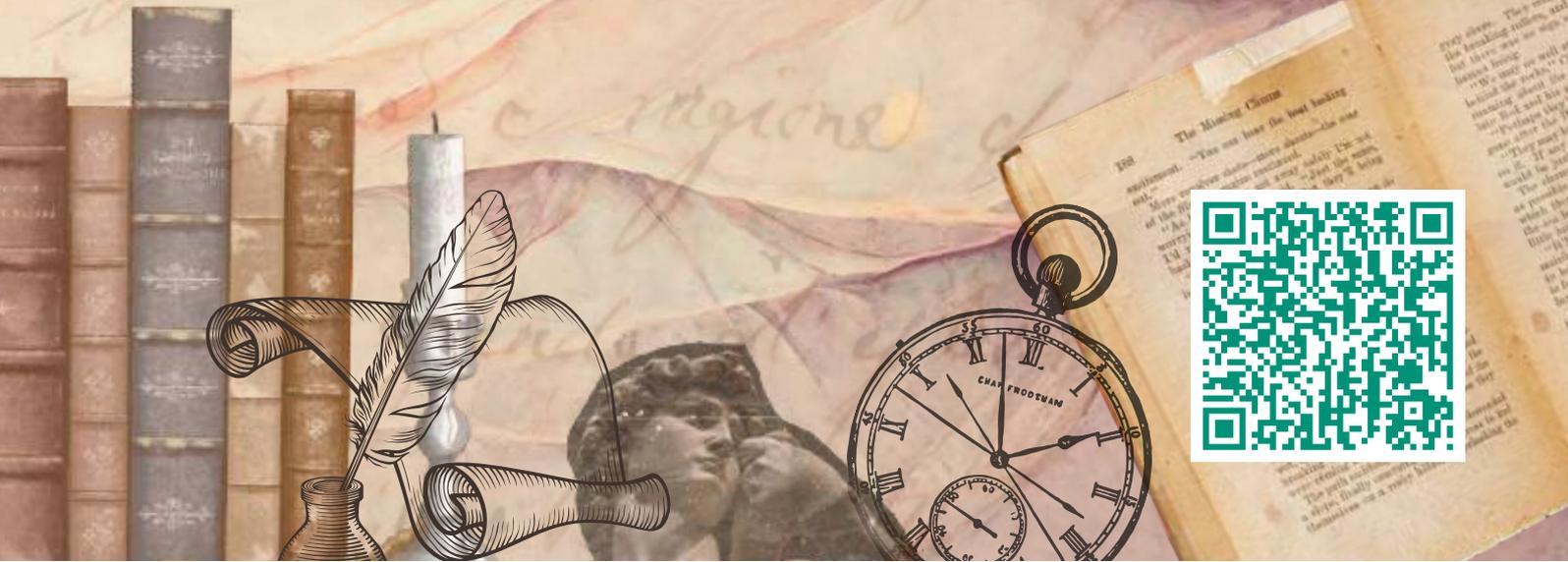




आत्मन् ĀTMAAN

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Please scan the QR Code on the cover page to share your valuable feedback on this edition of the magazine

Namste AIIMS Mangalagiri,

This issue we focus on literature as the theme. Walt Disney, one of the biggest entertainers of our times, surprisingly says "There is more treasure in books than in all the pirate's loot on Treasure Island." It's not TV, not theme parks but books that can take us into a most fascinating and imaginary world. And this treasure is within our reach at all times.

Our Prime Minister Sri Narendra Modi once stated that he found the autobiography of Benjamin Franklin, one of the founding fathers of the USA very inspirational. In Franklin's words, "The person who deserves most pity is a lonesome one on a rainy day who doesn't know how to read." Centuries may have passed since this quote, but isn't it true that books can be a 'soul'mate to a 'sole' person? A good book and a cup of hot coffee on a dull day can cheer anyone. Read on, to know about some interesting books and authors.

Kreedotsav, our annual sports week just got bigger and grander this year and we tried to capture the essence here.

Over the last few months, our students have brought us laurels in various literary, academic and research competitions outside our institution. I take this chance to mention a few of them who won first place...Vignesh P, Shaista, Deepti, Sreeja and Sanjana Sahoo

Please go through 'Atman' to find out about all the other activities that transpired recently, well showcased in articles and photos.

Jai Hind

Dr Deepti Vepakomma



Story of AIIMS Mangalagiri - genesis of admin & library building



12th March 2023 – Commemorating 4 years of OPD block



On the occasion of completing 4 years of OPD services, Director & CEO, Prof. Dr Mukesh Tripathi releasing a booklet.

Patients who were treated at AIIMS Mangalagiri, spoke of their experience in the hospital and with the doctors of AIIMS Mangalagiri to an audience comprising faculty, nursing fraternity and the Press



SBI Pensioners gifted mementos

KREEDDOTSAV

The Sports Meet 2023

Courtesy: Priya Jacob

**Winner of the Sportography Competition*

Let the feet do the talking

March has been such an overwhelming month for all of us, especially to us participants . All of us have engaged in sports in one way or other. Playing on the field, I couldn't help but feel like a kid. Past is such a beautiful place to visit!! I remembered those memorable days where my parents used to cheer me on as I was twirling under the sun, showing off my sports attire !Here my batchmates replaced my parents and supported me until the very end. The times we used to sneak outside during hot summer days, just to play cricket - that feeling is something that can't be forgotten.

With sports comes a sense of discipline, team spirit and confidence.

This kreedotsav was a perfect opportunity for me to relive those moments and of course participating in this event is going to reside in my memories forever.

Even the fun games like musical chairs gave such joy especially, when I won that. There were moments filled with bitterness, when our players lost but, as we play - we learn - we grow. In the busy career that the future holds, I think we will find solace in memories of such a delightful event.

*-Snehalatha Reddy K
Batch 2022*

Hi, I am Nithin of 2nd year MBBS here to share my experience of Kreedotsav 2023. Sports week started with the inauguration program .

With help from our seniors we went out to find vendors for food stalls, a task that was more difficult than expected.

My regular sports practice was now made intense with the thrill of competition just around the corner.

I have been playing sports regularly for many months now and nothing has been more hard, rewarding and fun like the practice leading up to kreedotsav.

I volunteered to organize badminton and participated in badminton, table tennis, carroms and cricket, all games that I grew up loving and playing.

Me and Rajath, participated in badminton and managed to finish as runners up. The competition was fierce and I'm proud to have been a part of such an excellent series of matches. With my partner Gangadhar, we played carroms which brought out some real nail-biting moments.

I was overwhelmed with the response from students, faculty, and also the housekeeping & security.

All the victories and losses, the fun and the hard work we collectively put into this event only make me more excited for the event next year.

Thank you to all the participants and the people who made many incredible moments out of this year's kreedotsav possible!



*-NL Nithin
Batch 2021*

Kreedotsav was a wonderful experience for me. It brought out the competitive spirit in me and helped me learn many valuable lessons in life such as teamwork, leadership, cooperation and most of all how to deal with losses. It was one of the best weeks since I came to this college and I enjoyed each and every second of it. I also loved supporting my friends in their games. If I could suggest something I would like them to conduct it more often because an event like this refreshes us and rejuvenates us. Finally I would like to conclude by saying that kreedotsav was an amazing and awesome event.

*-Sandeep Sahu
Batch 2022*

I'm Uday Sai Kiran, from 2021 batch and I would like to share a few of my thoughts and experiences as a volunteer of Kreedotsav, 2023.

I'm very thankful to be a part of this magnificent event held in AIIMS Mangalagiri and it once again proved our collective capability of making an event grander and more ambitious than the last. As a volunteer I had a wonderful experience of conducting the carroms competition. With our ever-supportive team, we were able to make the game more joyous and cheerful.

Our most exemplary moments were hidden at the end of each game. Since the whole campus including professors, nursing staff and students took part in the sport as volunteers and players and an enthusiastic audience, our interactions throughout made it all the more delightful.



In addition to the enjoyment, the experiences taught us to be honest in terms of judgement, to learn to be sportive, and in understanding that winning and losing is all a part of the game, ability to take split-second accurate decisions in the right time, the importance of team spirit and of collaborative understanding between teammates.



*-Uday Sai Kiran
Batch 2021*

When February was about to end and March was approaching, people started asking me- When is it going to happen? Where is it going to happen? and many more questions regarding the event that the AIIMS Mangalagiri family is waiting for, The 2nd edition of the sports meet - kreedotsav. My experience started in the last edition and it continues here. But this time the environment was totally different, people were madly waiting to perform and live the moments of this event. The Event was coordinated by sports committee of AIIMS mangalagiri under guidance of the Director and Dr.Purushottam. Things started with the poster release then the preparations began at a speedy pace.

As a sports representative of my batch I started collecting the names of the entrants from my batch (ASTRA) and then asking for poster design to select the batch name and poster. After all the preparation of grounds and equipment, the day we were all waiting for finally came, "The 1st day of kreedostav". Things took a dramatic turn for me I as got ill on the very first day of this event but my mind was still set on participating. I was the volunteer for cricket and the event was on the last 3 days of the fest which helped me to recover from my illness.

Then the day we started the cricket event was very cheerful and exciting as the venue for this was the premier "Amravati cricket stadium". So first of all our job was to shift the posters of teams from the guest house area to the cricket ground. With the help of some volunteers we went in the evening and enjoyed the work there as we entered that ground for the first time. And on the next day events began and the participants and their performances remain forever etched in my mind. I participated in cricket, carrom, badminton and the slow cycling race.



Unfortunately our first game was a walk over in the event which was a bit disappointing. The game between Champions (Shourya) & Runner ups (Astra) of last edition was a nail biting match whose result was decided by a bowled out. But this time it was more of a one-sided victory as Shourya outplayed and bested us in every department. As a player you cannot help but commend excellent sportsmanship anywhere you see.



*-Ramesh Jakhar
Batch 2020*



Game On!!!

I am Rishitha, a second year MBBS student who had never been a part of any organising team until KREEDOTSAV 2023 happened. Excitement, experience, effort, fun, joy, coordination, celebration, injuries, prizes and the grief of non-completion; a perfect mixture of all these was KREEDOTSAV.

It all started with an announcement to recruit volunteers and although my name was given without my consent, it turned out to be a happy and great journey. Fast forward to a few days before KREEDOTSAV, where we were allotted to specific events. I was allotted for Fun Games. 1st day of KREEDOTSAV – wore my new volunteer shirt, wore a cap to beat the sun, assembled in front of UG amenities hall. With a feeling of excitement and responsibility, I started to take photos of the events.



As a small child in a fair, I inspected events in badminton, table tennis and carroms, ate snacks from stalls installed, cheered for my batchmates. My friend was conducting TT matches but I was the person who was doing marathon from TT arena to Carrom arena to check the availability of players and calling them for their matches.

Next 5 days of KREEDOTSAV were so exhaustive, we had lectures, we had to go to postings, labs and then go to either participate or conduct events. I participated in relay for the first time and my team won. On top of that I got first in Cycling and 2nd prize in Sac Race but lost dramatically in the TT semi-finals for which I had been practicing for 2 weeks.



I felt very proud when I received my medals. It was the first time that I received any medal in sports. Overall, KREEDOTSAV taught me many things and now I can add this experience in my memory book.

*-Rishitha
Batch 2021*



Greetings everyone! I'm Karri Madhumitha from the 2021 batch and am writing this to share my experiences as a participant in the event "KREEDOTSAV,2023".

Honestly, I'm grateful to be a part of the sports meet. I participated in basketball, throwball, carroms, javelin throw and shot put. I always wanted sports to be a part of my routine but I haven't exactly played for the past 3 years. This event reconnected me with my hobby of playing basketball. I was also able to try javelin throw for the first time.

To me, basketball has always been more than just a game, it was a team. I happened to make really good friends in the process of making a team and I also deeply believe that it's the friendship and the understanding in the team that brought us the medal.

Since most of us haven't played for quite a while, we practiced for a couple of days before the event, mainly in the morning before classes because the court wasn't free any other time of the day.

Similarly, we included throwball into the day.

The pre-sports meet itself was fun but the actual event was 10 fold more awesome.



The first day was athletics which I obviously enjoyed watching and cheering my friends on and then came the team games!

One of the things I would probably remember forever was the time I scored both consecutive free throws in basketball which I never did before. The last free throw gave me anxiety like no other and when I finally heard the sound of the basket, there was a sudden rush of dopamine. Though we lost the match, I still had a sense of achievement because of it. Sports are about both winning and losing, right?

Overall, I would say the week was incredible! I had fun, made new friends, tried new things, won, lost and much more. I most certainly am looking forward to the next year's annual sports meet and shall participate with the same enthusiasm!!



*-Karri Madhumitha
Batch 2021*

The much-awaited sports Meet was hosted on 1st -8th March, 2023. This year marked the Kreedosthav 2.0 and as such, the celebrations were held with great pomp to suit the occasion. Volunteers were appointed for respective games and the entire event was organized by Dr.Purushotham and team. The event took place on the ground near the UG hostels and guest house.

All the students were very excited. After all, this was the time to enjoy beyond the studies. All those selected for different events started practicing towards making them well and fit for the day.

The event was Inaugurated with flag hoisting by Dr Mukesh Tripathi, Director of AIIMS Mangalagiri. The day's events were set to motion after his speech.

The event began with a 100m running race. The participating players were encouraged and cheered throughout the race. There were many sports events that were carried out parallelly on Day 1, which included Badminton, Chess, Carroms etc.

Day 2 of the event started with Volleyball. The day was filled with a lot of excitement, thrills, spirit and cheers.

As it was a league match, some teams were selected for semifinals and the rest were eliminated.

On the same day basketball for both boys and girls was conducted.

Next 3 days of the event went on with sports like football, badminton, table tennis, volleyball etc. The spirit of sportsmanship was in the air. The atmosphere of the college was one of festivity and jubilation. Marathon



and cycling were conducted early in the morning in campus premises. It was an aesthetic experience in the early morning, even professors joined us in this event.



Next day came up with finals of throw ball, and athletics like shot put, javelin throw, relay race. Everyone put their efforts into each game.

