

संत्मन

(आत्मन्)



Essence of AIIMS Mangalagiri

BI MONTHLY E-MAGAZINE

VOLUME 1

ISSUE 2

MARCH 2022

In this issue

Conceptualizing the Logo

3rd Foundation Day Celebrations

Republic Day celebrations



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Editor's desk

Atman inaugurated on Foundation Day 2022 and we are happy to bring out the second volume. Every volume, will have a theme that we will showcase by a color scheme or highlight article. This time, a segment “Discover Bharat” shows us one aspect of the uniqueness, beauty and grandeur of our country, hidden and unknown to many of us.

The cover of the magazine this time, reflects our theme for this second volume of Atman.

It was a muted commemoration under the restrictions placed by the third wave of Covid pandemic, nonetheless the excitement was palpable. The joy and also the solemnness of Republic Day was visible.

We seldom reflect upon what justice, liberty, equality or fraternity really mean. But these special occasions make us ponder.

Much like the double stranded DNA helix, our rights are entwined with our responsibilities. Only a complement of both will keep our Flag flying high and bring forth a new and better “gene”ration of citizens.

As we compile this volume, the much-awaited annual sports events are underway. There is no better way to display the unity in diversity, kinship and spirit of justice than in a healthy sports competition!

Read on and see more hidden talent of our AIIMS MG family emerging out.

Team Atman

Our Journey - Part 2

Odyssey

9th July 2018- First Faculty joins AIIMS, Mangalagiri.

10th Aug 2018: Nomination of faculty members as Dean, Associate Dean, and Chief-Warden

30th Aug 2018: Induction Ceremony of MBBS first batch (2018-19)



31st Oct 2018: Appointment of Dr T S Ravikumar as President of AIIMS MG

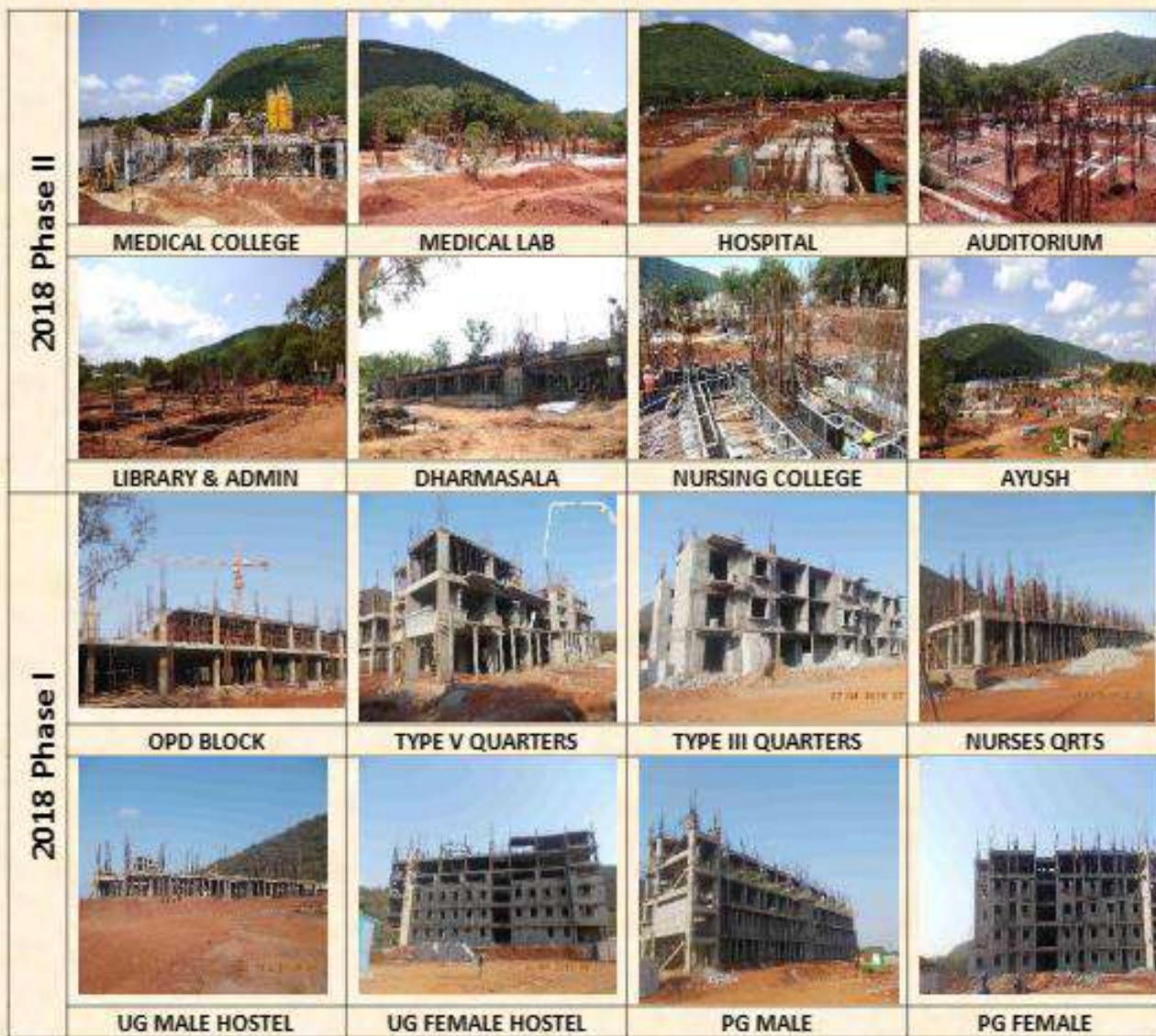


2nd Nov 2018-Permission given for community outreach programmes for MBBS students



20th Nov 2018-1st ASTITVA – MBBS Students





**FIRST BATCH OF MBBS STUDENTS (2018-19 BATCH) & FACULTY
SUSRUTHA HALL IN SMC TEMPORARY CAMPUS**

How it all began: A short proem from the very first faculty who joined AIIMS Mangalagiri

As I joined the Institute, I felt like a dream come true on the mesmerising morning of July 18th, 2018. Everyday new Faculty and Tutors were joining AIIMS Mangalagiri. Also, students were visiting the Temporary campus at SMC to complete their joining formalities. We had a series of meetings one after another so that we could start our first batch of MBBS students, Batch 2018. The floods that hit one of the southern states in August 2018 delayed starting our first batch, as some of the students were from that state. The first batch started on 30th August 2018 with a well planned and executed ceremony. The number of Faculty being less at that time compared to the present, I had the opportunity to work in many committees simultaneously.



