



MGM

Mahatma Gandhi Mission

MGM Institute of Health Sciences

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"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." - Mahatma Gandhi

MGM NEWS

Celebrating MGM's 25 SILVER YEARS Glorious Journey

MGMIHS FOURTH CONVOCATION DAY

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On the 9th of May 2014, MGMIHS held its fourth convocation ceremony at the MGM Education Complex. The day happens to be the birth anniversary of Gopal Krishna Gokhale – mentor and guide to Mahatma Gandhi. A worthy coincidence of sorts! Another special attribute of the 4th convocation was that it happened to be the first convocation following NAAC's accreditation of MGMIHS with an 'A' grade – an invaluable lifetime memento for everyone in attendance.

Padmashree Dr. Vijay Bhatkar was the chief guest of the ceremony ably accompanied on the dais by a distinguished gathering from MGMIHS including honourable chancellor Dr. Narayankhedkar, Vice Chancellor Dr. Sudhir Kadam and members of the board and management and academic council at MGMIHS.

MGMIHS especially recognized that parents and guardians too have an important role to play in every youth's upbringing and had therefore made special arrangements for them to be able to participate in the celebrations. A live webcast of the convocation process was done to enable them watch the events of their wards being conferred with the convocation degree.

Eventually it was the young and beautiful minds bedecked in their convocation gowns, caps and stoles who stole the show. They electrified the atmosphere with



Photograph showing Members of the Board of Management of the MGMIHS, Chief Guest Dr Vijay Bhatkar, Chancellor Dr Narayankhedkar and Vice Chancellor Dr Sudhir Kadam.

their overflowing zeal and enthusiasm while receiving their well deserved degrees. The school of experience is free for life, has no degrees to offer and guarantees you repeat lessons in every subject you fall short, until you learn and grow wise enough! In order to make this transition smoother, Man invented an "easier" school of knowledge - formal education, where you pay for structured lessons that are never, repeated; where learning is periodically examined and eventually rewarded in the form of formal degrees on a convocation day.

We wish all the young degree holders, continued success in their pursuits in this school of experience whose doors have now opened today for them with a wide embrace. **Have a great future ahead!**

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Convocation Glimpses



Vice Chancellor's Convocation Address



Dr. Sudhir N. Kadam
Vice Chancellor
Presenting the Accomplishments of MGMIHS

Emphasising NAAC's A Grade...

"Accreditation with Grade A speaks volumes about our teaching, learning, and evaluation systems apart from best infrastructure and learning resources provided in the medical colleges and other institutions of the MGMIHS. I proudly mention that even our diagnostic laboratories are accredited by the National Accreditation Board for Testing and Calibration Laboratory."

Congratulating Team MGMIHS,,,

"I congratulate the Dean, entire faculty and staff for their continued support, professionalism and commitment in building a temple of teaching and learning over the last 25 years."

Committing To Deprived Sections...

"We will endeavour that no financially constraint or underprivileged person is deprived of health care support. To match the growing demands of healthcare to society, the tertiary healthcare facilities to the common man will be improved and made more affordable. Over 1170 patients had received services during the last one year. Maximum number of patients were admitted and operated in cardiac and cardiothoracic surgery."

Congratulating Degree Awardees...

"In fact the number of students who will be awarded degree this year almost equals the total number of degrees awarded

Accomplishments and Opportunities

In the backdrop of having led MGMIHS through several distinguished milestones in the recent months including the silver jubilee celebration followed by a deserving 'A' grade accreditation by NAAC, Dr. Sudhir Kadam, Vice Chancellor at MGMIHS found in the fourth convocation ceremony, a suitable platform to touch upon a wide array of achievements and opportunities at MGMIHS, as well as express gratitude to one and all for their valued contributions. Here is his magnificent welcome address:

I have immense pleasure in extending a warm welcome to this august gathering on the occasion of the 4th Convocation of the MGMIHS. This Convocation assumes special significance on account of the conferment of "Grade A" by the Assessment and Accreditation Council of the University Grants Commission. I congratulate the members of the various boards, committees, faculty, staff and students for this great accomplishment. The Convocation also assumes importance that our two medical colleges have entered 25th year of service with a motto to provide quality education to tomorrow's doctors and medical scientists and by advancing knowledge in all fields of health sciences through meaningful and ethical research.

On this day, during the Silver Jubilee Year, I make a firm commitment to work more closely with all my colleagues to make our medical colleges, hospitals and other affiliated institutions the best of its kind in the country. Our immediate goal will be to expand the academic and health care services to make Navi Mumbai and Aurangabad the Health Capitals of India and bring pride to all.

I am happy to mention that MGM Medical College and Hospital has been empanelled by the Government of Maharashtra for Rajiv Gandhi Jeevandayee Arogya Yojana, under which financially constraint people receive services without making any payment. The empanelment was following a report by the committee expressing great satisfaction about available facilities, support services including well-equipped laboratories, blood bank and information technology at the MGM Hospital.

Coming back to today's function, it's a proud day for our University. At this fourth convocation the University will be conferring degrees to 643 students in Medical, Nursing, Physiotherapy and Allied Health Courses. This includes 253 students who have passed MBBS Course and 171 who have passed MD and MS courses. In fact the number of students who will be awarded degree this year almost equals the total number of degrees awarded during the last three convocations. This speaks of the increasing popularity and acceptance of our courses. Of 643 students who have qualified for the degree, about 441 will be receiving degrees in person. Medal winners have been identified for their exceptional performance. Four candidates will be conferred with Ph.D. degrees. My heartiest congratulations to all of them.

I will like to mention that the 4th Convocation is taking place at the time our University is poised to make giant strides towards achieving excellence in diverse areas. It has truly been a time of transformation on academic, research, patient care and administrative fronts. I will briefly share with you, some select achievements of the University in recent times.

To begin with, the operational efficiency at the University has been enhanced by undertaking a program of IT transformation. The Automation System introduced recently has facilitated online registration of students, attendance, internal assessment, practical mark entry, hall ticket issuing, question paper delivery, result processing etc. This has not only improved the efficiency but also made us transparent and accountable.

The percentage of our student's successfully completing degree courses has increased appreciably. In this regard, I will like to mention that our students are very special to us. Our priority is student's success with improved results in retention and graduation rates.

While we endeavour in creating and disseminating knowledge, and providing students a unique learning experience, we are also conscious of the individualized care which some

during the last three convocations. This speaks of the increasing popularity and acceptance of our courses. Medal winners have been identified for their exceptional performance. Four candidates will be conferred with Ph.D. degrees. My heartiest congratulations to all of them."

Highlighting Some Achievements...

- ✓ IT Transformation ON at MGMIHS
- ✓ Increased % of students degrees
- ✓ Making University Student-Centric
- ✓ 2 new MCI approved MD courses
- ✓ MCI approved intake capacity increase
- ✓ New Sleep Medicine Research Centre
- ✓ High Priority to Support Research
- ✓ New Journal of Medical Sciences

Committing Responsibility To Nation...

"Our country accounts for 21% of the world's global burden of disease and bears greatest burden of global maternal, newborn and child deaths. Many people die even before the disease is diagnosed. We are losing more than 6% of GDP annually due to premature deaths and preventable illnesses. There is an acute shortage of medical doctors as well as paramedical staff. We have a responsibility to reduce the disease burden.

We have a responsibility to produce good doctors, good teachers and good human beings. The responsibility is not only to treat patients but treat with compassion, love and concern, realizing that large segment of our population is financially constraint. This would need innovations in preventive approaches, treatments and rehabilitation. We accept this responsibility and we will deliver."

"Guru Mantra" For Young Achiever's...

"I suggest that whatever you do, please have a constructive attitude, spirit of competitiveness and carry on the rich legacy of your and our nation."

of the students need while being with us. Through mentoring and parent-teacher meets, by according high priority to address to the needs of slow learners; grievances redressing through counselling; empowerment of female students and prevention of harassment; providing financial support to economically disadvantaged students we ensure that each and every student realizes ones dream.

