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# ATMAN



Volume 1 Issue 6 November 2022

**ESSENCE OF  
AIIMS  
MANGALAGIRI**



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# Editorial



We just celebrated Deepavali with great fervour and enthusiasm. The festival, commemorating victory of good over evil, unites us all in its glow. This is also an occasion that symbolizes lighting the lamp of knowledge and wisdom within us.

It is therefore apt that the theme for this issue is “research”.

For faculty, research is the only means to further our understanding of a problem, finding a solution, bridging the gap between the known and unknown. Anusandhan, our monthly research meetings for faculty were started with the intention of sharing knowledge, thoughts and ideas. It is to help us address stumbling blocks in research, and create a means for collaborative work among departments.

For students, if the curiosity to understand goes beyond what is taught in classrooms, true learning happens. Research work can light that spark of enquiry. “Cerebration” was one such program - hosted by AIIMS Mangalagiri, for 1st MBBS students from all over the country. This is an annual event and this volume of Atman showcases the happenings.

Nobel prizes were conferred recently. This is perhaps the highest recognition one can get for doing work that “has the greatest benefit to humankind”. It is inspiring to read again about research in the field of medicine and other sciences that garnered the attention of the Nobel committee.

As always, the journey of our institution from the first brick to now, the creative talents of our AIIMS family members and campus activities have been thoughtfully covered. We hope they hold your attention.

- Dr Deepti Vepakomma

# CEREBRATION: THE COLLOQUIUM

## – An Academic Feast



Few questions in the inquisitive minds of young 1st year medicos are ; “what is a conference?”, “who writes text books and how do authors think?”, “how does one learn medicine?” and so on.

To address these and bring in some novelty to teaching and learning, a concept was designed, and aptly named “Cerebration –The Colloquium”. The idea was to bring in students from all over India and have a competition. It provides a platform for MBBS 1st Year students to interact with their peers, subject experts and eminent faculty. This was the brainchild of Dr Vidya Desai, Dr Bari Siddiqui and others under the stewardship of the President, the Director and Dean academics.

The 1st Colloquium was conducted from 27th February to 1st March 2019 and has since been happening every year, with expanding horizons and participation from well beyond Andhra Pradesh.

This year the event was held from August 22nd to August 24th.

Learning never stops and knowledge is an expansive ocean. The goal of the faculty is to help students sail and spread as much knowledge and love as possible.

Year	Date	Winners
2019	27/02/2019 to 01/03/2019	All India Institute of Medical sciences, Mangalagiri
2020	05/03/2020 to 07/03/2020	Rangaraya Medical College, Kakinada
2021	24/09/2021 to 25/09/2021	Andhra Medical College, Vishakhapatnam
2022	22/08/2022 to 24/02/2022	Andhra Medical College, Vishakhapatnam

## STUDENTS' QUOTES


Cerebration 2022 was a grand get together of some MBBS 1st year students from various colleges to share their knowledge and also enrich them with others' especially the respected experts who judged this wonderful event. The event taught us the art of presentation and

importance of soft skill in it. And the best thing was that all were 1st year students so all the topics were easy to understand. We didn't win but made some lifelong friends and knew the areas where we need to work and improve upon. In the end I must say "Thank You" to AIIMS Mangalagiri for making everyone sit on the edge of their seats. As 1st year student we all learnt a lot from the event and next year we will pass this knowledge to our juniors and will try to win the Rolling Trophy of AIIMS Mangalagiri.

- Ankit, AIIMS Madurai

Over the past 3 days, I've had a chance to interact with some of the most amazing minds of our Country, who came together and showed their brilliance on the stage of the 4th Colloquium. After witnessing the outstanding performance of the participants I realized that the judges also might be having a very tough time. This initiative of the Cerebration by AIIMS Mangalagiri is really appreciable, as it has enabled the first-year students to face new challenges, learn the essence of teamwork and enhance their knowledge. The 15 teams also need to be appreciated who took part and presented to their best. In the midst of the tense seminar, the fun rounds helped to put the participants at ease and acted as motivation boosters. The chart and model-making participants also demonstrated the peak of their creativity. This whole event enhanced the experience of all the participants from the various colleges. Some college teams might not have been victorious but I believe they will come back with even more enthusiasm and will take Cerebration to greater heights. And even though there were only 3 winners there were definitely 15 gainers.

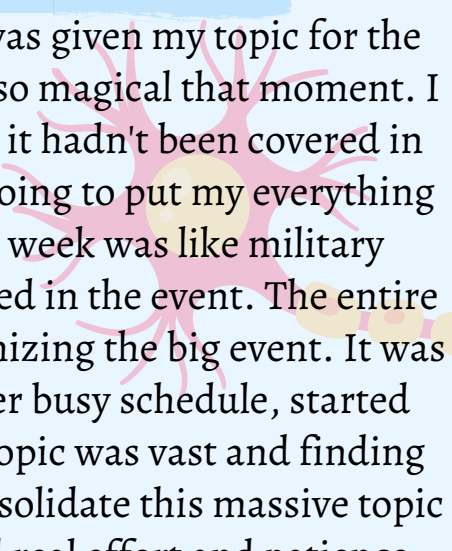
- Aayush Kumar Singh, GMC Srikakulam



Never did I think that I would address a crowd of 125 as I was scared of public speaking (or at least I thought I did!). It all began when I gave my consent for a seminar competition, about which I did not completely know about; I just wanted to give it a shot though. I was equally happy and scared at the same time, when they told me that one sentence – “YOU ARE GOING TO REPRESENT THE COLLEGE” The department of Physiology here at AIIMS Mangalagiri supported me at every single phase of the preparation. In fact, every single one of my professors is a role model in preparing the presentation and in the last 6 months I've spent in this college, I've learnt how to teach, how to present and make the person sitting in front of me fully understand what I want to convey.

Finally the day of presentation came; I was actually learning how to handle the heat of the moment. I had a thousand chances to mess up the situation, but I had to look at the one possibility where everything works out. I do not remember a word that I spoke during the seminar; everything flowed out spontaneously from my mouth, because the whole seminar was actually the brain child of the people who were supporting me, my respected professors and my beloved peers. It was them who were addressing the crowd; I was only a medium through which the words came out. The whole event was an experience of a lifetime, moments that I would cherish forever...

By Siriki Ramachandra, AIIMS MG, 1st year student



It was 5 days before the celebration when I was given my topic for the seminar. It was “protein targeting”, sounded so magical that moment. I knew it was going to be a challenging one, as it hadn't been covered in syllabus that time. But I was sure that I was going to put my everything that week to bring the best out of me! That week was like military training for me. Around 15 colleges participated in the event. The entire biochemistry department was busy with organizing the big event. It was so sweet of Dr. Saroja Ma'am that despite her busy schedule, started guiding me for the topic. I realized that the topic was vast and finding references was also difficult. To be able to consolidate this massive topic with a time limit of 15 minutes, that required real effort and patience. Somehow with several rehearsals and with help of all my biochemistry teachers, this problem was almost sorted.

Now, the next challenge was to be able to deliver this complicated topic to the audience. I practiced in front of my friends (my lucky charm); made changes in my slides, voice tone, explanations, body language and much more. This continued till the last moment! Finally the day came, just 10 minutes before my presentation my teachers got my outfit changed. They asked me to hold the wireless mike and use the pointer. Ultimately all these last moment changes summed up to something really meaningful.


I can't forget that statement given by the judges "Firstly, we are really impressed, secondly you have left nothing much for us to ask". From the audience, my teachers were clapping for me enthusiastically with their hands raised. There was no one more satisfied than me that day! Just after my turn, I had a serious stomach cramp, as I hadn't eaten properly for past 3 days. I wonder how I didn't face this problem till my seminar got completed, perhaps due the blessings of all those who cheered for me!

I learnt a lot in a short span, a crisp experience filled with lots of thrill, games, excitement, a bit of anxiety and nervousness, new friends and the best being a medal for me and a trophy for my college! What a grand experience it was! Thank you my dear AIIMS Mangalagiri for this priceless memory!

By Tisha Rani, AIIMS MG, 1st year student







Months of anticipation and weeks of preparation finally led up to what was arguably the most enriching and exciting event of our first year of MBBS... Cerebration! Cerebration, a first of its kind seminar competition for first year MBBS students is hosted every year by AIIMS Mangalagiri to bring together bright and talented students from various states to showcase their medical knowledge and presentation skills.

The competition has always been tough and this year was no exception. Each presenter was equally eloquent and confident, making the entirety of the 3-day event a nail-biting saga. Apart from the seminars, models and charts were also displayed. They were all skillfully made, showing great creativity and simplified difficult concepts into easily comprehensible visual representations. All of the colleges brought their A-game, ours included! The college team consisting of Ramachandra, Tisha and Meenakshi left us all in awe with their incredible presentations. It was a neck-and-neck fight until the very end; we could never anticipate who had the upper hand. In the end, our college was the first runner up, missing the champion trophy by a slim margin of 0.4 points. Nevertheless, we were all very proud of the way the team represented the college and it is needless to say that by the end of Cerebration, we all came out with a newfound thirst for knowledge.

- Shriya T, 2021 batch

Compiled By:  
Nandana N Hegde  
Atharban Baruah

# OUR CHARTS AND MODEL WINNERS....





# ANUSANDHAN- AIIMS RESEARCH CONFERENCE

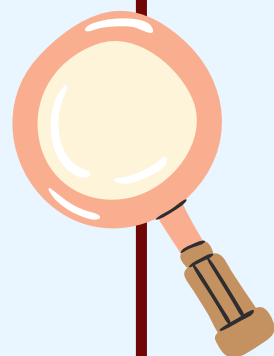
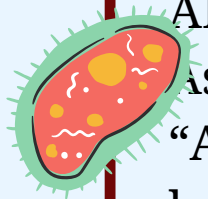


Quality research is one of the trinity of goals for AIIMS Mangalagiri.

As we celebrate our first Research day “Anusandhan Divas”, we felt it was apt that we have a conference where Doctors, Scientists, Engineers and Innovators come together.

Meaningful research must have translational potential. Collaboration is one way to address gaps in research and ensure that it moves in the right direction.

A research conference on this theme will be held on 18th and 19th November 2022, followed by a workshop on research methodology for students on 20th November, our Anusandhan Divas.





# ANUSANDHAN

AIIMS Mangalagiri Research Conference  
18th and 19th November 2022

## BIOMEDICAL RESEARCH: ADDRESSING THE CHALLENGES THROUGH COLLABORATION

Objectives:

- Bridging the gap between medical science and technology
- Exploring the scope for collaboration by bringing scientists, doctors and engineers onto a common platform



**ANUSANDHAN DIVAS**  
**Research Methodology**  
**Workshop for Students**  
**20th November 2022**

**3 APMC**  
**Credits**

 [anusandhan.mg@gmail.com](mailto:anusandhan.mg@gmail.com)

 AIIMS Mangalagiri, Guntur District, AP



# Plenary Talks & CME

## 18th November 2022



**Dr Deepak Saini**  
Professor, Molecular Reproduction Genetics  
Indian Institute of Science, Bangalore

**Aging- basic understanding to clinical implications**

**(Aging model as a template to understand all facets of biomedical research)**

**Dr Anurag Agrawal**  
Dean, Biosciences & health research  
Ashoka University, National Capital Area



**Science, Society & The Future of Health (Genomics, AI and Big data..... )**



**Dr Dennis Xavier**  
Professor, Pharmacology  
Head, Division of Clinical Research & Training  
St John's Medical College, Bangalore

**Research made easy -practical tips & tricks**

**Dr Hardik Pandya**  
Asst Professor, Division of EECS  
Indian Institute of Science, Bangalore



**Collaborate, Incubate, Innovate**

Comparative anatomy - animal models in human research - Dr Joy A Ghoshal  
Prof & Head, Anatomy, Dean (Academics)

How clinicians complete the research jigsaw - Dr Suresh V  
Prof & Head, Endocrinology, AIIMS Mangalagiri

**Panel**

**Research - navigating the ethics minefield**



# **Paper Presentations & Innovation Session** **19 th November 2022**

Faculty Paper presentations with award for the best papers

PG / PhD student paper presentations with award for the best papers

Undergraduate student paper presentations with award for the best papers

## **Symposium -Avishkaar**

design & innovation from bench to market

**20th November**

Research methodology workshop for undergraduates

**REGISTRATION  
FEE**

**Delegates : Rs 600**

**Postgraduates / PhD students : Rs 350**

**Undergraduates : Free**

**(Includes GST)**

**Last date for registration: 15th Nov 2022**

**Reg Form: <https://forms.gle/D7SvjjYrXnkxmuxP7>**

**Reg details :**

**Bank: State Bank of India**

**Current A/C no: 40722789165**

**Name: AIIMS Mangalagiri Dept. of Paediatric Surgery**

**IFSC: SBIN0061485**



**ABSTRACT  
SUBMISSIONS  
for Award  
Papers**

**Structured Abstract of max 250 words**

**Last date for submission -  
12th November 2022**

**Email to: [anusandhan.mg@gmail.com](mailto:anusandhan.mg@gmail.com)**

**Paper / Poster Presentation : 19th November 2022**

**Heads - Clinical, basic science, translational, biomedical  
product innovation.**

**Categories: Faculty/PG/PhD/ Undergraduates**

**Abstract submission:**

**<https://forms.gle/EKsZEnbVqHQLgtvM8>**





## STAY

Hotels in Vijayawada - approx 10-15km from venue

Hotels in Tadepalli area approx 3-5 km from venue

Accommodation for students at AIIMS Hostel (to pay only for food) on first come first basis

### Air:

Vijayawada (Gannavaram) Airport

### Train:

Vijayawada Railway Station

## How to reach

**Venue**  
**AIIMS Mangalagiri**  
**Auditorium**

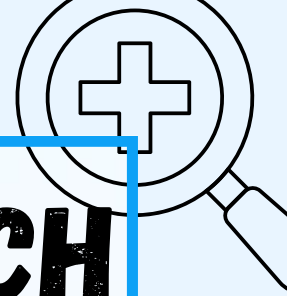


All India Institute of Medical Sciences  
Mangalagiri  
Guntur District, AP -522503

**For assistance contact.....**

 **anusandhan.mg@gmail.com**

 **+91 9741724041**



# ALL ABOUT RESEARCH

**What do you think is the importance of research in medical undergraduate students?**

The importance of research stems from the visible deficiency of authentic data about Indian conditions, etiopathogenesis, and Indian treatment protocol for diseases which may be different from that of western countries. And there are hardly any new drugs approved from India. For this, the future doctors have to start early and get involved in a younger age itself.

