

ĀTMAN

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VOLUME 1 ISSUE 3, MAY 2022



Essence of
AIIMS
Mangalagiri

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Dear Fellow Faculty, Students and Nursing Officers,

Finally, we all breathe easy, and there is a sense of relief that the worst of the pandemic is behind us. The transition to normalcy was marked early last month when we had two back to back events celebrating togetherness – culmination of Sports Day and Holi program. We are happy to showcase both in this edition of Atman.

“Talent wins games, but teamwork and intelligence win championships” said Michael Jordan. Nothing unites like sports nor is there a better way to learn leadership skills, graceful acceptance of both defeat and victory and team spirit.

Holi, the festival of colours marks the onset of spring. It is symbolic of burning down negativity and spreading goodwill and cheer.

When the pandemic attacked, humanity, for once, stood united in a war against this invisible enemy. Just when hard work and vaccination brought some succor all over the globe, two countries faced off in a ‘real’ war that has not only caused a humanitarian crisis but fragmented the world into opinionated groups. The images and write-ups in this volume, showing unity in diversity, are hence all the more poignant.

As we bring out this third issue, we hope we crossed the initial hiccups in editing and the errors of the previous issue are behind us. Happy reading. Feel free to share your suggestions and feedback.

Dr Deepti Vepakomma

ANNUAL SPORTS MEET 2022

February 26th to March 2nd saw the campus come alive with excitement of the sports meet. And the awards ceremony was held a few days later.

Students, nursing officers and faculty competed against each other for championship glory.

Our Director Prof. Dr Mukesh Tripathi set the finest example of sportsmanship by competing in a friendly badminton match. *Age is no barrier. It's a limitation you put on your mind said the famous athlete Jackie Joyner Kersee.*

We owe thanks to the APSP 6th Battalion for permitting us to use their ground for outdoor events like cricket, football, throwball and athletics.



Football doesn't build character, it reveals character.... Marv Levy



Arthur Ashe... “You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy”





Prizes



Paul Bryant "It's not the will to win that matters - everyone has that. It's the will to prepare to win that matters"

Congratulations ... to winners and all the participants & Cheerleaders !



HOLI CELEBRATIONS AIIMS MANGALAGIRI

RANGOSTSAV 2022



‘Holika Dahan’ - a time that marks the beginning of spring with vibrant zeal, bringing together the community for a new dawn”

On 17th March 2022, we celebrated Holi with gaiety and fervour in our campus and the day remains fresh in my mind.

Weeks before the festival of colours, there was an aura of excitement running through all the batches for the upcoming joyous event. From planning to running around getting things organized to adding finishing touches to the event, we all worked together with unity, which itself is a symbolism of Holi.

The day finally arrived..... 17th March 2022. It was a pleasant morning that started with drawing traditional colourful rangolis on the floor, followed by the much anticipated rain dance. It was the perfect combination, the touch of cool rain accompanied by friendly warmth. There was the adrenaline rush of a party, splashing and splaying of colours and dancing to beats of the DJ.

Two water tankers were provided for the rain dance which lasted us all through the fun morning. By the end of the session, everyone, was covered in pinks and yellows with tad bit of green.

After spending a good amount of time frolicking under the rain, it was time for a feast. Casual party calls for casual street food. From Chaat and Pani Puri to cold falooda, everything was lip smacking and a treat to the taste-buds.

It was then time for some rest, but the party wasn't done yet.

Everyone dressed up and gathered together at 7 PM including our esteemed faculty for the Pooja and Holika Dahan which was set alight by Dr. Sushil Sharma sir. We distributed the Prasad and marked the new beginning with the blessings of God.

We then proceeded for a night of fun!

Cultural events were performed by the students of all batches. We started off with melodious singing, followed by energetic dancing and a new trend of this 'gen', the Tik tok remixes which left the audience amazed. Students also showcased their varied musical talent.

Dinner was made special with flavoursome Biryani, Manchurian, Kheer, Ice cream etc. enjoyed by the lot. The saying goes.... "happy stomachs, happy hearts".

There were also photo booths set up, making sure it would be a picture-perfect click for the gram on the occasion of Holi.

Nothing would have been better than ending the night dancing away, which is exactly what we did. We danced till we dropped and finally said our goodbye to the extravagant and memorable day.

At this point, I would like to specially thank Dr. Rajashekar Mohan sir for his guidance and support to make this event a grand success.

**NIKHIL NAHAS
(2019 BATCH)**





Spreading the message of togetherness



STORY OF AIIMS MANGALAGIRI

The story so far has shown how brick by brick our Institution came into being. The journey continues This issue looks at the unique bond that SBI pensioners association has formed with us. They were here on 12th March to celebrate the third anniversary of commencement of our OPD services with cakes and soft drinks.



The Bond of faith, The Bond of Oneness, The Bond of Gratitude

May OUR BONDbe ANANTA and ANANDMAYII

Dear SBI Life Pensioners,

When we were just nascent and had minimal Health care service to offer, you believed in us. You were the first to believe that our Institute, our Faculty and Facilities will be one of eminence .You believed, and you became a part of our walk. It all started as one community based program, then a series of awareness camps, lifestyle modification camps, health checkups and you were the first to register in our OPD. Indeed, “The primer” initiated by you was a lady luck for us and within 3 years we have a roaring and soaring OPD. You did not bid us goodbye, instead, you have been always showering your blessings and gratitude on our Institute. Every year you bring in a festive mood and celebrate our Our OPD Birthday with those wonderful CAKES and Flower Bouquets.

