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ĀTMAAN



Volume 2 Issue 2 March 2023

*Essence of
AIIMS
Mangalagiri*

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Editorial

Dear AIIMS Mangalagiri Family....

The theme this time is Republic day. As we bring out this issue, another commemorative day, National Science Day has just passed (28th February). This was the day Sir C V Raman discovered what came to be known as “Raman Effect”. He was awarded the Nobel Prize in Physics in 1930, even before India got its Independence. We must be very proud that we had people like Sir C V Raman or Homi Bhabha or Jagadish Chandra Bose whose contributions to the world of science are immense.

Republic day is an occasion to celebrate everything Indian and also India’s contribution to the world. India, considered a 3rd world country, proved our merit when the COVID-19 pandemic struck. From manufacturing vaccines in record time to vaccinating the highest number globally, India is now in the reckoning. We are ready to contribute to global well-being and everyone of us is endowed with opportunities to succeed. Students are at the cusp of achieving great stuff for our motherland.

International Woman’s Day is also round the corner. While the west is talking about gender equality now, our country has always accorded the greatest respect and position to women since time immemorial. The proof lies in the matriarchal societies of certain present day tribes in the North-East, Kerala and Karnataka, to name a few.

The segments like Intellection and Abhivyakti are very captivating as always.

Good luck to all our sportspersons as we have just begun our annual sports meet.

Happy reading.

-Dr Deepti Vepakomma

REPUBLIC DAY

On 26th January, 2023 the AIIMS Mangalagiri family came together to celebrate the 74th Republic Day of India with great fervour and patriotism.

The flag hoisting was done by Dr. Sreemanta Kumar Dash, Dean examinations, followed by cultural events where the students and faculty showcased their talents.





Flag Hoisting





FOUNDATION DAY

On January 24, 2023 Foundation Day was held in the auditorium. Several dignitaries attended the ceremony including Shri J. Nivas, IAS Commissioner, Health & Family Welfare Govt. of A.P. & Dr. Vemuri S. Murthy, Adjunct Faculty University of Illinois College of Medicine who delivered keynote addresses as Guests for the occasion

The event began with an inaugural ceremony followed by lamp lighting by the dignitaries. The distinguished guests delivered insightful messages on a range of topics pertaining to our institute as well as the Indian healthcare system. The cultural performances put forth by both students and staff were spectacular to

behold. Alongside individual and ensemble musical performances, there were dance performances featuring a range of styles from Rajasthani folk dance forms to Western dances.

The best security and housekeeping personnel, who work around the clock to keep our campus clean and safe, were also acknowledged during an award ceremony. All of the people in attendance had a wonderful dinner as the occasion came to a conclusion.

The evening was indeed a great one, with the whole of AIIMS Mangalagiri family as well as the guests undoubtedly contributing to make it lively and energetic.

Kalyani A P
2020 Batch

GALLERY







INTELLECTION

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

YOUR NEXT GREAT READ....

MOLECULES OF EMOTIONS

Why do we feel the way we feel? How do our thoughts and emotions affect our health? Are our bodies and minds distinct from each other or do they function together as parts of an interconnected system?

In her groundbreaking book *Molecules of Emotion*, Candace Pert provides startling and decisive answers to these and other challenging questions that scientists and philosophers have pondered for centuries.

Pert's long career mapped mysterious connections between the mind and the body despite serious pushback from the scientific community. Blending elements of memoir, neuroscience, and alternative wellness, Pert makes the case for how biochemicals and emotions interact to create human consciousness.

Later, a growing interest in alternative medicine and a budding professional relationship with Deepak Chopra, Pert's career through the 1990s focused more on wellness and holistic medicine instead of scientific research.

