



### PRINCIPAL'S DESK

International Women's Day was celebrated annually on March 8<sup>th</sup> giving great importance on women's rights movement, issues such as gender equality, reproductive rights, and violence and abuse against women. It is a day when women are hallmarked for their achievements and to acknowledge the challenges they face.

Women are the backbone of not only the family but also the society and nation. Their contributions to the societal structure and functioning transcends the cultural and geographical boundaries. Women form the silent but the strong working force of every society. They work tirelessly towards the welfare of their family members, near & dear ones in an altruistic manner. Their attitudes and selfless service to others fructifies in wielding them with a rare inner strength and beauty, which often goes unrecognised in the society. Women can work against all odds to ensure the integrity and sustenance of the families especially in socioeconomically weaker sections of the society. Educated women reach heights of excellence in their careers forming source of inspiration and role model for the generations to come. The concept of women empowerment has been debated for decades across the nations. Women empowerment is contextual and varies with the degree of development of the societies on the whole. In developed societies it is well established that women are empowered, and are entitled to equal opportunities at education, jobs and social functioning. Whereas in developing societies women empowerment may be limited to only educational and job opportunities, curbing the women's expressivity and decision making in matters related to family and social functioning. There are yet other less developed societies where women struggle for basic rights like equal educational & job opportunities, freedom of expression & decision making, social acceptance & acknowledgement.

In our country, women play multiple roles, not only in their personal lives but also in their social and professional lives. Women are capable of balancing and managing them all prudently. All they require from the male counterparts of the society is recognition of their capabilities and acknowledgement of their services to the society.

Women's Day is not a day to be celebrated in various colours and meant to be forgotten. It is observed in recognition of the silent contribution made by the the women throughout the year in enriching the socioeconomic & cultural status of the societies. It is the day meant for all members of the society to pledge to work towards bridging the gaps in women empowerment observed among different sections of the society. Observing the Women's Day reminds the society of its duty to acknowledge the women and to ensure gender equality in all forms and at all times every single day of the year.

### When healing hurts; The epidemic of violence against doctors



**Dr. Nithin.K.Raju,**  
Editorial team.  
Pushpagiri Newsletter

Violence against doctors at their workplace is not a new phenomenon. The Indian Medical Association suggests that up to 75% of doctors have faced some kind of violence at work, which may comprise telephonic threats, intimidation, verbal abuse, physical assault causing simple or grievous injury,

murder, vandalism, and arson. Medical professionals who faced violence have been known to develop psychological issues such as depression, insomnia, post-traumatic stress, fear, and anxiety, leading to absenteeism. Many have lost their clinics, injured themselves, lost lives, and also tarnished their reputation as a professional due to these incidents.

Traditionally in India, medical professionals have been treated with respect by the society. However, the portrayal of doctors as profit making entities has crippled that image. The sensationalization of every news story, which frequently ignores the intricate complexities of the particular medical situation, is another pervasive element contributing to this negative perception of doctors. Since the advent of modern medicine, the cost of health care has increased worldwide and even risky procedures are expected to yield better outcomes. Due to the rising rates of violence, doctors are reluctant to take up serious cases, compromising health-care delivery. Thus, there is an urgent need to make health-care facilities safe havens for doctors as only then can they work with complete dedication.

More health budget spending would translate to better facilities and increased doctor-patient ratio, leading to a decrease in violence related to these factors. Media needs to understand that the practice of medicine is not a black-and-white subject. Diagnosis of a patient is essentially a hypothetico-deductive process and there is always a risk of negative outcome. Doctors cannot be held accountable for every death that occurs in the hospital on account of negligence. There have been attempts by the state government to make laws to prevent violence against doctors and these laws needs to be enforced strictly. However, a coordinated effort is required for this to happen. Maybe we need a cultural change that rejects the idea that violence is a necessary or inevitable part of behaviour. Such a culture encompasses not just individuals but also communities and countries. We hope no more doctors lose their lives to violence before action is initiated by organizations and the government.

## WORLD TB DAY (Tuberculosis day) – TB awareness program

World TB Day falls on 24th March and as part of its observation, a TB awareness program with Pulmonology camp was conducted by the Department of Community Medicine at the Urban Health Training Centre, Mathilbhagam. The sessions were led by Dr. Midhun M, Assistant Professor, Department of Respiratory Medicine. The event was inaugurated by Swami Nirvinananda, Head of - Ramakrishna Ashramam, Tiruvalla. PFT test and Blood pressure monitoring were provided free of cost. Free medicines were also distributed. The camp was coordinated by Dr. Joe Abraham (Assistant Professor, Department of Community Medicine), Dr Mercy (Medical Officer, UHTC), PG Residents Dr. Vandana Vijayan, Dr Roshna Rasheed and House surgeons Dr Aishwarya C.S and Dr Ananthalekshmi.



