



MGM

Mahatma Gandhi Mission

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"Happiness is when what you think, what you say, and what you do are in harmony" – Mahatma Gandhi

MGM NEWS

MGMIHS Sixth Convocation

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**MGMIHS:
A Research-driven University
Grade 'A' Awarded by
National Assessment and
Accreditation Council**

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Dr. Chander P. Puri

MGMIHS hosted its 6th Convocation on 30th August 2016 at its MGM Medical College and Hospital, Aurangabad. It was a special day in the academic lives of students from various streams as after years of hard work and dedication they received hard earned education degrees. This accomplishment of students is a matter of great pride for the University. Wearing the traditional academic robes and walking up the stage is the dream of every student in front of his colleagues, friends and family members who have supported them in their endeavor. It is a defining moment in every student's life giving his/her self-esteem a boost.

Graduation day is a unique celebration. It is the coming of age, the arrival of maturity and responsibility, which makes the heart go aflutter. The students dream of this grand day all their college life. The occasion was graced by the Chairman of MGM Trust, Chancellor, Vice Chancellor and other dignitaries from the University and its constituent Colleges and University Departments. Some of the dignitaries stressed on the importance of education and the important role students make in nation building. On this grand occasion, the University had also invited senior faculty, members of the Academic Council and Board of Management of the University who make phenomenal contribution to the welfare of students and uplift of the academic programmes.



Members of the Board of Management of MGMIHS with Chairman MGM Trust Shri Kamalkishor Kadam, Chancellor Dr K.G. Narayankhedkar and Vice Chancellor Dr Shibban Kaul.

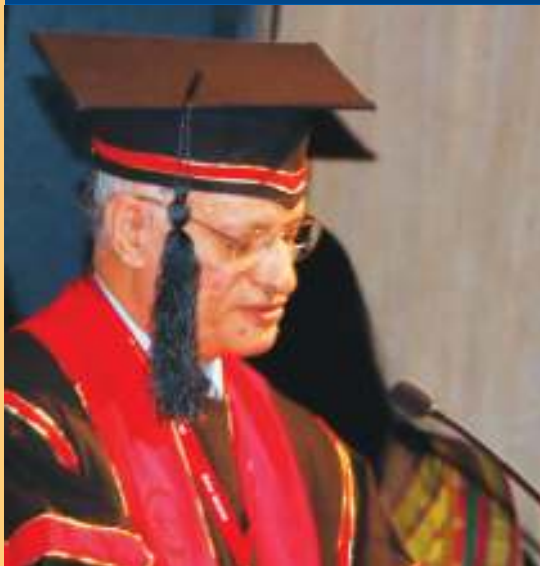
Convocation Glimpses



Convocation Glimpses



MGMIHS Towards Achieving Its Mission and Vision



Dr Shibban Kaul
Vice Chancellor (Officiating), MGMIHS

- MGM Medical Colleges, at Navi Mumbai and Aurangabad, approved to enrol 150 MBBS students in each college.
- Of the 777 students admitted during the academic year 495 (64%) were females, a humble contribution of MGMIHS to Hon'ble Prime Minister's slogan of "Beti Pado".
- MCh CVTS and DM Cardiology courses recognized by Medical Council of India.
- Six students appeared in super-specialty examinations, i.e. DM and MCh, all passed.
- 126 candidates appeared in MD & MS examination in the regular batch, 104 (83%) passed. In PG Diploma medical courses result was 75%.
- Results in Nursing, Physiotherapy and Allied Health Sciences, both in UG and PG examinations, highly satisfactory.
- 125 research scholars currently registered to pursue PhD degree programme.
- 314 research papers published in indexed peer reviewed scientific journals.
- Five patents on research innovation filed and all published.
- UNESCO Bioethics Chair established at MGMIHS.
- 698 students conferred degrees.

Convocation Address by Vice Chancellor

Dr Shibban Kaul welcomed the Chief Guest Shri Kamalkishor Kadam; Chancellor Dr Narayankhedkar; members of the MGM Trust, Board of Management, Academic Council; faculty members, parents of students, students and other invited guests.

At the outset, Dr Kaul expressed indebtedness to Hon'ble Vice Chancellor Dr. Sudhir Kadam, who as a head of the university has been nurturing and leading this great institute most ably and fast-tracking it to achieve its stated mission and vision. Dr Kaul apprised the members that the Vice Chancellor Dr Sudhir Kadam, who has been away and is unable to participate in this important event, has asked me to convey on his behalf heartiest congratulations to all the students who have been conferred degrees and also thank the faculty for their commitment and support in all the academic programmes. Dr Kaul also mentioned that he, on behalf of the Vice Chancellor, would be presenting some of the accomplishments of the University during the last academic year.

Dr Kaul informed the august gathering that as a health sciences university, MGMIHS has been focusing on two major goals. First goal is to make medical education student-centric and the second goal is to make MGM hospitals patient-centric. He further said "Student-centricity has been achieved by making teaching-learning processes student-friendly, competence-based, interactive, participatory, building bonds between students and teachers, helping slow-learners to overcome their difficulties and ensuring that essential practical clinical skills are imparted to every student. Patient centricity means offering best available, evidence-based, comprehensive and affordable care with utmost compassion and empathy, which is aimed not solely at the disease or condition for which the patients come to seek treatment, but also synchs with all their holistic background like financial standing, social status, cultural beliefs, emotional issues and family problems."

We can state with a sense of pride that our university has achieved a lot in both student-centric teaching and patient-centric health-care, and this has resulted in award of Grade 'A' by NAAC in 2014, NABL accreditation for laboratories and RGAY, NABH accreditation with Grade 'A' plus for our hospitals and blood banks. We will not rest on our laurels, we will keep advancing our goal posts farther and farther away.

