

आत्मन्



ATMAN



Volume 1 Issue 4 July 2022

Essence of
AIIMS

Mangalagiri





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Editorial



The earthy smell of the first rain on our parched lands is nature celebrating the transit of summer into monsoon with this unique perfume? As the dry branches sprout new leaves again and the hills around regain the verdancy, we focus on Mother Earth and Environment Day is the main theme of this volume.

International Nurses Day is the other highlight event that we showcase.

As leaders of the team, doctors get due recognition but nurses are often unsung heroes and essential partners in successful patient recovery. Let us remember Florence Nightingale and pray that we all imbibe and nurture the spirit of compassion, concern and care that she displayed. Why not take this opportunity to thank nursing orderlies, house keeping staff, security, computer operators, office staff, and construction workers?

Together we make a hospital what it is.

As a medical family, good health is always our goal. And we celebrated "No tobacco day", "Blood donation day" and "International Yoga day" with enthusiasm.

It gives me immense joy to state that the Atman baton has passed onto the next generation and this volume was edited and designed by our talented students. They have excelled.

Do read on for more news and views

Dr Deepti Vepakomma

KNOW YOUR FACULTY

INTERVIEW



**DR. VINEET THOMAS
ABRAHAM**

DEPT. OF ORTHOPEDICS

Name -

Dr. Vineet Thomas Abraham

Designation -

Add. Professor & Head, Dept. of Orthopedics

Hometown -

Calicut, Kerala

Birth Place -

Chennai, Tamil Nadu (Brought up in Punjab)

Schooling -

St. Thomas Sr. Sec. School, Ludhiana

Ug College -

CMC Ludhiana, Punjab

Hobbies -

Playing Basketball, Badminton, Piano,
Reading Books

Favorite Holiday Destination -

Manali

Favorite Movie -

Zindagi Na Milegi Dobara

Favorite Actress -

Deepika Padukone

Favorite Poem -

Stopping By Woods On a Snowy Evening
(Robert Frost)

Valuable Possessions -

Photos of my childhood, school & college memories.

Favorite Teacher -

Physics Teacher (Mr. Shekhar), HOD Ortho of my PG College (Dr. Malabha Rai)

Most Memorable events of life -

Won the competition and became Mr. St. Thomas in Class 12

Going with friends on different trips like Dalhousie, Manali

Went to AIIMS Pulse to represent college in Basketball and Musical Competitions

In UG, I participated in many musical plays (Beauty And The Beast, Starlight, Oliver) for the whole city.

Any Regrets -

No regrets as such in life. But I wanted to go to Kashmir from Manali on Bike trip but parents didn't allowed me, so I regret missing that opportunity

Why you chose medicine as career -

Inspired by my father (Plastic Surgeon) and mother (Biochemist).

Why you chose Orthopedics -

During my Internship I always enjoyed working in Orthopedics and fell in love with orthopedics.

How do you see medicine in today's world-

It is a good career, if you are passionate about serving and doing good for society. Just whatever situation you face, don't be discouraged. Learn from your mistakes and continue the path.

According to you.... what is success -

Work satisfaction, Happy family life and Mental satisfaction. If these 3 goals achieved then it's success.

Some words to students -

Work hard and try your hardest. You don't need to be at top of the class but keep the consistent effort. Failure is just a stepping stone, try again and again and keep trying, If you don't try then you are at backseat. There are times when you feel low in different aspects life, exams, relations, but never give up. And lastly make friends, because friends from UG will last for lifetime.

Gallery



BIOCHEM TRIP TO SOLAN



ON THE WAY TO MANALI



NCC 1ST YEAR MBBS



**REUNION 12 YEARS BACK
WITH FAMILIES**

**STARLIGHT EXPRESS MUSICAL
ON ROLLER SKATES**

CHRONICLES OF MEDICINE



HENRIETTA LACKS:
*a woman who forced the discussions
on Ethics, Race and Class*

If you are a student of medicine, you must have heard about the HeLa Cell line. If you haven't, it is time you go back and check. But why is it so important? What is it that sets this particular cell line apart? It is because this is a story of how medical ethics too had to fall onto its knees in front of the evils of society.

This story serves as a reminder for students and individual in the profession of science in general; and medicine in particular, that medicine and discrimination don't go hand in hand.

The story begins in 1951, when Henrietta Lacks, an African American woman from Maryland, and a mother of five, succumbed to Cervical Cancer. However, the samples taken from her tumor, when cultured outside the body remained viable. It was a turning point in medicine as human cell lines had never stayed viable for long durations.

Today almost every lab has millions of HeLa Cell Line Cultures. These have been used to study the pathogenesis of cancer to develop the Polio vaccine. They have been taken to space for the purpose of studying the viability of human life in the extra terrestrial. They have been studied so extensively that these cells have become the standard laboratory workhorse.

For decades, scientists had been collecting tissue samples from patients' bodies without consent, searching for cells that could live outside the body, with very little success.

It was in 1951 when George Gey isolated cells from Henrietta Lacks's biopsy which remained viable in vitro. It is said that, Gey then nurtured them like his own babies and today the number of HeLa cells in various labs over the whole world, are cumulatively far more than the number of cells ever present in her body. This was the birth of in vitro cell cultures and conception of the Biomedical Industry

.While Henrietta Lacks cells served the whole of mankind in every possible way, with corporations making millions over it, the only family who could not make a dime out of it, was Henrietta's family itself.

In fact, in retrospect, they never even knew about it, until later. When Henrietta first walked into the clinic, her concerns were dismissed and even during her later visits, in the contemporary act of Benevolent Deception, the severity and diagnosis was kept from her.

Benevolent Deception was a common practice by Physicians until the late 1900s, where they kept the patient's diagnosis from them, and made decisions on behalf of them. One could even find it in the American Medical Association, Code of Ethics (1847)[1]. It might seem really scandalous for our education from the outset has emphasized transparency and consent as ethical cornerstones. However, the story was really different, and ironically, not illegal at that time.

So where do ethics and morality come into the picture? Tissue was taken from her body without consent. Then, for years her name was disclosed publicly without proper information to the family. And in places where due credits were to be given, the name was often mistaken. A psychological impact of this act can be understood from what happened to her youngest daughter, Deborah. Though Deborah could never actually know her mother, she couldn't help but chase her mother's story. Without a proper formal education, it was very difficult for her to digest the fact that her dead mother's cells were still in existence across the world.

It seemed like some kind of sorcery. Had only someone bothered to explain the family the Whats and the Hows. Unable to get facts in place and bring justice to her mother's legacy, the last decades of her life were spent on pills for depression, bipolar disorder, hypertension and diabetes.

This story is more than just a tale of who wronged who. It dates back to not less than a century, when ideas of superiority of one race over another dominated the collective conscience. It serves as a mirror to our world and especially to the people working in science and research, of our shortcomings. We might do tons of research down to the molecular level, but if we don't understand the basic concepts of ethics, encompassing morality, transparency and consent, we have failed in our endeavour.

The saddest part is, the story of Henrietta Lacks, is not an isolated one, but one of many, where the gift of life was made over the graves of those who were unaware. If it ever bothers you, try searching the stories of Tuskegee Syphilis Study, or how the Nazi associations of once famous Weigner, lead to the renaming of one whole disease.

REFERENCES:

[1] Sisk B, Frankel R, Kodish E, Harry Isaacson J. The Truth about Truth-Telling in American Medicine: A

Brief History. *Perm J.* 2016;20(3):15-219. doi:10.7812/TPP/15-219

[2] The Immortal Life of Henrietta Lacks. By Rebecca Skloot. New York, Crown Publishers (2010)

[3] Movie of the same name, directed by George C.Wolfe, starring Oprah Winfrey and Rose Bryne.

- By Manavi Singh [2019 Batch]





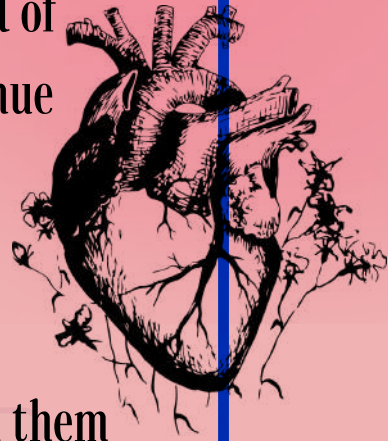
INTELLECTION

A collection of thoughts



Heart Broken Cells

Seen the right way, mistakes are our friends. There is a lot one can learn from them, only if one is willing to. All of us have made them, are making them and will continue to do so in various spheres of life, be it personal or professional, whether we realise it or not.