**What do you think are the ways to increase the interest of students in research projects, especially in institutes like ours?**

ICMR's STS projects in which the students are participating was started with this goal. Classes for sensitizing the students to proper research methodology can also be conducted. Students can also utilize the summer vacations and other holidays to participate on a smaller scale to attain deeper knowledge in the topic and not necessarily for publication. This will help in developing more interest in such projects and also will help to gain some experience in analyzing and publishing the results.

**-Dr. Suresh V (Department of Endocrinology)**

**Other than ICMR STS projects, what are the ways through which students can pursue their research projects?**

AIIMS Mangalagiri has a thriving research environment and a lot of faculties from almost every department is involved in some kind of research. There are intramural projects going on that are



supported by the institute along with many extramural funded projects supported by WHO, DST, DBT, ICMR etc. The Annual report of the institute gives details of all ongoing research projects in the various departments. The MBBS students can approach the concerned department in which they are interested and get involved in the ongoing projects as junior/student researcher.

INFORMER-Indian Forum for Medical Students Research is an association comprising of students who are attempting to keep the spirit of research alive among the student community.

ILLUMINATI is an undergraduate medical conference organized by the students' scientific society of Armed Forces Medical College, Pune. Students can attend and get exposed to various avenues and opportunities for research.

**Is it possible to do the projects independently and if done like that, what are the ways to publish the results?**

Medical research involves patients and subjects directly by way of any medical intervention or indirectly in the form of case records, investigations, medication data etc. There could be issues of privacy, confidentiality and ethics whenever any medical research is being conducted. Hence, as per Good Clinical Practice (GCP) guidelines, all kinds of medical research have to be conducted by a trained professional. Medical students being novice in the field need to be guided and supervised by a trained faculty/researcher. Hence, it may not be advisable for a medical student to carry out medical research totally independently.

**-Dr. Sushil Sharma (Department of Pharmacology)**



**According to you, what are the specific skills or qualities that an undergraduate student should possess for doing a research project?**

Before anything else, the students should have a proper basic understanding of the subject in which they are planning to do the project. They should also be aware of recent developments that are happening in the subject and the direction in which the particular subject is progressing. The students should have an inquisitive or probing mind that does not take everything for granted. A questioning mindset is required while searching for an answer. And also, persistent hard work is a must, since research is not something that yields a position result in one day.

**What is your opinion regarding making research projects mandatory in medical UG curriculum?**

Basic research methodology is something that should be made compulsory in the curriculum, some parts of it are already included. But making research projects compulsory won't serve its purpose. It is something that has to be initiated from within and not something that is forced on to you by someone.

**-Dr. Soumyajit Das (Department of ENT)**

Compiled By:  
Kalyani A P  
Diya Amina  
Debendra Nayak  
Ganesh Prathap  
Md.Faiz  
Heba Izzath

# UNDERGRADUATE MEDICAL RESEARCH - COMMON CHALLENGES AND SOLUTIONS

Conducting research in medicine is a complex and challenging task requiring adequate knowledge about research methodology, meticulous planning, collaboration with other team members, guidance from seniors and more importantly dedication and hard work. Doing research as a medical student is even more challenging as it requires experience, guidance, compatible topic, support from team members and extra time to spare in addition to routine academics. Nevertheless, research experience is a highly rewarding academic credit to have as a student which not only looks impressive on your CV but can also be very useful in future while doing postgraduate thesis and when applying for job interviews. Participating in research can also improve personal qualities like team working, scientific thinking, leadership, communication, medical writing, and management skills.

Any research activity includes numerous sequential steps starting from

‘conceiving an idea’ and ending with the dissemination of results through publication or presenting in conferences.

As a student, it is essential to understand various processes involved in research and to be aware of challenges that can be encountered at each step.

For the sake of easy understanding, a simplified version of various steps involved during research are given below (Figure – 1).

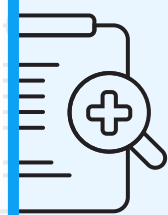
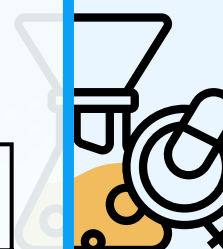


Figure – 1: Basic Steps in Research process\*

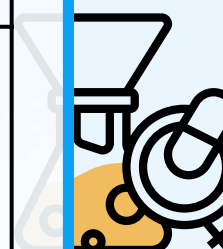
(\*Minor deviations are possible depending on the type of research)

Some common challenges faced by students while doing research and solutions to overcome those problems are listed below.

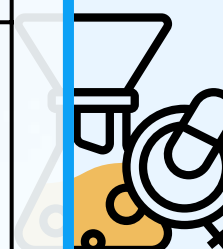
SNO	Challenges	Solutions
1.	I am interested in doing research. Where to start? How to choose an appropriate research topic?	<ul style="list-style-type: none"> <li>• The most crucial part of doing research as a student is choosing the right guide/mentor who has experience in research, easily approachable and willing to spend time to guide you. A good guide/mentor can help you in every aspect of 'research process'.</li> <li>• Research ideas are conceived by many ways               <ol style="list-style-type: none"> <li>1. Personal interest and curiosity</li> <li>2. Selective review of literature on a topic of interest</li> <li>3. While attending theory classes or practicals / clinical postings discussion</li> <li>4. Flashes as a random thought</li> <li>5. Given by your guide/mentor</li> </ol> </li> <li>• If you have picked any 'idea' or a 'potential research concept', try to do a detailed literature search to understand more about the topic, especially what is already known and what is still unclear. 'PUBMED' and 'Google scholar' websites are commonly used to search published medical literature. Choose an appropriate guide/mentor related to the topic. Contact them with your idea and request them to guide you</li> <li>• Alternatively, choose a faculty/guide whom you think would be ideal to work with and contact them. Brainstorm your ideas with them and narrow down to a specific research topic. In most cases, guides/mentors already have some topics in mind for research.</li> </ul>



SNO	Challenges	Solutions
2.	How do I know if a research topic is appropriate or not?	<ul style="list-style-type: none"> <li>Remember this rule of thumb. Any 'planned research' should fulfil these 5 criteria                      Should be feasible within the organization or with collaboration                      Should be planned with available funds. Do not plan costly research if you cannot secure funding.                      Should be 'Novel' – Results from the study should give us some new information which is not known already.                      Should be able to complete within the available time period ( Check if enough patients are available to reach desired sample size within given time)                      Should be Ethical – Should uphold the rights of study participants</li> </ul>
3.	What are the types of research that can be done?	<ul style="list-style-type: none"> <li>Most research are done either in a clinical setting or in laboratories. Laboratory research                      Wet lab projects - Involving biological samples                      Dry lab projects - Involving computer modelling and data analysis                      Clinical research - Involving human subjects                      Other types of research                      Secondary medical research - Analysis of already available data                      Audits - Comparing 'real life practice' against recommended 'standard of care' guidelines</li> </ul>
4.	What are the funding agencies willing to sponsor student research?	<ul style="list-style-type: none"> <li>The most popular funding option for Undergraduate medical research is ICMR's – Short term studentship (STS) program. The main objective of this program is to provide an opportunity for undergraduate medical students to familiarize themselves with research methodology by being associated with a research activity under the guidance of seniors. Call for ICMR-STs research proposals are published in Nov-Dec of every year. The usual timeline of STS project is mentioned in Figure - 2. Selected students will get a stipend of Rs 25000 for 2 months (Total of Rs 50000).</li> </ul>

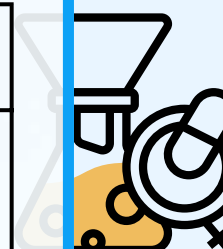


SNO	Challenges	Solutions
		<ul style="list-style-type: none"> <li>• Successful completion of the research project and submission of report are mandatory prerequisites for getting stipend. Visit ICMR website for more details or contact any of your seniors who have done this STS project and they can guide you on this.</li> <li>• Other funding options include               <ol style="list-style-type: none"> <li>1. Funding from Dept of Science and Technology (<a href="https://dst.gov.in/">https://dst.gov.in/</a>)</li> <li>2. Self-funded research</li> </ol> </li> </ul>
4.	How to write a research proposal?	<ul style="list-style-type: none"> <li>• Read the instructions on preparing research proposal by 'Institute research committee (IRC)/Research cell' carefully Review research proposal models written by your friends and seniors. Ask your guide to share research proposal models. Prepare a draft and get your research proposal corrected by your guide A typical research proposal should have the following content (Minor deviations can be there depending on your research design)               <ul style="list-style-type: none"> <li>Title</li> <li>Background &amp; Justification for the study</li> <li>Research hypothesis / Research question</li> <li>Primary and Secondary objectives</li> <li>Methodology</li> <li>Design</li> <li>Setting</li> <li>Inclusion criteria</li> <li>Exclusion criteria</li> <li>Description of Methodology</li> <li>Sample size calculation</li> <li>Statistical Analysis</li> <li>Funding</li> <li>Gantt chart - illustrating project timeline</li> <li>Expected Outcome and implications</li> <li>References</li> <li>Data collection sheet</li> </ul> </li> </ul>
5.	How to apply for Institute research committee (IRC)/Research cell approval?	<ul style="list-style-type: none"> <li>• Submit Cover letter, proposal in desired format through proper channel to IRC/Research cell. Check the instructions on submitting 'research proposal' by IRC You might be asked to present your proposal to IRC committee. Prepare power point presentation as per the template suggested by IRC.</li> </ul>

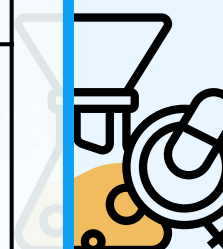




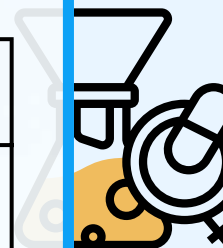
SNO	Challenges	Solutions
		<p>IRC committee reviews the research methodology and may suggest modifications if required. Once approved, your proposal would be forwarded to 'Institute ethics committee (IEC)'</p>
6.	<p>How to apply for Insitute ethics committee (IEC) approval?</p>	<ul style="list-style-type: none"> <li>• The purpose of the IEC is to protect human subjects by ensuring the highest ethical standards and conduct in all research projects. Read the instructions on filling IEC application form published by IEC committee carefully Participant information sheet and Consent forms are absolutely essential for research involving human subjects You might be asked to present your proposal again in front of IEC committee. Prepare powerpoint presentation as per the template suggested by IEC. IEC committee reviews the research proposal to ensure the rights of research participants are protected and their safety is taken care of and may suggest modifications if required. Once approved, you will be getting an IEC approval certificate.</li> </ul>
7.	<p>How do I collect data?</p>	<ul style="list-style-type: none"> <li>• 'Data collection' is the most important step in research. It should commence only after getting a valid IEC approval certificate.</li> <li>• Written informed Consent is mandatory for all studies involving human subjects</li> <li>• Ensure meticulous collection of data strictly adhering to the methodology</li> <li>• Collected data has to be entered and maintained in the master data sheet.</li> <li>• Data has to be stored for a specific duration as declared in the IEC application form.</li> </ul>