By the efforts of Hon'ble President Sir, Hon'ble Director Sir and the support from Dean Sir, Medical Superintendent Sir we started our journey ahead. Under the guidance of Professor and Head, Department of Community and Family Medicine, we involved students in several outreach activities, medical camps, which benefited the community right from the first semester.



Under the dynamic leadership of Director Sir, we started our OPD in Dharamshala building on 11th March 2019. I am really thankful for giving me an opportunity to be the Chairperson of the Committee to celebrate our First Foundation Day. We are now like a big family consisting of students, Faculty, Senior residents, Tutors, Nursing officers, Staff, Technicians, security, House-keeping, pharmacy, we are growing in numbers day by day and expanding our services. The speed has gained momentum and one day with our collective efforts led by our beloved Director Sir we will become one of the top Institutes in our country.

Dr. Dhruvajyoti Debnath

Associate Professor

Dept of Community & Family Medicine

AIIMS Mangalagiri



Know your faculty

Name: Dr Joy Ajoykumar Ghoshal

Friends call you: Joy

Age: 47 years

Place of birth: Kolkata

Spent golden years of childhood at: Mumbai

Most memorable moment in childhood: Many

- 6 times dog bite
- One time monkey bite
- 2 snake bites
- 2 scorpion bites
- Fell from 2nd floor roof
- Observed Lactobacillus & onion cell @ 3rd standard
- Outstation school picnic for 6 days in 4th standard
- Fish tanks for 25 years & Pisciculture
- Had marine fish tank with starfish, octopus etc.
- Worked with Prakash Amte @ Gadchiroli
- Did scuba diving
- Trekked entire Maharashtra

Childhood super hero: Phantom

Schooling from: Mumbai

Favorite teacher & why? English teacher at school (Mrs V Shetty) as she was lovable, forgiving and had an exquisite handwriting

Any pet you had: Many - Bird, squirrel, rabbits, fishes

College from: Mumbai

What was the stimulus for you to join medicine:
Charity

Best teacher in college:
Dr Prabhat S Patki (Anatomy), Dr Franklin (Physiology)

Most valuable possession you have: My Memory, My family, My friends (Sanjay, Tarang, Deepak, Manoj, Yatin, JJ)



Your favorite book: Survival of the sickest

A book or chapter that changed your life/thought process: Fools die (Mario Puzo)

A book you would recommend for upcoming doctors: 12 rules for life (An antidote to chaos) by Jordan Peterson

A movie that touched you: Koshish (Sanjeev Kumar) & Burfi (Ranbeer Kapoor)

Moved by the acting of: Charlie Chaplin in 'Limelight'

Favorite holiday destination: Bhimashankar

You were married on: 5th may 2004

Your icon: Almighty God Shiva

Secret mantra of your success: struggle, patience, honesty

Hobbies: Photography, natural history, trekking, cooking, reading, fishing

Your motto in life: Live today as if it were your last day

Your advice for the young doctors Become most qualified in the shortest possible time. Be humane and good human beings, success will walk with you



4th Institute Body Meeting- Release of Logo

Identity of an organisation is like its personality. It is something that conveys through visuals, the distinctive character of the company and its activities. The logo is the identity of the organisation.

The logo of AIIMS, Mangalagiri was launched on 17th December 2021 during the 4th meeting of the Institute Body.



The AIIMS Logo was conceptualized by a collaboration between AIIMS Mangalagiri & National Institute of Design(NID)

The Rising Sun on top represents the 'Sunrise State of Andhra Pradesh'. Sun symbolize the source of Life, Energy and Vitality. Sunrise also symbolises that AIIMS Mangalagiri is first and rising in South India to spread light and enlighten Medical Science with futuristic vision

'Both the shades of green' in outer & inner ring represent the lush green fertile region of Krishna and also the abundance of various floras, fauna & herbs. Green planet is the service AIIMS Mangalagiri is goes by.

'M' Symbolize for Mangalagiri the name of area where AIIMS campus is situated in between beautiful hillocks

'Staff of Asclepius' is the rod wielded by the Greek God of healing and medicine 'Asclepius', which represents health care system globally.

Tulasi is the holy basil, incomparable and is mother medicine of nature; it is one of the sixty eight rasaushadhi and a natural immunity booster. Represents institute vision of amalgamation with 'AYUSH' as alternative medicine.

'Prakasam Barrage' iconic structure of Andhra Pradesh stretches 1223.5 m across the Krishna River connects Guntur and Krishna districts. It is a one of the first major irrigation project of India, which is around 10 kms from the Institute.

DNA; the epitome repository of genetic information integrating genomic medicine from diagnosis to targeted treatment strategies.

Neem; the Indian lilac, in Sanskrit it is Arista (perfect & imperishable) traditional medicine of India valued as medicinal plant. Represents institute vision of amalgamation with 'AYUSH' as alternative medicine.

Sanskrit paraphrase 'सकल स्वास्थ्य सर्वदा' meaning by 'Complete Health Always'.

Concept by LOGO Committee, AIIMS MANGALAGIRI
Design and Graphics by LOGO Design Team, NID Andhra Pradesh

To maintain a cohesive singular image across all communication material, it is imperative to follow the guidelines in terms of proportion, type, and colour. The use of the identifier (logo and masthead) should be consistent and should not be distorted or changed in relative proportion, colour etc. Guidelines for the use of logo has been released and the readers are advised to refer to them before using the institutes logo. Guidelines can be downloaded from

<https://www.aiismangalagiri.edu.in/wp-content/uploads/2021/12/LOGO-Manual-AIIMS-Mangalagiri-11.12.2021.pdf>

3rd Foundation Day 2022 Celebrations

The 3rd Foundation Day 2022 was celebrated grandiosely on 24th January 2022 in Medical Lab Building. The Chief Guest was Dr Shyam Kumar Pingle, Vice chancellor of NTR University of Health Sciences, Guests of honour were Dr Shashank, Ex-DME, State Nodal Officer, Coordination for AIIMS MG, Prof. Sekhar Mukherjee, Director, National Institute of Design (NID), Andhra Pradesh. Other dignitaries included faculty and students from NID.

The event started with a welcome address by Dr Joy A Ghoshal, Dean (Academics), followed by felicitation of The chief guest, guests of honour and other dignitaries.



