



MGM

Mahatma Gandhi Mission

MGM Institute of Health Sciences

MGM Campus, Sector 1, Kamothe,
Navi Mumbai 410209, Maharashtra, India
Website : <http://www.mgmuh.com>
Email : pvc@mgmuhs.com
Telephone : +91 22 27432471 or 27431091
Facsimile : +91 22 27431094

"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

TEACH EACH, LEARN EVER, SERVE EVER

INSIDE THIS ISSUE

Teach Each, Learn Ever, Serve Ever..	1
Vice Chancellor's Voice: Shaping a Good Doctor.....	2
A Heart to Heart Walk!.....	3
Oral Hygiene: Essential for Well Being.....	4
Editorial: A Good Teacher's Prescription.....	6
It's All In The Mind – Mind It!.....	7
World Alzheimer's Day.....	8
'El' Mere Dil Tu Gaye Ja.....	10
Prevent Suicide – Don't Let Life Slide.....	11
Quit 'O' MosQuitO!.....	13
Live Aimless or Die Painless?.....	14
Your Turn Intern's.....	15
Medico Crossword.....	18
MediMix.....	19
MGM International Convention'15..	20

A young doctor proudly received her convocation degree. After a few days, on her grandmothers prodding, she visited their aged family physician with a box of sweets. "Doctor, as a little child you were always my inspiration. I have just finished my medical studies and got my degree just like you. I am here to seek your blessings for my successful career ahead." The elderly doctor smiled and politely blessed her saying, "In our times, medicine had not evolved much. Our teachers always impressed upon us the need to continue our studies for life and learn from life as well. Seems times have changed, now that you have finished your studies, so soon! God bless you with all the success you deserve, in your service to mankind". Stunned, she walked out of the clinic, memories flashing her two decades of education and faces of all her teachers.

It is said that while an empty pocket teaches you a million things in life, a full pocket too can spoil you in a million ways! As a little child, you start your education with an empty pocket of knowledge, that many teachers help you fill up. At MGMIHS, we are all very blessed to have amongst us, teacher's who are preciously talented, richly experienced, immensely dedicated and highly committed towards the cause of making - not just good doctors and nurses, but great souls devoted to the service of mankind. Such teachers inspire many across the campus as well as outside, relentlessly filling-up as many empty pockets as feasible, with a wealth of knowledge.

Great teacher's world-over follow the guru mantra of 'Teach-Each, Learn-Ever, Serve-Ever'. Most amongst us fully comprehend the value and wisdom of this mantra, only in due course of our life experiences. However, a few amongst us don't heed and go astray mid-way, perhaps swayed into the path of greed that teaches "Fleece-Each, Earn Ever, Serve Never! Robert Kiyosaki has famously said about long term success: "When you are young, work to learn, not to earn." History immemorial is full of good souls becoming fallen apostles of greed. One of the reasons is that such souls count the price they have paid for their pursuit and want to get a much greater return on that price quickly, without realizing the intrinsic purpose and value of their pursuit. As the legendary Oscar Wilde had said, "Nowadays people know the price of everything and the value of nothing."

It is therefore upon each one of us to make sure that we truly comprehend the immense value of those who have taught us, and not just preserve that precious knowledge within ourselves, but to utilize its value and distribute it generously to as many more as we can and serve the needy in our society. All great teachers are like candles – they consume themselves showing light to those lost and needy travellers. It is upon each of us enlightened souls, to take that baton of their good work forward, in the service of mankind.

MGM NEWSLETTER ADVISORY BOARD

Visionaries

Dr. K.G. Narayankhedkar
Dr. Sudhir N. Kadam
Dr. P.M. Jadhav

Advisors

Dr. (Lt. Gen.) S. K. Kaul
Dr. Nitin N. Kadam

Resource Persons

Ms. Ashwini Arte	Dr. Z.G. Badade
Dr. Alope Banerjee	Dr. Prabha Dasila
Dr. Ram P. Dixit	Dr. Jaishree Ghanekar
Dr. M.M. Khan	Dr. Mary Mathews
Dr. N.C. Mohanty	Dr. R. Mullerpatan
Dr. S.K. Narayankhedkar	Dr. G.S. Narshetty
Dr. Sabita M. Ram	Dr. Ajit Shroff
Dr. K. R. Salgotra	Dr. S.H. Talib
Dr. P.R. Suryawanshi	Dr Raman Yadav

Chief Editor

Dr. Chander P. Puri

Vice Chancellor's Voice



Dr. Sudhir N. Kadam
Vice Chancellor

It is well said "Teaching is not just another profession. It is a divine responsibility to guide and enlighten. We salute all teachers, who tirelessly light the lamp of knowledge."

On the 'Teacher's Day' I extend my gratitude to all the faculty of MGMIHS for the guidance they offer, and for educating the students to excel in their academic pursuits and be compassionate human beings. We at MGMIHS are fortunate to have some of the finest and dedicated teachers. We remain committed to provide the best ambience for them to perform and deliver.

I request all the teachers to work towards excellence and make MGMIHS globally the best. You are the backbone of this Institute. My heartfelt appreciation goes to entire faculty whose valued contributions in molding the growth of students and MGMIHS are laudable.

MGM is hosting an "International Convention on Challenges in Medical Education" from 9-11 January 2015 at Aurangabad. I encourage each one of you for contributing directly or indirectly towards the event and make the best of this opportunity.

Sincerely,

Shaping a Good Doctor

Doctors are also members of the society but with special obligations to all fellow human beings. Unlike any other profession, they, on the day of graduation, swear upon a number of healing Gods to apply their knowledge and experience for the benefit of the sick person. They have the enormous privilege of touching and changing lives. Their profession demands that they are intelligent, knowledgeable, experienced and most importantly compassionate and caring. They are able to absorb the pain and anxieties of the patients who come to them with hope of being relieved of the physical and emotional suffering. Communication skills are the most crucial component of their profession. Their integrity is without question. They are expected to work in a team and call in colleagues when their skills are needed for a patient's recovery. They are inspiring, always learning and imparting knowledge of the profession with those who are to follow. This is what a medical profession and being a good doctor is all about.

In my opinion, there are many qualities that shape a good doctor, the three basic qualities that are simple yet vital are:

Observe-ability: A good doctor has to intrinsically possess this vital quality of observation, not just with his eyes, but also through listening attentively and feeling his patients discomfort and pain sensitively. Having this ability means that each little sign and symptom is observed, and not overlooked or missed by oversight, and recorded.

Understand-ability: A good doctor has to understand not just the immediate symptoms but also be able to understand the entire history and background to his patient's discomfort and illness as well as the health history of his immediate family as well. Just as prevention is better than cure, a thorough understanding of the illness is vital for accurate diagnosis of its root cause(s). Further, in today's world a doctor is also required to understand the ethics and morals associated with the diagnosis as well as the financial and sometimes social implications of the same.

Build-ability: A good doctor has to literally build his own mountain of knowledge bit-by-bit every single day of his educational and practicing career and stay on top of it as well. He should be actively engaged in research and be an advocate of evidence-based decision making. It is from this enriched mountain of knowledge that a long lasting permanent treatment plan can be built.

I am well aware that most amongst us 'know' this, but probably haven't fully comprehended their prowess, strangely owing to our hectic schedules that have got more busier since we ignore or short-circuit these very abilities in our rush. The difference between now and that good old lost doctor is perhaps in our attitude to habitually string these three vital ingredients together harmoniously, while delivering health care services.

I am sure that each one of you has a long list of characteristics you would want to be associated with 'shaping a good doctor'. I am equally sure that each one amongst you aspires to reinvent the good doctor in our society. What I would, however, like to encourage each one of you to do is to actually do it! That is, not put your list on your wall or closet, but dissolve its virtues into your blood stream and mindsets and practice it daily. The opportunity of being the change you wish to see is with you!

A Heart to Heart Walk!

'Walkathan' Organized on 28th September, 2014



Dr. Nitin N. Kadam
Medical Director
MGM New Bombay Hospital

Dr. Nitin Kadam mentioned that heart disease and stroke are the world's leading causes of death, claiming 17.3 million lives each year. He lamented that in spite of the fact that healthy life style can prevent or delay almost 80% of the premature deaths due to heart-related ailments still the mortality and morbidity due to cardiac problems was rising in our country. Excessive smoking, high blood pressure, high intake of salt, high blood cholesterol levels, excess body weight, stressful life, and living a sedentary life style can lower the efficiency of the heart and enhance disease risk, said Dr. Kadam. Following a heart-healthy lifestyle is essential for overall health, and one should not think that heart disease occurs only when one is older; it is true for people of all ages.