Few fun games like slow cycling, dart, tug of war, sac race, lemon and spoon race gave an exhilarating experience.

Finally everyone was eagerly anticipating the Cricket matches which were conducted on the last two days of the event. Matches took place in ACA international cricket stadium.

On the last day, a magnificent badminton finals was conducted.



*-J Vamsi Krishna
2021 Batch*



Sportography





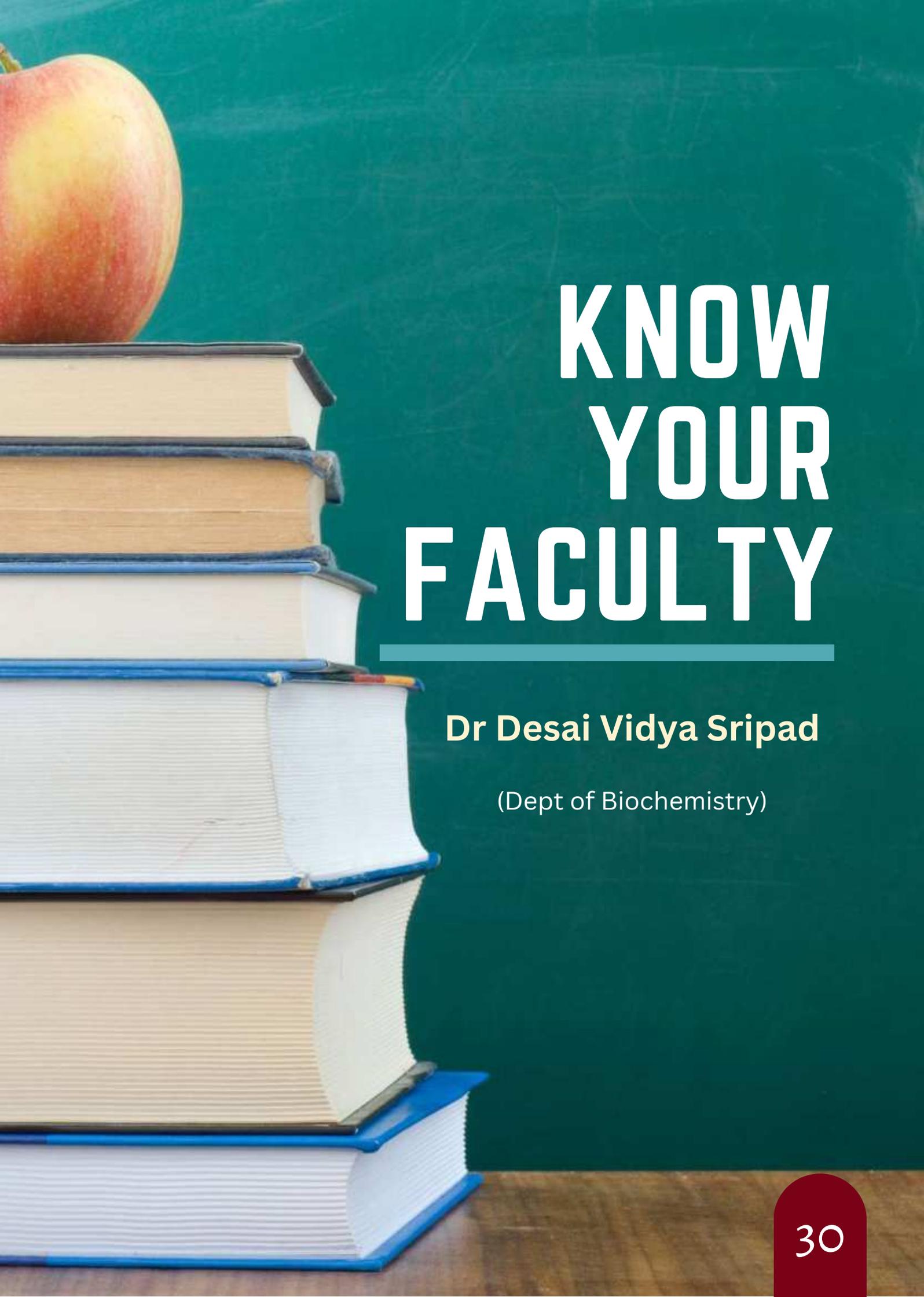




SPORTS DANCE BY CULTURAL COMMITTEE







KNOW YOUR FACULTY

Dr Desai Vidya Sripad

(Dept of Biochemistry)

Could you tell us about your childhood...

I was born in Bangalore but was brought up in Dharwad, which is my native place. It's a paradise on Earth! It's a small place but there are many highly educated and intellectual people there who lead a very simple life. We have Karnatak University and University of music and fine arts as well as many well known personalities like Sudha Murty, Gangubai Hangal, Girish Karnad, Bhimsen Joshi. If you go further back, you have a poet who wrote about how people should lead their lives, Kudala Sangamadeva. There are many things to say about Dharwad. I especially connect to my school and my cousins who are still my close friends. I'm still connected with my school friends; they're my stress busters! Since it's a very small place, each family is connected with one another so we belong to a traditional way of living. I could go on and on if I wanted to speak about Dharwad!

A few words about your family...

I grew up in a joint family. In my family, the co-sisters who came from different families, were like own sisters to each other. They brought the entire family together. So, in my big family we have 16 girls and 8 boys. All the girls are highly educated and are all-rounders.

College life.....

I was a local, so I used to go home everyday because of ragging which was very intense at that time.

My father used to drop me at college everyday and people used to sing "Johnny Johnny yes papa" but I never knew that it was for me! A moment I can never forget was when I was in my second year. One of my juniors came and ragged me because he didn't know that I was his senior! My friends went and caught him later and he apologised but I don't think that I'll ever forget him!

In my first year I lost a lot of weight because of anatomy dissection. I was the youngest in the class and was pampered by my classmates so whenever it was my turn for dissection I wouldn't go. I wouldn't eat also, so my father built a house right beside the medical college so all my friends living in hostel would come home for good food and the really good coffee that my mother used to make.

We had a fest where all the colleges in and around Hubballi-Dhawad used to participate. I was more inclined towards dance and I won second prize for dancing to a Madhuri Dixit song, "Channe ke khet mein".

How do you feel about your PG days?

I did my PG in Siddhartha Medical College where there were 5 of us. Since I was a non-local, I wrote for a quota for those whose spouse is from AP. I was initially very reluctant about writing my PG because I was very happy working in the Medicine department as a tutor. I used to love my Medicine postings and enjoy it to the core! I used to interact with the villagers and they had so much affection!

I wrote my PG entrance hoping for pathology, even now I like pathology more, but I did my MD in Biochemistry.

What led you towards pursuing Biochemistry

I have a vision as a biochemist that I want to fulfil in another 5 years. I want to screen 10,000 newborns for inborn errors of metabolism which is a practice currently lacking in India because of economic obstacles. So my personal goal as a biochemist is to do newborn screening, testing, give genetic counselling and see that we reduce the burden of mental retardation on the society.

Who was your Inspiration

Swami Vivekananda

Your memories before joining AIIMS MG...

I love being with students, I love teaching and I love to encourage students to become developed holistically. In NRI medical college, I was the quality manager for the national accreditation of laboratories (NABL). With the guidance of the HOD, we were able to become the first medical college with a NABL accredited lab.

3 of my students did the ICMR-STs projects. One of the girls went to the Netherlands to present her project and topped there. As a teacher, I cherish that moment.

Your endeavours with Biochemistry department at AIIMS MG...

I believe that we only have one life so whoever you come across, you are somehow connected to them. I'm very happy with my family here in the biochemistry department because we all have the same wavelength and think alike. If there are differences, we accept the differences and try to mend things in a flexible way that is compatible with everyone. So my biochemistry family is my strength!

Initial days in this institute...

I was the first localite to join and the 5th one to join as faculty. As soon as I came, I joined as additional professor. I joined on July 19th and on August 20th the first batch arrived. Just 1 month and we only had a few days before we had to start academics. We didn't have anything to start for the first batch, just a book and a pen.

You won't believe it but all 36 faculty members would sit in one room and all of them had come from different states. Very few of us could speak telugu, so we were the bridge between the college and Siddhartha. I have loved my job throughout these past 5 years. I'm so happy that we could shape out the college like we did.

If god comes and gives you a wish, what would you ask for?

If I say I want equality for everyone I think it would be too much! I would ask him to remove hatred from humanity.

What do you think is your secret to success?

I'm a Taurus, so I'm hard working! That's my strength! And I'm good at multi-tasking.

What do you think are your weaknesses?

I'm very emotional and short-tempered too.

How do you cope with bad days?

Vigorous cooking! I usually never have such bad days but I tend to go back into my cocoon. My cocoon is my safe place where I'm in my own thoughts and to come out of it I either do vigorous exercises or cooking.

Your vision for AIIMS...

My vision for AIIMS from day 1 was that it should be the best INI in South India. Whenever people talk about the South, it should be about AIIMS Mangalagiri and that can only be reflected by my students.

How do you balance your dual roles ?

Dr. Joy Goshal, our dean, is my guide and both of us together were able to manage things very well.



Initially it was very tough for us but in biochemistry we have Dr. Montosh, Dr. Bari and Dr. Guhan each who have taken up major responsibilities. So it's a team with 4 pillars. Even in academics, we were 4 pillars. So like that we were able to handle both academics and the department.

Have you learnt anything from biochemistry that you apply towards administrative work

if you notice in colleges, the biochemistry people are usually principals or are in some administrative post. The reason might be because we believe in precision and accuracy.

What are the important qualities a leader should possess?

A leader should have good listening capacity and should not be biased.

Your thoughts on Cerebration...

Cerebration is something that I'm going to cherish forever. For this, I'm very thankful to our president and director who believed in me along with our dean and Dr. Amudharaj sir. They believed that this can happen. They liked the concept because we never had a competition for academics. All other AIIMS conduct a collective event for academics, co-curriculars and sports. We wanted something unique which isn't done anywhere else.



I told initially that I would do only for biochemistry but our leaders encouraged me saying that as associate dean I had to think more broadly so I approached anatomy and physiology departments as well.

Final note to students...

I feel that you are all very lucky kids. You have been blessed with a platter of all good things like good parents, good education etc. You have the intelligence, you have worked hard and you have achieved something. Today, your success is yours only. You have struggled and proved yourself beyond doubt that you are some of the brightest minds in the country. As students where ever you go, you have to create your own unique identity. We would all feel very proud to see the students of AIIMS Mangalagiri make their mark globally.





INTELLECTION

Intellection - an expression of our simplest to most complex thoughts as stories / poems.

This will be the 'intellectual collection'





THE SEASON OF SUN

With the Summer fully set in,
The searing heat of the morning sun, allayed by the taste of green mangoes, irresistible when sliced and spiced, the shades of wise banyans and the flavours of a cool drink, grandmas and kitchens busied with the task of making a dozen different Aavakais, the romp and rowdy kids coming home for the holidays, all take the form of a feeling, expressed in the form of this 17 syllable haiku.



*Aureate sun, enchred blues
Thirsty days, seek eager shade
O'er sombre skies.*



*-Gourav Javangula
2021 Batch*

In awe and exaltation

Of decadent hills, glittering flame
Life's own playground, the maternal plane
a gentle whisper past the beholder's altar
It's breath alive, with the water's laughter
Arms of green and indigo amidst
Among tendrils of cloud and mist
Battered earth, given way
A million beings in its wooden maze
Warmth innate, benevolent gaze
A hum and dance, it's foliate sway
The troubles of men, many may be
No questions to ask, no answers to seek
Righteous or wronged, mighty or meek
Rest now, in the meadow mother's austere
sleep

*-Gourav Javangula
2021 Batch*

In keeping with the theme of this issue of Ātman, we received many responses where enthusiastic readers and book lovers expressed feelings about their beloved books, authors and characters.

While a few heartfully wrote down a letter to their favourite authors, others gave a detailed review of a book they loved, entailing the essence as well as their interpretation of the writing.

Dive in to pick up something new that might be your next read or who knows, your next admiration !!



Arundhati Roy
B street
Block A
Mumbai

Dear ma'am,

I'm one of the readers of your books and also a huge fan of yours. Recently, I read 'The God of Small Things' authored by you. For the lack of words, I'm unable to express my feelings I felt while reading the same. I've been able to see a very different and surreal world through your eyes which have helped me understand and comprehend the world in a new perspective. It has given me an insight into the reality of the society which is very commonly misunderstood and mistaken by us.

A lot of appreciation for your extraordinary work from my side.

Best regards
Vivek Nannuri
Sector 7
Hyderabad

-N Vivek Choudary
Batch 2020

To the Half Blood Prince

Writing this was the toughest job I had to do, for I had to remove all the prejudices I ever had. I know you are the most debated character ever, since we forget you are a Grey Character.

The best part of a Grey Character is that it is the most realistic one. As I go to the depths of your character, I realize how the canvas of life never has black and white. We are merely shadowed by our obliviousness of the other person's nature and stories and see them as what we want to. It never occurred to me that not everyone having the same set of life experiences is destined to act in the same way.

We, as a fandom, owe you apologies. Apologies for equally hating you throughout the stories, and even more when you bloodied your hands with the assassination of Dumbledore. But now, I realize how life has been never fair to you. You never had a friend or family to be compassionate with, your only friendship was broken due to your naive adolescent decisions, the lady you love is brutally murdered with her husband, by the side you took, and when you are left with the child of the woman you once loved, you realize years later he was 'a pig raised for slaughter'. These mere sentences might not comprehend the fatalities of the wounds every passing moment of life gave you. How it might have ached you to see the same faces you abhor, again and again. Yet you never allowed anyone to enter those vaults. It was only after your death that people showered laurels on you. You stand as a figure of how it's never too late to save what can be. We can continue that debate for years, but I guess it was a vagueness of your real character you always sought people to know, with the threads unraveling every passing day.