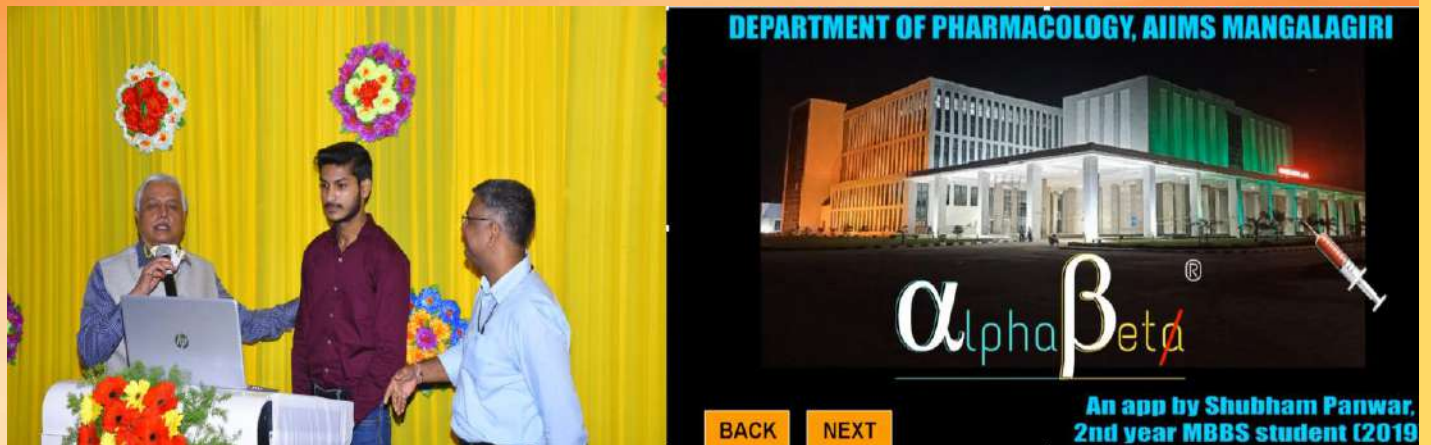
Dr T S Ravi Kumar, President AIIMS Mangalagiri, in his key note address stressed the importance of global affiliations in improvement of health care. His address was followed by lectures from various faculty from around the world as a part of global affiliations program.

Dr Mukesh Tripathi, Director AIIMS Mangalagiri in his address alluded the importance of research and guided the young students in various aspects of health care and commended the work of various faculty in upbringing of the institute.

Students who excelled in various subjects as well as topped in their respective batches, Students and their guides with successful STS projects were felicitated.



On this occasion AIIMS was proud to announce the launch the Alpha Beta App, developed by one of its student Mr Shubham Panwar of MBBS 2019 Batch under the guidance of Dr Sushil Sharma, HOD Pharmacology.



The very first Issue of our Institute’s bimonthly e-magazine (Atman) was released by the Director. Dr Deepthi Vepakomma shared the perspective of various components and highlighted the importance of having a common platform for showcasing the contributions, achievements and talents of various people working for the Institute.



The MBBS Phase II handbook was released by the dignitaries. The handbook details the curriculum, syllabus, exam pattern of MBBS Phase II at AIIMS Mangalagiri.



73rd Republic Day Celebrations



The 73rd Republic Day 2022 was celebrated at AIIMS Mangalagiri with great enthusiasm and fervour. The National Flag was unfurled by Honorable Director & CEO, Professor Mukesh Tripathi and MBBS student toppers .



On this occasion he addressed the gathering and stressed the importance of team work in building the institute and the country.

The ceremony was attended virtually by President, AIIMS Mangalagiri, Prof T S Ravikumar who blessed the gathering with his wisdom.



Many faculty and staff participated in various cultural activities and exemplified patriotism. The event concluded with a vote of thanks by Medical Superintendent Dr. Vineet Thomas Abraham.