SNO	Challenges	Solutions
8.	I don't know statistical analysis? How to analyse the data?	<ul style="list-style-type: none"> <li>• It is always better to learn basic statistics necessary for your project and do the analysis yourself.</li> <li>• Common statistical softwares used are SPSS, EPI-info, Microsoft EXCEL. Open source online statistical softwares include Openepi and stats.blue</li> <li>• Alternatively, you can also collaborate with expert statisticians. In general, Faculty and residents from Departments of CFM and pharmacology often have additional expertise in statistics.</li> </ul>
9.	I don't know how to draft a manuscript?	<ul style="list-style-type: none"> <li>• Go through many model original articles to get a basic idea of drafting a manuscript. Most original articles follow 'IMRaD' structure – Abstract, Introduction, Methodology, Statistical analysis, Results, Discussion, Conclusion, References.</li> <li>• Types of manuscript to publish Original research include               <ul style="list-style-type: none"> <li>• Original article</li> <li>• Short research/ Short original article</li> <li>• Scientific letter to editor</li> </ul> </li> <li>• Prepare a draft and get your manuscript corrected by your guide</li> </ul>
10.	How do I choose the journal?	<ul style="list-style-type: none"> <li>• Choosing the right journal is crucial to secure acceptance without wasting much time. It is often challenging to decide the right journal. Student will need the help and experience of the Guide to choose the appropriate journal.</li> <li>• There are many types of journal               <ol style="list-style-type: none"> <li>1. Indexed with Pubmed/Medicine or other Indexing agencies like SCOPUS /EMBASE or non-indexed journals (Pubmed indexed journals are considered as best)</li> </ol> </li> </ul>



SNO	Challenges	Solutions
		<p>2. Open access or subscription-based journals (Open access journals charge for 'article processing' and 'publishing'. Can be considered if you are having funding for publication)</p> <p>3. Speciality journals or General Medical research journals (Speciality journals are preferred)</p> <ul style="list-style-type: none"> <li>• All manuscript submissions are done online. You have to register in 'journal submission site' with your email address.</li> <li>• Read the instructions of the journal carefully and modify the format of manuscript to suit the requirements of the journal.</li> </ul>
11.	What else can be done with my study results?	<ul style="list-style-type: none"> <li>• Students can also participate in medical conferences and present the results of their study ('Poster' or 'Oral Paper' presentations)</li> </ul>
12.	Apart from original research, what else can be published?	<ul style="list-style-type: none"> <li>• In addition to original research, students can also publish the following.               <ol style="list-style-type: none"> <li>1. Case Reports /Case series: Detailed reports of clinical course of a single or group of patients. This should describe an unusual or novel occurrence or provide new information. Written informed consent from patient is mandatory.</li> <li>2. Reviews: Collection and summarization of literature on an unresolved, controversial or novel topic. Examples: Narrative review, systematic review, meta-analyses</li> <li>3. Letters To Editor: Short decisive observations or critical evaluation of already published research</li> </ol> </li> <li>• IRC/IEC approval are usually not required for these types of manuscripts</li> </ul>



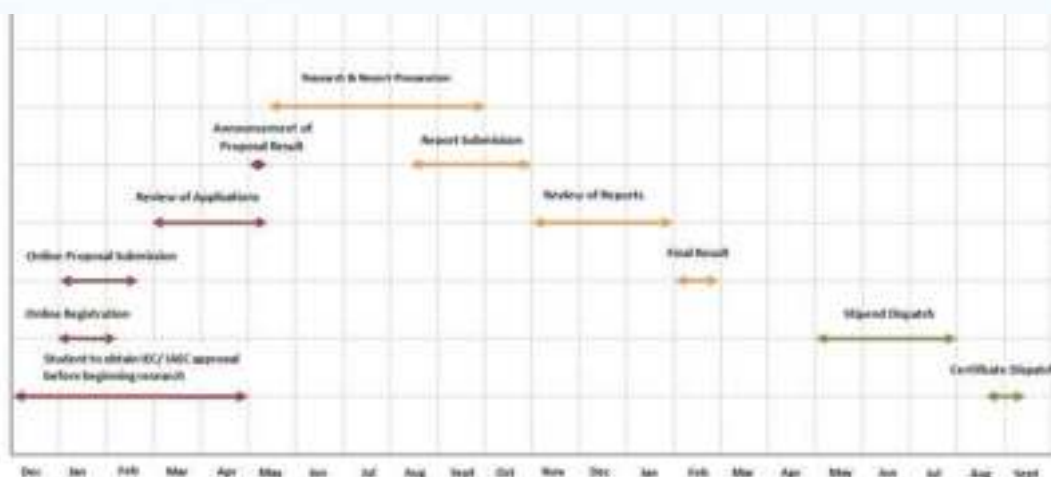


Figure - 2: ICMR - Short term studentship (STS) project timelines

Students should never forget that ‘Research’ is a team effort. Being a team player with good interpersonal skills is extremely vital to steer your research to the finishing line. Though conducting research as an undergraduate may look overwhelming, it can be a pleasant diversion from routine academics and can be hugely rewarding as well. However, students should take up research work only if they have enough time, passion and commitment to complete it. Historically, research done by medical students has led to significant medical discoveries and advancement in the medical field. Students should develop a realistic understanding of the research process and also understand the benefits of research experience.

The purpose of this write-up is to sensitize students towards research and to give a simple and generalized overview of challenges faced during research and methods to overcome those. Interested students can read more on this topic from the articles mentioned below.

- Dr. Arun Babu Thirunavukkarasu,  
Department of Pediatrics

#### Additional Reading

1. McCullough JH. How to get involved with undergraduate research: a guide for medical students. Available from <http://cures.cardiff.ac.uk/files/2014/10/NSAMR-How-to-get-involved-with-undergraduate-research.pdf>
2. Al-Riyami A. How to prepare a Research Proposal. Oman Med J. 2008 Apr;23(2):66-9.
3. Chan S, Jönsson A, Bhandari M. Planning a clinical research study. Indian J Orthop. 2007 Jan;41(1):16-22. doi: 10.4103/0019-5413.30520.
4. Srinivasan K, Fredrick J, Gupta R, Singh N. Funding opportunities for health research in India – A technical scan. Indian J Public Health 2020;64:421-4
5. ICMR - Short term studentship Website - <https://sts.icmr.org.in/>
6. Hexter AT. How to design a good research study: a guide for medical students. Available from <http://sites.cardiff.ac.uk/curesmed/files/2014/10/NSAMR-Good-study-design.pdf>

## Let's hear it from other fields...

I view research as complimentary to teaching, and as an avenue to be contemporary with the research in the areas of gender and labour process. This in turn makes teaching a dynamic enterprise of knowledge assimilation and dissemination. The specific dimensions of research that I would like to undertake include gendered organizational logic, newer forms of managerial controls and changing forms of labour process. However, it would not be limited to the above areas; rather I would seek newer avenues for empirical studies in sociology, which broadly locate within the areas of collectivity, agency, autonomy, equality and social justice.

I consider student queries and classroom discussions as some of the important inputs to formulating research projects. Teaching, therefore, becomes a two-way process whereby the faculty shares knowledge and inculcates spirit of questioning and inquiry among students while students' reflective capacities generate new vistas for future research.

Being open to new possibilities, constantly seeking contrary evidence and embracing anomalies are essential orientations if one would like to be researcher in field of knowledge production. There is no finality of truth; truth is a moving target. What is known is simply what humanity collectively could know so far. This realization alone makes research a worthwhile pursuit.



Raghu Reddy, PhD Sociology (IIT Kanpur)  
Assistant Professor of Sociology  
Asian University for Women  
Chittagong, Bangladesh

Covering up the awareness among young researchers is now the burning challenge across the globe. It is not always the positive mechanism that needs to be studied but also the negative mechanism that needs to be understood to elevate all the possible side effects in any criteria and that is what a researcher needs to be doing all the time. During such a travel phase there are many hurdles that are faced by many aspiring researchers in which some of those can't be accused or claimed for.

Discussion With a supervisor, planning for research proposals and timely submission of manuscripts helps majorly during the research tenure. The worst impediment during the research process is to get stuck in our own comfort zone and lack of belief in our own self.

- Identify the gaps that need to be filled by broadening your knowledge and experience
- Never take any failure personally and always feel them as the catalyst to improve your performance
- Always start from where you got stuck and seek guidance for technology upgradation constantly
- Make attempts to connect all the dots from the beginning to get a complete data of the methodology
- Keep a really close eye on your research questions and your hypothesis.
- Lastly, always be motivated and keep moving further and never get devastated and remember the hard work which brought the ambitious researcher out of you till the very end.

-By Dr. V. Srikalyani  
Associate Professor, SVC  
Hyderabad

Research is very important in all fields of life to improve and make things easy. It is a continuous process of thinking to do any activity in a better way to reduce effort or make it economical and reach a large society of people.

I feel very happy to work as a researcher and scientist for making new innovative products for our armed forces. We have developed so many new products with the latest technologies to make our weapons very accurate with economical price.

Young researchers should think forward and contribute for the betterment of society. It is exciting to work for new things and achieve new heights in research. It will give immense satisfaction and will benefit society at large.

By Dr. N. Kishore Nath  
Scientist, G-Project Manager  
Veda Tech Director, Space Systems ASL

# THE STORY OF AIIMS MG

In this section, we aim to capture the progress of AIIMS Mangalagiri from inception to growth and so on...

## AIIMS MANGALAGIRI : A RECOLLECTION OF MY EARLY DAYS IN THE INSTITUTE

A long-awaited dream was about to be realised when I walked through the corridors of the temporary campus of AIIMS Mangalagiri for joining in early 2019. There was excitement and eagerness around, but at the same time there was an unknown anxiety of settling in a new place with new culture and unfamiliar language.



It was a new institute, and it was already known and accepted that there will be a period of clinical hibernation for all of us till the institute got equipped to start a full-fledged clinical service. But it was also an opportunity for us to plant the seed and watch the sapling grow into



a full blossom, an opportunity to mould our future and that of our institute. Needless to say, the journey so far has been memorable and an enriching one.

When I visited the campus for the first time, the main road connecting NH 16 to our campus was not built yet. We had to enter the campus through the west gate. The route through the APSP battalion didn't permit our entry at that time.



I can vividly recollect our first visit to the campus. There were no roads inside the campus. We had to get down at the west gate and ask some



construction workers

for directions to the Dharmashala building which was nearing completion at that time. We passed in front of incomplete buildings which many of us were unaware of what they would house in the future. In those days, all vehicles were supposed to go around the Ayush Block to reach Dharmashala building. The Ayush block had completed its external structure by then, and the IPD block's foundation was just being laid. The OPD block was already present but in an undifferentiated state. The individual departments in OPD were not allocated yet as the construction was not complete.



There was a plan to start the temporary OT services in the Ayush block and I clearly remember my first visit to the Ayush block. There were no stairs and we had to reach the first floor through a temporary makeshift iron ladder that the construction workers were using at the back of the building. We started our OPD services in the Dharmashala building on 12th March 2019, and the ENT department registered seven patients on the first day.

In the initial few months on an average 10-15 patients would visit our ENT OPD and by lunch the OPD would get over. Lunch time was a common meeting ground for all the clinical faculty in the canteen at Dharmashala. Unlike the present-day scenario, we could hardly see patients in the canteen. Most of the occupants would be the faculty and staff. Post lunch, all non-Telugu faculty would proceed for Telugu classes. We were taught the basic Telugu conversation that will be needed in our daily clinical interaction. There are many memories associated with our institute, and one incident is worth sharing.

It was 3 to 4 days after starting the OPD services when an elderly patient registered in ENT. He was in his early 80s and had travelled from a far-off place in Andhra Pradesh nearly 350 to 400 km from Vijayawada, the name of whom I am unable to recollect now. The person could neither read nor write and came alone, as there were no members in his family to accompany him. He had travelled for the last two days carrying a piece of local newspaper cutting which had briefly reported on the opening of OPD

in AIIMS Mangalagiri.

The person had been carrying the newspaper cutting and asking people regarding our Institute address.



When we asked him why he had taken such trouble when he could have received the treatment at a nearby Government hospital, he said that he had heard of Delhi AIIMS before and had very high expectations that AIIMS MG was at par and would definitely resolve his problem. He was very happy and excited that AIIMS Mangalagiri had started its services and wanted to get himself treated in this premiere institute.

The old man's narrative was a mere reflection of the hopes and aspirations of many common people. It bestows immense responsibilities upon our shoulders to carry these aspirations forward and realise them by working hand in hand towards the overall growth of AIIMS Mangalagiri. We have been lucky to watch the institute grow brick by brick and building by building and the family of AIIMS Mangalagiri expand to its present form. But we are not done yet and there is so much more to do...



-Dr Soumyajit Das  
Department of ENT

# KNOW YOUR FACULTY

This section brings to you some unknown facets of our faculties. .

