

PUSHPAGIRINEWS BULLETIN 2023 January & Vol. III & Issue 22

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

Principal's Desk



Pushpagiri Institute of Medical Sciences & Research Centre, the first private medical college in the state of Kerala has produced around 1500 MBBS graduates and 350 Postgraduates over the past two decades. Having an alumni association is the privilege of students graduating from the institution. Apart from forming a strong bond with their alma mater, it provides them opportunities for networking and growth. The institution also gets benefited as the Alumini will be able to provide opportunities for career guidance & progression to our students. Pushpagiri Medical College Association was registered with the Kerala government on 23. 07. 2022 with Dr. Rohit John Cheriyil and Dr. Anil Sam as the President and Secretary respectively. The association made a humble beginning with only 7 members . Gradually it has expanded over a period of 6 months to include around 550 members. Many of our alumni members take up postgraduate courses, and some of them have joined as faculty in our institution. Since its inception there has been three meetings of the executive members with the alumni members in the campus. On January 7th, 2023, there had been a small get together of the alumni members in the Senate Hall in the campus. During the meeting, plans to expand the alumni association were discussed. It was also proposed to conduct a "Grand Alumni Meet" in

I offer my wishes for all the future programs of the Pushpagiri Alumni.

ACT NOW, END LEPROSY

Dr. Rhia Sebastian, Associate Professor, Department of Dermatology

humanitarian Raoul Follereau in 1953. In India, Leprosy Day is observed on 30th January every year, coinciding with the death anniversary of Mahatma Gandhi. This international day is an opportunity to celebrate people who have experienced leprosy, raise awareness of the disease and call for an end to occurs in more than 120 countries. The theme of World Leprosy Day 2023 is "Act now. End leprosy." This calls attention to three key messages.

- * Elimination is possible: We have the power and tools to stop transmission and defeat this disease.
- * Act now: We need the resources and commitment to end leprosy. Prioritize leprosy Elimination.
- * Reach the unreached: Leprosy is preventable and treatable. Suffering from leprosy is needless.

The Global Leprosy (Hansen's disease) strategy 2021-2030 is "Towards Zero Leprosy." Long term vision is zero leprosy: zero infection and disease, zero disability, zero stigma and discrimination. Global targets for 2030 are (1) 120 countries with zero new autochthonous cases (2) 70% reduction in annual number of new cases detected (3) 90% reduction in rate per million population of new cases with grade – 2 disability (G2D) (4) 90% reduction in rate per million children of new child cases with leprosy. Although around 200,000 people were diagnosed with leprosy each year before COVID 19, this number has fallen by 30% because of disruptions caused by the pandemic to leprosy programmes. Many million are living with leprosy-related disabilities particularly across Asia, Africa, and South

VISIT BY SRI JOHN BARLA,

HONORABLE MINISTER OF STATE FOR MINORITY AFFAIRS

Pushpagiri Institute of Medical Sciences & Research Institute was privileged to welcome the Minister of State for Minority Affairs, Mr. John Barla on the evening of January 28th, 2023. He was given a warm welcome by His Grace Most Rev. Dr. Thomas Mar Koorilos, Arch Bishop of Thiruvalla (Patron, Pushpagiri Medical Society) and Rev Fr. Jose Kallumalickal (CEO, Pushpagiri Group of Institutions). He was given a grand welcome in front of the academic building of the Pushpagiri Institute of Medical Sciences and Research Centre. Directors, Principals, faculty and students of the Pushpagiri Group of Institutions were also present and took part in the humble ceremony of welcoming and expression of gratitude to Sri John Barla, who consented to visit our campus in the midst of his hectic schedules.

His Grace Most Rev. Dr. Thomas Mar Koorilos welcomed Sri John Barla for his graciousness to accept our invitation. He spoke about the magnanimous work done by Sri John Barla towards the upliftment of the minority communities of the society. He also briefed the audience about the institution and its achievements in the field of education over the years. He thanked Sri John Barla for gracing the occasion of Diamond Jubilee of Nursing Education and the Accreditation of Grade A+ and A by KUHS QAS of the Pushpagiri Medical & Nursing colleges respectively.