There have been some very noteworthy developments in research activities during the year. A state-of-the art Human Movement Science Centre was established in Physiotherapy Department at Navi Mumbai in collaboration with Cardiff University, UK, International Society of Biomechanics and IIT Bombay. It was inaugurated by Dr. Anil Kakodkar, Ex-Chairman, Atomic Energy Commission. The Center will conduct research on human movement science. Some of the research projects have already been sponsored by various agencies like National Sciences and Research Council, Canada, Shashtri Indo-Canadian Institute, and

Department of Biotechnology, Government of India. Our compliments to Director Physiotherapy, Dr. Rajani Mullerpatan for these accomplishments.

OMICS Research Centre, headed by Dr. Raman Yadav, had registered three patents last year; one related to generation of cerium nanoparticles with enhanced antioxidant activity; second about biogenic method of generating multiple nanoparticles in a cost-effective way; and third pertains to anti-obesity properties of a herbal lipase inhibitory molecule derived from the plant *Mesua ferrea* (called Naga-Champa in Hindi). Total number of patents filed by the centre has grown to five.

MGMIHS is developing a chip-based point-of-care test to diagnose pulmonary tuberculosis, in collaboration with Biotechnology Department of BARC and BITS Pilani, Goa Campus. Principal investigators in this projects are Dr. Mansi Rathore and Dr V K Suri. A patent for the sensor has been registered, based on detection of minute amounts of genetic material of actively dividing mycobacteria in blood and other secretions of patients. Preliminary reports are encouraging.

Another spot test for the diagnosis of pulmonary tuberculosis, based on detection of mycobacterial volatile chemical markers in patient's breath, is being developed by the Departments of Respiratory Medicine and Microbiology of MGM Medical College, Navi Mumbai, in collaboration with University of Utah, USA. Pro Vice Chancellor (Research) Dr. Chander Puri has been personally involved in this study. Initial results are very encouraging. This test and the sensor-based chip test, which I had mentioned earlier, should help in national tuberculosis eradication program by diagnosing active pulmonary tuberculosis at a nominal cost, even in remote areas.

In addition, 584 research projects are currently ongoing at Navi Mumbai and Aurangabad campuses and another 360 were completed during the last academic year. The projects included thesis and dissertations of PG students and research scholars. In September 2015, MGM Medical College, Aurangabad had entered into collaboration with KYUGPOK National University, South Korea in the field of Medical Education, Research and Faculty Development. Two faculty members from the college Dr. Thamame and Dr. Chawbda had visited the University in June 2015.

A total 314 research papers were published in peer reviewed international and national journals and 9 chapters were contributed to text books by MGMIHS faculty.

I am also happy to inform you that UNESCO Bioethics Chair has been established at MGMIHS. The writ of establishment of the Chair was handed over by Dr. Russell D'souza, Head, Asia Pacific Region, Bioethics UNESCO, Australia. This was followed by a three day workshop in Integrated Bioethics Course. The participants received accreditation as Trainers at the end of the workshop. The establishing of UNESCO Bioethics nodal centre at the university will promote ethical issues in academic programs as well as healthcare services. Study on Bioethics has been incorporated in medical, nursing and physiotherapy curriculum from this academic year in a structured manner. I compliment Dr. Ajit Shroff for taking over the Chair of Bioethics.

Internal Quality Assurance Cell (IQAC) is working pro-actively at the University level as well as at its affiliated institutes and departments. University Cell is chaired by the Pro Vice Chancellor. Every quarter, a centralized report is prepared and discussed during the meeting of the Board of Management. Consolidated Annual IQAC Report is uploaded on the university website and hard copy mailed to UGC.

Let me now apprise you of some additions in our hospitals. Clinical Skill and Simulation Labs were set up at Aurangabad and Navi Mumbai to teach basic life-saving skills and bedside procedures. MGM Hospital, Navi Mumbai was registered for carrying out renal transplants and one successful transplant has already been done. MGM Hospital, Aurangabad is also a registered renal transplant centre, which has recently done the first cadaveric renal transplant successfully. The centre is now gearing up for Liver Transplant. Other notable additions at Aurangabad include establishment of Sleep Apnea Lab, Nephrology-Urology Ward and Obs/Gynac ICU. At Navi Mumbai Hospital, MRI and CT Scan machines were replaced with more advanced features. A new 20 bedded fully equipped Emergency Medical Ward has been established, where critical patients are stabilized before being shifted to respective ICUs. An average of about 50 major Cardiac, Vascular and Thoracic operations are being carried out in both hospitals every month. Both are equipped with world

class facilities for cardiac surgery.

Other areas where MGM Hospitals have excelled are interventional endoscopy, laparoscopic surgeries, interventional cardiology, thrombolysis for acute cerebro-vascular strokes, joint replacements and emergency and elective neurosurgery.

In both the MGM hospitals, we follow the dictum that no treatment, how-so-ever expensive, will be denied to any poor patient who cannot afford it. Poor patients not only get free treatment, but also food and hospitalization. Even their attendants, sometimes the entire family is provided free food and stay.

At MGMIHS, we are conscious of the fact that most of us encounter some stress in our daily lives. Besides affecting physical, mental and social health, the stress adversely influences productivity, learning and teaching skills. MGMIHS has introduced some de-stressing techniques for everyone. We were introduced to Heartfulness Foundation's meditation techniques. We found them quite effective de-stressing tools. When Lord Budha was asked what did he get by meditation. He replied "Nothing, but I lost anger, anxiety, depression and fear of old age and death". It is our humble suggestion to everyone to practice meditation and start doing it now. You may feel positive change.

Coming back to today's function, degrees and diplomas will be conferred to 698 students in Medical,

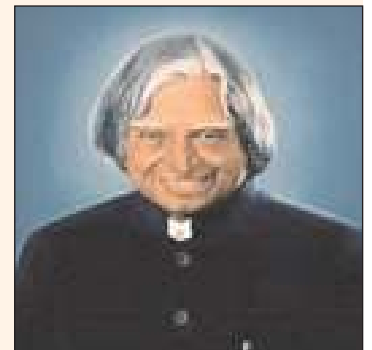
Nursing, Physiotherapy and Allied Health Sciences. These include 8 DM and MCh degrees, 9 PhD's, 117 MD and MS degrees, 14 PG diplomas, 87 MSc degrees, 198 MBBS degrees. 54 BPTH, 62 BSc Nursing and 123 BSc degrees in Allied Health Sciences. In addition a number of awards and medals will be distributed to those among you who have excelled. On behalf of MGMIHS, I congratulate each one of you and your parents.

