



### Recent Changes in Medical Education and student learning



#### PRINCIPAL DESK

World Lung Day is being celebrated on 25<sup>th</sup> September every year. Initiated by the Forum of International Respiratory Societies, the World Lung Day observed since 2018 calls for an emphasis the global burden of respiratory disease and the need for action to combat them. The theme for World Lung Health Day 2023 is "Access to prevention and treatment for all. Leave no one behind". This theme highlights the importance of equal access to lung disease prevention and treatment for everyone. This is crucial given that 80 % of the deaths due to non-communicable disease occur in Low and Middle income countries (LMICs). This huge health burden can be reduced significantly by implementing cost effective interventions such as improving access to preventive services & smoking cessation, expanding access to devices & inhalational therapies and strengthening access to pneumonia vaccines which are clearly lacking in LMICs. The World Lung Day 2023 was observed at Pushpagiri on 25<sup>th</sup> September 2023. Lung Health Awareness Talks were conducted by Dr P Sukumaran (Professor) and Dr Midhun M (Assistant Professor), Department of Respiratory Medicine.



**Dr. Vikram Gowda N.R., Vice Principal, Professor and HOD,  
Department of Physiology, PIMS&RC**

Medical Profession considered as one of the noblest profession and still maintaining high regards, does not enjoy the same luxury of respect in society as it was in past. Medical Education is highly demanding and availability of extensive evidence based knowledge and scientific tools to understand mechanism of functioning of organ system has led to greater evolution in the development of curriculum.

Medical colleges have observed change in medical curriculum from conventional to competency based medical education and stressing need of training attitude and communication skills to learners. The need of innovative teaching learning methods is becoming more important. The universities and apex bodies are implementing the need of small group teaching methodologies.

The learning of students has also changed from leap to bounds in recent past due to various factors, the availability of digital platform and knowledge at the finger tips has made class room conventional teaching challenging. The participation of learners in class room teaching has become essential component to be effective. Hence evidence based, problem based, team based learning are given importance, learners are given responsibility through which they can learn. Problem solving nature and reasoning skills along with pressing need on communication skills are essential to be imparted.

Research in undergraduate curriculum is gaining importance and student participation in research is gradually made compulsory, this can be gradually made a mode of learning along with self-directed learning activity which shall make student more motivated and engaged in teaching learning process.

The student and teacher are two wheels of the bicycle which can move forward if both work together and hence it is time that teachers turn to be facilitators and align with the newer style of learning by students and facilitate them for better outcome.



## THE 65<sup>TH</sup> PUSHPAGIRI DAY CELEBRATIONS

The 65<sup>th</sup> Pushpagiri Day Celebrations were held on Friday, September 29, 2023, at the Senate Hall in Thiruvalla, India. The hall was packed with staff, students, and alumni, all eager to celebrate the institution's many achievements. The program began with a prayer song and bible reading, followed by a welcome address by Dr. Abraham Varghese (Vice president, Pushpagiri Medical Society and Medical superintendent, PMCH). The presidential address was delivered by Rev. Dr. Issac Parapallil (President of the Pushpagiri Medical Society and Vicar General of the Thiruvalla Archdiocese). He spoke about the history of the institution and its commitment in providing quality education and healthcare. The benedictory address was delivered by His Grace Most Rev. Dr. Thomas Mar Koorilos (Patron of the Pushpagiri Group of Institutions and Metropolitan Archbishop of Thiruvalla). He blessed the institution and its members, and prayed for their continued success. The chief guest for the event was Shri. Babu Antony (cine star). He was felicitated by His Grace Most Rev. Dr. Thomas Mar Koorilos. Other dignitaries who attended the event included Shri Jacob Punnoose IPS (Principal Advisor of the Pushpagiri Medical Society), Dr. P.A. Jacob (former Medical Superintendent and Chief Consultant Anesthesiologist at Pushpagiri), and Dr. P.T. Thampi (former Professor of Medicine at Pushpagiri). The program also included a cultural event, which featured performances by the Pushpagiri family. The 65th Pushpagiri Day Celebrations were a fitting tribute to the institution and its many contributions to the field of education and healthcare. The program was well-organized and featured a variety of events, which were enjoyed by all who attended.