Dr. Kadam also dwelled on scientific progress in the prevention and treatment of cardiovascular diseases and stroke. MGM at its hospitals in Navi Mumbai and Aurangabad have introduced highly sensitive diagnostic tests for early

MGM New Bombay Hospital, Vashi jointly with the MGM Institute of Health Sciences had organized "Walkathan" on 28th September 2014 to create awareness about the alarming increase of cardiovascular diseases (CVDs) and the importance of adopting healthy life style to keep heart healthy and reduce disease burden due to CVDs. Dr. Narayankhedkar, Chancellor and Dr. Sudhir N. Kadam, Vice Chancellor of the MGMIHS had unveiled the heart day balloons to flag off the Walkathan. People from different walks of life including medical doctors, nurses, physiotherapists, biotechnologists, engineers and students from various institutions and hospitals walked through the residential and commercial areas of Navi Mumbai spreading messages of adopting healthy life style. The street shows focused on the health-risks due to smoking, excessive drinking, sedentary life style on CVDs and the need for creating heart-healthy environment. MGM New Bombay Hospital had also organized free health check-up for the elderly.



Globally the contribution of non-communicable diseases (NCDs), to the overall disease burden, was 36% during 1970, had increased to 63% in 2008 and is projected to increase further to 76% by 2030.

- India accounts for approximately 60% of the world's heart disease burden, despite having less than 20% of the world's population.
- Heart disease is the number one cause of mortality and a silent epidemic among Indians.
- Cardiovascular diseases accounted for 25% of all deaths in India in 2008.
- About 40% of all heart attacks in Indian men occur under 40 years of age and 50% by 50 years of age.

detection of cardio-vascular problems and new ways to treat hypertension. He emphasized that the facilities offered at the MGM Hospitals are comparable to the best in the world.

“MGMIHS is also on the forefront of supporting and pursuing translational research to understand the causative factors which enhance the risk of CVDs and develop new methods for early diagnosis and treatment of CVDs including stroke. New discoveries are certainly helping people to come out of the disease and live healthier lives however, prevention of CVDs by adopting a heart healthy life style should be the preferred choice” said Dr. Kadam.

- The average age of a person suffering with heart attack has been decreasing. Coronary heart disease in young male Indian is almost twice as high as their western counterparts.
- Genetic predisposition and faulty lifestyle including alcohol consumption, smoking and obesity are the major contributors to coronary artery disease among young male Indians.
- Increasing consumption of red meats, tobacco smoking, alcoholism, and higher stress along with sedentary life style are some of the factors which enhance CVD risk.
- India is projected to lose approximately USD 236 billion between 2005-2015 due to CVDs and diabetes.
- Indian hospitals conduct just about hundred thousand heart surgeries a year, against the requirement of 2500 thousand (2.5 million).
- Prevention is better than cure.

Oral Hygiene :Essential for Well Being

Dental College Celebrates “Oral Hygiene Day”!



Prof. Richard Pereira
Department of Periodontics
MGM Dental College & Hospital

The 'Train-the-teacher' is an unique initiative to train primary school teachers on how and what to communicate to students and their parents on aspects of oral hygiene. We at MGM Dental College and Hospital will continue our efforts till our dreams of a tobacco free world are accomplished, said Dr Pereira.

The Department of Periodontology, Mahatma Gandhi Mission's Dental College and Hospital, Navi Mumbai celebrated the Oral Hygiene Day on 1st August 2014, with focus on “Train-the-teacher” program. The audience was targeted with the aim of creating oral hygiene awareness and educating the teachers who in turn would instil habits of good oral hygiene in children, thus creating awareness about oral hygiene at the grass root level, as well as sustained propagation of dental health education. The presentations, in English, Hindi and Marathi, were followed by an interactive session and was well appreciated by all the participating teachers.

Dr. Chander Puri, Pro Vice Chancellor, MGMIHS, who was the Chief Guest at the function, lauded the initiative of the college to enhance awareness about the beneficial effects of oral hygiene in reducing the disease burden and improving the quality of life. He emphasized that in a country of 1.3 billion, where large percentage of population is fund constrained, prevention is the major viable mechanism to curtail the disease burden. To effectively implement the strategy "prevention is better than cure", one needs to develop effective communication strategies for the people, keeping in mind that they differ widely in beliefs, perceptions and availability of resources. Excerpts from Dr. Puri's address are as follows:

Today we acknowledge that oral health is integral and essential to general health and essential for well-being. In fact, oral health is a determinant factor for quality of life. Oral health is a state of being free from mouth and facial pain, oral and throat cancer, oral infection and sores, periodontal disease and many other discomforts and diseases.

Dr.Puri's On India's Oral Health Challenge

"In our country we have approximately 290 dental colleges with around 25,000 graduates each year. Even with such a large work force, most of the people in India do not have access to basic oral health care. The dentist to population ratio is 1:10,000 in urban areas whereas it drastically falls to 1:150,000 in rural areas. Although, dental care is a part of primary health care in India, dental care services are available in very few states at the primary health care level. Patients are not covered under any type of insurance, and generally pay out of their pockets to get treatment from both public and private dentists. In regions where adequate dental manpower is available yet the utilization of oral health care services is low thereby widening the oral health differences across the social economic classes."

On 'Train the Teacher' Program

It should not only be on the first of August, but more often that the colleges should conduct such programs beneficial for the community.

On Role of Institutions

It is of utmost importance for every dental institution and dental practitioner to take appropriate steps to curb oral diseases and also prevent their progression. Programs to create awareness about good oral hygiene among masses, particularly among children and rural population would go a long way in fulfilling our role in this society, as well as reducing the disease burden directly and indirectly associated with oral hygiene.

The regulatory bodies should frame policies in oral health, based on integration of oral health into national and community health programmes, and promoting oral health as an effective dimension for the development policy of society at large.

Good oral hygiene can lower the risk of heart disease and diabetes; preserve memory, and even reduce the risks of infection and inflammation in body. Research has found an association between gum disease and rheumatoid arthritis, an autoimmune disease that causes inflammation of the joints. In fact the salivary glands are a model of the exocrine glands, and analysis of saliva can provide important clues to general health or disease. Many blood-based diagnostic tests are being shifted to estimations in the saliva.

In spite of the fact most of the problems or diseases associated with oral hygiene are greatly preventable still the prevalence of oral disease is very high. It varies by geographical region, and availability and accessibility of oral health services. Social determinants in oral health are also very strong. The prevalence of oral diseases is significantly higher among poor and disadvantaged population groups.

The available statistics suggest that in our country 60–90% of school children and nearly 100% of adults have dental cavities. Severe periodontal (gum) diseases, which may result in tooth loss, are found in 15–20% of middle-aged (35–44 years) adults. Over 30% of people aged 65–74 have no natural teeth. Both dental and periodontal diseases are equally prevalent across genders, with somewhat higher prevalence in rural areas and the prevalence increases as age increases.

Oral cancer is increasing in Indian subcontinent mainly due to lack of hygiene, tobacco use, chewing tobacco leaves, smoking and many other factors. This is causing not only huge impact on the health of the community, but also the economy of the nation. Unhealthy diet including sweet foods, frequent consumption of soft drinks, tobacco use, harmful alcohol use and poor oral hygiene, are some of the risk factors for oral diseases.

Oral health in childhood is a predictor for adult oral health, and while there is a direct relationship with low socioeconomic status and childhood decay prevalence, the oral health effects are not reversed with upward social mobility into adolescence and beyond. It is never too early to start teaching children to take care of their teeth and gums. Healthy habits learned in childhood can pay off in adulthood.

The curative aspects of oral health must also receive attention. Treatment of orodental disease is expensive and unaffordable for a large proportion of the country's population, especially for the rural poor. We should take advantage of the impressive advances in both dental technology and in the scientific understanding of oral diseases, and try to develop more cost effective technologies both for diagnosis and treatment purposes. The significant disparities in both the rates of dental disease and access to dental care among sub-groups of the population must be bridged. This issue should be addressed. The most worrying fact is that despite this high prevalence rate, oral health has not been given sufficient importance in our country. Preventive dental care is almost nonexistent in the rural areas and very limited in urban areas. The oral diseases can be prevented and controlled to a large extent by health education and motivation.

A Good Teacher's Prescription

On the occasion of Teachers Day, our Prime Minister Shri. Narendra Modi has most elegantly summed up, "Teaching is not just another profession. It is a divine responsibility to guide and enlighten."

Teaching is one of the noblest professions. Teachers imbibe in themselves the qualities of perseverance, integrity and dedication towards the profession of teaching, by virtue of which they are held in high esteem not only by pupils but the entire society. An example is Dr. Sarvapalli Radhakrishnan, a great revered academic philosopher and scholar. When he had become President of India and some of his well wishers had desired to celebrate his birthday, he replied "Instead of celebrating my birthday, it would be my proud privilege if 5th September is observed as Teachers' Day." The keynote of our culture is Acharya Deva Bhava (the teacher is God), it is the teacher (Guru) who shows the path to God. It is the teacher who through intelligence, patience and wisdom polishes the pupil's intellect and aptitude and shapes their bright future, and that is what should be celebrated.

Teacher is a multi-faceted personality, a visionary skilled in wide range of teaching approaches such as deep knowledge and understanding; inspiring, motivating and engaging; friendly and helpful; good and effective in communication; sound planning and organizing capacity; and knowledgeable about other material resources that transpire in the classroom and during the teaching-learning processes. To be a teacher one requires a blend of all these essential attributes to deal with academic needs and upbringing requirements of pupils of all age groups. In addition, teacher is an initiative driven individual, passionate about the role of teaching in shaping the students with diverse backgrounds. Most importantly, they inculcate positive thinking in the minds of students.