My plea to each and every student and faculty member is to practice the art and science of medicine, with compassion, humaneness and utmost empathy. I remember the words of the Principal of medical college from which I had graduated many years back. Those words have stuck to my memory ever since. He told us: "When a patient comes to you for consultation or treatment or surgery howsoever minor it may be, put yourself in the shoes of the patient for a moment and think what you would have expected from that doctor in the manner of his talk, his attitude, his patience and readiness to listen to you, his behaviour, his courtesy, his concern for your pain and suffering, his promptness, his truthfulness and his spontaneous eagerness to help you, even at the cost of his personal comfort. Do exactly same unto the patient as you would have expected to be done to yourself".

Dr. A.P.J. Abdul Kalam, Former President of India

10-Point Oath for the Youth

1. I will pursue my education or the work with dedication and I will excel in it.
2. From now onwards, I will teach at least 10 persons to read and write, those who cannot read and write.
3. I will plant at least 10 saplings and shall ensure their growth through constant care.
4. I will visit rural and urban areas and permanently wean away at least 5 persons from addiction and gambling.
5. I will constantly endeavour to remove the pain of my suffering brethren.
6. I will not support any religious, caste or language differentiation.
7. I will be honest and endeavour to make a corruption free society.
8. I will work for becoming an enlightened citizen and make my family righteous.
9. I will always be a friend of the mentally and physically challenged and will work hard to make them feel normal, like the rest of us.
10. I will proudly celebrate the success of my country and my people.



Sixth Convocation

Convocation Address by Chancellor



Dr. K. G. Narayankhedkar
Chancellor, MGMIHS

"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". Dr. Abdul Kalam, former President of Republic of India.

"Education is a human right with immense power to transform. On its foundation, rests the corner stone of freedom, democracy and sustainable human development." Kofi Annan, Secretary-General, United Nations.

Congratulating the students, the Chancellor said "The road ahead is long, but the journey promises to be exciting, you must endeavour to excel irrespective of the profession you choose to work for".

The Chancellor advised the young doctors to work diligently and contribute meaningfully towards nation building. Let the people see your humane side. You will gain respect not only among the people around you, but in your own eyes as well. He wished them success in their academic and professional pursuits.

I am delighted to participate in the sixth Convocation of MGM Institute Health Sciences (MGMIHS). I congratulate the graduating students for their performance and the faculty members for shaping the young minds. I am happy to see that MGMIHS has been empowering students with quality knowledge, skill and ability, apart from inculcating the right attitude and holistic values.

Dear students, you should remember that you are from a University which has been conferred Grade "A" by the National Assessment and Accreditation Council (NAAC) of the University Grants Commission. Only about 15% of the academic institutions in the country are Graded "A", your University is among those top ranking institutions. It is quite natural to expect from all of you to set very high standards for yourselves, do meticulous planning and provide the best healthcare services.

Dr. Abdul Kalam, former President of our country, had said "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". The road ahead is long, but the journey promises to be exciting, you must endeavour to excel irrespective of the profession you choose to work for.

Today I would like to share with you a few thoughts on the topic "**Education in Health Science and Samasth Loka Sukhino Bhavantu**". These are Education, Education and Education.

Education holds the master key towards effective nation building as it plays a vital role in the development of any country.

Every country must place education amongst the foremost national priorities along with health care. The private sector has played a key role in higher education in countries across the world. Many top universities including Harvard, Yale and Stanford are the result of efforts of the private sector. I am proud to mention that MGM Trust has been contributing towards this national mission and providing opportunity to our youths to pursue their academic goals.

Although Indian private sector has been pursuing its goal, shortage of good faculty is a matter of serious concern. While the requisite number of good quality teachers cannot be made available overnight, we must tackle the problem by bringing in innovative teaching methodologies such as technology-enabled learning and collaborative information and communication technologies. Our faculty must be exposed to larger number of refresher courses and seminars so as to be up-to-date with the latest concepts in their discipline. I am proud to state that MGM Trust has been sincerely following these foot steps to make MGM a world class University.

My dear graduates, I take this opportunity to share with you some important aspects of life:

Positive Approach: Have a constructive attitude and think in terms of solutions, not in terms of problems. Take each challenge not with “Why you can’t?” but “how you can” and do remember that great opportunities come to those who make most of small ones.

I quote Winston Churchill: “A pessimist sees the difficulty in every opportunity; an optimist sees opportunity in every difficulty”. A positive approach in life makes everything beautiful. We must remember that problems will accompany us till our heart beats. Positivity is the first step in overcoming such hurdles. No problem can be solved or no mission could be accomplished until your heart says, “I can do it, bring it on”. With this approach, everything in this world will appear beautiful.

Compassion: Compassion has power to turn our lives around. Today, when all of us are racing against time in a hectic life, there is an urgent need to develop compassion and understanding among fellow human beings. We must remember Mother Teresa’s prophetic words “If we have no peace, it is because we have forgotten that we belong to each other”.

We must live with compassion, practice it every day till it becomes an inherent part of our character. A compassionate person always has an overriding desire to alleviate suffering. Practicing compassion has the power to turn our lives around, both individually as well as collectively.

Love all, Serve all: As Hippocrates stated, “Wherever the art of Medicine is loved, there is also a love of Humanity.” I’m sure that all of you are truly connected through this quote. Your choice of medicine wasn’t an accident. I think that medicine is nothing without love of humanity.