Sri John Barla kindly consented to give the following certificates of appreciation to the distinguished faculty for their meritorious achievements: (1) Award of Kerala Orthopaedic Association, 2023 to Dr. P. S. John, Professor & HOD, Orthopaedics (2) Prem Nazir Award, 2023 to Dr. V. P. Sasidharan, Professor & HOD, Imunohematology & Blood Transfusion (3) FRCP, UK to Dr. Abdul Khader, Professor & HOD, General Medicine (4) Life Time Achievement Award of Kerala Dental Council to Dr. George Varghese, Consultant, Dept of OFMS, PCDS and (5) First Vice President IDA, Kerala to Dr. Eapen Thomas, HOD, Dept of OFMS, PCDS. His Grace Most Rev. Thomas Mar Koorilos honoured Sri John Barla with a Ponnada and an Aranmula Mirror as a token of affection and gratitude.



n'ABLE 2023

Pushpagiri hospital from 09th January 2023 to 13th January 2023. This programme focussed on Pediatric Neurorehabilitation and early child development. The program included lecture classes and hands on training workshop by 5 senior experts dealing with multidisciplinary therapy (Speech, Occupational,

sessions and an overview of international practices and approaches enriched our Dr. Manju George coordinated the entire programme. Future Collaborations and clinical affiliation with Samford University is in progress also.

Dr Carol Koch, Professor, Speech Language Pathology. The advanced therapy training





NEW YEAR CELEBRATIONS AT MARIASADANAM REHAB CENTRE PALAI

New Year celebrations at Mariasadanam Rehab Centre Palai, Kottayam was organised on 5th January. Inaugural address was by Professor Dr. Roy Kallivayalil. Shri Ramesh who had recovered from mental illness was honoured. Mr. Santhosh Joseph, Dr Asha Maria Davis, film actor Sri. Chali Pala and Fr Ritto Matthew were present at the occassion. The Pushpagiri Psychiatry team makes a monthly visit here for guiding treatment and rehabilitation.









ANTI-DRUG ABUSE AWARENESS PROGRAM

An Anti-Drug Awareness Program was conducted on 13th January 2023 from 11 am to 1 pm in the Senate Hall. Mr. Binu Varghese, Preventive Officer, Excise Narcotic Cell, Pathanamthitta. Sessions included Ice-breaking, Interactive sessions using real life examples. First year MBBS students (2022 batch) and students from Allied Courses attended the sessions.

REVISED BASIC COURSE WORKSHOP IN MEDICAL EDUCATION TECHNOLOGIES

The sixth revised Basic Course Workshop in Medical Education Technologies (BCMET) was conducted by the Medical Education Department, PIMS & RC from Jan 23rd to 25th, 2023. This workshop was conducted as per the NMC Guidelines, and under the observership of Dr.Geethadevi M, Associate Professor of Community Medicine and Resource faculty, NMC Nodal Center for Faculty Development, GMC. Kottayam. The workshop was conducted in the MEU Conference Hall /Skills lab, second floor of the Medical College Annex Building. Thirty faculty from the Institute underwent training in the workshop.

Faculty training workshops in Medical Education Technologies are faculty need to undergo the training once every 5 years in order to update of the curriculum.

prior to the MCI mandate, and issuance of uniform guidelines throughout the country. Following the MCI mandate and guidelines, four workshops a revised curriculum of the workshop by the MCI with the incorporation workshop guidelines, six revised BCMET had been conducted on the



ONE DAY NATIONAL WORKSHOP-**CENTRAL LIBRARY**

The Central Library, Pushpagiri Institute of Medical Sciences and Research Centre (PIMSRC), Thiruvalla organised a 'One Day National Workshop - "Planning and Designing Academic Library Learning Space: Expert Perspectives of Librarians" on 18th January 2023 at Lecture Hall 2, Academic block of PIMSRC. Rev. Dr. John Neelankavil CMI, Library Architect, Librarian and Faculty of Dharmaram Vidya Kshetram (DVK) Pontifical Athenaeum, Bengaluru was the Chief Guest and the Resource Person for the workshop.