It is disheartening to note that at times, the services of teachers are taken for granted, which is detrimental to the society in general. It is high time that we take adequate initiative in the direction of giving importance to the advancement of education and encourage good teachers, so that our country can stand in the fore front as against other advanced countries or at least keep pace with other countries, in every sphere of life.

We are proud of the teachers at MGMIHS. Their contributions to: (i) stimulate the academic environment for promotion of quality in teaching-learning and research; (ii) encourage self-evaluation, accountability, autonomy and innovation; (iii) undertake quality-related research studies, consultancy and training programmes; and (iv) promote collaboration with other stakeholders of higher education for quality evaluation, promotion and sustenance are highly commendable and appreciated both by the students and the management. Our teachers are also instrumental in contributing to national development, fostering global competencies among students, promoting the use of technologies, and quest for knowledge. They are truly the friend, philosopher and guide to their pupils. The management ensures that the services of the teachers are well appreciated and they are provided with adequate opportunities to enhance their skills for advancement of education.

We salute all teachers, who tirelessly light the lamp of knowledge.



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

Characteristics of a Great Teacher

- ✓ Deep Knowledge and Under-standing, Impeccable Values

Example: Expert on Content and Curriculum. High Integrity, Honesty, Trust worthiness and Noble Intentions.

- ✓ Exceptional ability to simplify
- Example: Explains well with creative / practical Examples. Adaptable.

- ✓ Inspiring, Motivating, Engaging
- Example: Drives students curiosity and passionately inspires self-exploration.

- ✓ Patient, Caring and Compassionate
- Example: Appreciates efforts, Patiently gives you space and room to think through your thoughts, willingly and caringly listens to you, accommodates your views, emotions and with care.

- ✓ Guides Supportively
- Example: Appreciates your efforts, makes you realize your areas of improvements. Guides supportively.

- ✓ Committed to your success
- Example: Is resilient, resourceful and trustworthy towards your success.

It's All In The Mind - Mind It!

Mental Disorder's Burden – Globally

- WHO estimates burden at 13% of all diseases (to grow to 15% by 2020).
- Depression alone accounts for 4.3% - the largest single causes of disability.
- About 450 million people suffering, major proportions from low and middle income countries.
- UN reports 1 in 4 people will be affected at some point in life.
- Economic consequences of these health burdens estimated by World Economic Forum in excess of 16 trillion USD in the period 2011-2030.

"Where there is neglect, there is little or no understanding. Where there is no understanding, there is neglect." - UN Report "New Understanding, New Hope". (The report seeks to break this vicious cycle and urges governments to seek solutions for mental health that are already available and affordable. The report suggests that the Governments should move away from large mental institutions towards community health care, and integrate mental health care into primary health care and the general health care system.)

Mental Disorder's Burden - India

- 6.4% in community samples, 23.3% in school samples.
- High in females, children, adolescents, students, elderly (27%), chronic patients, disabled, disaster survivors, industrial workers (14-37%)
- Affects nearly 17% of people in prison, with 70% of such adults having substance use disorder.
- 1,35,000 people committed suicide in 2012 (i.e. 15 suicides per hour, 65% were males)
- For every 'successful' suicide, an additional 15-20 people attempt it 'unsuccessfully'.
- 11.2% of total suicide is by farmers.

Mental Wellness Fundamental To Good Health & Productivity

Mental health is fundamental to overall health and productivity. It is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. Throughout the lifespan, mental health is the wellspring of thinking and communication skills, learning, resilience, and self-esteem. The psychiatrists who understand body's functions and more importantly complex relationship between emotional as well as other medical illnesses have major responsibility to prevent mental health and emotional problems.

Unfortunately, large number of people all over the world experience mental health problems. The problems are real and disabling conditions. If left untreated, mental health can result in disability and despair for families, schools, communities, and the workplace.

We also have to consider that mental disorders often affect, and are affected by, other diseases such as cancer, cardiovascular diseases and HIV infection. For example, there is evidence that depression predisposes people to myocardial infarction and diabetes, both of which conversely increase the likelihood of depression. It will therefore not be surprising that the magnitude of problem related to mental health being projected through some research studies is just a tip of the iceberg.

Another important issue relates to providing treatment to people with mental disorders. Health systems have not yet adequately responded to the burden of mental disorders; as a consequence, the gap between the need for treatment and its provision is large all over the world and more so in developing countries. The number of specialized and general health workers dealing with mental health in low-income countries is grossly insufficient, just one psychiatrist to serve two hundred thousand or more people. Similarly, the annual spending on mental health is grossly low; less than quarter of a dollar per person in low-income countries.

There is a need for comprehensive, coordinated response from health and social sectors at the country level to reduce the disease burden due to mental disorders including depression. It is essential to ensure that people with mental disorders do not live in vulnerable situations and are not excluded and marginalized from society.

Our goal should be to promote mental well-being, prevent mental disorders, provide care, enhance recovery, promote human rights and reduce the mortality, morbidity and disability for persons with mental disorders. Integration of mental health into general health care settings and linking with the other Millennium Development Goals may allow access to better and more cost-effective interventions for many more people.

Article contributed by Dr. Chander P. Puri, Pro Vice Chancellor (Research), MGMIHS.

World Alzheimer's Day



Dr. (Mrs.) Prabha K. Dasila
Professor and Principal
MGM New Bombay College of Nursing

To create awareness on Alzheimer's Disease and care of people with Dementia, MGM New Bombay College of Nursing (MGMNBCON) organized a programme on the occasion of World Alzheimer's Day. It included series of lectures by Dr. Rakesh Ghildiyal, HOD, Dept of Psychiatry, Dr. Darpan Kaur, Lecturer, Department of Psychiatry, Mrs. Bharti Veer, Vice Principal, and discussions by Mrs. Susan Jacob, Swati Mane, Swati Bedekar, Josmy Abraham, the faculty members of MGMNBCON.

Informative sessions were followed by exhibition on various aspects of Alzheimer's disease displayed by third year B.Sc. Nursing students. It was an interactive session in which the audience played a very active role.

Caring Patients with Alzheimer's Disease

Dementia describes a wide range of symptoms associated with a decline in memory, thinking skills, and eventually the ability to perform everyday activities. It becomes more common with advancing age, while only 2% of cases start before the age of 65 years, the prevalence doubles with every five year increment in age. The World Health Organization and Alzheimer's disease International, estimates that there are at present 35.6 million people living in dementia worldwide. As the world population ages, the frequency is expected to double by 2030 and triple by 2050. The common causes accounting for 90% of all cases are Alzheimer's disease, Vascular dementia, Lewy bodies and Frontotemporal dementia.

Alzheimer's Disease is the most common form of dementia, responsible for 60 to 80 percent of all dementias. It is normal to forget appointments, names or telephone numbers, but those with dementia will forget such things more often and not remember them later. Its impact may depend on how the person was before the disease; his/her personality, lifestyle, significant relationships and physical health. As the onset of disease is gradual, it is difficult to know exactly when it began. The time between onset of disease and death may range from five to 20 years.

The early symptoms of Alzheimer's Disease are often mistaken as normal part of 'old age' by relatives, friends and sometimes professionals as well. The person may have problems in talking (language problems), become lost in familiar places, have difficulty in making decisions, frequently turn anxious and loses interest in the hobbies. As the disease progresses, limitations become pronounced and more restricting with day-to-day activities. The person may become extremely dependent on their care takers and need assistance for personal hygiene like toileting, washing and dressing. At the late stage the individual reaches near total dependence and inactivity or may be confined to a wheel chair or bed. Since the affected person eventually becomes dependent, the responsibility for caring often falls on family member which takes an



There is no cure for Alzheimer's disease, so the chief goals of management are to:

- ✓ Maintain quality of life.
- ✓ Provide an environment that supports a flexible but predictable routine.
- ✓ Maximize function in daily activities.
- ✓ Enhance cognition, mood and behaviour.
- ✓ Foster a safe environment for the person.
- ✓ Promote person's engagement with their social and support network.
- ✓ Collaborate with other relevant service providers, through development of effective working relationships and communication.

Heartiest Congratulations!

- ❖ **Mr. Bhushan Wad**, 3rd Year MBBS student has been awarded the 2nd prize for the "Waghabhatt Memorial Competitive Examination – 2014" in Pathology on 24th March 2014 at The Topiwala National Medical College, Mumbai.
- ❖ **Dr. Pankhuri Kothari**, 3rd Year M.D. Student (Paediatric) – 2nd Prize for the Oral presentation during 1st National Conference of Indian Society of Pediatric Gastroenterology, Hepatology and Nutrition held at Kochi, Kerala from 19th to 21st September 2014.
- ❖ **Dr. Snehal Patil**, Asst. Professor (Dept. of Microbiology) – 2nd Prize in Poster Presentation in XX Maharashtra Chapter Conference of Indian Association of Medical Microbiologists held at Nagpur from 20th to 21st September 2014.

enormous emotional and physical toll, especially when added to the psychological distress of watching a loved one deteriorate. It also places a significant financial burden on patient, families as well as on society.