Very powerful as it is, love, unlike hatred, can make the impossible possible. As Gandhiji proved, love alone can conquer and resolve all difficulties and problems in life. Hunger for receiving or giving love is the only greed that is highly desirable and rightly goes without a negative tag. The more such hunger, the better it is for mankind. You go on receiving it or giving it, it only makes you and others limitless. Love cures all kinds of patients.

Success: Think big and aim high to achieve your goals in life. You are born to succeed. Set clear targets and goals. Work hard for fulfilling your dreams. Utilize

your potential well, and put the body, heart, and soul into whatever you do. Let the people see your humane side. If your desire and thinking are backed by good deeds, nobody can stop you from achieving the goals that you have set for yourself. You will gain respect not only among the people around you, but in your own eyes as well. What is important is that you prove you are the best.

Before I conclude, dear young doctors, let me say that today you are gaining a new profession, a profession as doctors, from now on – it will be a central part of who you are, and over time the most important part of your lives. You must remember:

- People will look up to you as a doctor.
- People will respect what you do and say.
- People will trust you, confide in you, and appreciate your efforts.
- You can do amazing things for people.
- Work to set the needs of your patients as your priority and you’ll be rewarded.

Let me quote Pt. Madan Mohan Malviya Ji, who, in a convocation address to the Banaras Hindu University, had said;

- Continue your studies throughout your life.
- Be just and fear none.
- Fear only to do that which is ill and ignoble.
- Stand up for right.
- Love to serve your fellow-men. Love the motherland.
- Promote public will. Do good wherever you get a chance for it.
- Love to give whatever you can spare.

Dear young doctors, go forward, not with an artificial glow about all that you have achieved, but with the stark reality of what lies ahead. These are challenging times for doctors. Stay strong, work hard, and appreciate all you have got. Let’s go, make this world a better place.

I hope that all of you will work diligently in future and contribute meaningfully towards nation-building. I pray for your bright future of making a difference at every level of society. May all my best wishes speed you to achieve your goals.

Address By Chairman

Wipe Tears From the Eyes of Every Poor



Shri. Kamalkishor Kadam
Chairman, MGM Trust

INDIA

Demographics	1947	2016
Population (Millions)	361	1336
Life expectancy at birth, years	32	68
Population below poverty line	>35%	32%
IMR/1000 births	>150	39
MMR/1,00,000 live births	>556	140
Literacy	<20%	75%
Sex ratio (Females for 1000 males)	946	944
Birth rate/1000	>40	19.3

Number of registered doctors	9,36,000
Number of doctors graduating every year	55,000
Ideal doctor-population ratio (WHO)	1:1,000
Doctor-population ratio in India	1:1,674
Shortage of doctors	5,50,000

I stand here to welcome all dignitaries and honor achievements of young graduates who have achieved their success with hard work, dedication and commitment. While going out of portal of this prestigious Institute forget not the mission of this alma matter; "the mission of Mahatma Gandhi to wipe every tear from every eye of the poor".

I know you are the privileged one now. As a matter of fact, it is also Thanks Giving Day. Thanks to the parents, teachers and colleagues who through their hard work have groomed you as a responsible citizen and a medical doctor of this nation.

All of you were born after 1947, and must be knowing that on the threshold of independence, the average life expectancy of an Indian male was 32 years and an Indian women just 26 years. After a journey of over 65 years, today the life expectancy at birth of an Indian male is 67 years and that a woman 69 years. Please note, an increase from 26 years to 69 years that is what has happened. You can imagine the efforts which must have gone for this great achievement. Availability of clean potable water, sanitation, pollution control, invention of modern medicines, accessibility of healthcare services have contributed to this achievement.

I must say, we are still not satisfied with the development in the rural sector. The development of infrastructure, hospitals and many other facilities and services which are essential for all human beings are still not available to the poor rural sector. Those few who have money and power everything is available, but not to the rural poor, even the medical services are not available to them.

Much still needs to be done. Our country spends just about 1.3% of GDP on health sector which is far less than what even countries like China and Russia spend. In many countries, it is the Government which takes care of entire expenditure on health as well as education of citizens. In my view, Government of India should spend at least 3% of GDP on healthcare sector, as I said earlier the rich can command anything but the question is of the poor.

What are we going to do for the poor, which constitute more than 50% of the entire population. What is our duty for them, what is our responsibility for them, what we have to do for them is our priority.

Dear friends, you are trained here, you can earn in millions, but my request to all of you on this occasion is that while you earn millions but also serve the poor. They are waiting for you. Government of India spends over rupees 25 lacks on a student to become a medical doctor, while you have a responsibility towards the needy, the Government has a right to expect from you.

If government ask you to go to the villages and work there, all of you must spend at least one year. You will also gain experience when you see how the poor live, what is their social status, how you can serve them, you will learn lessons of life, this teaching in four walls will train you in profession. Training outside the four walls of this hospital will make you human being and that's what Mahatma Gandhi expected be a good human being and treat the poor as a human being.

I wish you all success in life, your future journey in the light of Mahatma Gandhi's teaching as I said try to wipe out every tear from every eye of the poor, I wish you best luck.

Ten Years of Academic Excellence



Dr Sudhir N. Kadam
Vice Chancellor, MGMIHS

MGMIHS, founded in August 2006, is today an innovation-driven premier health sciences university in our country. As we reflect back on the ten years that the University has been open, we do so with a great deal of pride and satisfaction. MGMIHS exists to serve all through exemplary health care, education, and community service. Our commitment to excellence in education, research, patient care and community outreach programs is evidenced by Accreditation by NAAC with Grade 'A'; accreditation of teaching hospitals and blood bank by NABH; and accreditation of diagnostic laboratories by NABL. MGM Medical College and Hospital, Navi Mumbai was adjudged the best medical institute in the western region of India by the Jury for LOKMAT National Education Leadership Award.

