



आत्मन्

ĀTMAN

...Essence of *AIIMS Mangalagiri*

Bi-monthly Magazine

Volume 1, Issue 1 – January 2022

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President's Message - "Happiness through Health"

Hello all in AIIMS MG family,

Inequities in health are linked significantly to inequalities in communication.

*In order to bring 'Happiness Through Health' (our **Massive Transformative Purpose**) all of us must be adept at knowledge translation through **effective, smart communication**.*

I welcome a broad participation in this Magazine series, using all different tools and methods, making it fun and informative. 😊 🙌

Congratulations on this launch



Dr.T.S.Ravikumar
President
AIIMS Mangalagiri

On this Foundation Day, 24th January 2022....

Scientific pursuit, patient care and education must be at the forefront to showcase our institution. But communication, sharing talents, contributing ideas and expressing views brings bonding and reflects the spirit and character of an organization. To that end, hope this magazine helps us emerge from our chrysalis.

“Ātman”, a Sanskrit word, means ‘the soul or quintessence’. It is also the unchanging, through changing time! This periodical is envisaged to reflect the ethos and essence of AIIMS Mangalagiri Family. As we move ahead, through a changing flux of people and infrastructure, hope ‘Ātman’ will stay as a lasting impression of the birth and growth of our AIIMS, of the fun times and achievements and precious moments cherished.

For posterity, the resource persons for the magazine are Dr V Suresh (Prof, Endocrinology), Dr Satvinder Bakshi (Assoc Prof, ENT), Dr Shikha Yadav (Asst Prof, Dentistry), Dr Bari Siddiqui (Asst Prof, Biochemistry) and Dr Deepti Vepakomma (Prof, Pediatric Surgery)

The vision is a reality only because of the contribution by our students, nursing officers and faculty. Let this auspicious beginning be the start of the journey to better know each other and our institution!

Share your thoughts drvepakomma@aiismangalagiri.edu.in

Dissection of each section:

Story of AIIMS - In this and forthcoming issues, we aim to capture the progress of AIIMS Mangalagiri from inception to growth.

“**Know your**” brings to you some unknown facets of our colleagues. The segment will feature AIIMS faculty /staff / and anyone you wish to see. We are thrilled that our feature’s premiere has the interview of our Director Prof. Mukesh Tripathi.

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

Abhivyakti - 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.

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

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

Birth of our Institution

Odyssey

- **7th Oct 2015** - Cabinet approval for AIIMS Mangalagiri
- **19th Dec 2015**: Foundation stone laid by Shri JP Nadda, Hon'ble Health Minister
- **6th March 2017**- Ministry's Order No. Z-28016/96/2015-SSH(Ph-IV) dated 6-3-2017. Sanction of various posts for AIIMS MG
- **12th July 2017**-Cabinet approval for Director post - AIIMS Mangalagiri
- **13th Sept 2017** -Visit of central team for proposal of establishment of temporary campus at Siddhartha Medical College



2016					
	COMPOUND WALL CONSTRUCTION				
	2017				
		OPD BLOCK	HOSPITAL	MEDICAL COLLEGE	MEDICAL LAB
UG MALE HOSTEL		UG FEMALE HOSTEL	DHARMASALA	TYPE V BLOCK	

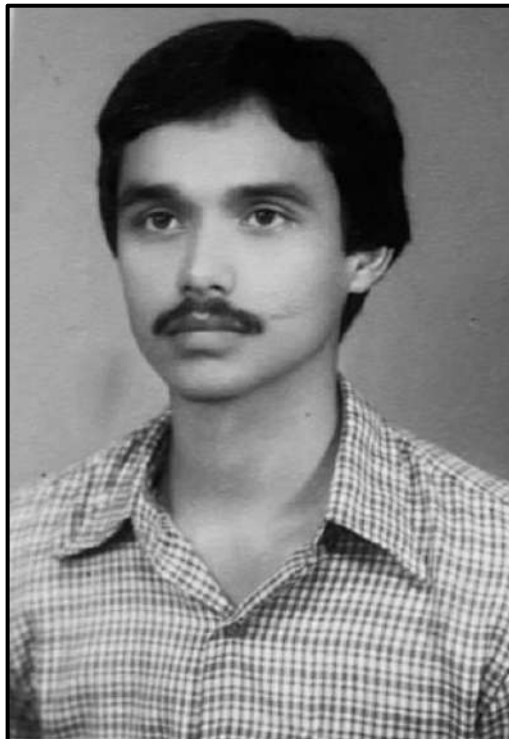
Compiled by Dr Bari Siddiqui

Know your Faculty:

In conversation with Prof. (Dr) Mukesh Tripathi

- Designation: [Director and CEO](#)
- Hometown: [Kanpur](#)
- Place of Birth: [Lucknow](#)
- Schooling: [Ordinance Factory Inter College, Armapur, Kanpur](#)
- Undergraduate Education: [Ganesh Shankar Vidyarthi Memorial Medical College, Kanpur](#)
- Postgraduation: (Anaesthesia) [GSVM Medical College, Kanpur](#)