Featuring: Dr V N Guhan,  
Department of Biochemistry

## OPEN HEART WITH DR. GUHAN

### Tell us a bit about your childhood...

*I was born in Errode, near Coimbatore in Tamil Nadu. I did my schooling in 3 different schools. Until third class in "Kalaimagal Kalivi Nilayam", from 4th to 10th grade in "Navarasam Matriculation Higher Secondary School" which was the strictest school in our district at the time. Finally, 11th and 12th I studied in "Bharathiya Vidya Bhavan" which is similar to your Narayana and Chaitanya in our place.*



### Could you share some memories of your MBBS & PG days?

*I did my MBBS from Government Errode Medical College and PG from PIMS, Pondicherry. I did MBBS because it was my father's wish, he pushed me into it! I actually wanted to become an aeronautical engineer! I chose biochemistry since you need full commitment and dedication to become a good clinician, which I realised during my UG time so I decided I will take only pre-clinical subjects. There was a dilemma between biochemistry and anatomy but I felt biochemistry has more scope because you could teach in a college or work in a lab.*



*During my UG days, ENT was my favorite subject, not biochemistry.*

*The professor I had for ENT, Dr. Sivakumar, I would enjoy his classes very much. He would tell many jokes and the classes were a lot of fun. It was the only class I enjoyed going to in my UG time!*

*My most memorable event in MBBS was during my 2nd year. We had cultural events every year and that year we did a spoof on a Tamil movie called "kaakha kaakha". I wrote the script and acted in it which everyone appreciated!*

### What are your hobbies?

*Watching TV and movies. Recently, in leisure time, using social media. My favorite sport is cricket but only to watch.*

**Who is your inspiration in life?**

*My inspiration in my career are my UG batchmates Dr.Subbukon (Orthopaedic) and Dr. Manimaran (CT surgeon) who taught me the night before the final exams. I felt that they taught in a better way than the other professors, which is why I try to apply the same methods while I am teaching. My inspiration in my personal life is my mother.*

**Could you share a few words about your spouse?**



*My wife and I met in MBBS. She was in the supplementary batch so they wrote their exams 6 months after we did. A few of my friends and I were quite notorious backbenchers so we didn't write the records the entire year. We requested a group of girls in the supplementary batch and she wrote my record and became a good friend of mine. She proposed during the internship period and I accepted! There was initially the problem of her family not accepting, but later they also accepted.*

**Who is your closest friend here at AIIMS and how do you find life in Mangalagiri to be?**

*At AIIMS Mangalagiri, I don't think I can chose a best friend! The entire biochemistry department is very close-knit and we have a nice time. We used to eat lunch together so that 1 hour used to be full of fun and whatever stress we had that day would be relieved then. We don't know how much you people are enjoying but we are having a very nice time here!*



**What do you feel are your strengths and weaknesses?**

*My weakness is my laziness and my strength is that I know my strengths and weaknesses. I will only do what comes to me, otherwise I will leave it.*

**What is something about yourself that we would all be surprised to know?**

*I failed my 1st year!*

**What do you do if your having a bad day?**

*Usually when I go home and spend time with my family, I'll be fine. If I'm in a bad mood because of family, then I will call my best friend from my UG days, Dr.Prabhakar, who was my best friend from 1st year of MBBS. He's also the reason that I failed my 1st year, not my wife!*



**If god comes and gives you a wish, what would you ask for?**

*I'm a foodie, I love eating a lot of non-vegetarian food and sweets. I would ask to eat these for the rest of my life without getting any non-communicable disease!*



**What is the secret to your success?**

*I don't think I have achieved that much success in life yet, but I would say to go with the flow. I believe that everything is already predetermined and is being controlled by something above us so don't worry about things too much.*

**What advice would you give students?**

*Don't waste time, I wasted a lot of time in MBBS so you people don't do the same thing. Reduce the time you spend on your phone, at least during exam times.*

*For biochemistry, figuring out how to learn is tough but once you know that it becomes easy. If you think of it as just cycles it will be difficult so you should understand and learn.*

Interview By:  
Ambati Gowtham Sai  
S Hitesh Babu  
P Maithri  
Shriya T

# SNIPPET AND SLICE OF A MEDICAL DEVICE



We use many instruments and tracing their origins is not only fun but illuminating too! As technology races ahead, let us go back in time to find out how we as a healthcare fraternity came to be what we are!



# STETHOSCOPE

The stethoscope is a medical device used for auscultation, or listening to internal sounds of an animal or human body. It typically has a small disc shaped resonator that is placed against the skin, and one or two tubes connected to two earpieces. A stethoscope can also be used to measure blood pressure using a sphygmomanometer.



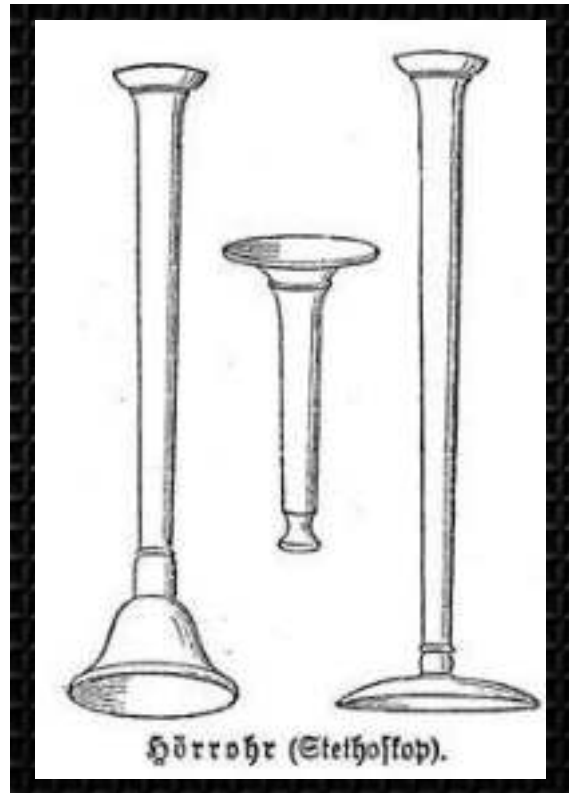
## HISTORY



**The first ever Stethoscope**

The stethoscope was invented in France in 1816 by Rene Laennec. He invented the stethoscope because he was not comfortable with placing his ear directly onto a woman's chest to listen to her heart. He observed that a rolled piece of paper, placed between the individual's chest and his ear, could amplify heart sounds without requiring physical contact.

In 1852, George Philip Cammann perfected the design of the stethoscope instrument (that used both ears) for commercial production, which has become the standard ever since. Cammann also wrote a major treatise on diagnosis by auscultation, which the refined binaural stethoscope made possible. Stethoscopes are now a symbol of healthcare professionals.



## ACOUSTIC STETHOSCOPE

Acoustic stethoscopes operate on the transmission of sound from the chest piece, via air-filled hollow tubes, to the listener's ears. The chestpiece usually consists of two sides that can be placed against the patient for sensing sound: a diaphragm (plastic disc) or bell (hollow cup). If the diaphragm is placed on the patient, body sounds vibrate the diaphragm, creating acoustic pressure waves which travel up the tubing to the listener's ears. The bell transmits low frequency sounds, while the diaphragm transmits higher frequency sounds.



## STETHOPHONE

An electronic stethoscope (or stethophone) overcomes the low sound levels by electronically amplifying body sounds.



## FETAL STETHOSCOPE

A fetal stethoscope or fetoscope is an acoustic stethoscope shaped like a listening trumpet. It is placed against the abdomen of a pregnant woman to listen to the heart sounds of the fetus.



Pinard horn being used by a nurse.



**Stethoscopes are now a symbol of healthcare professionals. Healthcare providers are often seen or depicted wearing a stethoscope around the neck.**



**I finally saved up enough money that I could afford to listen to my heart.**



**It turns out that's just a metaphor. Anyway, I have a stethoscope for sale.**



Ambula Siddhardh  
(2021 Batch)



# PRUDENCE



Time, energy and resources are spent in our constant endeavour to enhance patient care and improve academics, brighten our campus and help the community around. This segment will showcase such events that transpired in the preceding months.

# MY EXPERIENCE AT PULSE - 2022

Pulse, by AIIMS Delhi is known as one of the biggest medical fest in India. I'm very glad that I got a chance to attend the it. I participated in 3 categories- Indian classical dance - solo, Indian classical dance - group, Folk dance solo. It was a nice experience to perform in front of a large audience from various parts of the country. I was overwhelmed to watch people belonging to various cultures and traditions performing different types of classical dance forms on a single stage, once again proving the 'Unity in Diversity' concept of India.

We were a team of 9 members representing AIIMS Mangalagiri. Our team consists of Bianca.R, Sanjana Sahoo from 2019 batch; Likhita.B, Pujitha.T and myself from 2020 batch; Aditi Shylendra.D, Rajanya.G Hegde, Sree Lakshmi.G, Snehitha.B from 2021 batch. We performed classical dance for 'Aigiri Nandini'. It was a proud moment to receive the **2nd Prize**. Each one of us felt very happy and satisfied at securing an award in a national level competition.

Apart from the competition, Pulse created a great platform to meet people from every corner of the country, who belong to the same profession. It was nice watching all the competitions, cheering our colleagues and soaking in the atmosphere. The whole journey will remain as one of the most memorable events I experienced as a medical student.

- A. Sri Chinmayi  
Batch 2020





**Indian Classical Dance group received second prize.**



# PULSATING PULSE

*I see a road,  
And the road bifurcates,  
So I get on board,  
To a new haven with my mates.*

This is how my journey of 10 days to AIIMS, Delhi started. On 14th September, our group of friends boarded the night train with some delicious food cooked by Shristi followed by homemade food from Animesh's home and yummy snacks. Then followed a hectic registration day and to make it worse it was raining cats and dogs. To compensate, the street food was hot and steamy much to our delight. Days went in cheering for our college in a variety of events covering all literary, cultural, sports and quizzes. But here comes the best part, not only did we cheer but we also bagged prizes. On the first day, Kshitiz won the 1st prize in 'Parliamentary debate', followed by 2nd prize for our Indian Classical Dance Group. Joining the success bandwagon, Arjun won the 3rd prize in Indian Classical Music Solo event and finally Subhashree and Tejashri won 3rd prize in caroms doubles on 20th September. This was all thanks to the support given to us by our college administration, our professors and the unity among us 104 students. Finally, it all ended with us friends going to many beautiful places in Delhi and ofcourse the yummy delicious food. Thus, we bid our goodbyes to Delhi and our new friends on 23rd of September.

- Sanjana Sahoo  
Batch 2019





As a new medico in 2020, I had heard stories about Pulse, and boy, was I not eager for the event to happen? I was. But, the wait was long. Very long. And after 2 long years, on July 3rd I got to know that AIIMS, New Delhi was hosting Pulse. And I knew- I "JUST" had to be there.

And those two months- July to September, time just didn't seem to move ahead. Off went July, came August and so did our internals. Amidst our preparations, a small spark of an idea from one of my batchmates, led to us forming a dance group in the western genre and performing there. And kid you not, the practice was hectic. We were up till 10 in the night and would wake up at 5 the next morning and rehearse. And at this point, we knew there was no turning back and time was RUNNING.

And in no time sept 16th was a week away. And the next moment I could interpret, we were in Delhi. This was a new experience for most of us. From accommodation to enjoyment, we had to take care of everything which made us realize how hard being a responsible adult can be.

While the places we visited contributed to 50% of the trip, time at the the campus was the other 50%.

There were numerous blocks and I remember getting lost in the campus and calling up 3 friends to get out through one of the 10 odd gates.

Throughout the whole 7- day period, I've attended several of my batch and college mates' performances, be it sports, arts or cultural activity and every bit of it is a memory.

All I can say is that this trip was the utmost adrenaline I've experienced in my life.

**-B. Sritha Reddy  
Batch 2020**





**Kshitiz Mittal (2019 Batch) received first prize in British Parliamentary Debate**      **Arjun (2021 Batch) received third prize ifor Tabla**



**Hindustani Classical Music Group- Anupam,  
Animesh, Rakesh**



Pulse is one of the largest cultural festivals for students in the country. Pulse is hosted by AIIMS Delhi and is a week long event.

It is a stage where youngsters can show their talent in the fields of dance, music, literary arts, management as well as theatre and sports. Every year, celebrities are invited to the grand fest which makes it more special.

The experiences one get is more than just the pulse. The traveling experience of going together as a batch, wearing the same jerseys was remarkable. People visited a few nearby places and some rode to Agra, a few went to Shimla, though I preferred staying at AIIMS only and enjoyed what's on the plate. Exploring Delhi and roaming late night near India gate with friends were some good things. The opening ceremony called the P wave is worth watching. It's not only Pulse, it's the total experience that makes it worth it.

Some of the things that I felt should have been better were crowd management. Secondly, the star nights took a lot of time for entry. Overall it was a one of a kind experience. I'm looking forward to visiting next year as well.

**-Vivek Choudary  
Batch 2020**







# Ganesh Puja Celebrations- 2022

Sri Ganesh chaturthi, also known as Sri Vinayaka chaturthi or Sri Ganesh puja is a very well known Hindu festival celebrated every year and with much more enthusiasm among Indian students. Following the tradition, the students of AIIMS MG celebrated the festival this year with all dedication they could pour in.



Preparations for this year's Ganesh Puja began three days prior, with an engaging Idol making competition. It saw many students participate and make beautiful sculptures out of clay and water. There was an evaluation of all the idols made, by guest faculties and prizes were given to the winners. Some idols created were given to faculties as gifts and others were used for puja on the occasion for Ganesh Chaturthi .



Decoration for this year's puja was done in a grand way which kicked off the previous night as the students from all batches came in to work in coordination. The mess' inner wall was covered with colourful cloth upon which "

Happy Ganesh Chaturthi" was impregnated with thermocol letters. The God's lookalike was made using leaves which were attached everywhere. The Pandal where the idols were kept was decorated very colorfully and brightly.

