



PRINCIPAL'S DESK

In India, Mahatma Gandhi, the father of the nation put forward the idea of involving students in the task of national service. The first duty of the students is not only to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but also for preparing themselves for final dedication in the service of others who need help. This is the core objective of having a National Service Scheme (NSS) Unit. PIMS & RC has restarted an NSS unit this year. The NSS unit of PIMS & RC was inaugurated by Municipal Chairperson Mrs. Bindhu Jayakumar on 8 March 2022, on an International Women's Day. PIMS & RC NSS unit is a Self-Financing Unit with 50 students, of which 30 students from third year MBBS and 20 students from second year MBBS batches. It has identified a village for its work. It provides an opportunity to work with the people in the villages and slums. The interaction of students with the common villagers and slum dwellers will expose them to the realities of life and bring about a change in their social perception. The motto or watchword of the National Service Scheme is: 'NOT ME BUT YOU'. That itself reflects the essence of selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings. Thus, participation in NSS unit will arouse the social conscience of the students. This unit runs under the leadership of a Programme Officer, who is currently Dr. Betsy A. Jose, Assistant Professor, Department of Community Medicine. NSS unit of PIMS & RC has organized and conducted various programmes of which latest being International Day of Yoga. NSS volunteers generally work with villages, slums and voluntary agencies to complete 120 hours of regular activities during an academic year, and also every year 50 percent of the volunteers of each NSS unit are expected to participate in special camps which is of 7 days. KUHS Quality Assurance checklists also mandates an active NSS unit in Colleges. I would like to congratulate Dr. Betsy for her dynamic leadership & all NSS volunteers and wish all success for the future programs.



WORLD ENVIRONMENT DAY - SAMHITHA COLLEGE UNION

As a part of World Environment Day, Samhitha College Union 2021-22 conducted a programme in the college premises. Mr. Ninan Vergis, Samhitha College Union Chairman welcomed the gathering. The programme was inaugurated by Rev. Fr. George Valiyaparambil, Academic Director and the planting of the trees was done by Mr. Jacob Punnoose IPS, Chief Advisor of Pushpagiri Medical College and non-teaching staffs. Dr. M O Annamma, Principal, Pushpagiri College of Allied Health Services, Dr. V P Sasidharan HOD, Department of Immuno-Hematology & Blood Transfusion Medicine, Samhitha college union members and students of Medical and Allied courses were also present. Planting of trees was done in different parts of the college campus and distribution of plants were also done.

OBSERVATION OF WORLD ENVIRONMENT DAY AND AWARENESS ON COMMUNICABLE DISEASES IN MONSOON

Observation of World environment day was conducted at St Thomas CSI Church, Punnakkad. The event was organized by CSI Community Health Project, Punnakkad, ReAct Asia Pacific, Department of Community Medicine and NSS unit of Pushpagiri Institute of Medical Science. Rev. Fr. Varkey Thomas, vicar CSI Church Punnakkad inaugurated the ceremony and handed over IEC materials to NSS volunteers from Pushpagiri Medical College.



Mrs. Usha Kumari, President Malappuzhassery Grama panchayat and Mr. Sajeew Baskar, Ward Member, addressed the gathering. The students conducted awareness sessions on the topics-“Importance of a holistic approach in conserving planet”, “Diseases common in rainy season with emphasis on mosquito source reduction”, “Importance of proper environmental sanitation in preventing diseases and thereby tackling Antibiotic Resistance”. Also they planted 25 saplings in various parts of the village.

PMR CAMP- DISTRIBUTING MOBILITY DEVICES

Pushpagiri Medical College, Department of Physical Medicine and Rehabilitation in association with Freedom Trust, Chennai organised a free Rehabilitation Camp for distributing Mobility Devices, Assistive Devices, Orthoses and Prostheses free of cost to the differently abled on June 06th 2022. Through this initiative around 103 persons suffering from various disabilities including amputations of the upper and lower limbs, paraplegia due to Spinal Cord Injury, disability due to Stroke and Traumatic brain injury, Spina Bifida, Polio etc. were assessed by Rehabilitation Physicians (Physiatrists) and provided free equipment based on their specific locomotor disability, functional status and felt needs. Welcome address was given by Dr Abraham Varghese, Medical Director, Pushpagiri Medical College Hospital. Presidential address was given by Dr Tomy Philip, Principal, Pushpagiri Institute of Medical Sciences and Research Centre. The program was inaugurated by Dr. R Bindu, Hon. Minister for Higher Education and Social Justice, who also distributed few free equipments to some of the beneficiaries. Smt. Sheela Varghese, Chairperson, Thiruvalla Municipality honoured the differently abled staff of Pushpagiri Hospital. Dr. S. Sunder, founder of Freedom Trust and author of Textbook of Rehabilitation Medicine was honoured by the Hon. Minister Dr. R. Bindu. Mr. Vikas Gupta, Branch head-Cochin Savex Technologies, Sri Joseph M Puthussery Ex-MLA, Adv R. Sanal Kumar Vice chairman Kerala State Co-operative Employees Welfare Board, Sri Jiji Vattasseril, Ward councilor felicitated the gathering. Dr Jimi Jose, Assistant Professor, Department of PM&R, Pushpagiri Medical College delivered the vote of thanks.