“YOU HAVE TAUGHT US”

अयं बन्धुरयं नेतिगणना लघुचेतसाम् ।

उदारचरितानां तु वसुधैव कुटुम्बकम् ॥

(महोपनिषद्, अध्याय ४, श्लोक ७१)

यह अपना बन्धु है और यह अपना बन्धु नहीं है, इस तरह की गणना छोटे चित्त वाले लोग करते हैं। उदार हृदय वाले लोगों की तो (सम्पूर्ण) धरती ही परिवार है।

*‘Ayam bandhurayam neti ganana laghuchetasam,
udaracharitanam tu vasudhaiva kutumbakam’*

Who discriminate ‘This one is a friend and that one a stranger’ are people with petty minds; people with evolved consciousness embrace the entire world as their own family.

By....

Dr Desai Vidya Sripad

Addl Prof, Biochemistry

KNOW YOUR FACULTY



DR. SHREEMANTA KUMAR DASH



As General Secretary of MKCG Medical College Student Union 1992-93

Interview by Manvi Singh, 2019 batch MBBS

As a cadet in NCC

Friends call you: SKD

Place of birth: Bhanjanagar, Odisha

Schooling from: Municipality High School Courtpeta , Berhampur, Odisha

College from: + 2 From Khallikote College Berhampur. Odisha

Why did you choose medicine: Family & Friends motivated me

Your mentor in your college life : My Batchmates & Seniors



How would you describe your college life and transitions?

A journey when it started and finished, could not know. It has enriched me with lots of experience as a student, as a trainee, as a physician in my early phase of professional life.

YOUR INTERESTS:

How do you like to pass your leisure time : I have the habit of playing outdoor games especially Basket ball, Volley Ball, Badminton and love to listen old (60s-90s) Bollywood songs.

A movie that touched you : Prahaar

TV Shows that you like : All Music Channels

Do you like traveling : Yes, specially SEA BEACHES



Member of basketball team of MKCG MC

ABOUT LIFE:

Your icon / personality who inspired you: Late Gadadhar Panda (teacher in school days) and Dr. Sachidananda Mohanty (teacher during my PG and at present Medical Superintendent at AIIMS Bhubaneshwar). Both influenced me greatly, though in different ways.

Your mantra in life: Don't struggle for identity. **DO GOOD & NO HARM.**

Advice for the students: As students you have ample opportunity to explore. Don't frame yourself with a fixed idea. Enjoy life in a constructive way because **ZINDAGI NA MILEGI DOBARA**



With students during farewell at AIIMS Bhubaneshwar

SNIPPET AND SLICE OF A MEDICAL DEVICE

Lets look at the origin of some of our medical equipment and also trace the journey of devices and instruments over the ages, to the present.

This issue focuses on “Annie” in the “[THE CHRONICLES OF MEDICINE](#)”



Image:"L'Inconnue de la Seine (the Unknown Woman of the Seine)"

Have you ever wondered if medicine was always all facts and research, or are there any incredible stories and anecdotes in medicine? We present you with a series of stories and anecdotes from the history of medicine. In this edition, let's discover the story behind the face of the mannequin used for one of the most famous life-saving techniques - CPR or cardiopulmonary resuscitation.

(The story of a drowned girl by river Seine, a Norwegian toymaker, and the one and only Michael Jackson !!)

In the late 1800s, a teenage girl was found dead by the river Seine in Paris. The body showed no signs of violence, and she was thought to have drowned intentionally. One of the striking features of this girl's face was her serene expression and half-smile. Even though the body was placed on public display in a mortuary, it remained unidentified for days altogether. There were stories formed around her to explain her drowning and, most importantly, her calm expression. This expression was so mesmerizing that the pathologist who performed her autopsy decided to have a plaster death mask of her face made, which went on to be replicated and sold.

In the late 1950s, when CPR became popular, Archer Gordon of the American Heart Association and his Norwegian colleague approached the Norwegian toymaker Åsmund Lærdal. When Laerdal made the model, he felt the need for a life-like face for the same, preferably that of a woman. Then he remembered the reproduction of "L'Inconnue de la Seine (the Unknown Woman of the Seine)." He decided to use the same face for the CPR dummies. Before the CPR manikins, Laerdal had manufactured a doll named Anne, and that name stuck with the face.

This plastic dummy is the most popular training tool, and millions of people have been trained in CPR using this. It is said that Michael Jackson uses the lyrics, "Annie, are you okay?" in his song Smooth Criminal after being inspired by his own CPR Training Days, where he was trained to ask, "Annie, are you okay?"

**contributed by Manvi Singh
2019 Batch MBBS**

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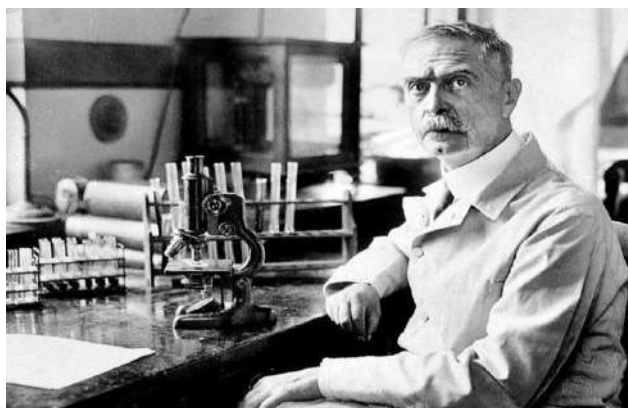
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INTELLECTION

Thoughts and ideas Expressed in prose and poetry

REMEMBERING AN EMINENT SCIENTIST AND A GREAT SOUL

Most of us might have donated blood voluntarily in nearby blood bank and might have experienced the feeling of saving someone's life and giving back to society. Few know that 14th June is celebrated as World Blood Donor's Day every year, fewer still know why. It is the birthday of **Karl Landsteiner**, The Father of Transfusion Medicine. He was an Austrian physician and immunologist, an eminent scientist who revolutionised the medical field with his research work. In recognition of his contributions, 14th June is celebrated as Blood Donor's Day worldwide.