The day began with the students rushing around to set all things at the right place, with all decorations and puja materials ready. Meanwhile,

the music diffused all over in the background which filled the air with joy and devotion. The puja began at 10 am which was followed by aarti and then Ganesh vandana by all students. Puja was concluded with "Ganapati bappa mourya" chants by all. All were given prasadam at the end.

The evening session had more fun stuff in the queue. The organisers had planned for games like treasure hunt, filling the bottle, balloon race and musical chair like team events. Teams from all batches participated in those events with a lot of zeal.



As the sun set, the audience gathered in front of the UG mess for an evening show - the Open mic. Students from all batches showcased their talent that boiled within. Participants entertained the audience with their songs, dances and even stand up comedy. The show, as a whole, gave an enjoyable end to the day. Still, the main event was on its way. It was the immersion of the idols. All the idols were carried by students to a nearby canal outside the campus in a grand way. Music was played during the procession. Colors were sprayed on the way

The day ended with a colourful farewell to God with a promise to put him safe in our hearts and souls, seeking his blessings and with a hope to celebrate him again with another year's experience of this dramatic theatrical named Life.

**-Soumya Ranjan Parida**  
**Batch 2020**

# ONNAAY ONAM



Onam is the biggest harvest festival in the state of Kerala. It commemorates the subsequent homecoming of King Mahabali. The beauty of the festival lies in its secular fabric and is celebrated with equal joy and verve, irrespective of religion, caste, and creed.

On 11th September 2022, we celebrated Onam titled 'ONNAAY ONAM', which literally means 'Celebrating Onam together' and yes, it was a real treat.

The celebration took place in the UG AMENITY, where a magnificent POOKALAM (floral carpet) was laid by the students using fresh flowers and petals. Impressive designs and artistic creativity were the hallmarks of the Pookalam, which turned out to be attractive and mesmerizing.





By 11 am faculties and students arrived, dressed in their traditional attire adding to the festivity. The celebration started with the grand arrival of Mahabali in a Royal Enfield motorcycle and was greeted by our gorgeous girls with flowers. ‘Thiruvathira’, the traditional dance of onam was performed by Ms. Bianca and team. This was followed by a fabulous flash mob by Mr. Al Ameen and team which immersed the audience. By then it was time for the feast of a lifetime, ‘The Onasadya’ that comprised more than 19 dishes served on banana leaves and included varieties of vegetables, rice, and payasam. Faculties and students ate together in oneness.





In the evening, fun games like breaking the pot, tug of war etc. added to the thrill which brought Onam '22 to an ideal conclusion.

Amidst the cheers of happiness and excitement, we learnt the importance of these very special days and imbibed in them with pride, cultural oneness and a sense of belonging that we are one big family.

**-By NIKHIL NAHAS**  
**Cultural Representative**  
**Batch - 2019**





# DIWALI





The festival of lights, to observe the victory of Good over Evil, is celebrated to glorify the truth and significance of light that is bestowed with the power to erase out the darkness creeping into our lives in various forms, like obstacles in our work life, invisible monsters in our relationships and inconspicuous threats in our daily life.

This year, our Family at AIIMS MG have come together yet again to synergistically multiply the happiness in the festive season, by adding our own little twist to the occasion. We played a game where we got to present a gift to one of



our colleagues at AIIMS MG, based on Secret Santa. We called it Gift Box - Indian Version. A little step to get to know each other better and it was a huge success.

Along with the diya painting competition, we also had many fun games on the occasion of Diwali, on 24th of October. Hope to see more lights and brightly lit faces around as we gear up to start a brand new year in less than 2 month's time.



Always remember, Happiness can be found even in the darkest of the times, only when one remembers to turn the lights on.



Happy glimmers and shimmers,  
Until Next Time



# WORKSHOP ON DIAGNOSTIC TEST STATISTICS

**Venue:** Conference Hall, 1st Floor OPD Block, AIIMS Mangalagiri. Department of Community and Family medicine organized a Workshop on Diagnostic Test Statistics using OpenEpi and other statistical software. This course intended to provide knowledge in the principles and practice of diagnostic tests in order to comprehend the aspects of reliability and validity of a new diagnostic test by faculty and residents. About 24 participants from AIIMS Mangalagiri and surrounding medical colleges have participated in the workshop. The training was provided under the stewardship of Dr. Rajeev A, faculty of CFM department. The training sessions were a combination of lectures and a hands-on data analysis experience using a dummy dataset provided. All the sessions were very interactive and the workshop ended with a question-and-answer session. E-certificates were given to participants.





**Resource Persons:**

Dr. Rajeev Aravindakshan, Additional Professor and Head, Chair Person

Dr. Dhruvajyoti J Debnath, Associate Professor

Dr. Sathiyarayanan S, Assistant Professor

Dr. Yamini M, Assistant Professor

Dr. Vinoth Kumar Kalidoss, Tutor/Demonstrator, Workshop Coordinator



-Dr. Vinoth Kumar Kalidoss  
Department of CFM



# National Pharmacovigilance Week 2022

National Coordination Centre – Pharmacovigilance Programme of India, Indian Pharmacopoeia Commission (IPC), Ghaziabad celebrated National Pharmacovigilance Week commencing from 17th to 23th September 2022 with the theme **“Encouraging reporting of Adverse Drug Reactions by Patients”**.

As part of the celebrations of National Pharmacovigilance Week, AMC-PvPI and MDMC-MvPI of AIIMS Mangalagiri organized various programmes in the institute. The celebrations commenced with the successful conduction of CME cum workshop on **“Awareness and Sensitization on Pharmacovigilance and ADR Reporting”** for Faculty and Senior Residents on 17.09.2022, with nearly 38 Faculty and Senior Residents attending the CME cum workshop. The speakers were the faculty from the Department of Pharmacology, AIIMS, Mangalagiri. They spoke about:

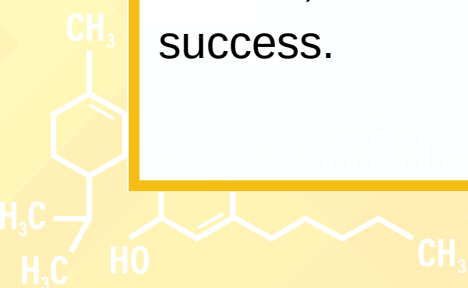
1. The evolution on pharmacovigilance and materiovigilance,
2. The structure of PvPI programme in India
3. The process of ADR reporting
4. The important stakeholders in ADR reporting
5. The clinical aspect of pharmacovigilance
6. Importance of signal detection.

They also explained to the faculty and Senior Residents on to how to fill ADR forms with the help of case scenario. In the CME, the last session was hands-on.

It was done to sensitize the delegates on how to fill the ADR form on the basis of hypothetical cases followed by discussion. A poster competition was conducted on the theme **“Pharmacovigilance and Adverse Drug Reactions”** for medical students on 17.09.2022. We received numerous posters which were judged by an expert team.

In accordance with the theme of **“Encouraging reporting of Adverse Drug Reactions by Patients”** of the National Pharmacovigilance Week, community level awareness-cum-sensitization programs were conducted in the OPD, AIIMS Mangalagiri and the Urban Health Training Centre (UHTC, Mangalagiri), and Rural Health Training Centre (RHTC, Nutakki) which are attached with AIIMS Mangalagiri. The awareness programme targeted patients and their relatives through educational sessions with posters. This helped to enhance community level sensitization of general public to create awareness on reporting of Adverse Drug reactions. In these four days, nearly 650 patients were sensitized to encourage to report ADRs. The patients took interest in the session and they also raised few queries which were diligently explained by the pharmacovigilance associate. An awareness flyer on patient safety was also circulated by the Department of Pharmacology, AIIMS Mangalagiri on social media to create awareness on safe medication and patient safety encouraging people to report adverse drug reactions and make pharmacovigilance an important step towards patient safety.

Overall, the National Pharmacovigilance week was a great success.







# AHA - AIIMS MANGALAGIRI COLLABORATIVE LAUNCH OF COMMUNITY CPR TRAINING PROGRAM

Sudden cardiac arrest is the abrupt loss of heart function. It requires immediate high-quality CPR to maintain blood flow to organs until advanced care is available. Survival from cardiac arrest largely depends on how quickly CPR is started and the quality of CPR given. People who receive effective bystander CPR are 2-3 times more likely to survive a sudden cardiac arrest than others.

Department of Community and Family Medicine organized the launch of American Heart Association (AHA) and AIIMS Mangalagiri Collaborative Community Cardiopulmonary Resuscitation (CPR) Training Program project on 26th August 2022 in the 5th floor of Lab Building, AIIMS Mangalagiri. This project aims to increase cardiopulmonary resuscitation (CPR) awareness amongst community members by providing Hands-only CPR (HOCPR) training to more than 50,000 - 1,00,000 individuals including students, health care workers and community members of Guntur district to create a nation of lifesavers. During the launch program, around 150 persons, which included the students, nursing officers and security staff, were trained by master trainers.

The preparation of the AHA AIIMS CPR launch had been ongoing for the past several months. A Memorandum of Understanding (MOU) was signed between the two organizations recently. AHA has generously donated 245 manikins for this project.

The program was organized as follows:

- Convener: Dr. T. S. Ravikumar, President, AIIMS Mangalagiri gave welcome address virtually and introduced the program.
- Co-Convener: Dr. Professor Mukesh Tripathi, Director & CEO, AIIMS Mangalagiri addressed the gathering.
- Mr. Divay Trikha, Mission Advancement Adviser, AHA addressed the launch virtually. A video message from Dr. John Meiners, AHA was also played during this session.



- Program Lead: Dr. Rajceev Aravindakshan, HOD, Department of Community and Family Medicine, was leading the CPR demonstration and training.
- Videos of HOCPR by AHA in English and Telugu languages were played. Team of faculty from CFM Department namely, Dr Vinoth Kumar Kalidoss, Dr Navya Krishna Naidu and Dr Yamini along with Nursing officers and MBBS students of 2018 batch demonstrated the HOCPR and provided training to the MBBS students and security staff.
- The program was attended by the Dean (Research), Dr. Deepti Vepakomma, several Heads of Departments and faculty, nursing officers, security and supporting staff.

The program was supported by the staff from CFM department and IT team.

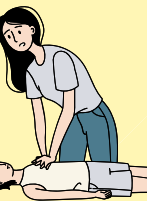
- Vote of Thanks was given by Dr. Dhruvajyoti Debnath, Associate Professor, Department of Community and Family Medicine who is also the Co-Program Lead and involved in co-ordinating the launch.

-Dr. Vinoth Kumar Kalidoss  
Department of CFM





## THE TEAM OF TRAINERS...





# NAKSCHITRA



12/09/2022 might've been a regular day for many, but for the members of S&E club of AIIMS Mangalagiri, it was yet another fun time to visit the SHINE FOUNDATION. In spite of the unpredictable weather patterns that week, all of us planned well ahead and reached the orphanage by 6:00 PM. As soon as we reached, we were welcomed with warm hugs and tender hearts by the children. What made our day better was when the children recognised us and asked us about our well-being. Without further delay, we began the drawing competition and gave out snacks to all the hardworking artists. We also utilised this time to know more about them and their favourite activities, whilst distributing the crayons donated during our "DIL SE DAN" programme. After the time limit was up, the drawings were analysed and winners were announced and prizes were handed out. All the kids were filled with joy, but weren't aware of the most exciting part of the evening: the dancing.

Along with Dr. Bakshi, Dr. Deepti Vepakomma and Dr. Vinoth, the kids as well as us students danced our hearts out to the loud telugu music, without exhaustion. All good things must come to an end, so we too had to say our sayonaras to the kids and head back.

**-S&E Club  
AIIMS MANGALAGIRI.**

# Gallery...



# DIL SE DAAN...



“Giving is not just about making a donation, It's about making a difference.”

-Kathy Calvin



The power to better the lives of others is considered an honour and is complimented with the feeling of contentment and gratitude.

On the occasion of our 75th Independence Day, The Social and Environmental club of AIIMS, Mangalagiri, took the initiative to organize a donation drive named 'Dil Se Daan'-donate from your heart.

The primary intention of this drive was to connect the people in need with those willing to aid them in leading better life. In addition, the club members worked together to reinforce that there is no reason to say no if your actions could bring smiles to faces and do no harm.

The event commenced on 14th August 2022 and attracted an overwhelming response from both students and staff. Overall, around 130+ students and 30+ faculties participated in the donation campaign. It was heart-warming to see a huge number of people making an effort to make others' lives better along with their own.

A virtual card of gratitude was sent to every donor for their effort, along with which their sign was collected on a paper leaflet to make a 'Tree of Dil Se Daan' as a sign of appreciation. In addition, a photo collage was made with all the donors holding the Dil- Se - Daan memento.

Donations were accepted in the form of stationary, books, footwear, clothes, stationary items, used bags, etc. The donors were requested to ensure that the donated items were in good condition. The team collected around 45 boxes of things at the end of the second day.

The items collected will be passed on to various orphanages along with housekeeping staff, mess workers, and the security of our institution.