## WORLD SPINAL CORD INJURY DAY – 2023

On the occasion of "World Spinal Cord Injury Day- September 5<sup>th</sup>", Pushpagiri Medical College Hospital, Department of Physical Medicine and Rehabilitation (PM&R) organised a Poster making competition and conducted awareness classes regarding the Rehabilitation of persons with Spinal Cord Injury (SCI). "Access to SCI services - A life less complicated" was the theme for poster competition. Students from various colleges including medical, paramedical and other courses participated in the poster making competition and showcased their artistic talents and creativity. The best three posters were selected for cash prize. Around 75 students and their respective faculty from Pushpagiri College of Nursing attended Spinal cord injury awareness classes conducted in the PMR Department. Dr. Jimi Jose (Assistant Professor and in charge of the Department of Physical Medicine and Rehabilitation) introduced them to the world of Rehabilitation Medicine and enlightened them about the rehabilitation services available in the department. Dr. Jainy John (Senior Resident, PMR) spoke about the importance and scope of rehabilitation in Spinal Cord Injury. Dr. Sr. Betsy Thomas Tharayil (Senior Resident, PMR), delivered vote of thanks. A Health education booklet for Spinal cord Injury patients was unveiled by Rev Fr. Liju (Deputy CEO) and Dr. M.O. Annamma (Principal, Pushpagiri College of Allied Health Sciences) to improve the quality of life of persons suffering from this disabling condition.



## HEALTH CLUB INAUGURATION AT ST. JOSEPH COLLEGE OF COMMUNICATION (MEDIA VILLAGE)

Pushpagiri Health Club was inaugurated at St. Joseph College of Communication (Media Village), Changanacherry on 26<sup>th</sup> September. This event took place with the exchange of a Memorandum of Understanding between Rev Fr. George Valiyaparambil (Director, Pushpagiri College of Medicine and Allied Sciences) and Rev Fr. Joseph Parackal (Principal of SJCC). The Health Club at SJCC is the sixth establishment under the Pushpagiri Centre for Health Communication (PCHC) in educational institutions located near our medical college. This initiative aims to promote health and well-being among students and their faculty. Additionally, the collaboration between our medical college and an institution that nurtures talented media professionals holds tremendous potential for bridging the gap between healthcare information and effective communication, benefiting society at large. The event was attended by Dr. Felix Johns (Professor and Head of Community Medicine), Dr. Joe Abraham (Assistant Professor and in-charge of PCHC), and Mr. Anand P S (Public Relations Officer).



## PCOD Awareness Class at Assumption College

In a proactive response to the findings of a recent Health Screening Camp held at Assumption College, Changanacherry, Pushpagiri Centre for Health Communication (PCHC) organized an informative session on Polycystic Ovarian Disease (PCOD) on September 25, 2023. The event was conducted by Dr. Sr. Sampreetha, Senior Resident from the Department of Obstetrics and Gynaecology.

The Health Screening Camp, conducted earlier, revealed that nearly one-third of the screened students reported menstrual irregularities. In light of these findings, the Awareness Class aimed to educate and empower students with essential knowledge about PCOD. Approximately 250 students, comprising members of the Health Club and National Service



Scheme (NSS), actively participated in the session. The engaging and informative session provided students with a better understanding of PCOD, enabling them to make informed decisions about their health. It also encouraged an open dialogue about women's health issues,

breaking down stigmas and fostering a supportive environment within the college community

## INDUCTION AND WHITE COAT CEREMONY -2023 MBBS BATCH

The Induction and Inauguration of 2023 Batch of MBBS was successfully conducted on 12<sup>th</sup> September 2023 at Senate Hall. Dr. Tomy Philip (Principal PIMSRC), welcomed the gathering. The chief guest Dr. Sairu Philip (Professor and HOD, Department of Community Medicine, Government of Medical College, Kottayam) delivered the Inaugural address. The Lamp lighting ceremony was conducted by all the dignitaries thereafter. The felicitation address was provided by Dr. Rajan Joseph Manjuran (Professor Emeritus, Cardiology, PIMSRC) and Dr. Reji Thomas (Professor and HOD Neurology, PTA Representative 2022 Batch). The memento was presented to the Chief Guest by the Rev.Fr. Jose Kallumalickal (CEO Pushpagiri Group of Institutions). The Student Union EKAM along with the faculty coordinated the "White coat Ceremony" and handed the students a souvenir. The program was concluded with the Vote of thanks by Mr. Blaise T Mathew (College Students Union Chairman). The entire program was live streamed.