The major credit for making the University student-centric goes a great deal to our faculty. It is their commitment and wisdom and most importantly the desire to serve as the leaders, inspiring role models and mentors for students and the younger colleagues who provide an environment conducive for teaching and learning. All of you here who have put so much effort into this work deserve applause.

I am happy to announce that the Medical Council of India has this year granted approval to start two additional MD Courses, one in Geriatric Medicine, and the other in Immunology & Blood Transfusion Medicine. The University has so far been offering MD and MS Degree courses in 19 disciplines. MCI has also enhanced the intake capacity of postgraduate courses in some of the disciplines such as Psychiatry, Orthopaedics and ENT. Super-specialty courses in Plastic Surgery, Cardiology, Cardiovascular Surgery, Urology and Nephrology have also been started in the medical colleges.

I take pride in mentioning that approvals from the Medical Council of India to start new courses as well as to enhance the intake capacity is a true acknowledgement and reflection of the availability of high quality infrastructure and competent human resource to offer education and clinical training.

In continuation to this, I will like to apprise you of the MGM Sleep Medicine and Research Centre which has recently been inaugurated in the medical college. The Centre has been established jointly with the world renowned Centre for Sleep and Circadian Neurobiology, University of Pennsylvania, USA. The centre is offering clinical services to patients suffering from sleep-related disorders in addition to helping in academic pursuits and quality research.

I will also like to mention that the University accords high priority to support research. Excellence in research is considered a prerequisite to attaining excellence both in teaching as well as patient care. About 105 students, including faculty members, are registered for Ph.D. Degree program in various disciplines. Some of the recent initiatives to encourage and support research include: Constitution of Research and Recognition Committee with involvement of highly accomplished scientists from various institutions; Establishing well equipped centralized research facilities accessible to all researchers; Promoting interdisciplinary collaboration; Encouraging the faculty to participate in national and international conferences; Organization of workshops and conferences; and most importantly providing financial support to scientists to initiate research projects.

The outreach and extension programs in the rural sector also facilitate research by helping in identifying program gaps; generate evidence; translate behavioural, social science and medical research findings into programs.

The University has also started publishing a journal "MGM Journal of Medical Sciences" to encourage young scientists and students to publish their work.

Friends, while Convocation is the celebration of accomplishments of the students and the teachers, it is also a time of excitement and eagerness to embrace our upcoming opportunities, challenges, and responsibilities. The new challenges of the country's health sectors are opportunities for the Institute to further contribute towards nation building. Acquiring the skills and spirit of competitiveness is essential to face the challenges of the future.

Finally dear students, it is an exciting moment and soon you will be receiving your degrees. You will be successfully crossing a major academic milestone in your life. I close my welcome address by quoting Dr. Abdul Kalam our former President of India "We are all born with a divine fire within us. Our efforts should be to give wings to this fire and fill the world with the glow of its goodness".

I wish you all success in your endeavours.

Chancellor's Convocation Address



Dr. K. G. Narayankhedkar
Chancellor, MGMIHS
Addressing the 4th MGMIHS Convocation

Congratulating all the students...

"I congratulate all the students who have successfully completed their study and have been conferred degrees of the MGMIHS. I also congratulate our toppers and rankers for their outstanding performances. I also congratulate the parents and family members of our students for being feeling so proud seeing their children accomplishing their academic pursuits."

On Research Impetus at MGMIHS's...

"At MGMIHS research experience and application of research are an important part of medical education, evidence-based medicine and clinical practice. To foster translation and innovation from research, the University encourages research and innovation in health services, leadership in clinical trials and maximizes the use of research in policy, practice and service delivery. Grade "A" accreditation of the MGMIHS by the National Assessment and Accreditation Council, Government of India is a testimony to its strong commitment to pursue and promote quality research."

"The University follows a strategy which encourages the faculty and the scientists to develop research programs that are built upon the current technical strengths and that are derived from the infrastructure already created at MGMIHS. In addition, thrust areas of research are identified and technical strength and the infrastructure matching the needs of the identified thrust areas are built.

During the year over 200 papers were published in various national and international journals of repute. More than 300 faculty members were sponsored to participate in national and international conferences."

Honorable Chancellor's Convocation Address Highlights

Honourable Chancellor graced the convocation and lauded the several achievements in his convocation address.

I would like to take this opportunity to mention a few words about the Trust of Mahatma Gandhi Mission, which is the parent body of the MGM Institute of Health Sciences. Recognizing the need for promoting medical education in the country, by promoting health, preventing and curing diseases, advancing biomedical and clinical research and educational programmes, MGM Trust started two medical colleges in Maharashtra, one in Navi Mumbai and the other in Aurangabad during 1989-90. Subsequently, the University had started degree courses, both at undergraduate and postgraduate levels, in Nursing, Physiotherapy and Biomedical Sciences. UGC in 2006 accorded the status of "Deemed University" to MGMIHS.

Our two medical colleges are in their 25th year of providing education, supporting research and in clinical care and we are celebrating the Silver Jubilee of these colleges of the University. I am proud to mention that these two medical colleges have made highly commendable progress in teaching, research and clinical care over the last 25 years. Both the medical colleges have shown performance par excellence. These colleges are offering professional MBBS, MD, MS, MCh, DM, M.Sc and Ph.D. degree courses, which are recognized by the concerned statutory bodies. Clinical training is offered in the University's own hospitals including rural hospitals. The colleges have over 800 medical and nonmedical faculty and consultants who are involved in teaching as well as research programmes of national relevance.

I am happy to mention that this year the hospital had started a MGM Multi-specialty Diabetic Clinic as well as a MGM Sleep Medicine and Research Centre. It is heartening to note that the Sleep Centre has been established jointly with the University of Pennsylvania and will address to the health needs of large segment of population which has sleep disorders and the consequences thereof.

As in the case of two medical colleges, the performances of the MGM School of Physiotherapy, MGM New Bombay College of Nursing, and the MGM College of Nursing have also been highly commendable. These institutions have, in addition to the teaching programmes, established state-of-the-art research facilities and enrolled PhD students who are working on novel health care projects. The MGM School of Physiotherapy has also established linkages with University of Sydney, Australia and the Cardiff University, UK to jointly pursue research and for human resource development. My heartiest congratulations to the faculty.

To accomplish its Vision, the University firmly believes that achieving excellence in research is a prerequisite to attaining excellence both in teaching as well as patient care. I believe that research is directly connected with critical and independent thinking, creativity and more importantly to new discovery. It is the creative ability of the teacher to adopt a holistic approach and utilize the subject knowledge to design course content, develop effective performance tasks, and design assessment tools. Creative thinking when coupled with experimentation of appropriate research methodologies can result into inventing new diagnostics as well as therapeutics. It is all about evidence-based decision making whether it relates to academics or clinical services.

It may be mentioned that scientific deliberations and exchange of knowledge are part of our regular activities at the University. The University had recently

On Clinical Care MGMIHS...

"In the area of clinical care, I am pleased to mention that our hospitals have expanded services in various departments to address to the increasing healthcare needs of the population particularly the weaker sections of the society and for those from rural sector. During the year 2013-14 more than 3.2 lakhs patients had attended Out Patient Department in Navi Mumbai and an equal number in MGM Hospital at Aurangabad. More than 34,000 patients were admitted in the various specialties' and super-specialties'. Imaging and laboratory investigations crossed 50,000 per month. About 11,000 admitted patients were operated in the year. Facilities for advanced surgical facilities for hip, knee and shoulder replacement were strengthened. In fact, complex spinal surgeries are also being done."

On MGMIHS's Rural Outreach...

"The University has adopted a number of villages in the Maharashtra State for overall development where preventive, promotive and curative services are provided through health education and health screening camps to financial constraint and underprivileged Sections of the society. Such endeavours also prepare undergraduate and post graduate medical students to function as community and first level physicians in accordance with the institutional and national goals".