## PUSHPAGIRI WOMENS' DAY CELEBRATION 2023

Pushpagiri Women's Day Celebration 2023 was organized on March 8th by Junior Chamber International (JCI), Tiruvalla Chapter in collaboration with Pushpagiri Medical Society. JCI is an international organization with a network spread over several countries and they work tirelessly towards women's empowerment and conduct different training sessions for the same. Pushpagiri Medical Society was selected for the "International Women Achievers Award-PUSHPAVRISHTI 2023" by JCI in recognition of our outstanding contribution to women empowerment in the district of Pathanamthitta by providing education and employment opportunities for large number of women in the society. The total number of female students are 1509 and women staff are 1813 in our institution. The Chief Guest of Honour was Tiruvalla Municipal Chairperson Mrs. Anu George. As per JCI protocol the function started with the JCI creed by JC Kurien Cherian, Programme Director, JCI Tiruvalla Vice President. Welcome speech was by Mrs. Renuka Devi, Chief Quality Manager, Pushpagiri Medical College Hospital. The Presidential address was delivered by Lady JC Chairperson – JC Roshen Juby. The lamp lighting ceremony was gracefully conducted by all our dignitaries including Rev. Fr. Jose Kallumalickal (CEO, Pushpagiri Group of Institutions), Rev. Fr. Thomas Pariyarath (Hospital Administrator and Director IT, Pushpagiri Medical College Hospital), Rev. Fr. George Valiyaparambil (Director - College of Medicine & Allied Science). Mrs Anu George delivered the Inaugural address after the lamp lighting. The Guest of Honour message from JCI was presented by Zone President JCI India Zone 22 – JC Senator Shyam Kumar. The much-awaited award from JCI "International Women Achievers Award-PUSHPAVRISHTI 2023" was presented by Lady JC Chairperson JC Roshen Juby. Dr. M O Annamma (Principal of Pushpagiri College of Allied Health Sciences), Mrs. Suvarna S Panicker (Chief Nursing Officer, Pushpagiri Medical College Hospital), Dr Gaddam Vijaya Lakshmi (Vice Principal, Under-Graduate Studies, PIMSRC), Prof. Vineetha Jacob (Principal, Pushpagiri College of Nursing) were awarded on behalf of Pushpagiri Medical Society. 19 women staff of Pushpagiri Medical Society from different walks of life was felicitated for 30 plus years of service with a ponnada from JCI Chairperson and a certificate was presented by the chief guest Mrs Anu George on behalf of Pushpagiri Medical Society. The Keynote Address was delivered Adv. Rhea Mathai. Dr. Susan Mathew (Professor and HOD, Department of OBG, PIMSRC), Dr. Manju George Elanjickal, (Additional Professor, Department of Paediatrics, PIMSRC) felicitated the gathering. All the dignitaries were honoured with gifts by JC Roshen Juby on behalf of JCI officials. The vote of thanks was delivered by JCI Secretary JFP Jerry Joshy. Mini Mol A J was announced Women of the Day in the lucky draw. As per JCI protocol the ceremony was called to an end and JCI training session started for the students. JCI trainers JC Divya Madhu and JC Sajitha Shyam conducted the sessions on the topic "Who am I". The program was well appreciated by the participants.





## PEDIATRIC CRITICAL CARE SKILLS WORKSHOP

The department of Pediatrics along with the Critical Care Team conducted Pediatric Critical Care Skills Workshop on 16th March under the guidance of Dr Jacob Abraham, Professor and HOD of Pediatrics and Neonatology, Pushpagiri Medical College. The Programme was inaugurated by Dr S Letha, Professor, Department of Pediatrics. Dr John Joseph (Professor and HOD, Department of Pediatric Surgery), Dr Manju Mathew (Consultant and Associate Professor Critical Care), Dr Carol Sara Cherian (Additional Professor, Department of Pediatrics), Dr Roshan Roy and Dr Bincy Varghese (Associate Professor, Department of Pediatrics) co instructed the session. An expert discussion on Pediatric Critical Care was presided by Dr Joseph Philip, Associate Professor and Medical Director, Pediatric Cardiac Critical Care, Congenital Heart Center, Shands Hospital for Children University of Florida. At the end of the session all the participants were well aware of the basic procedures in critical care and were able to get hands on experience in intubation, vascular and interosseous access, defibrillation and cardioversion procedures.



## IMA token strike against violence on Doctors

Doctors from Pushpagiri Medical college and Pushpagiri Medicity wholeheartedly supported the token strike on 17<sup>th</sup> March coordinated by the IMA. The strike was to make the public and authorities aware of the unfortunate and unprecedented attacks on health care workers in the recent past. A common meeting was held in front of the casualty by 9am and Rev. Fr. Thomas Pariyarath addressed the gathering. Senior faculties of the institution strongly suggested the importance of the strike. Everyone went to municipal stage after the meeting for the public meeting by IMA Tiruvalla. The token strike was a big success even though it was conducted without refraining from the emergency patient care duties.



## NATIONAL SERVICE SCHEME(NSS) 7 DAYS SPECIAL CAMP: “DYUTHI 2023”

The NSS seven-day camp of Pushpagiri Medical College unit 'Dyuthi' with the theme 'Youth against drug and disease' started with the flagging off of the journey to the venue Chakkupallam, Kumily in Idukki district, by Dr. Vikram Gowda on 11<sup>th</sup> March at 5 pm. The meetings prior to the journey had divided the camp members into different groups and made the list of committees. Rev. Fr. Ottakkalil Sam, the Manager of the Institution and the Parish Priest of Chakkupallam arranged the accommodation as per the request of Director Rev. Fr. George Valiyaparambil.