Abhivyakti

Expression in images



 Dr. NITHIN MANDYA

TIGERS FROM KABINI, (TIGER TANK) KARNATAKA
SHOT ON NIKON D5 WITH NIKKOR f2.8 400mm LENS / ISO 500, manual mode



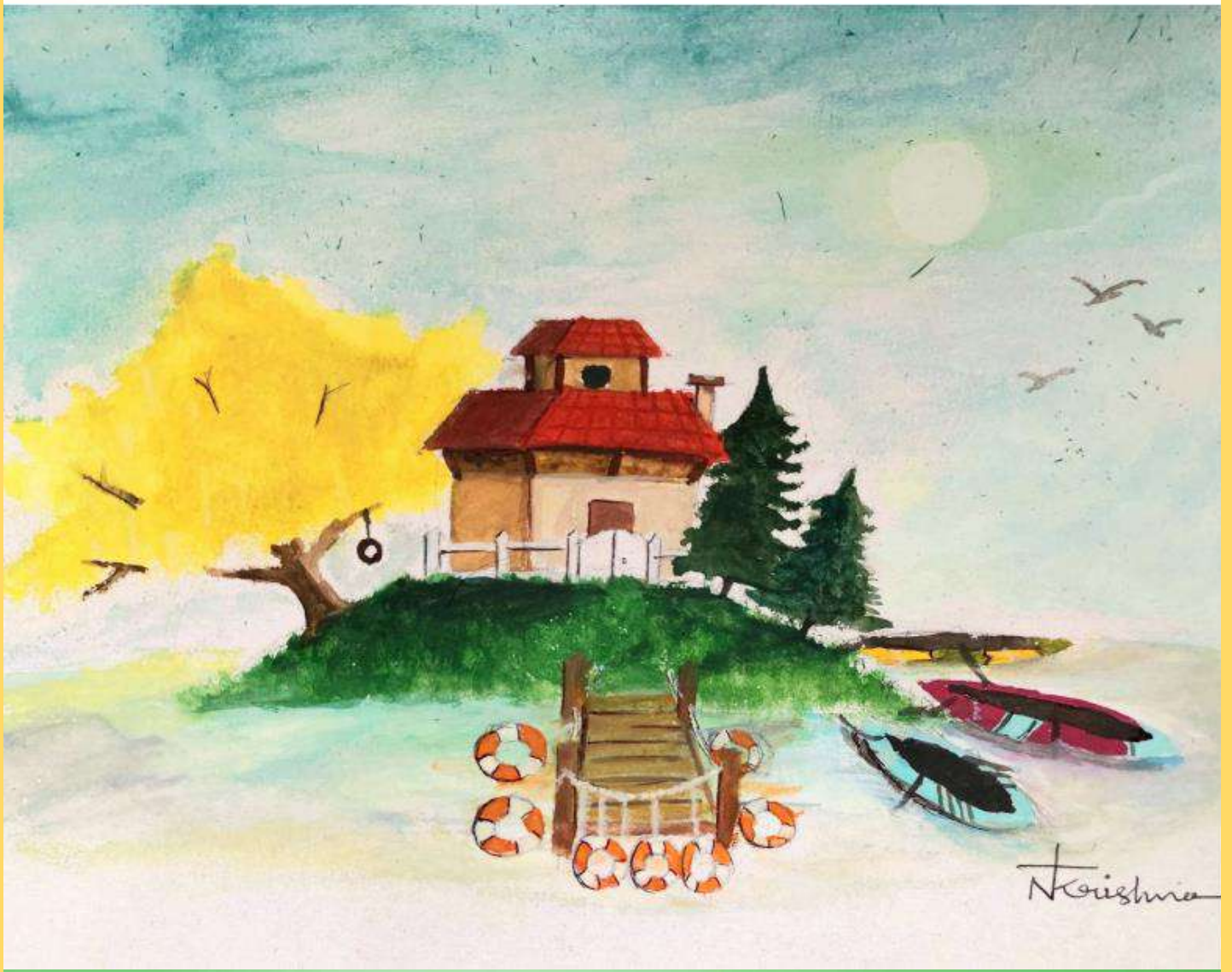
 Dr. NITHIN MANDYA

HIDE & SEEK - TIGER FROM KABINI
SHOT ON NIKON D5 WITH NIKKOR f2.8 400mm LENS / ISO 500, manual mode

**Dr M.D. NITHIN MBBS., MD., PhD, ADDITIONAL PROFESSOR FMT
AIIMS MANGALAGIRI**

"The beauty lies in the purity of eyes...ice!"
Hansika Aluri MBBS 2020 BATCH





Intellection: A collection of thoughts

Those olden days... Golden ways

Precious days were those when drizzling rain and chirping birds were the only background music to a scenery which held nothing but greenery. Streets filled with toddlers and children harmonising with the neighbouring Earthlings, both mobile and immobile was what elders took the greatest liking in. Children getting stubborn with their parents when they were asked to come home from play for dinner was what we thought as normal and healthy.

Now I glance over the streets, barely to find a kid or two, hurrying in the opposite directions, not even bothering to smile at each other, busy in their small little world, oblivion to emotions greater than just success in school and extrapolating the same to their work, being stubborn with their parents when asked to go out into the nature and socialise with neighbours and friends. It breaks my heart to say that *this* is the new normal. Is it for the good? Can we anticipate something better from the present youth than the previous generations, putting aside the progress and advancements in technology, whose sole purpose was to bring people together, but sadly has resulted in the exact opposite outcome? Evolution has certainly shown a drastic improvement in Intelligence Quotient of today's youth, but are we giving equal importance and space for the growth and expansion of the Emotional Quotient? Is it right to just stop at IQ and let go of the EQ, without which the primary basis of humankind would have just been an imaginary bubble that would have burst after its mere conception?

I recall those golden days, when playing with friends and chatting with them all night long would have been the best form of entertainment and joy. Sitting with family in the living hall and swaying on the swing as parents imparted their wisdom to us in bits and pieces, all garnished with wit and fantasy was the major source of enlightenment and fun, in those golden times. I rarely find my family craving for those talks and wishing for those night-long chats with their friends now. Have they been replaced with something mightier, something that is more entertaining and enlightening than what we had as kids? Has the world expertised and advanced from the small yet efficient methods of joy and fun? Has the ever-growing technology not spared such priceless and precious events of a growing child, a maturing teen and a learning adult?

Wake up, kids, wake up, it's high time we reflected back and saw what the actual fun is, what the actual joy is and what the actual source of enlightenment is.

-N. Lakshmi Keerthana
2nd MBBS

SPELLING

On a winter morning a baby was born,
her family was all joyous but a tad bit torn.

What should we name our li'l one,
was the question worth a million.

Grey matter was churned and a lot many consultations were done, decision was
made to keep it meaningful, easy to spell and fun.

Alas! the parents didn't know that it is going to be a torture, easy to spell
was not something in the baby's future.

From missed alphabets to additional ones,
her name got all the possible twists and turns.

As that baby grew up and learned to read and write, she penned
these lines keeping humour in her mind.

She just has one li'l thing to say,
kindly spell her name as

S H I K H A

By:
Dr. Shikha Yadav
Assistant Professor
Department of Dentistry


Lakshmi Keerthana Nutulapaaty

MBBS 2020 BATCH



Flower's Blossom

Leave it to them
They are gonna
stop the mayhem
Let them blossom
So they can Stop the mayhem
And let them blossom



They are not being heard
Will the ones with the beard
Become the shepherds
Of the technological rewards



The future, in their hands
Let them innovate their minds




If they don't make the future
If they turn out to be a loser
If they don't make you proud
Let them not take it hard

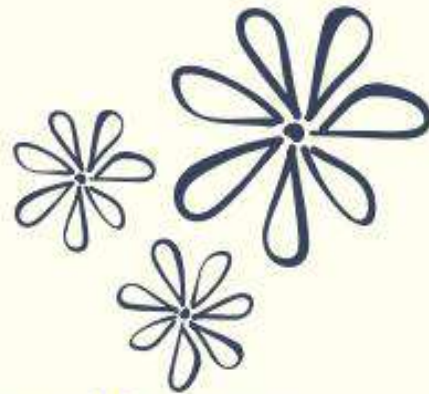
Let the needle in the dream burst out
The cage on their dream blow off
For they were meant to fly
In the open air with joy

The dreams that they dream
And the paths that they drew
let them go on and on
To stop at dusk





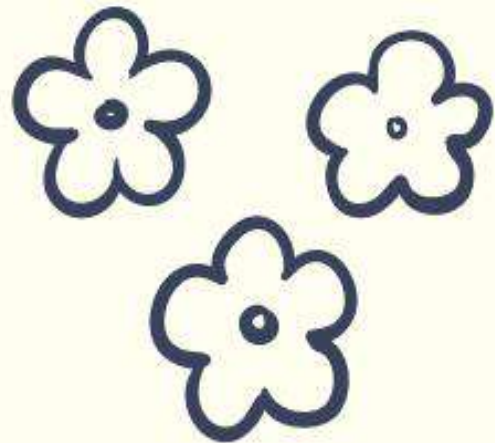
It's the passion that flies into
The responsibility they cling to
Not the goals they were set up to
By the society and the myths



Let the flowers on their own blossom
Without the care of nature's bosom

Let the pictures on the wall
The dreams in the skull
mingle to form a world
Full of passion and thrill

Is it the skin they want to stitch
Is it forest they crave to sketch
Is it the gears they reach for
Or the hearings they master at
For the bat is it they longed
Or the books that stood strong



Aren't they free to leave the throng
Your goal isn't any more along
Dawn till dusk, let them flow their minds



Who are we deep down?