Two sessions were conducted with the following topics "Why do we need a Library?" and "Designing components of Modern Library." The programme started with silent prayer. Mr. Chandy Abraham delivered the welcome speech. Rev Fr. George Valiyaparambil (Director, PIMSRC) delivered the Directors' message. Dr. Vikram Gowda (Vice Principal PIMSRC- Administration) delivered the felicitation message. Dr. Tomy Philip (Principal, PIMSRC) honoured the Chief Guest by presenting a memento.

Participants got an interactive opportunity to ask questions to the Chief Guest as well as with each other and give their suggestions in the group discussion that followed after each session. Online feedback via email has been collected from the participants after the workshop to understand the pros and cons of the workshop, so that the Library team can conduct mutually beneficial workshops in the future. The hospitality was highly appreciated by the participants. Participation and duty certificates were distributed after the workshop. After the workshop the resource person Rev. Dr. John Neelankavil CMI visited the Dental College Library at Perunthuruthi campus for discussion on its expansion with Rev Fr. Aby Vadakkumthala and Dr. Nebu along with Mr. Chandy Abraham. He also visited the Central Library and appreciated the library, librarians and the library staff as well as the arrangements in workshop conducted.





KOHA LAUNCH

An Open Source Linux based Open Source Library Management Software KOHA was launched at the Central Library by Rev. Dr. John Neelankavil CMI on the occasion of Library Workshop conducted on 18th January 2023. KOHA version 22.05.07.000 is an Ubuntu OS version software developed in Netherlands and is widely followed by major academic libraries worldwide. Mr. Prijith Jacob Thomas (Librarian, Fathima Matha National College, Kollam) initiated the implementation of KOHA in our Central Library.





POEM: PUBLIC HEALTH ORIENTATION & ENLIGHTENING THROUGH MODEL MAKING

The Department of Community Medicine organized a three day workshop for the 2022 batch of first year MBBS students as a part of Public Health Orientation and Enlightening through Model making (POEM). The workshop was conducted from 29th to 31st of December, where the students showed enormous effort and effective participation, along with the faculty, PG residents, and health inspectors. The batch of 100 students was divided into 10 groups and each group was given a topic related to public health, based on which they had to make models. Models were evaluated by Dr. Vikram Gowda (Vice Principal, PIMS&RC), Dr. Geetha Devi (Associate Professor of Community Medicine, Govt. Medical College Kottayam), and Dr. Jacob Abraham (Former HOD of Community Medicine, PIMS & RC) on 21st of January. The prize distribution ceremony was inaugurated by Rev Fr. George Valiyaparambil (Academic Director). The whole event was coordinated by Dr. Betsy A Jose (Assistant Professor, Community Medicine) and Dr. Rosin George Varghese (Assistant Professor, Community Medicine) with the help of the entire department. Models were open for exhibition from 23th to 27th January in Community Medicine Department.



CADAVERIC TEMPORAL BONE DISSECTION WORKSHOP

Department of ENT in association with the Department of Anatomy and AOI Kottayam conducted Cadaveric Temporal Bone Dissection at Pushpagiri Medical College on 28th and 29th of January 2023 in the Anatomy dissection hall. The course director for the workshop was Dr Vivek Sasindran; Professor and unit chief, ENT, Pushpagiri Medical College. Dr Shibu George; Professor, ENT, Government Medical College, Kottayam was the co-faculty. The event was attended by postgraduates and consultants across south India



