



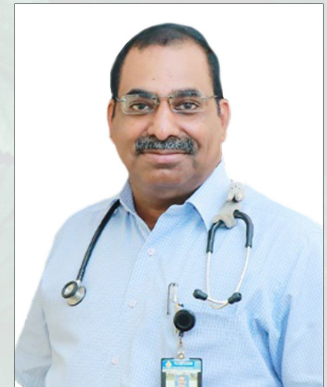
### PRINCIPAL'S DESK

We are entering into a new academic year with the undergraduate & postgraduate admissions likely to happen soon. In spite of the continuing Covid scare, we have learned how to move forward. It is really heartening to see that all classes are completely back to offline platform and students are getting adequate clinical exposure. All the university examinations are taking place as per schedule. The campus is also alive with the return of most of the extracurricular activities. The college day and the fresher's day was celebrated a month back with the new College Union taking over. I congratulate the students & faculty for the excellent results in the most recent UG & PG examination. The passing out ceremony of the 2016 batch was conducted a week back and I extend my wishes to all graduating young doctors. As the Medical College is celebrating the 20<sup>th</sup> year, let us pray for more blessings from almighty God. Let us work together to achieve greater heights. Wishing a happy Onam to all members of Pushpagiri family.

### BREAST FEEDING –THE BEST MANIFESTATION OF MOTHER'S LOVE TO HER BABY!!!

#### Dr. Jacob Abraham

Professor and Head, Department of Paediatrics and Neonatology.



**"Breastfeeding is a mother's gift to herself, her baby and the earth"** – Pamela K Wiggins.

August 01<sup>st</sup> till 07<sup>th</sup> is celebrated every year as World Breastfeeding Week (WBW). Since 2016, WBW has been aligned with the Sustainable Development Goals (SDGs) and in 2018 a World Health Assembly resolution endorsed WBW as an important breastfeeding promotion strategy. The theme for this year is 'Step up for Breastfeeding – Educate and Support'. Breast milk is often described as "the nectar of life" – the continuum of the umbilical cord connection between the mother and her infant. Exclusive breastfeeding in the first six months of the baby's life is all that is required to provide nourishment that a baby requires for optimal somatic and mental growth during that period – "a mother's greatest gift to her child"! Transfer of antibodies ensures sustained passive immunity and being on exclusive breast feeds helps protect the child from common problems like early childhood diarrhea and respiratory infections. Exclusively breastfed babies benefit from better early childhood weight gain pattern as well as a reduced later incidence of childhood obesity, asthma, allergies, childhood leukemia and heart disease. Better bonding with the baby as well a decrease in the incidence of maternal depression, ovarian and breast malignancy are definite rewards to the mother for her effort at breastfeeding her baby. To say that breastfeeding for a newly delivered mother is a 'natural instinct' and 'comes very naturally to her', would be an unfortunate statement. Many mothers need support, encouragement, gentle prodding and lot of understanding to be able to initiate and sustain breastfeeding in the immediate few days of delivery. Specially trained Lactation Counsellors at many hospitals including ours, support mothers who need to be initiated into breastfeeding. They clear doubts and provide encouragement to continue exclusive breastfeeding. Once the mother returns home, they are a helpline to provide support to solve simple problems and anxieties related to breastfeeding. While working mothers abound in Kerala, the interest to be able to breast feed her baby is also quite real. It is often said that "Breastfeeding is not a choice, it's a responsibility". Motivated mothers who are keen to establish and continue feeding their child as long as they possibly can, without compromising on their careers are many, but then 'responsibility' is not limited to the mother alone. Kerala became India's first "Baby Friendly" state as far back as in August 2002, as part of the WHO - UNICEF sponsored Baby Friendly Hospital Initiative (BFHI) Program, for implementing, promoting and practicing early initiation and sustained exclusive breastfeeding which has definitely reflected as improved infant and childhood health statistics in the state. As a land of educated, working mothers, Kerala can be a beacon to the nation and the state government's input and efforts in this regard are indeed laudable. It is encouraging that the IAP (Indian Academy of Pediatrics), Kerala's aim to re-certify hospitals in Kerala as "Mother and Baby Friendly" under the new MBFHI Program (Mother and Baby Friendly Hospital Initiative) by recognizing the role of mothers and which was taken forward by involving the state's FOGSI (Federation of Obstetricians & Gynaecologists), was initially supported and later taken over by the state government with an aim to provide greater reach and impetus. A crèche at the work-place is something of a lofty ideal, but it is heartening that the Government of Kerala again took the initiative in this regard as part of its new program to create 'workplace child care centres' to start one of the first at a government office at the PSC Headquarters at Pattom, Thiruvananthapuram in August 2022. Working mothers would definitely find it useful to continue child care satisfactorily and continue breast feeding till two years of age, the recommended age to which breastfeeding must and should be continued, without hampering or compromising their work