The official inauguration of the camp was held on 12<sup>th</sup> March, Sunday, following Holy Mass, in the presence of parishioners. Mr. P.K Ramachandran, the Panchayat President inaugurated the camp in the function presided over by Mr. Antony Kuzhikattu, the former Panchayat President and in the presence of Mrs. Bindu, the ward member, NSS Programme officer Dr. Betsy. A. Jose, Fr. Sam and Fr. George Valiyaparambil attended the function. A health education regarding drug abuse and a motivation session was taken for the Sunday school children of the Parish following inauguration. The sessions were handled by the Programme Officer Dr. Betsy A Jose and Ms. Aaby Mariam, NSS leader. There were different committees entrusted with everyday activities like the Food committee, Games committee, Documentation committee, Cleaning committee, Cultural committee and Survey committee.

Each day in the NSS camp started at 7 am with a Zumba/yoga session handled by the Games committee, while the Food committee prepared coffee and Breakfast. Following the session an interval was given to volunteers to get ready for the day. It was followed by the morning assembly at 9am arranged by the Cultural committee beginning with the NSS song: Manassu Nannavattae, Thought for the day, reading of the previous day's news prepared by the Documentation committee in the camp newspaper named 'High Range Times' and instructions for the day would be given to the NSS Volunteers by the programme officer Dr. Betsy A Jose. This ends with the National Anthem.

On 12<sup>th</sup> March 2023, Monday, the activities were targeted to the school children. After the initial regular activities, a meeting was held with the school officials. In the meeting with the Principal Mr. Jose J Purayidom, Fr. Sam, the Manager and members of the faculty, NSS team of PIMSRC were welcomed officially to the institution and assured of all their support. This was followed by an open discussion on the topic 'Problems faced by adolescents' by the volunteers. The discussion was chaired by programme officer, Dr. Betsy A Jose. The discussion was fruitful and problems like drug addiction, peer pressure, sexual assault, addiction were addressed and management measures and way forward were also discussed. Later on, a class - 'MUKTHI' on drug abuse, its dangers, laws regarding with drugs by the Excise Department was organised. The session was taken by B. Rajkumar sir (Preventive Officer, Excise range office, Vandiperiyar). After lunch, a session on anti-drug awareness was held for students from Classes V to IX. The session started with a survey through questionnaire, class by NSS volunteer Ms. Riya Mary Roy and a role play on the same theme at the auditorium. Each day ends with cleaning. Cultural and games were organised by the respective committees and a review meeting in the presence of NSS PO to point out areas to improve and appreciate the good work.

Tuesday, 13<sup>th</sup> March 2023, was the first day of the Family Health Survey. After the regular activities and assembly, NSS volunteers and the faculty members arranged themselves into seven groups and were taken to different localities with the help of members of the parish for the survey. The survey was conducted with a questionnaire prepared by the Survey committee. Through the survey by visiting different houses, the health problems were identified, general examination including blood pressure measurement were assessed, advice regarding health care promotion were given and if found with any health needs, asked to participate in the medical camp which was organised on Saturday.

On 14<sup>th</sup> March 2023, Wednesday, the survey resumed and the findings of each group were discussed and enlisted in a chart for a better understanding of the health concerns of the community. It was followed by an open discussion on the topic - 'Impact of movie on usage of drugs'. The pros and cons of the topic were addressed and management measures were discussed by the team. It was followed by a Session by Mrs. Anuja Mary Thomas, Psychologist and expressive arts therapist on the topic - SCREW (Self-awareness, Communication, Resilience, Empathy and Willingness) for doctors. It was an interesting session and the session was concluded by compiling the arts of volunteers in a chart.

On 15<sup>th</sup> March 2023 following the regular camp activities, the health survey resumed. New areas in the panchayat were allocated for various groups for health survey. Within the two days, we were able to cover all areas of the panchayath and understand their health problems, evaluate it and do the needful. The activities of the day concluded with campfire and camp review.

On 16<sup>th</sup> March 2023, Thursday a cleaning drive was organised in the institution and church compounds. Each group was given a particular area to clean and cleaning was done. NSS volunteers who in addition to the work done as a part of the cleaning committee day by day could understand the need for keeping our surroundings clean and appreciate the effort put in by supporting staff and cleaning staff in doing so.

On 17<sup>th</sup> March 2023, Friday, a visit to a tribal community nearby Paliyakudam colony was arranged. A survey was conducted among the tribal community under the leadership of Rev. Fr. George Valiyaparambil, the Tribal Promoters & NSS PO. This Tamil speaking community suffer from many medical and social ailments, adding to it was the lack of availability of a nearby healthcare facility with emergency care, as also expressed by most of the members of the community throughout the Family Health Survey on the previous days.