The University has been providing excellent standard of education and training to thousands of students. The accomplishments of the University are a reflection of the vision, commitment, hard work and dedication of the faculty, staff and students of the constituent Medical Colleges and University Departments. It is a matter of great pride for me to be the Vice Chancellor of such an esteemed University and for the opportunity to work with highly committed, qualified and experienced faculty. Collectively we will continue to endeavor to ensure that the Vision and Mission of the University is accomplished and the University is among the top ranking institutions not only in our country but globally.

Some Accomplishments

Accreditation and Awards

- About 2,600 students, including 742 MBBS, 586 MD and MS, 10 MCh and DM, 21 PhD, have been awarded degrees by MGMIHS since 2011. They are engaged in providing the finest healthcare services in India and other countries. Over 4000 students are currently studying in various Colleges and University Department, under the guidance of 1049 faculty members, of MGMIHS.
- MGMIHS accredited by National Assessment and Accreditation Council, University Grants Commission with Grade 'A'.
- National Accreditation Board for Hospitals and Healthcare Providers accredited Blood Bank at the MGM Medical Hospitals.
- Accreditation of diagnostic laboratories by National Assessment Board of Laboratories (NABL).
- Internal Quality Assurance Cell constituted to promote a holistic academic development and improvement of overall performance of the University through stringent monitoring mechanisms.
- MGM Medical College and Hospital, Navi Mumbai adjudged the best medical institute in the Western Region of India by the Jury for LOKMAT National Education Leadership Award.
- The Department of Scientific and Industrial Research, Ministry of Science and Technology, Government of India has granted recognition and registration to MGMIHS to carry out research activities related to improvement of healthcare, indigenous technology promotion, development, utilization and transfer.

International Collaboration

- University of Pennsylvania partnered with MGM Medical College and Hospital, Navi Mumbai and established MGM Sleep Medicine and Research Centre to help patients with sleep-related disorders and to pursue research.
- MGM Institute's University Department of Physiotherapy signed an MOU with University of Sydney, Australia to pursue research and capacity building in Physiotherapy.
- MGM Institute's University Department of Physiotherapy established a Centre for Human Movement Science with support from International Society for Biomechanics and Bioengineering; and Technology Incubation Centre, IIT, Mumbai.
- MGM Institute's University Department of Physiotherapy; Department of Mechanical and Materials Engineering, Queen's University, Canada; and S.N.D.T. Women's University, Mumbai, India

got together to evaluate birthing positions in non-pregnant women, an initiative sponsored by Natural Sciences and Engineering Research Council, and Shastri Indo-Canadian Institute.

- MGM Medical College and Hospital, Aurangabad and Kyungpook National University Medical Centre, Republic of Korea signed an MOU to promote collaboration in the fields of education, research and medical training.
- MGM Institute's University Department of Physiotherapy, Navi Mumbai and World Spine Care signed an MOU to offer evidence-based care of global merit to underserved people with spine problems, and to pursue research addressing to the spine care needs of local population.
- MGMIHS, University of Utah, USA and NanoSynth Materials and Sensors Inc. signed an MOU to develop point-of-care test for diagnosis of pulmonary tuberculosis.

Academic Programmes

- Medical Council of India (MCI) recognised the facilities available at the two MGM Medical Colleges and has enhanced the intake of MBBS students to 150 at each medical college.
- MCI approved starting of new postgraduate courses in Geriatrics, Immuno-haematology and Blood Transfusion, and Emergency Medicine. Students admitted in postgraduate medical courses have more than doubled in ten years.
- Super-speciality courses (DM and MCh) in Cardiology, CVTS, Urology and Neurology started following approval by MCI.
- Established UNESCO Chair in Bioethics Haifa with a primary aim to define and promote ethical practices in all academic activities, including teaching, evaluation, monitoring, research and clinical care.
- Clinical Learning and Simulation Skills Laboratories established to offer enhanced simulation, standardized patient care and learning skills, at both medical colleges.
- Organised conferences, workshops, CMEs and other courses for capacity building, enhancing linkages with other institutions, and wider dissemination of information in various

disciplines.

- Newsletter "MGM NEWS" launched during 2013 to disseminate information about the accomplishments of various Colleges, University Departments, Students and Faculty, and breakthroughs in academic activities.

Research Endeavours

- Publications in peer reviewed indexed scientific journals increased from 122 during 2013, to 244 during 2014, and to 314 during 2015.
- Five patents on research innovation filed during 2015-16 and all have been published.
- The number of Ph.D. research scholars registered with MGMIHS increased from 61 in 2012 to 152 during 2016. Twenty one Ph.D. scholars have been awarded degrees, including nine at the Sixth Convocation of the University held on 30th August 2016 at Aurangabad.
- MGMIHS started publishing quarterly a peer-reviewed scientific journal, MGM Journal of Medical Sciences, indexed in Copernicus with IC value of 83.47 for 2015, Google Scholar, EBSCO, Genamics and many more indexing and abstracting sources of international repute.
- MGMIHS has jointly with MGM Dental College and Hospital started publishing a Journal of Contemporary Dentistry.
- To promote research and dissemination of information related to children MGMIHS, jointly with Pediatrics Association of India, has started publishing quarterly New Indian Journal of Pediatrics.

Clinical Services

- The number of patients availing OPD services at MGM Medical Colleges and Hospitals, crossed one million during 2015-16, including over hundred thousand super speciality OPDs. Over 82,000 patients were admitted during 2015 for delivery of time-sensitive critical care with serious illnesses, injuries and requiring specialised services
- MGM Hospitals catered healthcare services, including diagnostic and therapeutic, free of cost to patients below poverty line and offered 50% charity to other financially constraint patients.

- Government of Maharashtra has empanelled MGM Medical College and Hospital to provide cashless services to financially constraint population under Rajeev Gandhi Jeevan Gandhi Arogya Yojna. Thousands of patients have availed specialized services in various departments.
- Created excellent facilities for patient care, including: Immuno-haematology and Blood Transfusion, Renal Transplant, Prosthetics and Orthotics, Joint Replacement, Neuro- and Spine Surgeries.
- Critical care services expanded in medicine, paediatric, surgery, CVTS, neurology and EMS.
- Geriatric medical speciality started, to prevent and treat diseases and disabilities in older adults.
- MGM Medical College adopted Municipal Hospital, Khopoli to provide specialised healthcare services to the people of Khopoli.
- Establishing a De-Addiction Centre to provide medical and counselling support to addicts of alcohol, tobacco or banned substances to come out of addiction and lead normal healthy life.