"Life does not make sense sometimes."

Let me correct that.

Life does not make sense most of the time. Sometimes we know what we are going to do and at others, we don't. Every once in a while, we feel productive and from time to time, we procrastinate. At times we are happy and at others, we aren't. But occasionally, we don't feel anything. Often, we are filled with nothing but a nihilism, owing to the size of a needle tip and the power of a black hole, that doesn't let us feel anything. A few people use it as a coping mechanism and others, a protective one. You don't know why the vacuum arises and neither do you know how to get rid of it. But, once we develop it within ourselves, it never leaves. We try to fill it with everything, only, to realize eventually that it is a feeling of emptiness and total numbness. The inability to perceive anything and the reality of your worst nightmare coming to life.

Or is it not?

Is this also a state of unknown euphoria that we've created to run away from our problems? A bliss or a bane to not care about anything? Maybe a substitute for the actuality of not accepting ourselves versus an insatiable need for love and attention, for the way we are, at the same go.

This has been a question that has always meddled with my thought processing unit but in verisimilitude, *are we actually just voids deep inside?*

Sritha Reddy

2nd MBBS

A Case of Mistaken Identity - A Funny Anecdote

It was a hot and sultry afternoon possibly in the month of April or May. The Central A/c was not functioning particularly well; just when it was sorely needed. We were all seated around the central round table in the reception area of the emergency room at the AIIMS, New Delhi; uncomfortably dressed in our doctor's coats. I was then the Senior Resident in Medicine, posted as the Casualty Medical Officer. I had been posted there for a month or so.



One of the Surgeons sitting around the table, true to his calling, was wearing latex gloves. Presently he felt the discomfort associated with wearing gloves while writing notes and decided to remove them. He walked to the nursing bay, removed his gloves with some difficulty and started washing his hands under the sink, while the glove powder stuck on. He turned to the Nurses and probably wishing to chat them up, held out his wet hand and said in their tongue "pacha- it is so sticky". Reflexively, I answered- "it is not pacha. It is pasha - means gum or sticky material".

I had only just said this, that I saw many shocked faces looking at me. There followed an embarrassing silence of two minutes. After that came a volley of complaints from the Nurses- all of whom on that day happened to be from Kerala. "You did not say that you are a Malayali. You must have overheard all our talk, and kept silent. Imagine the comments we passed on both you and others. And all the time you pretended not to hear."

I meekly assured them that I had paid no attention to any of their talk. If I ever did, it was always in through one ear and out through the other. Somehow, I managed to pacify them. The word spread through the grapevine like wildfire. Malayali Nurses were more discreet in my presence, though of course, much more friendly. After all, I was now one of them.

This is not the only time I had to face this tricky situation. Being a second generation Keralite in Delhi, hardly anybody would see me as anything other than a pucca local. My Hindi was unimpeachable and my English accent was totally bereft of any Malayali tinge. Moreover, I tucked my shirt into my trousers; something no self-respecting South Indian would do. Well, the moral of the story for me was that even a reflex response can be your undoing- you can get caught out. For the Nurses, it was perhaps this: beware, even the walls can hear- in Malayalam !!

Dr Suresh Vaikkakara, Professor & HOD, Dept of Surgery

Snippets and slice of a medical device

Proctoscope

Dr Mallikarjun

Assoc Prof, Gen surgery

Proctoscope opens up window to anorectum, if used properly it helps in identification of various pathologies of anorectum from haemorrhoids to malignancies. It is an adjunct to digital per rectal examination.

Proctoscope has internal obturator and outer sheath with handle. Obturator helps in ease of insertion of proctoscope per rectally for anal and lower rectum examination. Through outer sheath of proctoscope mucosa, various pathologies of anorectal wall are visualized.



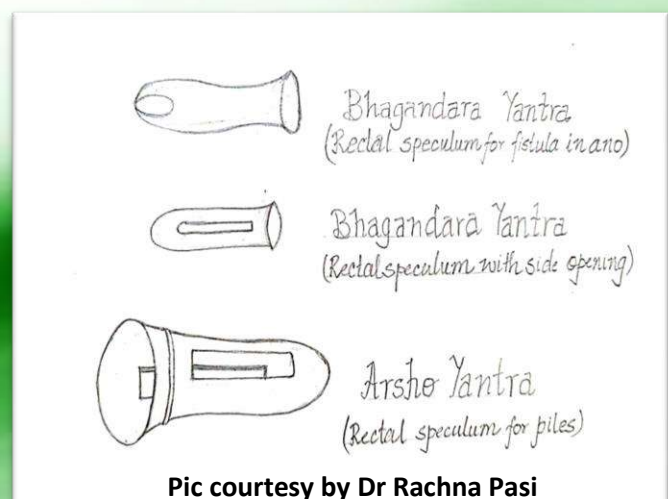
Proctoscopes come in various sizes for paediatric and adult use ranging from 5cm to 15cm in length and internal diameter of 12mm to 25mm. Base is wider with tapering towards tip.

The base has funnel shaped flange whose outer rim is wider, measuring about 5cm in adult proctoscopes. The stout handle is fixed at an obtuse angle to the base. There is an obturator with distal blunt knob which projects through the tip after the obturator has been passed into the outer sheath fully. In this position the surface of knob continues into the tip smoothly so that when the proctoscope is passed into the anal canal and rectum, the tip doesn't get caught on the mucosa and traumatise it. In some proctoscopes there is a groove on the adjacent surfaces of outer sheath and obturator to permit the escape of flatus if any. Effective depth of visualization of anorectum depends on pelvic anatomy, perineal pad of fat, built and nutrition of patient and sphincter complex tone.

Proctoscopes come in metallic reusable form and disposable medical grade plastic form. Presently various modifications to standard proctoscope with inbuilt or cable light source system and video proctoscope are in use for anal and lower rectal procedures.

Proctoscopes are used in diagnosis of rectal bleed, haemorrhoids, fistula in ano, rectal varices, lower rectal polyps, ulcers and proliferative lesions; for banding, sclerotherapy and cryotherapy of haemorrhoids, rectal biopsy, excision of polyps, pelvic abscess drainage, seton application.

Surprisingly, seen in the previous volume, instruments devised centuries ago, by Susrutha seem similar to those we use today. It is a reflection of the highly advanced society and the science and knowledge of the ancient times.



Pic courtesy by Dr Rachna Pasi

Prudence

Swachh Bharat Mission (SBM)/Swachh Bharat Abhiyan/Clean India Mission

(स्वच्छ भारत अभियान)

As we all know that the ambitious 'Swachh Bharat Abhiyan' (Clean India Mission) was launched on 2nd October 2014 on occasion of Mahatma Gandhi's 145th birth anniversary. The campaign was initiated to eliminate open defecation and improve solid waste management in two phases.