## AWARENESS CLASS AT TALUK HOSPITAL, TIRUVALLA

On the occasion of "World Spinal Cord Injury Day" an awareness class was organised on 8<sup>th</sup> September 2023 for health care workers in the Government Taluk Hospital Tiruvalla. Around 50 people including doctors, staff nurses, palliative health care workers and supporting staff attended the awareness class. The function was presided by Dr. Biju (Superintendent -Government Taluk Hospital, Tiruvalla). Dr. Jimi Jose (Assistant professor and in-charge of the Department of Physical Medicine and Rehabilitation), spoke about the various rehabilitation services available under the department of Physical Medicine and Rehabilitation. Dr. Jainy John (Senior Resident PMR), conducted an interactive session on the chronic medical complications of Spinal Cord Injury and the importance of a multi-disciplinary Rehabilitation Team to limit disability and improve the quality of life in such cases. Dr. Jimi Jose and Dr. Jainy John were honoured with mementos by the staff council of Government Taluk Hospital, Tiruvalla. The vote of thanks was delivered by Dr. Liz (ENT Surgeon, Government Taluk Hospital Tiruvalla).



## WFMH/NAMH-INDIA SEMINAR - ARTIFICIAL INTELLIGENCE, CHATGPT AND MENTAL HEALTH

WFMH/NAMH-India Seminar on "Artificial Intelligence, ChatGPT and Mental Health". Keynote address by Prof. Roy Kallivayalil. The meeting honoured Dr. Felix Jones (Professor- community medicine) for his services to public health. Mr. Vijayalal Vijayan, Dr Soumya P Thomas, Dr Anjum John and Dr Liza Varughese were also present in the occasion.



## HEALTH AWARENESS SESSION ON SCREEN ADDICTION AT MAR THOMA COLLEGE, TIRUVALLA

Dr. Roy Abraham Kallivayalil (Professor and Head of the Department of Psychiatry), delivered a compelling health awareness session on Screen Addiction at Mar Thoma College, Thiruvalla. The event, organized by the Pushpagiri Center for Health Communication in collaboration with the Medical Club of Mar Thoma College, saw enthusiastic participation from over 100 students and several faculty members of the college. Notably, the event also attracted the participation of esteemed medical professionals from PIMS & RC, including Dr. Felix Johns (Professor and Head of Community Medicine), Dr. Soumya P Thomas, Dr. Neetha Mary Kurian, Dr. Anjum Susan John, Dr. Joe Abraham, and Mr. Anand P S, along with Psychiatry Postgraduates and Interns. This initiative successfully promoted awareness and dialogue on the critical issue of screen addiction within the academic community.



## WORLD SUICIDE PREVENTION DAY

World Suicide Prevention day on 10<sup>th</sup> September was observed by WFMH (Asia-Pacific) and NAMH India at Pushpagiri. Prof Roy Kallivayalil delivered the keynote address on the theme "Creating hope through action". Dr Joice Geo, Dr. Soumya P Thomas, Dr. Derek Johnson, Vijayalal Vijayan, Dr Chinnu Chacko and others spoke on the occasion. There was houseful attendance.



## SEX EDUCATION SESSIONS IN MGM SCHOOL

Dr. Betsy A Jose, Assistant Professor in the Department of Community Medicine at PIMSRC, delivered a compelling lecture on the importance of Comprehensive Sex Education (CSE) for adolescent children in MGMHSS as part of Souharda Club on 11<sup>th</sup> September 2023. CSE plays a critical role in empowering young individuals with knowledge about their sexual and reproductive health. CSE goes beyond the biological aspects of sex education, encompassing topics like consent, gender equality, relationships, and safe practices. Providing adolescents with accurate and age-appropriate information is essential in promoting healthy decision-making, reducing the risk of sexually transmitted infections, and preventing unwanted pregnancies. The session was taken for higher secondary students. Around 200 students attended the session.



## HEALTH CAMP AT CHATTENKERY CHC

Department of Community Medicine collaborated with Chattenkery CHC conducted a health awareness session and medical camp on 23<sup>rd</sup> September 2023. This health camp was a part Ayushyaman Bhav Campaign, under the auspices of Central Government. Health awareness session was handled by Dr. Charisma (Junior resident, Community Medicine). She emphasised the importance of living a healthy lifestyle in preventing the Non communicable diseases. Dr. Joe P John (PG, General Medicine), Dr. Akhila (PG, Respiratory Medicine), Dr. Betzina (PG, ENT), Dr. Leena Viswan & Dr. Prince (Junior residents, Community Medicine) rendered their services. Dr. Felix Johns (Professor & HOD, Community Medicine) along with Panchayat President and ward members spoke during the inauguration ceremony. Dr. Vikram Gowda (Vice principal & HOD Physiology) and Dr. Betsy A Jose (Assistant Professor, Community Medicine) were the coordinators for the camp. Around 60 patients attended the camp.