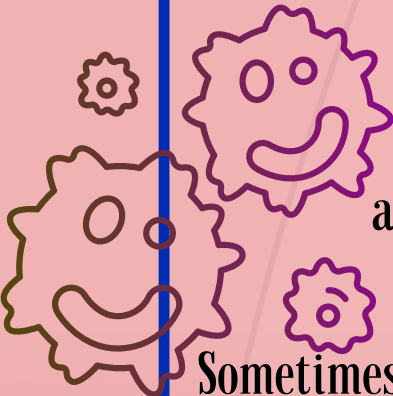


Not all mistakes prove costly though; in fact, most won't, and that is why it is important to watch them closely. It is essential to analyse and avoid them the next time.

Ignoring or hiding them doesn't help, at least in the long run. You're on the right track if you can face and laugh at them.

Not all of them can be seen quite easily though. Sometimes it is brought to your notice by a friend, a family member, a colleague or a well-wisher. But sometimes it happens at the wrong time, in a hurtful manner, by people who aren't gentle. It takes immense maturity to accept them in either situation and make amends.

For those in this hallowed space of learning yet to be counted as a "healthcare professional", take it for granted that you're going to make many mistakes in the span of your long careers.



Heart Broken Cells

Many of them may be inconsequential, while some will have the lurking potential to ruin your lives, and those around you. Try not to treat these mistakes with different yardsticks as far as learning and modifying your habits go.



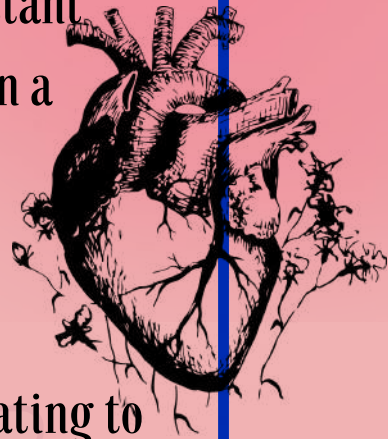
And it is essential to realise this process is deeply personal, as each one of us has a unique way of dealing with them. There is very little place for comparison with others and benchmarking, so we all need to start walking from wherever we stand.

An open, understanding and accepting culture does go a long way in inculcating these habits and it is every player's responsibility to contribute, beginning with you!

So, without making fun of or trying to point someone out, here are some of the curious mistakes I have come across. Some bring out misconceptions, some are mere misspellings (which will be a big deal if you make them in prescriptions, case summaries, patient notes & reports you'll eventually write), and some may be Freudian slips of your mind; nevertheless, learn from them.

Heart Broken Cells

Create habits, processes & ecosystems which help you notice them before they become big. They'll be a constant companion in your lives whether you like it or not. On a tangential note: Isn't this the value, a written assessment can add, which is nearly impossible to replicate in Objective MCQ assessment? I wonder if what I wrote as an undergraduate, would be illuminating to revisit, if only they were digitised and accessible today!



- **Dr. Prashant Joshi**
Department of Pathology

Type I hypersensitivity :-

Its reaction is type is anaphylactic type
It is mostly seen in hay fever, asthma, shock.

It is a mechanism to protect our body from various allergens.

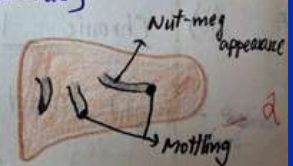
Pathogenesis

a) CVC Lung Chronic Venous Congestion

b) i) heart broken cells are present.
ii) inflammatory infiltration.

... occur (by sinusoids)

Hepatocytes



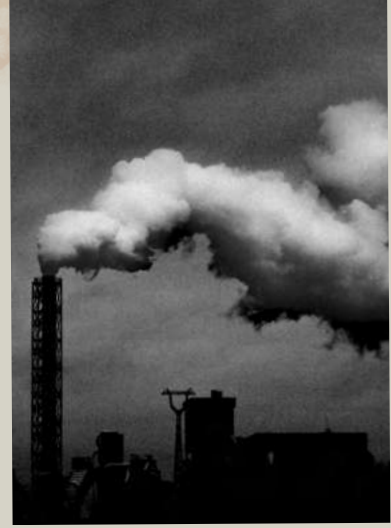
and nutmeg like appearance

- a) (i) cholecystectomy
- (ii) fecoliths present mucoid appears Gall stone is present
- (b) stone of bile stone of fecal

military lung

(ii) mottled like appearance

(b) (ii) mycobacterium tuberculosis



EVOLUTION

'Survival of the fittest'

This is one of the broadest and truest lines science has ever told, that could be, funnily, applicable in situations that seem way out of league with science. Now, digging back into the scientific literature and the theories, we find a few words or terminologies like “Natural selection” and “population control”. Do these have anything to do with the survival of the fittest? Well, they have everything to do with it and they are the basis for that statement.

We see animals being hunt down by fellow animals in the race of life and the fittest lives to see the sun setting on the weak ones. Some say, humans are, by far, the most advanced and capable species Mother Earth has ever witnessed. We have been able to surpass the extraordinary phenomenon of Natural selection that our mother Nature uses to keep the population in balance. The scales on which we are standing now seem to tip enough to probably never jeopardise the existence of our species, the Homo sapiens.

How did we do that? Obviously by medicine closely followed by advancing technology. Medicine has saved innumerable lives in unimaginable ways, but hasn't it cost anything at all to our surroundings, our fellow beings, our mother Earth?

Our fellow living beings die everyday by the process of Natural selection, just how our Mother wanted it, so that the ones who live, live to the fullest and enjoy all the benefits.

What have we done by medical miracles & technology? We sometimes bring back from the Hand of Hades, only to let people live with their suffering, in their unhygienic surroundings.

In "Survival of the fittest", do we define the fittest as the ones who live longer, or the ones who live happier and nobler?

We have invariably chosen the first definition and are sticking by it, forgetting that we have another definition that could have been more meaningful and way more efficient than what we are being forced to see today, ubiquitous population of the sapiens, invading the frigid Antarctica to the boiling Sahara, and still coming up with complaints of space shortage, food deficit and what not.

I mean no offence to the field of medicine and technology, they have done stuff that one could not even have dreamt of, but in a way, aren't we defying the basic ground rules of dwelling on Earth, the rules on the acceptance of which we are getting to live here, on this one-in-a-billion-possibility-of-supporting-life planet? Who has given us the right to harm our fellow Earthlings, who's permitted us to destroy and occupy their habitat, just like that, having no official papers and no authorisation from their side at all? So what, if their brains are less evolved, they are still as capable as any human (maybe more) in building a livelihood, constructing a society of their own, in their own style. They bear powers that humans have to depend on machines for.

We have come down the lane of evolution so far, so fast, but we have not spared a moment to retrospect the process in itself (Except for the scientists who've dedicated their entire life to this subject) and its consequences on our own species and the others. We have not considered what impact it's showing on the sole land we are dwelling upon.

A bonus point:

Talking about the clinical trials and all the experimental studies happening in the field of medical science, we always hear about lab rats, lab pigs and other animals and rarely about humans being in the early stages of the clinical trials. Why so? Are we producing medicines, drugs or the new surgical methods for the animals that are being used for the experiment? Then, why do they get to participate in the research with no benefit for their own and why not place humans in their place and check for the lethal dose (here, the animal in question is loaded with drug till it dies of toxicity or the adverse effects)? Laws protect human rights against exploitation and all others. Where have those laws gone when it comes to animals? They are also living beings like us, they too have emotions and families like we do, don't they?

It's always about humans and how to prolong their life, killing a million other non-human lives in the process.