On MGMIHS's Physiotherapy forays...

"MGM School of Physiotherapy has signed MOU's with International Society of Biomechanics in collaboration with IIT, Mumbai and Cardiff University, UK, for the development of biomechanics training and research and also with World Spine Care Organization for training, clinical services and research in spine care."

On MGM Nursing Initiatives...

"I am proud to mention that 25 meritorious students of the MGM New Bombay College of Nursing had received Sir Ratan Tata Trust scholarship and another 26 from DMER, Mumbai. In addition to teaching and clinical care, the faculty is actively pursuing research and has published a number of papers in national and international journals of repute. The college had also organized a state level conference in collaboration with Trained Nurses Association of India, Millennium City Branch, Navi Mumbai on the Theme: "Ensuring Quality Care: A Competency Based Approach" for nursing professionals and student nurses."

organized an International Conference on Management and Control of STIs and HIV. The University had also organized conferences and workshops on themes such as stem cell biology and therapeutics; diabetes, good clinical practices and many more.

To support teaching, research and patient care the University recognizes the important role of medical libraries. During the year, Website of MGM Central Medical Library was launched which contains comprehensive information on historical background of the trust of Mahatma Gandhi Mission and establishment of a chain of school in various fields. The University has also subscribed to Access Medicine-online database which provides e-access to more than 80 medical titles from the best minds in medicine. The Central Medical Library has been designated as a Network Reference Library of World Health Organization.

I am very proud and happy to mention that the National Assessment and Accreditation Council of the University Grants Commission recently conferred Grade "A" to the University. NAAC evaluated and recognized the outstanding contributions of the University under the seven major criteria namely: Curriculum Aspects; Teaching-Learning and Evaluation; Research, Consultancy and Extension; Infrastructure and Learning Resources; Student Mentoring and Support including Student Participation; Governance, Leadership and Management; and Innovation and Best Practices. Even our diagnostic laboratories are accredited by the National Accreditation Board for Testing and Calibration Laboratory-NABL.

Honourable Chancellor ended his address by congratulating the Chairman of the MGM Trust, Members of various Management and Academic Council; and Vice Chancellor for their vision, commitment and support and once again welcoming Dr. Vijay Bhatkar.



A Momentous Photograph showing Chief Guest Dr. Vijay Bhatkar, Chancellor Dr. Narayankhedkar and Vice Chancellor Dr. Sudhir Kadam at the 4th MGMIHS Convocation.

Chief Guest's Convocation Address

Honourable Dr. Vijay Bhatkar's Speech Highlights



Dr. Vijay Bhatkar
Chief Guest at 4th MGMIHS Convocation
Delivering the Convocation Address

Inspiring Students...

"My dear students, this is indeed your day. I'd particularly like to acclaim the students who have distinguished themselves with gold medals and many other awards. You are the shining stars of this occasion and are entering the noble profession of medicine, healthcare, healing. We should consider ourselves very fortunate that we got this opportunity to serve the people, to serve the humanity, to serve the people who are suffering. We must remember all the time that we must do the service with highest ethical standards. In this context, of course I listened to the exhortation, and you must really frame that and always look at that, what I wore, what I played while getting my degree, each word and that will inspire you, that will make your life fulfilled."

On Character Building and Ethics...

"I specially brought this to your notice because your institute bears the name of Mahatma Gandhi. I would say that and which is quoted often in your annual reports, "Literary education is of no value, if it is not able to build up a sound character." It has been endowed with all the things, everything, no nation, no part of the land on this earth has been endowed with so many things, the natural resources, the great culture, the great institutes, the great idols, what we require is good education, education with character, education with ethics, education that is committed to serve the humanity."

Before I begin my convocation address, on behalf of all of us present today for this very solemn and auspicious event in the life of the University, I offer my prayers to Lord Dhanvantari once again and also I'd like to offer my reverence and veneration to Mahatma Gandhi, whose vision this trust is carrying in the form of this learning institution.

Convocation is a very special day in the life of an institution, in the life of its graduates and I greet you all on this occasion. It is a culmination of long studies starting from preschools or schools, to college, going on to post graduate studies and those who are receiving doctorate degrees; it's a culmination of your long efforts. I congratulate all of you for this long learning curve.

But I want you friends to pause for a moment and deeply feel a sense of gratitude, this is very important in learning, sense of gratitude towards your parents, your teachers, your mentors, your guides, who brought you up, taught and conferred you the knowledge they have. And as there is saying we always pray Matru Devo Bhava! Pitru Devo Bhava! Acharya Devo Bhava!

I was just reading through the records, how this educational institution was started in a small village near Nanded about 32 years back by young people inspired by Mahatma Gandhi's vision for India. Since then this institution has scaled every year. And now we have a whole Banyan tree of Bodhi tree of learning, spanning across India and I hope will very soon become international.

Two professions in which today our country is very excellent are medical and information technology. In a number of countries including USA, UK about 30% doctors are people of Indian origin. They are serving them with great sincerity, great ethics and that's why they are excellent.

Similar is the scenario in the IT industry. I never imagined that one day our country will be known to the world as IT nation of the world, IT capital of the world, but this has been done. India is today the third largest economy. India can do much better. We have that vision, we have that perseverance and I think Students you have that and you can make your country proud.

I am pleased that the MGMIHS is giving high priority to research. It has over 100 students pursuing Ph.D. degree programmes in various disciplines. Research driven universities, research driven collaboration, research driven education is absolutely essential, and I think you have made that transformation.

Another point I will like to highlight is that both the private and public institutions have the common objective and should work together, collaborate with each other and there should be no difference between the two, particularly in the eyes of the regulatory bodies such as UGC.

Lastly I would say that friends, totally honest with you, this opportunity of excelling in your own profession and simultaneously making your own country proud is now. What we require is character, what we require is ethics. Let us not miss this opportunity. India will soon be the largest economy in the world, one of the top nations in science and technology and medicine, I am looking forward to that day. I hope and I pray that you will make that happen. And my best wishes on your graduation, and make that happen from your side.

Vice Chancellor's Voice



Dr. Sudhir N. Kadam
Vice Chancellor

Greetings and best wishes for the upcoming monsoon ahead.

This year, the early signs seem to indicate that we may be facing a deficit rainfall. Nevertheless, rain it will and with rain come the challenges of food and water borne infections, as well diseases such as common cold, flu, dengue, cholera, leptospirosis and more.

It is often intriguing to me that there are so many diseases where prevention is feasible through simple methods of following good sanitation and yet we as a society seem to be almost careless about it until the disease sets in and we have no choice but to look out for cure. What cure can exist for such a rampant disease of lackadaisical attitude!

Nevertheless, our role is to deliver healthcare services across all seasons. It is our duty to continue to spread the rainbow of awareness of preventive methods and also provide cure, wherever the diseases have already set in. Rain or no rain!

Sincerely,

Vice Chancellor's Message

As a growing child and youth, you would have been through several peaks and troughs of exhilaration and dejection. In the process, you would have grown stronger by absorbing these experiences, given that you already have high levels of energy and good health necessary and available with you, to bounce up on higher peaks or bounce back from deeper troughs.

However, not every child or youth in our nation has this privilege, not by some flaw in the human anatomy, but out of adversity imposed by manmade externalities such as adverse living conditions, (mal)nutrition, (un)safe drinking water, lack of hygiene and sanitation. Many are not even aware that these things matter. Many don't care enough, despite being aware. Sadly so, this is across all classes and strata in our society! How easily we as people have strewn plastic waste all over our religious and tourist spots, how casually we throw used junk everywhere not bothering to locate a dustbin, how easily we spit or smoke everywhere and how easily we blame everyone else for the dirt around.

Our institution draws inspiration from Mahatma Gandhi who always urged us to stir the soul within ourselves to make a positive difference, without bothering or worrying – if our little tiny contribution would make a real difference I hope each one of us individually drives a “Quit India” movement to eliminate these root behavior and attitude causes prevailing in our society. They later manifest into a humongous disease burden on our nation and its people. It's your opportunity to contribute towards our nations Alma Ata Declaration emphasizing “Health for All”!