## REPRODUCTIVE HEALTH SESSIONS AT DEWASWOM BOARD HIGHER SECONDARY SCHOOL, PARUMALA

A session on reproductive health at Dewaswom Board Higher Secondary School, Parumala was taken by Dr. Betsy A Jose (Assistant Professor, Department of Community Medicine) on 20<sup>th</sup> September 2023. The session was taken for higher secondary students from 2pm - 4pm. Around 100 students attended the session. This session was coordinated by Souharda club of DBHSS. Reproductive health is a cornerstone of individual well-being and societal progress. By prioritizing reproductive health, we can empower individuals, reduce maternal mortality, prevent the spread of STIs, and create a more equitable and prosperous world for all.



## NATIONAL PHARMACOVIGILANCE WEEK CELEBRATION 2023



Adverse Drug Monitoring Centre (AMC), Department of Pharmacology, Pushpagiri Medical College, Thiruvalla had celebrated the National Pharmacovigilance Week from 17<sup>th</sup> - 23<sup>rd</sup> September 2023. The theme for this year's National Pharmacovigilance Week was "Boosting Public Confidence in Pharmacovigilance".

- ⊙ A webinar on Pharmacovigilance and Materiovigilance was conducted on 18<sup>th</sup> September 2023. Two eminent speakers delivered the talk – Dr. Sujith J Chandy, Executive Director of ICARS, Denmark and Dr. Princy Louis Palatty, HOD Pharmacology, Coordinator RTC & AMC, AIIMS Kochi, Head of South India Unit and SAARC Nodal Centre, International Chair of Bioethics.
- ⊙ A sensitization and awareness programme was conducted at Taluk Hospital, Thiruvalla on 19<sup>th</sup> September 2023 for the healthcare professionals and for all other staffs (Nurses, Pharmacists, Lab technicians, Attenders etc.) and leaflets, emphasizing the various tools of ADR reporting were distributed at the Out Patient Department of Taluk Hospital, Thiruvalla.
- ⊙ As part of Public Awareness, an article was published by Dr. Sreelakshmi Venugopal, Assistant Professor, Department of Pharmacology, Pushpagiri Medical College, in the monthly issue of Aikyadeepam Magazine.
- ⊙ Various competitions like Poster, Animated Video and Quiz Competitions were conducted on 21, 22 and 23<sup>rd</sup> September 2023 respectively for the UG students. The posters were evaluated by Dr. Amrutha Mary Zachariah (Physiology), Dr. Rosin George Varghese (Community Medicine) and Dr. Liya Roslin Joseph (Pharmacology).  
Valedictory function was conducted on 23<sup>rd</sup> September 2023 and the first and second prize winners were awarded certificates and mementos. Consolation prizes were also given for the participants. The prize distribution was done by Rev. Fr. George Valiyaparambil, Director, Pushpagiri Medical College, Dr. Tomy Philip, Principal, Pushpagiri Medical College and Dr. Vikram Gowda, Vice Principal, Pushpagiri Medical College.

## ONE DAY WORKSHOP ON DRUG FREE KERALA



Department Community Medicine under the leadership of Prof & HOD Dr. Felix Johns participated in active Discussion on Strategies for Drug free Kerala organised by Kerala State Excise Department, Government of Kerala and Vimukthi Mission. Adv. Mathew T Thomas MLA inaugurated the program in Thiruvalla constituency on 29.9.23. Dr. Neetha Mary (Associate Professor), Dr. Betsy A Jose, (Assistant Professor), PGs, NSS Volunteers attended the workshop and shared their ideas. The representatives from different levels of society took part including school couesllors, advocates, doctors, LSGD, police, excise, Teacher's, Headmasters, PTA representatives, Student Police Cadets, NSS Volunteers,