Karl Landsteiner (Austrian-American Immunologist and Pathologist)

- **Born: 14 June 1868, Vienna, (now Austria)**
- **Died: 26 June 1943, New York, NY, USA**
- **Affiliation at the time of the award: Rockefeller Institute for Medical Research, New York, USA**

Prizes and Awards:

- **1926: Aronson Prize (prize for achievements in Microbiology and Immunology)**
- **1930: The Nobel prize in Physiology and Medicine**
- **1932: Got elected to the National Academy of Sciences**
- **1937: Awarded the Cameron Prize for therapeutics of the University of Edinburg**
- **1941: He was elected a Foreign member of the Royal Society**
- **1946: He was posthumously awarded the Lasker-DeBakey Clinical Medical research award (for public service in medical field) and had been described as the father of Transfusion Medicine**
- **2002: A 1000 Austrian Schilling note featuring Dr Karl Landsteiner (€72·7) was introduced in circulation**

1000 Schilling note featuring Dr Karl Landsteiner



- His research works and contributions:
- 1901 he published his discovery of the human ABO blood group system.
- In 1927 he discovered other blood group systems as MN (from MNS) and P system, with Philip Levine. Many blood types began to be used in solving paternity suits thereafter.
- He discovered Rhesus blood group system, in 1940 with Alexander Wiener.
- With Constantin Levaditi and Erwin Popper, he discovered the polio virus in 1909 and laid the groundwork for the development of the polio vaccine and was posthumously inducted into the Polio Hall of Fame at Georgia in 1958.
- (In 1904: with Donath he made a key contribution to the pathogenesis of paroxysmal haemoglobinuria (commonly known as PNH). In their memory the test is named as 'Donath-Landsteiner Test'.
- In 1905 he started working on syphilis and introduced dark-field microscopy for the detection of *Treponema pallidum* and extensively studied human-to-animal syphilis transmission with the ultimate goal of developing antibodies for diagnostic purposes as well as explaining immunity.
- He produced old tuberculin (*Tuberculinum prestinum*); in Catholic *St. Joannes de Deo* hospital (now MCH Westeinde) in Hague.
- He published 75 papers (of which 52 were of a serological nature, 12 dealt with bacteriology and virology, and 11 with pathological issues). In addition he did some 3,600 autopsies in his department.
- His research work is summarized in *The Specificity of Serological Reactions* 1936), a classic text that helped establish the field of immunohistochemistry and is popular among fellows in immunology as **The Bible of Immunology**.

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By Dr Anand Bodade
Asst Prof, Transfusion Medicine

THE DYNAMISM OF LIFE

dynamism /'daɪnəməɪz(ə)m/ : “the theory that phenomena of matter or mind are due to the action of forces rather than to motion or matter.”

Growing up, we've all learnt about the various states of equilibrium - static and dynamic. A circumstance where everything is in perfect harmony, stability, and balance. Even though the concept of dynamism is not well comprehended by us, we all strive for it. And, this too, is unknown to most of us -the exigency to endeavor on an optimistic path in life.

Moving onto the topic of what this article is actually about, let us first begin with our basis. All of us are made up of molecules, millions and billions of them, in a moil, to prevent the human body from falling into equilibrium. Quite weird, isn't it?. Watching our atomic depths take measures for a living, which we assume otherwise.

The simplest complicated way of expressing oneself is in the form of a chemical reaction - a journey of finding equilibrium whilst not falling into it.

Now, imagine this:

-You're on your deathbed. A subtle wind blows on your face and when you open your eyes, you are in heaven and a powerful entity is standing beside you with all these different versions of yourself. In a muddled state, you ask the powerful entity about what's happening, to which he replies as follows:

“Everyone you see here is YOU.”

“What YOU could have become if you took every opportunity I presented you with, the ones you overlooked, the ones you dithered.”

There is no valid conclusion to what our dynamism is about or what it can be related to. But there is something axiomatic that I can put out. *“Live life to the fullest”* ...Because once you fall into the counterpoise, there will be no going back.

By Srita Reddy
2nd MBBS student

INSPIRATION FROM NATURE

In this series, I will tell you short stories on inspiration from nature. These are only for entertainment and may motivate us.

Most people know about Lord Krishna and his stories; now, this is a story of a bamboo plant. Lord Krishna goes to the garden every day and spends some time with nature. One day, Lord Krishna comes to the bamboo plant and asks for its life. The bamboo plant first asks don't you have any other choice and feels terrible. Still, after Lord Krishna tells him that he needs only it, the bamboo plant agrees and says my life is yours. Then Lord Krishna cuts the plant and makes holes in it. The plant cries for every cut made on its body by Lord Krishna, but it silently bares all the pain.

After bearing so much pain, the bamboo plant was turned into a beautiful flute; and every minute, it stayed with lord Krishna. All other plants were jealous because only the flute stayed with lord Krishna every time, and no one got this opportunity. In anger, all other plants asked lord Krishna we all love you. Then why is the bamboo plant only close to you all the time? Lord Krishna replied: “ Bamboo plant surrendered to me and gave up its life because it believes in me. It suffered a lot of pain when I carved it into a flute, so it deserves to be with me all the time. “

Moral of the story :

If we put our soul into the work we do, give ourselves up for a higher cause, we may undergo a lot of pain along the way, but this finally leads to a beautiful destination that we didn't even dream about.

by Yogesh Poojari
2019 batch student

HEALTH, CULTURE AND AWARENESS



Though not talked about much, cultural factors affect health significantly. The practices pertaining to health that are acquired by a community play a major role in wellbeing and health of society.

According to WHO, “Health is a state of complete physical, mental and social well being and not merely the absence of disease and infirmity.”