-N. Lakshmi Keerthana
(2020 batch)



WOMEN AND HEALTH



Being a man or a woman has a significant impact on health, as a result of both biological and gender-related differences. The health of women and girls is of particular concern because, in many societies, they are disadvantaged by discrimination rooted in sociocultural factors. Women in India face issues like malnutrition, lack of proper maternal health, domestic violence and many more. One of major issues causing health problems is menstrual hygiene. Many women and girls are poorly informed about the process of menstruation, they lack hygienic toilets and don't have access to sanitary pads. Even today,

menstruation is a taboo subject in India, not just in rural areas but in cities as well. Try buying a pack of sanitary pads from your chemist—it will



invariably be handed over to you wrapped in a black polythene bag or a newspaper!

The government, civil society, and even mainstream Bollywood have started to generate a lot of awareness around menstrual health. And with the entry of so many menstrual hygiene product manufacturers, the landscape is changing.

But awareness is not enough. Have social norms also changed? Has any of this translated into solving the challenges that millions of women face every month when they menstruate? Actually No.

We've learnt that women face challenges at three levels:



1. First, at a transactional level—this includes access to sanitary products, underwear, and so on.

2. Second, at an infrastructural level—which includes the absence of private spaces, water, toilets, disposal mechanisms, among others.

3. Third, at a mindset level—there is still a pervasive culture of shame and silence, along with a lack of attention to women's dignity and health.

‘Break the Silence’

If we can pair awareness with access and affordability, and can focus on women's dignity, perhaps we can begin to change the discourse around menstrual health and hygiene. When we take it upon ourselves to tackle menstrual hygiene issues, we need to ensure that our ‘solutions’ don't come at the cost of women's self-respect.

**MENSTRUAL
HYGIENE DAY —
28 MAY 2022**





#RED DOT CHALLENGE #UNWRAP THE WRAPPED STORIES

Every menstruating human deserves to bleed with dignity. Unfortunately, this normal biological process that unifies us beyond caste, creed, colour, or race, becomes an obstacle for many young girls in India. They are forced to drop out of school, restricted from participating in sports, prohibited from going out of the house, & termed impure in the eyes of God for "those five days". Restricted knowledge about menstruation and the many taboos associated with it, are a major contributor in propagating this regressive mindset. And this is what we are trying to change with *Unified in Red*. - CARMENSI

“LET US PROPAGATE THIS MESSAGE - MENSTRUATION IS NOT A PROBLEM, POOR MENSTRUATION HYGEINE IS.”

नज़रे बदलो, नज़ारे बदल जायेंगे !

-Ms. Triveni Rane
Nursing Officer
Paediatric Surgery



A MEDICO'S PURPOSE

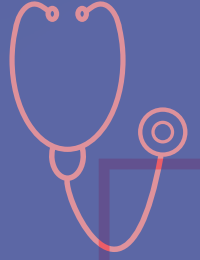
In the process of working towards a goal, we sometimes tend to forget the reason we are working so hard in the first place.

No one understands this better than a medico.

As students, we work very hard to clear exams. As the course got shorter (Thanks to COVID) and new variants of this and other diseases keep rising, It's only natural to feel overwhelmed by the sheer amount of knowledge we need to gain to finally meet the ultimate challenge of curing a patient. This can lead to a lot of stress and anxiety in the lives of medicos as a result of which we may even regret taking the MBBS course in the first place. This fear of failure changes the way we approach our challenges. Instead of learning to be competent, we start learning to pass exams. We restrict our preparation to only select areas and compromise on so much else. In the end, all we are left with is scattered bits of information that only helped us pass the exams but did not give us the necessary competence we need to face the patient confidently.

I found a cure to this plague.


Instead of studying to pass, I started studying to be skilled and competent enough to fulfil my purpose of curing a patient who puts all of his trust in me.



Think of yourself as a warrior training for battle. Train to attain your best self. Thinking of the lives you will save in the not-so-distant future will actually make MBBS more enjoyable. When we go through MBBS, the single most important point we need to have in our minds is that one day, there are going to be hundreds of lives in our hands and the skills to save them are not given, they are earned through effort, experience and understanding on a deeper level.

These skills can be acquired by observing our faculty and the way they deal with patients, their ability to build rapport, the way they listen to the patient and ultimately diagnose and begin treatment.

Ultimately, it's not the number of exams you topped or failed that matters. What matters at the end is how good you are as a clinician. As long as we have something worth working for, work doesn't feel like a burden, instead it actually gives us a sense of fulfilment. This explains how the doctors around us were able to work this hard in challenging times, skipping out on sleep, food and rest and giving up their own personal luxuries, sometimes basic necessities, just to save the lives of strangers they didn't even know. It's because of their commitment to the patient that they found this power to keep going. Purpose gave them remarkable power. The ability to save lives is a powerful tool but it also demands sacrifice and effort. All those people who are at such great heights today started from the same point as we did and we can reach such great heights as well. He who reaches the top begins at the bottom. The key word here is begin.



We can make this journey too when we have a purpose to guide us like a North star and keep us going day after day. Remember why you chose to be in this field and all the big dreams you had and how proud you were after finally clearing your entrance exams and you knew for sure that now your dreams of practicing medicine are going to come true. The practice of medicine is the most reputed profession because of the struggle involved and the sacrifice it demands from everyone who is a part of it. It is respected because it gives one the power to save lives and relieve people of their pain and suffering. As this is the profession you will invariably be a part of for the rest of your life, you need to learn to look on the bright side of it. You need to think of the lives you will improve one day, the people you will heal, the families you will help and the smiles on the faces of the people who will have nothing but gratitude and respect towards you.

The effect that you will have on the lives of all those people who put their trust in you and actually get cured by you will be enough to make all those sacrifices worth it in the end.

So as we are going to save all those lives one day, I say let's also be aware of the way we are leading our life. LET'S SAY YES TO LIFE. As we are all still students, the first life that we can save, improve and brighten is our own one.

***– P V Vignnesh
(2020 Batch)***

Inspiration from Nature -2

Let's talk about the SAVE SOIL movement.

Most of us are familiar with words and concepts such as Climate Change, Carbon Emissions, Air Pollution and Water Scarcity, but very few have focused attention on Soil. For millennia, life on earth has been sustained by a thin layer of fertile soil on the earth's crust. Agriculture, deforestation, and other factors have degraded and eroded topsoil at alarming rates. Globally, 52% of agricultural land is already degraded. Lack of organic content turns soil into sand, leading to:

FOOD CRISIS

WATER SCARCITY

LOSS OF BIO-DIVERSITY

CLIMATE CHANGE

LOSS OF LIVELIHOOD

CONFLICT AND MIGRATION



The planet is in crisis. If current rates of soil degradation continue, this would be the end of life as we know it. Almost every major ecological crisis is, to some degree or form, a consequence or symptom of the degradation of soil. Similarly, almost every environmental or environment-related point can be addressed by healthy soil. It is, in fact, a fallacy to think we can address any one aspect of our environment without addressing the whole, because no aspect of the ecosystem functions in isolation.

No solution is complete until we become conscious that life is one single complex phenomenon, all of which is happening in unison. In many ways, Soil is the underlying platform upon which life springs forth. If we fix soil, we have the best chance of fixing the whole. The plan is soil health needs supportive policies in every nation, policies need people's support, people's support needs awareness. Action is to take the message forward.

- Yogitha Poojari ,2019 Batch



LAW OF ENERGY AND JYOTIRLINGAM & CHAKRAS



This article follows the continuation of Lingam – A cosmic pillar symbolizing the union of mind and soul. It radiates **TEJAS** (energy) or **CHAITANYA** (consciousness), has healing energy for 7 **CHAKRAS**. Chakras are various focal points used in a variety of ancient meditation practices, collectively denominated as **Tantra** using **Mantra**.

According to Ancient Indian Spiritual Sciences, Energy is beneficial for all living creatures, plants and human beings on the Earth. The Law of energy states that energy always balances itself. It flows from a point where it is concentrated to the colder inverse. This is exactly the reason why, air flow from high to low pressure and water from the mountains to the sea.