## "SWACHHATA HI SEVA"

### CLEANLINESS DRIVE BY NSS UNIT OF PIMSRC

On October 1, 2023, a significant cleanliness drive was conducted at the Pushpagiri Institute of Medical Sciences & Research Centre under the National Service Scheme (NSS) unit volunteers and dedicated medical students. This initiative was a part of the "Swachhata Hi Seva" campaign, aimed at promoting cleanliness and sanitation across India. The event aimed to raise awareness about the importance of cleanliness and its impact on public health. The cleaning drive started with an inaugural meeting in front of glass house of PIMSRC. Dr. Betsy A Jose, NSS Programme Officer stressed the importance of making cleanliness as a habit and welcomed the gathering. Dr. Gaddam Vijalakshmi, Vice Principal, Academics presided the function and enlightened the NSS Volunteers about importance of cleanliness. She made the Volunteers pledged to keep their rooms and surroundings clean. Rev. Fr. George Valiyaparambil, Director, Pushpagiri College of Medicine & Allied Sciences inaugurated the drive and encouraged the Volunteers towards maintaining cleanliness not only within the institution but also in the surrounding community. Miss Aaby Mariam, NSS leader concluded the session with vote of thanks to the gathering. Mr. Robin, Maintenance supervisor coordinated the event along with the NSS PO, Dr. Betsy A Jose. The NSS Volunteers were divided in to ten groups with a staff in charge and were allotted ten different areas within the premises of hospital to clean. The primary objective of the cleanliness drive was to create a cleaner and healthier environment within the institute premises and raise awareness among students and staff about the significance of cleanliness and sanitation. The cleanliness drive began early in the morning at 9.30 AM and continued until 12:00 PM. It witnessed active participation from NSS volunteers, medical students, faculty members, and staff. In addition to cleaning, the volunteers and students planted a Kitchen garden in Medical College Annex garden. This initiative was part of the institution's commitment to environmental sustainability and beautification. Health inspectors from the department of Community Medicine and maintenance staff of PIMSRC actively participated in the event along with NSS Volunteers and made the drive a huge success. Additionally, the campaign left a lasting impact on the mindset of the students and staff, emphasizing the importance of cleanliness in maintaining good health and well-being. This event serves as a testament to the dedication and commitment of the NSS volunteers, medical students, and the institution's administration to the Swachh Bharat Abhiyan and the broader cause of cleanliness and hygiene.



### AYUSHMAAN BHAVA HEALTH CAMP

Ayushmaan Bhava Health camp was arranged at CHC kunnamthanam on 30.09.2023 in collaboration with National Health Mission. Dr. Felix Johns Prof & HOD attended the inaugural meeting along with panchayat President of kunnamthanam block. Specialists doctors: Dr. Shalin James OBG, Dr. Anjana, Dermatology Dr. Leena Viswan, Dr. Prince K Sam Community Medicine department rendered their services. Dr. Betsy A Jose, Assistant professor Dept of Community Medicine coordinated the camp. Department of Community Medicine in collaboration with NSS unit PIMSRC observed international Day for older persons on 3 October 2023 at Jeevan Jyothi Old age home for Men. A medical camp was organised for the inmates. Dr. Dawn Philip, (PG Resident, Ophthalmology) Dr. Roshna Raheed & Dr. Sapna (PGS Community Medicine) conducted the camp. Dr. Felix Johns, Prof & HOD, Community Medicine inaugurated the camp along with Fr. Michael, incharge of old age home. NSS Volunteers conducted games and cultural activities to entertain the inmates. Dr. Rosin George, Dr. Betsy A Jose (Assistant Professor) & Health inspectors attended the camp. Dr. Betsy A Jose was the coordinator of the camp.



# RESEARCH

## RESEARCH CENTRE NEWS

PRC & CIFT (CENTRAL INSTITUTE OF FISHERIES TECHNOLOGY)



A review meeting regarding collaborative project between Pushpagiri Research Centre (PRC) and Central Institute of Fisheries Technology (CIFT) was held on 19th September, 2023 at PRC conference hall. The meeting was presided by Rev. Dr. Mathew Mazhavancheril (Director & Head, Pushpagiri Research Centre) with Dr. Nebu George Thomas (Scientist-Tissue Engineering Lab, Pushpagiri Research Centre) Dr. Binci (Senior Scientist, CIFT). The delegates evaluated the progress of project on Development of Tissue Engineering Scaffolds from Marine Sources. Several other faculties who attended the meeting includes Dr. Sajith Varghese (Associate Professor, General Medicine), Mr. George Varghese (In-charge-Centre for Virology, Coordinator Pushpagiri Research Centre) Dr. Soumya R.S (Scientist, Biochemistry Lab), Dr. Aniket Naha (Scientist, Medical Biotechnology and Computational Drug Designing Lab), Dr. Rosin George Varghese (Assistant Professor, Clinical Epidemiology Unit), Dr. Vimal Thomas (Postgraduate, Department of Periodontics, Pushpagiri College of Dental Sciences), Dr. Merin Basil (Postgraduate Department of Prosthodontics, Pushpagiri College of Dental Sciences), Dr. Lekshmi. M. (Postgraduate, Department of Periodontics, Pushpagiri College of Dental Sciences), Ms. Mahima Rachel Soney, Ms. Krishnaja R. Delegates from commercial partner of CIFT named Blooming Boon were also present in the meeting. The meeting concluded upon deciding to continue the ongoing project and Dr. Binci (Senior Scientist CIFT) expressed her keen interest in initiating of collaborating project for future development of cosmetic products from marine sources.