Community Outreach Programmes

- MGMIHS and its constituent Colleges and University Departments adopted villages; Ambelohal, Nanded, Tara, Ellora, Vardukazi; for overall development.
- Provided services to the people from neighboring villages of Raigad district through health education, and health screening.
- Fairs, festivals, conferences and seminars organized to find program gaps; generate evidence; translate behavioral, social science and medical research findings into programs. Such initiatives have made significant impact on local, underserved communities.
- Developed collaboration with UNFPA, IPAS, Rasayani, Shantivan, Sharan to maximise the outcome of outreach programmes
- MGMIHS has joined the Health Consortium operated by IIT Bombay as an institute partner to foster inter-disciplinary health care innovation with its major contribution in human movement science.

MGMIHS: Mission Statement

MGMIHS is committed to improve quality of life, both at individual and community levels by imparting quality medical education to tomorrow's doctors and medical scientists by advancing knowledge in all fields of health sciences through meaningful and ethical research.

Vice Chancellor Dr S N Kadam opined that it was essential that a comprehensive and integrated approach is followed in achieving the objectives. He further observed that all of us should strive for World Accreditation and Assessment Certification.

For the MGMIHS, the mission is guided by: **Excellence** in research, education and clinical work;

Collaboration with the medical district and other research institutions worldwide; **Diversity** in all its forms from students, faculty, areas of research to collaborative partners- as a means to a higher quality of health care for all; **Innovation** and translation of new knowledge and new approaches to disease and health care delivery; **Integrity and Commitment** to the people we work with as patients, research subjects, and students, faculty and staff; and **Hope** for our patients and supporters by striving toward cures, diagnosis and prevention for diseases that have plagued humankind for millennia.

Editorial

All Medical Doctors are Scientists



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

MD is quite a versatile degree. A doctor is expected to maintain or restore human health through the practice of medicine. A doctor's schedule depends on the kind of medicine they practice. A doctor in a medical college typically works very long hours, taking classes and regularly reading books and medical journals to remain well informed. In addition, many attend emergencies, see patients in OPDs, do rounds in the hospital, advice patients about medication and how to stay healthy, and some even perform surgeries. It is quite a job and is considered to be the primary responsibility of a medical doctor.

Does it imply that medical doctors are not scientists and they should not do research? It may not be the right perception. It is the research which enhances the clinical skills of a practicing physician. Acquiring new skills of enquiry; reading and writing research papers; improved analytical thinking; and the opportunity to tackle and succeed in new challenges helps a physician perform better in the clinic. It gives greater sense of personal achievement.

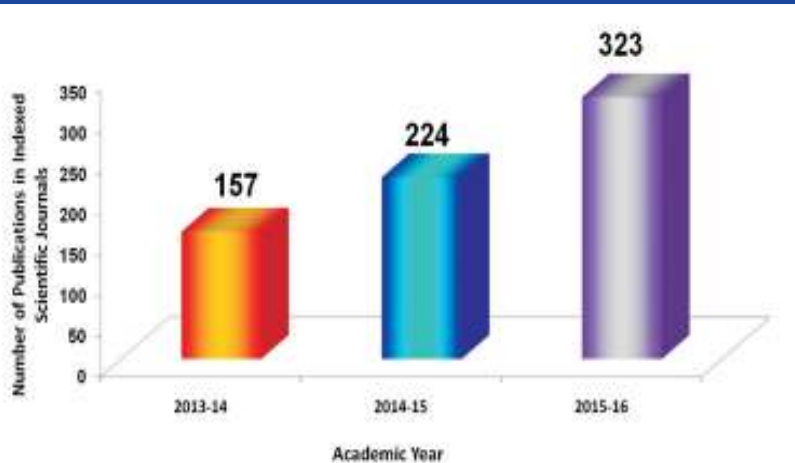
Splitting time between teaching and/or clinical care and basic science research is to the advantage of a physician, while it also helps meet the primary goal of providing the best clinical care to the patients.

It's the way we see our profession. When MGMIHS offers the opportunity to pursue research, let us grab it and be a privileged doctor. It is time for a change.

"If I have to prevent, cure and treat diseases; and provide quality life to my patients, I must do research. For me, research on humans necessitates a commitment to help patients as well as individuals access the best possible care at the same time" A Medical Doctor.

The evidence-based decision making, whether it relates to policy-making, improving the education system or clinical practice, is almost mandatory in academic institutions. It is the research blended with knowledge and other teaching attributes which enables teachers to be effective in their profession and enable institutions to serve students best. Similarly, the evidence-based medicine involves integrating clinical expertise with the best available clinical evidence derived from systematic research.

Publications of MGMIHS



Research publications of MGMIHS in indexed peer reviewed scientific journals

Engaging in research is essential for every academician including the medical doctor. The perception that medical doctors are not scientifically oriented must change. In fact some of the most accomplished scientists like Irving Weissman, fathers of Stem Cell Biology, were trained as MDs. One has to have passion for research and remain motivated, and thereafter split time intelligently between teaching, clinical care and research.

Doing research, like any other profession, can at times be stressful, frustrating especially when time is limited. Careful planning is imperative, and not giving up. Integrity and ethical values are the most important aspects of research. Fabrication, falsification or plagiarism in research is a reflection of individual character but most harmful to the basic purpose of research.

"I want to make a difference in the lives of as many as I could touch, I will continue to pursue research" Said a Medical Doctor.