**No one has ever become poor by giving; They only become rich with others' gratitude and happiness.**

**-Athira  
(Batch 2021)**

## JAM- Just A Minute Now!

How many of you could talk for a minute about a given topic without stopping? Many of us would say we could. What if we had no idea what the topic was until 10 seconds before you had to start speaking? Fewer takers, but some chatterboxes may still be up to the task. But what if you couldn't repeat a single word! Sounds near impossible, doesn't it? This unlikely sight is exactly what was witnessed during the JAM session organized by the Literary Society of AIIMS Mangalagiri.

10 enthusiastic participants came forward from the 2020 & 2021 batches and battled head-to-head in a heated, and at many times, hilarious competition.

Conducted over the course of 2 rounds, a most unexpected tie between Pragnya (2020 Batch) and P.V. Vignesh (2020 Batch) led to an impromptu tie-breaker round. The later edged out his competitor by a slim margin to win the first ever JAM session!

Hopefully, many more such eventful events occur in the future and people participate with just as much enthusiasm.



# INTER BATCH STUDENTS QUIZ COMPETITION

Global Handwashing Day - 15th October 2022

“Unite for Universal Hand Hygiene”

Infection Control Team (HICC) & Department of Clinical Microbiology organized the “ First Inter Batch Students Quiz Competition” for MBBS students of AIIMS Mangalagiri on 15-10-2022. 18 teams (54 students) participated in the preliminary round on 12-10-2022 (5-6PM). Followed by the final round between the four best teams on 15-10-2022 (2-4PM).

This quiz aimed to promote the importance of hand hygiene through healthy and fair competition and at the same time, provide a venue for interaction amongst students.

Innovative rounds to detect the hand hygiene complete compliance by glow gel demonstration, audio visual round to perform auditing of the shown practical scenario, interesting puzzle round and audience rounds were conducted to motivate and educate the students about the nuances and nitty-gritty of hand hygiene.

#Global Handwashing Day, #Unite for Universal Hand Hygiene

-Dr. A. Mohankumar

Assistant Professor

Department of Clinical Microbiology

Infection Control Officer (HICC)

All India Institute of Medical Sciences, Mangalagiri





ALL INDIA INSTITUTE OF MEDICAL SCIENCES  
MANGALAGIRI



Infection Control Team (HICC) &  
Department of Clinical Microbiology

# Hand Hygiene Champions 2022



Paladugu Maithri



Gummadi Harshitha



Koya Satvika



Sohanaa



Dhiren



Yogitha Poojari



Tetali Vijaya Lakshmi



M. Percy Nikhita



Pooja Muvva

“UNITE FOR UNIVERSAL HAND HYGIENE”

GLOBAL HANDWASHING DAY

15<sup>TH</sup> OCTOBER 2022

We are all in this together

† We  
M-y Our  
Them- Us



# Proud of our Security Staff

On 20th October, patient's Purse having money and Aadhar cards was found by Security gaurd Mr B Suresh and was handed over to her



On 25 th October, patient's Purse was found by Security gaurd B suncetha and was handed over



# Dakshina- The gift of knowledge

The LitSoc and the S&E Club of AIIMS Mangalagiri request the gift of knowledge, in the form of Books for the Students Library (Non Medical).

Location : PG Amenities Building (beside girls hostel)



*You may also donate your coaching material from Class 11 & 12, which will be exchanged later for books.*

For Donating, Contact:  
P Maithri:

+91 9494530429

Ganesh Pratap:

+91 94461 94617

Aradhya Jain:

+91 86687 15247

## What to donate?

*Any non medical book, which you already read and would like to pass on to the others, it may be Novels, biographies, memoirs etc.*



# STUDENT LIBRARY INAUGURATION

On the 8th of October the Lit Soc inaugurated our very own non medical library in thr PG Amenities area. Many faculties graced the occasion with their

presence. We are hoping our little library keeps growing and also a special thanks to all bibliophiles who parted ways with their beloved books to help build our library!!



# Charity begins at home!!

Charity begins at home!!

Following this we gave things received under the The DIL SE DAAN-DRIVE ,to the most important pillar who help doctors by creating the most sterile environment in the OT i.e., the house keeping staff and the security gaurds ,the ones who gaurd us day and night.

The smile they had on their face was priceless!

That pure satisfaction of sharing is such that can only be felt.

We hope that we continue to help society through the medium of S&E Club far and beyond.

-S&E Club

AIIMS MANGALAGIRI.



# Abhivvyakti



Abhivvyakti - Going beyond words and bringing out the artist with a sketch or painting, or letting the lens of a camera capture the moment which one wishes to share and experience forever.







*The thunderclouds rolled over to reveal a magnificent painting in the skies of Mangalagiri, a reminder that no spell of darkness is constant in life.*

*Niranjana M  
2020 batch*



*Bhopal Upper Lake*

*MS TRIVENI RANE  
NURSING OFFICER  
PEDIATRIC SURGERY*



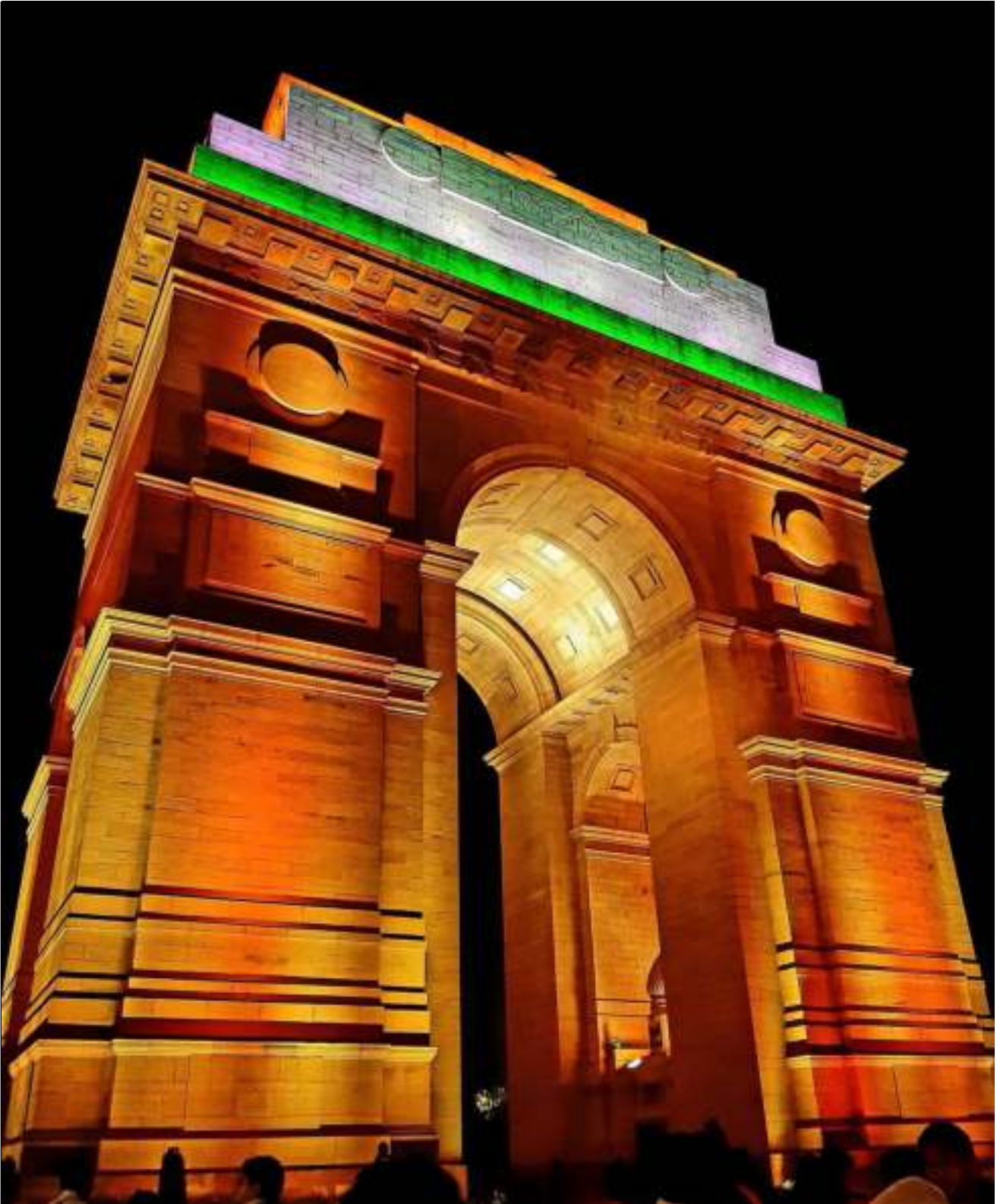
*Waah, Taj!*

*Dedeeep Sai  
2021 batch*



*“Flowers whisper ‘Beauty!’ to the world,  
even as they fade, wilt, fall.”*

*Siddhardh  
2021 batch*



*The gate of unbound Indian bravery, India  
gate, New Delhi*

*Akheel Ahammed  
2019 batch*



*"A sleepy, peaceful village nestled in the forests  
of Mangalore, South Karnataka"*

*Aradhya Jain  
2021 batch*



# Intelleffection

Intelleffection - an expression of our simplest to most complex thoughts as stories / poems. This will be the 'intellectual collection'



# MEMORIES...

Life is always an irreversible watch. Want to become something but always get into something different? Many of us have experienced this. Let me divulge to you one of my childhood memories. In my teenage days, one of the most common questions I encountered was what I wanted to become in the future. Without hesitation, I blurted out the answer as a chef, teacher, and fashion designer, and the question that followed was, "but why?" I didn't have any answer. I still remember that every Sunday when my entire family was drowned in a good nap, I used to dress up like a teacher and imagine some students and start my lecture. Time passed, and the same was repeated, but it was the Chef and Doctor this time. But why, doctor? I think many of you already guessed it... giving free medical services to those who cannot afford them.

My memory of the reason for such a purpose is hazy, but I sincerely wish this to come true. Then why a Chef? Is it a passion-driven dream or something else? After years of exploring diversities and combinations of food and bringing soul to all recipes, I realized that cooking food and sharing such delicacies with my family and friends made me happy and gave me the comfort and the good feeling I needed. From then on, as I understand, this was what self-satisfaction meant, which has driven me throughout. After years of deep thinking and trials, one thing I learned was that this couldn't be achieved just by eating different kinds of food and traveling to other places. Enjoying every moment by using every spice is what I need. Food is the one that has the power to unite all people no matter who they are, where they come from, or what they speak.

-P. Maithri  
Batch 2020



# TO MOST OF THE PEOPLE IT IS DIRT, TO A FARMER, IT IS POTENTIAL

Many people that it is just mud after seeing agricultural land. But the only one who sees it as a precious source is a farmer, who makes life out of it and brings food out of it. Even though agriculture plays the biggest role in the Indian economy (20.19% of Indian GDP as per current statistics), the farmer though he is a primary producer of our food, is still a poor man.

Farming a life full of difficulties and challenges. A farmer's day start before sunrise and ends long after sunset. Be it winter, summer or rain don't exempt him from his work. People who live in cities can not imagine a such a work-life. Many times a flood or famine can reduce his work to naught. Still he never chooses to quit his job, not because there's no option but because he is connected to nature and the soil. A best blessing he gets is the fresh air from the farms and fields around, that many of us in the urbanized jungles fail to get. He enjoys fresh food, fresh vegetables, milk, curd that we can not get in cities.

The least we could do is thank the farmer soulfully before having our meals. Without him, neither could we have got the food that we are eating nor any other commodities that we take for granted.

**-Ambedkar  
Nursing Officer  
Ayush OT**

# JOURNEY OF A NURSE IN THE REPUTED INSTITUTIONS OF INDIA

Respected ladies and gentlemen, I am Dileep Kumar. I was born in Kerala, brought up in Puducherry and completed my graduation in MTPG AND RIHS, the first government nursing college in Puducherry, in 2012. I then pursued my specialization PBDN in Critical Care Nursing at JIPMER. There I had exposure to all the ICUs in nearly 21 different areas. It was a valuable experience in my life. I learnt all about critical care procedures and critical cases at the institute.

Eventually moved to PGIMER, Chandigarh. I was posted in the Neonatal Surgical ICU in the Paediatric Surgery Department . Being in such surroundings teaches one to be organized, calm and quiet in critical situations, to be confident and develop skills to handle tough situations. I still recall how we had to be updated in PALS.

After PGIMER, my next journey was in NIMHANS, Bangalore. The best thing I learnt from NIMHANS is communication skills.

And now here I am, in AIIMS Mangalagiri. It is a pleasure to work in this budding institute. I conclude with reiterating that, to be a good nurse is to be someone who possesses good communication skills, someone who is able to retain a positive attitude towards work and has team spirit, who can give clear instructions in emergency situations, deal with critical situations in a calm and quiet manner, be able to prioritize and triage cases. Apart from this, a nurse should develop administration skills, constantly strive to stay updated with new concepts and research activities. Last but not the least, perhaps the most important factor of all, is to be competent enough in doing the work .