On 18<sup>th</sup> March 2023, Saturday, a Mega medical camp was held. Medical team from Pushpagiri Medical College consisting of experts in Physical Medicine and Rehabilitation, Pediatrics, General Medicine, Cardiology, Gynecology, Community Medicine - CANcare for Cancer screening with pharmacy and ECG services, arrived for the camp. The patient details were collected and the prescription slips were issued by the registration desk, sending them to record Blood Pressure, all handled by the NSS volunteers. Tokens were given in their slip by the volunteers assigned to each O.P. who maintained a check in the rush for consultation. Testing and recording of visual acuity was also done by the NSS volunteers.

At the end of the camp, a token of our gratitude was handed over to the Manager of the Institution, Fr. Sam and the Vice Principal by NSS Programme officer, Dr. Betsy A Jose, Dr. Elaine (House surgeon) and NSS volunteer representatives.

PIMSRC witnessed 7 days special camp for the first time in these 20 years. The NSS camp completed successfully its 7 days emphasising on the topic Youth against drugs and diseases. Mr. Jerrin was selected as the best camper for DYUTHI. This special camp has helped NSS volunteers to improve the qualities like humanity, honesty, empathy, service mindedness, care. As our motto says, after the camp, we could also more powerfully and wholeheartedly say 'Not me But You'.



## “Wheels for Life” - 18<sup>th</sup> to 23<sup>rd</sup> March, 2023

A 5-day free distribution camp for wheelchairs and mobility aids for persons with locomotor disabilities was organised from March 18th to 23rd, 2023 at Pushpagiri Medical College Hospital. The Camp was organized by Physical Medicine and Rehabilitation Department. (PMR) in association with Sathyam Ministries and Through the Roof (TTR) Charity Organisation, United Kingdom. The Multidisciplinary team members of Through the Roof (UK) included Medico-Social workers – Mr Martyn Green (team leader) and Mrs Marie Green, Deputy and techie - Philip Watson, Therapists – Mrs Sally Hale, Mrs Fiona Carnegie (Occupational Therapists) Mrs Anita Ashworth (Physical Therapist), Mrs Susan Watson – Pastoral Care, Mr Peter Baily (Blogger).

The 5<sup>th</sup> day of the camp was held at the House of Divine Providence, Kunnamthanam a Care home run by LSDP Congregation, where children of various disabilities and health conditions were assessed by the PMR team along with the TTR team and provided customized wheelchairs according to the children’s needs. The staff who took care of the children were given orientation regarding the usage and mechanism of the mobility aids provided. A total of 105 persons with disabilities which included those suffering from chronic complications due to stroke, spinal cord injuries, traumatic brain injuries, and children with cerebral palsy and locomotor disability were assessed by the PM&R team and TTR Team and customised mobility aids were provided according to their needs.



## “WHEELS FOR LIFE” - PUBLIC FUNCTION, 22nd MARCH, 2023

On March 22, 2023, Pushpagiri Medical College Hospital's Department of Physical Medicine and Rehabilitation (PM&R) hosted a public function associated with the five-day “Wheels for Life” free distribution camp for wheelchairs and other mobility aids for persons with locomotor disabilities. The Department of Physical Medicine and Rehabilitation (PMR) had conducted the 5-day camp in collaboration with Sathyam Ministries and a United Kingdom-based Christian Charity Organization called “Through the Roof “. The function started with prayer song, after which Dr. Jimi Jose, Assistant Professor and In-charge, Department of PM&R, gave the welcome address. Dr. Abraham Varghese, Medical Director of Pushpagiri Medical College Hospital, delivered the Presidential address. Fr. George Valiyaparampil, Director of Pushpagiri Institute of Medical Sciences & Research Centre, delivered the Keynote address. His Grace Rev. Dr. Thomas Mar Koorilos, Metropolitan Archbishop, Catholic Archdiocese of Tiruvalla & Patron, Pushpagiri Medical Society, then delivered the Benedictory Address. Dr. C.V. Vadavana, Founder and President, Sathyam Ministries, addressed the gathering regarding the scope of potential future collaborations. Mr. Martin Green, Medico-Social worker and Team Leader, “Through the Roof” spoke about his experiences following which, a slideshow of the camp's activities was displayed. Through the Roof multi-disciplinary team members—Mrs. Fiona Carnegie, Occupational therapist, and Ms. Anita Ashworth, Physiotherapist—shared their experiences about the camp. Medical students Kripa Panikar and Sajith Paul, who had volunteered for the camp, recounted their experiences. H.G. Rev Dr. Thomas Mar Koorilos honoured the entire “Through the Roof” “multi-disciplinary team and Dr C.V Vadavana as a sign of affection. Dr. Sr. Betsy Thomas Tharayil, Senior Resident in the Department of PMR, gave a vote of thanks to conclude the meeting.



## World TB Day Observation

Department of Community Medicine in collaboration with NSS unit & RHTC Pulinkunnu observed World TB day and organised a skit themed “Yes we can end TB” at CHC champakulam on 24th March 2023.