## AS THE CAPS FLY HIGH, SO DO THEIR DREAMS

After a long gap of 3 years, a graduation event was held in the grounds of Pushpagiri on 20<sup>th</sup> August, 2022 - The Graduation ceremony of 2016 MBBS batch. The events started with grand procession including the eminent faculties and graduates. Around 1500 guests were seated inside the big dome. Medical Director Dr. Abraham Varghese welcomed the gathering. Our Patron, His Grace Most Rev. Dr. Thomas Mar Koorilos blessed the gathering. The ceremony was declared open by chief guest of the day, Dr. V P Gangadharan, Senior consultant and HOD of medical and Paediatric oncology. Principal Advisor Shri Jacob Punnoose IPS, addressed the gathering. Vice principal Dr. Gaddam Vijayalakshmi presented students for graduation, oath was recited by the Principal Dr. Tomy Philip and 99 graduates took the oath, received medals and certificates from the chief guest. Memories of 6 years, compiled in few pages, the 2016 batch slam book was released by students and intern's coordinator Dr. Benny Bright. Student representative Dr. Arunima Mariya George gave out the valedictorian speech. The ceremony solemnly ended with the vote of thanks by Vice Principal Dr. Vikram Gowda. The contented smiles of 99 graduates and their parents echoed the dome.



### DR. ARUNIMA MARIYA GEORGE, STUDENT REPRESENTATIVE, 2016 MBBS BATCH

Experience, one of kind! Organizing a grand event like this after 3 long years seemed herculean in the beginning... Now that it's all over, we realise how blessed we are to have such a great support system here in our campus. We, as students were zero aware of how to conduct such a huge event. Our mentor, Dr. Benny Bright was the strongest pillar that held us up through this. I take this opportunity to thank his blessed presence. Our CRRRI director Dr. Robinson George paved the way for us through many hurdles. The total team guided us in all the way possible. Huge thanks from the bottoms of our hearts. Graduation is an experience, not to be missed by any medico. A dream of many lives. Stepping away from the campus grounds, in heart's content, wishing all the best to our alma-mater.



### 20<sup>TH</sup> YEAR CELEBRATION OF THE PIMS LOGO RELEASE

The logo of 20<sup>th</sup> year celebration of the PIMS was released by one of the leading oncologist in Kerala, Dr.V.P.Gangadharan, on 20<sup>th</sup> August 2022 during the graduation ceremony of 2016 MBBS batch in the presence of our patron H.G. Most Rev. Dr. Thomas Mar Koorilos. PIMS, one of the pioneers in the medical education field in the private sector, in Kerala has scaled many heights in the medical and social fields during the past 20 years. The celebrations will start in December 2022.