Moving on, our exciting silver jubilee celebratory season continues to bloom at MGMIHS post our 'A' grade accreditation by NAAC. This quarter, we celebrated two worthy events at our premises, namely our fourth annual Convocation as well as an International Conference on HIV/STIs. I had the privilege to address the participants at both these events. It is indeed a proud moment for the entire MGMIHS family to have 643 of its students being conferred their degrees. For each one of us associated with the noble profession, the Convocation Day is a life cherishing moment – our first baby step into the challenging world of health care service.

MGMIHS along with NIRRH (ICMR) also successfully hosted the International Conference on “Emerging Frontiers and Challenges in Management and Control of STIs and HIV”. The pandemic of HIV/AIDS as well as other communicable diseases poses significant strain on our nations over-stretched health systems. Goodness in a profession or a person is like elasticity in a rubber band. At times, when people or systems overstretch it, the rubber band snaps. Then, it's the same people who overstretched it that exclaim “Oh Goodness me!” Let us all rise to the occasion and prevent any further stretching of the disease burden on our nation. Like Mahatma said - “Be the change you wish to see in the world.”

Solving India's Disease Burden – Research, Prevent, Cure Cycle



Dr. Chander P. Puri
Pro Vice Chancellor (Research)

The Global Burden of Disease - a collaborative project between hundreds of expert's world-wide was commissioned in year 1990. It is a comprehensive global assessment of mortality and disability from major diseases, etc.

Its study published in 2013 quantified the burdens of 291 major death and disability causes, etc. An example of deploying the research-prevent and cure cycle this rainy season by any common person would be:

Research and be educated and aware that the most common diseases that strike humanity during rainy season are waterborne and food borne, as well as commonly related to our respiratory system.

Drink lot of water to counter the tendency of not feeling thirsty during the rainy season, thus helping your body drain out toxins easily. Increase intake of Vitamin C to activate your antibodies. Keep yourself and your clothes extra clean, especially after being drenched in rains.

Enjoy the rains!

In our daily lives, we get sucked so willingly into nurturing an engrossingly busy schedule, that over time it coverts itself into a necessity for fulfilling our self actualization needs. We are busy bees building our own beehives. It then takes a shock event to occur, for us to realise our frog in the well situation. It is then that we eventually seek wisdom from the macro picture and realize the tininess of our micro-beehive.

One such macro picture relevant to each of us in the health care service is that of India's Disease Burden. Be prepared to be shocked - not that I wish scare you, but to ignite a fire within you to realise your micro responsibility towards our macro nation. Let this responsibility always reside at the back of your mind, as you continue to serve your important roles in preventing and curing diseases, buzzing around your beehives!

- 17% of the world's people today are Indian's. We have tripled in the last 65 years from 0.4 to 1.2 billion, and growing! Further, even more alarming is that we account for 21% of the world's disease burden. I.e. every 5th "diseased" person globally is an Indian!
- While we have managed to restrict and reduce communicable diseases (eg. polio eradication), rapid changes in our lifestyles and society have led to a rise in non-communicable diseases responsible today for 53% of the total deaths (was 40.4% in 1990 and expected to be 59% by 2015). India is home to the greatest burden of maternal, newborn and child deaths in the world.
- The female-to-male sex ratio in the 0-6-year age group declined steeply from 0.945 in 1991 to 0.914 in 2011.
- Over a third of our nation has no access to electricity - a basic infrastructure necessity now to run even a basic healthcare unit.
- The World Health Organization (WHO) recommends about 3.5 hospital beds per thousand people; we have about 0.9 per 1000! WHO suggests 1 doctor per 600 people; India has 1 per 1800 people. Our overall gap of nurses is 1.8 million!
- India is losing more than 6% of its GDP annually due to premature deaths and preventable illnesses. 70% of our people's expenses made towards healthcare are out of pocket, i.e. they are personal spending not covered under medical insurance.

The way to cure this tsunami of India's disease burden challenge is :

- Engaging research, education, awareness of the macro challenge
- Embracing hygiene and discipline in our micro environments
- Effecting preventive measure as a part of our lifestyle habits
- Ensuring that we cure what's curable, completely i.e. not abandoning treatment midway or until the doctor says so.

The Research-Prevent-Cure cycle is one effective and healthy solution out of the doctor's first aid box!

International Conference at MGMIHS

Emerging Frontiers and Challenges in Management and Control of STIs and HIV

MGMIHS jointly with the National Institute for Research in Reproductive Health (NIRRH), hosted an International Conference on "Emerging Frontiers and Challenges in Management and Control of STI's and HIV" from 27-30 April 2014 at the MGM Campus in Kamothe.



The conference was inaugurated by Dr. V. K. Subburaj, IAS, who leads India's AIDS control drive as Secretary, Department of AIDS Control, Ministry of Health and Family Welfare, Government of India. Another eminent dignitary, Dr. Nirmal K. Ganguly, Distinguished Biotechnology Professor, Transitional Health Science and Technology Institute, New Delhi presided over the inaugural function. Dr. Sudhir Kadam, Vice Chancellor, MGMIHS and Dr. Sanjiva Kholkute, Director, NIRRH were Guests of Honour.

Dr. Chander P. Puri, Pro-Vice Chancellor (Research) at MGMIHS set forth the proceedings of the four day conference by highlighting that the conference will be addressing two very inextricably linked health issues of STIs and HIV. Important excerpts from his welcome address are:

Editor Requests and Credits

The newsletter, "MGM NEWS" will be published quarterly. The staff and students of the MGM Institute of Health Sciences and its associated colleges and institutes are invited to send their contributions and/or suggestions for consideration of publication in the next issue.

I also take this opportunity to express gratitude to Mr. Sunil Tatkar, Founder and Managing Partner, Valurevolution™ for his valuable contributions, including creative thinking, editing and artwork, for the MGM NEWS.

Dr. Chander P. Puri

Chief Editor

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- In the area of infectious diseases, MGM University was the first to have developed a simplified CD4/CD8 enumeration assay test for HIV. The technology was patented and FDA approved for wider application.
- Taking full advantage of the nanotechnologies, we are expanding research in this area by developing new biosensors which can be used for diagnostic purposes not only for HIV but also tuberculosis and other infectious diseases.
- WHO's fact sheet reports that globally more than 1 million people acquire a STIs every day. Each year, an estimated 500 million people become ill with one of 4 STIs: chlamydia, gonorrhoea, syphilis and trichomoniasis. More than 530 million people have the virus that causes genital herpes (HSV2). More than 290 million women have a human papillomavirus (HPV) infection.
- The majority of STIs are present without symptoms. Some STIs can increase the risk of HIV acquisition three-fold or more. STIs can have serious



consequences beyond the immediate impact of the infection itself, through mother-to-child transmission of infections and chronic diseases. Drug resistance, especially for gonorrhoea, is a major threat to reducing the impact of STIs worldwide. STIs are responsible for cervical cancer and infertility.

- If in a developed country like USA, if the economic burden due to STIs was over 17 billion US dollars during 2010, one can well imagine the economic losses for a country like us. The Scientific Program Committee has given high priority to address to most of these broader issues during this conference. It may not be an easy task to curtail the burden of disease in a country with 1.3 billion people, many having financial constraints and different life styles.
- We will have to energize and revitalize our efforts to increase investments, collaborative research and political commitment to curtail the disease burden due to STIs and its consequences. This can be done through controlled and coordinated action, including significant programme scale-up in resource-limited settings, commitment to evidence-based interventions, and more effective and intensive interventions in areas where Key Affected Populations are being left behind.

Dr. Puri announced that MGMIHS will be very happy to be a partner with the Department of AIDS Control under the leadership of Honourable Secretary Dr. Subburaj to address and curtail the burden of disease due to STIs including HIV.