According to UNESCO, Universal Declaration on Cultural diversity, “Culture should be regarded as the set of distinctive spiritual, material, intellectual and emotional features of a society or a social group. It encompasses, in addition to art and literature, lifestyles, ways of living together, value system, traditions and beliefs.”

Awareness of cultural contexts is vital in investigating the attitudes that determine the success or failure of any program or for understanding community resilience in the face of poor health and economic hardship.

Mental health, about which a lot is being discussed after Covid pandemic, is one example. Cultural beliefs and role of an individual in a joint family set up may make one reluctant to see a therapist in our Indian context. However, on the positive side of our societal set up, people always considered mind and body as interrelated and faith and spirituality as an inherent aspect contributing to mental wellbeing.

Food habits are also determined by cultural background and diet has a bearing on health

Presently the challenge is to take a systematic approach on how cultural factors affect perceptions, access and experience of health and wellbeing.

3 key ways that cultural awareness can be used in healthcare data and implementation are

- Advocacy – clarifying concepts of health in the cultural context and making a case for their importance.**
- Research –research on the influence of culture in specific public health initiatives**
- Reporting – developing a culture centered approach to reporting on wellbeing.**

“Long term health will not happen because of Medical Sciences as we know it. We have to bring a Culture of Health” – Sadhguru

**By Ms. Triveni Rane,
Nursing Officer, Pediatric Surgery**

ABHIVYAKTHI

Expression in photographs and paintings and sketches



F/5.6, 1/100sec, ISO 200.
Focal length 300mm.

Indian Giant Squirrel.

Picture taken near Thattekad Bird sanctuary in Kerala.

The **Indian giant squirrel** or **Malabar giant squirrel** (*Ratufa indica*) is a large multi-coloured tree squirrel species endemic to forests and woodlands in India. It is present in the Western and Eastern Ghats and Satpura range. One of the largest squirrels with a head-and-body length of 25–50 cm (10 in – 1ft 8in), a tail that is about the same and a weight of 1.5–2 kg although rarely up to 3 kg.



The **Indian Golden Oriole** (*Oriolus kundoo*) is a species of bird found in the Indian Subcontinent & Central Asia. It is a partial migrant. Its flight has been recorded to reach about 40 km/h.

Indian Golden Oriole

Picture taken at the foothills of Western Ghats.

1/800 f/5.6 300 mm, ISO 400

Dr Vineet Abraham,
Addl Prof, Orthopedics



Night shadowed by the lights : Mangalagiri

A view from the Mangalagiri hilltop , frame captures the lustering Mangalagiri at dusk

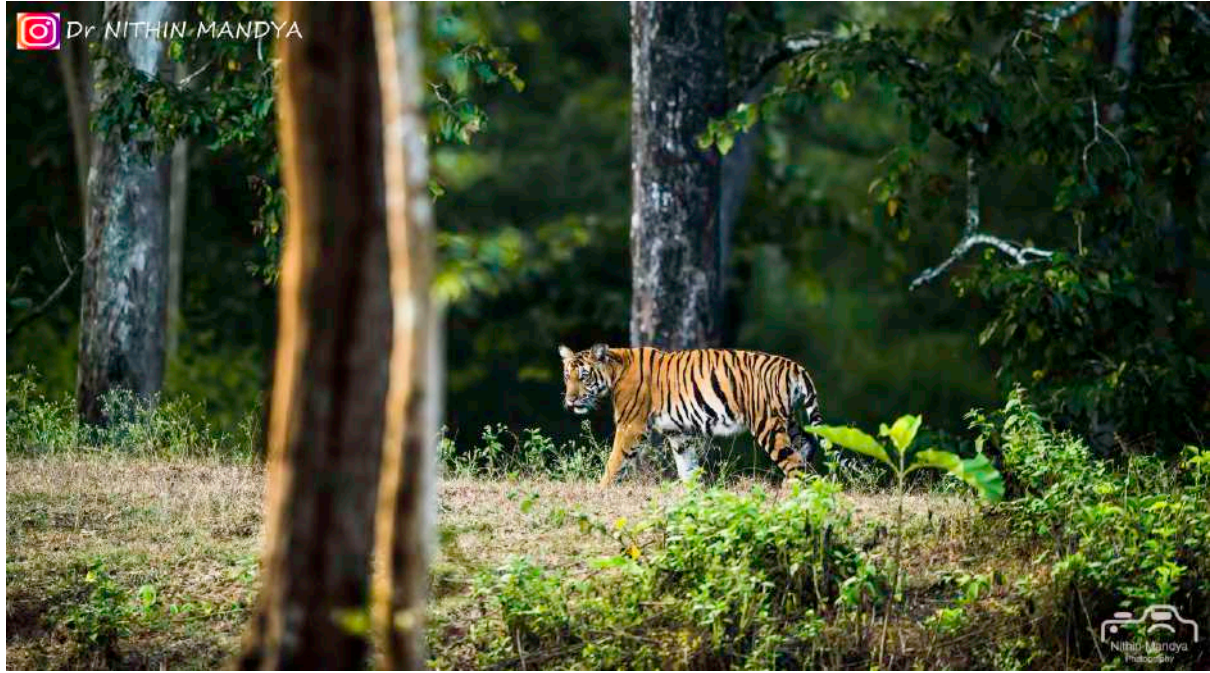
Device: Realme X7 max



Glow in the lap of Venus: The belt of Venus wrapping the sky at AIIMS Mangalagiri