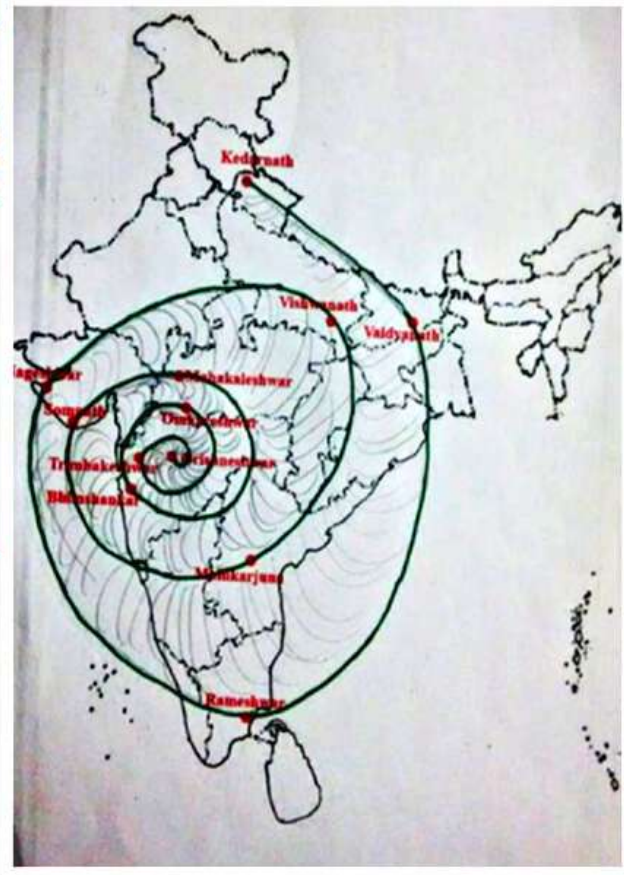
In India out of the 64 Jyotirlingas, the most mysterious ones are the 12 Jyotirlingas, known as Maha Jyotirlinga, which are representatives of *Shiva*, meaning radiance.

Jyotirlingas are said to be the source of energy which help illumine one's intellect. Ancient sages said that in the same manner lingam has established based on the scientific principles and that energy flows from one Linga to another.

It is surprising to know that if the physical position of the 12 Jyotirlingas were to be given a shape by joining a line, it would take the shape of a conch shell or the Fibonacci pattern, and the flow of energy would follow the same pattern, thereby possibly leading to reduction in irradiation. This interesting connection is still a mystery.

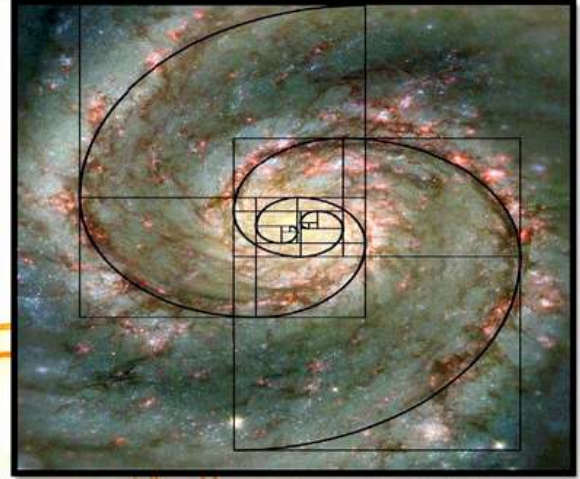
An energy wave is emitted from the upper surface of the living earth, which is projected from the shape of a conch and starts moving towards the sky. The process takes place as a result of the action and the waves of the sky come towards the earth.

“Sankha” (Conch Shell) means the pacifier of negative energies. Like, Jyotirlinga Temples located from areas of higher solar radiation to lower solar radiation in the Fibonacci Pattern, Conch Shell is able to improve the mood of a surrounding. Conch Shell is directly connected to spiritual health.



The map of India looks like a human body. Shiva is sitting in top of Kailasha (Himalaya) as main source of energy same as Sahasrara chakra on the topmost plane of man.

Level	Chakra	Sanskrit Name	Colour	Location
7	Crown	Sahaswara	Violet	Top of Head
6	Third Eye	Ajna	Indigo	Forehead
5	Throat	Vishuddha	Blue	Throat
4	Heart	Anahata	Green	Centre of Chest
3	Solar Plexus	Manipura	Yellow	Solar Plexus Stomach
2	Sacral	Svadhishthana	Orange	Lower Abdomen
1	Root	Muladhara	Red	Coccyx Perineum



The **CHAKRAS** are traditionally considered meditation aids. A Yogi progresses from lower chakras to the highest chakra, blossoming in the crown of the head, internalizing the journey of spiritual ascent. The Chakras are pierced by a dormant energy residing near or in the lowest Chakra.

Following the Science of Energy, the ultimate purpose of life is Moksha, which is attained only when you are at peace with yourself or when one achieves **BALANCE** in the flow of **ENERGY** within oneself and this is possible only through the use of energy in certain way.

मनो यत्र विलीयेत पवनस्तत्र लीयते ।
पवनो लीयते यत्र मनस्तत्र विलीयते ॥

(Breathing is lessened when the mind becomes absorbed, and the mind becomes absorbed when the Prana is restrained)

MR. VISHESH SINGH GURJAR
NURSING OFFICER
GENERAL MEDICINE



Abhivryakti

Expression in images





*"The Lord who marks the
beginning of everything good
and always bestowed on us !!*

Ganpati !"

- Ms.Arshdeep Kaur
Designation- Nursing Officer,
Dept of Surgical Oncology



*"Hanuman is strength,
devotion and perseverance"*

- Adithya Sai Matta
(2021 Batch)

*"A cat's purr is
the sound of
love"*



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**- Rakesh Jani
(2019 Batch)**

*"It's better to light a candle,
than curse the darkness"*



- Akheel Ahammed PT
(2019 Batch)






BEYOND FIGHTING THE VIRUS

The current global health crisis, the COVID - 19 pandemic, has posed an unprecedented challenge to our health systems and has affected physical health as well as mental health adversely.

MENTAL HEALTH ISSUES BEING FACED

- Fear, anger, panic, anxiety, depression and insomnia.
- Isolation, disconnectedness, loneliness.
- Uncertainty about disease outcome.
- Fear of death
- Lack of ability to interact with others.
- Reduction/Loss of appetite
- Heightened alertness
- Inability to cope.

COPING SKILLS

	Worry time gives control over your worries.
	Problem solving technique to identify worries experiencing
	Deep breathing exercise to reduce stress and anxiety
	Write down your thoughts and identify thinking errors and positive thinking
	Prayer Aerobic exercise music, meditation and creative activities.

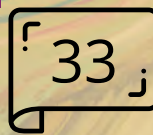
	Talk to someone to express how you are thinking and feeling
	Write down your thoughts and identify thinking errors and positive thinking
	Mindfulness - use all your senses to try and fully engage in a task.
	Laugh out loud Watch comedy videos which makes you feel better.
	Prayer Aerobic exercise music, meditation and creative activities.

GENERAL MENTAL HEALTH INTERVENTIONS

Inclusion of psychiatrists in the task force	Facilitating mental health research	Availability of psychotropic medications in hospital	Addressing mental health issues of the deprived sector of the society	Strict vigilance on the aftermath of infection of the survivors
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Stay away from exhausting information on social media

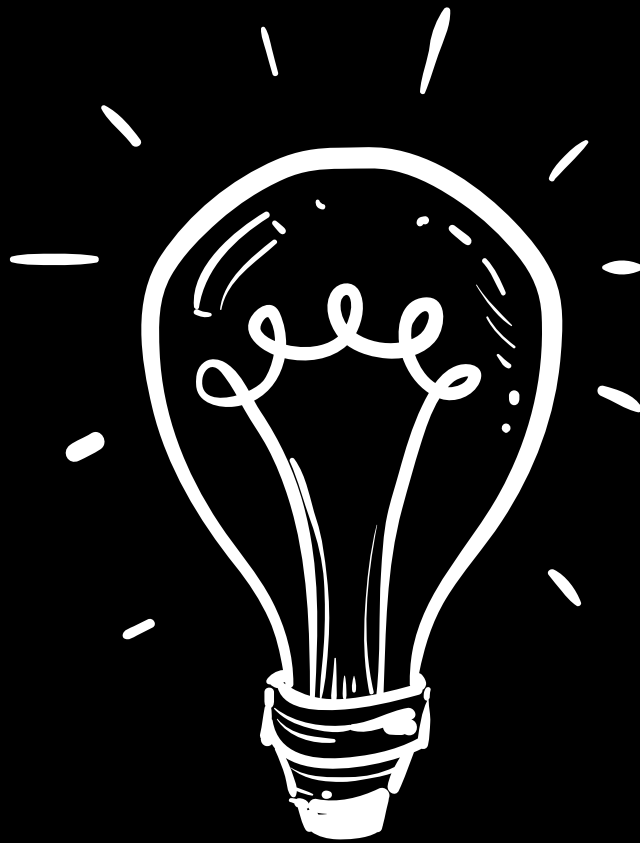
- Tamil Elakiya. T
Nursing Officer



Prudence



<Resources used well>



In this edition:

Various endeavours by students on the occasions of Earth Day and World Environment Day.