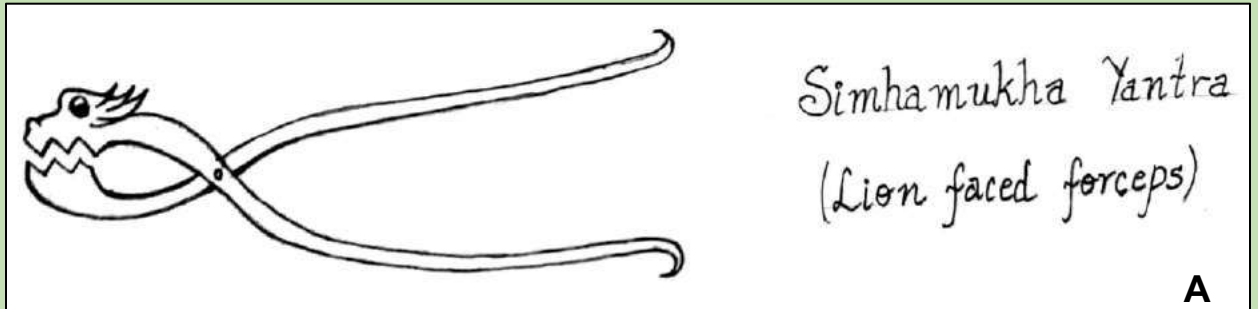
Dr Mukesh Tripathi in College



- Hobbies: Poetry (Hindi), Badminton, Tennis, Cricket, Research
- Favourite Movie: Khamoshi (Gulzar)
- Favourite Actor: Govinda
- Favorite Sports person: Kapil Dev
- Favourite Author: Munshi Premchand
- Favourite book: Ramayana
- Person who inspires you the most and why? Atal Bihari Vajpayee, A leader of Integrity and high oratory skills and poet from bottom of heart
- Most memorable moment /events of significance: selection news in CPMT
- Personal motto / Quote you go by: मंज़िले और भी हैं बस चलते जाओ !
(There are more destinations, just keep going !)
- Your message to AIIMS, Mangalagiri family: Be the part of growth and development of AIIMS Mangalagiri

Concept and Questions: Dr Shikha Yadav
Asst Prof, Dentistry

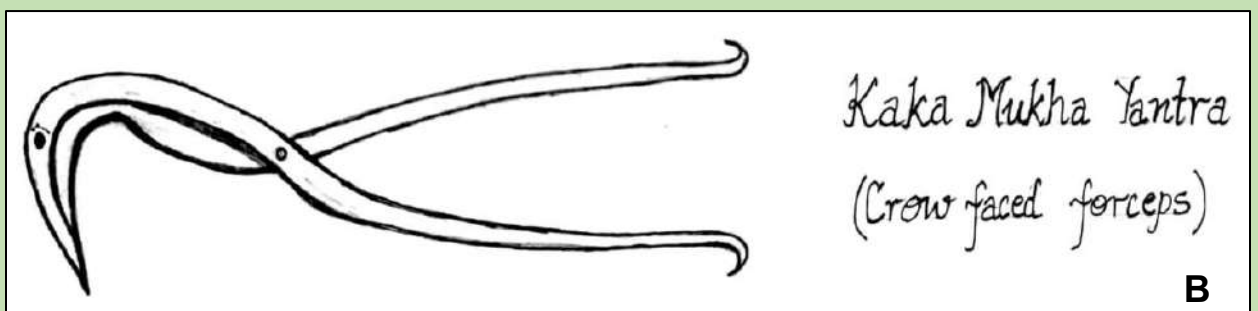
Ancient but New !!!



Susruta, of ancient India, is rightly the father of Surgery, probably the earliest known plastic surgeon, (800-600 BC). He devised several instruments and authored the “Susruta Samhita”, several centuries before “Rob and Smith” became every surgeon’s operating manual. Instruments were classified as yantras (blunt) and sastras (sharp), etc.

The image A bears an uncanny similarity to modern day Allis forceps and image B to Mixer / Right angle forceps or a Pott’s scissor.