Phase 3 M.B.B.S students of Pushpagiri Institute of Medical Sciences and Research Centre played a skit at CHC Champakkulam on 24<sup>th</sup> March 2023. Champakulam block Vice President - Mr Sreekanth inaugurated the programme. Dr.Harishankar (1<sup>st</sup> year P.G Resident ) gave the talk on TB -importance of diagnosis and treatment, followed by an awareness skit by the N.S.S volunteers of PIMS & RC for the patients attending OPD at CHC Champakulam. The skit emphasised the importance of timely diagnosis, treatment and follow up. The programme was attended by Staff nurse Molly and Mrs. Sabitha (JPHN of CHC champakulam), Dr Abhishek, Dr Abhijith (House surgeons, PIMS & RC) Mrs Sini and Mrs Bindhu (Health inspectors, PIMS & RC). The programme was coordinated by Dr. Vandana Vijayan (PG resident) & Dr. Betsy A Jose (Assistant Professor, Department of Community Medicine).



## Health Education Session on Self Breast Examination at Pulinkunnu RHTC

Breast cancers are highly prevalent in Kerala. To create an awareness about breast cancers & to teach how to do the self breast examination, which is a useful screening method to detect breast cancers in its early stages, Department of Community Medicine in collaboration with RHTC, Punnakunnam organised a health education session at the centre for women on 11/03/2023. An insight to the risk factors of breast cancer, signs & symptoms, self breast examination were dealt in session by Dr Dency Davis (PG resident) & assisted by interns. About 15 women attended the session. Dr. Betsy A Jose, Assistant Professor, Community Medicine & Mrs. Rani, Incharge Pulinkunnu coordinated the session.

## Medical Camp at Pushpagiri- CSI Community Health Centre Punnakkad

A Medical camp along with an awareness session regarding respiratory diseases was organized at Pushpagiri-CSI Community Health Centre Punnakkad by Department of Community Medicine with support from Department of Respiratory Medicine, PIMS & RC, on 19/03/2023. Dr Midhun M, Assistant Professor, Pulmonary Medicine, PIMS & RC initially took a health education session regarding the common respiratory diseases and various myths associated with management of these conditions, at St Thomas CSI Church Punnakkad. Session was attended by nearly hundred participants. Following this, medical camp was conducted under leadership of Dr. Midhun M. All services associated with camp were provided free of cost which included pulmonary function tests, blood pressure measurement and GRBS monitoring and necessary medicines. 43 patients made use of these services. Dr. Rosin George Varghese (Assistant Professor, Community Medicine), Dr. Dency Davis (PG Resident, Community Medicine), Dr. Abhishek (House surgeon, Community Medicine) and staffs of Pushpagiri-CSI Community Health Centre Punnakkad actively participated in the conduct of the camp



## CENTRAL LIBRARY & PCEBP CONFERENCE - DIGITAL MEDICAL INFORMATION RESOURCES FOR CLINICAL DECISION

Conference on “Digital Medical Information Resources for Clinical Decision” and Webinar on “Access to Clinical Key database” was organised by Central Library, Pushpagiri Institute of Medical Sciences & Research Centre (PIMS&RC), Tiruvalla in association with Pushpagiri Centre for Evidence Based Practice (PCEBP) on Tuesday, 07<sup>th</sup> March 2023 at Lecture Hall 2, Academic Block of PIMS&RC. Mr. Daies Idiculla, Chief Librarian, Gulf Medical University, Ajman, UAE was the Chief Guest and the Resource Person for the conference. Mr. Durga Ranganath, Customer Success manager of Elsevier Clinical Solution was another Resource Person.

The first session was taken by Mr. Daies Idiculla on Steps in Research, Role of databases in Medical Research etc. He demonstrated various Online medical databases like Clinical Key, Medline, EbscoHost, Access Pharmacy, UpToDate, Lecturio Nursing, Lecturio Medical, DrugDex & ScienceDirect which helps in the research area of Medical Education, Nursing, Pharmacy & Dental.

The Second session was taken by Mr. Durga Ranganath who gave detailed information on accessing Elsevier Clinical Key. The programme started with a prayer. Dr. Elsheba Mathew - PCEBP Director delivered the welcome speech. Rev. Fr. George Valiyaparambil, Director - PIMS&RC delivered the Director's message, Dr. Tomy Philip, Principal honoured the resource person by presenting a memento, Mr. Chandy Abraham, Chief Librarian delivered the Vote of thanks. 47 participants were present from various institutions and E-Certificates were provided to the participants.



### BLS and ACLS Course

BLS and ACLS Courses were conducted by Department of Anesthesiology from 20<sup>th</sup> to 22<sup>nd</sup> March 2023. 15 people participated. Class was conducted in skill lab.



## PUSHPAGIRI RESEARCH CENTRE UPDATES

### MOU –PUSHPAGIRI RESEARCH CENTRE & S.B. COLLEGE, CHANGANACHERRY

The MOU was executed on 29.03.2023 and is effective from 29.03.2023. The purpose of MOU is to formally express the mutual wish of PRC and SB College to develop collaborative teaching, research and exchanges between students, teachers, researchers and staff. This is an MOU which outlines an intention to promote collaboration between the above-mentioned institutions.