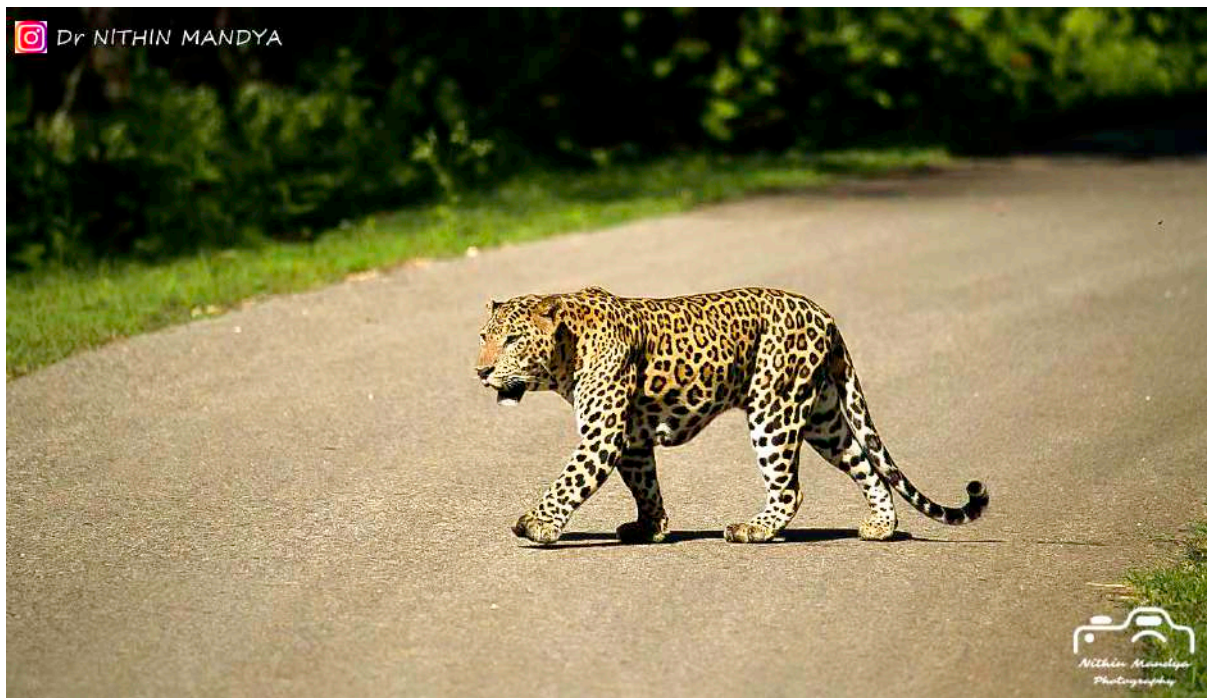
Device: Realme X7 max

Arun Kumar Sai, 2018 batch student



TIGER TANK MALE - TIGER FROM KABINI

SHOT ON NIKKON D5 WITH AF-S NIKKOR 400MM F2.8E FL ED VR - MANUAL MODE



TORN EARS (TEMPLE MALE LEOPARD) @ KABINI - KARNATAKA

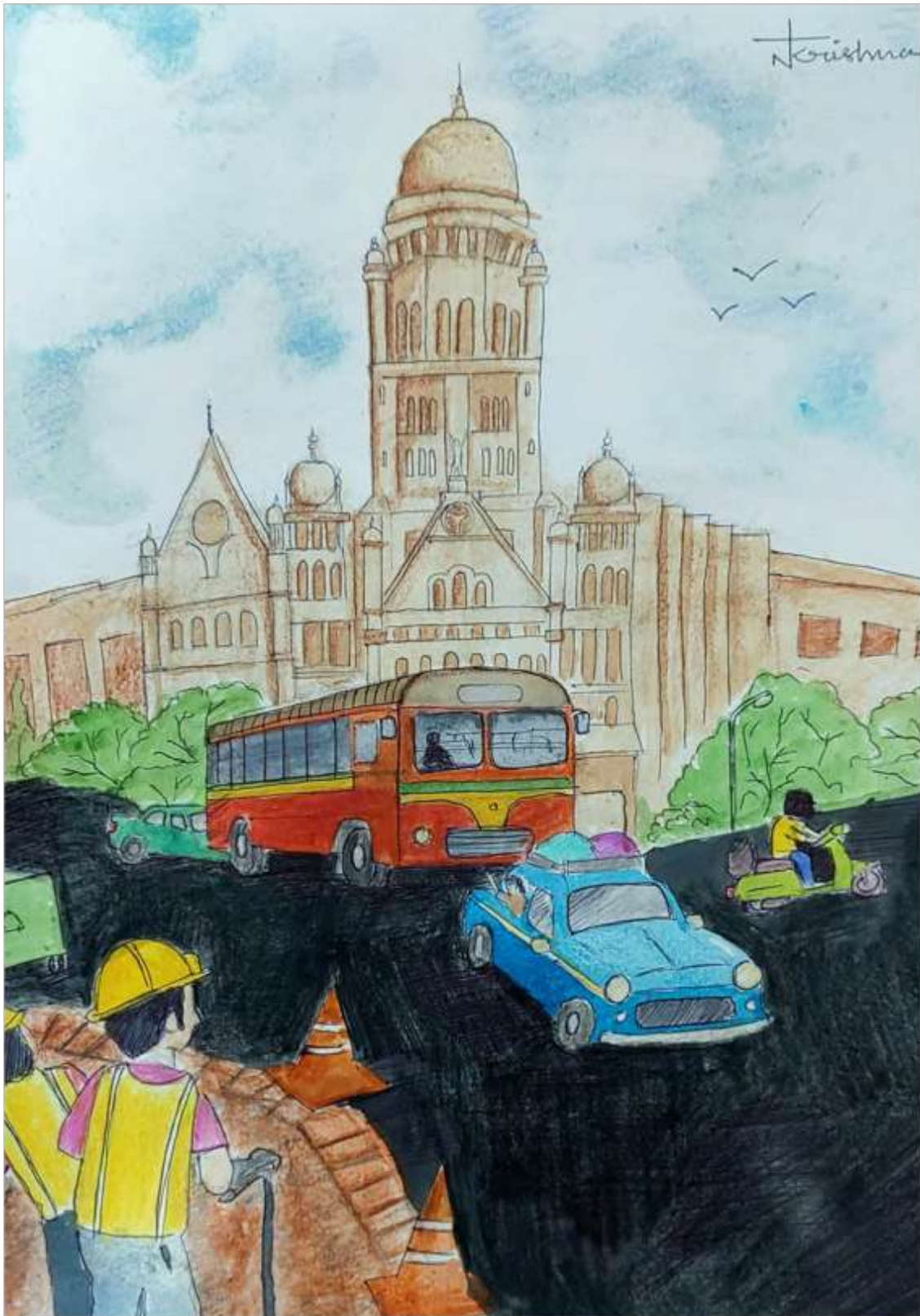
SHOT ON NIKKON D5 WITH AF-S NIKKOR 400MM F2.8E FL ED VR - MANUAL MODE

Dr M D Nithin
Addl Prof, Forensic Medicine



Sketch of Virat Kohli using dot art method by colourful sketch pens

Art by Shubham Panwar, 2019 batch student



By Nethinti Jothikrishna, 3rd semester student



By Tisha Rani, 1st MBBS Student

PRUDENCE

We have many resources in our institution – human, infrastructure and equipment.

Time and energy are spent constructively, is gratifying

WORLD ORAL HEALTH DAY – March 20th



Every year on March 20th World Oral Health Day is commemorated to raise awareness about oral health by encouraging oral hygiene, reducing risk factors for oral diseases, and increasing access to oral health services. For the years 2021-2023, the World Oral Health Day theme is 'Be Proud of Your Mouth'. To put it in another way, your oral health is priceless.

This year, Department of Dentistry celebrated this day by motivating people to take action by emphasizing on how vital a healthy mouth is for our good health and well-being. This was done by delivering educational talk, demonstrating brushing techniques, displaying demo videos and charts. There was active participation by MBBS batch 2019 and staff and faculty members of the department. We felt encouraged when the audience actively participated and interacted with us.

A bad oral health has a negative impact on glycemic control, cardiovascular health and maternal health etc., is a message we wish to convey to each and every person . So that we can prevent and intervene at an early stage itself and always Be Proud of Our Mouth.

Dr. Cheranjeevi Jayam

Dr. Swapnika Polineni

Department of Dentistry



WORLD HEARING DAY

Date: 03/03/2022

Organising Department: Department of ENT

The World Hearing Day was organised by the department of ENT on 3rd March 2022. The theme for this year was 'To hear for life, Listen with care'. Various activities were undertaken by the department to mark the occasion.