Vice Chancellor Addressing The Delegates

Dr. Sudhir Kadam, Vice Chancellor in his address expressed deep concern that the magnitude of the problem due to STIs including HIV is very large and hoped that efforts will be made to curtail the disease burden. Some of the important issues flagged by Dr. Kadam are:

India is the home to more than a billion people and the 11th largest economy in the world. India's Planning Commission data indicates:

- Swift economic growth has contributed to a decline in the poverty rate with 37.2% in 2005 to 29.8% in 2010, a drop of 40 million people in the absolute number of the country's poor.
- Per capita income also doubled during 2005-2010.
- India averaged 8% annual GDP growth in the three years before the recent global financial crisis.
- Our country is tipped to become the largest economy by 2050.

Proud of the fact that we Indians have a strong culture of entrepreneurship, innovation and motivation. Our doggedness to excel is phenomenal. We also have our own woes, especially when it comes to health care.

- India accounts for 21% of the world's global burden of disease and bears greatest burden of global maternal, newborn and child deaths.
- Further, rapid changes in India's society and lifestyles have led to the emergence of non-communicable diseases, which contribute to two-thirds of the total morbidity burden and about 53% of total deaths.
- According to the World Bank Report of 2010, we are losing more than 6% of its GDP annually due to premature deaths and preventable illnesses.

Besides these, another major health scare posed to us is STIs.

- In fact STIs are more dynamic than other infections. It is important that such dynamic epidemiological changes in STIs are acknowledged and kept track of in a vast and populous developing country like India.
- Although exact data on STI prevalence in the general population in India are not available, according to one estimate, it is as 6%, with more than 35 million people affected.
- STIs have increasingly been concentrated in the poorest, most marginalized sectors of Society.



“Today with the biggest care program we are running, with over 1 million registered people is the ART program, But, we are able to give treatment only for about 7.5 lakh people living with HIV. Similar is the number of people suffering from other STIs – the oldest disease ever since human being came to earth. That is why even in India, it is the oldest and first public health program. People were reluctant to come for treatment because of the stigma, people were afraid. They were suffering that is why millions of people died.”

“The Government of India has taken a decision to start ART soon after a person is identified positive for HIV, even when the CD count is 500 rather than waiting for the counts to decline to 350.”

“ART has come in a big way. Today people live for 20 years plus. Resistance to ART is an important issue. Those developing resistance have to go for second line or even third line of drugs. This category will be slowly facing the end. That is an important challenge not only for HIV but

- Females continue to be more vulnerable and a large population of those infected is through heterosexual act. Moreover, STIs also contribute to cervical cancer in women.
- India tops the world in cervical cancer deaths, contributing almost 26% of all women dying of cervical cancer globally. The number of cervical cancer cases and deaths is estimated to increase by almost 50% or even more during the next 10 years, unless we tackle STIs related health care issues head-on and take effective measures to curb the incidences of STIs.
- STIs are generally considered as a leading cause of infertility worldwide, especially in developing countries. A large study conducted by the WHO in 25 countries found very high correlation of infertility among women with reproductive tract infections.

STIs have also emerged as one of the major risk factors for HIV.

- We have about 2.5 million people living with HIV. Of these, about 83% are in the age group of 15-49 years i.e. the most productive years of life.
- Further 39 percent of these are women, and 7 percent are children.
- The epidemic is largely concentrated in Andhra Pradesh, Maharashtra, Karnataka and Tamil Nadu.
- Efforts need to be made to reduce STI and HIV infection. In fact the emergence of HIV and identification of STIs as a cofactor have further lent a sense of urgency for formulating a programmatic response to address this important public health problem.
- proper understanding of the patterns of STIs prevailing in different geographic regions of our country is necessary for proper planning and implementation of STI control strategies.

Prevention is Better than Cure

Dr. V.K. Subburaj in his inaugural address highlighted the enormous challenges of STI and HIV in India as well as strategies of prevention and cure. While prevalence of HIV/STIs in India may be very low when compared to some African nations, in absolute numbers he estimated that it is the largest. He pointed out that it was estimated that about 2 million persons in India are living with HIV – a big number indeed, making care and cure a herculean task.

Dr. Subburaj emphasized the importance of “Prevention is better than Cure” by comparing how ordinary influenza virus was a big pandemic problem in 1918. In those times, when science, technology, medical research were not as evolved as today, about 30 million people died. But today, with all the science and technology, with all the medical research and all the scientists, doctors HIV has killed 30 million people! That is why it is essential that this disease is prevented at all costs. We can't afford to treat all the people. Many diseases we can't treat.

In another compare, he pointed the fact of how 60% of the global burden of heart related complications we have in India that would require us to have capacities to perform 25 lakhs surgeries every year, but we got facilities to do surgery only for 1.5 lakh people in India! We must learn to cure heart patients and other diseases through basic lifestyle changes, diet change and yoga – no surgery! Only through preventive strategies one can save millions of lives, he urged.

Dr. Subburaj further noted that there were about 10 million people in India who were high-risk groups– very sensitive, for whom we have programmed our prevention and care activities. As a result of effective communication strategies

also even for gonorrhoea causing bacteria. This necessitates developing new and more potent antibiotics.”

“Human papillomavirus, cervical cancer, we have a solution. It takes almost 10 years to become a full blown cervical cancer. Until that time our people never come for checkup. Unfortunately, only when it reaches stage four, people come for check-up. That is the problem of cervical cancer in India.”

“Similarly, Hepatitis B is spreading like wild fire, leads to cirrhosis, liver cancer. Again, a sexually transmitted virus. We have got specific programs for Northeast, Punjab, Haryana and other states wherever injecting drug is a big problem. We are starting many opioid substitution therapy centres.”

Heartiest Congratulations!

Diagnostic laboratories including Clinical Biochemistry, Haematology and Immunohaematology at the MGM Medical College, Aurangabad have been accredited by the National Accreditation Board for Testing and Calibration Laboratories (NABL), which is an autonomous body under the aegis of the Department of Science and Technology, Government of India. Laboratory accreditation is highly regarded both nationally and internationally as reliable indicator of technical competence of the centre. The patients and researchers can now have more confidence than before in relying on the results on the clinical samples analyzed in the diagnostic laboratories of the MGM Medical College and Hospital.

Our heartiest congratulations to the Central lab team led by Dr. Sachin Kale, Dr. S. S. Mulay and Dr. Philomina Isaac for this great accomplishment under the able guidance of Dr. P M Jadhav, Dr. Ajit Shroff and Dr. Pravin Suryavanshi.

It may be mentioned that the Diagnostic Laboratories including Clinical Biochemistry, Haematology, Serology, Microbiology and Bacteriology at the MGM Medical College and Hospital are also accredited by NABL. Formal recognition of competence of a laboratory by an Accreditation body in accordance with international criteria provides a ready means for customers to identify and select reliable testing, measurement and calibration services.

and outreach programmes, our prevalence rate has come down from almost 1.5% to 0.27% nationally. The annual number of new HIV positive individuals has decreased from 2.5 lakh to 1.15 lakh. Efforts are being made to further increase the testing centres; STI clinics, diagnostic kits, training etc. The surveillance facilities are also being strengthened. Currently only seven centres are involved in surveillance, but it will be scaled up to 45, and another 48 centres to be scaled up during the phase four.

Dr. Subburaj also mentioned about the 70 lakh migrant population in India that has resulted in low prevalence states in HIV become high prevalent states, such as Maharashtra, Andhra Pradesh, Karnataka, Kerala and so on. He suggested that we should not be reluctant to talk about this to anyone including school and college children and educate on the ill effects of these problems. He felt that considering the enormity of the problem, this is the only way by which we can save our society.

He expressed hope that through collective efforts and preventive strategies the infection rate will be substantially reduced which is essential if good health system has to emerge in our country. He wished all our scientists succeed in bringing out an effective and safe HIV vaccine, as well as vaccine for Herpes simplex virus 2 which again is a big causative agent for morbidities. He lauded the efforts of the MGMIHS and NIRRH for organizing this conference.