WORLD ENVIRONMENT DAY 2022

50th "World Environment Day" 2022 programmes were conducted on June 05th by the Department of Community Medicine at Pulinkunnu Rural Health Training Center. The program was led by Ward Member Sri. Benny Varghese, planting medicinal herbs in the courtyard of Pulinkunnu RHTC. A herbal garden was established and other shrubs and trees were planted at the RHTC with the help of Dr. Betsy A Jose, Assistant Professor, Resident interns: Dr. Michelle, Dr. Nithya, Dr Richa; Health inspectors: Mrs. Monayi M Raj, Mrs. Shiney K Joseph, Mrs. Siny Mol P K, Mrs. Bindhu G from the Department of Community Medicine; Anganawadi teachers and staff of RHTC. The programme was coordinated by Dr. Betsy A Jose and Mrs. Rani Joseph, Administrator, Pulinkunnu RHTC. The entire programme was conducted adhering to COVID19 protocol.



WINDOW TO MENTAL HEALTH- DEPT. OF PSYCHIATRY

“Window to Mental Health” project by Department of Psychiatry was selected as the Best Community Psychiatry project at the national level by the Indian Association for Social Psychiatry. The project aims to train Kudumbashree workers to identify common mental health problems. The function was inaugurated by Rev. Fr. Jose Kallumalickal, CEO. The meeting was presided over by Dr. Roy Abraham Kallivayalil, Head of the Department and Vice President, World Federation of Mental Health. Dr Varghese P Punnoose, Professor of Psychiatry, Government Medical College, Kottayam and Secretary General IASP delivered the keynote address. Rev.Fr. George Valiyaparambil, Academic Director, Dr Joice Geo, coordinator, Mr. Jaz Nalil, Municipal Councilor, Dr. Soumya, Rev. Fr.Ritto Mathew and Mr. Vijayalal Vijayan attended the function.



HEALTH AWARENESS SESSION AT BODHANA TRAINING CENTRE

This year monsoon has knocked our doors quite early. While the rainy season gives a break from scorching heat during the hot summers, it also brings a wave of various infections ranging from uncomplicated ones to others posing serious threat to public. On 01st June 2022, Department of Community Medicine under the guidance of Dr. Felix Johns, HOD and Professor conducted a Health Awareness session at Bodhana Training Centre, Thiruvalla. Rev. Fr. Samuel Vilayil welcomed us and gave a brief introduction about the institution. The session was conducted by Dr. Gayathri P S (PG Resident). Common monsoon diseases viz Water borne, Vector borne, Air borne and tips for prevention of such diseases were dealt with in detail. The session was very interactive and all their doubts regarding the topic were also cleared. Basic health checkup was also done with the help of House Surgeons. Around 50 people attended the session. Financial assistance to the poor families were also provided.



ANNUAL DEBATE COMPETITION DEPT OF COMMUNITY MEDICINE

The Annual Debate competition for the Post Graduates of the Department of Community Medicine was conducted on 06th June 2022. This year's topic was "Can Health Care Impacts of Climate Change Be Reversed Using Technology". The judges for the competition were Dr. Deepak, Assistant Professor of Department of Community Medicine from Believers Church Medical College and Dr. Vikram Gowda, Vice Principal, PIMS. The team which bagged the first place included Dr. Jathavedus Mohanlal, Dr. Dency, Dr. Gayathri and Dr. Vandana. The coordinator of the program was Dr. Sherin Susan Paul, Professor and faculty in charge of PG activities, Department of Community Medicine, PIMS.



WORKSHOP ON EFFECTIVE COMMUNICATION THINKING ENVIRONMENT



A two-day workshop for Post Graduate students of Community Medicine Department was conducted on 09th to 11th of June 2022 by Dr. Suzanna Mathew (MD, MPH, MBBS, FFPH, FHEA) on the topic "Effective Communication". Dr. Suzanna Mathew is a former faculty NHS -Public Health England, Medical Doctor, Teacher and Coach with dual expertise in Communicable disease surveillance and MCH. The program was co-ordinated by Dr. Sherin Susan Paul, Professor, Department of Community Medicine. The concept of "The Thinking Environment" was the major talking point in the workshop. The sessions explored communication methods like Thinking Pair, Open discussion, The Council and Meeting. Participants were assigned with performing these methods to improve their communication skills. At the end of the session, every participant performed a five-minute presentation. The program ended with final reflections and question round.