While Alzheimer's disease accounts for 50 percent of dementia cases, vascular dementia accounts up to 40 percent in older adults. It may be possible to prevent or delay the symptoms of Alzheimer's disease and other dementias through a combination of healthful habits.

The six pillars of a brain-healthy lifestyle are:

- 1. Physical Activity:** An active lifestyle can almost halve the risk of developing dementia as compared to a sedentary one. Regular 30 minutes of exercise five times per week like walking, swimming, gardening, cycling or even routine household chores, lowers risk of heart disease, type 2 diabetes, stroke and other chronic diseases. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reduces the risk of stress, depression, dementia and Alzheimer's disease.
- 2. Healthy diet:** Just like the rest to the body, brain needs a nutritious diet to operate at its best. Eating a heart-healthy diet rich in fish, nuts, whole grains, olive oil, fresh fruits and vegetables in abundance is also good for the brain in lowering risk of Alzheimer's disease.
- 3. Mental Activities:** Mental activity helps to prevent dementia by building up a "brain reserve". Those who continue learning new things throughout life and challenging their brains are less likely to develop Alzheimer's disease and dementia. Activities involving multiple tasks or requiring communication, interaction, and organization offer the greatest protection such as reading, playing cards, board games and playing a musical instrument can postpone the onset and slow the progression of both.
- 4. Quality Sleep:** Brain needs regular, restful sleep in order to function at its optimum capacity. An adult needs at least 8 hours of sleep per night. Creating a relaxing bedtime ritual like taking a hot bath, performing some light stretches or keeping the room lights dim helps in deep restorative sleep. Sleep deprivation impairs the ability to think, problem-solve, process, store, and recall information and may be associated with an increased risk of dementia.
- 5. Stress management:** Chronic stress increases the risk of Alzheimer's disease and dementia. Keeping stress under control requires regular efforts. Regular meditation, prayer, reflection, and religious practice may immunize against the damaging effects of stress.
- 6. An active social life:** An active social life at workplace, community and at social groups keeps the individual at lower risk for developing dementia. Spending quality time together on a regular basis even during very busy and stressful times keeps the bond strong as well as stimulates the mind and body.

'EI' Mere Dil Tu Gaye Ja!



Dr. Sandeep Rai
Prof. & Unit Head,
Dept. of Medicine, MGMIHS

"We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt..." -Dorothy Day.

High EI Benefits Doctors - Why / How

Test results have shown the EQ score of doctors being lower (avg 90) than expected (avg 100), while the average IQ of graduating doctors today is 120, compared to the average norm of 100. Most physicians were weak in the intrapersonal (understanding one's own feelings) as well as interpersonal realm (ability to deal with others).

"The secret of the care of the patient is in caring for the patient" - Dr. Peabody.

The good news is that you can raise your own EQ - a different way of being smart. Some doctors develop these skills intuitively, while others need to learn them. EI develops exponentially through meditation. Self-awareness (in tune with, but not overwhelmed by our emotions) leads to self-control. The ability to perceive a situation without attachment to it, broadens our perspective and

Emotional Intelligence – An Absolute Essential for Doctors

In this century, scientists have worshipped the hardware of the brain and the software of the mind. The messy powers of the heart have being left to the realm of poetic and artistic endeavours. However, cognitive theory simply could not explain the questions we ponder about most, such as - "Why the most brilliant student in the class will probably not end up the most successful?" or "Why some people remain buoyant in the face of troubles that would sink less resilient souls?" Research shows that the magical ingredient for success in most fields, including medicine, has nothing much to do with cognitive intelligence. The key is a "soft" skill, called Emotional Intelligence or EI.

The phrase "Emotional Intelligence" was coined by Peter Salovey - a Yale psychologist and John Mayer of the University of New Hampshire's. EI was used to describe qualities like understanding one's own feelings, empathy for the feelings of others and "the regulation of emotion in a way that enhances living". There was a time when IQ (Intelligence quotient) was considered a major determinant of success in life, but in the last two decade the psychologist Daniel Goleman has argued that EI is more important.

It is actually the neuroscientists and evolutionists who do the best job of explaining the reasons behind the most unreasonable behaviour. Primitive emotional responses held the keys to survival: fear drives the blood into the large muscles, making it easier to run; surprise triggers the eyebrows to rise, allowing the eyes to widen their view and gather more information about an unexpected event. Emotional life grows out of an area of the brain called the limbic system, specifically the amygdala, from where originates delight and disgust as well as fear and anger. Millions of years ago, the neocortex was added on, enabling humans to plan, learn and remember. Lust grows from the limbic system; love, from the neocortex. Animals like reptiles that have no neocortex cannot experience anything like maternal love. Baby snakes hide to avoid being eaten by their parents!

Medicine is the ultimate service profession. Without understanding our patient's emotions and our own, we will not be able to perform our job competently. Most doctors have a high IQ, but that is not enough to ensure they will do well in practice. Physicians who can empathize and respect their patient's feelings are much more successful at getting their patients to trust them; more productive; and less likely to get sued. Unfortunately, medical training is often responsible for actually dehumanizing doctors and causing emotional impairment, so that while their IQ may increase after medical college, their EQ definitely declines! Not only do we see so much suffering that we get inured to it, but we are also taught to distance ourselves from our patients. Doctors who get emotionally involved with patients or display their feelings are considered to be "unprofessional" since being emotional is considered to be a sign of weakness. In a profession that requires emotional sensitivity and compassion, we are encouraged to numb ourselves in order to cope with what we witness of the human condition. What a shame!

ability to problem-solving and dramatically reduces stress. The capacity to empathize with others leads to better communication and conflict resolution. Meditation helps to calm and center you so that you can step back and observe without becoming involved. As you become attuned to perceiving emotions within yourself, you learn to be a better reader of other people's facial expressions, body language, verbal language and "vibes" or projected energy.

Higher physician emotional intelligence leads to greater patient satisfaction (which also can be related to reduced medico legal liability) and better adherence to treatment regimens; it also improves clinical outcomes, reduces medical errors, litigation, provider burnout and turnover, which can prove extremely costly to patients, hospitals as well as doctors alike.

Research studies on effects of Sahaja Yoga on emotional intelligence, from Swine Burne University of Technology , Australia; have clearly shown that Sahaja Yoga meditation significantly enhances emotional intelligence and helps one to attain greater clarity and repair of emotions. We had presented a paper from MGM Medical College, Navi Mumbai on effect of SY Meditation in enhancing Emotional intelligence, at the Third Global Conference on Emotional Intelligence held at TISS, in Mumbai, in 2011 and the concept was very well received.

Prevent Suicide – Don't Let Life Slide..



Dr. Rakesh Ghildiyal
Professor & Head, Dept. of Psychiatry
MGM Medical College, Navi Mumbai

India Suicide Facts (2012 Statistics)

- 2.6 lakh suicides - Largest (20%) in the world.
- Rate of 11.2 per lakh population and increasing
- 71% suicides in India are in persons below age 44 year with highest % share from states of Tamil Nadu (12.5%), Maharashtra (11.9%), West Bengal (11%) and Andhra Pradesh (10.5%)
- Self-employed persons (38.7%) and housewives (18.2%) have the highest percent in distribution by profession of victims of suicide.
- Most common methods noted are by hanging (37%), poisoning (29.1%) and burning (8.4%).

CME on Suicide Prevention Organized at MGMIHS on World Suicide Prevention Day – A Report

The Department of Psychiatry MGM Medical College, Navi Mumbai organized a CME on Suicide Prevention on 10th September 2014 - World Suicide Prevention day - at MGMIHS, Navi Mumbai. The delegates comprised of faculty and students from the constituent colleges of MGMIHS like medical, nursing, dental, physiotherapy and engineering colleges. The programme received an enthusiastic response with more than 370 registrations.

The chief guest speaker was Dr. Suleman Merchant, ex-Dean and currently Professor and Head, Department of Radiology, LTMMC and Sion Hospital, Mumbai. Dr. Suleman is a well known social activist responsible for many forms in the health care sector. Dr. Z.G Badade, Registrar, MGMIHS welcomed the chief guest speaker. There was traditional lamp lighting ceremony followed by the academic presentations.

Dr. Darpan Kaur, Assistant Professor of Psychiatry, welcomed the delegates and sensitized them to the importance of World Suicide Prevention Day celebrated by the International Association of Suicide Prevention (IASP). Dr. Rakesh Ghildiyal, Professor and Head, Department of Psychiatry, discussed the importance of Suicide Prevention. In 2014, the theme of World Suicide Prevention Day is 'Suicide Prevention: One World Connected.' The theme reflects the fact that connections are important at several levels if we are to combat suicide. Connectedness is crucial to individuals who may be vulnerable to suicide. Studies have shown that social isolation can increase the risk of suicide and, conversely, that having strong human bonds can be protective against it. Reaching out to those who have become disconnected from others and offering them support and friendship may be a life-saving act.