# Onam CELEBRATION

At Pushpagiri 27<sup>th</sup> August 2022



## **PUSHPAGIRI's FIRST TRANSCATHETER AORTIC VALVE REPLACEMENT**

Cardiology and thoracic department successfully did newer interventional procedure of TAVR on 20th August 2022 for an 84 year old suffering from heart failure. The patient was planned for aortic valve replacement but had very high risk for surgery and so was planned for transcatheter procedure. After preliminary stabilization he was catheterised using 18 F python sheath through common femoral artery and a 9mm mammoth balloon was used to dilate stenosed aortic valve. Further 24.5 sized MYVAL aortic valve was placed in aortic position with full expansion using safari wire under rapid pacing, crushing the native valve. Excellent result was noted with dramatic improvement in pressure gradients, symptoms with no significant complications. HEART TEAM of Dr. Rajan Manjooran, Dr. Venugopal, Dr. George Koshy, Dr. Ashish Kumar, Dr. Pramod PC, Dr. Harikrishnan, Dr. Arun, Dr. Aneesh Varkey took care of whole procedure.



## **NETHRA DANAM MAHA DANAM**

The National eye donation Fortnight is observed every year from 25<sup>th</sup> August to 8<sup>th</sup> September. It is a campaign which aims to create mass public awareness about the importance of eye donation and to motivate people to pledge their eyes for donation after death. Blindness is one of the major public health problems in the developing countries. According to WHO, corneal diseases are among the major causes of vision loss and blindness after cataract and glaucoma. In most cases of corneal blindness loss of eye sight can be corrected through eye donation. By donating eyes after death, a corneal blind person can see again through a surgical procedure known as corneal transplantation, where damaged cornea is replaced by a healthy cornea from the eye donor. Pushpagiri medical college's Department of Ophthalmology had organised a program called 'Nethra Danam Maha Danam' which was conducted on 26th August at senate hall. The families who donated their loved one's eyes for this noble were recognised in this programme. Awareness seminars were conducted under the leadership of Dr. Abraham Ipe and Dr. Kashinatha Shenoy.

## **39<sup>TH</sup> ANNIVERSARY LECTURE Department of Psychiatry**

39<sup>th</sup> Anniversary Lecture of the Department of Psychiatry, Pushpagiri was delivered by Dr. Sajoy P Varghese, University of California on "Relevance of Tele-Psychiatry in mental health care". Prof. Dr. Roy Abraham Kallivayalil, HOD presided and honored Dr Sajoy with a "Ponnada". Dr. Gaddam Vijaya Lakshmi - Vice principal, Dr Joice Geo- Associate Professor and Fr Ritto Mathew attended the function.





## SPANDANAM- COLLEGE HEALTH CLUB- Assumption College, Changanasserry

Lifestyle diseases are a major health challenge faced by today's society. With the aim of promoting and maintaining behavioural change towards good health practices among adolescents, Spandanam - Pushpagiri health club was established in Assumption College, Changanasserry. The club was inaugurated by Smt. Bindu Velayudhan (Assistant Executive Engineer, Local Self Government Department) on 17<sup>th</sup> August. Rev. Fr. George Valiyaparambil, Director, Pushpagiri Medical College told regular health awareness sessions and medical screening camps will be organized utilizing the experienced doctors from various departments of Pushpagiri Medical College. PCHC Dispatch, a monthly online newsletter with articles contributed by our doctors was also launched. A health screening camp was also conducted and health cards were issued to the students. Smt. Anita Jose, Principal, Assumption College, Dr. Joe Abraham, Dr. Sharon Raj, Dr. Betsy A. Jose, Mr. Jeswin P George participated in the event.

## SPANDANAM- COLLEGE HEALTH CLUB- SB College, Changanasserry

Pushpagiri Institute of Medical Sciences signed a MoU with SB College, Changanasserry for starting Spandanam Health Club for College students. Even individuals with adequate general literacy might have inadequate Health Literacy and the club envisages helping students to develop knowledge and skills that can be applied to health contexts. MoU was handed over to Rev Fr. Regi P Kurian, SB College Principal by Rev Fr. George Valiyaparambil, Director Pushpagiri College of Medicine & Allied Sciences, Dr. Joe Abraham, Dr. Betsy A Jose, Dr. Sharon Raj Eliza and Mr. Jeswin P George of Department of Community Medicine also attended the function.