Presidential Address

In his presidential address, Dr. Ganguly highlighted the accomplishment in the country to curtail the disease burden due to HIV/AIDs. He opined that India has made tremendous contributions in this area resulting in stopping the epidemic, and NACO needs to be congratulated. These included establishing of dedicated department, National AIDS Control Organization, within the Ministry of Health and Family Welfare which had established a sound surveillance system to know the magnitude of the problem and the prevalence rate in the country and in different states; creating awareness among people of high risk groups and promoting behavioural changes; making the blood safe, making people responsible who will donate blood and also creating a concept of safe sex; establishing of National AIDS Research Institute by the Indian Council of Medical Research which not only initiated epidemiological studies but had also started working on development of vaccine against HIV; prevention of mother to child transmission of HIV by timely use of antiretroviral drugs; indigenization of technologies which resulted in low cost production of antiretroviral therapy, the drugs became more affordable and this had tremendous impact on treating the infected individuals.

Dr. Ganguly, while summing up his presidential address lamented that the education system in our country was not performing as well as other countries. European Union analysed the 200 institutes and universities in the Asian countries, who have done well. For last ten years, Japan was winning, however, this year the Chinese Academy of Science has occupied the first position. And in India, only three institutes have been mentioned and that too with a very low score. There is a tremendous challenge as well as an opportunity for the Universities to improve the education system and most importantly to give high priority to pursue quality research.

“If I have to invest, I will invest in that young man (shown in a picture in the auditorium leading Gandhiji). If Bapuji allowed him to lead, we have to build that guy. If we don’t build that guy, we don’t build our education system.”

Kill Tobacco, Will Life!



Dr. Sabita Ram
Dean, Professor & Head of Prosthodontics
MGM Dental College & Hospital

"We at MGM Dental College and Hospital will continue our efforts till our dreams of a tobacco free world are accomplished."

Shaping Little Minds, Saving India Next!



Painting By Vineha Tatkar (Std.VIII), ably guided by her mother Ashwini Tatkar

Children of various age groups were gathered & informed about ill-effects of tobacco & importance of oral hygiene. It was followed by a drawing competition with the theme of "Healthy Teeth".

Let's All Kill Tobacco Before It Kills Us!

Dental College Celebrates World "No Tobacco Day"!

Every year 31st May is celebrated as World NO TOBACCO DAY. It is intended to encourage a 24-hour period of abstinence from all forms of tobacco consumption across the globe.

Initiated by Dr. Sabita Ram, MGM Dental College & Hospital has been organizing an anti-tobacco drive since last two years. In continuation this year, No Tobacco Day was organized in association with Indian Dental Association & Colgate at the In-orbit Mall (Vashi) where several activities like free oral health check-up for any carious or precancerous lesions, a skit performance to illustrate the harmful effects of tobacco, a flash mob and a children's drawing competition were conducted.



The importance of this event was showcased by our enthusiastic interns under the guidance of Dr. Bharat Gupta, Dr. Priyanka Machale and other faculty members from the Department of Public Health Dentistry. To depict the awareness of ill-effects

of tobacco, interns, teaching & non-teaching staff were dressed in t-shirts & carried placards with no tobacco messages. The echoes of "You are a fool, if you think smoking is cool" resonated during the rally from Vashi Railway Station till Inorbit Mall.

This was followed by a signature campaign where the support of every individual present towards this cause was pledged. To grab the attention of onlookers, a flash mob was held which contributed towards increased enthusiasm and interest from the



crowd. The message of tobacco and its ill-effects was successfully imbibed by a skit performance conducted by a group of interns.

In Conclusion, this year WHO has urged countries to increase taxes levied on tobacco & related products to discourage its use. The entire MGM campus is an alcohol & tobacco free zone and propagates the same.

Life Aasan With Yogaasan



Prof. Sandeep Rai
Dept. of Medicine, MGMIHS

Yoga and Meditation may help the youth with self regulating abilities. Meditation research has shown that students who practiced it, scored higher. Researches in students have shown that Yoga and Meditation helped them coping with mood problems, anxiety, and decreasing negative emotions. College students can learn the skills to regulate and calm their bodies and emotions. This can increase their range of healthy coping skills for stress full events ranging from exams to social conflicts. Meditation may increase a youth's sense of mastery, particularly in academic or social domains.

Studies indicate Sahaja Yoga Meditation is an effective intervention for children and youth with attention deficit and research studies from Austria have shown significant and lasting effects of Sahaja Yoga Meditation on smoking, alcohol abuse and drug consumption, especially in the youth.

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'Sahaja' Yoga For Managing Stress and Lifestyle Diseases

Stress!!! We all have it. The changes of rapid globalization are putting heavy stress on people and taking a heavy toll of their health and lives. Medical institutions such as Stanford University Hospitals and Mayo Clinic estimate that 90% of all preventable diseases are caused by stress. In our highly regimented, fast moving, competitive environments, we frequently complain of unresolved feeling of alienation, inadequacy, and personal powerlessness.

Only a century ago the primary threats to human life were infections. Now, most humans die of diseases like cancer, heart ailments, stroke and diabetes, which are either caused by stress or worsened by it. When stress takes hold, the brain is bathed in chemicals; the sympathetic nervous system gets a jump-start. Glucose and fats flood the bloodstream and our cardiovascular and respiratory systems rev up, all to give us the armaments we need to deal with the stress.

These changes would make sense if we were running for our lives or rescuing our child from a fire. But when everything from taxes to television news triggers a reactive response, stress becomes toxic.

At present considerable evidence exists for the place of Mind Body Medicine in maintaining and improving psychological health. Ten million American adults now say they practice some form of meditation regularly, twice as many as a decade ago. For upwardly mobile professionals convinced that their lives are more stressful than those of the cow-milking, farming and butter-churning generations that preceded them, meditation is the smart person's bubble bath.

"For 30 years meditation research has told us that it works beautifully as an antidote to stress," says Daniel Goleman, author of Destructive Emotions. "But what's exciting about the new research is how meditation can train the mind and reshape the brain."

Numerous well designed studies have confirmed the efficacy of these techniques in coping with stress and eliminating its effects. The technique has been extensively researched upon in India and abroad and has shown that not only there is a definite and consistent decrease in stress in human body but also it helps to prevent numerous chronic life style diseases. These techniques are now entering the Medical Mainstream and are included in many treatment programs around the World.

Sahaja Yoga Meditation (SYM) is now a central feature in corporate wellness and youth development programs globally and is increasingly being prescribed by doctors as a part of holistic health recommendations. This natural method is accessible to anyone from any walk of life. It is non intrusive and self regulating in nature. In fact, new research reveals that simple 20 minis of Sahaja Yoga meditation a day now can keep you free of stress. SYM has been extensively researched upon in India and abroad. Our researches from the Department of Medicine at MGM Medical College, Navi Mumbai, have shown that not only there is a definite and consistent decrease in stress in human body but also it helps to prevent numerous chronic life style diseases.

De-addiction and Schizophrenia

An Awareness Program



Guest Speaker - Dr. Dharav Shah of NIMHANS, Bangalore being welcomed.

How can we halt this epidemic?

- Build a strong social opinion against alcohol
- Spread awareness about alcohol & its related problems
- Remove the prevailing misconceptions
- Doctors should publically express their disapproval.
- Remove alcohol from family & social get-together.
- Campaign against surrogate advertising.
- Lead by example.

Few tips to quit alcohol:

- Boldly say 'NO'
- Make a list of adverse consequences and read it daily especially when craving starts.
- Exercise regularly, join a spiritual organization, remain busy and accept some worthy goal for your life
- Make a list of triggers that spark craving.
- Daily talk with one person about harmful effects of alcohol.
- Attend AA meetings & reward yourself for abstaining.