Explore more details of about Susruta and his book [G. D. Singhal, L. M. Singh, and K. P. Singh. Diagnostic Considerations in. Ancient Indian Surgery: Based on Nidana-Sthana of Susruta Samhita. Varanasi,](#)



Acknowledge Dr Rachna Pasi for drawings

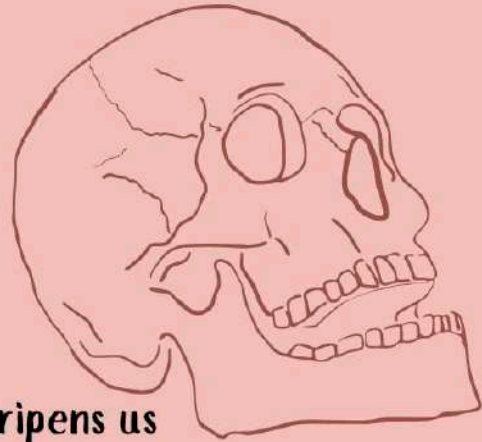


Eternal Wisdom

Miss Lakshmi Keerthana , 2nd MBBS

A teacher dissects her brain's wisdom
To flow in across the room of kingdom
But to a teacher who dissects his body
To fountain out every ounce of wisdom
Is our every respect and loyalty dedicated

We live long forever
As long as the sun rises
As long as chill gives a quiver
And sky with its surprises



The time ripens us
Along with our knowledge
A time comes when
We have to leave the bridge

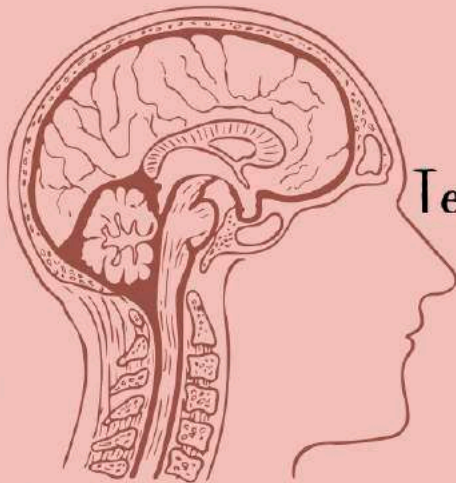
We keep going only to
Fall at the dead-end
We give everything we're sure
Of only till we're invited by death

Hail the man! Hail the woman!
Hail every single blessed soul
Without whom we wouldn't know
What's hidden within and beneath
The sheet of skin and the solid bones

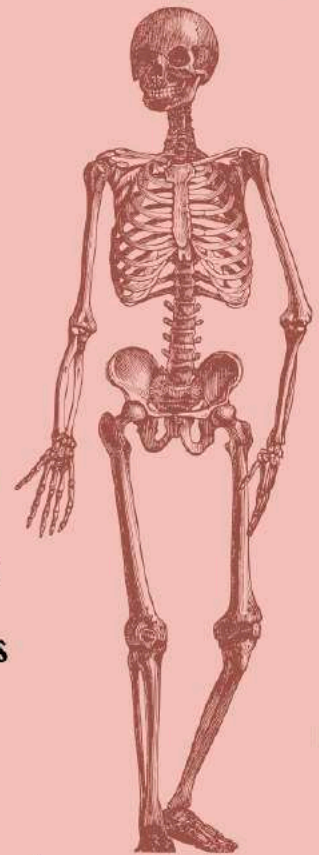
A living brain with a million lobes
Is what we deem as the supreme
But a dead soul with a hundred muscles
Is what is called as knowledge's prime

A living heart with kindness and love
Is what we call the greatest emotion
But a dead soul with a hundred bones
Is what that has taught us motion

A living sense of eyes nose and ear
Is what we hail as our only weapon
But a dead soul with every organ and no fear
Is what that's shown us who we are



Though dead or living
Teachers teach through their being
A knowledge to last forever
That which fails never



Exam hall Epigram

I look over my shoulders with an Owl's eye
Loathing lions of serendipity like they lie

Nothing clicks in their desolate minds
Eccentric stories here they wind

Relentless is their effort to recall the rather
Only wishful dreams here they gather

Their nibs hesitate to make a move
with ribs nonchalant on table's cove

Vehemently their minds turn them sunder
the moment they see me towards them fonder

Scoundrels of them I've made I fathom
but my heart has love for them still from the bottom

****Bari****

Dr Bari Siddiqui
Asst Prof, Biochemistry

From your health

You find time for Instagram

The doors for me, shut with a slam

You find time for Facebook

When it comes to me, you overlook

You find time for your phone

Don't dream that you can get me on loan

You find time for chatting

But, you are unaware that I am flagging

You find time for DJ wide-awake

Getting me back is not a piece of cake

You find time for candle light dinner

Never beg me later

You ignored me

So, I walked away.

Dr. Rajathi. R
Tutor, Physiology

MBBS, What afterwards?

Prior preparation plays a huge role in your personal life and professional career as everyone knows how *“Life is a race, and if you don’t run fast enough, you’ll become like an Anda”* (I hope you get the reference).

MBBS stands for Bachelor of Medicine and Bachelor of Surgery, which is the basic Under graduate degree for medical students aspiring to become Physicians or Surgeons, which qualifies a person to be the primary consultant for a patient.

But, until certain amount of experience is attained, a single MBBS degree may often be inadequate for providing proper treatment to a person’s ailments.