## AZADI KA AMRIT MAHOTSAV

To commemorate India's 75<sup>th</sup> year of Independence, Azadi ka Amrit Mahotsav is being celebrated throughout the country. It is also the 125<sup>th</sup> anniversary of Swami Vivekananda's return from the west after his success at the Chicago Parliament of Religions. Pushpagiri NSS Unit joined hands with Sri RamaKrishna Ashrama, Thiruvalla to mark the occasion. In a function inaugurated by His Holiness Archbishop Thomas Mar Koorilos, the main address on "Role of Swami. Vivekananda in Indian Freedom Struggles" was delivered by Swami. Virabhadrananda, President, Ramakrishna Math, Haripad. Dr. Vijayamohan, Macfast College, Thiruvalla, delivered a talk on "India before & after Swami. Vivekananda's Chicago Speech".



# PUSHPAGIRI RESEARCH CENTRE UPDATES

## VISIT TO CSIR

The visit to CSIR - Central Food Technological Research Institute - Council of Scientific and Industrial Research (CFTRI), Mysuru, Karnataka, was to discuss future collaborative research works with the research team headed by Dr. Sridevi Annapurna Singh, Director, CSIR-Central Food Technological Research Institute and Rev. Dr. Mathew Mazhavancherriil (Research Director, PIMS and RC) along with Dr. Yogesh Bharat Dalvi (Scientist, PIMS and RC).

The main topic of discussion was regarding collaborative research works that will lead to the application of constructive ideas bridging various fields of science to generate high impact publications, patents and novel protocols, faculty exchange, student exchange and submission of joint collaborative research proposal to various national and international funding agencies. This is believed to enhance scientific learning and expertise that can transcend the level of scientific knowledge.



## MOU WITH PUSHPAGIRI RESEARCH CENTRE & SAVEETHA DENTAL COLLEGE (SDC), SAVEETHA INSTITUTE OF MEDICAL & TECHNICAL SCIENCES (SIMATS) AND INTERNATIONAL AND INTER UNIVERSITY CENTRE FOR NANO SCIENCE AND NANOTECHNOLOGY (HUCNN), MAHATMA GANDHI UNIVERSITY, KOTTAYAM



The Memorandum of understanding of Pushpagiri Research Centre & Saveetha Dental College (SDC), Saveetha Institute of Medical & Technical Sciences (SIMATS) was entered on 29/08/22. This is a leading educational Institution in Chennai represented by Dr. Sheeja Varghese, Registrar, SIMATS. Hereafter referred to as "SDC" PRC and International and Inter University Centre for Nano science and Nanotechnology (HUCNN), Mahatma Gandhi University, Kottayam represented by Prof. (Dr.) Sabu Thomas, Director signed MoU with Saveetha Deemed University. Prime focus of MoU but not limited to are Ebbabiolight markers assisted imaging and evaluation of antimicrobial properties of tissue engineering scaffolds. The MOU shall be valid for a period of three years from the effective date. Pushpagiri research Centre, SDC, SIMATS and International and Interuniversity centre for Nano science MG University, Kottayam shall collaborate for Research projects and Jointly publish Research papers in High impact (SCI) Journals with sharing Authorship.

# PERIPHERAL ACTIVITIES

## HEALTH AWARENESS SESSION AT- St. Thomas Higher Secondary School, Eruvellipra

Non communicable diseases (NCD) kill 41 million people each year equivalent to 71% of all death globally. NCD's occur due to combination of genetic, physiological, environmental and behavioral factors. The complications that develop due to uncontrolled NCDs are extreme. Hence primary prevention, which includes health promotional measures are the best method to tackle NCD. Health awareness about the risk factors is a key method to control NCD that too among the adolescent age group is the best. NSS volunteers of PIMS & RC portrayed a skit regarding risk factors of NCDs to students of St. Thomas Higher Secondary School, Eruvellipra on 8th August 2022. An awareness class about prevention of NCD was given to 50 students by Dr. Betsy A Jose, Assistant Professor, Department of Community Medicine, PIMS & RC.