The Department of Psychiatry of the MGMIHS had organized a workshop to enhance awareness on de-addiction and schizophrenia on 26th June 2014 on occasion of World De-addiction Day. The workshop included a lecture by Dr. Rakesh Ghildiyal about the prevalence, signs and symptoms, etiology, diagnosis and management of schizophrenia. This was followed by a felicitation program of patients suffering from schizophrenia and their relatives.

The Guest Speaker Dr. Dharav Shah from NIMHANS, Bangalore increased awareness regarding substance use disorders. Dr. Dharav mentioned that, as per 2012 statistics, alcohol causes around 33 lakh deaths per year or in other words one death every 10 seconds. This is more deaths than those caused by AIDS, TB and violence combined. Besides liver cirrhosis there are more common ways by which alcohol kills, such as heart attack and stroke (33%), accidents and injuries (17%). Even in developed countries, huge proportions of road traffic accidents are because of alcohol (USA- 38%, France- 30%, and Canada- 32%).

Alcohol increases desire to have sex but causes impotence. Also his/her occupational performance deteriorates. Long term alcohol use leads to malnourishment, vitamin deficiencies, and vulnerable to various diseases due to decreased immunity. 34% of all suicide is associated with alcohol.

More than 50% of domestic violence occurs under alcohol intoxication. Due to this, children develop anxiety and depressive disorders making them vulnerable for addictive behaviour. Alcohol is a contributory cause in 210 disease categories according to WHO for e.g., depression, delusion, memory problems, skin diseases, breast cancers, heart attack, pancreatitis, peptic ulcers, and fetal alcohol syndrome. It is contributory factor for risky sexual behaviour and HIV.

New evidence suggests alcohol is harmful even in small quantities. A recent study done in AIIMS has shown that, in Indian men, risk of heart diseases increases even with occasional alcohol intake. American Heart Association warns that people should not start drinking with the thought that it will protect their heart. Thus recreational drinking has no advantage and even one day of binge drinking can change someone's life forever. Till few years back, the problem was less in India due to social unacceptability which is now rapidly changing.

There was tremendous response for this program with more than 300 persons having attended with many standing for the whole duration of the. A lively 'Question and Answer' session followed with people eager to discuss and express their interest in participating in this campaign.

We strongly feel that the audience was greatly benefited from this program.

Your Turn Intern's



Interesting Perspective on Transformation

Belief can be a huge motivator to success, to transformation and to life changing decisions and actions. The belief of our freedom fighters that led to independence, the belief in reviving the Indian glory after independence has led to the development that we see in our country today. The belief that good things will happen to you brings a lot of positive energy, giving one the courage to tackle the different hurdles of life. But it may lead to over confidence and anxiety, which results in downfall. Belief, however, coupled with courage, faith, love and perseverance brings about transformation.

Let's take an example of Oscar Pistorius, the first amputee to win an able-bodied world track medal at the 2011 World Championships in Athletics. Stephen Hawking, who despite being diagnosed with amyotrophic lateral sclerosis, a brilliant mind trapped in a crushed body, still remains to be one of the greatest minds of the 21st century. With a disease that kills most sufferers in less than three years, Stephen Hawking was given two years to live. His positive outlook compelled him to dominate the world of research for the past 4 decades. He has not merely survived but prospered, in a way few could match.

The placebo effect as proved by brain imaging techniques exemplifies the effect that mind can have over body. If a person expects a pill to do something, then it's possible that the body's own chemistry can cause effects similar to what a medication might have caused which include changes from heart rate and blood pressure to brain chemical activity.

Even as students in learning medicine, some amongst us may have thought about giving up momentarily, due to lack of self belief. There is no doubt that a positive outlook and a firm belief can lead to physical and mental evolution, generally termed as transformation. Thus, belief definitely does help in bringing desirable changes in life and therefore one must never stop believing.

"To change who you are, change who you think you are" stated by Jonathan Lockwood Huie, (also known as 'Philosopher of Happiness") encompasses the impact of belief on transformation. A simple thought, once recurring is slowly developed into a belief, which as it strengthens - alters decisions, behaviour and attitude, leading to transformation. A child was rejected from a football team and told that he was not good enough; the same with a teenager who sees that the love of his life is with someone else; or with an adult who was rejected for his job. Is the belief that you are not good enough, good? Not if it causes depression it isn't. But if it encourages you to improve it is a good sign.

Since very early times woman is considered to be the weaker sex. She was asked to give sacrifice in every step of life, may be as a daughter, as a wife, as a mother or as a sister. Her compromise and sacrifice were given the names of responsibility and liability. But then came an era of change and women started proving themselves in every aspect. Women started believing in themselves and they won. They overcame all sorts of obstacles and were successful in every field. Thus the belief in them brought this drastic change in women of today.

Transformation is integral to all facets of life and the field of medicine is no exception. In fact it is embodied in medicine, as healing itself is the greatest transformation. It can be a simple physical transformation where a bloody wound is transformed into an insignificant scar in a matter of weeks or the conquest by a patient to overcome a seemingly hopeless situation by sheer will.

But the common thread behind all these changes is belief. Whether it's a cancer patient undergoing chemotherapy or an amputee learning to walk with artificial limbs, it's the conviction of the patient that enables him to transform his life by overcoming the obstacle, however big.

Article contributed by MBBS Interns: Jainika Shah (4th Semester), Aalia Thingna (4th Semester) and Sampurna Mukheerjee (6th Semester).

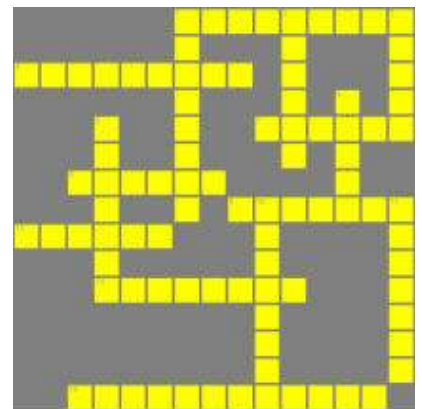
Medico Crossword

CLUES ACROSS

1. STD characterized by intense itching and nits attached to the pubic hair.
4. A common inflammation of the vagina.
7. A body fluid that is present in the mouth and does not transmit the AIDS.
8. An incurable virus that causes blistering sores in the genital area.
9. A type of sarcoma that AIDS patients develop.
12. The type of lymphocytes that produce antibodies.
13. STD characterized by open sores known as chancres.
14. A type of pneumonia that AIDS patients develop.

CLUES DOWN

1. A micro-organism that causes infectious diseases.
2. AIDS is not spread through ----- contacts, such as hugging or kissing.
3. The first test given to determine the presence of the HIV.
5. The type of pathogen that causes AIDS.
6. When intravenous drug users share ----- AIDS can be transmitted.
10. A protein that fights off foreign substances.
11. A condition in which mites burrow under the skin.



Interesting Perspective on Adaptability



William Wundt, the father of psychology was the first to bring in the concept of introspection to light. Scientifically, using functional MRIs show five scattered regions in the brain that make up the default-mode network (DMN) in anterior prefrontal cortex. When the DMN acts in synchronization, introspection occurs. This was seen in a study by neuroscientists at Georgetown university medical centre.

DMN's have been proven to have the ability to let people see the world from the perspective of others which is the chief principle of "theory of mind." This ability to see the world through its eyes helps one to be a better judge of their own actions and makes adjusting to the toughest situations a cakewalk. As the old saying goes, "In Rome, do as the Romans do." We must look within and make efforts consciously to ensure joyous interactions and peace of mind.

Deciding on how to react to change in a positive manner is the foundation of devising adaptation policies for people. There must be a correct and incorrect answer to why any system does not perform to its full potential. Ask yourself 'why?' as it's the best form of inquiry in ascertaining ones personal as well as the society's growth.

Let's reach new heights by introspecting i.e. by appreciating what makes us unique and creating it to be our weapon, to give us strength, help us adapt in tough situations and be resilient.