Dr. Shaunak Ajinkya, Professor in the Department of Psychiatry, spoke on prevalence and other issues regarding suicide prevention. Dr. Suleman Merchant the chief guest speaker reflected on the suicide contagion (copy-cat suicides), identifying 'Red Flag signs' in persons harbouring suicidal ideations and strategies for suicide prevention. He emphasized impact of media, social networking sites and suicides of famous personalities on copy-cat suicides.

International Association of Suicide Prevention reports that suicide is a major public health problem. There are over 8,00,000 deaths every year which

Suicide - Warning Signs

Nearly 80% persons who commit suicide give definite warnings, a few weeks or months before they attempt suicide. The warning signs could be:

- Being fixated of ideas dealing with death
- Explicit statements of suicidal feelings
- Development of suicidal plan
- Previous suicide attempts
- "Mini-attempts" like self-inflicted injuries or reckless behaviours
- Giving away one's prized possessions
- Expressing a belief that life is meaningless
- Giving repeated verbal cues like – I just cannot go on any longer...Who cares if I'm dead anyway?... I want to sleep and never wake up ever again...

Suicide Prevention - What can you do?

- LISTEN
- Avoid arguments /advice giving. You don't need to say much. There are no magic words. If your concern is true, your voice & manner will show
- People who feel suicidal want to be heard and accepted. They need your patience and empathy.
- Nearly all suicidal people suffer from conditions that they will be able to overcome in time.
- Get quick professional help. Don't try alone.
- If the person is actively suicidal do not leave him/her alone. Take it seriously.
- Suicidal behavior is a cry for HELP.

Heartiest Congratulations to Investigators

The following projects have recently been approved for funding by the Board of Research in Nuclear Sciences, Department of Atomic Energy, Government of India:

Development of prototype micro PCR device for identification of MDR MTB: Mansee Thakur and D.S. Joshi, Department of Biotechnology, MGMIHS
Confirmation of nanoparticle hypothesis with respect to homeopathic medicines: Alaka Deshpande, Mansee Thakur, Sameer Jindal and D.S. Joshi, Department of Medicine, and Department of Biotechnology, MGMIHS

roughly corresponds to one death every 40 seconds. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined! Suicide is the second leading cause of death in the 15-29 years age group in 2012 globally. Overall, it is estimated that for each adult who dies of suicide there are over 20 others who made suicide attempts and 6 others who were affected by it!

Risk factors of suicide can be classified as Individual (mental illness, physical illness, adverse life events, etc), Family/Peer related (exposure to violence, family discord, etc) and Societal/Community-based (social isolation, effects of media, altruistic causes, etc). Mental disorders (particularly depression, alcohol use and borderline personality) are a major risk factor for suicide. Presence of depression increases risk of suicide 25 times. Up to 25% suicides are committed by alcoholics and drug users, which is attributed to the dis-inhibiting effects of substances.

The academic sessions were followed by an excellent Q&A session and a traditional vote of thanks for the overwhelming response for this program.

NABH ACCREDITATION FOR MGM BLOOD BANK, KAMOTHE

The Blood Bank at MGM Medical College & Hospital, Kamothe, Navi Mumbai is an epitome of excellence with regards to its infrastructure & competence. It works in harmony with all other departments in the hospital providing the following services:

- Whole Blood
- Blood Components - PCV, Platelets, FFP, Saline Washed Red Cells, Cryoprecipitate

It is a proud moment for the MGM Blood Bank at Kamothe, as it has been **awarded the NABH (National Accreditation Board for Hospitals and Healthcare Providers) Accreditation from the Quality Council of India (QCI)**. NABH is an Institutional Member as well as a Board member of the International Society for Quality in Health Care (ISQua). NABH is on board of Asian Society for Quality in Healthcare (ASQua). The NABH standards for blood banks provide framework for quality assurance and quality improvement for blood banks. The sole focus of the standards is to maintain high-end patient safety measures and quality of the care being provided. The QCI follows a continuous process where regular monitoring and stringent corrective action plan leads to the building of a strong culture at all levels of operations and functions. The accreditation process is not just about preventing TTIs, it is about having standard procedures and systems in place to improve the quality and safety of collecting blood from a donor, its processing, testing, and transfusion. So, if a Blood Bank is NABH accredited, the patient can rest be assured that the Blood Bank follows stringent standards as laid down by the accreditation body in regards to patients and donor safety, confidentiality and implementation of best practices in the field of transfusion medicine.

Another feather in the cap of this Blood Bank is that it has now been converted into DEPARTMENT OF IMMUNO-HAEMATOLOGY & BLOOD TRANSFUSION which has also been recognized by MCI for starting the course of MD IMMUNO-HAEMATOLOGY & BLOOD TRANSFUSION. The Faculty includes Dr. Ujawala Maheshwari (Prof. & HOD), Dr. Seema Gupta (Asso. Prof & Incharge Blood Bank), Dr. Atul Jain (Asst. Prof).

We are soon going to start Apheresis Unit to supply single donor platelets (SDP) and are awaiting FDA Approval for the same. We are continuously trying to keep ourselves abreast with the latest developments in the field of Transfusion Medicine so that we can serve our esteemed institution and humanity to the best of our capabilities.

Heartiest Congratulations to all the staff members who strived hard to make this dream a reality!!!

Quit 'O' Mosquito!

Bragging About Ragging – STOP!

At MGM Medical Colleges and Hospitals, it is extremely important for us to provide each student an environment that is conducive, cohesive and constructive to pursue their dreams. Ragging - a disease of strayed mindsets, has the potential of damaging such an environment and shattering irreparably, the dreams of some deserving students. It is important that everyone is vigilant and makes sure that the switch of ragging in our mindsets and those around us, is always in the **OFF** position.



MGM Medical Colleges and Hospitals, and the MGMIHS fully endorse the Regulation 2009 of MCI about **Prevention and Prohibition of Ragging** in its colleges. MGMIHS and its constituent colleges recognize ragging as a cognizable offence as per Act and prohibit ragging in all its forms in all institutions. MGMIHS will ensure that ragging, in all its forms, is totally banned in the entire Medical College campus and its constituent units. Deans of MGM Medical Colleges in Navi Mumbai and Aurangabad have advised the students to completely desist from indulging in ragging and reiterated that any violation of this will invite action as per the stipulated Act. MGM Medical Colleges have made awareness of the Anti-ragging Act and in case of violation the associated punishment by displaying appropriate information in common areas such as lecture hall, hospital, hostel, common room, mess, corridor and notice board. A **Hotline: AMAN 1800-180-5522** too is activated.

Oh God! Please Protect Humans From Malaria!!



Malaria is caused by Plasmodium species
Transferred by mosquito female Anopheles
During biting many sporozoites are released
Come in blood circulation and cause disease
In India vivax and falciparum malaria are prevalent
New born babies are at the high risk of the malaria agent
Oh God please protect humans from malaria!

Rainy season favours the multiplication of mosquito vector
Multiplication of mosquitoes takes place in 7 days old water
Stored water in the house is the main source of mosquitoes
In these days they grow as egg, pupa, larvae and adult stage
After that the mosquitoes are ready to fly from the water
Causing disease in humans by biting and act as vector
Oh God please protect humans from malaria!

People die due to the malaria and the empirical treatment
Drug sensitivity testing is required for reducing mortality of patient
Physicians don't know which drug is useful to malarial pathogen
They start the treatment of patients with artemisinin combination
Artemisinin is the hope for the treatment of infections
Chloroquine drug resistance is spreading in humans
Oh God please protect humans from malaria!

Relapse of vivax malaria is very common now a day
It may occurs in human even after the infection goes away
Because the parasite remains alive in the liver
Cause the infection which start from the fever
Prevention of malaria is better than the taking treatment
Use mosquito net, insecticide agent in your environment
Oh God please protect humans from malaria!

Poetry contributed by Mr. Gurjeet Singh, Assistant Lecturer, Department of Microbiology, MGM Medical College and Hospital.

Heartiest Congratulations!

MGM Dental College and Hospital, Navi Mumbai was conferred the "**Best Dental College: Mumbai**" award at a function on **15th June 2014** at **New Delhi**. This award has been instituted as part of the national dental excellence awards by "**Prime Time**", a market survey agency which has varieties of stringent criteria to judge the best. The award is an acknowledgement of the highest standards of teaching and clinical care including patient management at the MGM Dental College and Hospital. The Trustees and the Management of MGM Trust are proud of the accomplishment and extend their heartiest congratulations to the faculty, staff and students of the Dental College.

Live Aimless Or Die Painless?



Mr. Sunil Tatkar
Founder & Managing Partner
Valurevolution™

This debate brings one to the fundamental question of what really is life? In my humble view (that seeks to be closer to practical reality), life is not just a rational technicality as defined in some dictionaries as the time between birth and death; or the period in between that includes capacity for growth, reproduction, functional activity, and continual change! Life also involves a rainbow of thoughts, emotions, feelings and other irrationalities that are difficult to quantify and measure. Life is not just breathing the air or seeing the colors present in that little band of our visible spectrum; it also involves a large band of the invisible and unknown too. When you look at life from this non deterministic reasoning, we will value the prudent thought that our valuable resources of time, money and efforts are better deployed towards the noble cause of curing what we can, rather than spending on the mere hope of a miracle by chance, which if it were to happen would anyways not depend upon us mortals.