-Manavi Singh
2019 Batch

Arthur Conan Doyle
221B
Baker street
London

Dear sir,

I've always been an avid reader of your novels that portray the life and adventures of the world's greatest detective, Sherlock Holmes. The techniques of deductive reasoning that you applied in your novels set during the Victorian Era are still applied in several aspects of forensic science and psychiatry today. Reading your stories from a young age has helped me develop the skills of logical and rational thinking, staying calm under pressure and looking beyond what the eye can see. The best part about Sherlock Holmes was that he was based on one of your own teachers, Dr. Joseph Bell who used his skills of observation in making a rapid medical diagnosis thus inspiring generations of doctors to give more importance to skills of careful observation and examination of the patient to arrive at an accurate diagnosis without over-relying upon advanced investigations.

Best regards
P.V.Vignesh
Sagar Nagar
Visakhapatnam

-P.V.Vignesh
Batch 2020

Pinging The Swinging

Hello Peter.

Haha, this is definitely not the "Hello Peter" from Doc Ock! I'm one of those kids who pose like Spider-Man and pretend to shoot webs saying "Thwip". Yes, I'm an admirer and a big fan of Spider-Man.

"The Amazing" is what you are! You are that superhero with whom teens could identify and yes, your character was built that way. Your superhuman spider powers and abilities, agility, lightning-fast reflexes, durability, stamina, equilibrium, climbing walls and ceilings like a spider always leaves us awestruck. How can someone forget about your renowned ability to detect dangers and upcoming threats by using your pre cognition ability-Peter Tingle, I mean The Spider Sense (If only we had something like that to detect the dangerous microbes just before they enter our body). Your incredible sense of humour furthermore enriches your character.

You've got a really cool suit and it's design being in such a way that it covers your whole body so that people of any race could visualise themselves under it is really awesome. Tobey, Andrew and Tom were spectacular in the live action films. They portrayed your character so well and now imagine what a visual feast it would be for the fans to see them together on a single screen.

Yes! I'm referring to NWH. From witnessing several actors reprising their roles from the previous non-MCU Spider-Man films to the redemption moment of Andrew's version of you, it was an epic of a movie.

We see the effort you put in fighting your nemeses. We see how you give your everything to save the world. You are a good person equipped with great power. No matter how hard things have gotten for you, you never gave up and never stopped being a responsible hero. That's so inspirational.

Of course it goes without saying that "With great power comes great responsibility". The boy from Queens, from fighting crime and saving the city to being involved in saving the universe from the Mad Titan, I'll forever remain to be ur fan.

A fan.

Tharun Sai

-Tharun Sai
Batch

WHAT DIFFERENCE IS THERE, IN THE COLOUR OF THE SOUL?

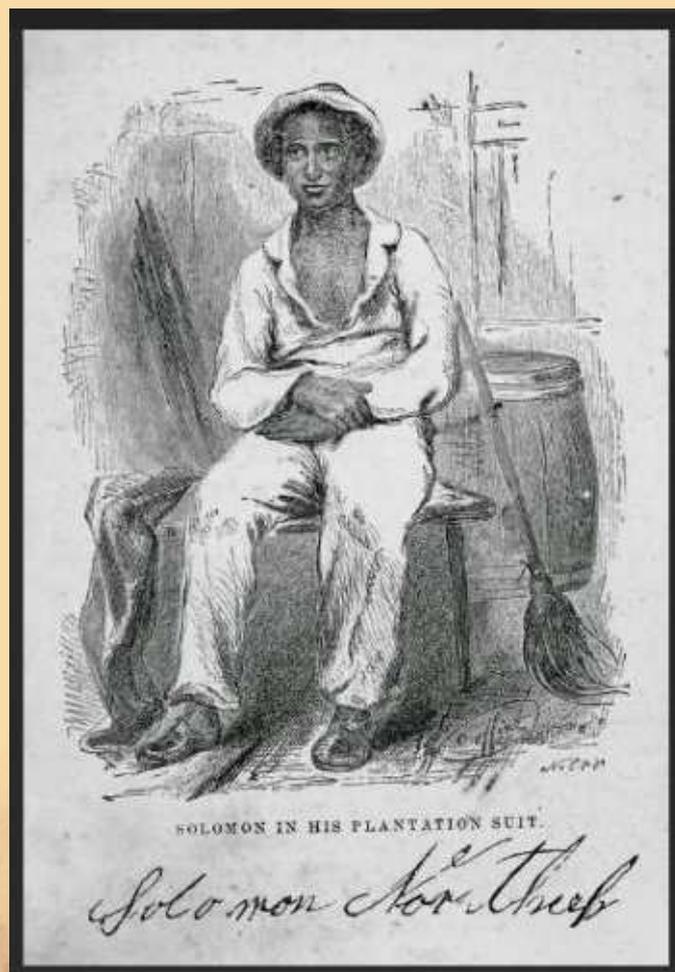
Reading non-fiction, especially autobiographies is not very interesting to me, so I either refrain from starting any such books or will stop after reading a few chapters. But "12 years a slave" is one of the first books in that genre that I read completely. It is an autobiographical narrative of Solomon Northup, an African American man who lived in the US in the 19th century.

Solomon Northup, a free-born African American man, a husband of a free woman and father of three, lived in his own house in the state of New York during the 1820s and 30s. Whilst leading a happy family life, Northup was offered a better job in a circus, from where he was drugged, kidnapped and sold to a slave trader. And what follows is the first-hand narrative of the life of a slave in 19th century America.

He elaborates the attitudes and actions of the masters who owned him and their attitude towards the slaves. He also shows the life of other slaves whom he met at various phases of his life, hardships and happiness in their lives. Stories of love, separation and broken families fill the turns of these pages. He explains the tortures that he and his fellow slaves faced during this period - back breaking work from dawn to dusk, with little or no food and water just to get lashes of the whip at the end of the day for not satisfying their master.

While looking through Northup's life we find that the people who were born slaves and lived as one never tasted freedom even once in their life. They believed that their masters had all authority to treat them as they pleased. They couldn't understand the meaning of oppression and that freedom is a basic human right regardless of the colour of their skin. I felt that this situation still exists not just in India but throughout the world where oppressed communities are forbidden from getting education and are kept in the dark about their rights to prevent them from speaking up against the oppressors.

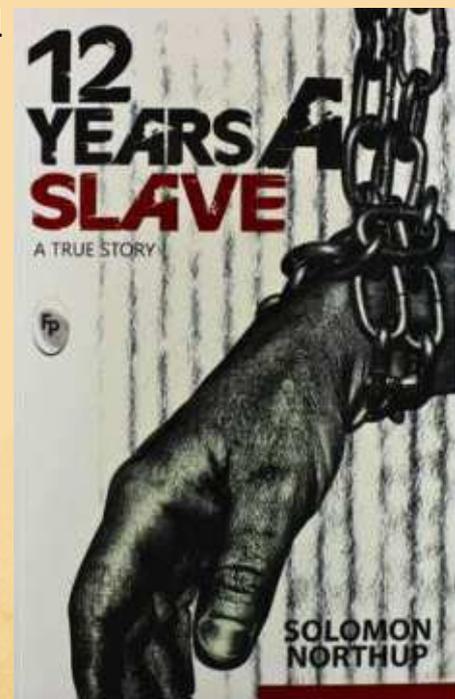
This book has many instances where we get to feel the extent of racism that people fostered in their minds in the past, the remnants of which are still apparent in today's world. The author also highlights the racist behaviour of the slave owners and how this behavior eventually gets passed on to the next generations.



Even the 10-year-old son of his master imitates his father by torturing slaves and that little boy is taught by the society that "the black man simply is an animal, differing in no respect from any other animal, save in the gift of speech and the possession of somewhat higher instincts, and therefore, the more valuable". We see white men getting laughed at when they speak against slavery and racism and such an attitude can be seen even today when someone goes against the pre-established social norms.

“Those who don't know history are doomed to repeat it”

These stories and narratives that give us an idea about the past should not be missed. This book being non-fiction was not a quick page turner with a gripping plot, still it was a very valuable read for me as it provided much needed knowledge about a period of history that was given only two or three pages in my history textbook.



*-Kalyani A P
Batch 2020*

A SALUTATION TO THE SELF

-a review of *The Fountainhead* by Ayn Rand

In the backdrop of the Cold War, Ayn Rand, a refugee of the communist USSR regime authored this powerful manifesto of Romanticism and laissez-faire capitalism.

Romanticism, she explains, is a school of thought that discusses the aspects of our lives that are the same for everybody, irrespective of time or situation. She asks readers to inculcate values accordingly, so that they may look for guidance no matter the variety of difficulties that lie ahead.

The Fountainhead is a book of fiction containing the message of something called "objectivist epistemology" which explores a philosophy that explains how true pursuit of excellence and art in whatever field or form is corrupted by the pursuit of fame, wealth, power and influence over others.

The book follows the life of Howard Roark, its protagonist who represents this philosophy and his battles with a hostile world (that is set to be a caricature of the evils of society) that seeks to batter his soul to submission.

The author emphasizes that integrity and art should be protected over external influences.

“Man’s ego is the fountainhead of progress”

The dreams, aspirations and ideologies of a person combined into one word, as Ayn Rand puts it, is “ego”, unlike its association with pride and vanity, It should be a humble concept of personal growth that should drive a person. The end that people look for, that people dedicate their lives to is found not elsewhere, but in themselves, the author conveys. The author also discusses how religion has taken ethics hostage and how ill-minded people have abused that to influence and cheat honest people. She also finds worship in the loyalty and dedication that a person has, working everyday towards his dreams. The author asks people to seek happiness not from the hard work of others but in satisfaction gained from your own means, she also talks about how kindness is not about pitying someone in need but in giving as much courage as you can to them.

“The noble soul had reverence for itself”

-Friedrich Nietzsche

A quote that resonates in this ideology, meaning no one can determine the value or the esteem of a person but by the measure by which he respects himself and his own integrity.

In this book, the protagonist builds his life not by the grace of others but by his own hard work and ingenuity, choosing to build and enrich starting with humble beginnings but flying to great heights by his own merit.

The author shows great respect for the pursuit of art. As Art, she describes, is spirit-made in the strokes of the pen, shaped in the breaths that birth words, in the hammer that strikes the chisel. It transcends the material worries of a mundane life and lets a person feel and attune themselves to values and ideas beyond that.

The dissertation of such a philosophy ends in this final quote :

“Whatever their future
At the dawn of their lives,
Men seek a noble vision of
man’s nature and of life’s potential”

So, Toss a coin into this fountain’s water-well,
And see what the Fountainhead has for you!

-Gourav Javangula
Batch 2021



LORD OF THE FLIES

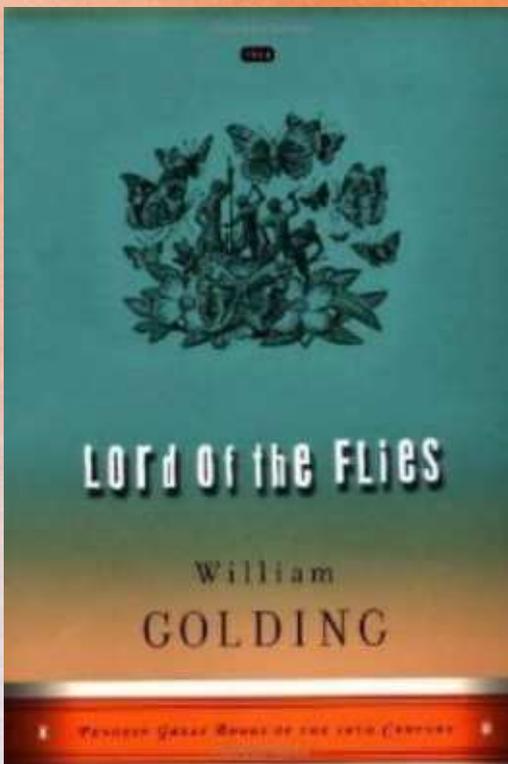
-William Golding

“The end of innocence, the darkness of man’s heart.”

At the dawn of the next world war, a plane crashes on an uncharted island, stranding a group of schoolboys. At first, with no adult supervision, their freedom is something to celebrate; this far from civilisation the boys can do anything they want. Anything. They attempt to forge their own society, failing, however, in the face of terror, sin and evil. And as order collapses, as strange howls echo in the night, as terror begins its reign, the hope of adventure seems as far from reality as the hope of being rescued. Labeled a parable, an allegory, a myth, a morality tale, a parody, a political treatise, even a vision of the apocalypse, Lord of the Flies is perhaps our most memorable novel about “the end of innocence, the darkness of man’s heart.”

-That was the general summary of the book.

I read this book for my book club, as the title was a little catchy but this book is fascinating! Generally, there are two myths about adolescents, and this novel does away with them in an admittedly drastic way. First of all, there is no general innocence in adolescents. They do what grown-ups do, but in a less mature and experienced way. That means they cheat, lie and steal, and use violence to achieve their goals, and they are vain and interested in dominating and manipulating others. But they are also caring, loving and resourceful, and willing to serve the community in which they participate.



The second myth regards the helplessness and general dependence of adolescents, which is also only true as long as they have grown-ups around. Leave adolescents alone, and they will organise themselves. The best example of what happens to a group of teenagers left alone is shown if a teacher in a school in a country leaves for just a couple of minutes.

After that kind of realisation, I finally understood that adolescence phase is the most terrible phase because they certainly don't know how to act at all. Now looking at my behaviour, it does make sense - the dark side of human nature is always there as you grow up but it certainly doesn't appear that way since they consider you as a child.

Overall, this book has some good points that are worthy of highlighting and if you're a fan of fiction and slice of life, you can give it a try.

- Lalitha Vishnu Priya B
Batch 2022

World Water Day

March 22, 2023



The Creative Writing Competition was conducted on the occasion of World Water Day on 22nd March, 2023, in AIIMS Mangalagiri.

The Literary Society, in collaboration with the S&E club, conducted this event successfully through entries submitted online.

The competition was open to the whole AIIMS Mangalagiri family and there was enthusiastic response from their side. We received numerous entries from the students, nursing staff and faculty members as well.

Dr Rajeev Arvindakshan & Dr Pratyusha were the judges for the competition. The work of the winners is in the upcoming pages, so stay tuned!