BASIC NEONATAL RESUSCITATION PROGRAMME

Indian Academy of Pediatrics (IAP) conducted the Basic Neonatal Resuscitation programme FGM Training on 01/01/2023 at Pushpagiri Medical College under the guidance of lead instructor Dr Jacob Abraham, Professor & H.O.D of Pediatrics & Neonatology, Pushpagiri Medical College. The programme was inaugurated by Dr Balachandar, Senior Consultant Paediatrician and Neonatologist of District Hospital Pathanamthitta, State coordinator of BNRP. Dr Rony Joseph, Consultant Pediatrician and Neonatologist of K.M. Cherian Institute of Medical Sciences Hospital, Kallissery also co-instructed the session. At the end of the session, all the participants were well aware of the programme's recent updates and could perform effective neonatal resuscitation.





INTERNATIONAL GUEST LECTURE AND EXPERT DISCUSSION

The Department of Paediatrics and Paediatric Surgery, played host to the International Guest lecture and expert discussion presided over by the renowned Professor and Head of Department of Urologic and Visceral Paediatric surgery – Dr Jean-Louis Lemelle, Children's Hospital, Lorraine University, Nancy, France held on 07th January 2023, Saturday at the Super-speciality block of PIMSRC. Dr. Jean-louis Lemelle provided insight into the newer aspects of bladder dysfunction and urinary incontinence in paediatrics. His precise lecture and interactive sessions threw light on the medical and surgical interventions for paediatric bladder dysfunction.

RESEARCH CENTRE UPDATES

- * The proposal led by Dr. Sheena S. Raj, Dr. Nebu George Thomas and Dr. A. Devadathan made it to the young innovative programme's final 22 and was chosen for funding and eventual execution. Additionally, the initiative was chosen for the Kerala Start-up programme and accelerated Innovation Track (AIT)
- **Dr. Nebu George Thomas** has successfully completed his PhD. Colloquium on the topic "Development of sol-gel synthesized 45S5 bioglass based bone graft intended for periodontal regeneration" from Vellore Institute of Technology, Vellore on 27th January, 2023 under the guidance of Profesor. Anand Anbarasu

BOOK CHAPTER

Mridula Sreedharan, Jyothish Kumar J. S., Anjali G., Nebu G. Thomas, Shilpa Joy, Nandakumar Kalarikkal, and Sabu Thomas. "Biomedical Applications of Magnetic Nanomaterials/Ferrites." Physics and Mechanics of New Materials Synthesis, Processing, and Emerging Applications (2024), https://www.appleacademicpress.com/physics-and-mechanics-of-new-materials synthesis-processing-and emerging.applications/9781774915738

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

(https://www.taylorfrancis.com/chapters/10.1201/9781003243175-3)

PUBLICATIONS AND PRESENTATIONS

PUSHPAGIRI RESEARCH CENTRE.

- Bhowmik, Deepshikha, Shiela Chetri, Kingsley Erhons Enerijiofi, Aniket Naha, Tushar Deb Kanungo, Maulin P. Shah, and Soumitra Nath. "Multitudinous approaches, challenges and opportunities of bioelectrochemical systems in conversion of waste to energy from wastewater treatment plants." Cleaner and Circular Bioeconomy (2023): 100040. https://doi.org/10.1016/j.clcb.2023.100040
- Augustine R, Kalva SN, Dalvi YB, Varghese R, Chandran M, Hasan A. Air-jet spun tissue engineering scaffolds incorporated with diamond nanosheets with improved mechanical strength and biocompatibility. Colloids and Surfaces B: Biointerfaces. 2023 Jan 1;221:112958. Impact factor 5.999, (https://www.sciencedirect.com/science/article/pii/S0927776522006427)

DEPARTMENT OF MICROBIOLOGY _

Dr. Aneeta Mary Jacob presented a paper titled "Does antibiotic policy and its auditing have an impact on prescribing practices?" at the International Congress on Infectious Diseases on 21st January 2023.

