



आत्मन्

ATMAN

Volume 2 Issue 1 January 2023

Essence of
AIIMS
Mangalagiri



CONTENTS

- 2 EDITORIAL
- 3 KALAKAAR- KIDS SPECIAL
- 7 STORY OF AIIMS
- 13 INTELLECTION
- 24 KNOW YOUR FACULTY
- 32 CHRONICLES OF MEDICINE
- 35 ABHIVYAKTI
- 48 PRUDENCE
- 65 ANSWER TO PREVIOUS CROSSWORD
- 66 UPCOMING EVENTS/NOTICES
- 68 OUR TEAM
- 69 ALPAVIRAAM



Editorial



Warm Welcome to the youngest members of our family: MBBS Students of 2022 Batch.

As the curtain comes down on the year 2022, we at Team Atman wish everyone in AIIMS MG family a safe and prosperous 2023. The purity of heart is reflected in the innocent smile of every child and we hoped to capture some of that in this issue. Children' day was celebrated on November 14th and Atman focuses on the child in each of us and also showcases the talents of children of our faculty.

The other key events that are covered are "Anusandhan" our first Annual Research Conference and starting of the nursing academic course. Anusandhan also saw the inauguration of our auditorium. Apart from this, we continue to have all our usual segments that I hope will hold your interest.

Once again, नूतन वर्षाभिन्दन।

-Dr Deepti Vepakomma



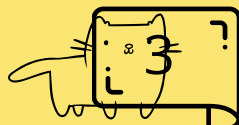


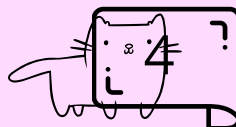
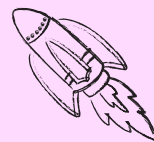
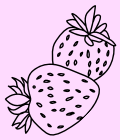
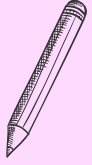
KALAKAAR

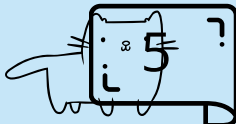
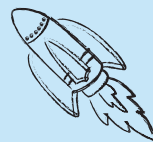
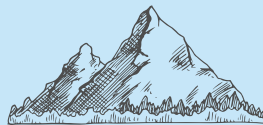
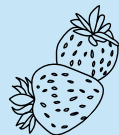
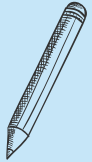
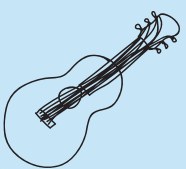
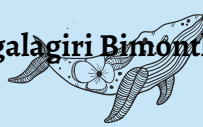
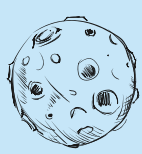
For the Kids around us

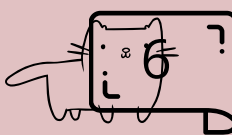
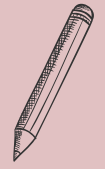
We requested members of the AIIMS Mangalagiri family to share the creative talents of Kids around them.

Here are the wonderful entries by the little ones.









Ms. Akshaya Arun Babu,
7th std, DPS,
Vijayawada



THE STORY OF AIIMS MG

In this section, we aim to capture the progress of AIIMS Mangalagiri from its inception.

**Image: View of the Nursing College AIIMS Mangalagiri,
Captured By N Lakshmi Keerthana (2020 Batch)**

18th November 2022 marked the first ever event hosted in the Auditorium of AIIMS Mangalagiri. Finally, after a long wait, curtains rose with a big academic feast- Anusandhan. Here is a throwback to the journey of the Auditorium.

Credits: Dr Madhav Rao C,
Department of Pharmacology





COLLEGE OF NURSING

B.Sc. (Hons.) Nursing Inauguration programme

Another milestone was achieved at AIIMS Mangalagiri on 4th November 2022. The college of Nursing was inaugurated, and the first batch of nursing students was inducted at AIIMS Mangalagiri. The College of Nursing, which has a broader vision to establish a center of excellence in a nursing institute that develops passionate and dedicated leaders in nursing and healthcare whose ideas and actions will contribute to a healthy society witnessed its historical event of the inauguration of B.Sc. (Hons.) Nursing programme. The inauguration programme was held on the 4th of November 2022 at Lecture Hall 1, First floor, Medical College Building, All India Institute Medical Sciences, Mangalagiri. Hon'ble President Dr. T.S. Ravikumar, Hon'ble Director & CEO Prof. Dr. Mukesh Tripathi, Dean (Academics) Dr. Joy A. Ghoshal, Dean (Research) Dr. Deepti Vepakomma, Dean (Examination) Dr. Shreemanta Kumar Dash, Medical Superintendent Dr. Vineet Thomas Abraham, and the Principal, College of Nursing Dr. Danasu R and other dignitaries graced the occasion. All the newly joined B.Sc. (Hons.) Nursing students along with their parents attended the inauguration event. The event began with a formal welcome address by the Principal of the College of Nursing. This was followed by the address of all the dignitaries.

During the inauguration event, the students introduced themselves and felt happy to be associated with AIIMS Mangalagiri.

COLLEGE OF NURSING

B.Sc. (Hons.) Nursing Inauguration programme

While addressing, Prof. Dr. T.S. Ravikumar, President of AIIMS Mangalagiri welcomed the students and congratulated them for being the pioneer batch of a great institution. He said that they should spread the message of creating happy communities through health. He said that the students of AIIMS Mangalagiri have a wonderful opportunity to be associated with an in-house hospital and should make use of this facility by observing and practicing to improve patient care services. He also mentioned about the need for nurses at a national and global level to fill the gap in healthcare manpower and also mentioned the need for a domestic nurse training programme. He is also a member of the WHO Global Safety Curriculum and has called upon the faculty to work in collaboration in the area of health. Being the Chairman of “Nation of Lifesavers- India program of the American Heart Association” for Community CPR training, on the same day, he, in collaboration with the Department of Community and Family Medicine, College of Nursing and Nursing staff members organised a Community CPR training program at AIIMS Medical College building for B.Sc. (Hons.) Nursing students, their parents, and L&T staff.





Intellection

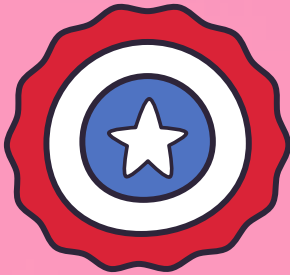
**Intellection - an expression of our
simplest to most complex thoughts
as stories / poems. This will be the
'intellectual collection'***



CREATIVE WRITING



The following entries were sent by the Students of AIIMS Mangalagiri for Creative Writing to Pulse'22, AIIMS New Delhi.