Everyone is a winner in their own fictional world. We are grateful to all the participants for their active participation. Special thanks to all others who are directly and indirectly involved in making this competition a success.



A DAY WITHOUT WATER

On the day of the UN 2023 Global Water Conference, the first of its kind in over 50 years, a strange portal split open in the sky and twisted the dimensions of space.

From the portal, a futuristic looking capsule emerged and crashed into the building of the Conference, the portal vanished without a trace and the sky was restored to normalcy in the blink of an eye.

Once the chaos and panic subsided, and the capsule was pried open, the following letter was found within it:

"Dear reader, if this message has reached you it's only because my time machine has worked. This time capsule, crash landing at the UN 2023 Water Conference is a messenger from the future. Hopefully this letter has reached you on the destined date, 22nd March 2023.

I pray that this message has reached you on time because the one reading this right now, might as well be the last hope of humanity. Make no mistake reader, YOU are the change we need, to prevent the extinction of all of humanity.

I am Dr Pushkar, the last remaining human, with only a few hours left to live. Forgive my hastiness in bombarding you with this message. The fact of the matter is that a worldwide water scarcity has led to the extinction of the entire human race in the year 2050 and I'm the only one who can tell you how to prevent it.

The people of the year 2023 might brush this message off as a prank or an internet meme and even subject this letter to ridicule and mockery. Truth be told, this message might as well be the last wake up call you can possibly receive to start taking action in making your world a better place. Although there will be skeptics I need you to pay attention for the next few minutes as the fate of the world depends on it. The portal that all of you witnessed in the sky should be enough evidence that this message is no joke. We are already late.

Without any more delay, listen to how the fountain of life evaporated away.

WATER, the elixir of life, the life giving, is the all sustaining miracle liquid that we take for granted. It keeps your body running, your industries and power plants functioning and your crops yielding. Ever wondered what would happen if it suddenly vanished one day?

Imagine a dry world. Picture yourself in an arid desert. Scorched sands, fissured lands and bone-dry carcasses.

A dry dystopia with no signs of life. Truth be told, the longer you procrastinate on taking action, the sooner this imagination is going to turn into a grim reality.

In fact this is what planet Earth looks like in the year 2050.

Although bodies of water still exist, none of them are able to provide water for human consumption. Elon Musk's plan to convert seawater into freshwater using desalination plants, failed miserably and destroyed the few remaining freshwater sources in the process. Even the most brilliant minds of the planet were unable to create water artificially by combining hydrogen and oxygen to form water.

As a result of chronic misuse and failed attempts at renewal, the world had officially run out of all sources of usable water.

Climate change and environment activists kept fighting for decades but their cries for conservation and sustainable development were silenced by the politics of greed and thirst for technological innovation that inevitably cost humanity its greatest natural resource, WATER.

The elite kept gaining higher and higher streams of wealth but in this lust for more wealth, the drying streams of water went unnoticed. The masses remained complicit to changes that didn't affect their lives directly and this neglect ultimately brought upon their doom.

It didn't happen overnight but within a span of 27 years all of the planet's freshwater supply got reduced to ZERO.

Days went by slower as the amount of water trickling from the taps became lower and lower.

I still remember waking up in my NASA research laboratory on the day of 22nd March 2043, known worldwide as the "Day Without Water".

The human race faced its greatest fear, as the day without water turned into a week, a month and a year.

Last ditch efforts were made to conserve the little water that was left but to no avail.

Billions of people perished from thirst and starvation and the remaining survivors who stocked up on water, died from water borne illnesses.

As the scarcity of water engulfed the entire globe, hidden sources of water were the only hope.

Scientists throughout the world started to develop the most advanced satellite imaging techniques to identify the last remaining freshwater sources on the planet buried deep underground.

Alas, as each man tried to fend for himself, cooperation was no longer possible. Humanity returned to its usual ways of violence and betrayal in order to survive. Blood flowed like water once did.

The planet turned into a dystopia where WATER became worth more than GOLD.

World War 3 began between the countries of the middle east and the USA not over oil but over water. The radioactive waste resulting from the nuclear missiles polluted even the saltwater sources making desalination and filtration techniques of recycling water, impossible.

To make matters worse, water borne diseases made even the existing few water sources unusable.

The blue planet turned pale.

The ecosystem was converted into a worldwide desert where the only wildlife left were rattlesnakes and vultures.

The meager sources of freshwater were a few dozen ponds scattered throughout the planet which could barely provide enough water for a single human being.

My research team and I have spent our entire lives trying to find a way to create artificial water but to no avail. The water that we have been provided by nature's creation is all that we will ever have. The only way to save the planet and keep developing and advancing as a species is to judiciously use the resources on hand, conserve the most valuable resources and ensure equal distribution for all.

Ironically, human minds are advanced enough to figure out time travel and colonize Mars but not wise enough to protect the resources we have been given absolutely for free. If only we acted in time our planet would still be alive and flowing with the fountain of life.

Although I could not create water, there was still one last absurd, irrational and completely ludicrous idea that I felt was worth a shot.

The last remaining scientists on the planet came together to finish one of NASA's most ambitious projects that began sometime in the year 2023, that allowed us to send messages to the past in the form of time capsules traveling through wormholes. The last days of our lives were spent in building this device to carry this message to your timeline.

After a decade of research we finally succeeded but our research laboratory, home to the last remaining pond of water has sadly dried up, and one by one the rest of my colleagues perished from thirst.

As the planet weeps and my body begins to dry up along with it, all I have left is hope that the younger generations act sooner and avoid making the mistakes that we made but rather learn from them in order to take action in the present to save the future.

I hope that your generation makes the right decisions at the right time and takes action NOW! ACCELERATE the change you wish to see in the world, dear reader!

Each and everyone of you reading this can make a difference and give birth to an entirely different future, full of bright skies and vibrant life as long as you have the courage to protect what's precious to you.

As long as you act now to protect WATER.

A single moment of inspiration may not be enough to save the planet, but as long as you remain consistent in your efforts, eventually you will make a difference.

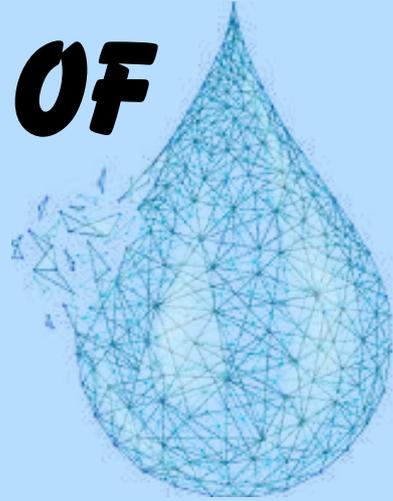
Let your efforts flow through the years like a stream and give birth to a mighty lake.

I am filled with tears in my eyes which have dried up instantly as I write down my final message to the past,
"Your only regret will be not taking action when you still had the time".
The mightiest of oceans are formed from the tiniest of drops coming together.
Make every drop count
Make every drop count".

-P V Vignnesh
Batch 2020



AS THE ELIXIR OF LIFE SPEAKS



To the Destroyer,

It has been a very long waiting. Every waiting is joyous if and only if it has a glorious purpose. I am waiting for the right opportunity to leave this place for an as-yet undetermined destination. I can guarantee you that the destination is not a new one since There is no place I have not yet traversed or explored. I guess I should have introduced myself. I am certain that you have both seen and touched me countless times - not once, not twice, but an infinite number of times. I am water - the very same water that washes you, fills your swimming pool, quenches your thirst, and runs through the stream in your backyard. You do know me now, but not well enough. I have no recollection of when or where I was born. But for as long as I can remember, falling, flowing, and flying have been constant parts of my life. I often descend from the sky to the earth as rain and as snow. Before reaching the open sea, I traverse across wetlands, ponds, streams, rivers and many more. Then I rise up again, returning to my place among the clouds in the sky.

I have lost count of the times I have done this. I have descended far below the soil, remained frozen in extremely chilly places, and even have gone inside all living things. During these expeditions, I divide into many, re-join, divide again and so on, yet I remain water throughout. You would think that these journeys are all similar. But each time, it's a fresh encounter with different circumstances and objectives.

During these numerous adventures, I have even befriended two wonderful companions- the air and the land. The air and I move endlessly, but the land is sluggish and mostly stays put. The air and I can access all corners of this planet, but land is the one with whom this planet is made. Ever since I can remember, we three have been together. This companionship resulted in many miracles, the most marvellous among them being what you call "life". To enable that miracle to take root and flourish, we empowered one another and sacrificed ourselves. The fruits of our labour should be evident all around you.

I am currently drifting as a cloud in the air, being guided by my great friend air's strong winds. I am patiently waiting for the thunder to strike so that I can begin my journey towards the land once again. I used to relish this waiting period very much. But right now, I'm not as content as I once was. And this is precisely why I'm writing to you now.

Do you know how I was, just before I reached here, up in the sky? A part of me was a gigantic block of ice, in an extremely frigid environment. It was a strategy I came up with to give myself some rest and I have done this many times in the past. These periods of rest had always been temporary, but this particular one was extremely short. I was carried away from there and pulled into the sea, only to evaporate once more and arrive here. The explanation for my interrupted rest was not pleasant. Life, which we created and have fostered during time, has developed to the point that it has begun to take toll on us. I shouldn't hold the entire life responsible for this. It's only a portion of it. Humans. Absolutely, the part which contains you and everyone around you. You humans are a very recent addition to our inventory of life. However, your ignorance and haughtiness reached such a pitch that you even lost sight of the basis for your own existence. Everything around you, including all other life and its creators, was first disturbed and subsequently destroyed.

For your convenience, you are creating substances that could potentially destroy everything and unleashed such hazardous materials and wastes into me, killing the priceless creatures that I nurtured. You obstruct my flow by constructing dams in my path.

You're contaminating me just for your luxury. Not only that, you destroyed all the trees and plants on this planet which altered the harmony of my cycle. My peaceful times in the polar ice caps were interrupted by the planet's rising temperature, which is also caused by your actions. You slaughtered and burned whatever came in your way. Your actions have not only harmed me, but also my companions.

The funniest aspect is that once you were aware of the changes taking place all around you, you began giving them catchy titles like "deforestation," "global warming," "climate crisis," "pollution," and so on. What I'm emphasising is not after you "realised your mistakes," but rather after you "found out" the results of your actions. Because you would already be taking action if you had recognised your mistakes and genuinely wished to make amends.

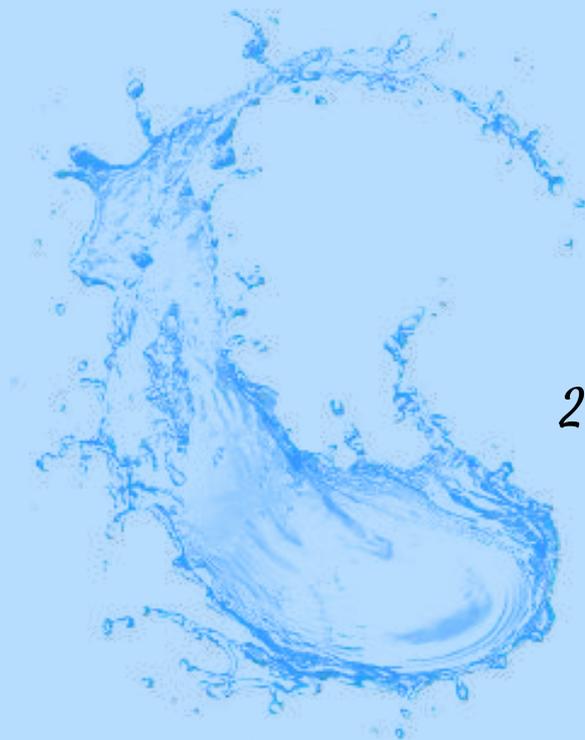
These foolish humans, like yourself, fail to comprehend that life cannot exist without land, air, and water. You are not strong enough to defeat the forces that have sustained and continue to sustain this entire planet.

We could easily address this problem through a slight tremor of the earth, a slight increase in rainfall, or a shift in wind direction. Utilising a small fraction of our powers is all that it takes to wipe out the entire human species from the surface of this planet.

I haven't done it yet because we wanted to give you one last chance to fix your faults.

I believe that you humans have now understood who I am, what I am capable of and the magnitude of the problem that my friends and I are dealing with. On behalf of myself and my companions, I implore you to take action to reverse the damage that you have caused.

Yours Faithfully,
The Water



Kalyani A P
2020 MBBS student



WATER – “THE LIFE” TOGETHER

I am water

Wasting me you better deter

Every drop of me counts

Otherwise draught will mount

I occupy 75% of surface of earth

But why do you still face the dearth?

I am water

Wasting me you better deter

Use me as per your needs

But I cannot fulfil your greed

My duty first

Is to quench your thirst!

I am water

Wasting me you better deter

H₂O is my description

But I am an important part of the finite elements

Air, Water, Fire, Space and Earth

I am finite, I will be perished

So I should be cherished .

I am water
Wasting me you better deter
Tip tip tip sound in the night is not because of Ghost
But the leaking tap needs mending by the Host.

I am water
Wasting me you better deter
If you deserve me
Recycle me, Conserve me, and preserve me
Because as usual
Everything is always mutual.

You and me together are life
You and me let us cherish
“The life” together

*-Dr. Jyoti P Kulkarni
Department of Anatomy*



Chronicles of Medicine



One afternoon in 1956, in Rochford General Hospital, Essex, England, a group of doctors was baffled when a premature infant who was deeply bronzed a while ago, had turned pale yellow, except for a triangle of skin still tinted bronze. One of the doctors even asked if the nurse had painted the portion of the baby's body with iodine.

This simple observation paved the way for Phototherapy, and established it as a treatment modality, which is used even today for babies with Hyperbilirubinemia.

Hyperbilirubinemia, or **Neonatal Jaundice** is a condition in which the serum bilirubin levels exceed the normal values, thereby giving a yellowish discoloration to the face, body and extremities of the child. If untreated, it may lead to the fatal complications of Kernicterus and Encephalopathy, which is basically damage to the brain matter.