**-Dileep Kumar. S**

**BSc (N),PNDB (CCN),MBA**

**Nursing Officer @ AIIMS MG**



# A CURSE OF CANNABIS

Cannabis, a psychoactive drug, is known for its medicinal and recreational properties and its high potential of abuse. Therefore, it is popularly known as Marijuana, Weed, and Pot. It can be obtained in different forms like Hashish, Ganja, Bhang and Hash oil.

The main chemical compound in the drug is '**delta 9 tetrahydrocannabinol (THC)**'. It acts as an analogue of **Anandamide**, an endocannabinoid, which works on the CB1 receptors in different areas of the brain that regulate appetite, memory, fear extinction, motor responses and posture. When cannabis is used regularly, our brain stops producing Anandamide and depends on it for its purposes.

Though Cannabis is legalized in many countries for its medicinal use, it has also become a curse for the young. Here is an example for this.....

## **THE STORY BEGINS...**

A 19-year-old male started to smoke nearly 10 to 12 cigarettes daily from when he was in 8th standard. Smoking was the first step on the slippery slope that eventually threw him into the garbage of drugs. His parents were unaware.

## **PEER PRESSURE- A PRESSURE TO OVERCOME...**

Teenagers have a fantasy that taking Cannabis and alcohol are signs of a potent man. So, as he joined intermediate college, the desire to try it reached its peak. Inspired by friends, he tried and eventually became an expert in using Cannabis.

## HE MASTERED IT ...

After two years of experience, he knew different modes of intake.

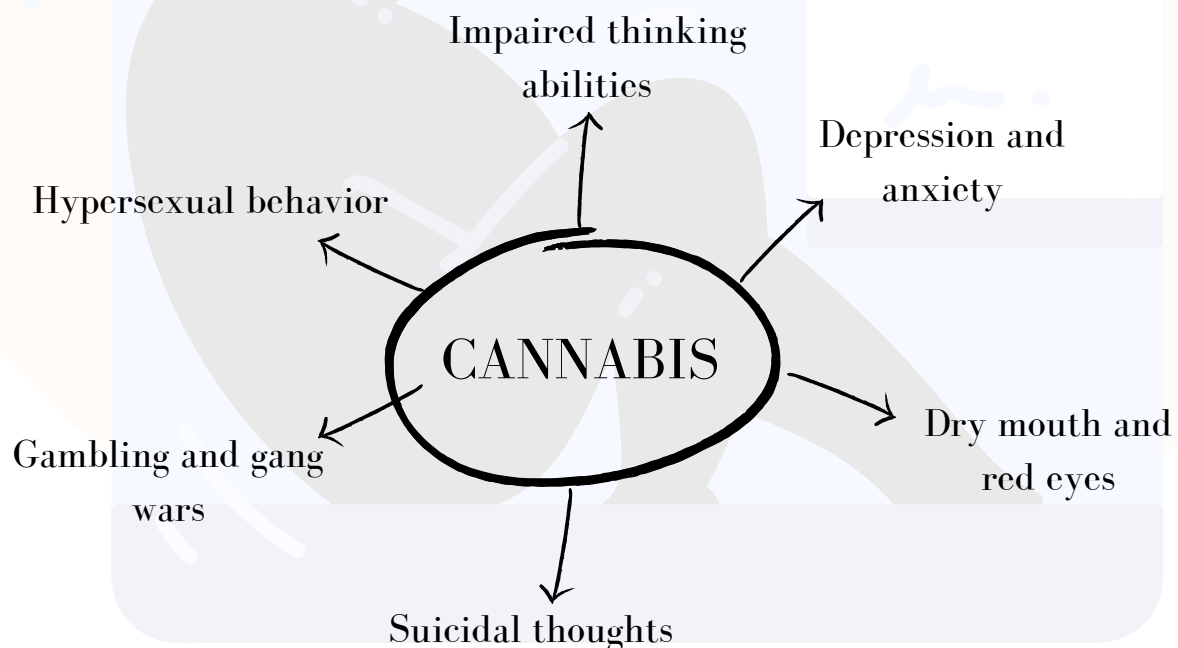
Smoking and vaping provide immediate action. The blood level of THC reaches a maximum within 30 minutes and remains up to 1 to 3 1/2 hours. Dabbing has stronger effects than smoking and vaping.

## BECAME ITS SLAVE.....

He gradually started taking it regularly because of the HIGH it left in its wake, a feeling of relaxation and euphoria. Slowly he reached a position where his day began with the cravings to take cannabis. He took it early in the morning, after breakfast, lunch and even at night. He has now become an addict.

Cannabis and alcohol are gateway drugs as they pave the way for addiction to higher drugs such as heroin and cocaine-GATEWAY HYPOTHESIS

## CONSEQUENCES...



As a result of continuous intake, he has experienced increase in appetite, increased tendency to sleep, memory loss, motor defects and high irritability. When he tried to withhold, he developed headaches, loss of appetite, sweating, sleeplessness and even suicidal tendencies. He has lost self-control and cannot abstain from taking it... he lost his health, studies, respect from family members and above all , he lost himself..

**YOU CANNOT CHANGE YOUR FUTURE, BUT YOU CAN CHANGE YOUR HABITS, AND SURELY YOUR HABITS WILL CHANGE YOUR FUTURE.**

-A.P.J. Abdul Kalam

-A.DEEPIKA & A.SRI CHINMAYI  
(Batch 2020)



## DISHA – WHAT AFTER MBBS ?

THIS COLUMN WILL INTRODUCE TO THE READERS THE BEAUTY OF THE VARIOUS BRANCHES OF THE TREE THAT IS MEDICINE.

NOW, LET US SNEAK A PEEK INTO THE EXPERIENCE AND THOUGHTS OF **DR. YAMINI M, DR VENKATSHIVA REDDY AND DR. VINOD KUMAR KALIDOSS** FROM THE DEPARTMENT OF COMMUNITY AND FAMILY MEDICINE.

*Faculty Interviewed:*

**YM:** Dr. Yamini M, Assistant Professor

**VSR:** Dr. Venkatshiva Reddy, Assistant Professor

**VKK:** Dr. Vinoth Kumar Kalidoss, Tutor





**Dr. Yamini M**



**Dr. Venkatshiva Reddy**



**Dr. Vinoth Kumar Kalidoss**



### 1. Why and when did you choose CFM as your main branch?

**YM:** Prevention is always better than cure. I was fascinated by the prevention of diseases in this specialty. I also wanted to provide preventive services to 95% of patients who need only primary health care. Not everyone needs specialist consultation/investigations..

**VSR:** I came to know that the board has combined community medicine as well as its clinical counterpart, family medicine due to their similarities, and this enables us to give maximum benefits to both patients and the community.

**VKK:** Many of my family members are associated with the health care system- this played an influential role during my childhood. Though I had a liking for Biochemistry, the health care system caught my eye. I have always liked Mathematics and biostatistics, so I realised this was the ideal branch for me.

## 2. How does your branch differ from the other branches?

**YM:** Our branch deals with psychosocial and behavioral determinants of diseases and tries to manage the patients at all levels of prevention.

**VSR:** CFM basically involves three components: teaching, training and research. In teaching, we teach UG and PG students, nursing students, PhD scholars and medical social service units. In training, we give training to various cadres of healthcare professionals like ANMs, ASHAs, anganwadi workers etc. Since assessing community needs is very important while providing services, we try to evaluate common problems faced in society. Next is research, which majorly includes Epidemiology.

**VKK:** I feel CFM is a very holistic branch. It is the only branch that connects every department as every branch has an epidemiology of its own.

## 3. Your work experience in a PHC vs in a Tertiary Centre ?

**YM:** The main difference is resource limited settings in PHC. While in AIIMS hospital, facilities and resources are more but the services have a user fee. PHC patients expect free medical care.

**VSR:** Working at PHCs is very similar to practicing family medicine, since there, we get patients across all specialties from skin diseases to respiratory infections across all age groups. A doctor working at a PHC should be able to treat at least 70-80% of all primary to secondary level cases at community level. At AIIMS, a tertiary care hospital, we categorize and treat the patient and severe cases can be referred to their respective specialties to receive advanced care.

**VKK:** While working in a PHC, you are not just a doctor but a health manager. This means that we do not handle cases taking a single patient into account. Instead, we consider the whole area and family and find the common diseases and implement relevant programs. We also follow up with them regularly to find if they are taking their medicines regularly by connecting with the ASHAs and launch multiple surveillance programs to monitor the health and wellbeing of everyone in that area.



## 6. Ideal time for research, is it important in the clinical aspect?

**YM:** Yes, trying to find answers for WHY, HOW is very important to manage any disease. It will help us to find better solutions for the patient.

**VSR:** You can start research as early as your first day of MBBS. All that it requires is a curious mind. And it is important in a clinical aspect as it helps to give good quality health services and reducing risk.

**VKK:** In my opinion, 3rd year is the ideal time to start research when you have been exposed to the basics of all branches.

Research should not be considered as an additional burden. Instead, it is a part of one's education. Research helps you build a skillset that helps you lead a team of people when you work in a PHC.

## 7. What was your first research experience like? What were the do's and don'ts you will advise the students to follow?

**YM:** First research experience was awesome. Learning by doing and learning from previous mistakes are the best techniques for learning research, which were applied in my first research experience. Critical appraisal of the available literatures will help us to find new challenges to work on.

**VSR:** My first research experience involved learning the very basics like steps for writing, developing data collection forms, doing pretesting and reviewing, the art of writing and publishing a research article.

My advice regarding the do's and don'ts is that you don't have to wait until you're 100% confident you're doing it right. Being able to make even a small change in the life or behavior of a person is significant.

**VKK:** My first research experience was during my UG days, when I had started my research related to Pharmacology, but I couldn't carry it forward. During my 1st PG year however, I published a paper with my colleague on "The prevalence of pesticide in household in a service area"

Regarding the dos and don'ts, I advise to keep the research project crisp and to the point. Always have a mentor and a team to help you out and don't delay the project. Also, don't let the rejections pull you down.

## 8. What are the challenges?

**YM:** Resource limitation, difficulty in time management between clinical, academic and research works.

**VSR:** The first challenge is the lack of interaction between scholars (the students in this case), clinicians and patients due to which constructive discussions and testing of ideas is not happening.

Second thing is that the rigorous schedule of a medical student's life does not give them much time to actively pursue research, especially community based ones. The lack of funds, except from projects of ICMR etc., is also a major challenge that hinders research at student level. Lastly, I would like to suggest students to start thinking from basic levels and select topics from basic subjects.

**VKK:** As a department, we find it very challenging to explain the colossal importance of the tiny initiatives taken up by the CFM department. People find it easy to perceive the importance of seeing "10 cases a day" or handling "4 surgeries" but the CFM department works silently behind the scenes preventing 100s of diarrhea, anemia and malnutrition cases. The best example is Handwashing- something that has always been emphasized by the department. However, its importance was only realized when the COVID pandemic struck.

CFM is a very vast subject that involves environmental studies, entomology, biostatistics, health care system, marketing, public health economy and program implementation- tiny things that contribute greatly to ensure the general well-being of the community.

9. After working in this department for the last few years, what do you feel are some of the shortcomings that the CFM branch/department needs to overcome in the coming years?

**YM:** Other departments' view/opinion about CFM. We need to understand that no department or no doctor is perfect in all ways, they have their own advantages and disadvantages and we shouldn't belittle anyone in any way. That's where interdisciplinary management comes into play.

**VSR:** In my 11 years of experience, main issue I've found is that, except at AIIMS Delhi, no other AIIMS' have fully functional urban and rural health centers, which, if they had been present under the control of the department, could have opened up many directions of learning and research for UG and PG students.

**VKK:** I feel that due to the vast nature of the subject, students don't give it much importance. Hence, there is a need to develop a student focused curriculum. Additionally, regular visits to PHCs require a lot of funding, resources and manpower. Also, there is a need to develop super-specialties, especially in family medicine and epidemiology.

10. For whom is this an ideal branch?

**YM:** Anyone with keen interest in working in resource limited settings/ rural areas

**VSR:** Basically, CFM is ideal for everyone. But it is a bonus if you are someone who wants to bring about a change in the society at village, community or district levels. This opens up various avenues for implementing policies and National Health Programmes depending on the needs of the society. Additionally, CFM or public health, is a field anyone can come back to at any time, be it 10 or 20 years down the line.

**VKK:** This branch is for someone who is socially active and interested in research especially if one wants to pursue something beyond MBBS like climate change and social work- CFM neatly encompasses all of these aspects. One can also work as a family physician.

## 11. What should upcoming interns expect during cfm postings and what skills should final year students acquire prior to internship?

**YM:** Provision of preventive, curative and promotive health services that are accessible and affordable, knowledge about the health programs

**VSR:** CFM doesn't have an internship centred around the hospital, but rather, outside. This means that an intern will have to see cases which can range from very mild to extremely severe. A severe case requires immediate stabilization and referral to higher centres. So here, CFM demands good clinical skills of diagnosis and treatment, along with communication skills. The lack of good communication skills gives way to doctor-patient conflicts, considering rural areas. Next is ensuring that one is able to give the best care with the limited resources available at these centres.