INTERNATIONAL YOGA DAY

The International Yoga Day was celebrated on 21st June, 2022 by the National Service Scheme Unit, at Annex Block. The theme of this year's Yoga Day celebrations is 'Yoga for Humanity'. It gave an opportunity to embody the unity of mind and body in an otherwise hectic environment. The program was inaugurated by Rev. Fr. George Valiyaparambil, Academic Director of Pushpagiri Medical College. The NSS volunteers performed some basic stretches and yoga poses under the skillful guidance of Dr. Vikram Gowda. Program Co-Ordinator Dr. Betsy.A.Jose, Assistant Professor, Dr. Joe Abraham and Mr. Jeswin George also participated in the event.



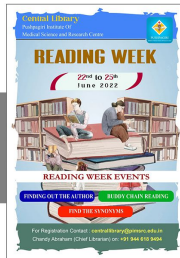
IP INAUGURATION AND PMR CAMP AT MANIMALA SUB CENTER

Department of Community Medicine in collaboration with the PMR department organized PMR camp at Pushpagiri Sushalayam hospital, Manimala on 21st June 2022. Along with the inauguration of PMR camp, Pushpagiri Sushalayam Hospital, Manimala has restarted its In-Patient services after a hiatus of almost one and a half years. The OPD and emergency services are now available for 24hrs. The programme was inaugurated by Rev. Fr. George Valiyaparambil, Academic Director. The PMR camp was led by Dr. Jimi Jose, Assistant Professor, PMR and Physiotherapist Mr. Rajeev. Camp was coordinated by Dr. Joe Abraham (Assistant Professor, Community Medicine), Dr. Sharon Raj Eliza (Assistant Professor, Community Medicine). Dr. Vandana Vijayan (PG Resident), Mrs Monai & Mrs Shiny (Health inspectors) and house surgeons were also present for the function. Medicines were provided to the patients free of cost.



READING WEEK OBSERVED: CENTRAL LIBRARY

Central Library, Pushpagiri Institute of Medical Sciences & Research Centre, Tiruvalla observed "Reading Week" from 22nd -25th June 2022. Rev. Fr. George Valiyaparambil, Academic Director inaugurated the event. Three events were conducted among students to promote reading habits. 1) Finding the Author, 2) Buddy Chain Reading, 3) Find the Synonyms. An exhibition was conducted in the library where a large number of rare books & various other collections including fiction, biography, animated stories, historical, motivational & self-help books were displayed. 42 students participated in various activities. Interactive discussions were conducted to encourage students to promote reading habits.



NETPROFAN PATHANAMTHITTA DISTRICT - "EAT RIGHT INDIA AWARENESS CAMPAIGN"

The Office-bearers of NetProFaN Pathanamthitta District conducted the "Eat Right India Awareness Campaign among Medical Students" on June 28th under the banner of FSSAI (Food Safety and Standards Authority of India) on the occasion of the Food Safety Month in the Pushpagiri Medical College Campus. This aims to transform the way India eats and improve the health and well-being of people. NetProFaN, a group of professional bodies and experts from the areas of food, nutrition and public health, have been instrumental in promoting food safety and nutrition in the nation by supporting FSSAI in various activities. The members of NetProFaN, are affiliated with these professional bodies: Association of Analytical Chemists, India Chapter (AoAC), Association of Food Technologists and Scientists (AFSTI), Indian Dietetic Association (IDA), Indian Federation of Culinary Associations (IFCA), Indian Medical Association (IMA), Indian Public Health Association (IPHA) and Nutrition Society of India (NSI) to promote safe, healthy and sustainable diets for over 135-crore people in India. Ms Neetu, Food Safety Officer, Thiruvalla, and Dr. K K Abdul Rasheed, Principal, Musaliar College of Engineering, & Co-Ordinator, NetProFaN, Kerala, Dr. Vikram Gowda vice principal PIMS RC, Thiruvalla addressed the students on Food Safety. College Union Students performed various cultural activities in the programme.



Early Management Trauma Course -Emergency Medicine

The 09th EMTC (Early Management Trauma Course) was conducted by the Department of Emergency Medicine at Medical College campus on 24th to 26th June, 2022. Based on contemporary concepts of traumatology, EMTC is an indigenous, methodically structured training program, which over three days of intensive training, is designed to provide adequate knowledge and training in prioritisation and early management of trauma. It comprises of lectures, scenarios and skill stations and is concluded by an evaluation process. Life-saving interventions are taught in the Anatomy Department, so that appreciation of anatomy is ensured. A total of 22 Candidates from Chennai, Erode, Kozhikode, Trivandrum, Kottayam, Believers medical College and Pushpagiri Medical College Hospital, attended this session of EMTC. The feedback received from the candidates was of 5-star rating and was indeed a gratifying experience for the faculty of EMTC.