If untreated, it may lead to the fatal complications of Kernicterus and Encephalopathy, which is basically damage to the brain matter.

Sister Jean Ward, a nurse at Rochford General Hospital,

England was one of the nurses running the premature Ward of the hospital. She landed this job after her excellence in rearing puppies. As was her job description, she deeply believed in the role of nature, the fresh air and sunlight on the health of infants and would thus carry them to the courtyards on sunny days. It was on one such occasion that they stumbled upon what would be the conceiving point of “**Phototherapy**” and thereby revolutionize the field of Neonatology.



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Maisels MJ. Sister Jean Ward, phototherapy, and jaundice: a unique human and photochemical interaction. *J Perinatol.* 2015 Sep;35(9):671-5. doi: 10.1038/jp.2015.56. Epub 2015 Jun 11. PMID: 26067472

-Manavi Singh
Batch 2019



ABHIVYAKTI

'Going beyond words and bringing out the artist within by a sketch or painting, or letting the lens of a camera capture the moment which one wishes to share and experience forever.'



*-Jency A,
Nursing officer*



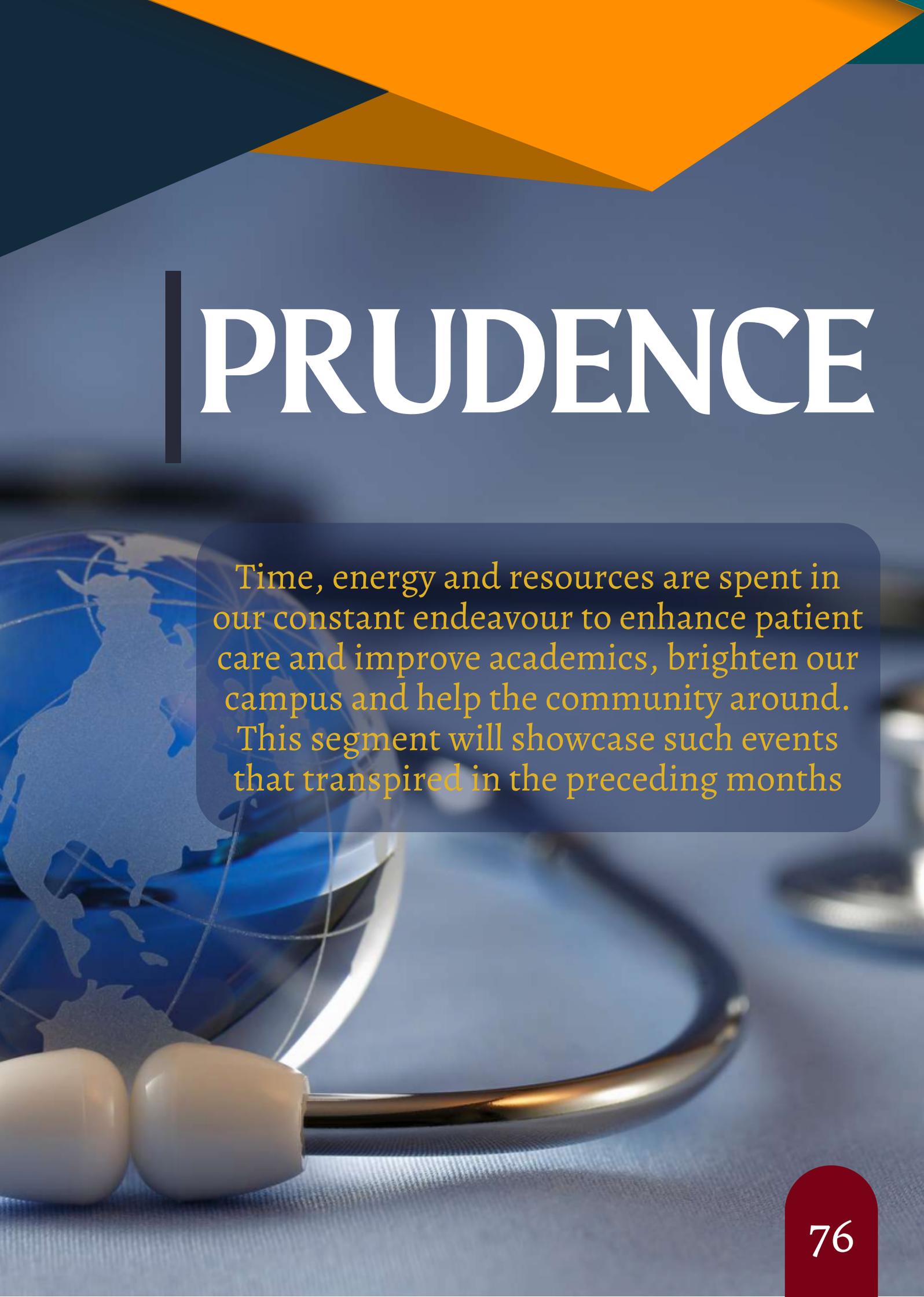
*-Prema Sena P
2021 Batch*

Soft and yellow,
with tiny beaks and wings,
Little chicks come into the world,
so full of things.
With every peep and chirp,
they fill our hearts with delight,
But for some,
they are mere tools to satisfy their
appetite.

With every day that passes,
they grow and flourish,
Playing and pecking,
inquisitive and curious.
But for some,
they are nothing more than a meal,
A fleeting pleasure,
a taste they seek to steal.

*-Rakesh Jani
2019 Batch*





PRUDENCE

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

EAR & HEARING CARE FOR ALL!!!



Let's make it a reality

Blindness separates us from things but deafness separates us from people
-Helen Keller

On the occasion of **World Hearing Day**, on **March 03, 2023** an awareness programme on hearing care was held by the ENT Department of our institute in the OPD building with the theme being ***“Ear and Hearing Care for All!!! Let's make it a reality”*** We, 3rd year MBBS students, actively participated in the programme. In the patient waiting area, a collection of creative and informative charts on different aspects of hearing care, including care for discharging ears, noise-induced hearing loss, and red flag signs of hearing loss in children, were on display. These charts were created by many of our friends who actively participated in the program.



On the other side, preparations for flashmob and speech were going on. Satya and I got the opportunity to educate patients about hearing care with our speech. So, we gathered all the important points to be said from our professors.

Finally, on the much awaited D-Day, the programme started with an amazing flash mob led by Vallabha and Likitha which grasped the attention of all the patients in the busy OPD. Patients relished the performance. Following the flash mob, I spoke about the signs of hearing loss in adults and children. Then Satya talked about noise-induced hearing loss and preventive measures for

hearing loss since “prevention is better than cure”.

After that,

Dr.Ramesh S

continued with his amicable talk providing better

understanding to the patients.

Here’s the summary of the entire speech for you, “Hearing is the door of understanding. Hearing loss isolates people, so it should be recognized at the earliest and treated. Hearing loss can be identified by various symptoms like not being able to hear on phones, in public places and asking to repeat the words, etc. Noise induced hearing loss has become a major issue due to increased use of headphones, earphones etc. So, avoid using headphones or earphones on high volumes.



Consult a doctor when you suspect any decrease in hearing or any ear discharge. Do not use earbuds to clean the ears as it pushes the wax deeper into the ear.”

There was an immense response from the patients. Few of them even came forward and got their doubts clarified. Thus, the programme was successful in creating awareness and educating the patients. Not only them, but we also learned many things about hearing care.

As the saying goes “Every Experience makes you grow”, this experience of educating patients brought us a step close towards our goal of becoming competent physicians.

We are deeply grateful to the ENT Department for this opportunity.



*-A. Deepika
Batch 2020*

HOLI

The fun festival HOLI was grandly celebrated in the premises of AIIMS Mangalagiri campus on **March 8**. The festival of colours and spirit of joy was celebrated among the young blood. This new experience especially for the first years was very recreational and hopefully many new bonds and relationships were forged. The arrangements for the decoration, food, events, music was perfectly handled by the cultural committee and other students who were willing to help. The event spanned the whole day and had rain dance, fun games, buffet, Holika Dahan, cultural, musical night, and finally DJ and open mic.

RAIN DANCE: As soon as we stepped on the floor we were drenched and coated with colours and water. There was music and rain. Two things were unlimited - happiness and dance.

LUNCH: After we were all tired and done with the dance and our stomach made hunger contractions, there was food . There were food stalls to have delicious and favourable food and complement it with soft drinks.



FUN GAMES: As soon as we were done with eating and freshening up, the organizers called us for fun games. We played dumb charades, musical chair with a twist and all. But the most important thing there was the connection freshers developed with seniors. Medical college is all about it. Everyone was very enthusiastic with the right intention to have a friendly and funny time together.

HOLIKA DAHAN: My personal favourite. Holi comes from deep roots of Indian devotional stories and culture. The fire in the air seems to carry all the agony, sorrow, stress and even physical pain into it. I see it and smile to myself and my eyes close and I take a deep breath and wish every day was like this.

CULTURALS: The highlight of the evening. Students put in hours of hard-work and practice and and performance on stage made everything worth it.



We have talented dancers who can steal everyone's eyes. The lighting, the music and the dance was everything we waited for. Singers are the next level performers. The melody is still fresh in my head.

OPEN MIC: Here is where all the real fun starts. We become silly. Sing, dance, speak whatever however we want. But memories are created. And that's what we wish for.

DINNER: Any festival calls for food. And the food served was a real break from daily hostel food. Justified for a festival food.

DJ NIGHT: The DJ night is the one night where you can dance your heart out and no one would ask. Even if I think about it now, every minute was worth it. And yes it all comes to an end. We go to our rooms and look at all the photos and are mesmerized..... waiting for the next Holi.



*-Manisha R
Batch 2022*

INTERNATIONAL WOMEN'S DAY

Under the guidance of Dr. Mukesh Tripathi, Director & CEO, AIIMS Mangalagiri, International women's day was organized & celebrated by the College of Nursing in collaboration with the Department of Obstetrics and Gynaecology, AIIMS, Mangalagiri, on 7th March 2023 at AIIMS, Mangalagiri. On this occasion Poster and Rangoli competition was organized for all the female faculty, nursing officers, medical & nursing students and other staff. Poster competition was conducted with the theme "DigitALL: Innovation and Technology for Gender equality." A total of 22 participants were registered in it. All Posters were displayed in OPD registration area and was evaluated by Dr. Deepti Vepakomma, Dean (Research), Dr. Sripriya R, Additional Professor, Department of Anaesthesiology and Dr. Pratyusha Ganne, Assistant Professor, Department of Ophthalmology. It was followed by the inauguration of posters by Dr. Danasu.R. Principal & CNO and Dr. Desu Ram Mohan, Joint Medical Superintendent. This competition was coordinated by tutors of College of Nursing Mr. Danashekar, & Mr. Vikas Myskin.





On 7th morning 8 am to 10 am, Rangoli competition was organized at 5th Floor IPD building, on the theme “Women & Health”, in which a total of ten participants were registered and was evaluated by Dr. Meenakshi Yeola, Additional Professor, Department of General Surgery, Dr. Jyothi P. Kulkarni, Additional Professor, Department of Anatomy & Dr. Hima Gopinath, Associate Professor, Department of Dermatology. This competition was coordinated by tutors, Mrs.Veena.V.G & Mr.Sujith. On the same day sanitary pad distribution was done which was coordinated by Dr. Desu Ram Mohan, Joint Medical Superintendent, AIIMS Mangalagiri, in coordination with Department of OBG & College of Nursing at OPD premises. From 11 AM to 12 PM, health talk was given on cervical cancer and breast cancer by Nursing Officers, Mrs. Shyamala and Mrs. Thulasi respectively, which was coordinated by tutors of College of Nursing Mrs Nakshatram, Mrs Avanthi & Mr Arvind Joshi. Finally, prize distribution was conducted on 5th floor, where, Dr. Desu Ram Mohan, Joint Medical Superintendent, Dr. Danasu.R. Principal & CNO, Dr. Jyothi P. Kulkarni, Additional Professor, Department of Anatomy and Dr. Priyanka Yoga Purin, Department of OBG were present. First, Second and Third prize for Rangoli were awarded to Ms. K.Nakini(Nursing Officer), Ms. Nighila.K.T & Ms. Akshara.R.S (Nursing Officers) and Ms. Juliet Deepthi.G & Ms. Manasa Seepana (SR & PG OBG department) respectively.

First, Second & Third prize for Poster competition were awarded to Ms. K.Nakini (Nursing Officer), Ms. Nighila.K.T (Nursing Officer) and Ms. Kanagavalli.V (Nursing Officer) respectively.

Mr. Srinivasan.P (Assitant professor) and Mrs. Santoshi (Tutor) looked after the invitation and certificate preparation. Mrs. Anu C Vijay and Mr. Arvind Joshi coordinated refreshments for the guests and participants. This programme was coordinated by Assistant Professors, Mr. Sharun.N.V, Mr. Sudheendra Mutalikadesai and Mr. Srinivasan.P.



*-Dr. Danasu R,
Professor and Principal
College of Nursing*



POT PAINTING COMPETITION

**“Every artist dips his brush in his own soul, and
paints his own nature into his pictures.”**

– Henry Ward Beecher

March 18, 2023, may have seemed like an ordinary Saturday to others, but for us it was a day to cherish. In order to highlight the creativity and talents of our institute, the Social and Environmental club arranged a pot painting competition that was open to the entire AIIMS Mangalagiri family. As usual, the response was overwhelming. This was evident from the total number of entries being nearly 50, with extensive participation from all wings of the institute including faculty, nursing officers, MBBS students, nursing students and other staff, some joining individually while some in pairs. Each participating team was provided with pots as well as painting supplies. The competition started at around 2:30pm in the UG amenities hall.

All throughout the event, the energy was truly captivating. Each and every person worked their own brand of magic with paints and brushes on the pots, and the outcome was astounding. Some of them experimented with modern art, while others chose to adhere to ancient traditions.