**VKK:** CFM department involves a 2-month posting involving 1 month urban and 1 month rural posting. Interns are expected to manage a public healthcare office wherein they play the role of a secondary medical officer. They attend field camps, field observations, look after the OPD. One must possess a basic skillset involving clinical examination, basic procedures like suturing, giving IVFs, knowledge about the commonest 100 diseases and their treatment protocol and the willingness to work with the community.

Interview By:  
Yogitha Poojari  
Al Amcen  
Diya Amina  
Aradhya Jain





# HISTORY OF NOBEL PRIZE

Every year, the Nobel Prize is awarded to individuals or organizations who have "conferred the greatest benefit to humankind" in their respective fields of work.

Since its inception in 1901, Nobel Prizes have been awarded 609 times to 975 individuals.

Each Nobel Prize consists of a gold medal, a diploma bearing a citation, and a sum of money. The winners of the Nobel receive prize money of 10,00,000 Swedish Krona (around 7 crore 22 lakh Indian rupees). Across the six categories, this amounts to over 6 million US dollars every year, but the Nobel Prize isn't funded by the State or the government. So, where does the money for Nobel Prize winners come from?

## **The Origin of the Nobel Prize**

The Nobel is awarded for excellence in the fields of literature, medicine or physiology, physics, chemistry, and peace.

The origins of the Nobel Prize are as fascinating. The Nobel dates back to the late 19th century, to Alfred Nobel.

Nobel was a scientist, a chemist, and an inventor. Over the course of his life, he made a fortune from his 355 inventions and patents. A large number of his inventions were arms, ammunition, or explosives, but he was most famous for inventing dynamite, one of the first safely manageable controlled explosive. According to a 2007 report in TIME magazine, after the death of Alfred's brother Ludvig in 1888, several newspapers accidentally printed Alfred Nobel's obituary instead of Ludvig's, with the title 'Le Marchand de la mort est mort' which translates to 'The Merchant of Death Is Dead.'

The obituary reportedly opened Alfred's eyes to his legacy and how he would be remembered after his death.

This obituary was supposedly a big influence on Nobel. He didn't want to be remembered for only creating weapons of destruction and for the lives that his inventions took.

So, 8 years after this obituary, in December 1896, when Alfred Nobel died of a cerebral hemorrhage in Italy, his detractors were astounded to find that his will left 94 percent of his assets and fortune, around 31 million SEK at the time, to be used to create prizes for people whose efforts conferred the "greatest benefit on mankind" in the fields of physics, chemistry, physiology or medicine, literature, and peace.

### **Who Awards the Nobel Prize?**

The prizes for physics and chemistry are to be awarded by the Swedish Academy of Sciences; that for physiological or medical achievements by the Karolinska Institute in Stockholm; that for literature by the Academy in Stockholm; and that for champions of peace by a committee of five persons to be selected by the Norwegian Storting.

### **How Does the Nobel Foundation Decide the Laureates?**

Nominees for the Nobel are called laureates. The Nobel Committee sends nomination forms to over 3,000 people in September the year before the prize is awarded.

These people are usually renowned academics or experts in their relevant fields.

They send back the nomination forms before 31 January, which is the deadline for form submissions.

For the peace prize, the nomination forms are sent to former laureates and governments to send their submissions.

The submission forms for peace prize nominees are also sent to former members of the Norwegian Nobel Committee, the same body that decides the peace prize winner.

Once the Nobel Committee receives the nomination forms, it filters them down and selects around 300 names to consider for the prize.

The names are then sent back to the respective institutions for a final decision on the winners. The names of the other nominees are sealed and not to be revealed till 50 years after the award.

The prizes are open to all, irrespective of nationality, race, creed, or ideology. They can be awarded more than once to the same recipient.

### **Nobel prize winners 2022**

The Nobel Prize in Physics 2022:

Alain Aspect, John F. Clauser, Anton Zeilinger

“For experiments with entangled photons, establishing the violation of Bell inequalities and pioneering quantum information science”

The Nobel Prize in Chemistry 2022:

Carolyn R. Bertozzi, Morten Meldal, K. Barry Sharpless

“For the development of click chemistry and bioorthogonal chemistry”

The Nobel Prize in Physiology or Medicine 2022:

Svante Pääbo

“For his discoveries concerning the genomes of extinct hominins and human evolution”



The Nobel Prize in Literature 2022:

Annie Ernaux

“For the courage and clinical acuity with which she uncovers the roots, estrangements and collective restraints of personal memory”

The Nobel Peace Prize 2022

Ales Bialiatski

“The Peace Prize laureates represent civil society in their home countries. They have, for many years promoted the right to criticize power and protect the fundamental rights of citizens. They have made an outstanding effort to document war crimes, human right abuses and the abuse of power. Together they demonstrate the significance of civil society for peace and democracy”

The Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel 2022

Ben S. Bernanke,

Douglas.W. Diamond, Philip.H. Dybvig

“For research on banks and financial crises”

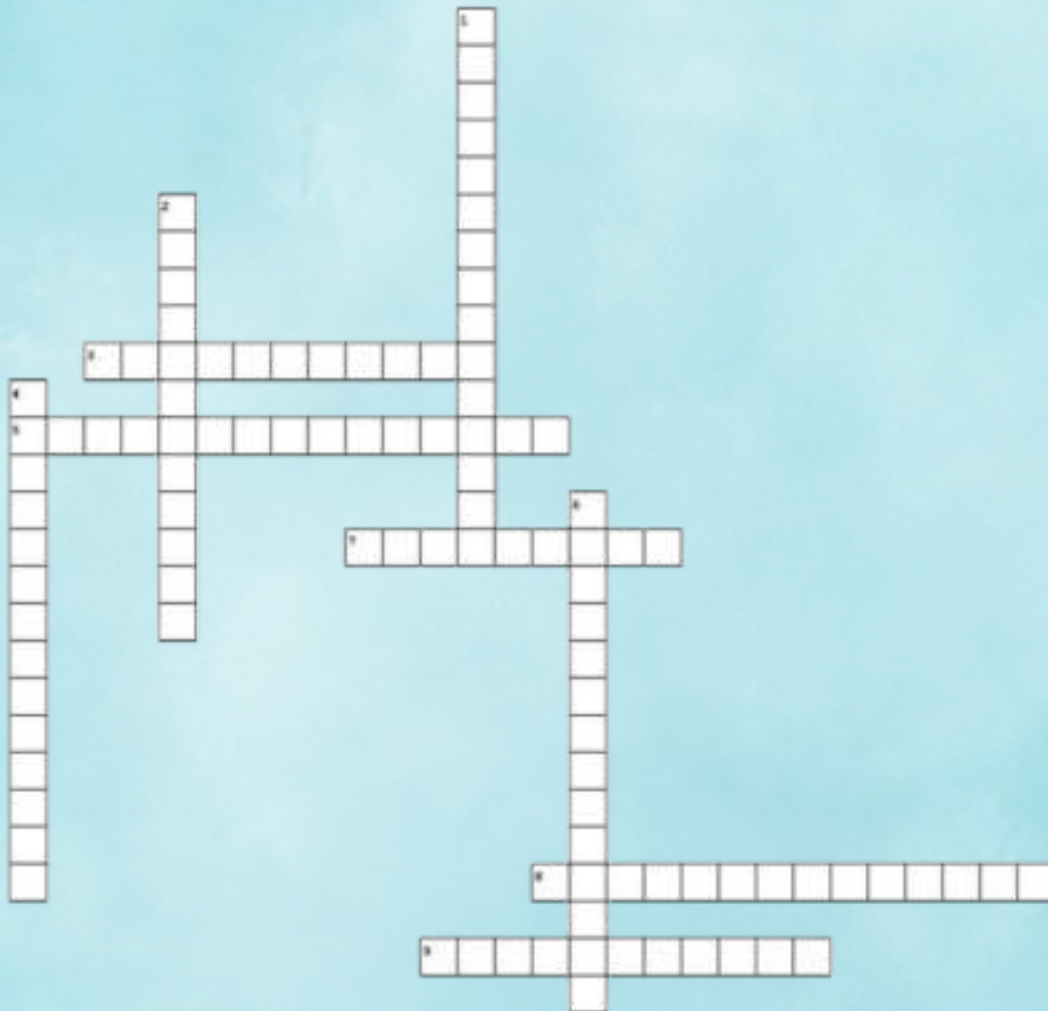


-Varshitha Kasagani  
batch 2020



# CROSSWORD- WHO'S WHO?

Guess the Nobel Laureates



### Across

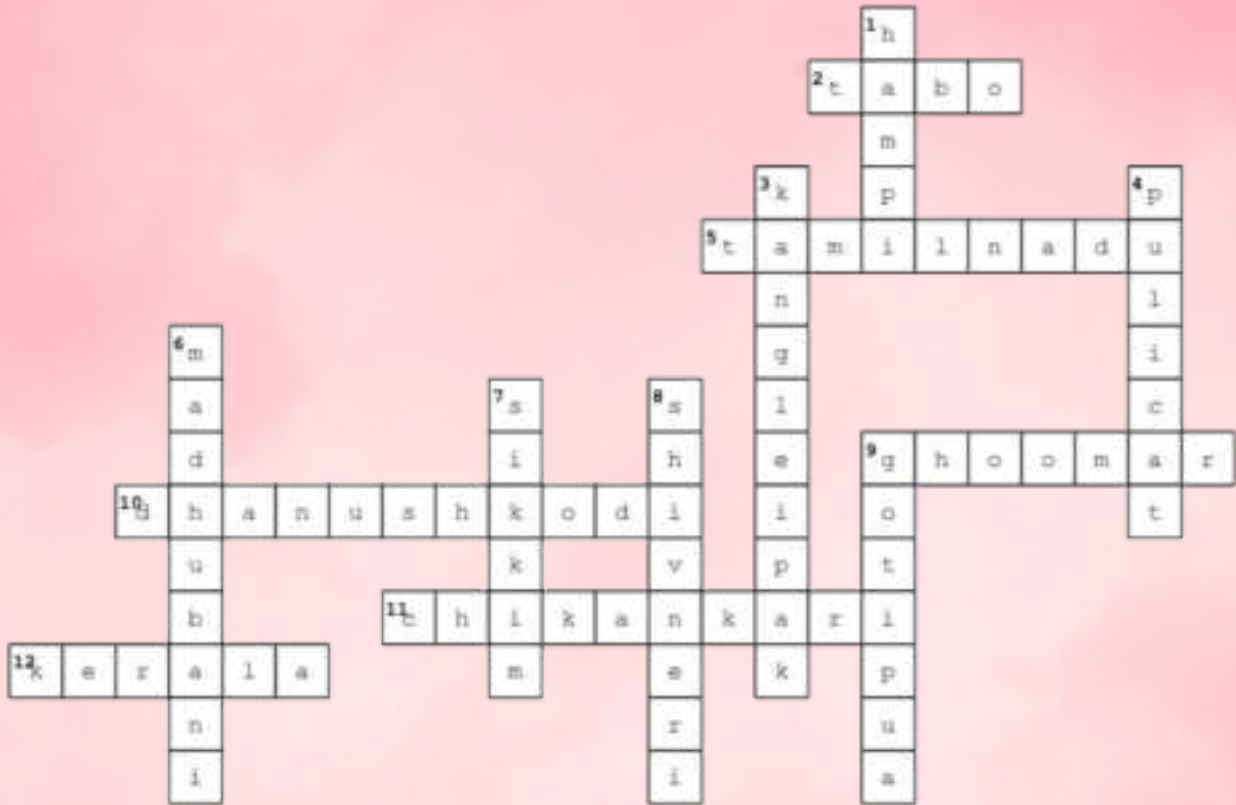
3. for his discoveries concerning the genomes of extinct hominids and human evolution.
5. for his discovery of human papilloma virus causing cervical cancer.
7. along with Aaron Ciechanover and Avram Hershko for discovery of ubiquitin mediated protein degradation.
8. along with J.Robin .Warren for their discovery of bacterium helicobacter pylori and its role in gastritis.
9. along with Ardem Patapoutian for their discoveries of temperature and touch receptors.

### Down

1. for his discoveries of mechanisms for autophagy.
2. along with Jeffrey.c.Hall and Michael Rosbash for their discoveries of molecular mechanisms of controlling circadian rhythm.
4. along with sir.john.b.gurdon for the discovery that mature cells can be reprogrammed to be pluripotent.
6. for development of invitrofertisation.

-Varshita Kasagani  
Batch 2020

# RESPONSES TO PREVIOUS CROSSWORD...



-Sailajhaa

DEO

General Surgery

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# Alpaviraam



That's wrap for this month's Research-themed issue! We hope this provided direction to those inquisitive minds seeking to pursue any form of research in the near future, and for those who already have a research project to their name- don't forget to submit your abstracts and register for Anusandhan!

Children's day is coming up shortly. We look forward to receiving your valuable inputs for the next issue, which will be Child centric. So bring out the child in you. Also, share creative talents of children in your family and around you.

We will be back with more stories, flavored with sweetness reminiscent of everyone's favorite days- their own childhood.

Send in articles to [atman@aiimsmangalagiri.edu.in](mailto:atman@aiimsmangalagiri.edu.in) by 15th December 2022. Remember articles have to be original!

Meanwhile, Happy Reading

**With Love**  
**Team ATMAN**