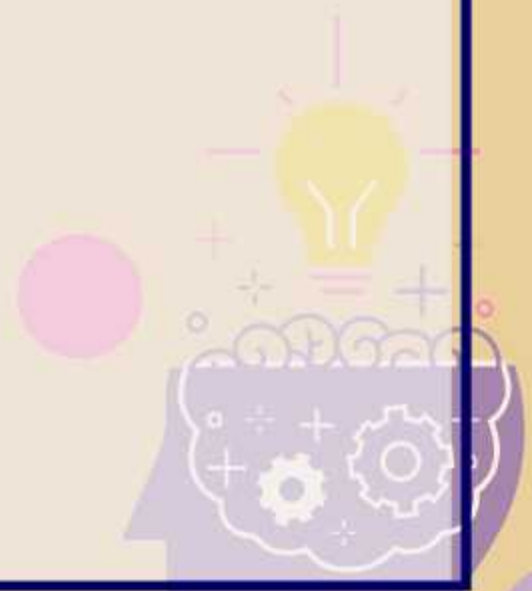
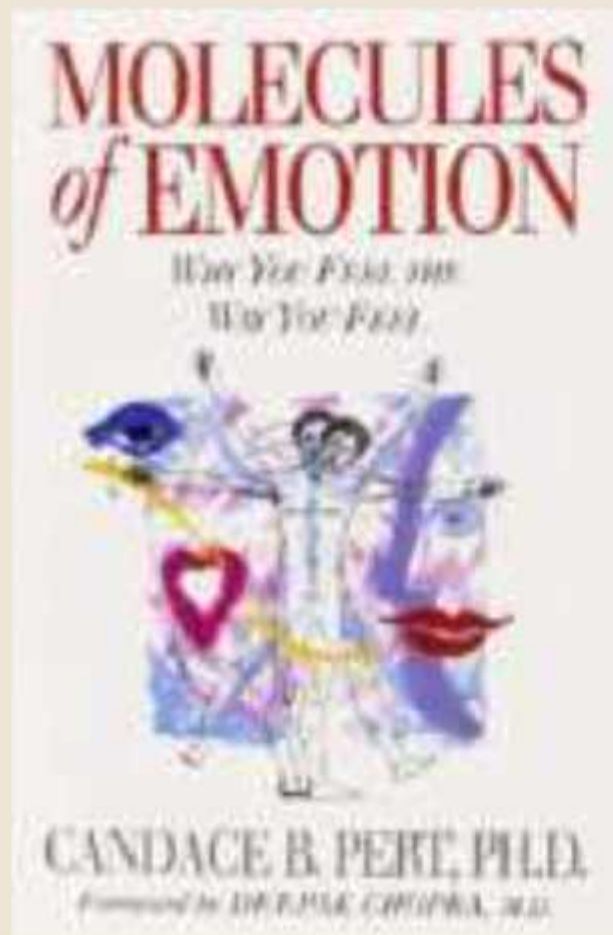
Be it the journey of discovering receptors in the brain or elements of luck and timing playing a major role or narrating an incident of being caught up in a controversy or discussing about eastern medicine including acupuncture, yoga, Ayurveda and Shamans, the book has got you covered to make it an exciting read.

A few key insights from this book are

- The mind and body are deeply interconnected.
- Science as a discipline is enormously sexist.
- Science as it's practiced in the lab is one thing. How that research is presented to the world is another.
- The competitive way in which science is practiced stymies collaboration.
- Intuition is a useful tool for scientific researchers.
- Science research facilities often have toxic hierarchies.

All in all, it would be a great and a refreshing read while still gaining insights in the field that we all have chosen - medicine.

— Nandana Hegde
2021 batch



Crimson Love

“The water is too deep Maa”
I drifted away from the cold blue water,
“Put your feet in and you will see”
She pushed me towards them, rather.
I oscillate back and forth a couple of times
She stood there with no hesitation, however.
I plunge myself in, reach the surface again
And scream, “I should stay here forever!”

“I can't live here a moment longer, Maa”
I tell her in a twisted whisper.
A bruised soul, with a golden cover
I don't usually, but now I stutter.
“Let me heal you, with love gentle”
I could feel her heart whisper.
She pushed me then to skies white
My wings of silver started to flutter.

“I am tired Maa, just hold me close”
I wish I could tell what made me bother.
I sleep in black, and wake in yellow
My anxiety on her lap, I heard it scutter.
Her love crimson, heard the unsaid,
In a world full, with empty matter.
Am I turning gray, with fading colors?
She taught me love, I fail to remember.



-Manavi Singh
2019 Batch

INTERNATIONAL

WOMEN'S
DAY

8TH MARCH

INDIA'S FIRST



Dr. Kadambini Ganguly

18 July 1861– 3 October 1923

“Do you know or could tell me anything about Mrs Ganguly, or give me any advice? She has already passed what is called the first licentiate in medicine and surgery examinations and is to go up for the final examination in March next. This young lady, Mrs. Ganguly, married after she made up her mind to become a doctor and has had one, if not two children since. But she was absent only thirteen days for her lying-in and did not miss, I believe, a single lecture!”

These were the words written by Florence Nightingale on a letter to a friend in 1888.

So who is Mrs Kadambani Ganguly? She was a woman who broke stereotypes, fought oppression and became an inspiration to us all. A woman who was born at a time when British still ruled India. A time when women were still bound by the shackles of child marriage and Sati. A time when women were denied even basic education. Then how did this woman go on and became a physician?

She was born in 1861 as Kadambini Bose in the village of Bhagalpur, in Bengal presidency (modern day Bihar). Her father Brajakishore Bose, was a school headmaster, a renowned Bramho Samaj follower and the founder of Bhagalpur Mahila Samiti, which was India's first women's right organisation. He fought against the societal norms and enrolled Kadambini in Bethune School for girls in Calcutta where she got her English education.

After completing her schooling, Kadambini appeared for the University of Calcutta entrance exam and became the first woman to pass the exam in 1878. But there were no colleges for women in Bengal Presidency at that time, so Bethune School become Bethune College and opened its first ever graduation course for Fine Arts and Kadambini became its first student. Kadambani graduated alongside Chandramukhi Basu in 1883 and they became the first women to achieve the feat.

Later she married Dwarkanath Ganguly, her mentor from Bethune School. A marriage that was opposed by many as Ganguly was a widower and 17 years older than her.