Hence, a Post Graduate course is often considered for efficiency in clinical practice, that too in specific fields to deal with the presenting complaint of the patient more precisely.

The most commonly preferred courses after MBBS usually include:

- MD (Doctor of Medicine)
- MS (Master of Surgery)
- DNB (Diploma of National Board)

MD – Includes a wide area of specialization in the medical field as a physician, for example, General Medicine, Anaesthesia, Pathology, Microbiology etc.,

MS – As the name implies, this involves surgical fields. Course include – General Surgery, Obstetrics, ENT, etc

DNB – Academically, it is similar to MD / MS. The difference being that the final examination is conducted by the National Board of Examination at allotted centres across the country, unlike MD/MS where the final examination is conducted by the parent institution.

Additionally, there is also the option of studying further for Super speciality courses.

For example, DM Nephrology or Hepatology after MD General Medicine. These are often limited in choice based on your choice in MD/MS

The main courses in these are:

- DM (Doctorate of Medicine) – Generally, after MD courses
- M.Ch (Master of Chirurgie) – After MS Courses

There are also a wide variety of other fields that MBBS graduates can go for such as MBA's (like Hospital Management), Biomedical Engineering etc.,

There are various entrance exams for the different PG courses-

- National Examinations for Indian Institutes -

- 1) NEET PG – not applicable for AIIMS, JIPMER, PGIMER and NIMHANS
- 2) INI CET – For the above excluded institutions
- 3) DNB PG CET – For DNB courses

- For Abroad studies -

- 1) USMLE (US Medical Licensing Exam)
- 2) MCAT (Medical Colleges Admission Test)
- 3) OMAT (Overseas Medical Entrance Test)

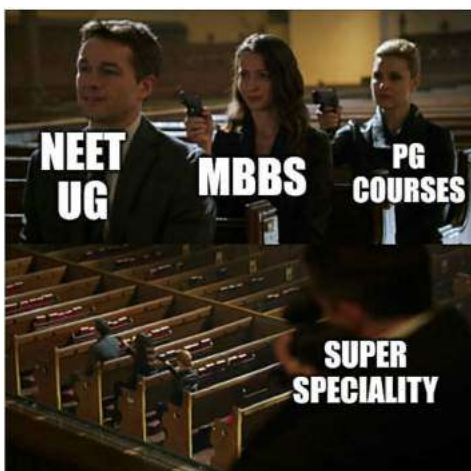
This concludes my very brief article about future considerations for a MBBS graduate. Hope you succeed in whatever path you decide to take.

References for the above information was taken from the following websites:

<https://desimedicos.com/dm-m-ch-courses-allowed-md-ms/>

<https://leverageedu.com/blog/courses-after-mbbs/>

<https://leverageedu.com/blog/medical-entrance-exams/>



M. V. Shiva Akshay
MBBS 2020 Batch,
3rd Semester

THE MIDNIGHT MEDICAL SCHOOL

“In the midst of chaos, there is also opportunity.”

COVID-19 pandemic shook the world like a scourge without warning. With every lash it left a bruise & taught us many lessons like a despotic pedagogue. Amidst this chaos, the medical fraternity silently continued their services & played a major role in an arduous attempt to control the growing outbreak. I am blessed to be a part of one such team. Medicine is a field where one's suffering is an opportunity for the other, to learn. Here I share my experience with a case of COVID-19, which taught me several lessons I wish to follow for the rest of my life.

The patient is a 55-year-old diabetic female with COVID-19 who was admitted in our isolation facility. At the time of admission, her hemodynamic parameters, oxygen saturation and blood sugar were normal. She seemed to be apparently good. Blood gas analysis showed no evidence of hypoxia or acidosis. Later that night patient's oxygen saturation 'silently' came down to 85%, though she didn't develop any symptoms. ABG showed acidotic pH and low PaO₂, which were normal few hours before. Blood sugar increased to 450 mg/dL. Oxygen was supplemented. Insulin and sodium bicarbonate were administered. Saturation & PaO₂ improved steadily over the next few hours. She was stable for the rest of the night. Same therapy was continued for a couple of days. She was discharged 13 days after admission. Later that night, I sprawled on my cozy futon but thoughts about this patient kept me awake. The next few hours were spent in revisiting the lessons this experience taught me.

“The only certain thing about illness is uncertainty.”

Certainty here is certainly a stubborn illusion. Things which seem normal may not be normal. Things which are normal may not stay normal. Vital parameters were normal when the patient arrived. A normal blood sugar level averted our thought. But we were unaware that the patient's last meal was nearly a day ago.

A normal PaO₂ & oxygen saturation did not give us any insight into the course the disease possibly takes hours later. I learnt that any disease is always dynamic & our decisions should never rely on assumptions made through single observation.