1. Awareness program by the department of ENT

Objectives:

- a. To spread awareness regarding safe ear practices and harmful effects of noise pollution
- b. To understand the importance of the newborn hearing screening and the risk factors associated with childhood deafness.

Target population:

- a. Patients and their attendants attending AIIMS Mangalagiri OPD
- b. Construction workers

Presenters:

Dr. Satvinder Singh Bakshi

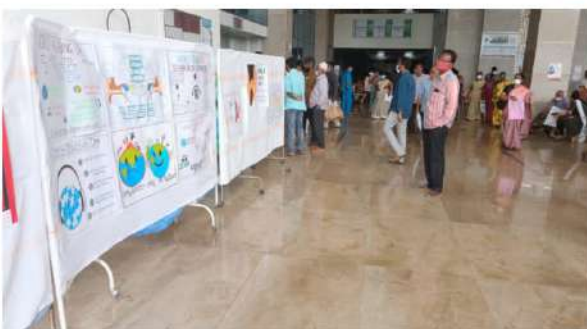
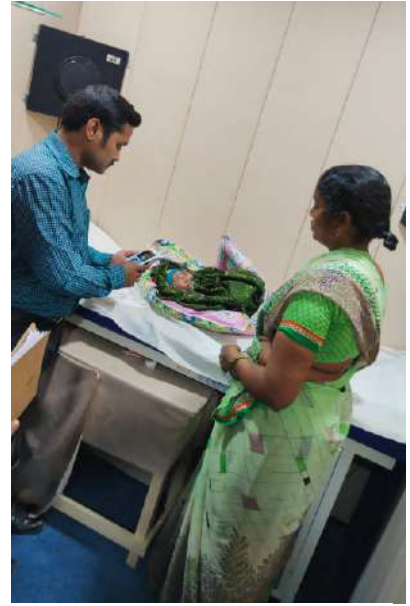
Dr. Seepana Ramesh

Dr. Soumyajit Das

Mrs Rajkumari S



2. Education material on newborn hearing screening and noise induced hearing loss were released by Honourable Director, Dr. Mukesh Tripathi in presence and Dr. Joy A Ghosal (Dean). The material will be helpful for the general public and will help raise awareness on various aspects of ear care.
3. Display of educational material prepared by medical students in the OPD reception and ENT department. The posters were informative and helped spread the message of ear care amongst the general population.
4. Display of educational material prepared by medical students in the OPD reception and ENT department. The posters were informative and helped spread the message of ear care amongst the general population.
5. Focussed audiological and otologic screening of construction workers in the ENT OPD



VISIT TO SHINE ANANDA SHARANALAYAM: A HOME FOR KIDS

Children are like a dew-drops of early mornings which have the purest and tiniest form but also the potential to glisten and glow reflecting the sunshine! That innocence, those giggles, the carefree behavior and that tap dance when there ain't any music, defines childhood. The thought of being a child again brings a smile on my face; As I cannot be "Benjamin Button", my crazy wish to be a child again is not possible in this life. But to spend some time and to etch something memorable on those amorphous sculptures I, and few others of 2018 & 19 batch of AIIMS Mangalagiri visited Shine Ananda Sharanalayam on 5th March 2022. The heartfelt welcome that we received there overwhelmed us.