Even after her marriage, Kadambini didn't stop her studies and decided to become a doctor. Brought up seeing, women dying from childbirth and lack of women doctors to help them, she was ready to bring a change. But again there were hurdles to cross. Since Calcutta Medical College didn't allow women students, Dwarkanath and Kadambini raised their voices, fought against the authorities and Kadambini became the first women student of Calcutta Medical College. In 1886, she received the Graduate of Bengal Medical College and became the first women to do so.

Later on Kadambini travelled overseas for higher education. She was awarded the Triple Diplomas of Scottish College after training in Dublin, Glasgow, and Edinburgh. She specialised in gynaecology and paediatrics. After returning to India, she joined Lady Dufferin Victoria Hospital in India and was appointed as a Senior Doctor.

But Ganguly's fight didn't end there, like her father and husband, she was a reformer who fought for the rights of women coal miners, supported Satyagrah and served as the President of Transvaal Indian Association which fought for the rights of Indian workers in South Africa. She treated women of upper and lower castes alike, including sex workers. She also was the first woman to give a lecture in English in the 1890 session of Indian National Congress in Calcutta. It was her fiery speech at Medical conference of 1915 that led the authorities of Calcutta Medical College to open their doors for all women students.

Kadambini was a philanthropist, a social worker and a great doctor who served humanity until her last day. At the age of 63 in 1923, she successfully treated a patient and died of heart attack later that night.

Kadambini Ganguly carved her own path and never let the patriarchy smash her dreams.

Kirtika Jakhar
2021 Batch

Reference:

1. <https://www.thequint.com/neon/gender/she-the-first-how-dr-kadambini-ganguly-defeated-odds-to-practise-medicine>

Surviving Student Syndrome

HISTORY AND BACKGROUND

Procrastination is something that we all are guilty of, ever since the beginning of our student lives. But what makes procrastination so special for medicos is how often we do it compared to other courses; which totally makes sense if you think about how our course is exponentially larger, more voluminous and extremely demanding on us as compared to all the others. Well, there's a beautiful term to describe this scourge and that term is Student Syndrome.

DEFINITION AND SUSCEPTABLE POPULATION

Student Syndrome is basically the condition where one delays all essential tasks and projects upto the point where they cannot be postponed any further and the deadline is literally one day away. Although the terminology is pretty often confused with other quirky and whimsical conditions that affect medicos, such as Medical Student's Syndrome and Senioritis, this one deals with the issue of procrastination, the most dangerous forms of which are the ones

that go unnoticed by for so long that they are officially out of hand and all that there is left is regret and remorse of not taking action when we had the chance.

It commonly affects medicos and to be honest, those involved in this strenuous field of medicine are so used to it by now that it's no longer something new and rather a way of life. Believe it or not those of us who work miraculously better under pressure actually prefer to do things this way. And as absurd as it may sound, there's no denying the fact that this contorted way of getting things done somehow still works in the end but comes at a price.

So, although as medicos most of us have come to terms with the fact that finding balance is impossible in this field, we might as well accept the fact that some tasks and events have to be delayed and sacrificed whether we like it or not. Honestly, the longer we stay in this course the easier it becomes to come to terms with it. The trick lies in identifying which ones to delay and which ones to not.

SYMPTOMS AND PATHOGNOMIC FEATURES

- 1) Feelings of being stuck, trapped and lost in this course and having no idea of where your life is or where you're going.
- 2) Regret over poor performances and missed opportunities and the constant false reassurance to yourself that you'll study or work better this semester (or next semester, or the next one, or the one after that and so on.....)
- 3) Exhaustion, dangerous lack of sleep and a completely messed up sleep-wake schedule. (Because of staying awake all night or multiple nights before the exam or the deadline)
- 4) Generalized feelings of dissatisfaction with oneself, inability to prioritize and segregate important tasks from less important ones.



PATHOPHYSIOLOGY AND UNDERLYING CAUSES

The conditions which cause one to develop procrastination include

- 1) Lack of motivation (most common)
- 2) Vague goals or absence of concrete goals.
- 3) Psychological obstacles such as anxiety over how to proceed with the task, fear of the outcome or result, fear of failure and fear of being ridiculed or rejected by one's colleagues or classmates. (most dangerous)

TREATMENT AND MANAGEMENT

You need to perform the following exercises as part of your anti-procrastination therapy

- 1) Written goal setting
Several studies and research projects suggest that you are 42% more likely to achieve your goals just by writing them down in a prominent place
- 2) Break down each task into smaller achievable steps and add the newer steps as you keep going to maintain a sequence of action.

3)Assign yourself your own self-deadlines and stick to them at all costs.

4)Changing your environment and using a quiet place like a library or a classroom will help immensely in avoiding distractions.

5)Most importantly , don't get discouraged when you're unable to achieve everything you wanted. The most important steps are the little ones and the most important technique is to keep taking those little steps continuously and consistently making progress.

ADVICE TO PATIENTS

Focus on the final outcome and not on the obstacles that prevent you from reaching it. The only obstacle is getting started on your journey and the moment you clear that one the journey becomes possible.

Remember to reward yourself after tiny wins and appreciate yourself for the progress that you have made so far.

It doesn't matter how little the progress is but make sure to reward yourself by the end of it.

"A year from now you're gonna look back and wish you would have started today".

