 11th February by ASAP Kerala at the Adlux International convention centre, Angamaly. The one-day conclave witnessed participation of over 2000 students from first to sixth semesters of nearly 400 professional colleges of Medicine, Law, Engineering, Management, Agriculture and allied streams. Thomas Pious Chittilappilly, Rithika Binu (2022 MBBS) represented PIMS&RC in the event and Dr. Nithin. K. Raju (Senior Resident, Department of Anatomy) attended as faculty co-ordinator.

PUSHPAGIRI RESEARCH CENTRE

UPDATES



Our Pushpagiri Research Centre has just acquired a state-of-the-art inverted fluorescence microscope with image analysis software.

This will help us produce high-quality images of research findings which will be useful for publication in top journals.

PAPER PUBLICATION

Naha A, Antony S, Nath S, Sharma D, Mishra A, Biju DT, Madhavan A, Binod P, Varjani S, Sindhu R. A hypothetical model of multi-layered cost-effective wastewater treatment plant integrating microbial fuel cell and Nano filtration technology: A comprehensive review on wastewater treatment and sustainable remediation. *Environmental Pollution*. 2023 Feb 16:121274.

<https://doi.org/10.1016/j.envpol.2023.121274>.

BOOK CHAPTER

Varghese R, Vijay N, Dalvi YB. Antiviral Polymers for Food Safety. In *Nanotechnology Platforms for Antiviral Challenges* 2023 Feb 8 (pp. 45-56). CRC Press.

<https://www.taylorfrancis.com/chapters/edit/10.1201/9781003243175-3>.

PERIPHERAL ACTIVITIES



WORLD CANCER DAY OBSERVATION : CANCER AWARENESS CLASS AT SREE VIVEKANANDA HIGH SCHOOL PULLAD

Karunya Health Foundation, NGO in collaboration with Department of Community Medicine, PIMSRC conducted a cancer awareness session at Sree Vivekananda School for 6, 7, 8, 9 standard students on 3rd February 2023 in commemoration with World Cancer Day on February 4, with the slogan "Close the care gap". Dr. Prathibha S, Senior Consultant, Government District Hospital, Kozhenchery inaugurated the event. The cancer awareness session including risk factors of commonly seen cancers was led by Dr. Betsy A Jose, Assistant Professor, Department of Community Medicine. About 200 students attended the session.



WORLD CANCER DAY OBSERVATION : CANCER DETECTION CAMP AT KULANADA BLOCK PANCHAYAT

Pathanamthitta Rehabilitation and Palliative Care (PRPC), NGO in collaboration with Department of Community Medicine, PIMSRC conducted a cancer detection camp at Kulanada Block Panchayat on 4th February 2023 in commemoration with World Cancer Day. About 50 persons attended the camp. The camp was coordinated and led by Dr. Betsy A Jose, Assistant Professor, Department of Community Medicine along with Dr. Jathavedus Mohanlal, Dr. Naveen Thomas, Dr. Harishankar, Dr. Roshna (Junior Residents) and House surgeons. The team screened the attendees for Breast, Thyroid and Oral cancers.

DEPARTMENT OF COMMUNITY MEDICINE ORGANISED MEDICAL CAMP FOR FAMILIES OF FAMILY ADOPTION PROGRAMME (FAP)

A medical camp was organised for the families selected for Family Adoption Programme (FAP) programme recommended by NMC for 2021 MBBS batch. The Department of Community Medicine is in charge of Family Adoption Programme (FAP). Each student have adopted 3 families in the Thiruvalla Municipality wards of 14 and 19. Students regularly visit the adopted families and do the necessary follow up. A medical camp was organised in collaboration with Pulmonology Department and Community Medicine department on 05th February 2023 at Chintha Janakeeya Vayanashala, Iruvallipra, Thirumoolapuram. Dr. Midhun. M, Assistant Professor from the department of Pulmonology led a detailed awareness class regarding lung related diseases starting from infections to Interstitial lung diseases. Patients with Asthma and COPD attended the camp and were given free Pulmonary Function Tests and medicines free of cost. Dr. Betsy A Jose, Dr. Rosin George Varghese, Dr. Joe Abraham (Assistant Professors) attended the camp along with Junior residents and House surgeons and Health Inspectors. About 55 patients attended the camp. The camp was organised with the help of ward councillor Mrs. Sheeja Karimpumkaala along with MBBS students. The camp was inaugurated by Sri. M C Anesh Kumar, DYFI district President and Former ward Councillor. The camp was coordinated by Dr. Betsy A Jose, along with Mrs. Monai, Health Educator, Department of Community Medicine.



MEDICAL CAMP AT PUSHPAGIRI SUSHALAYAM HOSPITAL

Department of Community Medicine with support from Department of Respiratory Medicine, PIMS & RC, organized a medical camp at Pushpagiri Sushalayam hospital, Manimala on 19th February 2023. Dr. Midhun M, Assistant Professor, Department of Respiratory Medicine, PIMS & RC led the medical camp. All services associated with camp were provided free of cost which included pulmonary function tests, blood pressure and GRBS monitoring and necessary medicines. Around 20 patients made use of these services. Dr. Rosin George Varghese (Assistant Professor, Community Medicine), Dr. Sapna Meryl Mani (PG Resident, Community Medicine), Dr. Anna Mathew (House surgeon, Community Medicine), Mrs. Shiny K Joseph (Health Inspectors, Community Medicine) and staffs of Pushpagiri Sushalayam Hospital were involved in the camp.