ECO-CHITRA — "Where Art meets Nature"

Mother Earth - one whose arms are always outstretched to embrace the human population. You look around and will observe inexplicable beauty in nature, be it the falling leaves of autumn, or the mellifluous voice of the Koel, nature always finds a way to amaze us. And then glance around and see the magnificent infrastructure created by humankind to satiate its hunger; One with observant eyes will also observe the humongous amount of plastic we are producing and then shamelessly throwing it off on any unnamed path for nature to work upon! Behold, it doesn't go anywhere, instead it becomes the part of the vicious cycle to poison us in the long run. Thinking about all this I fell asleep. In my sleep..... I am sitting in my chair and sweat is trickling down my forehead. A/C is working at its full potential but of no use. I am startled by this, I look at my smart device in the 2040s. Out of curiosity, I switch on the television and what I see is nearly two-thirds of the world is living in deserts. Tornado had again hit Atlanta for the third time in the year. There is destruction everywhere. I tremble and walk towards my refrigerator and what I see are all canned items, now real crops can be cultivated only in a few parts of the world. I woke up realizing that it was just a bad dream. But this is the grim reality! It was already morning and I went off to my classes. On that very same day, Bakshi sir introduced us to the Jute bag painting competition.



We received the funds under "The Swachhta Action Plan". The purpose was to sensitize people to reduce plastic bags and reuse cloth or jute bags. This event on 30th April, in some way helped mitigate my nightmare. The theme was "Invest in our planet." On the day of the event, I saw glistening faces; even our teachers had spared time to participate. Everyone seemed enthusiastic and zealous. We saw some excellent pieces created

The competition was judged by Dr. Desai Vidya Sripad, Dr. Vineet Thomas Abraham, and Dr. Satvinder Singh Bakshi. The winners were

1st, Nethinthy Jyoti Krishna

2nd, Karri Madhumitha

3rd, Hansika Alluri

The event came to an end with high-tea. In a symbolic gesture, the judges "bought" the winners' bags and gave them money as a token of appreciation. The faculty appreciated us for organizing the event and for its success. This was indeed an excellent opportunity to do something for our mother Earth. After the event, I felt a void again.

We sensitized a few people through that event but by writing an article that will be read by hundreds, I could reach out to many more. I want all my readers to think again about what they will be handing down to their descendants because that aforementioned nightmare is our unexpected future.

Save your resources, switch off the lights and fans when you leave the room, and do carpooling; instead of showing off, share your vehicles. If this article has any impact on you, please carry a cloth bag with you next time you hit the grocery store. These baby steps can mitigate the devilish outcome. "A wise man is not the one who exploits the reserves but the one who preserves it."



**-SHRISTI SRIVASTAVA
(2019 Batch)
S&E CLUB**



FLASH OF HOPE

S & E AND CULTURAL CLUB COLLABORATED ON WORLD ENVIRONMENT DAY, I.E., THE 5TH OF JUNE, TO CREATE A SPECTACLE IN THE OPD OF AIIMS MANGALAGIRI!

CREATIVITY IS ONE OF THE BEST WAYS OF SPREADING AWARENESS TO PEOPLE ABOUT MATTERS WHICH REQUIRE IMMEDIATE ATTENTION. THE STUDENTS OF AIIMS, THEREFORE, CAME UP WITH ONE OF THE MOST INNOVATIVE IDEAS TO DRAW PEOPLE'S ATTENTION AND CREATE SOMETHING FUN AND MEMORABLE IN THE PROCESS.

FOR MOST PEOPLE, IT WAS JUST ANOTHER MONDAY MORNING. THEY COULD NOT HAVE POSSIBLY BEEN MISTAKEN. MANY BECAME CURIOUS WHEN THEY SAW ALL THE STUDENTS ASSEMBLED, AND THE AUDIENCE STARTED TO SPECULATE. BUT ALL THOSE WHISPERS AND DOUBTS VANISHED WHEN THE MUSIC BEGAN AND THE DANCERS HIT THE FLOOR. THE FLASH MOB COMMENCED FULL FORCE AND STRUCK THE AUDIENCE LIKE A BOLT OF LIGHTNING. THE BEWILDERED AUDIENCE BEGAN TO CHEER AND APPLAUD.

AS I WAS A PART OF IT, I CAN SAY THAT I FELT OVERJOYED WHEN I SAW THE PATIENTS' REACTIONS THAT DAY WHEN STUDENTS ASSEMBLED OUT OF NOWHERE AND GAVE A PERFORMANCE TO REMEMBER.



ASTONISHED FACES, ENCORES FROM THE AUDIENCE, AND THE COORDINATION AMONG THE GIFTED PERFORMERS MADE IT A DAY TO REMEMBER.

PEOPLE FROM ALL CORNERS OF THE HOSPITAL GATHERED BEFORE THE FLASH MOB TO WITNESS IT LIVE. THERE WERE A TOTAL OF 6 SONGS THAT WERE PERFORMED BACK TO BACK. WE TRULY PUT OUR HEARTS INTO IT, AND THE RESPONSE WE GOT FROM OUR AUDIENCE MADE ALL THE HOURS OF PRACTICE WORTH IT IN THE END.

THE 15-MINUTE SPECTACLE CONCLUDED WITH A MESSAGE URGING PEOPLE TO TAKE ACTION TOWARDS SAVING THE ENVIRONMENT AND MAKE MINUTE CHANGES IN THEIR LIFESTYLE, CULMINATING IN A COLOSSAL DIFFERENCE FOR THE PLANET.

KEEPING UP THE SAME SPIRIT, I WOULD LIKE TO END THIS ARTICLE WITH THE FOLLOWING QUOTE, "YOU CANNOT GET THROUGH A SINGLE DAY WITHOUT HAVING AN IMPACT ON THE WORLD AROUND YOU. WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE WHAT KIND OF DIFFERENCE YOU WANT TO MAKE".

-DR. JANE GOODALL

**- P.V.Vignesh
2020 Batch**





Gallery



~S&E CLUB, ALONG WITH THE SANITATION AND HYGIENE COMMITTEE, KAYAKALP SCHEME ORGANIZED AN E-POSTER COMPETITION ON ACCOUNT OF WORLD ENVIRONMENT DAY. WE RECEIVED MULTIPLE CREATIVE AND CATCHY POSTERS; THE BEST THREE ARE SHOWN BELOW.

first Prize - Ms. Jayanthi.M. Nursing Officer. AIIMS Mangalagiri



Second Prize - Ms. Akepogu Deepika. 2nd year MBBS Student. AIIMS Mangalagiri

SAVING THE ONLY ONE NEEDS EVERYONE

HERE'S HOW WE'RE GONNA DO IT

SHOW UP!
BE A PART OF IT!

- Volunteer for events directed towards making our one home better for all of us

The Earth has spent the last 200,000 Years on Humanity.
We can atleast spare 20min!

RRR



- Buy less, waste less, use jute bags instead of plastics (And don't forget your bag at home!)
- Make use of materials that were already used previously but can be used again
- Make the most of the materials that can be found in the waste.
- Waste that cannot be recycled, repaired or reused can still provide energy.