# Eminent Scientist Dr. Yogesh Bharat Dalvi Delivers Inspirational Lecture on Phytochemicals in Tissue Engineering



Pune, Maharashtra, September 25, 2023 — Fergusson College (Autonomous) had the honor of hosting renowned scientist Dr. Yogesh Bharat Dalvi from the Pushpagiri Research Centre, Pushpagiri Institute of Medical Sciences and Research Centre in Tiruvalla, Kerala, India. Dr. Dalvi, a distinguished figure in the field of medical research, delivered an illuminating lecture to teachers, MSc, and research students of the Life Science course on the captivating topic, "Unlocking Nature's Healing Potential: Phytoceuticals in Tissue Engineering."

The lecture, held on Saturday, 23<sup>rd</sup> September 2023, from 2:00 PM to 3:00 PM at the Conference Hall of Fergusson College, Pune, was attended by a captivated audience of aspiring young scientists. Dr. Dalvi's presentation explored the fascinating world of phytoceuticals and their applications in the field of tissue engineering. His extensive knowledge and expertise in this domain captivated the audience, providing valuable insights into the potential of natural compounds for regenerative medicine. His engaging discourse left an indelible mark on the students, inspiring them to explore new horizons in medical research.

The event not only highlighted Dr. Yogesh Bharat Dalvi's commitment to education and research but also showcased Pushpagiri Research Centre's ongoing efforts to foster collaboration and knowledge exchange within the academic community.

This lecture represents another milestone in Pushpagiri Institute of Medical Sciences and Research Centre's mission to facilitate cutting-edge research and education in the medical sciences.

#### **About Dr. Yogesh Bharat Dalvi:**

Dr. Yogesh Bharat Dalvi is a Scientist at the Pushpagiri Research Centre, affiliated with the Pushpagiri Institute of Medical Sciences and Research Centre in Tiruvalla, Kerala, India. With a wealth of experience and expertise in medical research, Dr. Dalvi is internationally recognized for his contributions to the field. His work focuses on innovative approaches to tissue engineering, particularly the use of phytoceuticals for regenerative medicine. His research contributions are recognized through numerous esteemed scientific publications and patents.

#### **About Fergusson College (Autonomous):**

Fergusson College, established in 1885, is one of the leading educational institutions in India, renowned for its commitment to academic excellence and the holistic development of its students. Located in Pune, Maharashtra, Fergusson College offers a diverse range of undergraduate and postgraduate programs, fostering a culture of intellectual growth and research.

## **Proposal discussions with Dr. S S Lal**

On 11/09/23, renowned public health specialist Dr S S Lal- (Professor & Head – Public Health, Global Institute of Public Health, Trivandrum & President, Global Foundation of Health & Hygiene) made a visit to Pushpagiri Research Centre. The primary agenda of visit was to discuss potential funding opportunities in the field of public health. Dr S S Lal emphasized the importance of investing in public health initiatives and highlighted several areas that could significantly benefit from increased funding especially in research related to TB. The need for professional writing while submitting the proposals to funding agencies was stressed upon.

Later Dr Sherin (Pushpagiri College of Dental Science) & Dr Betsy A Jose presented project proposals from the field of oral health & public health respectively. Dr S S Lal critically reviewed those proposals and gave his valuable inputs on how to make it more acceptable for funding agencies.

The meeting with the public health specialist provided valuable insights into how to approach funding agencies for various public health initiatives. The meeting was attended by Rev Dr Mathew Mazhavancheril, Director PRC and other PRC faculty along with faculty from Medical College and Dental college



# Congratulations



Dr. Aniket Naha has successfully completed his Doctorate Degree (Ph.D.) on September 25, 2023, under the novel guidance and esteemed supervision of Prof. (Dr.) Anand Anbarasu and Prof. (Dr.) Sudha Ramaiah from the Department of Biomedical Sciences, School of Bio Sciences and Technology (SBST), Vellore Institute of Technology (VIT), Vellore. Dr. Aniket's thesis work entitles "Systems Biology and Structural Bioinformatics to Elucidate Novel Therapeutic Biomarkers and Effective Lead Molecules Against Priority Pathogens". He has worked extensively in the fields of Clinical Microbiology and Bioinformatics from Christian Medical College and Hospital (CMC&H) Vellore and Medical and Biological Computing Laboratory, SBST, VIT – Vellore. Till date he has published several Research articles, Review papers and Book Chapters in International peer-reviewed journals of repute acquiring a cumulative Impact factor of 53.4 and h-index of 8




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## ORIGINAL ARTICLE

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# Knowledge of the monkeypox 2022 outbreak among dental hygienists and students in Saudi Arabia: A cross-sectional study

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### Abstract

**Objective:** This study aimed to assess the knowledge of monkeypox infection among dental hygiene professionals and students in Saudi Arabia.