CLINICAL SKILLS & BASIC RESUSCITATION WORKSHOP

The 04th Clinical Skills & Basic Resuscitation Workshop was conducted for the interns of Batch 2017 from 06th to 11th June, 2022, in association with Samhitha College Union of batch 2018. It was inaugurated by our new Academic Director Rev. Fr. George Valiyaparambil in the austere presence of our dear Principal Dr. Tomy Philip. Our new instructors were Dr. Dasin Joseph, Dr. Sanal K Thomas, Dr. Ajeesh Koshy Assistant Professors, Dept. of Internal Medicine, Dr. Divya Louis, Dr. Sr. Ancy, Dr. Nadeen Thomas from Dept. of Obs / Gynaecology & Dr. Rubiya, Dr. Arun, Dr. Anand, Dr. Ajmal from Dept. of Emergency Medicine. The valedictory function had an invited guest lecture by Rev. Fr. Pradeep Vazhatharamalayil, visiting research scholar Georgetown University, Washington DC, USA & former Principal MACFAST, Tiruvalla.



Achievements



YMCA EXCELLENCE AWARD

Dr. Mathew Pulicken, HOD, Department of Critical Care, Pushpagiri Medical College Hospital received YMCA Excellence Award from Sri Mathew T Thomas. Dr. Mathew Pulicken is an expert in the field of critical care and a renowned teacher. The Covid ICU as well as the High dependency unit in the hospital is functioning meticulously under his guidance. well He is also a teacher for IDCCM run by ISCCM. His academic qualifications include MBBS (Kasturba Medical College, Manipal 1996), MD General Medicine (JJM Medical College, Davangere 2001), Diploma in Critical Care Medicine (ISCCM 2009), EDIC (ESICM 2014).

KIDNEY TRANSPLANT SURGERY

Heartfelt congratulations to the Pushpagiri Kidney Transplant Unit for successfully completing the 55th Kidney Transplant Surgery and all the best to Kidney Transplant Unit Team.



55TH KIDNEY TRANSPLANT

55-ആം വൃക്ക മാറ്റിവെക്കൽ സന്തുലിത വിജയകരമായി പൂർത്തിയാക്കി. പുഷ്പഗിരി മെഡിക്കൽ കോളേജ് യൂണിറ്റിന് പുറംതൊഴിലാളി നിലത്തു അഭിനന്ദനങ്ങൾ, അതോടൊപ്പം പൂർണ്ണ ആശംസകളോടെ തിരിച്ചറയുന്ന ശ്രീമതി ലക്ഷ്മി എല്ലാവർക്കും പ്രാർത്ഥനകളും

KIDNEY TRANSPLANT UNIT: Dr. Nebu Issac Mammen (HOD, Urology), Dr. Reena Thomas (HOD, Nephrology), Dr. Arun N (HOD, CVTS), Dr. Mathew Pulickan (HOD, Critical Care), Dr. Jithu Kurian (Associate Professor, Nephrology)



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APPOINTMENTS



DR. RAJEEV V M
FORENSIC MEDICINE

Dr. Rajeev V M is appointed as Professor in the Department of Forensic Medicine from 13th June 2022. He retired as Professor & Head of Forensic Medicine Department, Government Medical College, Kottayam.



DR. MATHEWS JOSE
EMERGENCY MEDICINE

Dr. Mathews Jose is appointed as Senior Resident in the Department of Emergency Medicine from 22nd June 2022. He completed MBBS from Mandya Institute of Medical Sciences, Mandya and DNB from Lourdes Hospital, Kochi.

PUSHAPAGIRI NEWS BULLETIN EDITORIAL TEAM



DR. NITHIN K RAJU
SENIOR RESIDENT
DEPT. OF ANATOMY



DR. DONA DOMINIC
ASSISTANT PROFESSOR
DEPT. OF PHARMACOLOGY



DR. LEYA ELIZABETH BABU
ASSISTANT PROFESSOR
DEPT. OF PHYSIOLOGY

PUSHAPAGIRI CLINICAL CLUB NEWS

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

- ▶ Unusual suspect in a common diagnosis. Think beyond the minimal in Nephrotic Syndrome- Dr. Dhiya Varghese
- ▶ Monkey Pox – Another Pandemic? - Dr. Gayathri P.S
- ▶ Anatomist's perspective of the Sympathetic Nervous System- Dr. Jincy Raj C P
- ▶ The stolen motherhood- A story of postpartum depression- Dr. Chinmu Mary Chacko
- ▶ Effectiveness of Mnemonics based teaching in Medical Education- Dr. Meenu

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

Dr. Carol Sara Cherian
Dr. Sherin Susan Paul
Dr. Nithin K Raju
Dr. Roy Abraham Kallivayalil
Dr. Lillykutty Pothen