Prompt: You are Steve Rogers. During the fight in the Hydra facility, Tony gains the upper hand and kills Bucky

My vision began blurring and blood started to drip from the corner of my forehead as I tried to get up on my knees and drag myself over to Bucky's now- dead body. His eyes were fixed in the distance and it looked as if he was finally at peace. Just as I was about to shut his eyelids, I saw Tony diagonally opposite to us, his legs squatted and his head, in between them. I mustered all the strength I had left, picked my shield up and started limping towards Tony. The minute I got to Tony, I raised my shield up, aiming for his neck. Just as my arm plunged towards him, his teary red eyes glanced at me, making me relinquish my decision and let go of my shield. I crouched next to him and heard him mumble, "Why didn't you tell me he killed my parents?" to which I replied, "Sorry, Tony. You know I wouldn't have done this if I had any other choice. He was my friend." Nothing in this world would've prepared me for what Tony was going to say next — "So was I, Steve."

-Bathina Sritha Reddy
(2020 Batch)

Prompt: Sirius released a niffler in the Gryffindor common room. Write about the hilarious events that unfold afterwards.



Hooligans in the dark

Sirius chuckled with delight as he set the niffler loose, He was excited to see the chaos that was about to unfold.

The Niffler tore into the darkness and began its work, furious cracks and rumbles of wood breaking out in its wake.

And poor Peter was the first victim, The shiny silver necklace dangling from his neck catching it's eye, The niffler found an entrance through the bottom of his pyjamas and he awoke to find his buttons popping and a dark figure getting at his face and by the time he screamed, the figure disappeared.

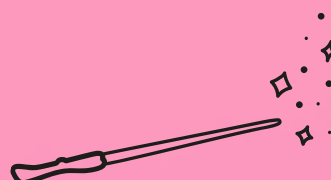
His roommate Simon awoke to all the clamour and stared at a topless, screaming Peter. "What's all the fuss about?", he asked, irked and Peter roared "Monsters! Help! Somebody! "

Simon hinted "She sure seems very interested in you" and burst out laughing at the image of a half-naked and exceedingly panicked Peter jumping about on his bunk. More shouts followed from the other rooms as people woke up to see that their rooms were trashed and their ornaments were stolen.

Argus Filch screamed bloody murder as the annoying bugger finally showed itself, yanking the golden tooth out of a writhing Filch.

"Petrificus totalus" Sirius uttered as he froze the niffler and proceeded to poke its stomach and relieve it of all its spoils.

The crowd breathed a sigh of relief and Sirius became a hero And he smiled mischievously, he knew who the real culprit was all along.

 -Deekshitha Reddy
(2020 Batch)

Prompt: Boromir's ghost is present at the coronation ceremony of Aragorn



Since ages, Gondor's eyes were yearning for its beauty and the righteousness. As soon as the ring went to ashes, there was mellifluous music flowing through air. This fell into the ears of a stealthy man sleeping since ages hidden in the Woods of Lothleterian. As soon as he heard it, he couldn't control the adrenaline rush and immediately started on a path for which he didn't pass any hints.

And soon he enters the Land of Gondor, his eyes full of hopes, heart pumping his guilt for betrayal. As he walks down the Palace, where Aragorn's crowning is taking place with his wife Agren on his side. Gandalf, Frodo, the elves and dwarfs all becoming the part of the victory of truth over greed. As the man enters the Hall, he witnesses Gandalf declaring Aragorn the next King with the white crown and along with it comes the power to revive any member of the "Fellowship".

Unaware of all this the man approaches the King, he falls down in the feet of Frodo for his lust and desire for the Ring, and tears trickling down his face. Though he is unaware of the fact that only Aragorn can see him through his powers. Aragorn immediately recognizes him as Boromir's ghost, who was not set free like the gollums cause of the ring. But Boromir being a true man with great talent Aragorn touches him and brings him back to life. Soon after revival, Boromir makes Aragorn take the oath of the five crowns i.e., Crown of Life; the Incorruptible Crown; the Crown of Righteousness; the Crown of Glory; and the Crown of Exultation. Seeing the beauty of Gondor, Gandalf utters, "Heaven is under our feet and all over our head." while he takes his last breath with a smile of satisfaction on his face.



-Shristi Srivastava
(2019 Batch)

Prompt : For the 1st anniversary of Battle of Hogwarts, Lee Jordan hosts a memorable broadcast of the Potterwatch, for which he has invited the heroes of the battle on his program.



When the clocks struck nine, all hands switched on their radios. The calendars read 1999. As they geared themselves up for yet another broadcast of Potterwatch, they couldn't help but remember the last time they had turned it off. George Weasley sat in Diagon Alley, knowing he is going to be alone this time, without his best friend. Lee Jordan decided to commemorate the first Anniversary of the Battle of Hogwarts with an episode of Potterwatch, and he had a special guest. No one knew who this was going to be. While everyone anticipated listening to 'The Chosen One', they recalled the first breath after the battle. It was a lot lighter, yet heavier.

Hogwarts was bruised, Hogwarts was healing.

They couldn't help but notice that the city had fallen a lot silent today, yet again. But surely, for a different reason. As this breeze of thoughts swirled around , Lee Jordan welcomed them to their show. He introduced, "... While we speak of the war, we have the Boy who Lived as a souvenir of everything that followed. However , today, we talk to someone, who was often ignored, and pushed to the corners. We speak to the one true Gryffindor. We speak to Neville Longbottom".



- Manavi Singh
(2019 Batch)

The Conquest Within

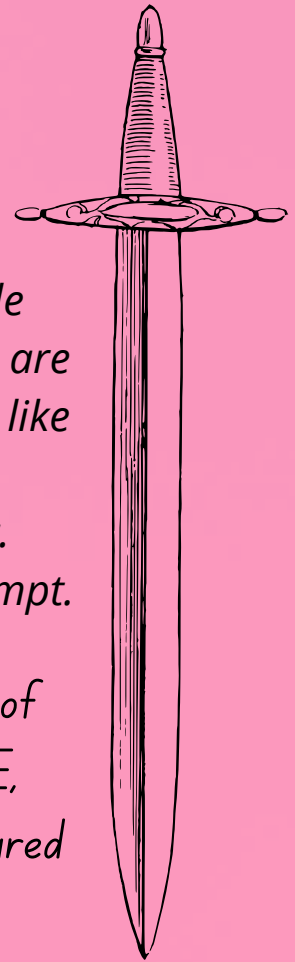
Scenario:

The climactic battle between Alexander the Great of Rome and King Porus of India. At the end of the battle when Porus asks him to "Treat me like a king, as you are a king yourself". Alexander instead of sparing his life like he did originally, kills him instead.

Alexander now marches across India in his conquest.

Write a 250 word story in 10min relevant to this prompt.

This was the story I was assigned in my final round of creative writing competition conducted during PULSE, AIIMS DELHI. I gave it my best shot and finally secured 3rd place among 150 participants from all over the country.



The time machine displayed the following picture on its Gyroform Transponder.

YEAR:326 BCE POINT:PUNJAB

I crash landed straight to the climax of the fateful battle as the outcome left me shell-shocked. Alexander, filled with lust for power and glory drove his behemoth blade through the heart of the fallen Porus and killed him.