“The farther back we see, the farther forward we go”

Learned men of yesteryears used sodium bicarbonate in respiratory illness during Spanish flu pandemic for its lysosomotropic effect. It prevents pH dependent viral entry & multiplication in the host cells.

Recent literature doesn't support the use of bicarbonate in metabolic acidosis until it is severe. But the ongoing pandemic is a novel situation where repurposing of the past practices may be essential. I learnt that knowing history will help us in building a foundation of our rules on management.

Medicine, like any other science, is uncertain & imperfect. Despite its dark connotation, imperfection is not a bad term. It represents the glitches that provide scope for further learning. This patient has taught me to accept the imperfections and to be a constant learner. This idea imparts us the clinical wisdom which is crucial in treating any illness. Carpe diem!

Dr. Metta Rajasekhar
Senior Resident, Anesthesiology

Ripples and Reflections



Cannon PowerShot A470 1/320 sec. f/10 9.841mm ISO 80



Dr Rajasekhar Rekapalli, Asst Prof, Neurosurgery

Nubra Valley - Ladakh - Land of Frozen Waterfalls



One of nature's many wonders is a waterfall ! Most of us have been mesmerized by one at some point in our lives. We halt to listen to the trickling of falls while hiking through woods. However some waterfalls undergo complete transformation in the winter. Where once there was raging water, it's now stand still, white and silent. This oxymoron of a motionless waterfall is an ice climbers dream. The attractiveness of winter sports is the combination of fast paced action, intellect and tenacity. Ice climbers in the lead must use technique, tactical acumen and nerves of steel to execute complete movements in apparently impossible positions !





Shot on : Sony ILCE6000, F11.0, 1/200s, 50.00mm, iso100, white balance auto, flash off



Dr Jitendra Chawla
Asst Prof, Dentistry

"Ending can be as beautiful as this sunset but it demands a mandatory initiation on path."



Mobile Shot-ISO:160, exposure time :1/100, aperture: f/1.7

#raneindoriphotography

Ms. Triveni Rane
Nursing Officer
Pediatric Surgery



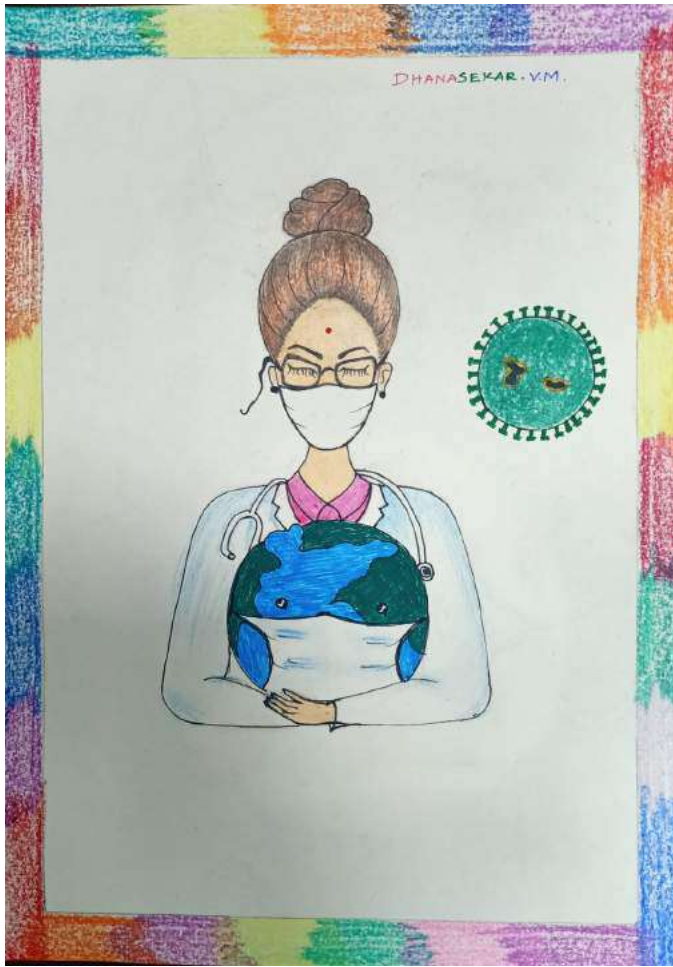
ISO : 2350 Exposure time :1/50 Aperture: f/1.9

Lingam- A cosmic pillar symbolizes the union of mind & soul.

Origin- From a famous hymn in ATHARVA VEDA SAMHITA.

Significance- It radiates TEJAS (energy) or CHAITANYA (consciousness) having healing energy for all 7 CHAKRAS.