-Karen Lamb

Eventually you'll make it but whatever it is you're trying to achieve, have the courage and willpower to start today.

Or if you're feeling really fired up by the end of this article, start right now!

P. V. Vignesh Verma
2020 Batch



KNOW YOUR FACULTY



Dr. Nithin Mandya

DEPARTMENT OF FMT

CAN YOU TELL US A BIT ABOUT YOURSELF?

I was born on December 4th in Mandya, Karnataka. I did my schooling in Carmel Convent until the 7th standard and 8th to 10th in St. John's Boys school. I then did my UG in Adichunchanagiri Institute of Medical Sciences, Karnataka and my PG in JSS Medical College, Mysore followed by PhD in JSS University.

I'm married to Swetha and we have 2 daughters, Tanusha and Trisha.

WHAT ARE SOME MEMORABLE MOMENTS FROM YOUR MBBS LIFE?

One can write a whole book, maybe even an encyclopedia, on my experiences from 1st year to final year! My friends Dr.Sanjay, Dr.Avinash and I were very mischievous and notorious. The best experience is when we hosted "Kala Sangamam" which was the college fest. I took charge of that for almost 5 years, even when I was in 1st year. We had a fashion show inspired by the typical south Indian farming style which became a huge hit. People from the surrounding 40 villages or so came to see it!

WHAT MADE YOU LEAN TOWARDS MEDICINE AND FORENSIC MEDICINE?

Initially I was more interested in aeronautical engineering. I got a seat in both medical as well as engineering college. For the first 3 months of my early college days I went to engineering college but my father insisted that I should opt

for medicine instead. My family is full of advocates and I am the only one who became a doctor. I wanted to go more into depth after seeing what they did, so I chose FMT.

DID YOU FACE ANY ISSUES WHEN SHIFTING FROM ONE STATE TO ANOTHER?

Absolutely not. Language was a bit of a barrier which I managed to learn. One issue I face is the weather, especially in the summer. For nearly 3 to 4 months I didn't come out of the house even at night time! The food also, it's too spicy! I have never experienced this level of spice in my life.

WHAT WOULD YOU SAY YOUR STRENGTHS AND WEAKNESSES ARE?

My strength is my family. I probably don't have any weaknesses till date, but I used to be very scared of snakes! So I went to a snake catcher called snake Sham and I voluntarily spent half an hour with some non-poisonous snakes. That was the only fear I had which I managed to overcome.

WHAT DOES THE TATTOO ON YOUR ARM MEAN?

It means Sagittarius in Chinese.

IF YOU'RE HAVING A BAD DAY, WHAT DO YOU DO?

Usually, I wake up with a smile everyday. Nobody can influence my life and make it into a bad one. If it's really that bad, I just sleep. I don't worry about it and just take a break to sleep.

WHAT IS THE MOST ADVENTUROUS THING YOU HAVE DONE?

Scuba diving in Andamans (Havloc Island) was awesome! It was the most beautiful experience of my life!

YOUR DREAM VACATION DESTINATION

I would love to go to Switzerland, I've never been there.

AN UNFORGETTABLE MOMENT IN YOUR LIFE.

One of my friends, Dr. Manoj, took me into the wild once. We went on a private safari where they take you into the deepest parts of the jungle in a jeep. On the very first safari, I happened to see 4 tigers and 2 leopards. One leopard literally walked right in front of us! Seeing wildlife in the wild is a completely different experience.

IF YOU COULD GO BACK IN TIME, WHAT WOULD YOU DO?

I would go back to 1985 and bring back my mother. Nothing else, God has given me everything.

WHAT IS YOUR SECRET TO SUCCESS?

Work hard. Maintain consistency. Never ever give up. Hard work pays off one day.

ANY EXPERIENCES FROM YOUR PREVIOUS INSTITUTES?

I was sent by the previous institute to bring Abdul Kalam sir for the 1st convocation that they had. I

accompanied him from Delhi to Bangalore to Mysore and was with him for about 3 days. Amazing personality, he was very much interested in research. He was a very humble person. I was very lucky to meet him and interact with him

ANY ADVICE THAT YOU WOULD LIKE TO GIVE STUDENTS?

Enjoy your life, live your life and never give up, no matter what.

GALLERY





CHRONICLES OF MEDICINE

A Tale of Two Staffs

Symbolism is an inherent nature of life. We try to associate most things with a symbol. This goes for the medical fraternity too. There is an almost universal symbol of the medical fraternity too. A rod with snake(s). But I say 'almost' because a common confusion is in the number of snakes. Was it one snake or two?

To clear the confusion, the symbol is the Rod of Asclepius - single staff with a single snake. Not one staff with two snakes. Not two staff with one snake. No other permutation or combination. Asclepius was the Greek God of healing, and thus the rod. The use of this dates back to more than 500 years. And fans of preventive medicine must surely be aware of his daughters, Hygiea and Panacea.

But you might wonder, you have seen the staff with two snakes in a variety of places. So what is that?

Well, the other one, often mistaken for the symbol, is the Caduceus. A symbol which was used by thieves/pirates at some point of time, and to be later taken up by merchants.