The objective of first phase included eradication of manual scavenging, generating awareness and bringing behaviour changes regarding sanitation practices and augmentation of capacity at local level.

The second phase aims to sustain the open defecation free status and improve the management of solid and liquid waste towards target of Sustainable Development Goal Number-6 by United Nation.

It is an achievement by government that Under the mission, all villages, Gram Panchayats, Districts, States and Union Territories in India has declared themselves "open-defecation free" (ODF) by 2 October 2019 by constructing over 100 million toilets in rural India.

“WHAT YOU THROW AWAY CAN THROW UP TO NEW INDIA”

BUILD CLEAN INDIA, GREEN INDIA

Following this campaign AIIMS Mangalagiri has also conducted a clean campus drive on 2nd October, 2020- hereby I am sharing some photographs following the drive-



“Cleanliness is a mindset- a positive habit that keeps the body, mind and environment happy, healthy, simple, neat and delightful.”

– Amit Ray



By Vishesh Singh
Nursing officer

INTERNATIONAL WOMES'S DAY-2022

LET'S TALK ABOUT WOMEN #BREAKTHEBIAS

**“Gender equality today for a sustainable tomorrow”
(IWD)**

As we know Women's Day celebrates women's contribution to society, raises awareness and support for women globally. It offers an opportunity to reflect progress made, to call for change, to celebrate act of courage and determination. Here we appreciate all ordinary women who have played and extraordinary role in all way.

Let's the women have:

- A world free of bias, stereotypes and discrimination.
- A world that is diverse equitable and inclusive.
- A world where difference is valued and celebrated.

Let's remember all the women from late medieval to early modern period who had played the great role to serve the society and continuously moving forward to name in and around the world.

If we talk about Pre independence the name like Rani Laxmi Bai the queen of MARATHA rebellion of 1857, Ahilya Bai Holkar the queen of MALAWA personally led armies into battles, Rani Durgawati the queen of GONDWANA resisted the forces of Mughal emperor, Rani Avanti Bai the queen of LODHI, Rani Padmavati the queen of Chittoor defended Rajput pride, Begum Hazrat Mahal Begum of Awadh rebelled against the British East India company, Velu Nachiyar queen of Sivaganga estate in southern part etc all have ruled their kingdom and have shown bravery.

From the motherhood of Jijabai Shahaji Bhosale (Rajmata) to Panna Dhai our holy Indian land has iconic ladies of the era. Change making Women like Abala Bose who efforted in advancement of women education and alleviation of the conditions of widows to Savitri bai Phule who fought for women's right are the example to set among us.

Post-independence women have even served as a regulatory body of the nation and achieving the best in various field. From the earth to sky they are touching all the heights and breaking the boundaries.

Here basically agenda behind talk is women are bringing new emerging trends and serving starting from their family to country and so on around the world in various fields. They must have equal opportunity to participate in all area irrespective of gender bias. It is not likely to the thought of a strict pseudo feminism but about the equitable distribution of roles and responsibility and the respect, a women deserve around the universe.

“Keep going confident all beautiful women”

“यत्र नार्यस्तु पूज्यन्ते, रमन्ते तत्र देवताः”

HAPPY WOMEN'S DAY 2022 TO ALL

I DEDICATE MY THIS WOMEN'S DAY TO LATE LATA MANGESHKAR – The Voice of Millennium/Nightingale of India/Queen of Melody –

The lady who has created the platform for playback singing in India. I must say Before knowing the Cinema, our generations has grown up with the voice of Lata ji. She was the most influential singer of Indian Music Industry born in 1929 in Indore, Madhya-Pradesh. She recorded 50,000+ songs in more than 38 Indian languages and served the industry >70 decades. She was awarded with highest civilian award “Bharat Ratna”. She was first Indian to ever perform at Royal Albert Hall, London. The soul departed this 10th February, 2022 from this world in Mumbai Maharashtra.

“MERI AWAAJ HI PECHCHAAN HAI”- No matter which playback singer breakthrough in any generation, the timeless voice of Lata ji cannot be replaced. She is the icon beyond icons.

Triveni Rane, NO



Report on Workshop on Basic Data Analysis using SPSS

Date: 12/02/2022

Venue: Conference Hall, 1st Floor OPD Block, AIIMS Mangalagiri.

Department of Community and Family Medicine (CFM), in co-ordination with Research Cell, organized a Workshop on Basic Data Analysis using SPSS software. This course was intended to train faculty and residents of AIIMS Mangalagiri to carry out basic statistical data analysis in different research areas. 15 participants participated in the workshop. The workshop started with a welcome address by Dr. Deepti V, Dean (Research), AIIMS Mangalagiri. Faculty of the Department of CFM faculty under the headship of Dr. Rajeev A provided the training. The training sessions were very interactive and a hands-on data-analysis experience with a dummy dataset was provided from start-to-finish.

Resource Persons:

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

Dr. Dhruvajyoti J Debnath, Associate Professor

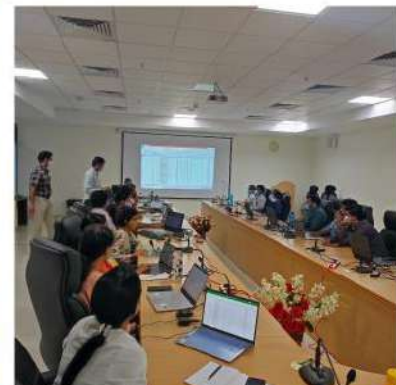
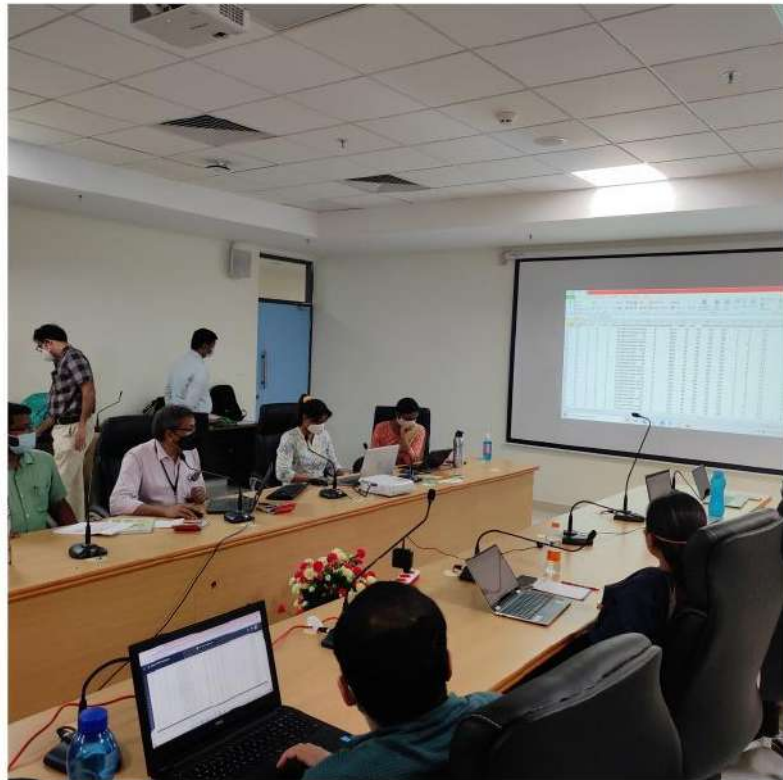
Dr. Sathiyarayanan S, Assistant Professor