My time traveling adventure had altered the entire timeline. In this sabotaged synchrony instead of returning to his kingdom, Alexander conquered the rest of the Indian kingdoms one by one.

The world trembled and so did his own soldiers as they no longer marched with ambition but rather with fear of their overzealous overlord, too frightened of their own hedonistic hesitation.

Alexander charged forward furiously, as his obsession and euphoria from power grew. I was the only one who could stop him and put an end to this apocalyptic dystopia. I saved this timeline and faced Alexander head on. The only way to correct this timeline was to show Alexander the error in his ways.

I realized that the best way to enlighten him was through the words of his own mentor.

Fortunately, my time machine was able to find the perfect moment in history and off we went.

We traveled back in time to the moment when Alexander received his final lesson from his greatest teacher, Aristotle. He finally awoke upon hearing these last words from his guru, "The man who has conquered his mind has truly conquered the world".

Alexander was moved to tears as he realized the message behind his master's final words and dropped his worldly conquest.

He no longer needed to conquer the world as he had won the greatest conquest of all.

He won the conquest within.

When we returned, Alexander turned into a benevolent ruler and renewed the civilizations he had destroyed with a newfound sense of prosperity that he showered upon the people. The timeline was restored once and for all and the world finally rejoiced when Alexander returned to his Babylon and I to mine.

- Vignnesh Verma
(2020 Batch)

Clinic - Friend or Foe



The clinic's so wide and big
In front of me are all kinds of kids
Let's see what's staged in here
God, let there be that I can bear

Will I be poked with a blade
Or worse, soaked in blood
As I linger upon these thoughts
I undoubtedly get soaked in sweat

White coat, isn't that supposed to calm me?
Though, I see my blood pressure soar up
Stethoscope, isn't it supposed to hear me?
Well, I suppose they don't need one now

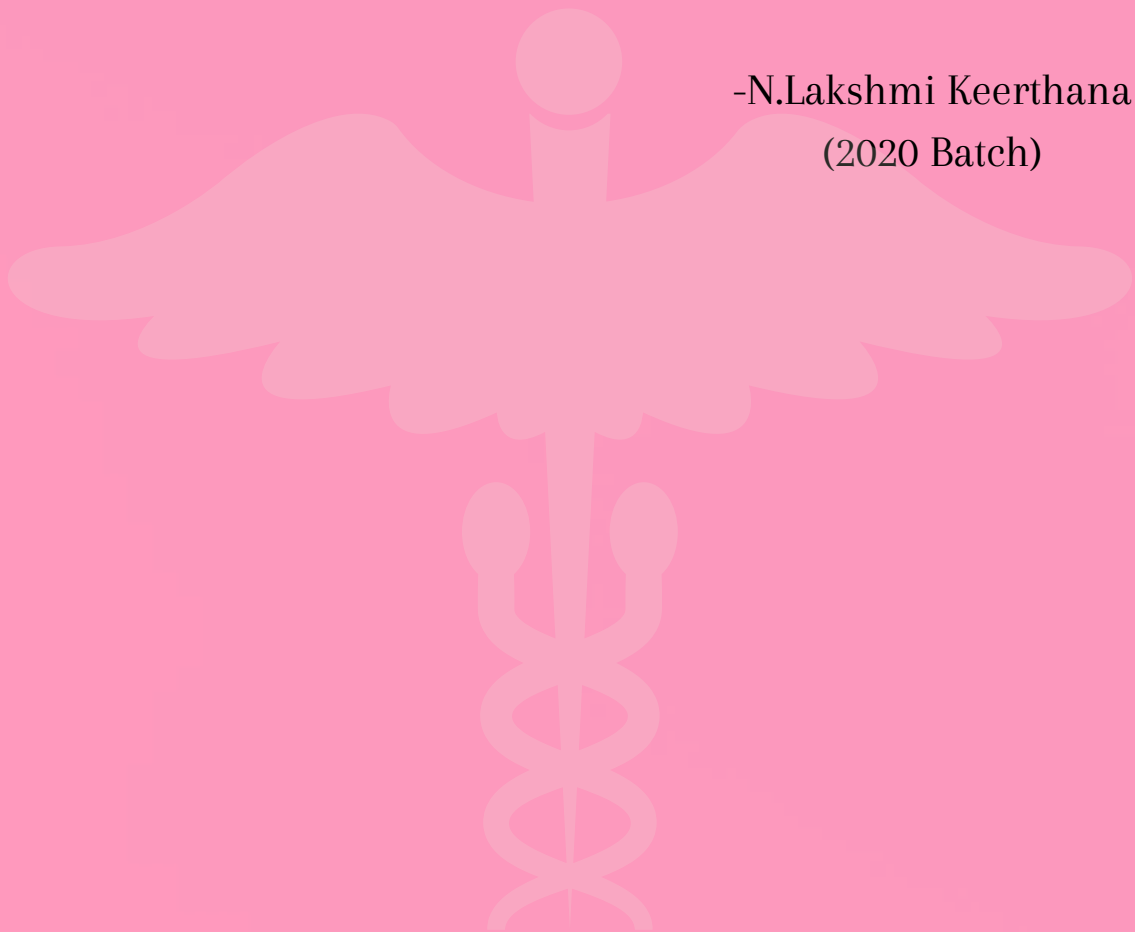
My abdomen pains unbearably
Then I see a syringe squirt the liquid out
The pain vanishes so magically
Fear of needles is supreme, hands down

Vaccines, TT, syrups and what not
I certainly doubt their efficacy
But the aftertaste of the lot
Is what's never a part of the fantasy

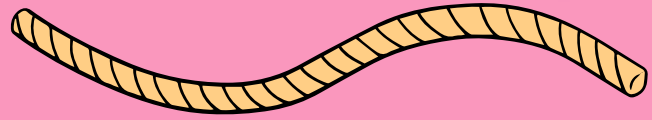
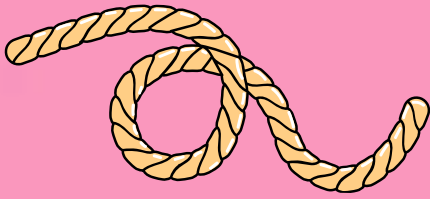
As I near the woman in white coat
I smell the stench of my doom's day
Never came any good as I hoped
But they claim to put the evil at bay

Is it me or the hormone that's gushing in
Every fear magnifies in the scaffold
All the apprehensions are full to the brim
The last of strings of hope break that I could hold

-N.Lakshmi Keerthana
(2020 Batch)



Tug of War



What do I study? And how much of it will I remember? As much as we are depreciated for our lack of seriousness, the medical students today are in a dilemma. They have a constant plight of having to decide whether facts win or skills. One might be inclined to say it is about the skills, however, the shifting ideologies and the changing paradigms of academic success speak otherwise. Unlike the yesteryears, today postgraduate entrance exams have taken a more important place. Everyone wants to enter into the specialization of their choice soon after MBBS. And the pay scale speaks for it too. We can disagree, or turn a blind eye to it, but the truth is that there is a certain disparity between the pay of an undergraduate and a postgraduate.