DEPARTMENT OF PSYCHIATRY

Dr. Roy Abraham Kallivayalil, HOD & Professor of Psychiatry Department, presented a paper on "Access to care: challenges faced by low and middle-income countrie"; at the Joint World Congress of the World Association of Social Psychiatry and The Royal College of Psychiatrists faculty, London from 16th to 18th January 2023. Theme of the Conference was "Recovery from mental illness: challenges and solutions from across the globe".

PERIPHERAL ACTIVITIES

HEALTH AWARENESS CLASS St. Thomas Orthodox Church, Pongamthanam

Dr. Joe Abraham, Assistant Professor, Department of Community Medicine, led a health awareness class on January 1st, 2023 at St. Thomas Orthodox Church, Pongamthanam. The session attended by over 400 parishioners, with various aspects of health from a layman's perspective with topics including Nutrition, Infodemics, Screening, Health responsibility among others.



SCHOOL HEALTH PROGRAM AT ST THOMAS HSS, Eruvelippra



A health awareness session on Personal Hygiene and Nutrition among Adolescents was conducted for high school students of St. Thomas Higher Secondary School, Eruvelippra, Thiruvalla on 20th January 2023. The sessions were led by Dr. Sapna Meryl Mani and Dr. Roshna Rashed, Post Graduate Residents of the Department of Community Medicine. The program was organized on behalf of Spandanam Health Club, an initiative underPushpagiri Center for Health Communication (PCHC).



CAMP AT UHTC MATHILBHAGOM



Community Medicine & General Medicine departments jointly organized camp at UHTC Mathilbhagom on 12th January 2023 in association with Swami Vivekananda Jayanti. The camp was led by Dr. Ajeesh Koshy (Assistant Professor, General Medicine) and was coordinated by Dr. Mercy Alex (Medical Officer, UHTC Mathilbhagom) with the help of Dr. Charisma Grace Varghese (PG Resident) and Dr. Anna Mathew (House surgeon). GRBS was tested free for 100 people from January 2nd as a part of the camp and those with high values were given appropriate treatment in the camp. A short awareness class on Lifestyle diseases and its prevention and control was given by Dr. Charisma. About 20 Patients attended the camp.



CANCER DETECTION CAMP

Department of Community Medicine in collaboration with the Blood Bank organised a Cancer Awareness and Blood Donation Camp at St. Thomas

Orthodox Catholicate Church, Kadapra, Mannar on 24th January 2023 from 8:30 am to 2 pm. The camp was inaugurated by His Grace Most Rev Dr. Thomas Mar Koorilos. Breast, thyroid, and oral cancers were screened. Around 50 people attended cancer awareness camp and around 20 volunteers donated blood during the camp. Dr. Roshna Rasheed, Dr. Harishankar. A, Dr. Gayathri (PG residents), blood bank faculty, dental faculty and house surgeons conducted the camp. The program was coordinated by Dr. Betsy A Jose (Assistant Professor, Department of Community Medicine, PIMS & RC).









CANCER DETECTION CAMP & AWARENESS CLASS

Department of Community Medicine along with Anugraha Social Service Society organised a Cancer awareness camp (CANCARE) at Bishop Moore College, Mavelikara on January 27th, 2023. Camp personnels screened for breast, thyroid and oral cancers among the attendees. An awareness class was conducted along with the camp. "Self-Breast Examination" class was taken by Dr. Betsy A Jose (Assistant Professor, Department of Community Medicine, PIMS & RC) which had overwhelming response by college students. Around 50 students, faculty and staff attended the camp. The camp was coordinated by Dr. Betsy A Jose (Assistant Professor, PIMS & RC). Dr. Sapna Meryl Mani, Dr. Harishankar. A (PG residents) along with house surgeons screened the patients.