However, when the US Army Medical Corps 'accidentally' used the Caduceus, it ignited a sequence of confusions. Many organizations, following them, started using it. Even today, almost a third of medical professionals use Caduceus. However, more than three quarters of Merchant Associations use Caduceus, thus the confusion is not as much the other way.
(1)

While, be it Asclepius or Caduceus of Hermes, it definitely does not alter the way we treat our patients and their outlook towards us. The meanings too have redefined themselves over time. As long as the Caduceus does not label us as Merchants (of Death), I guess we are good to go. However, hopefully, the next time

one of us is designing a logo, we keep the difference in mind.

Manavi Singh
2019 Batch

References:

1. Prakash M, Johnny JC. Things you don't learn in medical school: Caduceus. *J Pharm Bioallied Sci.* 2015;7(Suppl 1):S49-S50. doi:10.4103/0975-7406.155794



Abhivryakti

"OUR COLLEGE GARDEN"



VINAKOTI RAM THARANG
2022 Batch

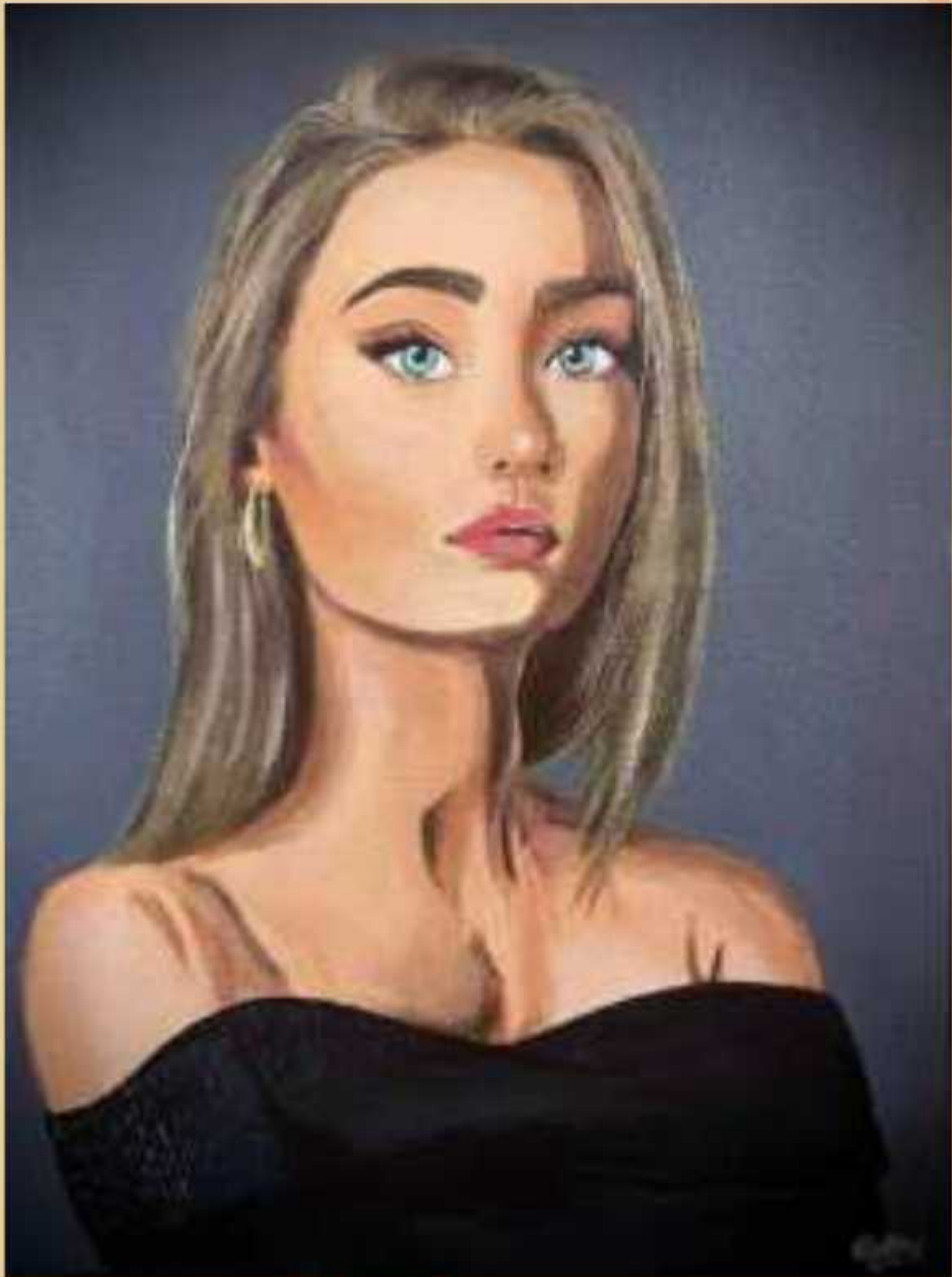


Jency A,
Nursing officer



With deep roots, even a single grass strand can fight the winds and keep its head held high...