Shine Ananda Sharanalayam was founded 12 years back by the parents of the present chairman Mr. D.G. Nayak with the vision to educate and empower students to fight against the evils of the society. The foundation that started with 14 children has now become a family of 40. It is a 2 storeyed well-maintained building. Ground floor has a lawn, kitchen, dining area with a smart TV to sensitize the kids about the surrounding. First floor has rooms for them to play and sleep. This place houses children ranging from 4-15 years. They get education from the nearby Government School. For the all-round development of the children foundation involves them in extracurricular activities. They take good care to mould them into responsible citizens.



We reached the place by about 5 in the evening. We were received with glistening eyes and innocent faces, longing just for cuddles and hugs. Few were asleep. At first, they were a bit hesitant in mingling but eventually they played games with us; we had a few brain teasers.

They recited poems, rattled mathematical tables along with tricks to learn them. The kids were highly energetic; many of them mimicked their favorite actor. They were very determined to achieve their dreams. Many of them said they want to serve the nation by joining the army. We also sensitized them about the 3R's of waste management. Even as we spoke about it one of them started to collect all the wrappers lying around. We felt proud to meet such a crowd.



We had collected some clothes and stationery for them. The place made me ponder..... the kids were so close to each other irrespective of their differences. Even though few of us didn't know Telegu well we felt speech was not relevant, all that was needed was the expression of love!!

Lastly , I want to tell the readers that going through the walks of life we should reach out to the people who really need us by lending a helping hand. We can bring smiles on those tiny faces by the smallest of actions. When I look back to my dream as a child, it was to help people and I firmly believe that most of us would have had that same wish. Somewhere down the lane we get so engrossed in our personal issues that we forgot we are a part of the society in which there is stratification. So, I want all of us to think in what way we can help in the betterment of the community?

“One book, one pen, one child and one teacher can change the world.”- Malala Yousafzai

By Srishti Srivastava
2019 batch student

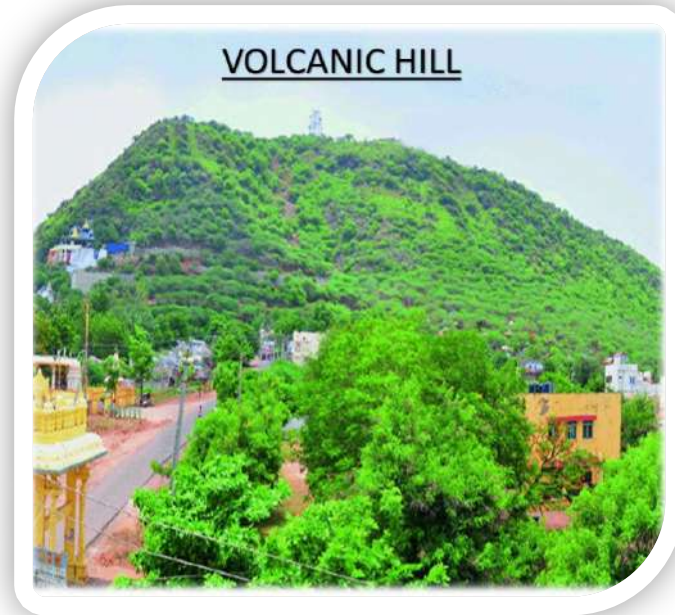
Discover Bharat ... MANGALAGIRI - HILL

We are blessed to live in a country that is never short of fascinating tales of mystery and superstitions, which when dug deep have a scientific explanation.

According to Geographical Survey of India (GSI), India has no active volcanoes. But there is one hill which could turn volcanic any day. Stories say the thing which is stopping eruption is jaggery juice.

Let us know a bit about this elephant shaped hill situated in Mangalagiri town of Guntur district in the Indian state Andhra Pradesh.

The GSI in 1880 recorded that the hills between VINUKONDA and AMARAVATI were volcanic. Mangalagiri falls under this belt yet, surprisingly there has never been any volcanic eruption till date.



Atop the hill is located an ancient temple called PANAKALA LAKSHMI NARSIMHA SWAMI. This is considered an inactive volcano.

According to traditional belief, feeding PANAKAM (Jaggery) juice keeps the volcano from erupting and it calms the Lord at the same time.

The scientific theory behind it said that the Sulphur compounds of the volcano are neutralized by the jaggery soaked water.

Even though jaggery juice is offered in large quantities to the deity, there is not a single ant found on the premises and this remains a mystery.