**Methods:** A cross-sectional study was conducted among a convenience sample of dental hygiene professionals ( $n=259$ ). The questionnaire was developed based on previous literature, and descriptive analysis and a Chi-square test were performed.

**Results:** A total of 159 dental hygienists responded to the questionnaire. Results indicated that only 1.7% had good knowledge, 7.7% had moderate knowledge and 90.6% had low knowledge of the monkeypox outbreak. The mean knowledge scores varied among dental hygiene students, practitioners and faculty members. Significant group differences were observed for some questions ( $p < 0.05$ ).

**Conclusion:** Our study concludes that dental hygienists had moderate to low level of knowledge of the monkeypox infection and its implications for oral health and patient care, indicating a need for more education on the subject.

KEYWORDS

### Original Research Article

## PREVALENCE OF HYPOMAGNESEMIA IN TYPE 2 DIABETIC PATIENTS ATTENDING A TERTIARY CARE HOSPITAL IN SOUTH INDIA- A CROSS SECTIONAL STUDY

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### Abstract

**Background:** Type 2 Diabetes Mellitus is one of the most common diseases encountered globally. It is also associated with an increased risk of development of microvascular, macrovascular diseases or both. Magnesium (Mg) is supposed to have some role in glycaemic control in Type 2 diabetes and also with the disease progression. Magnesium depletion is said to have a negative impact on glucose homeostasis and insulin sensitivity in patients with type 2 diabetes. The present study was conducted to estimate serum magnesium levels in type 2 diabetic patients and find any correlation between the two. **Materials and Methods:** The study was conducted in 500 type 2 diabetic patients. Subjects

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## DEPARTMENT OF PHARMACOLOGY

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### SYNTHESIS, CHARACTERIZATION AND ANTIBACTERIAL EVALUATION OF NOVEL 1-(PYRIDINE-2YL)-1H-PYRAZOLE-5-CARBOXAMIDE DERIVATIVES

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## DEPARTMENT OF COMMUNITY MEDICINE

### ORIGINAL ARTICLE

## Awareness of colorectal cancer risk factors and warning signs in adults in South Kerala: A cross-sectional study

Thomas, Greeshma A.; Kurian, Nisha; Mathew, Elsheba; Mamachen, Serah; John, Jemimah R.

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### LETTERS TO EDITOR

## Authors' reply to Gurushankari and Kate, and Patil

Kurian, Nisha; Mathew, Elsheba

Author Information ©

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## DEPARTMENT OF ANATOMY

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# Using the Hands for Learning Anatomy

[Doris George Yohannan](#) , [Paul Ginns](#), [Amogh Bhaskaran Jayaprasad](#), [Santhanu Jagannath Nair](#), [Rakesh Omana Suresh](#), [Nithin Kadakampallil Raju](#) & [Aswathy Maria Oommen](#)

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# PRESENTATIONS

## Department of Pharmacology

- ❖ Dr. Liya Roslin Joseph presented a poster titled "Short term treatment with unfractionated Heparin or Enoxaparin for acute Myocardial Infarction in hospitalized patients in South Kerala - Utilisation and cost minimization analysis" at International Conference on Clinical Pharmacology and Pharmacogenomics – ICCPP 2023 held at Kasturba Medical College, Mangalore on 1<sup>st</sup> September 2023.
- ❖ Dr. Liya Roslin Joseph presented a paper titled "Drug prescription pattern of patients with acute Myocardial Infarction in a tertiary care hospital in South Kerala" during the National Conference IntPCON 2023 held at Goa Medical College, Bambolim on 23<sup>rd</sup> & 24<sup>th</sup> September 2023.
- ❖ Dr. Sarannya Ravi presented a paper titled "Cost analysis of branded versus generic antidiabetic drugs used for the treatment of type 2 diabetes mellitus in a tertiary care hospital" during the National Conference IntPCON 2023 held at Goa Medical College, Bambolim on 23<sup>rd</sup> & 24<sup>th</sup> September 2023.
- ❖ Dr. Souparnika Vijayan presented a paper titled "Knowledge, attitude and practice of rational use of antibiotics among interns of a tertiary care hospital, a cross sectional study" during the National Conference IntPCON 2023 held at Goa Medical College, Bambolim on 23<sup>rd</sup> & 24<sup>th</sup> September 2023.