The judgment was done by Dr. Madhav Rao, Dr. Yamini and Dr. Jyoti Verma, esteemed faculty members of AIIMS Mangalagiri. After a really brainstorming judgment round, six winners were selected based on originality of ideas and themes included in the art. The winners were:

- 1st prize - Pragnya and Satya, 2020 batch
- 2nd prize - Sanjana and Rahul, 2019 batch
 - Nalini, Nursing Officer
 - Pradeepa and Priya, Nursing officers
- 3rd prize - Hansika and Vivek, 2020 batch
- 4th prize - Mahivesh Fatema, 2022 batch



We are incredibly grateful to everyone who helped make this event a success.



*-Rasha
Batch 2020*

Public awareness on World Oral Health Day

World Oral Health Day is a global healthcare event observed every year on the 20th of March to raise awareness

about oral hygiene, its importance, and the factors that have contributed to oral diseases. This year 2023, the World Oral Health Day 2023 theme is 'Be Proud of Your Mouth', a continuation of the 2021 and 2022 themes. The theme focused on conveying to the public the importance of dental health at all stages and how to preserve oral health. On this occasion, the Department of Dentistry of AIIMS Mangalagiri hosted a public education session in the outpatient area, to make people understand the importance of oral hygiene and diseases altering it. Under the guidance of the faculties, the batch of MBBS students posted in the department were divided into three groups of eight each and they delivered talks on the charts and the presentations that they had prepared.



The first group had prepared a chart showing the causes of dental caries and gingivitis. Dental caries, otherwise known as tooth decay, is one of the most prevalent chronic diseases of people worldwide. Meanwhile, Gingivitis is also a common and mild form of gum disease that causes irritation, redness and swelling of the gum around the base of your teeth. The students spoke about the causes and later said about simple practices that can be performed on daily basis to keep those ailments away,



Both the above diseases are common and has to be taken seriously.

The next group had prepared powerpoint presentations showing oral manifestations of various systemic diseases i.e., diabetes, anemia, physiological state like pregnancy and also due to long term usage of certain drugs, with illustration using various pictures. Common manifestations in pregnancy are loose teeth and dental caries. Similarly, in anemia altered taste sensation is seen. In diabetes, dry mouth, gingivitis, burning mouth like changes are evident. Prolong usage of drugs causes candidiasis ,mucositis, etc. similar to this various systemic diseases may manifest orally. The group familiarized the patients about those oral manifestations caused by various systemic diseases so that knowing those oral changes can help in early diagnosis of the underlying systemic illness.

Also, it has to be kept in mind that all the time those oral changes might not be related to any systemic illness. The presentation was followed by a question and answer session where the queries of the patients were addressed by the faculties.

The third group addressed the gathered public on premalignant lesions which can cause oral cancers. Precancerous lesions of oral mucosa, seen as potentially malignant disorders in recent years, consists of a group of diseases, which should be diagnosed in the early stage. They presented the matter with powerpoint slides with explanation on various disease modalities alongwith their images. Conditions like Erythroplakia, Leukoplakia, Oral submucousal fibrosis, etc were dealt with. Later, prevention and treatment options were explained.

The students gave a wholesome awareness talk on various aspects of oral hygiene and related diseases. Alongside the students, the faculties of the department addressed the queries of the patients, and thus concluded the session.



*-Soumya Ranjan Parida & Sushumna Veluguri
(On behalf of BATCH E)
MBBS 2020*



SHORT FILM COMPETITION

Conducted by SnE Club AIIMS MG

”

*IF YOU JUST LOVE MOVIES ENOUGH, YOU CAN
MAKE A GOOD ONE.*

Quentin Tarantino

Celebrating the importance and vitality of Water in our lives on World Water Day - celebrated on March 22, 2023, the family of AIIMS Mangalagiri has once more proven to be top notch in bringing the out the best creativity from its members. Alongside literary skills, the Social and Environment club has moved a step further to introduce Short Film Making Competition, the theme being - 'Water'.

With active and innovative organisation skills of Dr Naga Guhan from the Dept. of Biochemistry, this event was brought into reality. We had an immense participation from students and faculty alike.



A short film is where we portray the concentrated essence of the theme in the most illuminating way possible. With a powerful theme like 'Water', and a realistic theme of World Water Day being - "Be the change you want to see in the world", it is only natural to see very creative projects on display and making the selection and elimination all the more brainstorming. It was conducted online and all the entries were accepted without any screening process.

Judged by Dr Nithin M from the Dept. of FMT and Dr Prashant Joshi from the Dept. of Pathology on the basis of criteria like originality, creativity, quality of video and sound, concept, last but an important component - message of the short film, the competition truly brought out the directors in many members of AIIMS MG.

OUR PROUD WINNERS



Mr Shubham Panwar (DIRECTOR)
Mr Sudeep Shukla
Mr Vikram Rojh



Mr Arjun Panicker (DIRECTOR)
Mr Prema Sena Pulukuri
Mr Atharban Baruah
Mr Siddhardh Ambula
Ms Kirtika Jakhar
Ms Konda Prathyusha
Mr T V S Naik
Mr Vamsi Krishna
Mr Rayavarapu Sharan



Winners of Short film Competition conducted on the occasion of World Water Day



The Telugu New Year. A festival celebrated with joy & fervour. It was celebrated in just the right way here at AIIMS Mangalagiri.



The decoration was beautiful and so was the rangoli. The decorations were made using banana leaves and marigolds.

The morning started with the pickle making competition. So many teams participated that even a taste of all would have been equivalent to lunch. The Pickle making competition was quite exquisite.

All six flavours were provided yet making it is an art that only few managed to conquer. Some added several fruits to make it better.



And the way all the teams beautified their pickle and served us all made it that much flavourful. All were delicious, no doubt about it. The best were awarded at the end by our judges.



Ameen
Akheel
Abhinand
Shubham



Srivani
Likhitha
Varshitha
Devi Sanjana



Sahithi
Aruneshwari
Tejaswi
Harshitha

As the Pickle making came to an end, we graced the auspicious day of new year with a puja to God. After taking the blessings, we began with our cultural activities near the mess- flashmob and an ethnic wear ramp walk. Lunch was amazing and added the homely touch to the festivities in campus. As soon as we were filled to the brim with the festive feast, another set of activities had been set into motion. Kite flying and Tambola were memorable and it got us into our competitive spirits. A treasure hunt was organised and the clues were spread out throughout the campus and the teams had to find it. Many teams participated in it and Team 9 consisting of **Kabiish, Harshitha, Akhil, Nandini, Srivalli** and **Bhavanishankar** had found the treasure after successfully solving all the clues. The day ended with many memories and a lot of pictures and the event

has made everyone look forward for the events to come in future.



*-BLVB Srivani & S Alakananda
Batch 2022*



STUDENTS' DEBATE COMPETITION



On April 1st, 2023, the Literary Society, in coordination with the SnE Club, organized round 1 of the Inter-batch Debate Competition, which witnessed 2 teams from 2022 batch and one team each from the 2020 and 2021 batches battle it out against each other in a show of vernacular prowess. There were powerful arguments and counter arguments from all teams and thought-provoking, and sometimes stumping, questions from the judges which only served to make the debaters more determined to justify their statements. The audience too, were an integral part of the event as their interjections added more exuberance to the event.





The final round of the Debate Competition was held on 17th April, 2023 with the topic, "Should one child policy be implemented in India" being debated out by the finalists, 2020 and 2022 batches. The battle of words was so strong that, in a stroke of absolute unpredicted happenstance, both teams ended up in a tie of scores. An impromptu 5-minute debate was held to resolve the tie, which ended with the 2020 batch finally emerging as the winner.



We are incredibly grateful to the faculty who served as the judges for the event:

Dr. Deepti Vepakomma,
Head of the Dept. of
Pediatric Surgery

Dr. Sushil Sharma, Head of the
Dept. of Pharmacology

Dr. Vinodh Kumar Kalidoss, Tutor, Dept. of Community and
Family Medicine

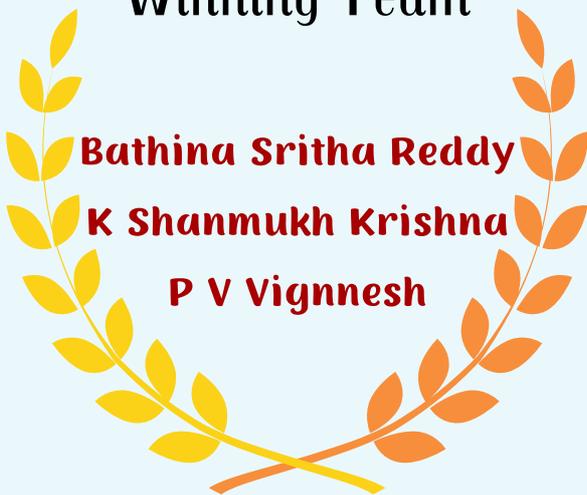
Dr. Suresh V, Head of the Dept. of Endocrinology

Dr. Rajeev Aravindakshan, Head of the Dept. of Community and
Family Medicine

Dr. Vijay Chandra Reddy, Head of the Dept. of Psychiatry



Winning Team



Best Speaker



P V Vignesh



*-Diya Amina VT
Batch 2020*



IAPSM - World Health Day Quiz

Indian Association of Preventive and Social Medicine (IAPSM) - World Health Day (WHD) Quiz - 2023-Nationwide quiz competition was conducted in AIIMS Mangalagiri.

5464 teams from 370

medical colleges spread over 28 states and 8 union territories had participated.

In AIIMS Mangalagiri, elimination round was conducted on 05th April 2023 for the participating 18 teams (each team comprising 3 students) between 2:30 PM and 05:00 PM by the Dept. of CFM. Students from 2019 and 2020 batches have participated.



Final round was conducted on 10th April 2023 between 2:30 PM and 05:00PM for the winning 4 teams from the elimination round



(A,B,C,D - each team comprising 3 students) by the Dept. of CFM. Students from the 2019 batch have participated. "Team A" won the quiz comprising **Ms Bollempalli Priyanka, Ms Sk Sohanaa and Ms Yogitha Poojari.**



*-Dr Navya Krishna
CFM Department*



VRIDHASHRAM VISIT

"Love and respect the old because you are ageing too"

-Aparna Verma

On April 15 th 2023, The S and E club decided to take the students of the campus to visit Sri Krishna Vridhashramam (old age home). Before starting, at 6:00 pm, we students had no idea that old age, described as the nightfall of a life well-lived, was not a plain sky, but a sky filled with memories, wisdom and faces that shone brighter than the stars in the dark. Upon reaching there, students interacted with the "grandpas and grandmas" and we got to hear many stories starting from their childhoods to ones of the movies that they saw last week. We wholeheartedly served dinner to them and their smiles to a meal finally served like they had in their younger days, enjoyed with a loving family and caring hands filled their plates with food and their bellies with laughter. Being able to create such a moment, everyone of us immense pleasure and joy.

The S and E club also lent a helping hand by donating some of the daily required necessities like cleaning soap, Washing soap, Shampoo packs, Tooth paste, and oil bottles.

After we received their adages and words of wisdom , we took our blessings and began our way back from the vridhashram by 8PM.



They not only filled our hearts with love but also taught us wisdom.

The visit reminded us all that, the autumn days of one's life is a time to turn back and become that innocent child that they were before the old and wrinkled pages of the life that they had lost in their busy humdrum of adulthood.

This event and the joy we were able to create was possible only with the fruits of hard work of our seniors and the ever-energetic SnE club. We thank them for such a wholesome, endearing, experience!



*-B.Naga Pranava Sai
Batch 2021*



On April 15th 2023, SOCIAL AND ENVIRONMENT CLUB decided to take the students of the campus to visit Sri Krishna Vridhashram (old age home).

Before Starting at 6 : 00 pm from hostel, students including S & E Club members had no idea that the old age considered as the night of life wasn't just a plain sky, but a sky filled with memories, wisdom and faces that shined more brighter than the stars in the dark .

Dinner was served to them and their smile filled the hearts of the students.

After a whole lot of chit chats and wise talks, the students returned at 8 PM after taking their blessings.

The visit reminded all the students that, old and wrinkled pages of the life aren't the last pages, but is a phase of life that turns people back into that innocent child that they had lost in their busy adulthood.

THIS EVENT BECAME SUCCESSFUL BECAUSE OF

EFFORTS OF S&E club.
WE ARE INCREDIBLY
GRATEFUL TO
EVERYONE WHO
HELPED IN MAKING
THE EVENT
SUCCESSFUL.



*-Siv Sankar
Batch 2021*

An Initiative in Pediatrics Department



"An hour spent reading is one stolen from paradise."

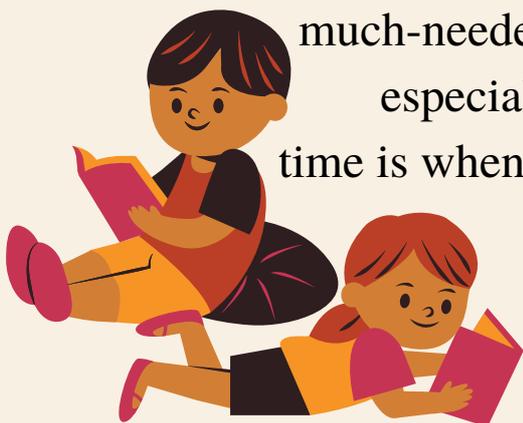
-Thomas Wharton

April 15, 2023 was a wonderful Saturday for all of us who came forward to organise a library for the children in the Paediatric In-patient department (IPD) of AIIMS Mangalagiri. A room without books is like a body without a soul. It all started with the enthusiastic mind set of the Department of Paediatrics and members of the Social and Environmental Club of the institute, to inculcate the habit of book reading in the young generation.

Books hold the magic of transporting us to different worlds, enhancing our imagination, and sparking our curiosity.



In the hustle and bustle of our modern lives, books provide a much-needed respite, offering solace and comfort, especially during challenging times. One such time is when children are admitted to the paediatric ward of a hospital for inpatient care.



Amidst the sterile walls and medical equipment, books can be a source of comfort and companionship for young patients, offering them an escape from the monotony of hospitalisation.