## HEALTH AWARENESS SESSION AT BODHANA TRAINING CENTRE

According to WHO, entire world is moving towards a public health disaster as approximately 16 million people annually fall victim to lifestyle diseases. One in 4 persons are at risk of dying from an NCD before the age of 70 in India. The need for public awareness is not stressed enough, but is important because lifestyle diseases are also the easiest to prevent. Simply modifying our lifestyle can result in a huge reduction in the incidence of NCDs. A public health awareness session was conducted at Bodhana Training Centre Tiruvalla, on 01.08.22, highlighting the role of lifestyle modification in preventing NCDs. A team of 2 doctors visited the institution. The talk was delivered by Dr. Vandana Vijayan. The primary goal of this session was to change perception towards diabetic and hypertensive diets and to generate awareness about it. Since the declaration of Monkey pox as a public health emergency of international concern, increasing number of Monkey pox cases has started to become a reason of panic among people and so the queries regarding the disease were also addressed in the interactive session following the speech. BP monitoring was done by Dr. Sikha (house surgeon) and individual consultation was provided to a few people who were in need of it. A total of 30 people attended the session.

## HEALTH AWARENESS PROGRAM

Department of Community Medicine in collaboration with CSI Community Health Project, Punnakad conducted an awareness programme on school health and personal hygiene practices at MTLP School Onthekadu. Welcoming speech by Mrs. Elsy, Principal of the school. Rev. Fr. Thomas Varkey, Vicar CSI, Punnakad and Rev. Fr. Thomas Mathew gave short messages on the importance of school health. An awareness session on School health and personal hygiene practices was taken by Dr. Mary Dello Rebello, postgraduate resident in department of community medicine. A total of 30 students attended.



## ACHEIVEMENTS



### DR. VARKEY S KULANGARA - ORTHOPEDECS

Dr. Varkey S Kulangara, Assistant Professor, Department of orthopedics has secured MRCS Degree from Royal College of Surgeons of Edinburgh, UK, on clearing the MRCS OSCE exam conducted in July 2022. He is working with Pushpagiri Medical College Hospital since 2018. He completed MBBS from Government Medical College, Trivandrum 2012), MS Orthopaedics (Government Medical College, Thrissur 2017) and DNB Orthopaedics, 2018.



### DR. ARJUN JAMES - EMERGENCY MEDICINE

Dr. Arjun James, Assistant Professor Department of Emergency Medicine has achieved MRC EM degree from Royal College Of Emergency Medicine Edinburg, UK. He completed MBBS from (Father Muller Medical College, Manglore 2013), DNB Emergency Medicine (Pushpagiri Institute of Medical Sciences & Research Centre, Tiruvalla).



### DR. JOICE GEO - PSYCHIATRY

Dr. Joice Geo, Associate Professor Department of Psychiatry has been elected as the Hon. General Secretary of Indian Psychiatry Society, Kerala State. She is the first lady to be elected to this post in IPS Kerala. She is working with Pushpagiri Medical College Hospital for 9 years. She completed MBBS from (Govt. Medical College, Thrissur 1998), DPM (Govt. Medical College Trivandrum 2006), and DNB Psychiatry (National Board of Examinations 2010)

## PRIZE WINNERS IN ANNUAL CONFERENCE OF ASSOCIATION OF PEDIATRIC NEUROLOGY CHILD NEURON 2022

*Hearty congrats to the winners...!!!*



### DR. BERYL D'CRUZ

First prize for Poster presentation -  
A case report on Pyridoxine  
Dependent Epilepsy.



### DR. CHRIS PLACID

Second prize for paper presentation -  
The role of Molecular Genetics in  
Autism from Pratheeksha Child  
Development Center.



### PRIZE WINNERS OF IPS PSYCHIATRY EXAMINATION

Dr Meghna Sivji, All Kerala First Prize and Dr Abdul Rahman Gold Medal winner in the Psychiatry examination organised by Indian Psychiatric Society Kerala State branch. The third prize was also won by Dr Jeeva Mariam Scaria and Dr Michelle Mary Abraham, also of Pushpagiri. Our warm appreciation to them for this outstanding achievements.