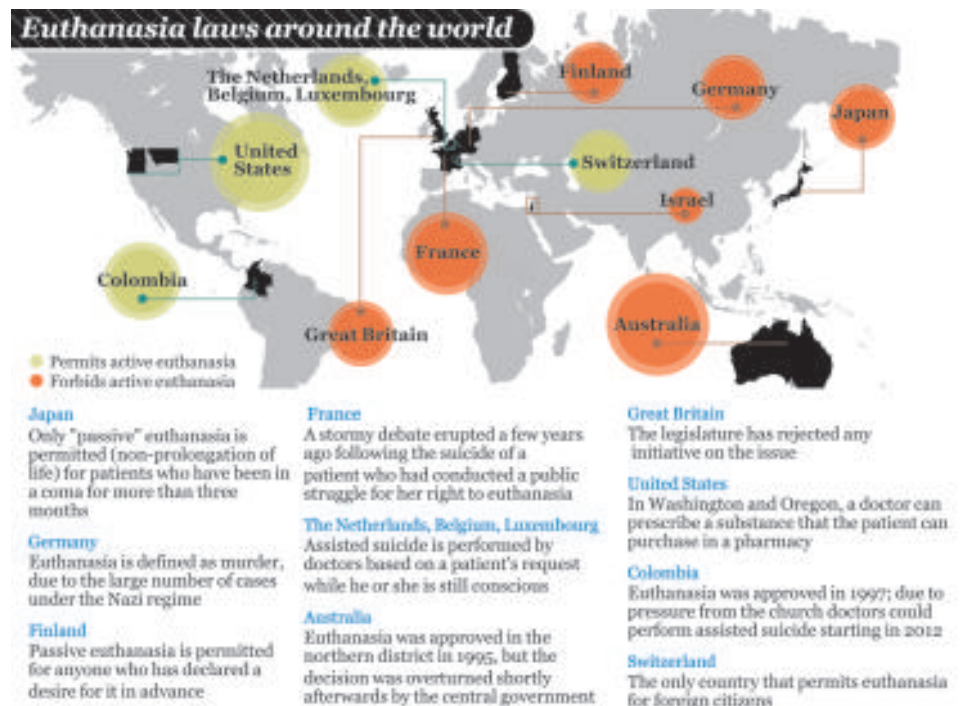
A life of dignity surely involves the good health of an individual's body, mind and soul.

Euthanasia – Dilemma To Choose Between Life and Death

Euthanasia is derived from the Greek word “Euthanatos” that means “well and easy death”. It was first used in a medical context by Francis Bacon in the 17th century, to refer to an easy, painless, happy death, during which it was a "physician's responsibility to alleviate the 'physical sufferings' of the body. More elaborately explained, it is an act of putting a 'living' person suffering from an incurable illness, to 'permanent rest' - painlessly.

It is also loosely referred to as the right to die painlessly, of a person suffering immensely from terminal illness. It sensitively touches upon the right of such a person to seek a doctor assisted painless, merciful and permanent end to an aimless existence, induced actively or passively; seen as the only means to end his excruciating suffering. Active euthanasia proactively delivers a painless death humanely, such as via a doctor administered lethal dose of medication. Passive euthanasia indirectly achieves a painless end by removing the life support systems such as devices that usually keep the patient 'alive', albeit in some instances in a persistent vegetative state.

Should the suffering individual 'live' aimlessly, endlessly, in the hope of a possible miracle in the future, or have the right to a painless respectful death? This is a question that consumes the suffering individual as well as the world around and the answers sway back and forth between varied perspectives, emotions, legalities and human rights issues. Such is the diversity in the world's perspective on euthanasia that while in the Netherlands and Belgium, it is legalized (regulated); in the US, active euthanasia is not allowed while passive euthanasia is permitted (regulated) in a few states. Many other countries have varied positions



The right to live with dignity therefore includes the right to adequate food, shelter, clothing (for a healthy body), right to have a purposeful existence in pursuit of happiness within as well as shared happiness amongst our social community. This is aside all the fundamental rights of dignified existence as well. A person suffering a painful and terminal existence, after the best of human efforts have failed to cure, would surely want find solace in the words, “*She loved me enough to let me go*” written in an utterly different context in 'The God of Small Things' by Arundhati Roy.

Surely, such a suffering individual would want the world to love him/her enough to let him/her 'go', by way of allowing him/her to 'live' a dignified death, rather than a 'life' Les Misérables..

including an unusual position In Switzerland where assisted suicide is permitted, but euthanasia is not. Irrespective of the legal positions across the world, the society at large is generally split into two view points on this issue.

- One view point supports euthanasia on the premise that that society should acknowledge the rights of patients and to respect their decisions or those of their near and dear ones to choose euthanasia to end their seemingly hopeless suffering and aimless existence. This view point invokes the right of an individual to live a dignified life and therefore seeks a dignified end as well to such a tortuous existence.
- On the contrary, the contrarian view point emphasizes that health-care providers are obligated to prohibit killing as euthanasia is inconsistent with the roles of nursing, caring and healing. That is why society has no right to kill them and thereby deny them the chance of hope of future recovery.

In conclusion, it therefore seems only human that euthanasia be allowed voluntarily as that last right of a terminally ill suffering patient, to facilitate a dignified last rite. Howsoever undesirable and legally misplaced it may seem; it is but an honest, practical and an absolutely human view point of respecting the dignity of life along with the dignity of death.

Your Turn Intern's



It's said that when you can't find an answer, go back to the beginning. Here it begins with our parents, especially our mothers. It's a woman who gives up at least a third

of her life, just to take care of her off springs and nourishes what is truly her creation. From feeding times to sleeping hours, she adjusts everything with utmost sensitivity towards her child. It is that commitment that she shows which helps to strengthen that bond beyond years.

It's not just mothers but friends that one has for a lifetime. Where does one gain these from? It's much simpler than just thinking of varied ways. The answer is persistence in communication and regular efforts to keep it up. This applies to not just friends but to one's partners too.

Being Together Starts With Commitment

The journey of life starts with birth and evolves through years, transforming us through innumerable changes. Yet certain relations we once began remain till we breathe our last. Few such relations are those with our parents, our siblings and our better halves.

However, what is it that brings us to hold on to these relationships, though time often fades many others?

Even in nature, symbiosis is necessary for survival of many. The exchange of nutrients is their form of commitment to one another. In fact it benefits the environment too. Commitment is a tough path to tread. It requires tremendous determination and will to be together. This is precisely why, commitment and togetherness are often used synonymously and are interdependent.

Article contributed by MBBS Intern: Ashwini Patankar (2nd MBBS, 5th Semester)

*Amidst a storm, the flame quivered,
With the wick's support, it shivered,
The lamp's oil burnt till the last dróp,
The **fire's** delight not the wind could stop.
In glory the **light** shone, and darkness expelled,
Without each other they'd be **disheveled**,
Together they **rose** against the perilous night,
COMMITTED to one another, they won the fight.*



"Blessed", this word brings me to Ashish's story. The one that made him question our values, our beliefs and the respect we pay to the Lord!

"Ganpati Bappa Morya, Pudchya Varshi Lavkar Ya" (Hail Lord Ganesha, Next Year Come Early), these enchanting words were still ringing in Ashish's ears, the day after our beloved Ganpati festival concluded. While jogging on the beach, something hit the corner of his eye. It was a mesmerising ray of sunlight, lightly touching upon some hard stony structure embedded within the sand. On digging out the small piece, Ashish could not believe what his eyes saw. It was a part of Lord Ganesha's idol, which must have been submerged the previous evening. As the tidal pattern changed, it must have been brought back by the forceful waves. Absolutely shocked Ashish wondered, "If we cannot respect the almighty, how do we expect to be content and be respected by others!"

"Instilled with self belief and dignity, Ashish now works in collaboration with an NGO, and inspires the youth. When asked in an interview as to the reason behind his popularity and respect, he exclaimed, "When you earn the latter, you automatically gain the former. One can never demand respect with his words, but command respect with his actions!"



In a secular magazine, a writer describes, what most people think about romantic love. "Love is a mysterious visitation which comes out of nowhere and takes

Being Respected Starts With Having The Right Attitude

"Respect for ourselves guides our morals; respect for others guides our manners." And astonishingly great men have said, "One of the most sincere forms of respect is actually listening to what one has to say." Thus, respect cannot be bought, demanded and definitely not be begged for. It must be truly earned, and only the worthy eventually gain it! When you're content to be simply yourself and don't compare or compete, you will indeed be respected. Tough to understand? Well then let me try and make it comprehensive. A reasonable approach is- 'The Barter System.' The following incident would probably justify this.