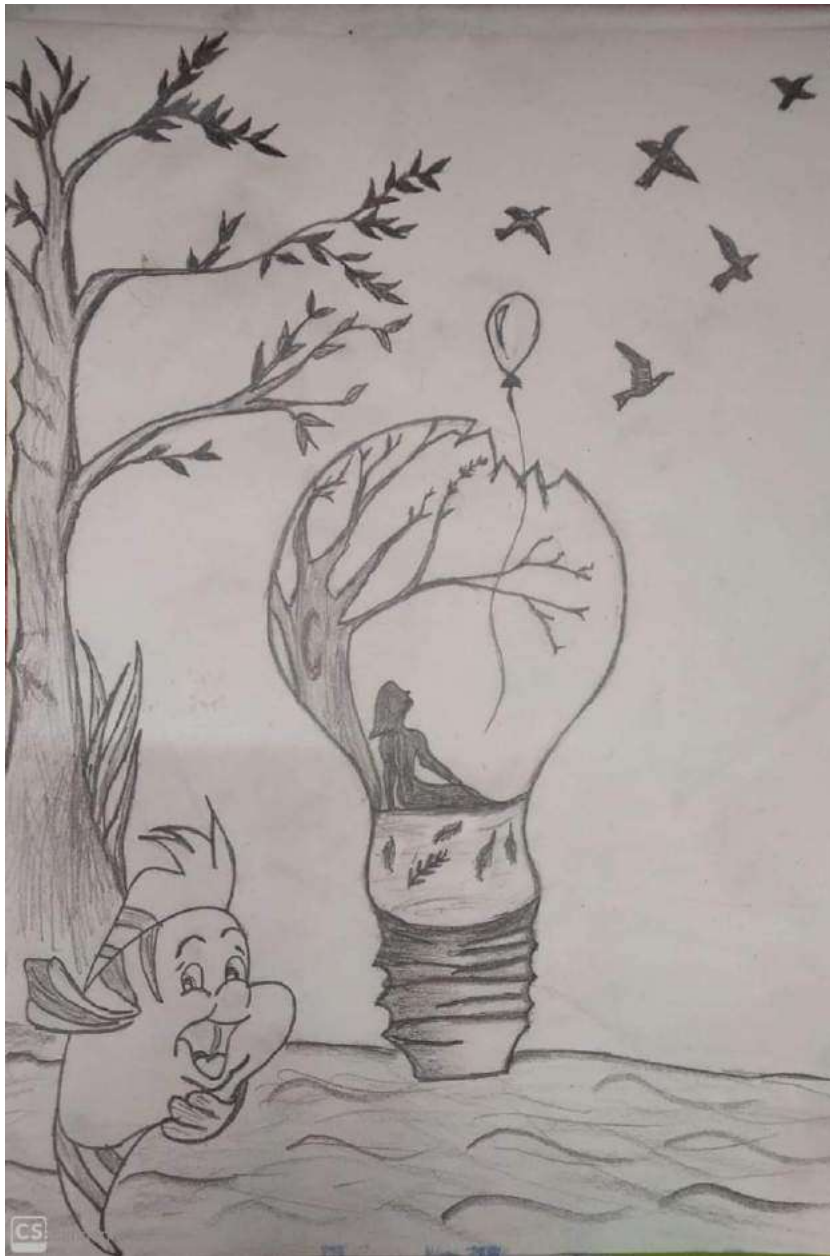
Mr Vishesh Singh Gurjar
Nursing Officer
Psychiatry



Mr Dhanasekar V M
Senior Nursing Officer



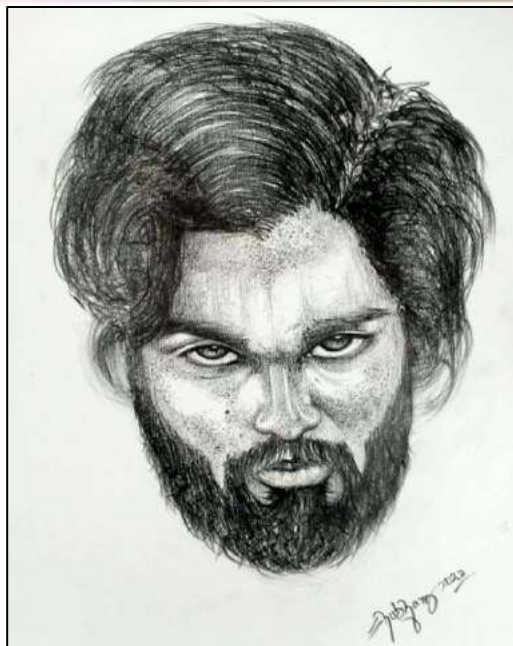
A Ray of Hope



Let your dreams, desires and hopes fly high beyond any limits even in adverse situations... Its just the Time and will definitely change....