Dr. Venkatasivareddy B, Assistant Professor

Dr. Yamini M, Assistant Professor

Dr. Vinoth Kumar Kalidoss, Tutor/Demonstrator, **Course Coordinator**

Dr. Navya Krishna Naidu, Tutor/Demonstrator



Hands-only Community CPR training for L&T Staff

Date: 11/02/2022

Venue: CFM Demonstration Room, Medical College Building, AIIMS Mangalagiri.

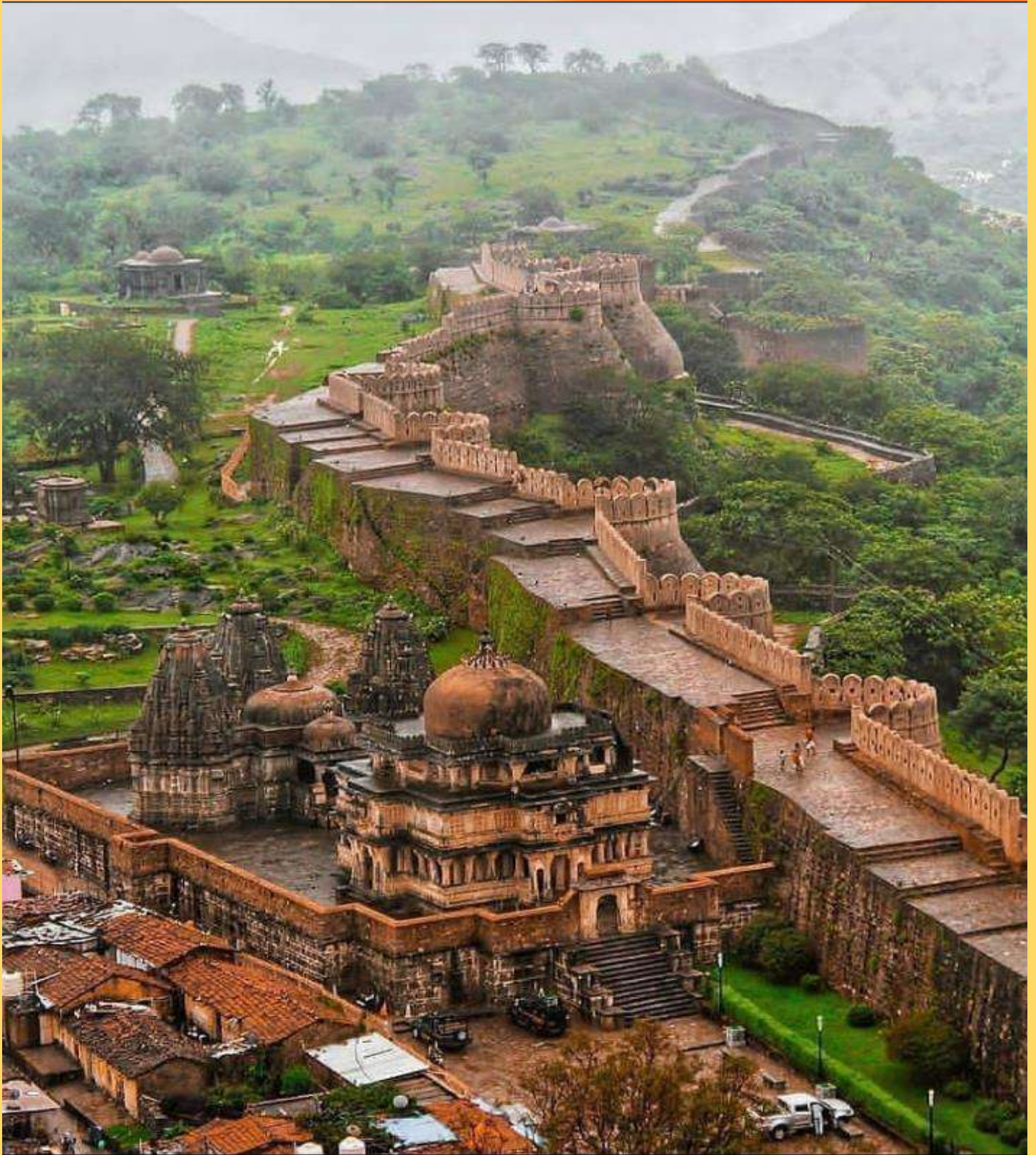
On the occasion of the Larsen and Toubro (L&T) Safety Month Celebration (January 2022), the Department of Community and Family Medicine, AIIMS Mangalagiri organized a Hands-only-Community-CPR training session in the Medical Lab Building of AIIMS Mangalagiri. 35 L&T supervisors and staff attended the training session. The team of CFM faculty, Dr. Dhruvajyoti Debnath, Dr. Sathyanarayan S, Dr. Vinoth Kumar Kalidoss, and Mr. Vikram S, Nursing officer under the headship of Dr. Rajeev A, provided the community-CPR Training to the participants. The training session included a pre-test, video demonstration, and practical training on hands-only-CPR on inflatable manikins. At the end of the training session Dr. Pratyusha Ganne, Assistant Professor, Department of Ophthalmology gave an awareness talk on the prevention of foreign body injury to the eyes of the workers. The training ended with a question & answer session, a post-test, and a vote of thanks by L&T supervisor Mr. Sathyanarayan.