With the literature doubling itself almost every 73 days (1), the volume of knowledge that is expected to learn is increasing in leaps and bounds. At the same time enters the constant desire to ace and have a fulfilled life, the one where you truly pursue your passions. If a certain someone tries to acquire clinical skills and have a life beyond the realm of medicine, he misses out on the core necessities like, what loci of the chromosome 15 carries Prader Willi; reflection of the superficial form of his reading. This person just sails through the course; however, he misses out on being a gold medalist.

On the other hand, if a certain someone tries to remember every bulletin of the PowerPoint presentation, his social life comes down to a virtual zero. It is because of the strive to have an attendance, and spend hours reading the books, and making sure you don't compromise with that medal of yours.

The former regrets not acing tests the way he did back when he wasn't an undergraduate. The latter regrets his lack of social skills needed to develop a rapport with other living beings. Adding to this are the regrets of the both groups in their inability to assimilate the standard textbooks, be it Guyton or Gray, because they ran short of time.

As medical students, we fall short of two things today. The first is the art of time management, and the second is the art of reading.

To be honest, only a handful of people might actually be satisfied with where they stand, juggling everything like a boss, and the rest of us are just in the scattered snaps of a camera roll that never make it to the final magazine. All of us at cross roads, merely the junctions different. But my question remains the same. What are we expected to learn? And more importantly, how much? What defines a good doctor today? And am I equipped enough to be that? With the constant fear of societal screening dangling over our heads, and the fear of putting the wrong foot forward, breathing down our necks; Medical Students feel more jeopardized than their counterparts. Added to it, is the constant question of 'when will your course end?', puts you into this battlefield. If you are a first-generation doctor, best of luck explaining to your near and dear ones why your cousin younger than you is earning and you are still in college. We are filled with insecurities, insecurities that are vague. We have put ourselves in a box, and then chained ourselves in it. Now we have all turned claustrophobic, awaiting a certain miracle to open the box. The strategies available on the internet are innumerable. There are way too many motivators out there, and I am barely motivated to watch any of them. But there is a constant tug of war in my mind trying to uncover where the true meaning lies?

Reference:

1. Densen P. Challenges and opportunities facing medical education. *Trans Am Clin Climatol Assoc.* 2011;122:48-58. PMID: 21686208; PMCID: PMC3116346.

-Manavi Singh
(2019 Batch)

KNOW YOUR FACULTY

This section brings to you some unknown facets of our faculty

Featuring: Dr Pratyusha Ganne,
Department of Ophthalmology



Vantage point.....

Tell us a bit about your childhood

I was born and brought up in Bangalore in a nuclear family consisting of my parents, my twin brother and I. I did my early education in Bangalore, including my MBBS from Bangalore Medical College.

Could you tell us about your experience of growing up with a twin sibling:

Growing up we used to fight a lot because we had to share a lot of things, but after we reached college and the thoughtfulness set in, the real bonding started.

Can you tell us about your experiences before joining AIIMS Mangalagiri?

I pursued my MS Ophthalmology from JIPMER Pondicherry, followed by a year of Senior Residency there. After my Senior Residency, I worked on Inherited Optic Neuropathy under Professor Marcela for 6 months at Cardiff University, UK. I was then awarded a Royal College Fellowship in Cataract and Diabetic Retinopathy at (Ipswich) NHS, UK. After returning to India, I secured a fellowship for 2 years in Surgical Retina at Aravind Eye Hospital. I then worked as a Retina Consultant, before joining AIIMS Mangalagiri in 2019

Some memories from MBBS and PG Days?

I have a lot of memories from my Post Graduate days as compared to my undergraduate days, since I was a day scholar as an undergraduate. Post-Graduation was the first time I was living out of my home, in a hostel.

The late night maggi parties, or the girl's night out at the Pondicherry beaches, the Holi celebrations at JIPMER and the days we all spent together studying for exams, were all so memorable.

Hobbies:

I like Photography, I love to cook and enjoy trying new dishes. I like learning new languages.

Any Favorites as such?:

Recently, I liked the Kantara movie. Otherwise, I have watched the movie 3 Idiots a number of times. Though I am not an avid reader, I liked My Experiments with Truth. I like Indian Music and listen to Arijit Singh, Shreya Ghoshal, and Hariharan!

How did you meet Dr. Hemant?

Me and Dr. Hemant, we were batchmates since UG. And then did our PG from JIPMER.

How did having a family of doctors help you?

To be honest, it doesn't make a difference. However, it does act as a guiding force. So more than a family of doctors, a family which guides you in the right direction plays a vital role. So the family support and in-laws support does help strike a good-work life balance.

Most adventurous thing you've done?

My initial days at Cardiff, Wales, UK, was the first time of being away from the country. There are many adventurous anecdotes from then. During the initial days, my supervisor asked me to go to a conference in Bristol. On my way back, I missed the train, which was the last train of the night, and the next train was in the morning. So, I had a journey of taking a train which went to a midway destination followed by a cab ride, which wasn't so common at that point of time. I finally reached home around midnight.

There is a story of the accommodation too. I was initially given a two month stay at the University for the initial 2 months. I was then supposed to find an apartment and stay for the remaining 4 months. However, when the 2 month duration was about to end and I started house-hunting, it was then I realized no one lets an apartment for less than 6 months in the UK.

The situation there is a lot different from our country. However, luckily, I had a lab partner from Africa, who helped me in this. We met a lady at his church, who readily lent me an apartment for 4 months. So, it was these small instances which taught me what being independent in true sense actually meant, with no one in our reach.

What is your opinion of going abroad for PG/Fellowship soon after MBBS?

Basically, it depends on your long term goal. If you want to go abroad and practice there, the earlier you start, the better. It would be better if you do it soon after your MBBS. For example, if you wish to go to the US, better finish your Steps during MBBS, and move there after internship. However, if you want to go there to gain experience and have an idea of the different healthcare systems, and come back and practice in your own country, then the best thing would be to finish your post-graduation in India and then move abroad. Since, it will give you job security, and with changing times, PG has become really mandatory.

How are the working conditions different in India and the UK?

There is a huge difference in the working conditions in India and the UK. The training programs in the western countries are really structured. They have specific time-based goals, which are supervised. The working hours and number of cases are stipulated, and the residents or the doctors are paid for any extra hour. However, the course durations are relatively longer. It takes them around 8 years to learn what we learn in 3 years. Nevertheless, it will be more systematic and supervised in the 8 years there. So overall everything has its own pros and cons.

Should we think about going abroad?

My advice would be to try going out and getting an outlook of the world and come back. You will see how things work differently, how patients are taken care of and how the system works. It shapes you and your overall approach to the patients changes too. From my experience abroad, I could communicate and empathize with patients better, especially while delivering bad news.