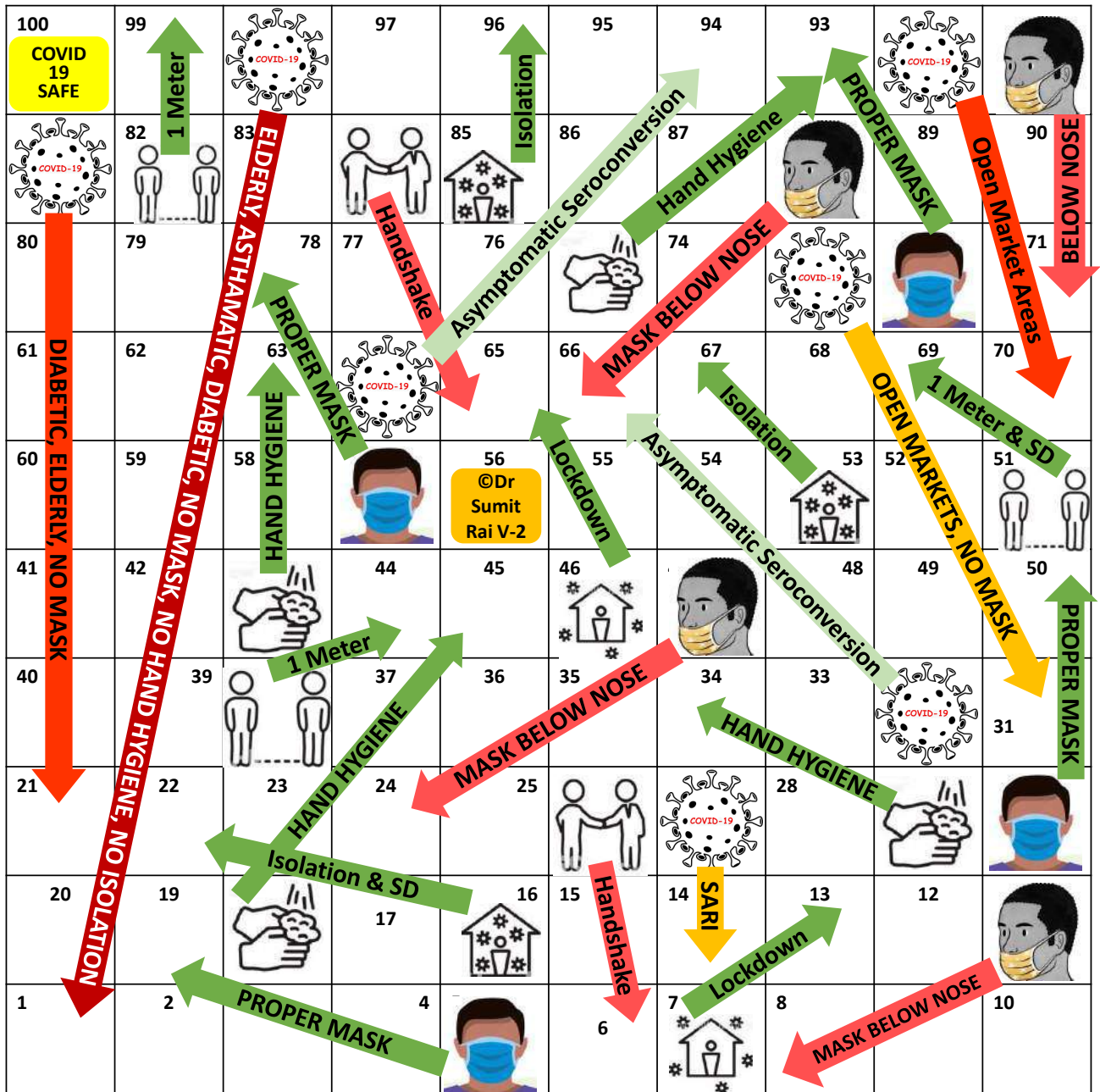
Dr Rachana Pasi
Asst Prof, Pediatrics

Emotions



Mr Shubham Panwar, MBBS Batch of 2019

Covid Grid



Dr Sumit Rai
Prof, Microbiology

Exploring Indian Cooking Practices of "Mother Kitchen"

Active participation of lactating mothers and guidance of resource persons ensured an effective sessions on iron rich diet organized under the ICMR project. With focus on the theme of tackling the challenge posed by anemia, this session was aimed to learn the indigenous cooking practices and providing mothers necessary guidance about iron rich nutrient diet. To magnify the effect, sessions spread across 10 ICDS projects over 30 sites weekly were organized over a period of three months in Guntur. Clearing doubts of participants, women folk who come from tribal background was one of the key highlights of such sessions.

Dr Arti Gupta Reddy
Asst Prof
Community & Family Medicine



Report of Fundamental Principles of Medical Education (FPME) conducted by MEU on 27 & 28/11/2021

The faculty of AIIMS Mangalagiri not only have to play the role of teachers but also the complex roles of mentors, assessors, curriculum designers, facilitators and role models. It is also crucial to focus on the needs assessment and teaching-learning needs of the students and facilitate the same

It is thus important to ensure that the faculty are well trained regarding the principles of medical education and have the knowledge and skills required for performing the role of competent and effective teacher, guide and mentor. In this regard, the MEU of AIIMS Mangalagiri has been tasked to ensure that faculty are kept updated on the current trends in Medical education, teaching-learning innovations, problem based learning, integrated teaching, guidelines on student evaluation and curriculum development etc.