One fine evening I was at my aunt's office, waiting for her to get done for the day. After a couple of minutes when I began to lose patience, I heard someone yelling furiously at her for a good five minutes. To my dismay, my aunt just smiled back and politely said she would complete whatever was undone in no time. She remained absolutely calm and composed. Later that night, puzzled by the incident that took place earlier at her workplace, I angrily asked her as to why she didn't screech back at that rude fellow. (I was definitely offended) She replied, "My dear, if you ever want to be respected in life, you'll have to respect others, and by others I mean not just your friends. But you must also remember, unless you respect yourself, others won't do so. Self respect will compel others to respect you!"

On my next visit to the office, a peon walked up to me and told me everyone looks up to your aunt and she's respected dearly. Well that day, I not only felt proud, but blessed too!

As quoted by the honourable, Dr. Abdul Kalam, "Do we not realise that self respect comes with self reliance?" Thus, self respect leads to self discipline. There's no respect for others without humility in one's self. And in any relationship, respect is not an option, it's an essential requirement. To conclude, it's not enough to speak with wisdom, it's important that you speak with respect.

Article by MBBS Intern: Aarti Javeri (5th Semester, 2nd MBBS)

Love Starts With Understanding!

The most popular theme on television and in movies today is LOVE. Soap operas are filled with "romantic love." Love is likewise the theme of most of the current popular songs. We are bombarded with the idea that "Love is all that matters."

Everyday a number of couples tie the knot, committing with each other hoping for a perfect fairy tale life. For some of them, marriage turns out to be a beautiful experience, full of all the joys they can possibly imagine and hope for and for some, it is something that can be endured. But for many

hold of you—just like the measles. It is recognized intuitively, if it's the real thing, you won't have to be told. You will know without asking. Love is so important that you must give up everything else for it. A man is justified in giving up his wife for it, a woman is justified in abandoning her home and children for it, and a king is justified in giving up his throne for it. It may go as unexpectedly as it came, and there is nothing you can do about that either. It is not, in any way, subject to human control." This is NOT real true love! This is merely an infatuation. Real love does not act that way. An infatuation does indeed go as unexpectedly as it comes and there is little you can do about it. But real love is selfless, understanding and committed.

Ask questions and listen and understand the answers. Hear the hurt, look for problems; find out what makes them happy and what makes them tick. Understand the moods of the people closest to you.



26th July 2005, the day Mumbai city was submerged in floods! People,

despite of having no relation and incentive provided others with food, with drinking water, with shelter and helped each other to get through the calamity. Many stood in the pouring rains, risking their lives and guiding the others on their way back home, preventing them from falling into the potholes. The very next day the talk was about how the Mumbaiites irrespective of differences in caste, creed, gender, religion helped each other. Mumbai grew.

A hand that gives roses sooner or later will start smelling sweet...

...and fragrance is contagious!

marriages are crumbling because the couple cannot understand each other. Everyday more and more children are throwing their parents out of their own houses because they misunderstand them and start resenting them over a period. This is because; we have started thinking with our minds rather than with our hearts. When your partner tells you " I feel depressed ", don't think on the lines of "Why get depressed at this". Instead listen to them and try and understand why they are feeling that way. When your partner tells you " I think we should do this some other way" don't say " No! My way is right and this is the way we should do it". Understand them also. Think about what makes them say your way is not right. When your parents tell you " Don't go there. Its dangerous.", we immediately think that they have a problem if we have some fun but we fail to understand their worries and apprehensions. Once you start thinking with your mind people start getting on your nerves and seem annoying and no one can love such a person.

Love, truth and selfless love, begins with understanding the person you love. Understand why someone feels the way they do. Love is not merely about lust, desire and futile expectations from the opposite person it's about caring and understanding them and their need. Love is quiet concern deeply hidden in heart. Love is great passion between two hearts, intimate exchange between mind and soul. Love is always caring, always growing, always being there. Love is wonderful gift of understanding by two blessed souls experiencing heaven on earth!

Article by MBBS Intern: Abhishek P. Kulkarni (2nd MBBS, 3rd Semester)

Growth Starts With Lending A Hand

A person's most useful asset is not he head full of knowledge but a heart full of love, an ear ready to listen and a hand willing to help. Generally when a person listens to the word grow, he thinks of physical growth; height, weight, etc. There is a growth beyond all these parameters too. Growth can be in an abstract sense in the terms of thoughts, emotions, spirituality, humanity, etc.

NGOs all around the world are giving out a helping hand to all the underserved areas in their reach. Some organize regular medical camps, teach underprivileged children, and serve the elderly and the poor. By small actions they bring about a huge change in the society. These result in improved health standards, better educated future, a feeling of satisfaction of having done a good deed.

We are all familiar with the Rajiv Gandhi Jeevandayee Arogya Yojana started by the government in several hospitals of Maharashtra. It aims at providing affordable treatment to the low economic status families. This is a huge lending hand to those who cannot undergo necessary treatment due to lack of funds. It has prospered a lot of people and their families each day and helped to make their lives better. The government also provides loans to entrepreneurs to start their own line of business. This not only gives them a boost but working independently also gives them individualism.

Dr A. V. Mehta, a very famous physician in western suburbs of Mumbai has two mentally challenged daughters. He did not stop in trying for their better development and growth. This inspired him to do something for the mentally challenged children of the society. He started an institute, where they provided the children with love, support and independence. He learned and designed activities to develop their hidden art. Many of them have passed 10th and 12th standards. Many have won awards internationally in sports and art competitions; many can now support their families by working in factories or independently.

Sincerely appreciate and acknowledge the valued efforts of Prof. Jaishree Ghanekar, Head, Department of Medicine, for encouraging and guiding the MBBS students to contribute articles on various themes to the MGM Newsletter.

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
chander.puri@rediffmail.com

Psychiatrists meet many people each day suffering from an illness of mind, could be depression, post traumatic stress, etc; many are cases which have attempted to commit suicide. All they need is an ear to voice their problems to. Someone to understand, to help them with their problems. This not only saves lives but also their families and the other various lives attached to them.

Do something to help the needy today. Many people fall in hard times. They can't take care of their families properly or pay the bills. Some people cannot even seek necessary medical attention due to lack of resources. As fellow human beings, it is our responsibility to help these people. There are needy people in every state, town and city. Even with the slightest help you can bring smile to a person's face. Make a difference. Helping the needy does not always involve money. Find a way that is right according to you. Get busy lending a hand. Donate to a smile.

Article by MBBS Interns: Jainika A. Shah (2nd MBBS, 3rd Semester) and Abhishek P. Kulkarni (2nd MBBS, 3rd Semester)

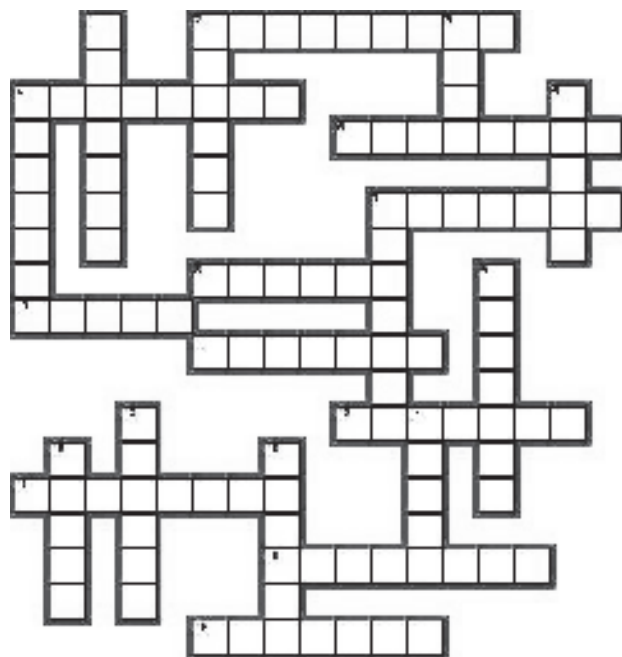
Medico Crossword

CLUES ACROSS

2. Heel bone,
4. Collar bone
6. Smallest bones in fingers and toes
7. Chest bone
8. The smaller of two lower leg bones
10. Entire back bone
11. Upper arm bone
13. Knee cap,
17. Lower jaw bone
18. Any of the small bones that make up the back bone,
19. Ribs