### RESEARCH DAY CELEBRATIONS 2023

The Research and Development unit of Pushpagiri College of Dental Sciences proudly celebrated the Research Day on 27<sup>th</sup> March, 2023. The chief guest for the event was Dr. C. P. Vijayan, Pro Vice-Chancellor, Kerala University of Health Sciences. The occasion was graced by Rev. Fr. Jose Kallumalickal, CEO Pushpagiri Group of Institutions and Rev. Dr. Mathew Mazhavancheril, (Director, Pushpagiri Research Centre). Rev. Fr. Aby Vadakkumthala, Director Institutions, Dr. Aby Mathew, Principal, PCDS, Vice Principals- Dr. Sunil S and Dr. Benley George, Head of all the departments, faculty members, post graduates and under graduate students were present for the programme.

The main intention of this programme is to encourage research culture and to appreciate the faculty members, post graduates and under graduates who have done exemplary performance in research activities during the year 2022. Research awards and funds were handed over to faculties and students. This was followed by a talk by the Guest speaker Dr. Saritha Susan Vargese, Associate Professor, Believers Church Medical College on the topic ‘Research for Scientific Practice and Education’.





## MEDICAL BIOTECHNOLOGY LABORATORY PRC

PRC has acquired a powerful state-of-the-art Dell Workstation powered by latest Intel® Core i9 processor with 2.4-5.1GHz processor and 32 GB RAM layout. Besides the workstation has 512GB SSD-2TB HDD hybrid memory capacity for storing and performing big data analysis and 4GB Nvidia Quadro graphics for performing whole genome sequence analysis, complex simulations and computer-aided drug designing studies. The workstation will be immensely useful to carry out cutting edge in-silico research and establish computational pipelines in the research filed. It's going to open new avenues for broadening our research spectrum in Pushpagiri for translational clinical research and validations. The workstation will also be extremely useful for guiding UG and PG students, carrying out Bioinformatics Workshops and hands-on-training sessions for Interns/Trainees/Project students coming to PRC for their undergraduate and post-graduate thesis. Currently the workstation is placed in the Medical Biotechnology Laboratory under the supervision of Dr Aniket Naha (Scientist, PRC).



## INTERNATIONAL CONFERENCE ON "EMERGING TRENDS IN PLANT SCIENCE RESEARCH"

The Catholicate College in Pathanamthitta, Kerala, India organized a two-day International Conference on "Emerging Trends in Plant Science Research" on March 6<sup>th</sup> and 7<sup>th</sup>, in association with the Kerala Academy of Science. The event was co-sponsored by the Kerala State Council for Science and Technology & Environment, Pattom, Thiruvananthapuram. Dr. Yogesh Bharat Dalvi from the Pushpagiri Research Centre was one of the resource persons invited to speak at the conference. He delivered a scientific talk on "Exploring the therapeutic potential of Phytoceuticals in tissue engineering: Harnessing the power of plants, algae, and fungi." The screening committee of the conference had approved the abstracts of 12 candidates from Pushpagiri Research Centre for participation in the oral and poster presentation competition. The following are the details of the abstract and the participants.

Best Oral Presentation (Research scholar)		Ms. Namitha Vijay	Exploration of tissue engineering potency of Polycaprolactone scaffold incorporated Ganoderma extracts
Best Oral Presentation (Student)		Ms. Olivia Thokchom	Development of sodium alginate-based hydrogels integrated with polyherbal extract for diabetic wound healing
Oral Presentation		Ms. Sunitha Sable	Phytherapeutic Approaches for accelerating diabetic wound healing: A comprehensive invitro and invivo investigation of herbal plant extracts
Poster Presentation		Mr. Nikhil Krishnan	Diabetic Wound Care Management: A Promising Approach With Zinc-Alginate Hydrogel Loaded With Moringa Bark Extract
Poster Presentation		Ms. Dain Babu	Isolation and molecular identification of phosphate solubilizing bacteria from soil
Poster Presentation		Ms. Jaitha S. Kumar	Analyzing The Efficacy Of Sodium Alginate Hydrogel Infused With Poly-herbal Extracts For Modern Wound Care Management
Poster Presentation		Ms. Jeff P. Johnson	In Vitro And In Vivo Studies of Diabetic Wound Healing By PVDF-Collagen-Biomolecule Scaffold
Poster Presentation		Ms. Mahima Soney	CBCT Assisted In Vivo Regeneration Potential Of Sol-Gel Synthesized Bioglass Loaded With Catechin Intended For Periodontal Regeneration

Poster Presentation		Ms.Saba Shaji Noushad	Evaluation Of Anti-Inflammatory Property of Aqueous Ethanolic Poly-Herbal Extract In CFA-Induced Rat Model
Poster Presentation		Ms.Saba Shaji Noushad	Evaluation Of Poly-Mushroom Extract in Treating Ethylene Glycol Induced Urolithiasis in Rat
Poster Presentation		Ms.Sneha Varghese	Exploring The In Vivo Biocompatibility Of PVDF-ZnO Composite Scaffold for Biomedical Applications
Poster Presentation		Ms.Sreelekshmi.S	In Vivo Evaluation of Guar Gum Hydrogel Incorporated Poly-Fungal Extract for Chronic Wounds in Rat