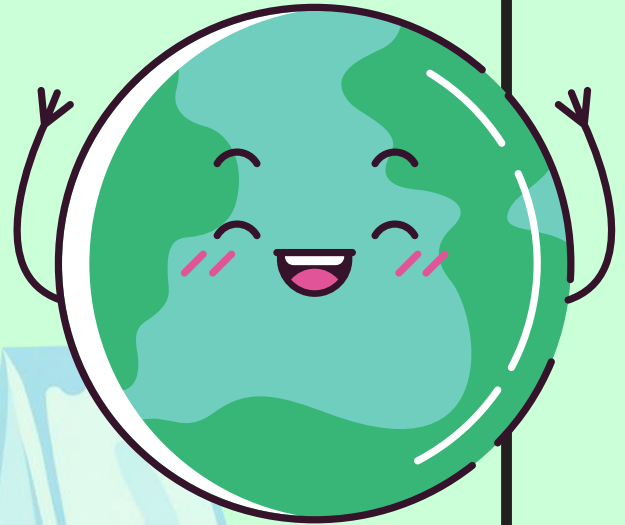
LITTLE CHANGES EVERYDAY WILL
MAKE A HUGE DIFFERENCE IN THE END

- Using a bicycle for short distances will improve YOUR shape as well as the shape of the PLANET!



- Educate others in creative ways and focus on solutions and how we can achieve them

We have only one home.
That's why we need to protect it no matter what!



Third Prize-
Mr. Vignnesh Varma,
2nd year M.B.B.S
Student, AIIMS
Mangalagiri

INTERNATIONAL NURSES DAY: AIIMS MANGALAGIRI 2022

DATE: 12/05/2022

TIME: 3.30PM

VENUE: OPD BLOCK, THIRD FLOOR

CHIEF GUEST: PROF. DR. MUKESH TRIPATHI, DIRECTOR

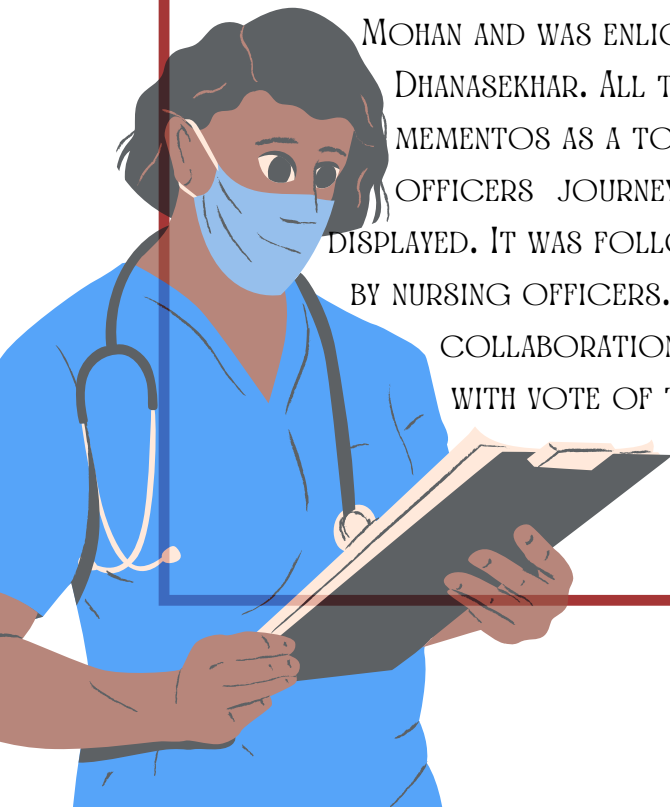
GUEST OF HONOR: DR. B.VALLI REGISTRAR, APNMC

DIGNITARIES:

- PROF. DR. JOY A GHOSHAL, DEAN ACADEMICS
- DR. DEEPTI VEPAKOMMA , DEAN RESEARCH
- DR.VINEET THOMAS ABRAHAM, MEDICAL SUPERINTENDENT



INTERNATIONAL NURSES DAY WAS CELEBRATED AT AIIMS MANGALAGIRI WITH LOTS OF ZEAL AND ZEST. THE PROGRAM STARTED WITH A PRAYER SONG FOLLOWED BY LAMP LIGHTENING BY THE DIGNITARIES. WELCOME SPEECH WAS GIVEN BY DR. VINEET THOMAS ABRAHAM FOLLOWED BY DIGNITARIES' SPEECH. CHIEF GUEST, DIRECTOR, PROF. DR. MUKESH TRIPATHI EXPRESSED HIS VIEWS AND IMPORTANCE OF NURSING IN PATIENT CARE. THE GUEST OF HONOR DR B VALLI DELIVERED AN ENTHUSIASTIC SPEECH REGARDING HISTORICAL BACKGROUND AND CURRENT TRENDS IN NURSING. INTERNATIONAL NURSES DAY THEME OF THE YEAR 2022, "NURSE A VOICE TO LEAD INVEST IN NURSING AND RESPECT RIGHTS TO SECURE GLOBAL HEALTH" WAS REVEALED BY HOD, HOSPITAL ADMINISTRATION PROF. DR. RAMA MOHAN AND WAS ENLIGHTENED BY SENIOR NURSING OFFICER MR. V.M DHANASEKHAR. ALL THE DIGNITARIES WERE FELICITATED BY SMALL MEMENTOS AS A TOKEN OF APPRECIATION. GLIMPSES OF NURSING OFFICERS JOURNEY AT AIIMS MANGALAGIRI SINCE 2019 WAS DISPLAYED. IT WAS FOLLOWED BY ENERGETIC PERFORMANCES PRESENTED BY NURSING OFFICERS. THE ENTIRE PROGRAM WAS ORGANIZED WITH COLLABORATION OF MANA. WE CONCLUDED THE PROGRAM WITH VOTE OF THANKS BY MR. ARVIND JOSHI, NURSING OFFICER, FOLLOWED BY THE NATIONAL ANTHEM AND HIGH TEA.





NURSES
A VOICE TO LEAD
INVEST IN NURSING AND
RESPECT RIGHTS TO
SECURE GLOBAL HEALTH



Report on CNE as part of International Nurse's Day Celebration 2022

INTERNATIONAL NURSE'S DAY IS OBSERVED ON 12TH MAY EVERY YEAR. AS PART OF THE INTERNATIONAL NURSE'S DAY 2022, THE MANGALAGIRI AIIMS NURSING OFFICERS



ASSOCIATION (MANA) TOGETHER WITH AIIMS ADMINISTRATION CONDUCTED A CONTINUOUS NURSING EDUCATION (CNE) PROGRAMME. NURSING OFFICERS ATTENDED THE CNE BOTH ONLINE AND OFFLINE MODE. THE SPEAKERS WERE THE EMINENT DOCTORS OF AIIMS, MANGALAGIRI AND THEY GAVE AWARENESS REGARDING THE EXCELLENT WAYS TO PROMOTE PATIENT CARE. THEY ALSO MENTIONED ABOUT THE MINUTE THINGS THE NURSES SHOULD TAKE CARE WHILE PROVIDING AREA SPECIFIC NURSING CARE.

THE SPEAKERS ON THE FIRST DAY WERE DR. RAJASEKAR MOHAN, HOD, DEPARTMENT OF GENERAL SURGERY ; DR. VINEET ABRAHAM THOMAS, HOD, DEPARTMENT OF ORTHOPEDICS ; DR. SATVINDER SINGH BAKSHI, HOD, DEPARTMENT OF ENT AND DR. SHARMILA V, HOD, DEPARTMENT OF OBSTETRICS AND GYNECOLOGY ON SECOND DAY, THE CNE WAS CONTINUED AND THE SPEAKERS WERE DR, ARUN BABU,

HOD, DEPARTMENT OF PAEDIATRICS ;

DR. HEMANT KUMAR, ASSISTANT PROFESSOR

DEPARTMENT OF SURGICAL ONCOLOGY;

DR. VIJAYA CHANDRA REDDY AVULA, HOD,



DEPARTMENT OF PSYCHIATRY; AND DR. SURESH VAIKKAKARA, HOD,
DEPARTMENT OF GENERAL MEDICINE.

ALL THE SPEAKERS HIGHLIGHTED VARIOUS ASPECTS AND ROLES OF THE
NURSING STAFF IN THEIR RESPECTIVE DEPARTMENTS.