ACHIEVEMENTS

MOTHER-BABY FRIENDLY ACCREDITATION

The Department of Pediatrics has achieved another milestone in the journey for the progress of our hospital. On 30th January 2023, Pushpagiri Institute of Medical Science and Research Centre has been accredited as Mother-Baby Friendly Hospital! The esteemed evaluation assessors from Govt. Medical College, Kottayam, Lisie Hospital, Ernakulam and Sree Narayana Institute of Medical Science appreciated the MBFHI hospital team's efforts for the fulfilment of the protocol policies. We are now an MBFHI-accredited hospital joining the worldwide family of health facilities to enable and support timely and appropriate breastfeeding practices to promote better newborn health and development.







KUHS B ZONE BASKETBALL **TOURNAMENT**

Pushpagiri Medical College Men's team won third position in the KUHS B Zone Basketball Tournament held in Kottayam.



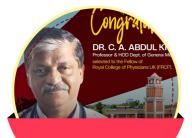
PREM NAZIR AWARD 2023- DR. V. P SASHIDHARAN

Dr. V. P Sashidharan, Professor & Head of the Department of Immuno Haematology and Blood Transfusion, has received Prem-Nazir Award 2023 for his contributions in health care service.



INDIAN SOCIETY OF NEPHROLOGY SOCIAL MEDIA TEAM - DR. JITHU KURIAN

Dr. Jithu Kurian, Assistant Professor, Department of Nephrology was selected to the Indian Society of Nephrology social media team. The social media team was formulated with a vision of encouraging online academic activities, patient education, busting myths on kidney diseases, conference updates and to bring Nephrologists from far ends of the country on a common platform.



DR. C A ABDUL KADHIR- GENERAL MEDICINE

Dr. C. A. Abdul Kadhir, Professor & HOD, Department of General Medicine has achieved the prestigious Fellow of Royal College of Physician (FRCP) UK.



DR. SUNIL MATHEW-BOOK ON EMERGENCIES IN INTERNAL MEDICINE

Dr. Sunil Mathew's book on "Emergencies in internal medicine" was released by Health Minister of Gujarat in APICON 2023 inaugural function.



PUSHPAMELA 2023 (FLOWER SHOW)

Pushpagiri gardening team won the first prize in Pushpamela 2023 (Flower Show) organised by Thiruvalla Municipality.

PROMOTIONS





Dr. Benny Bright- General Surgery

Dr. Benny Bright, Senior Resident, Department of General Surgery has been promoted to Assistant Professor from 01st January 2023.





Dr. Meenu Rose - General Medicine

Dr. Meenu Rose Jomey, Senior Resident, Department of General Medicine has been promoted to Assistant Professor from 20th January 2023.



Dr. Bincy Varghese - Paediatrics

Dr. Bincy Varghese, Senior Resident, Department of Paediatrics has been promoted to Assistant Professor from 14th January 2023.





Dr. Reeba Mary Issac, Senior Resident, Department of Immuno Haematology and Blood Transfusion Medicine has been promoted to Assistant Professor from 20th January 2023.

APPOINTMENTS

Dr. Surumi A Rahim

Dr. Surumi A Rahim is appointed as Senior Resident in the Department of Endocrinology from 24th January 2023. She completed MBBS from Karuna Medical College, Chittur, Palakkad and DNB from PVS Hospital, Calicut.











PUSHPAGIRI CLINICAL CLUB NEWS

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

- ➤ A Case of Primary Aldosteronism Dr. Ashna Sara Mathew
- ➤ Anatomist's perspective of the parasympathetic nervous system Dr. Nithin K Raju
- A rare retinal manifestation of systemic hypertension Dr. Cinu Elsa James
- ➤ Newer Antibiotics Dr.Sarannya Ravi
- ➤ CBME Version 2.0 in wake of NEXT regulations Dr.Gaddam Vijaya Lakshmi

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

- Dr. Abraham Varghese
- Dr. Gaddam Vijaya Lakshmi
- Dr. Kashinatha Shenoy
- Dr. Bhagyalekshmi N
- Dr. Ajith V

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