Namitha Vijay received the Best Oral Presentation in the Research Scholar category, and Olivia Thokchom received the Best Oral Presentation in the Student category. This conference provided an excellent opportunity for students to interact and exchange ideas with scientists from different areas of plant science and technology



### iBreast Exam training

PRC in collaboration with UE life sciences conducted a training session for one day on 30<sup>th</sup> March 2023 at the Menopause clinic of OBG OPD. The sessions were dealt by Mrs. Anjali, Bio medical engineering & Mrs.Kalavathi, Operations manager from Bangalore. Dr. Vandana Vijayan, Dr. Dency Davis & Dr. Sapna Meryl Mani, Postgraduates of department of Community Medicine attended the hands-on training & screening was done for 10 volunteers free of cost. An iBreast Exam helps detect lumps or lesions in the breast tissue that may not be visible or palpable. In published clinical studies, iBreast Exam has shown to identify breast lesions with sensitivity of 83% to 87%. In other words, iBreast Exam may miss to detect a breast lesion 13 - 17% of the times. It is Non-invasive, Radiation-free Breast Examination Device, user friendly anywhere and for all adult women. The machine was purchased to PRC as part of CANcare project. It costs around 3 -4 lakhs. Dr. Betsy A Jose, Community Medicine, Assistant Professor & PRC member coordinated the programme.



## PUSHPAGIRI CENTRE FOR EVIDENCE BASED PRACTICE (PCEBP) – A JBI Centre of Excellence, University of Adelaide, Australia

A 5-day Comprehensive Systematic Review Training Program (CSRTP) consisting of three practice modules was conducted by PCEBP on March 21<sup>st</sup>-23<sup>rd</sup> and 27<sup>th</sup>-28<sup>th</sup> 2023, 9:00 am - 4:00 pm at Pushpagiri Research Center. JBI trained trainers - Dr. Saritha Susan Vargese, Department of Community Medicine, Associate Professor, Believers Church Medical College Hospital and Deputy Director of PCEBP and Sr. Mary Jyothi OSS, Associate Professor of Child Health Nursing, Vice Principal, Pushpagiri College of Nursing took the classes on quantitative and qualitative systematic reviews respectively. Ten participants from different branches of health sciences including medicine, research, and nursing from in and out of Kerala took part in the training. The first systematic review by the PCEBP team was published in the JBI Evidence Synthesis journal in February.



## FACULTY SEED FUNDING

Dr. Sherin Sara George from the Department of Paediatric and Preventive Dentistry, Pushpagiri College of Dental Sciences, received faculty seed funding for the year 2022-2023 for the research protocol titled, "Preventive oral health behaviours and prevalence of oral diseases and dental treatment needs in children with Autism Spectrum Disorder, and management by a Non Restorative Caries Treatment Protocol". A certificate and cash of Rs. 25000/- was awarded for the same.



## PUBLICATION

- Naha, A., Ramaiah, S. Novel Antimicrobial Peptide SAAP Mutant as a Better Adjuvant to Sulbactam-Based Treatments against Clinical Strains of XDR Acinetobacter baumannii. Probiotics & Antimicro. Prot. (2023). <https://doi.org/10.1007/s12602-023-10067-5>.
- CMC, Serena; Lord, Heidi; Vargese, Saritha Susan; Kurian, Nisha; Cherian, Sunu Alice; Mathew, Elsheba; Fernandez, Ritin. Effectiveness of physical stimulation for reducing injection pain in adults receiving intramuscular injections: a systematic review and meta-analysis. JBI Evidence Synthesis 21(2):373-400, February 2023. | DOI: 10.11124/JBIES-20-00590

## PRESENTATION

Dr. Soumya R.S. (Scientist PRC) did an oral presentation on paper entitled "Effect of allicin incorporated locust bean gum nanoparticles on isoproterenol induced myocardial infarction in rats", at a two-day, National conference on Advanced functional materials held at VTMNSS college, Dhanuvachapuram, Trivandrum co-sponsored by Kerala State Science Technology and Environment (KSCSTE) The conference was held from 23-03-2023 to 24-03-2023.

# Congratulations

to all the students who got their ICMR -STS 2022 report approved !!

## ACHIEVEMENTS

Name of Student : **Abhishek P, 2018 Batch, Third MBBS Part -II**  
Name of Guide : Dr Gaddam Vijayalakshmi  
Department : Anatomy  
Topic : A Cadaveric Study of Myopectineal Orifice in South Indian Population

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Name of Student : **Mohammad Riyas S, 2018 Batch, Third MBBS Part -II**  
Name of Guide : Dr Anjana Mary Reynolds  
Department : ENT  
Topic : Study on Use of Facemask and Proportion of Sinonasal Symptoms and Quality of Life Among Known Patients of Chronic Rhinosinusitis

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Name of Student : **Ninan Vergis, 2018 Batch, Third MBBS Part-II**  
Name of Guide : Dr Leya Elizabeth Babu  
Department : Physiology  
Topic : Prevalence of Physical Activity in Underweight, Overweight and Obese Young Adults Studying in Different Institutions in South Kerala, During COVID-19 Pandemic