Dr. Raman P. Yadav
Technical Director
MGM Central Research Laboratory

Interdisciplinary approach has made path for most of the top innovation in research. Globally, interdisciplinary research is gaining prominence and becoming a strategy for super innovation. With the need of discovery and subsequent challenges in research, interdisciplinary strategy has emerged as a necessity for any super technology development. Although *term interdisciplinary is generally* used in educational circles when persons from two or more relevant disciplines pool their separate approaches and modify them to suit the problem.

Interdisciplinary approach is gaining importance over single system in many fields including research. Issue of global warming is a classical example of this class which needs understanding and integration of diverse disciplines to solve complex problems. Interdisciplinary programs usually arise from the rout of traditional disciplines which are generally unable to resolve an important problem. They may also occur as a result of new research developments eg. Nanobiotechnology, which has various applications and require the combination of two or more disciplines in order to address the problems.

Interdisciplinary research also made system which is also a key to the study of health sciences related issues eg. studying optimal solutions to diseases. Research is often defined as an art of investigation of new and innovative aspects of any branch of knowledge which comprises of defining and redefining problems, formulating hypothesis, suggests solutions, collecting and analysing data, deriving, experimenting, eventually validating the

hypothesis, deducing new conclusions etc. Research dictates its own pace and direction and it do not follow an on-off model.

Interdisciplinary research represents integration of two or more disciplines to advance fundamental understanding. Present day interdisciplinary knowledge and research are important because interdisciplinarians have the benefit of greater flexibility in the field of their research, many problems including intellectual, social, and practical requires interdisciplinary approaches, interdisciplinary knowledge and research serve to highlights errors committed by disciplinarians etc.

Continuous knowledge addition is essential in research and criteria for an idea to be inventive are mainly novelty, originality, non-obviousness, and usefulness. Prior art search play very important role in this section. Any information in the public domain such as video recordings, news paper & magazine articles, speeches, journal papers, patents, etc. are known as prior art. Search of prior art generally boosts research in many ways;

- To generate new ideas for R&D
- To avoid unnecessary R&D investment
- To avoid duplication of research
- To develop and design new ways to address research problems
- To plan development of new products
- To identify smart technology
- To assess novelty, non-obviousness of research problem and potential Patentability
- To assess novelty of research for high impact publication
- To market for commercialization
- To update new research and technological trends
- To monitor research and technology competitor's
- To prevent infringement actions on publication and patent



Number of search engine databases are available for prior art search which includes Google scholar, USPTO, Scopus, Pubmed/MEDLINE etc. Prior art information generally make platform for new idea in research. Creativity generally requires high order thinking and interdisciplinary knowledge which gives

path for super idea. Innovation is an integral part of interdisciplinary research which represent outcome of creating something new, which is also of value. Innovation involves number of process such as opportunity identification, ideation or invention to development, prototyping, production marketing and sales etc. Several important drivers have been recognized for innovation such as greater availability of potentially useful technologies, shorter product life cycles, enhanced customer expectations for product service and quality, fast changing economy, financial pressures for reduction of cost of product and process, increase efficiency, increased competition, increased demand for accountability, value migration, do more with less, demographic, social and market changes, sustainable development, stricter rule and regulation etc. Interdisciplinary research make way for research innovations which helps researchers make their distinct impact in respective field by supporting them in research planning and the management with their optimal capabilities.

Art of Writing a Research Proposal for Funding



Dr. Nimain Mohanty,
Professor of Paediatrics

Writing a research proposal is considered as an art in any scientific domain. Particularly, when it is intended for a translational research, utilising research outcomes of biomedical investigation in clinical research. It is worthwhile to go through the basic steps of project writing, especially when intended to be submitted to a funding agency, whether in Government, or an NGO operating at the national or international level. Funding agencies line-up particularly in favour of proposals on translational research.

Steps for making a project for translational research:

First of all, it is desirable to identify a translational opportunity; may be involving clinical or applied

problems. It is better to identify a clinical colleague with whom to work; on-site or off-site. On-site is better if planning to seek grants, as that would be easier to co-ordinate and integrate in a bi-directional manner. Preferably, basic research must plays a role in selecting patient samples and or clinical specimens. There is a need to visualise how the specimens are to be analysed in order to rule them in or out of the study; and how does the research feed-back are likely to be relevant to clinical application for understanding of a disease further.

Making a research proposal:

May maximum be in one page, self explanatory, just on 3-5 specific aims. Straight forwards aims with best prelim data go first, risky aims at the end, if at all. Aims should talk to and build on one another. Must contain enough information to make specific aims clearly understandable.

Back-ground and significance:

It should be within 2-3 pages at the most. Must end with a specific note on its significance. It should mention what is known, what is not known and why it is important to study what is not known and how the aims will address this. We need to justify each specific aim.

Preliminary results

It should be in 5 to 10 pages. It is important to convince reviewers that the proposal is worth doing. Preliminary results should be convincing that the work is actually doable. Refer to specific aims, noting how the preliminary findings make it possible to achieve goals. Identify key technologies, reagents and collaborators.

Experimental design, if relevant:

Different reviewers look for different things. In case of an young investigator, better to emphasize on how will do things, propose sections in possible outcomes and pitfalls. Do not build the entire project on conjectural basis or dependent on a reagent(s) not existing / available at the moment. Adequately refer back to preliminary results.

Surviving and thriving in research:

Need hands (Students, Post-Docs, technicians) and resources (Start-ups, grants) to produce Science (Publications, patents, collaborations and affinity groups).

Attracting students:

Attracting students is an important aspect in developing the laboratory for translational research. The initial difficulty is, the PI may be new and relatively unknown. There may not be enough students in the lab yet, with higher faculty to student ratio. The advantages could be that students often get attracted to young faculty, viewed as dynamic, more accessible, besides more hands on lab facility. Teaching gives PI the opportunity to access students. Seminars and workshops are more effective than lectures. It spreads the work all around, makes the classes vibrant and interesting. Opportunities must be availed to take classes and guest lectures in other centres. Working with students, papers with them, talking to them frequently are good investments. It is better get involved in the recruiting process and look for grants.