## ACHIEVEMENTS

Final year MBBS students, Mohammed Rafeeq K.M and Aleena Anna Thomas won the preliminary round of KAN Neuro quiz held on August 16<sup>th</sup> 2023 and they will represent our institution for the Final round of Kerala Neuro Quiz which will be held at Jubilee Mission Medical College and Research Centre, Thrissur on first October 2023. They were felicitated by Dr Reji Thomas, HOD department of Neurology.

Dr. P. Sukumaran, Professor of Pulmonology, presented a poster at ERS - International Conference of Pulmonology held from 9<sup>th</sup> to 13<sup>th</sup> September 2023- Milan Italy.



Dr Deena Anna Jacob, Junior Resident, Department of Psychiatry, has won the second best poster Award (from among 16 entries) at the 39<sup>th</sup> annual conference of Indian Psychiatric Society at Kannur on (date).

Congratulations to Dr. Arjun James on his enrollment in the prestigious \_Fellow Academic College of Emergency Experts in India\_ (FACEE) at EM Pune, India



Dr. Harikrishnan (full name), designation, Department of Gastroenterology delivered a talk on the topic- "Visionary Vigilance: The rise of Novel Tools in HCC Surveillance" at annual conference of Indian Society of Gastroenterology Kerala Chapter.

The research abstract titled "Quality of life and evaluation of anxiety in IBS subtypes" submitted to the 7<sup>th</sup> Asia-Pacific Neurogastroenterology and Motility Society Biennial meeting (ANMA&TNMS) by Dr.Sobin.C.B. and Dr.Vishnu Chandran (Department of Gastroenterology, PIMSRC) has been selected for Travel award.



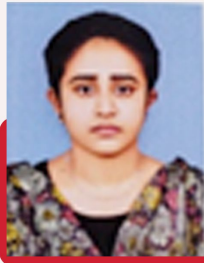
## ICMR STS - Accepted Proposals

- Name :- Kezia Sanoj  
 Guide :- Dr. Mercy John Idicula, Department of Microbiology  
 Title :- "An audit on the pre-analytical phase of blood cultures through the COVID - 19 pandemic in a tertiary health care centre in south India".
- Name :- Jenneth  
 Guide :- Mr. George. Department of Microbiology  
 Title :- "IgM- IgG avidity combination screening for CMV infection in antenatal women in a tertiary care centre in south India"

Prof. Roy Kallivayalil was a guest speaker at international conference on mental health at PGI Chandigarh, India, on September 14<sup>th</sup>-16<sup>th</sup>, 2023 with theme: "Public mental health"



## APPOINTMENT



Dr. Anavadya Narendranath is appointed as Junior Resident in the Department of Neurology from 1<sup>st</sup> September 2023.



Dr. Ajin Chacko is appointed as Junior Resident in the Department of Cardiology from 21<sup>st</sup> September 2023.



Dr. James Mathew is appointed as Senior Resident in the Department of General Surgery from 12<sup>th</sup> September 2023.



Dr. Shehin Moideen is appointed as Senior Resident in the Department of General Surgery from 12<sup>th</sup> September 2023.



Dr. Likhith Theodore is appointed as Senior Resident in the Department of Orthopaedics from 12<sup>th</sup> September 2023.



Dr. Athira V R is appointed as Senior Resident in the Department of General Medicine from 15<sup>th</sup> September 2023.



Dr. Angela George is appointed as Senior Resident in the Department of paediatrics from 18<sup>th</sup> September 2023.



Dr. Bincy Philip is appointed as Senior Resident in the Department of paediatrics from 25<sup>th</sup> September 2023.



Dr. Arya Roy is appointed as Senior Resident in the Department of Respiratory Medicine from 25<sup>th</sup> September 2023.



Dr. Sree Durgachith S is appointed as Senior Resident in the Department of Emergency Medicine from 29<sup>th</sup> September 2023.

## **PUSHPAGIRI CLINICAL CLUB NEWS**

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

- ▶ When Surgery is the Treatment for a case of Electrolyte Imbalance -  
Dr. Sr. Keerthimol Joy
- ▶ Pediatric Intussusception Revisited ; A 15 year review –  
Dr. Bipitha Baby
- ▶ Transfusion Reactions - Dr. V.P Sasidharan

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

Dr. Jency Joy  
Dr. John Joseph  
Dr. Reeba Mary Issac

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