Myneni Bharani Sree,
2021 Batch



'Caelestis'

Karri Madhumitha
2021 Batch



Appam Abhiram
2021 Batch



G.Sri Varshini
2021 Batch



Lakshmi Sanjana Botta
2022 Batch



TORN EARS (TEMPLE MALE LEOPARD)
SHOT ON NIKON D5 WITH AF-S NIKKOR 400MM F2.8E FL ED VR
SHUTTER 1/1250 SEC - MANUAL MODE



TIGERS FROM KABINI
SHOT ON NIKON D5 WITH AF-S NIKKOR 400MM F2.8E FL ED VR
SHUTTER 1/1250 SEC - MANUAL MODE

Dr M.D.NITHIN
Department of FMT



This photo is taken from highest peak of Srisailam located at a height of 2830 feet above the mean sea level and at about 8 km from the main temple. There is a temple in ancient stone structure dedicated to Sri Veera Shikara Swamy, also known as Sikhaheswara Swamy. In the year 1398 AD, Reddi Kings constructed a flight of steps to this temple and also a Pushkarini (Water Tank) at this place. This spot gives a magnificent view of the entire Srisailam Temple including the River Krishna.

Mr .Rajendra Kumar Prajapat
Aarogyashri ward Incharge.

New Year 2023 Celebrated at (5th floor IPD Block -B) Aarogyashri ward with the Blessing of our Honorable Chief Nursing officer Dr R Danashu and with staff.



Mr.Rajendra Kumar Prajapat
Aarogyashri ward Incharge

DISHA- WHAT AFTER MBBS?



This column will introduce to the readers the beauty of the various branches of the tree that is Medicine. Now, let us take a sneak peek into the Department of DERMATOLOGY.





Department of DERMATOLOGY

- **How did you realize your passion lies in derma?**

During my MBBS days, I was inclined towards medicine than surgery. I found dermatology to be particularly interesting because dermatologists can simply observe their patients and come to a diagnosis without performing much physical examination. Most of the clues regarding physical and mental health are reflected on the skin of the patient.

- **What advice do you give your students regarding academics?**

Firstly, attend dermatology postings regularly! Medicine demands a lot of effort and it is essential for a student to be patient and trust the process.

- **What was your first research experience like?**

My first research experience was when I got my MD thesis published. I love writing and I was blessed with mentors who guided and encouraged me.

- **What are the challenges?**

Well, patients generally expect their condition to get resolved within a few weeks but dermatologists generally receive chronic cases that require multiple visits to monitor the patient's progress- this demands a lot of patience. Convincing the patient to be compliant and place their trust in the clinician during the process is another challenge.

- **For whom is this an ideal branch?**

Dermatology is more of a medical branch than a surgical one and is ideal for those who desire work life balance while also getting to interact with patients. In the recent past however, dermatosurgery is also gaining traction.

- **Could you tell us about an interesting case you came across in your practice?**

I once came across a case of Diogenes syndrome. An old lady noticed a growing lump on her breast but instead of reaching out she isolated herself from her family members and loved ones and went into a phase of self neglect due to which she stopped washing her face. When she was finally brought to the OPD we washed out the crust with saline compressors after which she became normal. This case taught me how psychological problems also tend to reflect on a patient's skin.


-Interview by

Nandana Hegde, Aradhya Jain & Deeksha Ingole
2021 batch





PRUDENCE



TIME, ENERGY AND RESOURCES ARE SPENT IN OUR CONSTANT ENDEAVOUR TO ENHANCE PATIENT CARE AND IMPROVE ACADEMICS, BRIGHTEN OUR CAMPUS AND HELP THE COMMUNITY AROUND. THIS SEGMENT WILL SHOWCASE SUCH EVENTS THAT TRANSPIRED IN THE PRECEDING MONTHS.



Report on CNE

“Critical Care Nursing- Exploring The Advancements And Challenges”

Department of Nursing and Mangalagiri AIIMS Nursing Officer's Association (MANA) organized their first CNE on the topic -“Critical Care Nursing- Exploring the advancements and challenges” on 11th December 2022 at Auditorium, AIIMS, Mangalagiri. The program was graced by the presence of our honorable chief guest Prof (Dr.) Mukesh Tripathi, Director and CEO, AIIMS, Mangalagiri. Other respected dignitaries from the institute; Prof (Dr.) Joy A Ghoshal, Dean Academics, Prof (Dr.) Deepti Vepakomma, Dean Research, Prof (Dr.) Shreemanta Kumar Dash, Dean Examination, Dr. Vineet Thomas Abraham, Medical Superintendent, Prof (Dr.) Desu Ramamohan, Joint Medical Superintendent, organizing chairperson Dr. Danasu R, Principal and CNO, College of Nursing, and respected Senior Nursing Officers Mr. Dhanasekar VM and Mr. Seetharamanjaneyulu also honored the occasion with their presence.

The program started with a prayer song and lamp lighting by the dignitaries. Welcome speech was delivered by Mr. Arvind Joshi, President, MANA followed by unveiling of the theme of the program by Dr. Danasu R. Later, Dignitaries expressed their views on the importance of critical care nursing. All the dignitaries were felicitated with moments as token of appreciation followed by the National Anthem.