THE SESSIONS WERE VERY INFORMATIVE , AND INVOKED THE INTEREST OF THE NURSES
TOWARDS ATTENDING SUCH PROGRAMS IN THE
FUTURE AS WELL, SO AS TO PROVIDE HIGH QUALITY
PATIENT CARE. THE PROGRAM WAS CONCLUDED
WITH THE THANKING GIVING NOTE BY MR. ARVIND
JOSHI, PRESIDENT, MANA.



Observance of World No Tobacco Day

31st May 2022

WORLD NO TOBACCO DAY (WNTD) IS ORGANIZED EVERY YEAR ON MAY 31 TO HIGHLIGHT THE HEALTH AND OTHER RISKS ASSOCIATED WITH TOBACCO USE, AND FOR ADVOCATING EFFECTIVE POLICIES TO REDUCE TOBACCO CONSUMPTION GLOBALLY. WNTD WAS CREATED BY WORLD HEALTH ORGANIZATION (WHO) IN 1987

TO DRAW GLOBAL ATTENTION TO THE TOBACCO EPIDEMIC AND THE PREVENTABLE DISEASES AND DEATH IT CAUSES. CURRENT YEAR THEME IS “TOBACCO: THREAT TO OUR ENVIRONMENT”. TO MARK THE EVENT, THE DEPARTMENT OF COMMUNITY AND FAMILY MEDICINE ORGANIZED FOLLOWING EVENTS :



1. NATIONWIDE REELS

COMPETITION ON THE THEME “TOBACCO: THREAT TO OUR

ENVIRONMENT” WAS CONDUCTED. AROUND 15 ENTRIES FROM ACROSS THE COUNTRY WERE RECEIVED. THE PANEL OF JUDGES EVALUATED INDIVIDUALLY.

FIRST PRIZE- MR. ARAVIND E, NURSING OFFICER, AIIMS MANGALAGIRI

SECOND PRIZE - MR. NIRMALRAJ. S, MADRAS MEDICAL COLLEGE, CHENNAI

THIRD PRIZE- DR DEEPSHIKHA CHAUDHARY, HIMS, SRHU, DEHRADUN

2. HEALTH AWARENESS SESSION FOR PATIENT AND CARE TAKERS AT CFM OPD, UHTC AND CRHA WAS ORGANIZED THROUGH MBBS STUDENTS OF AIIMS MANGALAGIRI. FACULTY AND STUDENTS WERE GIVEN HEALTH EDUCATION ON HARMFUL EFFECTS OF TOBACCO AND ITS IMPACT ON ENVIRONMENT. IEC MATERIALS WERE DISTRIBUTED TO THE PARTICIPANTS.

3. WEBINAR ON ENVIRONMENTAL IMPACT OF TOBACCO WAS ORGANIZED BY DEPARTMENT OF COMMUNITY AND FAMILY MEDICINE IN COLLABORATION WITH STATE TOBACCO CONTROL CELL ANDHRA PRADESH THROUGH ZOOM AND YOUTUBE.

AROUND 135 PARTICIPANTS REGISTERED AND ATTENDED FOR WEBINAR.



Observance of
World No Tobacco Day
31-05-2022
"Tobacco: Threat to our environment"

Department of Community and Family Medicine Along with State Tobacco Control Cell organizes.

Online Webinar on Environmental Impact of Tobacco
 Date: 02/06/2022, Time: 2.30 to 4.30 PM, Medium: Zoom/ Youtube

Program Schedule

Topic	Resource Person	Time
Welcome address	Dr. Rajeev A. Head, Dept of CFM, AIIMS Mangalagiri	10 Mins
Inaugural Address	Dr. Mukesh Tripathi Director, AIIMS Mangalagiri	10 Mins
The environmental impact of tobacco – from cultivation, production, distribution and waste.	Dr. Vishvaja Sambath Program Lead, Health Energy Initiative India	15Mins
Exposing tobacco industry's effort to "greenwash" its reputation and products	Mr. S Cyril Alexander Executive Director IMACT	15 Mins
Tobacco Control Initiatives in Andhra Pradesh	Dr. E. Prasanth State Officer, HTCF Andhra Pradesh	20 Mins
Introduction to COTPA and Implementation of COTPA in Andhra Pradesh	Mr. Shiva Shankar State Legal Consultant HTCF Andhra Pradesh	15Mins
Declaration World No Tobacco Day Reels Competition Results	Dr. Dhruvajyoti Debnath, Associate Professor Dept of CFM, AIIMS Mangalagiri	10 Mins
Vote of Thanks	Dr. Vinoth Kumar Kalidoss Dept of CFM, AIIMS Mangalagiri	5 Mins

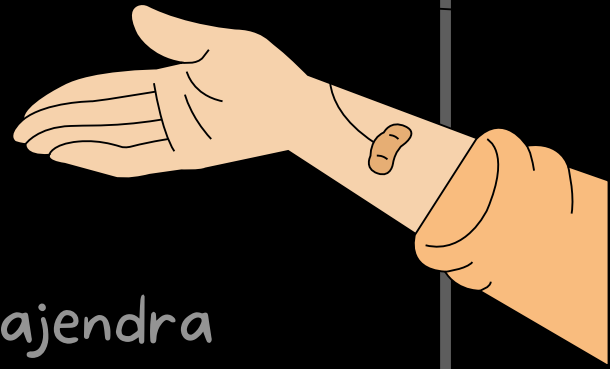
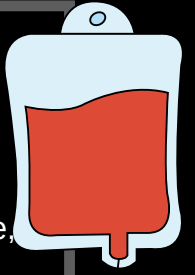


FACULTY INVOLVED:

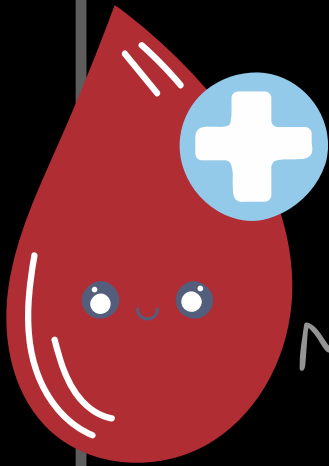
- 1.DR. RAJEEV A, ADDITIONAL PROFESSOR DEPT OF CFM- CHAIR PERSON
- 2.DR. DEBNATH DHRUBAJYOTI ASSOCIATE PROFESSOR DEPT OF CFM
- 3.DR. ARTI GUPTA, ASSISTANT PROFESSOR DEPT OF CFM
- 4.DR. VENKATASHIVAREDDY B, ASSISTANT PROFESSOR DEPT OF CFM
- 5.DR.VINOTH KUMAR K, TUTOR DEPT OF CFM- COMPETITION CO-ORDINATOR AND ORGANIZING SECRETARY
- 6.DR. P.SHIVA SANTHOSH KUMAR SENIOR RESIDENT , DEPT OF CFM
- 7.DR. K.AMALESHWARI SENIOR RESIDENT , DEPT OF CFM
- 8.DR. NAVYA KRISHNA NAIDU, TUTOR DEPT OF CFM

Every Drop Counts

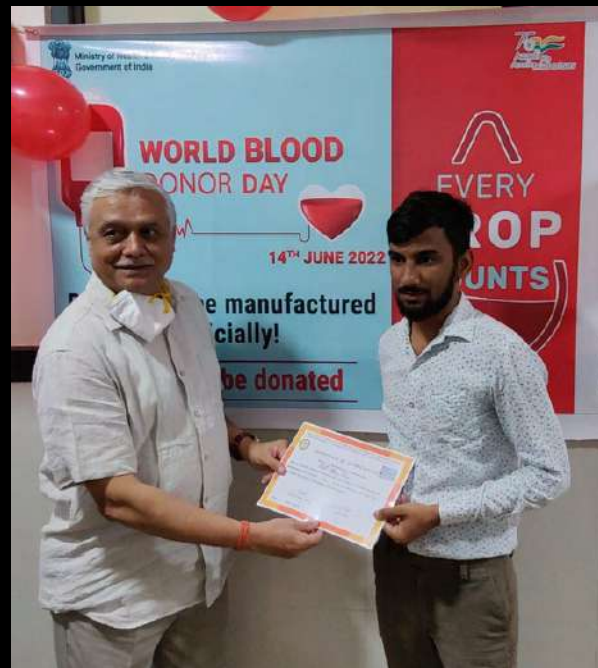
Appreciated by our Honorable Director And CEO, Prof. Dr. Mukesh Tripathi Sir and Dr. I S Chaitanya Sir ,Head of the Department, Department of Transfusion Medicine, AIIMS Mangalagiri on the occasion of Blood Donation Day