Introspection! It is nothing but self reflection, i.e. the way to look within yourself and pay heed to your own cognition. As quoted by Dalai Lama, "When you think that everything is someone else's fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy." It gives us time to halt amidst our buzzing routines and brings us to assess our thoughts, not only with respect to the society but also to our own selves.

Remember, how it is said that you should love yourself, for who you are, introspect and discover the "power within you". Well this example will embed the idea very deep within your mind. Varun, who was born without a right arm, was extremely intrigued by karate. He didn't let the idea of not being privileged with an entire limb, pull him down. He approached the teacher, who paused at his arm, but enrolled him right away. Varun knew he had a right arm weakness, but he assessed his strengths too. After a few challenging months of training, he expressed his wish to participate in a competition.

With the teacher's assistance and self belief, he perfected this one striking move, that finally bought him victory and he emerged as the winner. Unable to believe his conquest, he later asked his master how he could have possibly achieved this feat. The master politely replied, "The only possible defence to your winning move was for the opponent to hold your right arm!" This proves the strength of introspection. Not only did Varun introspect and develop self confidence, but also he transformed his weakness into his strength, by simply adapting to the absence of a limb.

When an individual understands their possible responses to various situations that can teach them about their true self which are unfamiliar to them, their ability to evolve as an individual physically, mentally, emotionally and spiritually begins to rise and casts a shadow over the outdated past. Let's reach new heights by introspecting i.e. by appreciating what makes us unique and creating it to be our weapon, to give us strength, help us adapt in tough situations and be resilient.

Article contributed by MBBS Interns: Devesh Painter (6th Semester), Aarti Javeri (4th Semester) and Ashwini Patankar (6th Semester).

Interesting Perspectives on Transparency



Being transparent and accountable to those around you comes with amazing rewards and could even prove life changing. Living behind a secret door, doesn't come with any such rewards and inhibits you from growing to your full potential. It is all about mindful revelation and to some extent vulnerability. Simply making information or a commenting function available does not mean transparency "Opening up" leads to

What is transparency? "Operating in such a way that it is easy for others to see what actions are performed." Transparency is; simply put "opening up". Openness is the starting point; in order to operate transparently one must share what one does, how one does it, and this has to be done in a frank, easily accessible, and timely way. True transparency comes down to a mindset - one in which people believe, they are most effective when they approach all aspects of life by saying "let's share this". Total transparency is not just about sharing information and processes. It is also a means to greater accountability, and building interpersonal relationships. It is undoubtedly a part of our life be it personal or professional, in all relationships.

It all starts with oneself. Being transparent and real is the key to happiness. There should be no pretence. Pretending to be someone else or something else just takes a toll on life and makes it complicated. Then why do we hesitate to open up, to be transparent? We fear being disliked and rejected by others going

trust; from our everyday experience we know that the more transparent people perceive us to be, the more likely they are to trust us. The more we provide honest, open, and occasionally vulnerable communications, the more people trust and depend on us. How often have you heard this “he/she is dependable if something is going wrong he/she will alert us immediately”. Amazingly, the ability to be open and transparent was found to be more influential than competence in terms of willingness to trust. In other words, people care more about your willingness to be open and transparent than whether you are competent enough to do what you say you are going to do.

Admitting ones mistakes is an important aspect of being transparent which also comes with accepting constructive criticism. Not only does this demonstrate openness on our part but also on the part of the criticizer. Thus demonstrating responsibility and humility.

The concept of transparency can be imbibed in the governance of our country as well. A healthy democracy should involve open dialogue & transparency. The Right to Information Act serves as a means for transparent functioning of our country. Not only does it make the people feel empowered but also makes the government liable and open.

Social media can be seen as an easy way to be transparent, but if it is used only as a one-way broadcast mechanism, then full advantage of its ability to engage with others in dialogue and conversation is not being taken into account. Communicating through social media does not work as well if done in a highly centralized “voice,” and should rather include traditional forms of communications, which encourage a more informal, interactive, human voice. Mediums that allow for public comment and dialogue require people to be open to being vulnerable, but the upside of these mediums is that they remove the wall between the content author and others, which can create open channels for criticism.

wrong he/she will alert us

Worse still, we fear that our words and actions may be misinterpreted and rumoured about. So we try to hide ourselves, our feelings and opinions, and put on a mask.

This is on personal level, what about professionally at work? Meaningful connections are built on mutual respect and openness.

Transparency requires sincerity, honesty, vulnerability, fierce conversations, grace, humility and composure. For instance consider the Doctor- Patient relationship. It is one that calls for the perfect blend of transparency and openness. Doctors not only have to deal with their patients, but with the patient's immediate family and relatives as well. For their satisfaction, the doctor has to openly explain both the pros and the cons of the patient's condition. Not only the doctor, but the patients too should openly express their grievances without any fear or hesitation. Sometimes, though, it is not advisable to divulge all information, but be diplomatic yet open. Thus the ideal balance of transparency and trust is necessary in any professional relationship too.

Now that we know the benefits of transparency, we should look at the latest buzz phrase on everyone's lips “whatever you can measure, you can control”. It would therefore be beneficial to look at ways to measure one's level of transparency. We all know that transparency measurement is regarded to be very qualitative; fortunately there are a few techniques to quantify it.

There are two elements to measuring transparency. The first is “How do I know just how transparent I am?” The second is: “Am I perceive as transparent? And, consequently, am I trusted?” The Measurement process has four equal components:

- Participation: Ask for feedback, involves others, takes the time to listen, and be prompt in responding to requests for information
- Substantial: Provide information that is truthful, complete, easy to understand, and reliable.
- Accountable: Be forthcoming with bad news, admit mistakes, and provide both sides of a controversy.
- Absence of secrecy: Don't leave out important but potentially damaging details, don't obfuscate data with jargon or confusion, and delay in providing information or only disclose information when required. “Need to Know basis” should be avoided.

The concept of transparency and opening up may be a very discomforting thought; however the benefits of inviting people in, and sharing with openness, by far, outweigh the potential downsides. People will begin to trust you and will be more forgiving, should things go wrong. Transparency and openness will also give you an enviable opportunity to share your great work with more people. With a measurement strategy in place, you can confidently be sure that your positive mind set towards 'Transparency starting with openness' has paid off.

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MediMix

Google searches your sugar level!

Prevention is better than cure and early detection of symptoms is a boon. The oldest known recorded symptom of diabetes was written in 1552 BC in Egypt. Ever since, over thousands of years, humanity has been at war with Diabetes Mellitus. While the search for the cure continues, Google the company known for its Internet Search Engine, has a product prototype (currently under testing) that will make search for Diabetes symptoms, without the painful (tearful for some) pricks of blood glucose tests. Ironically, the prototype measures glucose in your tears as often as every second through an embedded miniaturised glucose sensor and wireless chip in a contact lens!



Meditation as a Medicine

Would a doctor with roots of training and practise deeply immersed in the pond of science and clinical conclusions ever prescribe spiritual cure methods? Well, the Journal of the American Medical Association has recently reported a study that found 5-10% improvement in anxiety levels and 10-20% drop in depressive symptoms on clinical trials involving over 3500 participants with mild anxiety or depression.

Point to meditate and ponder!

Cure For All Cancers – So near yet so far!

A blind mole rat, lives 20 years more than other rodents, shows no sign of ageing and is resistant to spontaneous cancer as well as induced cancer!

It was reported in June 2013 that a team at the University of Rochester observed the cancer-proof molecules in blind mole rats. Recently, an Israeli specialist and his team found that cells from the blind mole rat and its cousin, the naked mole rat secrete a substance that destroys cancer cells in mammals – including humans!



Laughter Medicine



**"NO, NO! How many times do I have to tell you, nurse?
The appendix is a small pink thing about this big ..."**



The brain operates on the same amount of power as a 10-watt light bulb.

The cartoon image of a light bulb over your head, when a great thought occurs, isn't too far off the mark. And just in case you are wondering if your brain switched off when you sleep, be surprised to know that your brain generates as much energy as a small light bulb, even when you're sleeping!