With support of the Department of Paediatrics, Literary Society and Social and Environmental (S&E) club we are able to make this event successful. Many people also came forward and showed their interest by donating books of various genres. We collected different story books, illustrated educational books, drawing books, Comics and many more interesting books for children in IPD. The children there really liked the books. All the people who worked to set up this library were overwhelmed by seeing the reaction of the kids there. It really motivated us to do many more such events in the coming days.



-V.Viswas Varma
2021 Batch



Declamation

On earth day, S & E club and the literary society joined hands together for a competition of one of a kind, The declamation. Contestants were allowed to recreate a speech given by their role models, on the topic " Only one earth". Along with the speaking ability, the recreation of costume was also a key to judgment, which made the competition standout.

We saw Leonardo DiCaprio, Malala Yusafsai, Arun Krishnamurthi and many more; speeches from Earth Summit, climate Summit and many others were presented. Judges and audience were allowed to ask questions based on their speech, for which the contestants had to reflect on and reply. An interactive session on alternative energy sources and women's access to education was also conducted.

The event was a brilliant exhibition of talent and after a very tight match, Aiswarya (2022 batch), Sri Kabiish (2022 batch), Kirtika Jakhar (2021 batch) were declared as the winners of first, second and third prize respectively.

We express our gratitude towards our respected faculties Dr Jyoti Verma (Dept of Pathology), Dr Vinoth Kumar Kalidoss (Dept of Community and Family Medicine) and Dr Jitendra Chawla Gulabrai(Dept of Dentistry) for their very valuable presence as the judges of this event.

*-Swati Raj
Batch 2022*

After joining AIMS MG, for the first time I participated in a speech giving competition on the occasion of 'WORLD EARTH DAY', I was exhilarated to give a speech previously given by a famous personality, Arun Krishnamurthy - an Indian environmental activist who has initiated campaigns for cleaning various lakes in India at the age of 17!! Through this competition, I learned about him and about his ideas. He quoted, "It's humans not the earth which needs saving or protection."

I was literally inspired by this line. If we introspect the actual intent behind saving and protecting the planet, we see that it is to save our own neck, because, without a healthy Earth, there is no chance of human life, nothing beyond that.

I learnt a great deal from other participants too, And I would like to thank the organizing committee for giving me such an opportunity and a special thanks to Vignesh sir too.

*-Karthik M T
Batch 2022*



On 22nd April we had a declamation contest in our college where participants from different batches donned the attires of popular speakers and replicated their famous speeches.

Going in synchrony with the occasion of the day - Earth day, the topic was “Only One Earth”.

The audience was enlightened by witnessing speeches on the urgency to conserve the planet by inspiring leaders around the world as well as activists, farmers and even a movie star!

Overall, it was a nice experience that also gave a very valid take home message.

*-Sri Kabiish
Batch 2022*



CELEBRATING CHIASMA

One of the best ways of making the most of one's college life is attending fests where medicos come from all over the country. Visiting these fests not only provides us a well earned vacation from the



routine classes, it also gives us an idea of how the medicos across the country are handling their college life in different medical campuses.

When we attend fests we also get to do a lot of sight-seeing and visit tourist destinations which are really awe-inspiring.

The largest fests of the country are those conducted by other Institutes of National Importance and one such huge fest I was fortunate enough to visit was the annual fest of AIIMS Bhubaneswar called CHIASMA.

Biologically, chiasma refers to the structure that forms between homologous chromosomes by their crossing over and recombination with each other.

Therefore the fest is aptly named to reflect how so many budding medicos across the country cross paths, interact with each other, learn from each other, recognize and embrace the differences in culture, enjoy together and part ways in the end to return to their usual life with greater knowledge and exposure than before, ultimately adding to their overall growth.

During this fest I not only got to rekindle old friendships from my intermediate college, I also got to participate in highly competitive events conducted in the form of quizzes, debates and several other literature events.

I was overjoyed to finally bag the 2nd place trophy for the Just a Minute(JAM) competition held on the last day of the fest where the best speakers from all literature events and across several medical colleges battled it out fiercely.

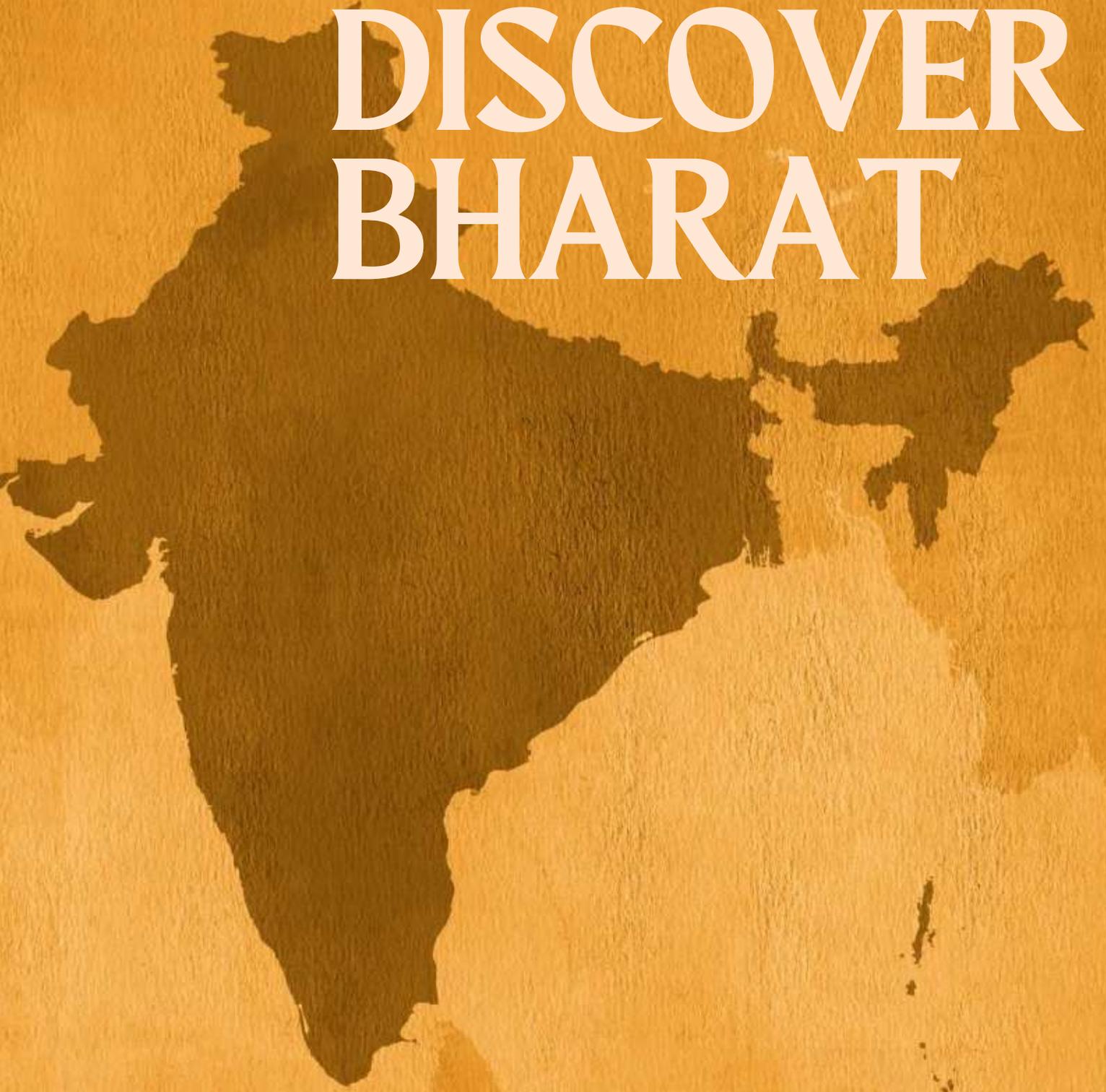
It was such an honour and a privilege to represent my college at a national event and equally rewarding to bring the trophy home to cheer and celebrations from all my friends.

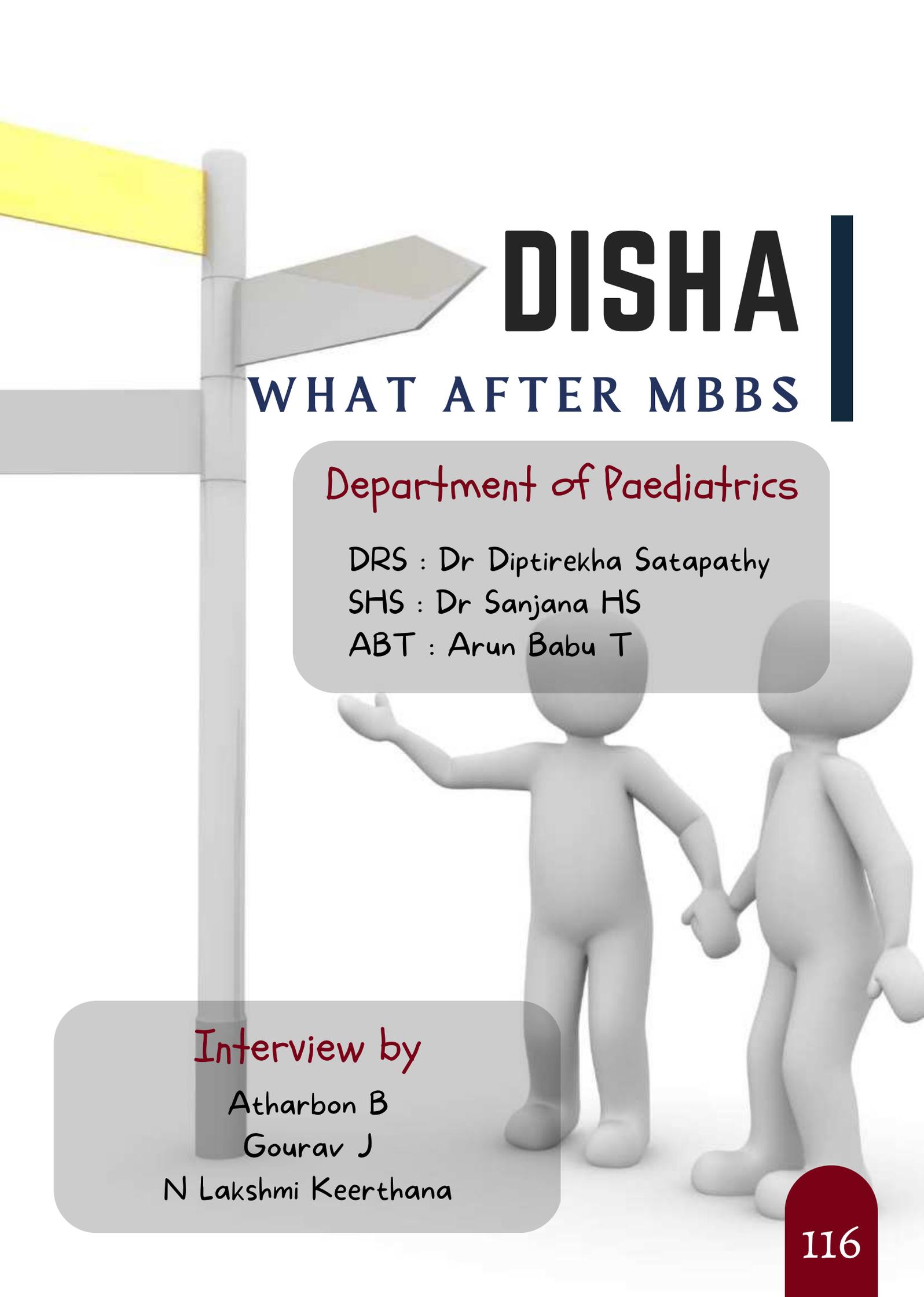
By the end of the event, I also learnt how to conduct myself not only as a representative of the college but also as a responsible adult.

I would like to conclude this experience and this article by encouraging my batchmates and the junior batches to participate in inter college fests whenever feasible because fests give us a breath of fresh air and relief from our hectic schedules for a few days while allowing us to make memories for a lifetime.

*-P V Vignnesh
Batch 2020*

DISCOVER BHARAT





DISHA

WHAT AFTER MBBS

Department of Paediatrics

DRS : Dr Diptirekha Satapathy

SHS : Dr Sanjana HS

ABT : Arun Babu T

Interview by

Atharban B

Gourav J

N Lakshmi Keerthana

How does your branch differ from the other branches?

ABT : Pediatrics is a very unique medical branch with some similarities to Veterinary science where one cannot obtain history directly from the patient in most situations. Parents often give their perception about their child's illness and it may not reflect the real picture. So it's extremely challenging to deal with kids right from taking history to examination. We all know how difficult it is to examine an infant or a toddler. Children often present with different symptoms when compared to adults. Early diagnosis and prompt treatment are crucial when dealing with children to minimize morbidity. They also may need different treatment compared to adults. Pediatricians are specially trained to recognize the importance of these differences, especially with young children and newborns.

DRS : In pediatrics, most of the times you can't obtain history from the patient. The person who will give the history doesn't have experience of the discomfort. Informants sometimes give the information as per their perception regarding the cause and course of the illness rather than what actually happened to the patient. So, you need to be very skillful and to have keen observation. The second thing is when you are treating a child, actually you are treating three people: the patient and both parents. In fact, sometimes, it's the parents who need treatment (counselling) rather than the patient.

SHS : Most adult branches have similar approach to the illnesses due to the shared underlying pathophysiology of adults. Pediatrics is niche in that sense that pathophysiologic ally children are "not just miniature adults" they are entirely different more so in differing age brackets (newborn, infant, toddler, school going, adolescent) which makes it somewhat a more complex field compared to some other branches of medicine. It requires some amount of unlearning and re learning of basic principles of medicine post MBBS and become attuned to the way a child's body and mind functions.

For whom is this an ideal branch?

ABT : Pediatrics is a good career choice for students who enjoy working with children. It is considered as both a broad and end specialty. However, it needs lots of hard work, dedication and lifelong learning to be a good Pediatrician. It's easy to get emotionally attached with children. While it's important for a Pediatrician to be empathetic, they should also take timely and correct clinical decisions without getting influenced emotionally at the same time.