A program on FPME was conducted by MEU on 27/11/2021 and 28/11/2021. The program was inaugurated by our Honourable Director along with Dean (Academics).





31 participants from various specialities participated. Important sessions on 'Goals, roles and Competencies in CBME', Principles of competency based learning, Learning domains and progression of learning, Specific Learning Objectives (SLO), Teaching methods - Large Group and small group, Choosing appropriate-L method, How to make Lectures interactive and interesting, Domain specific Assessment methods/tool, Formulating: Essay question SAQ & MCQ, Blue printing & Question paper designing, Feedback as part of CBME, etc



The program was designed in a work shop mode with hands on activities so that the participants were able to apply the principles themselves based on real life teaching situations. The feedback from the participants was very encouraging. They thoroughly enjoyed the sessions including the various role plays, group activities that were part of the program. They felt more empowered to undertake their role as a faculty and mentor for the students. Overall, the FPME was a big success, and on behalf of the MEU, we wish to thank everyone for the same.



Compiled by Dr Sushil Sharma
Prof, Pharmacology, MEU Convener

Central Library Inaugurated



The central library at AIIMS Mangalagiri situated at 1st floor Library and Administrative block was inaugurated on 13th January 2022 by Hon'ble Director Dr Mukesh Tripathi. Dr Shreemanta Kumar Dash and members of Library committee worked hard to get the library functional.

Upcoming Events :



Workshop on Basic Statistical Data Analysis using SPSS

Organized by Department of Community & Family Medicine
in Coordination with Research Cell AIIMS Mangalagiri

Venue: Conference Hall, First floor, OPD Block

Date: 29/01/2022 Time: 2.00pm- 6.00pm

Course Description : This course is intended to train faculty to carry out Basic Statistical Data Analysis in different research areas. The idea of this training program is to introduce the basic concepts and techniques of basic data analysis that should allow the participants to conduct statistical analysis by themselves. This course is also planned to introduce the SPSS which is a commonly used Statistical software. The course is targeted at Faculty, Senior residents and Tutors of AIIMS Mangalagiri. The participants should have basic knowledge in computers and bring their **Laptop with SPSS software** for the workshop.

Resource Persons

Dr. Rajeev Aravindakshan, Additional Professor and Head

Dr. Debnath Dhrubajyoti Jahar, Associate Professor

Dr. Sathiyarayanan S, Assistant Professor

Dr. Arti Gupta, Assistant Professor

Dr. Venkateshreddy B, Assistant Professor

Dr. Yamini M, Assistant Professor

Dr. Vinoth Kumar Kalidoss, Tutor/Demonstrator

Dr. Navya Krishna Naidu, Tutor/Demonstrator

**Number of Participants : 25, Registration Fee- Rs 500/-,
Fee should be paid through G-pay, PhonePe, Paytm to
Phone No:9944474500. Registration is purely on first
come and first served basis**



Scan to Pay

Upcoming Events :



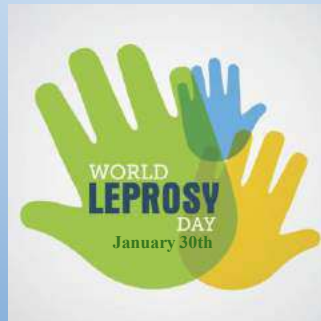
All India Institute of Medical Sciences
MANGALAGIRI

*Department of Dermatology, Venereology and Leprosy
Invites you to online*

Webinar on Leprosy

On 29th January 2022, Saturday

02:00 pm to 05:00 pm



Contact: Dr Hima Gopinath drhima.dermat@aiimsmangalagiri.edu.in

Alpavirām till the next issue

We hope you enjoyed reading this magazine and had fun flipping through the pages. We certainly had a great time compiling it for our AIIMS Family. We are certain that the rawness of our first ever attempt has not gone unnoticed from your observant eyes! But, we strive to improve!

This is a collective of ideas and emotions brought together to explore our inner persona and share that with others. For an interactive and immersive experience of this magazine, we need one and all to share their creative side with AIIMS Mangalagiri family.. Feel free to contribute relevant medical information too!

Whom would you like to see next in “Know your....” segment? Do write to us and send us some interesting questions. Be assured we will try our best to make it happen!!!

Please send in short write ups if you conduct any program. Keep us posted about future events.

For now it is limited to English language. Any written material should be in Word Doc format. Images in jpeg and PDF. This is an e magazine, only an electronic version will be out without printed copies.

E mail: atman@aiismangalagiri.edu.in