By Mr. Vishesh Singh
Nursing Officer, General Medicine

ANSWER KEY TO VOL 1 ISSUE 2, MARCH 2022

O	P	A	L	C	T	Y	M	S
C	Y	T	O	P	L	A	S	M

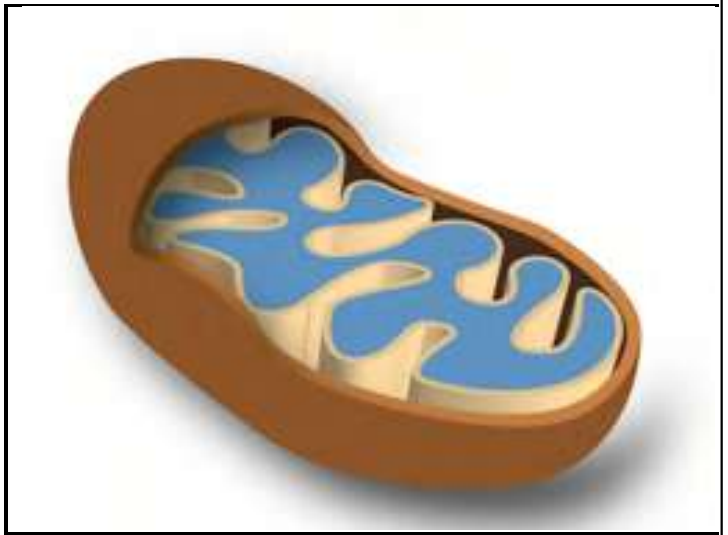
X	P	E	E	O	R	O	M	I	S
P	E	R	O	X	I	S	O	M	E

W	L	A	L	E	L	C	L
C	E	L	L	W	A	L	L

G	E	L	A	L	L	M	F	U
F	L	A	G	E	L	L	U	M

N	O	C	M	H	T	I	R	O	I	D	A
M	I	T	O	C	H	O	N	D	R	I	A

S	H	I	T	N	O	S	E
H	I	S	T	O	N	E	S



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

P	O	W	E	R		H	O	U	S	E	
O	F		T	H	E		C	E	L	L	

CROSSWORD MAY 2022 ISSUE

ACROSS

1. Lecithin
4. Test using resorcinol for ketoses
6. Anticoagulant used for complete blood picture, chelating agent
7. remains unaltered in competitive inhibition
8. Peroxisomal disorder due to abnormal alpha oxidation
11. inhibition by cyclooxygenase

12. fat soluble vitamins are absorbed along with fats incorporated in

13. equation for multimeric enzymes showing sigmoid kinetics

14. enzyme activity is measured in _____ order kinetics

15. nuclear membrane marker

16. general test for carbohydrates

19. converts retinoyl esters to retinol

21. mitochondria generates _____

24. transport-moves substrates in same direction

25. intracellular retinol binding protein

27. digests starch

29. marker for lysosome

30. night blindness

31. catalysis by _____ involves breaking a covalent bond and transition state intermediates

33. conversion of rhodopsin to opsin and all trans retinol

34. site for post translational modification of protein

DOWN

1. Variation in size and appearance of nucleus
2. Glycocalyx is seen on this side of plasma membrane
3. phospholipid in mitochondrial wall
5. carboxylase is a type of (class)
9. has protein lipid ratio of 0.23
10. non competitive inhibitors bind at site other than active site called

13. identification of a transmembrane protein uses _____ plot

14. inactive enzyme

17. storage and transport form of vitamin D

18. type of inhibition with same V_{max} and increased K_m

20. intracellular retinoic acid receptor

22. vitamin D deficiency

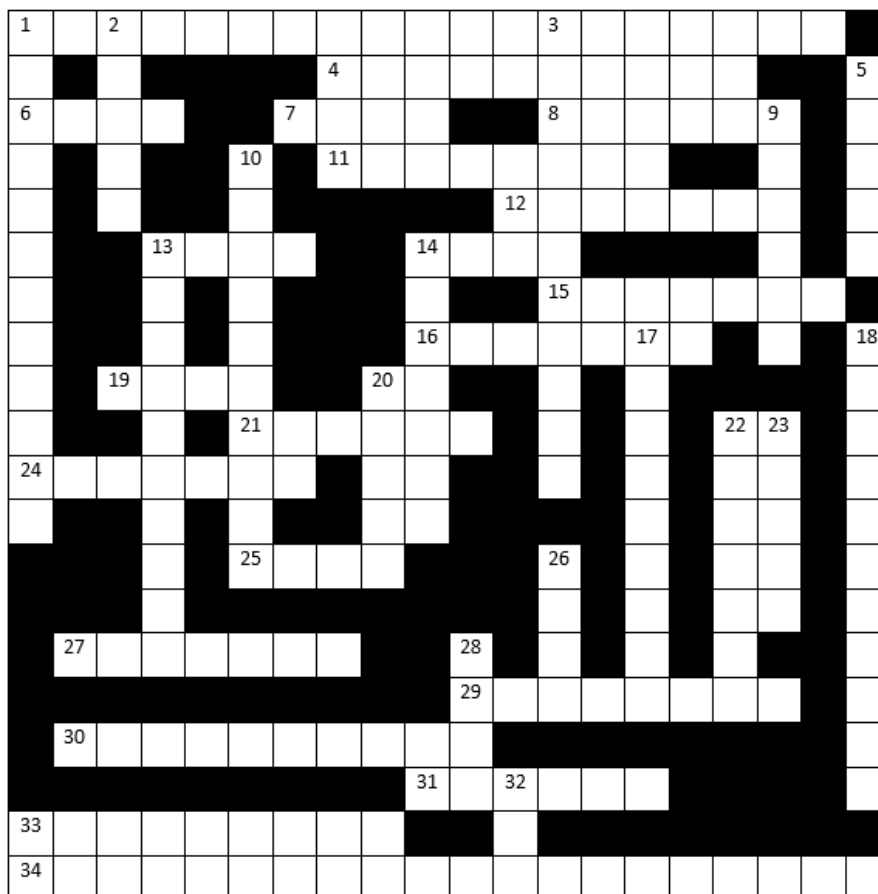
23. PTH and Vit D dependent

factor required for osteoclast activation

26. island of receptors on plasmamembrane

28. catalytic constant

32. intranuclear receptor of vitamin A forms dimer with VDR



Compiled by Dr Bari Siddiqui

ALPAVIRAAM.....

It is encouraging that colleagues, students and nursing staff continue to show enthusiasm in contributing material for our magazine.

We are happy that students have come forward to share their views and shown keen interest in being a part of the editorial team for future issues. Engaging with our youth, encouraging them and transitioning from key players to being mentors on the side is another step in the journey to building our institution.

Next issue of Atman will be out on 1st July 2022.

Contributions in the form of articles, photographs, and creative ideas to be sent to atman@aiimsmangalagiri.edu.in in word document format only.

Deadline for submission is 15th June 2022