**Department of Pediatrics, Pushpagiri bagged prizes for oral presentations  
at the state Annual conference of Association of Pediatric  
Neurology Child Neuron 2022 held at Kollam**



# MEDICAL POST GRADUATES EXAMINATION RESULT – MAY 2022

## *Congratulations!*



## DEPARTMENT OF COMMUNITY MEDICINE

- Paul SS, Schröder-Butterfill E. The Psychological and Economic Impacts of Caregiving on Family Carers for People with Probable Dementia in Rural South India. *Journal of Cross-Cultural Gerontology*. 2022 Jun;37(2):201-19.

## DEPARTMENT OF PMR

- Jimi Jose. Pediatric stroke rehabilitation. *Kerala Journal of PMR*. 2022 July Vol:19; Issue:3; 24-30

## DEPARTMENT OF MICROBIOLOGY

- Sherly Antony, Saritha Susan Vargese, Mercy John Idikula, Carol Sara Cherian, Elsheba Mathew, Heidi Green, Ritin Fernandez. Prevalence, clinical features and outcomes of COVID-19 in persons with Cystic Fibrosis: A systematic review protocol. *JBI Evidence Synthesis*: July 12, 2022 - Volume - Issue - doi: 10.11124/JBIES-22-00018
- Sherin Jacob, Reshmy R, Sherly Antony, Aravind Madhavan, Raveendran Sindhu, Mukesh Kumar Awasthi, Mohammed Kuddus, Santhosh Pillai, Sunita Varjani, Ashok Pandey & Parameswaran Binod (2022) Nanocellulose in tissue engineering and bioremediation: mechanism of action, *Bioengineered*, 2022; 13(5): 12823-33, DOI: 10.1080/21655979.2022.2074739
- Sherly Antony, Sham Antony, Sharrel Rebello, Sandhra George, Devika T. Biju, Reshmy R, Aravind Madhavan, Parameswaran Binod, Ashok Pandey, Raveendran Sindhu, Mukesh Kumar Awasthi. Bioremediation of Endocrine Disrupting Chemicals-Advancements and Challenges. *Environmental Research*, 2022 (213):113509. <https://doi.org/10.1016/j.envres.2022.113509>
- Antony S., Sukumaran T U , Rathinam P., Reshmy R., Sindhu R. (2022) Biosurfactants in Respiratory viruses and the COVID-19 Pandemic. In: *Green Sustainable Process for Chemical and Environmental Engineering and Science: Biomedical Application of Biosurfactant in Medical Sector*, Elsevier Academic Press, <https://doi.org/10.1016/B978-0-323-85146-6.00017-6>
- Prasanth Rathinam, Sherly Antony, Reshmy R., Aravind Madhavan, Parameswaran Binod, Ashok Pandey, Raveendran Sindhu, (2022) Biosurfactant As An Intervention For Medical Device Associated Infections. In: *Green Sustainable Process for Chemical and Environmental Engineering and Science: Biomedical Application of Biosurfactant in Medical Sector* , Elsevier Academic Press, <https://doi.org/10.1016/B978-0-323-85146-6.00007-3>

## ◆ DEPARTMENT OF PHARMACOLOGY

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- Revathi R, Bhagyalekshmi N, Ramesh M, Santosh Pillai R. An observational study on adverse drug reaction profile in patients on long-term treatment with proton pump inhibitors. *Natl J Physiol Pharm Pharmacol* 2022; 12(04):477-480.
- Dayana K, Manasa M. R. Anti-Inflammatory Activity of Sesamum Indicum L. Seed Extracts in Experimental Animal Models. *Biomed Pharmacol J* 2022;15(1).
- Dayana K, Manasa M.R. Analgesic activity of ethanolic, hexane and chloroform extracts of albino mice. *Int J Pharm Sci & Res* 20 22; 1 3 (8): 319-498.
- Dayana K, Kamil RM, Manasa MR, Mathew SM, Chatterjee S. Synthesis and evaluation of antifungal activity studies of novel 2-(2-pyridyl)-2H-pyrazole3- carboxamide derivatives. *Natl J Physiol Pharm Pharmacol* 2022;12(08):1278-1281