DRS : People with cool mind, dedication to work and a lot of patience and of course, with the ability to tolerate a crying child (who is not their own).

SHS : Basically, someone who has a passion for child welfare, child rights and understands and is ready to do whatever is right or good for them (does not necessarily have to be good with kids or good at playing with them contrary to what many people feel). Patience usually helps in most clinical branches of medicine but more so in pediatrics. One has to be okay with long and challenging hours of work, irregular work hours even after becoming a consultant or senior in this field.

What is the optimum way to approach pediatrics postings?

ABT : The real teachers of Pediatrics are the children in our department. Spending more time with them will be rewarding and will help you to learn Pediatrics easily. Eliciting history and performing clinical examination in uncooperative children is a completely different skill set altogether which one can master only with patience and experience.

DRS : A child is not a miniature adult. So, neither the diagnosis nor the treatment can be extrapolated from adult data. A high degree of theory and practical knowledge and a keen sense of observation is mandatory to have the optimal gain from the posting.

SHS : Spend maximum time around bedside of patients talking to the parents and the child, learning to make the child as well as the anxious parents comfortable around you. Eliciting a good history about the child from parents takes a different type of skill as you are not getting direct information from the child especially if it's a young child or infant you are only noticing signs in him or her and getting history from a surrogate person (second hand information). This is what should be achieved during the posting.

There are few things which are unique only to pediatrics history like taking a diet history, developmental history, birth history, doing anthropometry, recording a baby's temperature or vitals. Become thorough with these things during the posting as you will not get a chance to perfect them in any other posting. Become familiar with usual normal values of vitals and other parameters in children and become comfortable with interpreting them for different age groups.

What do you think are the set of skills to be developed when it comes to dealing with young patients and infants?

ABT : The most important skill one needs to develop to become a successful clinician is an inquisitive and analytical mind. You have to constantly question yourself whether you are suspecting the right diagnosis, anticipating all complications and giving the right treatment for the child. A good clinician will always be a step ahead of the 'disease process' and would be ready to change the 'diagnosis' as the history, clinical findings and lab abnormalities evolve with time. As far as Pediatrics is concerned the most important skill sets to have are Patience, meticulous observation skills, clinical examination skills, good communication and lots of 'common sense'.

DRS : Patience, patience and patience. The doctor needs to be patient while dealing with young patients.

SHS : Patience, calmness, prompt decision making, interest in procedural skills, working around a child while causing minimal discomfort, good communication and counselling skills to clearly explain to parents about the management, home care and prognosis.

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

ABT : This was a 6-year-old girl from a village near Pondicherry who was admitted to PICU in JIPMER hospital with a history of poisonous snake bite. It was my first PICU posting as a postgraduate . She was very scared during the first few days of ICU admission but was comfortable with me as I used to sit alongside her and used to speak with her in the local language. She used to hold my hand the whole night for comfort as parents were not allowed inside the ICU. After the first few days of ICU stay, I even got emotionally attached with that little girl.

Perhaps it was her infectious smile, or the way she always found joy in the smallest things. This girl showed signs of recovery initially following ASV administration, but eventually developed capillary leak syndrome and MODS and succumbed to her illness after 7 days of treatment. In the following days, I struggled a lot to come to terms with her death. I used to get nightmares after that incident. It was devastating for me as I couldn't cope with that death for many days. I was subconsciously reliving every moment of our time together in the ICU, and wondering if there was anything more we could have done. I felt a deep sense of guilt, grief and loss, and found it difficult to focus on anything else. As a PICU resident, I was expected to quickly recover from such emotional issues and start giving my 100% for other sick patients. In reality, it took months for me to begin to heal from the emotional trauma of that little girl's death. It's never easy even for the most experienced doctors to deal with death as we are humans too. After that episode, I have consciously tried not to get too attached with the patients as it can affect us emotionally and can interfere with our clinical judgment.

SHS : A 13 year old girl came with mood changes and emotional lability for last 6 months. After taking entire history for psychiatric illness or stressors in lifestyle, during routine systemic examination we were not expecting anything major. That time we noted some chorea like movements in her extremities (not noted by her or her parents) and in CVS examination there was a pan systolic murmur. It turned out to be rheumatic heart disease with established mitral regurgitation and rheumatic chorea. It taught us the importance of a thorough systemic examination. Although its usual to examine the concerned system thoroughly, its equally important to examine all other systems very carefully.

What should the interns expect during peds postings and what skills should final year students acquire prior to internship?

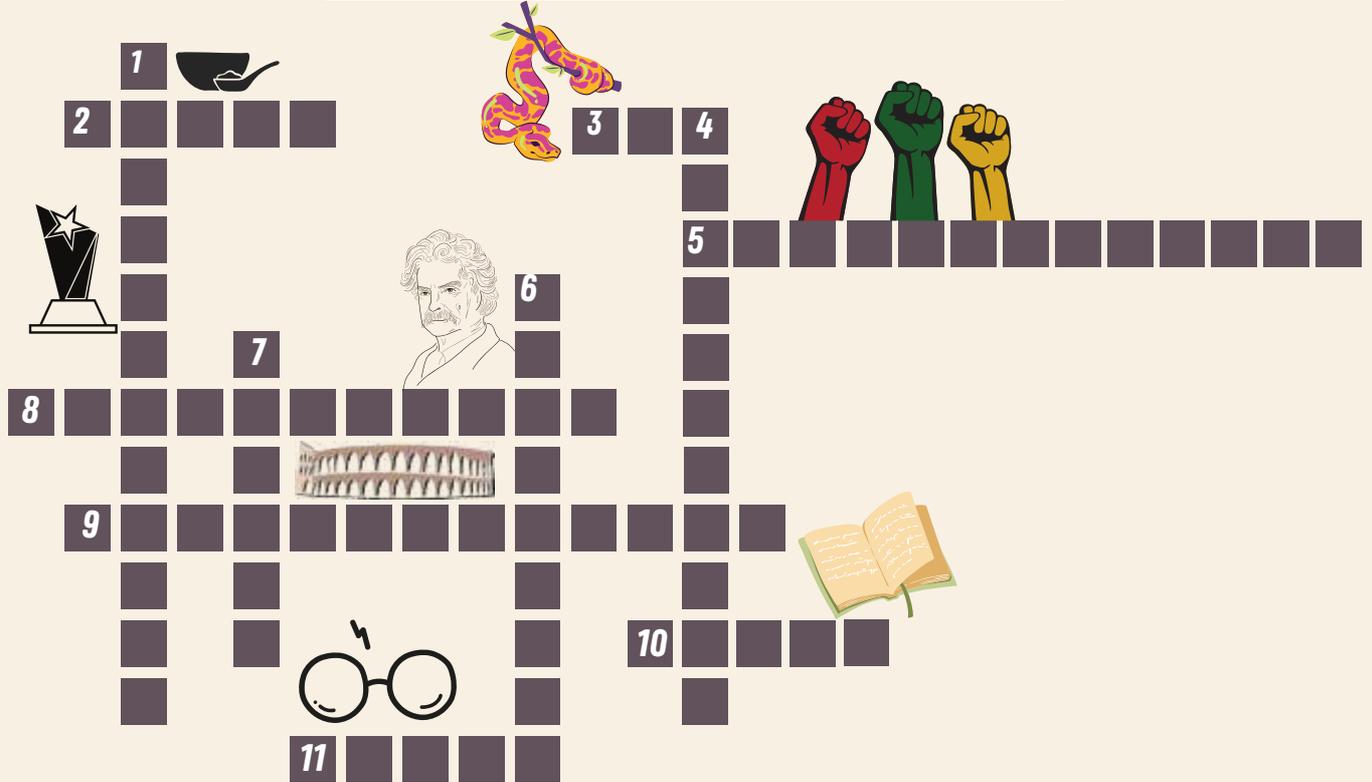
ABT : Final students should be able to confidently elicit history and interpret clinical findings in children. Internship posting is a good opportunity to observe how children with various diseases are treated in hospital. Interns should also learn basic skill-sets related to pediatrics like performing anthropometry and its interpretation, procedures like IV cannulation, starting IV drip, Lumbar puncture, catheterization and performing basic steps in Neonatal resuscitation. They should also familiarize themselves with the OPD consultation process and should be capable of identifying 'sick' children.

SHS : Interns can expect a lot of hands on clinical work in pediatric wards, management of sick children, interpreting pediatric blood reports and imaging (CXR, MRI etc.), management of common pediatric conditions, triaging well and sick children in OPD, basic skills like cannulation, sampling, oxygen and fluid therapy, learning doses of common pediatric medications in OPD and how to correctly prescribe, giving advice regarding child care to parents, neonatal resuscitation, routine care of well newborns.

Prior to internship, it is expected that the student knows to take a good thorough clinical history and good examination of the child be it whatever age group from newborn to 18 years and be aware of normal findings for each of these age groups. With some idea of common differential diagnoses for some common clinical findings.



 **CROSSWORD** 



ACROSS

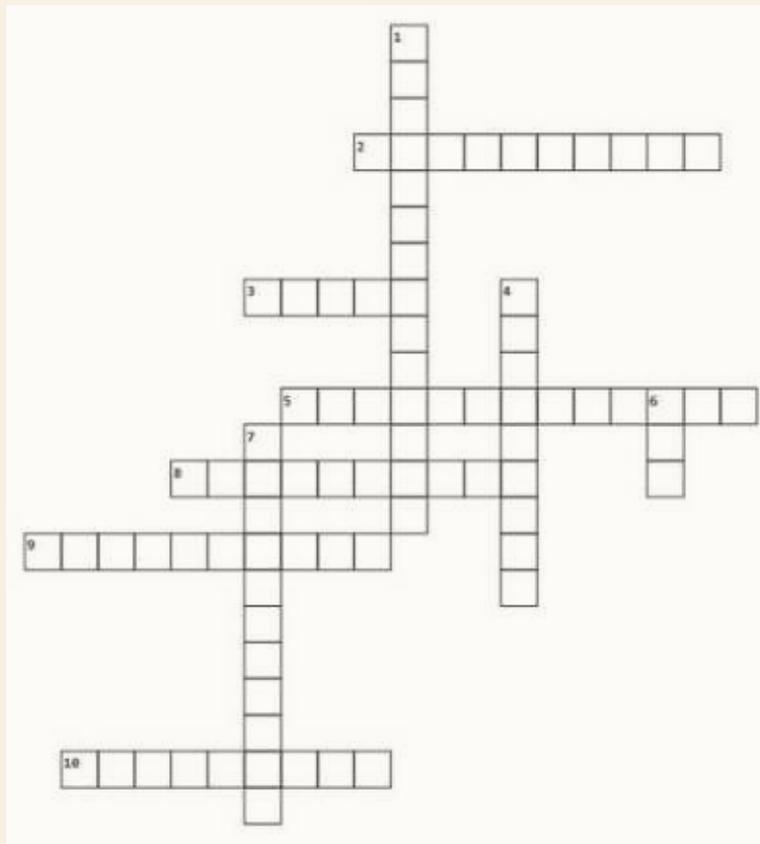
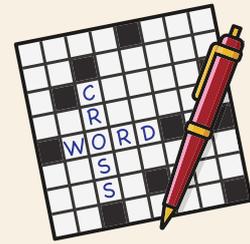
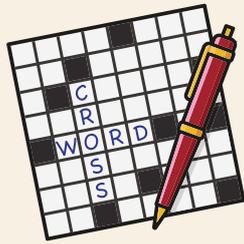
- 2. Please sir, I want some more" Oliver Twist asks for this.
- 3. Python in Rudyard Kipling "Jungle Book"
- 5. Long walk to freedom" by
- 8. Where ignorance is bliss, it is folly to be wise.
- 9. Truman capotes in cold blood takes its name from this play
- 10. The diary of a young girl" in this language
- 11. Number of books in Harry Potter series.

DOWN

- 1. First Indian to win Man Booker prize
- 4. 2022 Nobel prize in literature
- 6. Samuel langhorne Clemens pen name
- 7. Romeo and Juliet" set in this city.



ANSWERS TO PREVIOUS CROSSWORD



- 1. Donald Bradman
- 2. Virat Kohli
- 3. Dubai
- 4. Edgbaston
- 5. Vivian Richards

- 6. MCC
- 7. Ishan Kishan
- 8. West Indies
- 9. Shane Warne
- 10. Ajaz Patel

UPCOMING EVENTS



Literary society



STUDENT'S LIBRARY

Open on every Saturday evening
5 to 6 PM

The Literary society of AllMS Mangalagiri is running a non medical library for students
Utilise it and Help us expand by donating your old books at the library.

Contact

DEBENDRA - 9348827929

DIYA - 9383444534

OUR TEAM

COVER DESIGN

Kirtika Jakhar

CONTENT EDITING & COMPILING

Diya Amina V T
N Lakshmi Keerthana
Gourav J
Shriya T
Nandana H
Chaitanya Bhaskar

FACULTY MENTORS

Dr Deepti Vepakomma
Dr Suresh Vaikkakara
Dr Satvinder Singh Bakshi
Dr Shikha Yadav
Dr M A Bari Siddiqui

MAGAZINE DESIGN

Adithya Nath
N Lakshmi Keerthana
Kirtika J
Shriya T
Akhil P
Siddharth A



ALPAVIRAAM

That's to wrap for this month's Literary-themed issue! We hope the readers found newer books to read, wider perspectives about how a character, an author or a book as a whole for that matter, impacted an individual and we hope that those who are just entering the multiverse of fiction and stories have got a head start. On this note, we hope the student-run library, whose details have been given above, will now see a more enthusiastic crowd and increased donation of books.

We sincerely wish these sizzling heat waves be cooled by a bit of superhero action, magic through wands and hands, journey through the thoughts and dreams and drama in your reads.

The upcoming edition will have something interesting and intriguing. We will reveal the topic soon and would like the readers to actively participate in making the next issue better than ever.

We will be back again, in the mean time, your writings, art, photography of any topic and genre is accepted, so kindly send it to us at atman@aiismangalagiri.edu.in by 15th June 2023. Remember, articles have to be original!

Meanwhile, Happy Reading...

With Love
Team ĀTMAN