The first speaker of the session Dr. Sridhar A, Assistant Professor, Dept of General Medicine, Enlightened upon the assessment of the critically ill patients, from there on Role of nutrition in these patients by Dr. Ghansham Biyani, Associate Professor, Dept of Anesthesiology. Role of Nurse in infection control was told by Dr. Vasudha CL, Associate Professor, Dept of Microbiology.

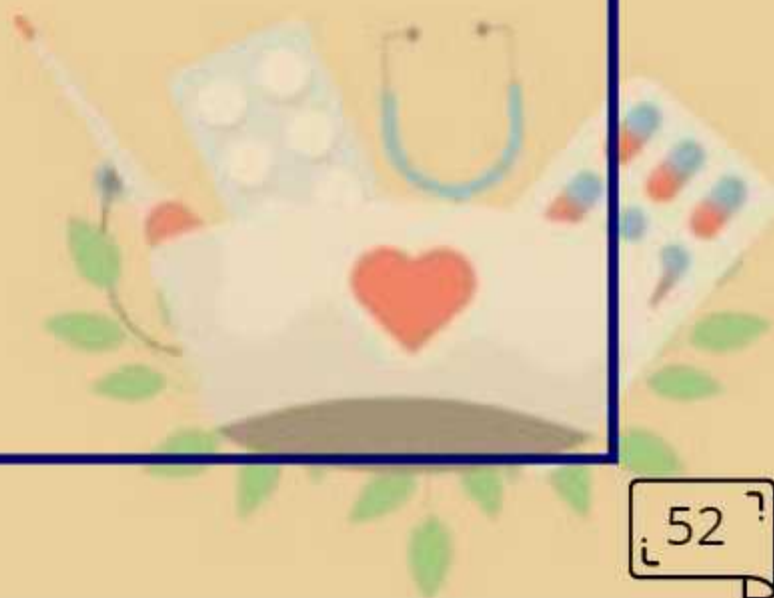
Documentation, ethics and legal considerations was dealt by Dr. Shreemanta Kumar Dash, Prof and Head, Dept of Forensic Medicine & Toxicology and the last session was taken by Mr. G Harsha, General Secretary MANA about the quality indicators in nursing.

Hands on training session was started after lunch where the participants were trained in groups as followed;

WORK-STATION	TOPICS	TRAINERS
I	Care of invasive lines; handling and technique	<ul style="list-style-type: none"> • Dr. Rajasekhar M, Senior Resident, Dept of Anesthesiology • Dr. K Deepthi, Senior Resident, Dept of Trauma and Emergency Medicine
II	Airway Management and care	<ul style="list-style-type: none"> • Dr. Samarjit Dey, Associate Professor, Dept of Anesthesiology • Dr. Eeshwar MV, Assistant Professor, Dept of Anesthesiology • Dr. Sai Roopa, Senior Resident, Dept of Anesthesiology • Dr. Jyotsna, Senior Resident, Dept of Anesthesiology

WORK-STATION	TOPICS	TRAINERS
III	Hemodynamic monitoring: set up and monitoring	<ul style="list-style-type: none"> • Dr. Ghansham Biyani, Associate Professor, Dept of Anesthesiology • Dr. Harideep, Assistant Professor, Dept of Trauma and Emergency Medicine
IV	Critical care bundles (CAUTI, VAP etc.)	<ul style="list-style-type: none"> • Dr. Sunit Kumar Gupta, Assistant Professor, Dept of Anesthesiology • Dr. Nidhima Aggarwal, Assistant Professor, Dept of Microbiology

All the resource persons were felicitated with mementos & certificates were given to all the delegates. The program ended with vote of thanks by Mr. G Harsha, Organizing Secretary.



GALLERY







DHANVANTARI

Gardening is indeed a favorite pastime for us. With our busy and concrete lifestyle, gardening is the only way that keeps us connected to mother nature. It gives us immense joy, as we can see the shrubs and flowers growing right from their tender stage till it completely shoots and lush into their green life. Gardening keeps our daily life fresh, watering the plants, nurturing them, cleaning them all gives us sense of freshness and calmness in our mind.

To cultivate the concept of gardening in everyone of us, We, the members of the S&E club along with faculty members with support from the horticulture team, initiated DHANVANTARI, a herbal garden, beside AYUSH block in our campus, on the 29th of october 2022 . We all participated actively in planting the herbs. Initially the garden is designed into different splits, where we planted herbs of different types in a pattern so that it appears organised. It being not just aesthetic, but also of medicinal importance.

We thank everyone who ever took part in this herbal garden initiative.