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Name of Student : **Alex Peter, 2018 Batch, Third MBBS Part -II**  
Name of Guide : Dr N R Vikram Gowda  
Department : Physiology  
Topic : Association of blood glucose, serum lipids AND BMI with retinopathy in older adults of South Kerala

---

Name of Student : **Aswathy P S, 2017 Batch, Third MBBS Part - II**  
Name of Guide : Dr Rachel Mathew  
Department : OBG  
Topic : Proportion of metabolic syndrome among patients with uterine leiomyoma attending in a tertiary health care center in South Kerala: A Cross sectional study

---

Name of Student : **Asha Chinnu Sabu, 2017 Batch, Third MBBS Part-I**  
Name of Guide : Dr Mithun Muralikrishna  
Department : Emergency Medicine  
Topic : Prevalance and outcome of undiagnosed hypertensive patients presenting to the Emergency Medicine department of a medical college in Southern Kerala

---

Name of Student : **Athul S Kumar, 2017 Batch, Third MBBS Part-I**  
Name of Guide : Dr Sheena Varughese  
Department : Psychiatry  
Topic : Frequency of suicide ideation and its association with depression, anxiety and stress and help seeking behaviour among medical students of Kerala

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Name of Student : **Toms Joseph, 2019 Batch, Third MBBS Part-I**  
Name of Guide : Dr Amrutha Mary  
Department : Physiology  
Topic : The effect of gestational anaemia on the auditory function of neonates.

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Name of Student : **Benjamin David George, 2018 Batch, Third MBBS Part-II**  
Name of Guide : Dr Sreeja Nair  
Department : Microbiology  
Topic : Evaluation of Cartridge Based Nucleic Acid Amplification Test (CBNAAT) in comparison with Microscopy and Culture for Diagnosis of Extrapulmonary Tuberculosis – A study from a Tertiary Care Centre, Kerala

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Name of Student : **Ashin T Senoj, 2019 Batch, Third MBBS Part-I**  
Name of Guide : Dr Santosh Pillai  
Department : Pharmacology  
Topic : To monitor the adverse drug reactions associated with the use of antihypertensive agents in a tertiary care hospital in central Kerala

---

Name of Student : **Ann Merin Mathews, 2019 Batch, Third MBBS Part-I**  
Name of Guide : Dr Elsheba Mathew  
Department : Community Medicine  
Topic : Feeding Practices, Weight Gain and Morbidity by Birth Weight in Infants Attending a Tertiary Care Centre

---

Name of Student : **Melvin Stalin 2019 Batch, Third MBBS Part-I**  
Name of Guide : Dr Shinto Devassy  
Department : Forensic Medicine  
Topic : Medicolegal Evaluation of Motorcyclist Related Limb Trauma - Study on Injury Patterns, Associated Factors and Documentation

## Second prize for Oral presentation

Dr Gokul S Shankar, Final year PG, Department of Microbiology, bagged the 2nd prize for oral presentation at the international conference- CHET TBCON



### Cleared FRCS Glasgow

Dr. Dhideeya Ali and Dr. Asha George (Department of Ophthalmology, PIMSRC) cleared FRCS Glasgow



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## PROMOTIONS

### PROMOTIONS FOR THE MONTH OF MARCH 2023

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#### **Dr. Mathew Pulicken – Critical Care**

Dr. Mathew Pulicken, Department of Critical Care has been promoted to Professor from 01<sup>st</sup> March 2023.



#### **Dr. Sethu Babu - Critical Care**

Dr. Sethu Babu, Department of Critical Care has been promoted to Professor from 01<sup>st</sup> March 2023



#### **Dr. Sarojinamma C S – General Medicine**

Dr. Sarojinamma C S, Department of General Medicine has been promoted to Associate Professor from 01<sup>st</sup> March 2023

## PUSHPAGIRI CLINICAL CLUB NEWS

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

- ▶ A battle with a Wattle- Dr. Praveena Merin Abraham
- ▶ Prevalence of Carbapenem Resistance in Gram Negative ESKAPE pathogens and trend of susceptible antimicrobials for a sustainable therapeutic regimen - Dr. Aniket Naha
- ▶ Diabetic Ketoacidosis with mixed Acid Base Disturbance in an 8 year old child - DR. Malini Kunnath
- ▶ Air Pollution - Ticking Bomb : A retrospection after the Brahmapuram fiasco Dr. Harishankar A

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

Dr. Joe Mathew

Dr. Ajumala M Basheer

Dr. Aneeta Mary Jacob

Dr. Joe Abraham

Chief Editor : Rev. Fr. George Valiyaparambil  
Email : [directormedicalcollege@pushpagiri.in](mailto:directormedicalcollege@pushpagiri.in)

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Editorial Team : Dr. Nithin K Raju  
: Dr. Dona Dominic  
: Dr. Leya Elizabeth Babu  
Email : [newsletter@pimsrc.edu.in](mailto:newsletter@pimsrc.edu.in)  
Design & Layout : Anand  
: [publicrelations@pimsrc.edu.in](mailto:publicrelations@pimsrc.edu.in)



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