CANCER SCREENING CAMP & AWARENESS CLASS AT NEDUMBRAM

Community medicine department of PIMS & RC, Life care society & Nedumpram Meghala Kudumba Samithi organized a Cancer screening camp at Nedumpram Gramapanchayath community hall, Thiruvalla on 4th February as part of World Cancer Day. The camp was led by Dr. Vandana vijayan, Dr. Dency Davis (PG Residents), Dr. Sruthy, Dr. Arsha (House surgeons), Dr. Sreelakshmi & Dr. Fathima (Dental House surgeons). The team screened the patients for Oral, Thyroid and Breast cancers. A cancer awareness session was conducted by Dr. Vandana, which included self-breast examination. A total of about 35 people attended the camp. Dr. Betsy A Jose, Assistant Professor, Department of Community Medicine was the coordinator for the camp.



CANCER DETECTION CAMP AT MEPRAL

Department of Community Medicine organised a Cancer screening camp (CANCARE) at Mepral on 17th February 2023. The camp was led by Dr. Harishankar A, Dr. Sapna Meryl Mani, Dr. Roshna Rasheed (PG Residents) and house surgeons of Department of Community Medicine. Cancer screening mostly dealt with breast, thyroid, and oral cancers. Around 50 people attended the camp. Dr. Betsy A Jose, Assistant Professor, Department of Community Medicine along with the Marketing team of PMCH coordinated the camp.

CANCER DETECTION CAMP AT CHANGANASSERY

Department of Community Medicine along with CHASS (Changanassery Social Service Society) organised a Cancer awareness class and camp (CANCARE) at Assumption College Changanassery on 08th February 2023. The camp was led by Dr. Roshna Rasheed, Dr. Harishankar. A (Junior residents) and house surgeons. Cancer awareness and screening mostly dealt with breast, thyroid, and oral cancers. A class was conducted regarding Self Breast Examination by Dr. Roshna Rasheed (PG Resident). Around 50 students attended the camp. The coordinator of the camp was Dr. Betsy A Jose, Assistant Professor, Department of Community Medicine, PIMSRC.



SCIENCE ON WHEELS EXHIBITION

Kerala State Council for Science Technology and Environment (KSCSTE) organized an exhibition ‘Science on wheels’, as a science popularization initiative at St. George’s high school, Manimala from February 17th to 20th where a stall was managed by the medical college. The Departments of Physical Medicine and Rehabilitation (PMR) and Community Medicine contributed the exhibits which were seen by school students and general public from all across Kottayam and Pathanamthitta districts. Rehabilitation techniques based on Virtual Reality and models on nutrition and drug abuse were a popular draw among exhibition visitors. Health awareness pamphlets were also distributed. Mrs. Monai (Health Educator), Mrs. Shiny (Health Inspector) and Mr. Jeff (Public Relations – PMR) coordinated the event under the aegis of Pushpagiri Center for Health Communication (PCHC).



ACHIEVEMENTS



DR. ANN MARIA JOHN- GOLD MEDAL FOR BEST PAPER PRESENTATION

Dr. Ann Maria John has received the gold medal for best paper presented in the K. C. Jacob gold medal session in the annual conference of Kerala Orthopaedic Association held in Alleppey.

DR BENCY K THOMAS- EUROPEAN DIPLOMA IN ADULT RESPIRATORYMEDICINE(EDRM)

Dr. Bency K Thomas, Assistant Professor, Department of Respiratory Medicine has cleared the European Adult Responsibility medicine exam and will be awarded the European Diploma in Adult Respiratory Medicine (EDRM)



DR. AHMED RAFAD - NEET SS EXAM

Dr. Rafad Ahmed, Senior Resident, Department of Respiratory Medicine, PIMS&RC cleared NEET SS exam and joined for DM (Pulmonary medicine) in SCB Medical College, Cuttack.

DR. P. S JOHN - MERITORIOUS AWARD

Dr. P. S John, Professor & Head, Department of Orthopaedics has received Kerala Orthopaedics Association meritorious award for his contributions in health care service.



DR. SABU P SAMUEL - NATIONAL MASTERS ATHLETICS CHAMPIONSHIP

Dr. Sabu P Samuel, Department of Physical Education bagged Gold Medal in High Jump & Silver Medal in pole vault at 42nd National Masters Athletics Championship-2023 conducted at Midnapur, west Bengal.

DR. FELIX JOHNS – COMMUNITY MEDICINE

Dr. Felix Johns, Head of the Department of Community Medicine has been selected as the state coordinator of Rheumatic Heart Club for a period of two years



APPOINTMENTS

DR. ANEES AHAMMED KURIKKAL O.V- GENERAL MEDICINE

Dr. Anees Ahammed Kurikkal O.V. is appointed as Senior Resident in the Department of General Medicine from 20th February 2023. He completed MBBS from M.E.S Medical College, Perinthalmanna, and DNB from Travancore Medical College, Kollam.



PUSHPAGIRI CLINICAL CLUB NEWS

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

- ▶ Deep Vein Thrombosis- A rare occurrence in Endometriosis- Dr. Anna Shibu
- ▶ Traumatic CSF Rhinorrhoea- A Case of Surgical Challenge- Dr. Vrindha Raj
- ▶ How to frame a research question?- Dr. Rosin George Varghese
- ▶ Digital Pathology- Future of the Field- Dr. Maria Reji

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

Dr. Susan Mathew

Dr. Jewel Christy Johnson

Dr. Rosin George Varghese

Dr. Nikita James

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