Who is your inspiration in life?

My Dad has been a big inspiration for me my whole life. In JIPMER, my professor Dr Renuka Srinivisan was a Surgeon/ Teacher / Administrator I looked up to.

What is one surprising fact about you?

I have been a state level high jump champion in Under 16 category in Karnataka State! However, I could not attend the nationals owing to exams and other reasons. But I was good at athletics and sports during my school days. I was in the throwball team of school and college.

Why did you choose medicine as a career?

Coming from a family of doctors, it had a strong influence on my career decision. I initially didn't like Biology and was more oriented to Mathematics and Physics. I even got a seat at IIT Surathkal. But, then I joined BMC in 2004.

What were your favorite subjects in MBBS?

My favorite subject was Ophthalmology, followed by Physiology and Forensic Medicine

What were your two most dreaded subjects?

Microbiology and Pharmacology.

How was your experience in MBBS initially, considering Medicine was not your first choice?

First year was really overwhelming. I even thought I might have made the wrong decision, because of the sheer volume of the content, be it Guyton or be it Anatomy. Biology has more memorisation of facts, as compared to Mathematics and Physics where a lot can be solved logically, by understanding the concepts. However, I got a knack of it by the end of first year and started getting comfortable with it. Although Microbiology too was a bit difficult for me in second year, but, with the clinics, everything started looking good and I got a hang of how to go about reading these subjects.

Why did you choose Ophthalmology in particular?

Ophthalmology was my favorite subject during UG since I found it to be one of the most practical fields of medicine. It was very gratifying. It was a good balance between medical and surgical practice. Added to it, the technological advancement in Ophthalmology is breath-taking.

What set forth/ stirred your interest in research?

I didn't know what research was until I went to the UK. It was when I worked under Professor Marcela, I learnt how one can do good research and actually benefit the society. Research is coming up now in India, but back in the day it wasn't so. So that laid the foundation of research for me.

How do you see medicine in today's world and in future?

Medicine today is completely defensive, and it has an element of saving ourselves from litigation while ensuring quality care. Future, I think, is technology with Artificial Intelligence and machine learning taking over.

What is the secret to your success?

Passion, Perseverance and Patience.

What advice would you give to your students?

Have a focus in life and be self-motivated. The world is really competitive today. Work hard towards your goal and work sincerely. Stay away from negative people. And most importantly have a life apart from your career.

Gallery





My Parents during MBBS graduation



CHRONICLES OF MEDICINE



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!

The pediatrician who could feel the heart beats of her patients.

Dr Helen Brooke Taussig is a renowned physician, especially in the field of pediatric cardiology. Known as the founder of Pediatric Cardiology and renowned for the development of surgical technique for correction of congenital heart defects, alongside Surgeon Alfred Blalock and surgical technician Vivien Thomas, Blalock Taussig Thomas Technique in 1944.



Born on 24th May 1898 at Cambridge, Massachusetts to Frank and Edith Guild Taussig, Helen Brooke Taussig was inspired by her grandfather who was a physician into the world of Medicine.

As a child, she suffered from dyslexia and further contracted tuberculosis from her mother. Taussig lost her mother when she was 11.

Despite her dyslexia, as a child she became proficient at reading under the tutorship of her father. Further when she contracted flu, she was rendered half deaf. When she grew up, her father suggested that she take up Public Health Sciences as a major, not medicine, but she was adamant on taking medicine. When she was denied admission to Harvard School of Medicine, as it did not provide a degree to women at that point of time. She joined Boston University School of Medicine and later John Hopkins, after being discriminated against at the former. After a lot of ups and downs, she finally graduated from John Hopkins with honors in 1927. She wanted to take Internal Medicine, however when the seat was filled, she changed her mind to Pediatrics, a decision which was going to be a paradigm shift in years to come.

At the age of 32 she was running one of the first pediatric cardiac clinics in the US.

However, at this time, she started to lose her hearing due to chronic tuberculosis (sources vary whether this was flu or TB) and therefore could not hear her patient's heartbeat. She thus trained herself to listen to her patients' hearts with her hands, by feeling for murmurs by gently placing her hands on their chests. Although she later went on to restore her hearing surgically, she still preferred feeling for their heartbeats over a stethoscope.



Dr Taussig using her fingertips to examine her young patients' heart

In 1942, she started collaborating with Dr Alfred Blalock and introduced her patients with Tetralogy of Fallot to him. At the same time, his technician Vivian Thomas was working on animal models of TOF. A meeting culminating in development of a surgical technique which would be the savior to many in years to come.

The story does not end here. In the 1950s, the whole of Europe was ravaged by the dread of Thalidomide. Children born to mothers who had taken Thalidomide, the magic drug for morning sickness, were found to be born with severe defects in limbs, Phocomelia. Dr Taussig with her team traveled to Europe, and studied the drug intake and established the teratogenic effects of the drug. In 1962, she pushed for the drug to be banned and stricter drug regulations to be in place to avoid such mishaps in the future. This legend, who went on to be known as the mother of pediatric cardiology, left the world in a tragic car accident in 1986, less than a week away from her 88th Birthday. However her story still is an example to many, the story of the woman, who did not let the college that was not ready to give her a degree, or an irreplaceable sensory loss come in between her and her patients.

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*Dr Helen Brooke Taussig
(1898-1986)*

*-By
Manavi Singh
(2019 Batch)*

Abhivivakti

Abhivivakti - 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 Ghost of Kabini - Black Leopard (Melanistic Leopard)

Shot on Nikon D5 with AF-S Nikkor 400MM F5.6E FL ED VR - Manual Mode



Leopard with kill

Shot on Nikon D5 with AF-S Nikkor 400MM F2.6E FL ED VR - Manual Mode

*Dr. Nithin M,
Department of FMT*



*"Not all those who
wander are lost!"*

*Aradhya Jain
Batch: 2021*



*N Jency A,
Nursing Officer, Ayush OT*



*RISE AND SHINE
THE ASCEND OF A DOUCHED SUN.
EBBING AWAY AS THE MORE HE RISE..
BUT THE SHADES STILL LIE GRIPPED TO THE WATER....*

*Arun Kumar Sai A
(2018 Batch)*



Painting showing the importance of hand hygiene and using masks.

*Shubham Panwar
(2019 Batch)*



*E A Ajaay Dataa
(2022 Batch)*



Nighila K T
Nursing Officer, NICU



Neharika N, 2022 Batch



Ye dil maange more - Capt. Vikram batra



Joy in looking and comprehending is nature's most beautiful gift." — Albert Einstein.

EA Akshaay Dataa (2022 Batch)



*Swathi Raj
(2022 Batch)*



"Gangireddu, a fading tradition during Pongal"

*Lakshmi Sanjana Botta
(2022 Batch)*



Serendipity of evenings of AIIMS Mangalagiri

*Akheel Ahammed
(2019 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.