Submitted by Dr Vinoth Kumar Kalidoss

Discover Bharat

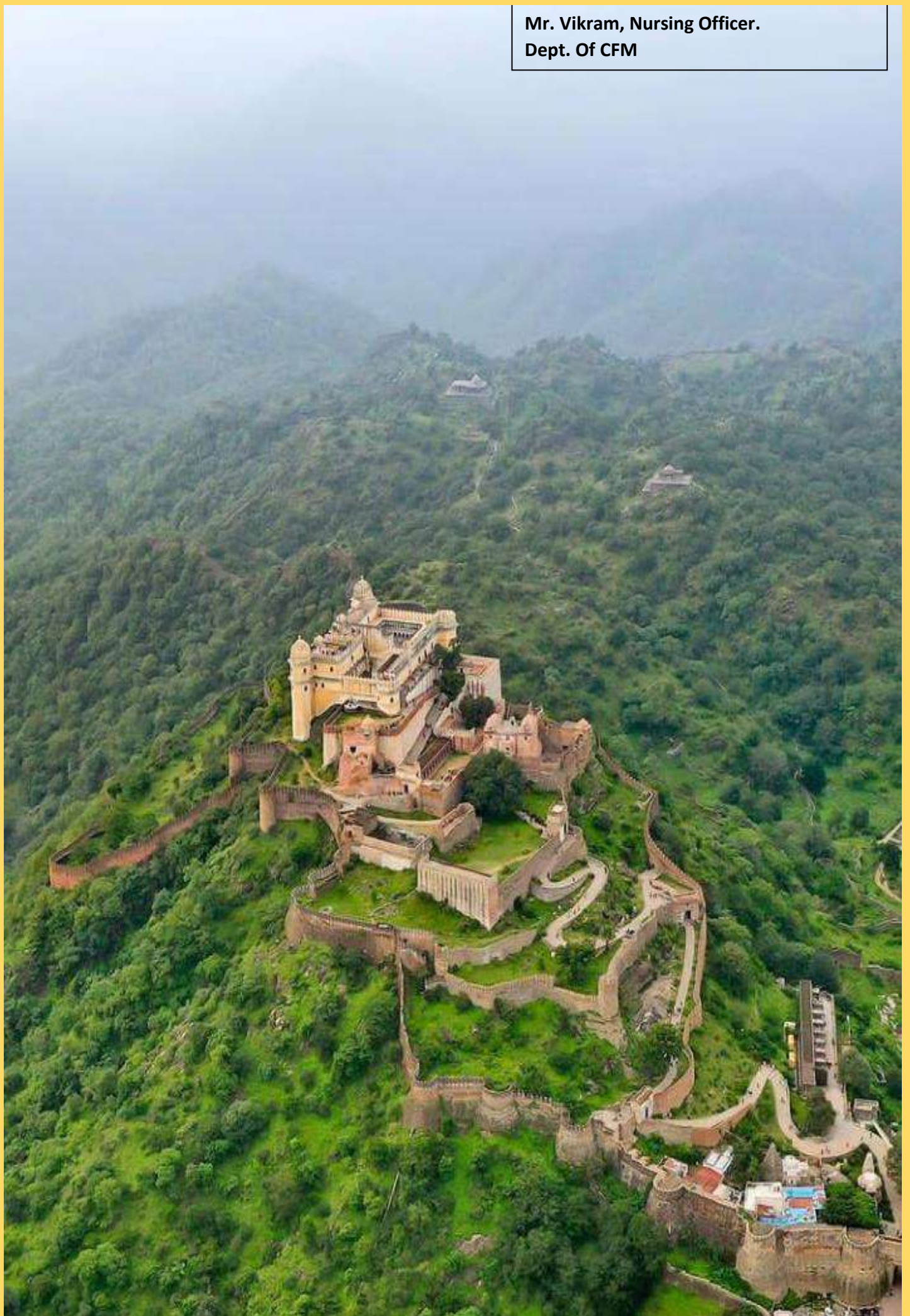
Kumbhalgarh Fort - Rajasthan



The fort that has made its mark in history as the second largest wall after the Great Wall of China.

- The mighty fort is 3600 ft tall and 38km long that surrounds the area on the range of Aravalli hills.
- The fort is further declared a UNESCO World Heritage Site.
- It was built during the 15th century by Rana Kumbha.

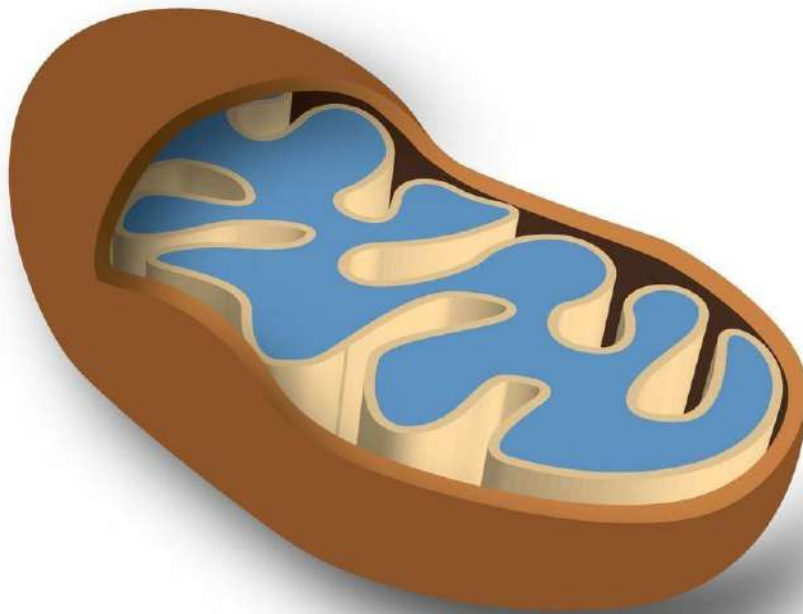
Mr. Vikram, Nursing Officer.
Dept. Of CFM



Puzzle

Rearrange the Jumbled words. Use the words in shaded boxes to build the sentence below

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



Complete the phrase below using words in shaded boxes using the clue above

*Answers will be published in the next issue

Alpavirām.... till the next issue

We hope that all of you enjoyed reading this issue. The interest and encouragement shown by you all and the contributions made towards the success of this issue deserves a big thank you from all of us.

We do not shy away from constructive criticism, rather welcome it with open arms. Anything which we can add or subtract or you think can make it better has our attention at all times.

We hope for a continued support in the form of write ups, sketches, photographs, puzzles, etc. Kindly ensure that creative material is original and in your own words. All sketches/photographs should have a title and a couple of lines explaining the image (sending in your entire folder takes away the surprise, which we certainly wish to experience the next time). As of now we are limiting it to English language only. All the written material should be in Word Doc format only. Images in jpeg and PDF.

Last date of submission (May issue): 15/4/22

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