## ◆ DEPARTMENT OF ANATOMY

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- Dr. Nithin.K.Raju presented a paper with title "Changes in microanatomy of human seminal vesicles with age" at the state conference of Anatomical Society of India on 14th August 2022 held at MES Medical College, Perinthalmanna, Kerala.
- Dr. Jincy Raj.C presented a poster with title "A cadaveric study on prevalence, morphometry and histology of os peroneum" at the state conference of Anatomical Society of India on 14th August 2022 held at MES Medical College, Perinthalmanna, Kerala.
- Dr. Jincy Raj.C presented a paper with title "Long plantar ligament of transverse tarsal joint complex - a cadaveric study" at the state conference of Anatomical Society of India on 14<sup>th</sup> August 2022 held at MES Medical College, Perinthalmanna, Kerala.

## ◆ DEPARTMENT OF BIOCHEMISTRY

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- Dr. Doney Manuel John presented a paper with title "A rare case of hemoglobinopathy mimicking sickle cell" at the 29<sup>th</sup> Annual conference AMBICON of Association of medical biochemists of India held at Vani vilas women and children hospital, Bengaluru, Karnataka on 19<sup>th</sup> July 2022.



## **DR.SUSAN MATHEW**

Dr.Susan Mathew, Professor in the Department of OBG has been promoted as Professor & HOD from 01<sup>st</sup> August 2022. She is working with Pushpagiri Medical College Hospital for 15 years. She completed MBBS from Government TD Medical College, Allapuzha 1987, DGO (Kasturba Medical College, Mangalore 1990), and MD Obstetrics & Gynaecology (Kasturba Medical College, Mangalore 1991)



## **DR.DINI EDAPAZHATHIL**

Dr.Dini Edapazhathil, Senior Resident in the Department of OBG has been promoted as Assistant Professor from 01<sup>st</sup> August 2022. She completed MBBS from A.J Institute of Medical Sciences & Research Centre, Mangalore & MS- OBG from Pushpagiri Institute of Medical Sciences and Research Centre, Tiruvalla in 2019



## **DR.AJEESH KOSHY**

Dr. Ajeesh Koshy, Senior Resident in the Department of General medicine has been promoted as Assistant Professor from 01<sup>st</sup> August 2022. He completed MBBS from Amala Institute of Medical sciences with Gold medal in 2015 and Completed MD General Medicine from Father Muller Medical College, Karnataka, in 2020. He passed DNB in General medicine in April 2021.



## **DR. ANJANA MARY REYNOLDS**

Dr. Anjana Mary Reynolds, Assistant Professor in the Department of ENT has been promoted as Associate Professor from 16<sup>th</sup> August 2022. She completed her MBBS from Govt. Medical College, Alappuzha in 2002. She did her MS ENT and DLO from Govt. Medical College, Kottayam in 2008. She has awarded Fellowship in Otolaryngology from CAUSSE EAR CLINIC, France in 2019.



## **DR. ROBIN KURIAN PEZHUMKATTIL**

Dr. Robin Kurian Pezhumkattil, Senior Resident in the Department of General Surgery has been promoted as Assistant Professor from 16<sup>th</sup> August 2022. He completed MBBS from Government Medical College, Kottayam & MS- General Surgery from Pushpagiri Institute of Medical Sciences and Research Centre, Tiruvalla.

# APPOINTMENTS

## DR. GEETHU MARIA JACOB- OBG

Dr. Geethu Maria Jacob is appointed as Senior Resident in the Department of OBG from 01<sup>st</sup> August 2022. She completed MBBS from Government Medical College, Ernakulam and MS from St. Johns Medical College, Bangalore.



## DR. NEETHU MATHEW- OBG

Dr. Neethu Mathew is appointed as Senior Resident in the Department of OBG from 01<sup>st</sup> August 2022. She completed MBBS from Jubilee Mission Medical College and Research Institute, Thrissur and MS from Pushpagiri Institute of Medical Sciences & Research Center, Tiruvalla.