ADDICON QUIZ 2022

On 2nd December 2022, The National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru hosted the final round of the Addicon Undergraduate Quiz, 2022 as a part of the Annual Conference of Addiction Psychiatry Society of India. We, Anupam Mehta and Kshitiz Mittal of 2019 Batch were selected to represent AIIMS Mangalagiri after a thorough screening round on 6th November 2022.

The Quiz was a national level quiz centered around Substance Abuse and Addiction, an important issue plaguing the world, across all generations, especially the youth. It was conducted via an online portal where teams from all over the country participated, out of which 6 teams were selected for the final round. And we were delighted to be one of the six teams.

While the intricacies of the topic are unfathomable, the preparation for the quiz gave us an insight into various virgin aspects of Addiction Biology. We went over statistics, which we had never heard of before, and pharmacology which we were still foreign to.

We realized that the realms of the quiz were not bound only to the details and scientific facts of books and journals, but it also covered a whole different domain of general knowledge, literature and movies too!

While it was a fun ride, deep down with our exams around the corner, we didn't count on any trophy to bag. However, an unanticipated 2nd prize was a cherry on the top.

We are glad to have been a part of one such jovial victory for AIIMS Mangalagiri and thank the whole of the Department of Psychiatry for their constant support and faith.



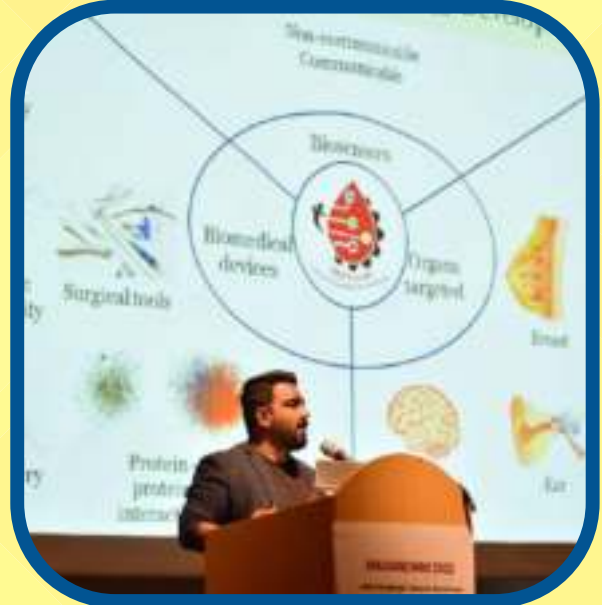
-Anupam Mehta
Kshitiz Mittal
(2019 Batch)

ANUSANDHAN *Conference*

18th November 2022 and 19th November 2022 marked the one of its own kind Research Conference hosted by AIIMS Mangalagiri, ANUSANDHAN; where eminent speakers who are stalwarts in their fields expanded the horizons of everyones knowledge with their talks. It was followed by a workshop on Research Methodology for the Students on 20th November 2022 by the Department of Community and Family Medicine, AIIMS Mangalagiri.

The conference was attended by more than 700 delegates from various streams, and this was a true confluence of doctors, engineers, pharmacists, and scientists.







THOUGHTS ABOUT ANUSANDHAN

“Anusandhan Divas” the first Research Conference in our prestigious Institute with the objective of bringing doctors, scientists, engineers and innovators together, to address the challenges of research. Collaboration is one way to addresses gaps in research and ensure that it moves in the right direction. Based on this theme, the research conference was held on 18th and 19th November 2022, followed by a workshop on Research Methodology for students on 20th November. The conference had eminent speakers who gave outstanding presentations and I enjoyed most of them. It was a very good platform to know more about Research. The conference had given a wonderful opportunity for all the researchers to present their work either in paper or poster, the best part is it included even UG students, and I was one among them. There were lot of queries in my mind regarding the conference and presentation as it was my first presentation in a research conference. After a lot of hard work and support from my guide, I had presented my study as poster in basic sciences. There were so many presenters in each category and every presentation was amazing, so it was really tough to win. I am happy to say that I was awarded second place in poster presentation. Because of this my happiness reached the sky on that day and it boosted my confidence.

Thanks to the entire Anusandhan team for hosting such an event in our institute. Such type of research conferences is must for our UG students so that we can have proper exposure to research and its implications, and these have to be organized every year.

CREATIVE ANUSANDHAN

Made by upcycling waste

An interesting way to save planet Earth and conserve nature is by Upcycling. Also known as creative reuse, it transforms waste materials and useless products into new materials of greater quality which are useful.

The most common material that can be upcycled is plastic, which takes several decades to degrade, causing various toxic chemicals to leak out thereby disrupting the entire ecosystem of the earth and other materials which can be upcycled include Cardboard, waste clothes, paper, wrappers etc.

Hence, to move one step closer in conserving our planet by tuning to the spirit of Upcycling, S&E club has taken the initiative to decorate the event "ANUSANDHAN-AIIMS Mangalagiri National research conference -2022" with materials upcycled from cardboard, foam, bottles, caps, waste pipes and several others.

So for adorning this biggest stage of research conference S&E club members from 2019 and 2020 MBBS batches joined their hands and started collecting waste from OPD, College building, waste segregation blocks in hostel premises.

With the waste collected we decorated the entrance wall with "The Mosaic face-If rain of thoughts had face" which had hanging letters above it which are made up of Cardboard and mountain duo bottles and caps which shows up ANUSANDHAN and welcomes everyone into the auditorium. And with Foam and cardboard we made Photo frame which grabbed everyone's attention and helped them in having memorable snaps.

With waste pipe which was once used for Gardening we made the biggest welcome board which was placed in front of the auditorium building.

With this we truly believe that sustainability is no longer about doing less harm but rather about doing more good.

To quote M.S.Swaminathan

"If conservation goes wrong nothing else can go right".

- Gowtham Sai
(2019 Batch)
S&E Club



Man se Diwali

Man se Diwali celebration, was done a day prior to the festival of lights, by S and E club with great zeal and enthusiasm. The students lighted diyas in front of Shine orphanage sitting beside tiny tots. As planned earlier, we reached the orphanage at 6 pm where the first half hour was spent talking to the kids at the orphanage and hearing the cute big stories that came from their small mouths. This was followed by lighting diyas. Diyas were lit by their tiny hands with a little help from our side and the smile on their faces after they proudly lit the diyas made the night brighter. It was then time for bursting crackers. The sound of laughter of kids was still heard aloud amidst the different types of crackers; chakri, pambu, and many more that tried their best to shine among the glowing faces of the kids.

After a long time of bursting crackers, it was time for us to clean the place. We had to face a tough competition with the kids, who ran to dispose the waste. While washing their hands, kids showed their patience standing in line and following the instructions given by us for a proper hand wash. Even after all this, we realized that their energy hadn't even gone down a little bit as we all danced to the music. Many of us learnt new dance steps that were taught by these great dance masters. Diwali sweets were then distributed. We departed from the orphanage and like every time, it was tough for us to say goodbye.