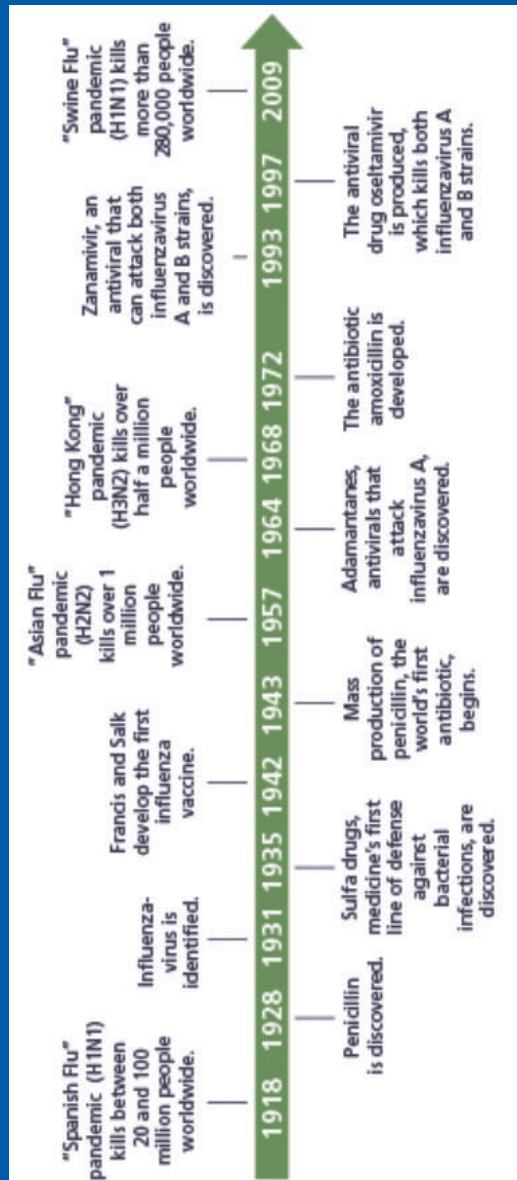
CLUES DOWN

1. Head or skull,
2. Tail bone
3. One of two lower arm bones, spelled with four letters
4. Hand bones,
5. Thigh bone
7. Shoulder blade,
9. Upper jaw bone,
12. One of two lower arm bones,
14. The larger of two lower leg bones,
15. Ankle bone,
16. Hip bones



World Virus Timeline

Over the last century, prior to Ebola, humanity has been struck by various viruses. Here's a snapshot and our response to these deadly challenges.



Disclaimer

The information contained in this newsletter is intended for general information only. The MGM Newsletter Advisory Board members specifically disclaim all responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the material in this newsletter.

Ebola

Ebola virus disease

Ebola, which first appeared in outbreaks in Sudan and DR Congo in 1976, is a severe and often fatal disease with no known specific treatment or vaccine. It has since killed more than 1,500 people in parts of Africa.

SOURCE

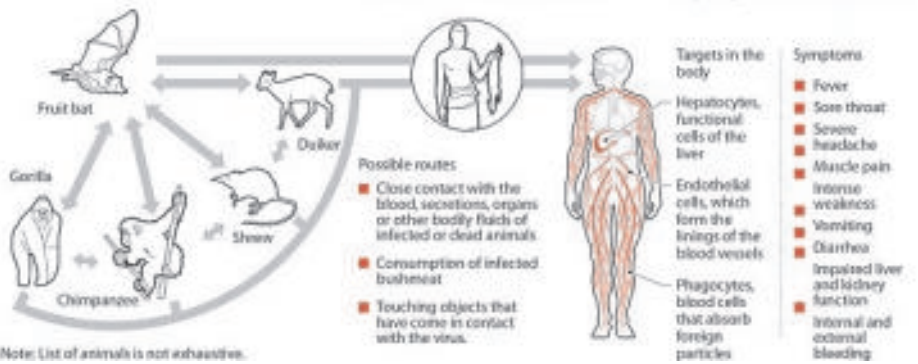
In Africa, particular species of fruit bats are considered possible natural hosts for Ebola virus.

TRANSMISSION

Infected bats are thought to transmit the disease to humans, or indirectly through other animals which are hunted for their meat.

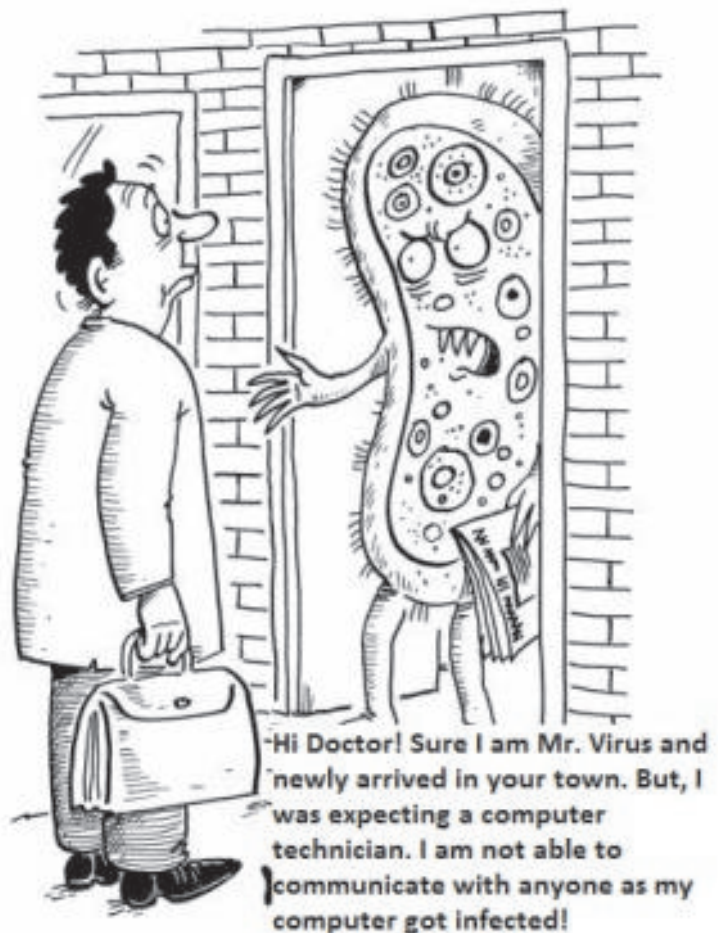
DAMAGE

Incubation period is from two to 21 days. Death from the disease is often caused by multiple organ failure and tissue death.



Primarily Ebola Treatment relies on supportive measures such as managing infections and related complications, hydration, balancing electrolytes, preventing bleeding, restoring blood loss and maintaining oxygen levels.

Laughter Medicine



MGM International Convention 2015



Organised by

MAHATMA GANDHI MISSION'S

MGM MEDICAL COLLEGE
Aurangabad

MGM INSTITUTE OF HEALTH SCIENCES
(Deemed University U/s 3 of UGC act 1956)
Navi Mumbai.

Who Should Register ?

- All Medical Teachers / Faculty
- Policy makers involved in Health and Medical Education
- Management of Medical Institution
- Post Graduate Medical Students
- University authorities of Universities
- Student representatives, student council members

Fees

CATEGORY	Till 15-09-14	Till 05-01-15	SPOT
Delegates fees	₹ 4000/-	₹ 6000/-	₹ 8000/-
Spouse & Accompanying Person	₹ 2500/-	₹ 4500/-	₹ 5500/-
PG Students	₹ 2000/-	₹ 4000/-	₹ 5000/-
International Delegates	US \$ 300	US \$ 350	US \$ 300

Register on line at - www.iccme2015.com

Pay online -

→ Bank account details: Account Name: MGM ICCME,
Account No.: 007610400582247,
IFSC code: 1801 0000036

Note : Registration by cheque or DD in the name of 'MGM ICCME' send it to conference secretariate with hard copy of registration form

For any help/query in registration mail at -

organizingsecretary@iccme2015.com

jorganizingsecretary@iccme2015.com

For Travel & Accommodation kindly Contact -

travelandaccommodation@iccme2015.com

contactus@iccme2015.com

Conference Secretariate

Dr. A.G. Shroff (Organizing Chairman),
E-mail : organizingchairman@iccme2015.com

Dr. Pravin Suryawanshi (Organizing Secretary),
E-mail : organizingsecretary@iccme2015.com

Dr. Md. Moizuddin Khan (Organizing J. Secretary),
E-mail : jorganizingsecretary@iccme2015.com
Cell : 9890317047

Dr. S. H. Talib (Scientific Committee Chairman),
E-mail : stalb@gmail.com
Cell : 7875127789

Dean Office, MGM Medical College & Hospital, N-6, CIDCO, Aurangabad 431 003 (MS), India, Ph.: +91 - 0240 - 6601111, 6601107, 6601199, 6601112. Fax : +91 - 0240 - 2487727

"International Convention on Challenges in Medical Education"



ICCME 2015
AURANGABAD

Jan 09 - 11



1st
Announcement

"Education, which does not mould the character is absolutely worthless..."
- Mahatma Gandhi -

Highlights of The Conference

Organized by MGM Medical College, NAAC 'A' accredited Institute,
Organized at world heritage city of Aurangabad
Participation by policy makers, MCI, UGC, representative
International Faculties from all over the world Expert in M.E.T.
Brain storming sessions (Panel discussion) on Medical Education
Pre-Conference workshop

Panel discussions and debates by world renowned faculties

Topics

- Do we need to change present Medical Education System ?
- Is too much Automization Hampering our Clinical Skills ?
- What should and what should not be included in UG / PG syllabi ?
- Do we need to change the way we assess ?
- Do we need to formally include inter-pathy ?
- Formal teaching verses problem based teaching ?
- Do we need to impart training in "soft skills" for doctors ?

Venue

Mahatma Gandhi Mission's Medical College, Aurangabad - 431003, Maharashtra, India
ICCME-2015 Aurangabad, Visit us : www.iccme2015.com



!! WISHING ALL
MGM STAFF & STUDENTS !!
!! HAPPY DEEPAWALI !!
AND A
!! PROSPEROUS NEW YEAR !!