*The glory of gardening:
Hands in the dirt, head in the sun, heart with
nature. To nurture a garden is to feed not just
the body, but the soul.*

- Alfred Austin

V.Viswas Varma
2021 Batch

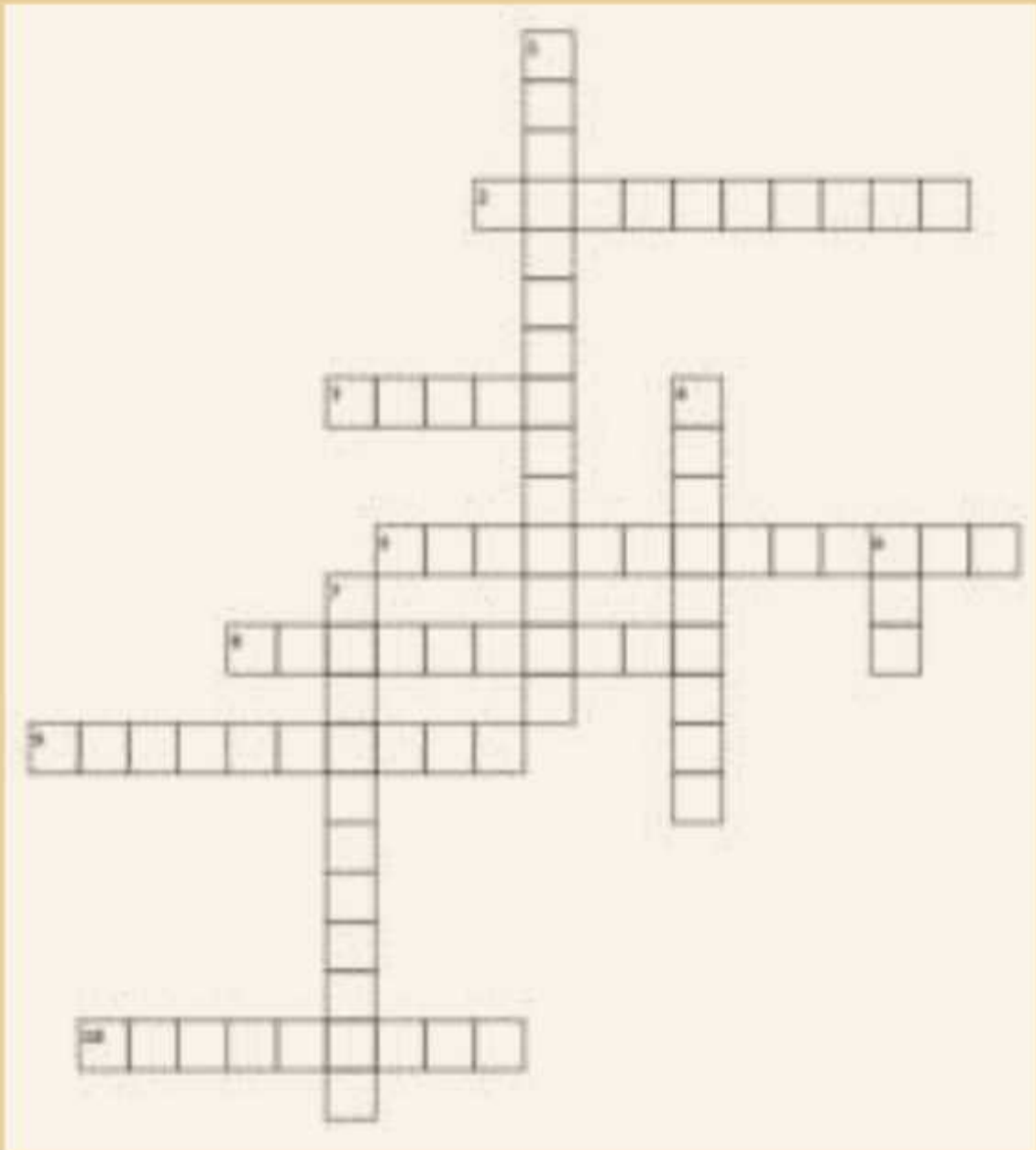


Gallery





CROSSWORD PUZZLE



CROSSWORD PUZZLE

ACROSS

2. Name the only Player to have played 15 Seasons for the same franchise (10)
3. Where is the ICC Head Quarters Located at? (5)
5. The Batsman with the highest test average (13)
8. Against whom did AB Devilliers hit the fastest ODI hundred.(10)
9. An Australian legendary bowler who recently died of a heart attack.(10)
10. A bowler who took 10 wickets against India in a test innings.(9)

DOWN

1. The Batsman who has been the Number 1 ODI Batsman for the longest consecutive period (14)
4. The Stadium where India won Champion's Trophy 2013 (9)
6. The custodian of the law of cricket.(3)
7. Who has hit the highest score on their maiden ODI hundred

Atharvon & Nandana
2021 Batch



Upcoming Events



KREEDOTSAV 2023

2ND EDITION
ANNUAL SPORTS MEET



“ Lets Celebrate the Spirit
of Sports at AIIMS
Mangalagiri ”



DEBATE

STUDENT DEBATE COMPETITION



*Speech is power: speech is
to persuade, to convert,
to compel.*

-Ralph Waldo Emerson

**COMING
SOON!!**

- OUR TEAM -

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Ātman

While we take a pause here, we hope the readers of Ātman found this issue an interesting read. We would be glad to hear from you about the same.

The balance that comes to a man's life in his acquaintance with books, is unparalleled. Thus, to celebrate this journey of humans and books, the next issue of Ātman will be a Literary special issue. We look forward to your accounts of your favorite books, favorite character or maybe open letters to your favorite characters too.

Meanwhile, we do await the routine articles which make Ātman lively.

Until then, Happy Reading.
Happy Holi

- Team Ātman