Perfectly named, Man Se Diwali, was one of the best Diwali celebrations and those tiny tots filled our hearts. As usual S and E club reminded us once more, that the best thing you can do is to put a smile on others face.

- Ahlam Subair
(2021 Batch)







DIYA PAINTING COMPETITION

Diwali, the season of joy and cheers. One of the biggest festivals of India, is celebrated all over India in honour of Srirama's return to Ayodhya along with Sita after defeating Ravana, emphasizing the victory of good over evil.

Diwali comes from the Sanskrit word, "DEEPAVALI" which means "ROW OF LIGHTS". People all over India celebrate by lighting Diyas, sharing sweets and making rangoli. DIYA symbolizes the supremacy of brightness over darkness, representing enlightenment and wisdom.

On Monday, 24/10/22, AIIMS Mangalagiri family celebrated Diwali a lot of joy and happiness. As part of that, on the day before Diwali, on Sunday, 23/10/22, we, 'SOCIAL and ENVIRONMENTAL CLUB' organized a 'DIYA PAINTING COMPETITION' which was held in the UG Amenities Hall. We invited all students of all batches for this competition and among them, 29 took part with great enthusiasm and delight. The programme started at 11 am in the morning and we provided all participants with paints, brushes and Diyas. Their task was to convert the plain and simple Diyas to elegant and charming ones. Each and every person came up with their own unique and innovative ideas to decorate their Diyas. The competition was wrapped up by 2PM and what turned out to be the far tougher part of the competition began, which was judging these Diyas, since all of them were decorated beautifully.

We invited our ever-supporting faculty as the judges. As we expected, the judging was very tough, but in the end, they chose 6 from the 29 Diyas and prizes were distributed to them. "No one can help everyone, but everyone can help someone". Winning a prize was not the only gain here for the participants. We gave gifts not only to them but also to the needy in the society. A stall was set up on Diwali Night, open to both faculty and students, for selling the Diyas. 26 out of the 29 Diyas were sold, and we have set aside all earnings from that to contribute to the welfare of various orphanages we support

As a Participant and SnE club member, I'm proud that I was able to do this for the society.

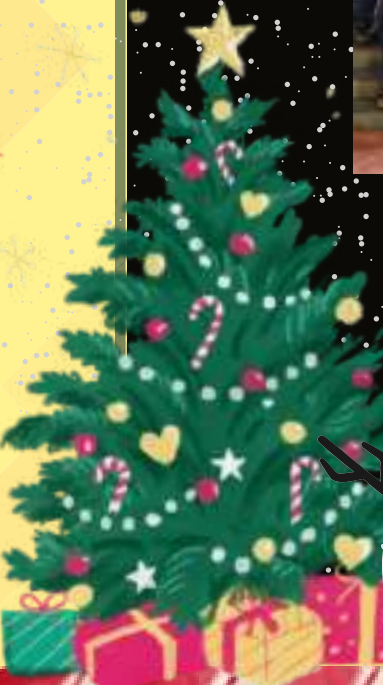
We are deeply grateful to Dr. Sushil sir, Dr. Deepti ma'am and all participants for joining us in making this event a successful one.