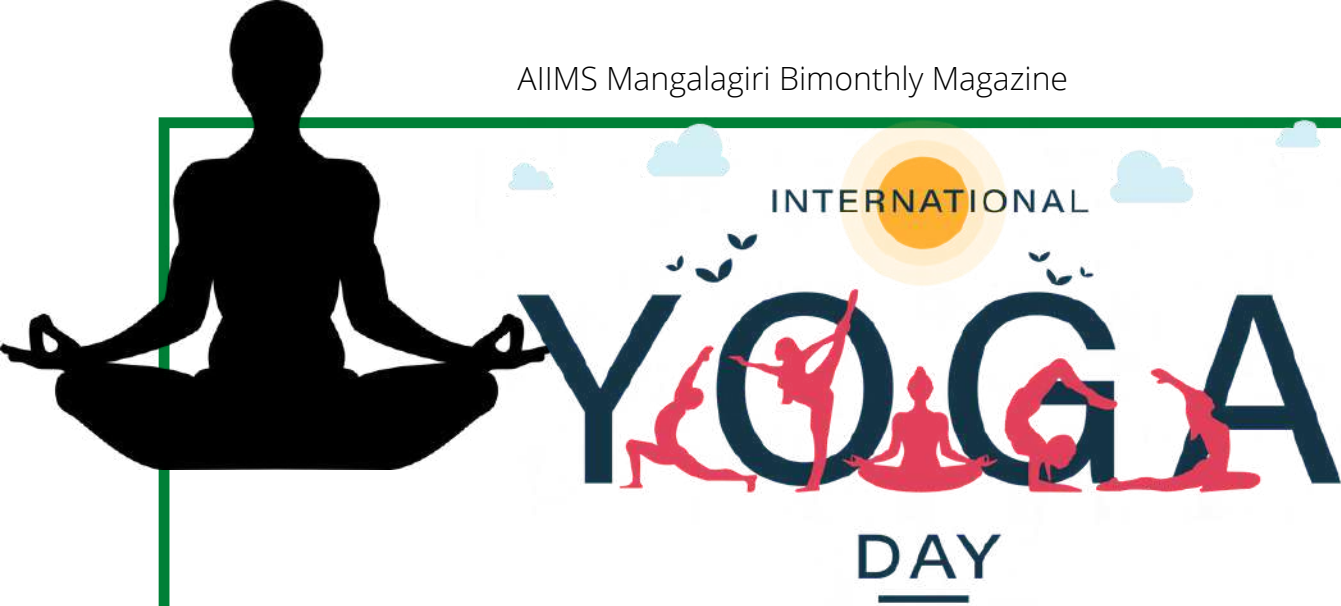
P Rajendra
Kumar



MD Ajaz
Kazi



World Blood Donor Day
-June 14 '22



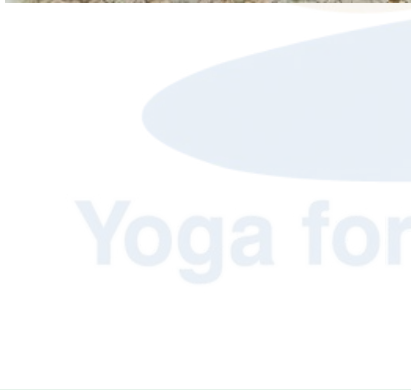
Yoga is an ancient practice of physical, mental and spiritual domains of a human being which originated in India. The word 'yoga' is derived from a Sanskrit word, meaning to join or to unite; symbolizing union of the body and consciousness. Today, it is practiced in various forms globally and continues to grow in popularity.

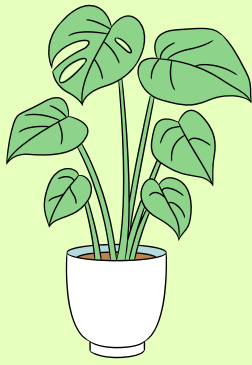
Recognizing its universal appeal, the United Nations proclaimed 21st June as the International Day of Yoga. Since then, every year 21st June is celebrated as International Day of Yoga. This year is 8th International day of yoga and the theme of this year is "Yoga for Humanity" to signify how Yoga served humanity in alleviating suffering during COVID-19 pandemic.

AIIMS Mangalagiri celebrated Yoga Day for the fourth consecutive year , with a session on Common Yoga Protocol practice (CYP) for Faculty , Staff and MBBS Students . Alongside, Online Webinar on Yoga and Health was conducted in co-ordination by Departments of CFM, Physiology, Psychiatry and PMR. Moreover, a Plantation drive was also done by Dr. Desu Rama Mohan Professor, Hospital Administration along with Engineering of AIIMS Mangalagiri.



INTERNATIONAL YOGA DAY





A Plantation drive which commemorates the spirit of fraternity, when it comes to things that matter the most. Or as R N Tagore said, "A world that has not been broken, by narrow domestic walls."



Housekeeping Staff



Students of first year MBBS



The Security Guards

Yoga for Health

CROSSWORD



Across

3. Neville's Boggart(5)
4. Harry's biggest fan,last name (7)
5. The name of Ron's owl(10)
7. Harry Potter birth place(12)
8. Viktor Krum's position in the Bulgarian Quidditch team (6)
10. Replaced Snape as the Potions master,last name (8)

Down

1. The first deathly hollow Harry possessed (17)
2. Mother of Half- Blood Prince;full name (12)
6. The entrance to the Shrieking Shack(14)
9. Harry's wand was made up of (5)

Answer to Previous Crossword

P	H	O	S	P	H	A	T	I	D	Y	L	C	H	O	L	I	N	E	
L		U						S	E	L	I	W	A	N	O	F	F		L
E	D	T	A			V	M	A	X				R	E	F	S	U	M	Y
O		E			A		S	U	I	C	I	D	A	L			Y		A
M		R			L							M	I	C	E	L	L	E	S
O			H	I	L	L				Z	E	R	O				L		E
R		Y			O					Y			L	A	M	I	N	I	N
P			D		S					M	O	L	I	S	C	H		N	C
H		L	R	A	T				C	O			P		A				O
I			O			E	N	E	R	G	Y			I		L		R	R
S	Y	M	P	O	R	T				A	E			N		C		I	A
M			A			I				B	N				I		C	N	E
			T			C	R	B	P				R		D		K	K	T
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C	O	F	A	C	T	O	R					C	A	T	A	L	A	S	E
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B	L	E	A	C	H	I	N	G				X							
E	N	D	O	P	L	A	S	M	I	C	R	E	T	I	C	U	L	U	M



Our Team

The Faculty Team

(From left to right) Dr. Satvinder Singh Bakshi,
Dr. Suresh Vaikkakara, Dr. M A Bari Siddique,
Dr. Shikha Yadav and Dr. Deepti Vepakomma





Our Team

Cover designed by:

Rakesh Jani (2019 Batch)

N. Lakshmi Keerthana (2020 Batch)

Magazine designed by:

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Manavi Singh (2019 Batch)

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Content edited by:

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Pooja Muvva (2019 Batch)

N Lakshmi Keerthana (2020 Batch)

Diya Amina (2020 Batch)

Interview by:

Kshitiz Mittal (2019 Batch)

G Harshitha (2020 Batch)



Alpaviraam

Drawing to an end to this edition of Atman, we hope the readers found it engaging and fun. We are glad that the team is broadening every day.

The next edition of Atman will be **Independence Day** Special, and therefore multilingual. You may send in your contributions in **English, Hindi and Telugu** by : **15th August 2022**

It will be out on : **1st September 2022**

Looking forward to many contributions in the form of articles, photographs, and creative ideas to atman@aiimsmangalagiri.edu.in.

(In word document format only, pictures in JPEG format.)

Moreover, members of the AIIMS family, who are interested to be a part of the editorial team may write to us at the above mentioned email id, or contact: Dr Deepti Vepakomma (+919972398525)