## DR. JOHNSY J- GENERAL MEDICINE

Dr. Johnsy J is appointed as Senior Resident in the Department of General Medicine from 01<sup>st</sup> August 2022. She completed MBBS from Government T. D Medical College, Alappuzha and MD from Pushpagiri Institute of Medical Sciences & Research Center, Tiruvalla.



## DR. ALINA AJAY- PATHOLOGY

Dr. Alina Ajay Thomas is appointed as Senior Resident in the Department of Pathology from 01<sup>st</sup> August 2022. She completed MBBS from MOSC Medical College, Kolencherry and MD from Pushpagiri Institute of Medical Sciences & Research Center, Tiruvalla.



## DR. VYSHAKH K- PAEDIATRICS

Dr. Vyshakh K Thomas is appointed as Senior Resident in the Department of Paediatrics from 01<sup>st</sup> August 2022. He completed MBBS from Coimbatore Medical College, Coimbatore and MD from Sawai Man Singh Medical College, Jaipur.





**DR. ALINA ARUN KANNATTU- OBG**

Dr. Alina Arun Kannattu is appointed as Senior Resident in the Department of OBG from 08<sup>th</sup> August 2022. She completed MBBS from Pushpagiri Institute of Medical Sciences & Research Center, Tiruvalla and MS from Dr. SMCI Medical College, Karakkoanm.



**DR. SEBIN SUNNYCHAN- PAEDIATRICS**

Dr. Sebin Sunnychan Thomas is appointed as Senior Resident in the Department of Paediatrics from 08<sup>th</sup> August 2022. He completed MBBS from Father Muller Medical College, Mangalore and MD from MES Medical College, Perinthalmanna.



**DR. TEENA JACOB THOMAS- MICROBIOLOGY**

Dr. Teena Jacob Thomas is appointed as Senior Resident in the Department of Microbiology from 08<sup>th</sup> August 2022. She completed MBBS from MOSC Medical College, Kolencherry and MD from Pushpagiri Institute of Medical Sciences & Research Center, Tiruvalla.



**DR.VIVIN DANIEL SAM THOMAS- GENERAL SURGERY**

Dr. Vivin Daniel Sam Thomas is appointed as Senior Resident in the Department of General surgery from 16<sup>th</sup> August 2022. He completed MBBS and MS from Christian Medical College, Ludhiana.



**DR. K S MOHANAN THOMAS- CARDIOLOGY**

Dr. K S Mohanan Thomas is appointed as Professor in the Department of Cardiology from 16<sup>th</sup> August 2022. He completed MBBS from Government Medical College, Kottayam and DM from Government Medical College Kozhikode.



### DR. JEWEL CHRISTY JOHNSON- ENT

Dr. Jewel Christy Johnson Thomas is appointed as Senior Resident in the Department of ENT from 23<sup>rd</sup> August 2022. He completed MBBS from St. Johns Medical College, Bangalore and MS from Bangalore Medical College and Research Institute, Bangalore.

### PUSHPAGIRI CLINICAL CLUB NEWS

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

- ▶ LV NONCOMPACTION- CRYPTS AND RECESSES- Rare cause of heart failure in Elderly by Dr. Manjunath K M
- ▶ The Great Masquerader in Dialysis Patients - Dr. Ambily
- ▶ Categorisation of injuries during COVID-19 lockdown, and comparison with injuries, 6 weeks pre-lockdown at a tertiary care plastic surgery centre in a rural district of Kerala - Dr. Chintu sabu George
- ▶ Interventions in Physical Medicine and Rehabilitation
  - Ultrasound Guided Rehab Interventions- Dr. Jainy John
  - Neuro Rehab Interventions- Dr. Betsy Thomas
  - Diabetic Foot- Rehabilitation Perspective- Dr. Jimi Jose

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

Dr. Pramod P C

Dr. Subhash B Pillai

Dr. Cyril Joseph

Dr. Jimi Jose

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