*-Rasha
(2020 Batch)*

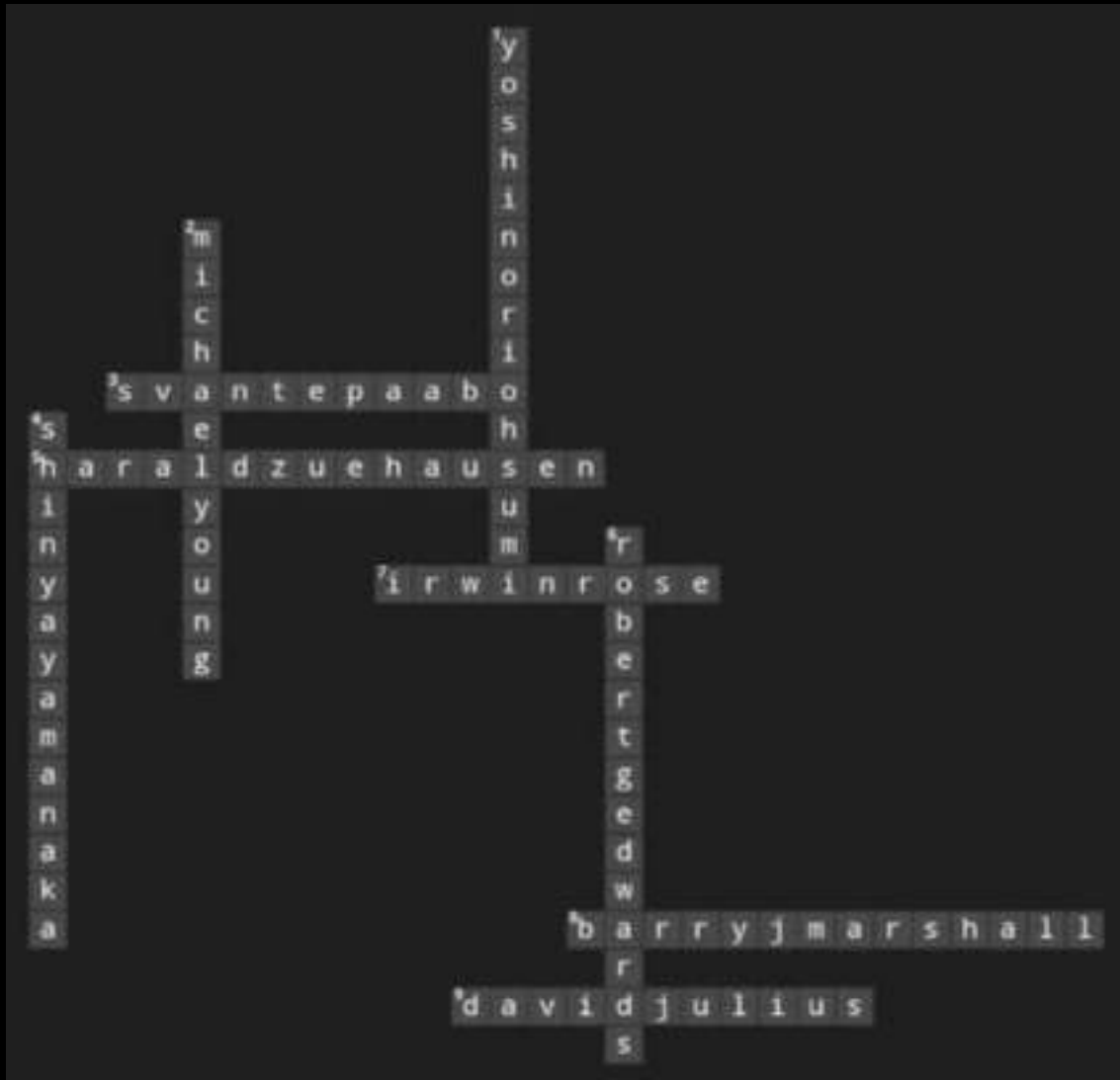




MERRY CHRISTMAS



ANSWER TO PREVIOUS CROSSWORD- WHO'S WHO? Guess the Nobel Laureates



Across

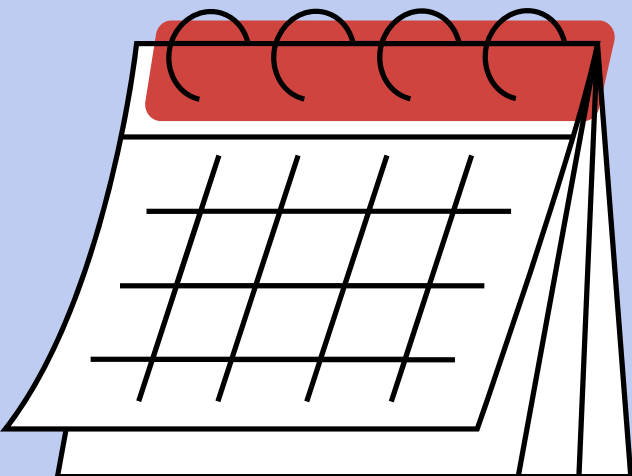
3. for his discoveries concerning the genomes of extinct hominids and human evolution.
5. for his discovery of human papilloma virus causing cervical cancer.
7. along with Aaron Ciechanover and Avram Hershko for discovery of ubiquitin mediated protein degradation.
8. along with J. Robin Warren for their 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 in vitro fertilisation.

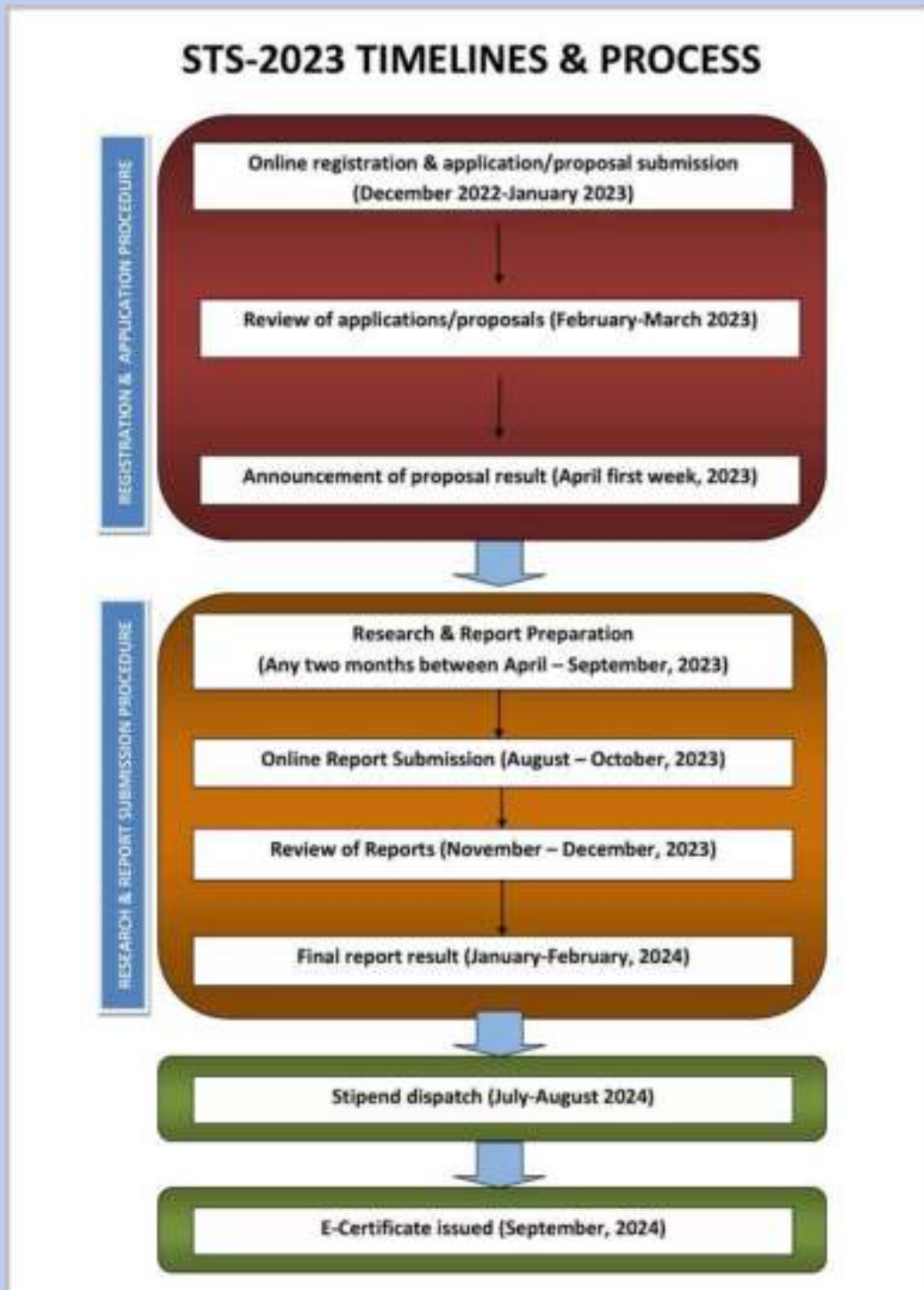
ATTENTION

*Upcoming Events/
Notices*



ICMR STS 2023

ICMR has started registrations for Short Term Studentship - 2023.



OUR TEAM

COVER DESIGN BY

Rakesh Jani

FACULTY MENTORS

DR. DEEPTI VEPAKOMMA

DR. SATVINDER SINGH BAKSHI

DR. SHIKHA YADAV

DR. SURESH VAIKKAKARA

DR. M A BARI SIDDIQUI

CONTENT EDITED AND COMPILED BY

Manavi Singh

Bollempalli Priyanka

Pooja Muvva

kshitiz Mittal

M Dhiren Mrudhuwan

MAGAZINE DESIGN

Manavi Singh

Rakesh Jani

Bollempalli Priyanka

FACULTY INTERVIEW

Bollempalli Priyanka

Manavi Singh



Alpaviraam



And that's the end to this month's Kids Special issue, and a beginning to a new year! We hope that this issue, just like the new year has filled you with hope, zeal and nostalgia.

Republic Day is coming soon. And so is the Foundation Day of AIIMS Mangalagiri. We look forward to hearing from you all on this.

Meanwhile, to all the exam goers, writing their Professional Examinations, All the Best from Team Atman. May you come out with flying colours. We will be back with more stories, anecdotes and much more.

Send in articles to atman@aiimsmangalagiri.edu.in by 14th February 2023. Remember articles have to be original!

Meanwhile, Happy Reading

With Love
Team ATMAN