Technicians:

Technicians are real strength of any clinical or experimental research laboratory. Must look for pool of technicians at neighbouring colleges and universities. Many students might wish to work for 1-3 years before going for M.Sc. or medical colleges. It is beneficial to train own junior technicians. Give them feedback - both positive and negative, paying due attention to probationary period. Time to time widening

out the ill motivated is also important to maintain standards.

Finding an affinity group:

It is possible to find collaborators by holding joint laboratory meetings. Visualize availability of collateral resources, core facilities and other faculties who can collaborate. Communications received from outside be assigned priority to respond. It is important to stay in touch with people.

Seeking Grant:

The Principal Investigator (PI) and a Co-PI – involved in case of a joint project are decided. Both need to benefit and play an active role. The DCGI guideline spells out specific information that must be included like patient enrollment, specimen, sample collection process and so on. Better to seek advice from seniors. Prepare grant sufficiently in advance so that it can be shown it to colleagues, supervisors and experts for discussion.

Grant Programs For Career Development:

Research grants are available at various national (ICMR, DST, DBT, PATH etc) and International (UNICEF, WHO, Mellinda Gates foundation, NIH and so on) levels depending on the expertise of researcher and available infrastructure. Few examples are as under, usually followed in US.

Young Investigator Grant (e.g.- Under K21 of NIH)

A series of grant programs, designed to help young or mid-career investigators, appropriate for translational research are available under this, not known to many. Specific requirements, guidelines vary from institute to institute, available on web. Competition for these is not as intense as it is for R01 and R21 grants.

Post-Doc Grant (e.g.- K22 of NIH)

The primary objective is to help awardee develop a strong, independent career. Accomplished by supporting outstanding post-doc scientists as they move to 1st academic position (AP level). The award is likely to ease the transition so that the recipient can concentrate on establishing a viable research laboratory prior to applying for research support, generally for 2 years as post-doc scholarship. If awarded, the scholar has a year before an academic position as the grant begins.

Mentored Patient Oriented Research (e.g.- K23):

The purpose of this award is to support the career

development of investigators who have made a commitment to focus their research endeavors on patient-oriented research. This provides support for 3-5 years of supervised study and research for clinically trained professionals who have the potential to develop into productive, clinical investigators focusing on patient-oriented research. Clinically trained professionals or those with a clinical degree and interest in further career development in biomedical research not involving patients are to seek the 'Mentored Clinical Scientist Career Development (K08) Award'.

Mid-career Investigator Award in Patient-Oriented Research (e.g.- K24)

This is to support clinicians for longer period to devote patient-oriented research and to act as mentors for fresher clinical investigators. They should be outstanding clinical scientists, actively engaged in patient-oriented research, generally within 15 years of their specialty training. Must be able to demonstrate the need for a period of intensive research as a means of enhancing clinical research careers, committed to mentoring the next generation researchers.

Mentored Quantitative Research (e.g.- K25)

Such grant is meant to support investigators whose quantitative research has thus far not been focused primarily on questions of health and disease e.g.-

Mathematics, statistics, economics, computer science, imaging, informatics, physics, chemistry and engineering. Supports career development in basic or clinical biomedicine, bioengineering, bio-imaging or behavioural research for a period of supervised study from post-doc to senior faculty level.

Publication:

On completion of the project work and analysis of result, maximum number of papers must be carved out as quickly as possible without waiting to write a 'Perfect paper'. The Principal Investigator (PI) is usually the senior author. Joint publications are helpful, but only if already have sufficient number of papers as senior author. It is better to avoid publishing with own previous mentors. Too many joint publications with well-known senior scientist are better avoided, unless one has sufficient number of papers not involving the said scientist. However, an effective collaboration greatly accelerates research and makes it easier to move into new areas, giving both scientific and funding diversity. Timely publication of the research findings in reputed scientific journals and their application in human health for ultimate benefit of the community is always considered gratifying for any scientist. It immensely enhances the investigator's image in the scientific world, further attracting more students from far and near, besides more grants for cutting edge research in a cyclic manner.

Research Design



Dr. Ipseeta Ray
Professor of Pharmacology

- A popular quote from Ernest Boyer is "Poor surgeon hurts 1 person at a time. Poor teacher hurts 150." But then, somebody added "Poor Surgeon hurts one person, Poor Teacher hurts 150 but Poor Researcher Hurts Millions"

- Medical research serves to keep the quality of medical education high, at the end both the teacher and student ends. Medical practice and scientific investigation can coexist effectively and can have impact on the fight against disease and improvement of medical care. Medical research serves to bolster the profession, as advancement in medical practice cannot happen without scientific investigation. As part of the medical college fraternity, besides teaching, our endeavour is also to do pioneering research into increasing our understanding of the fundamental mechanisms of various diseases, and undertake cutting edge translational research to improve diagnosis, and prevention and lead to superior, more targeted therapies.

- As teachers we want to inspire future generations to become leaders in medical care education, delivery, and research. We can provide them an environment focused on research innovation and collaboration. This will help them develop their talents as a physician, and will give them opportunities to excel as a researcher and educator. Therefore, it is our responsibility to expose the future generation to the various aspects of research in the formative years of their education.
- The key to any research is the research design. Research design is the framework that has been created to seek answers to research questions validly, objectively, accurately and economically. It includes the plan, structure and strategy of investigation so as to obtain answers to research questions. In brief, it is the blueprint to how a research study is to be completed. It includes arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to research purpose with economy in procedure.
- The research design defines the study type (observational and experimental) and sub-types (cross sectional, cohort and case control), research question, hypotheses, independent and dependent variables, experimental design, and if applicable, data collection methods and a statistical analysis plan.
- A research design has two primary functions. The first relates to identification/development of procedures and logistic arrangements required to undertake a study. An operational plan needs to be conceptualized to undertake the various procedures and tasks required to complete the study. The details of what type of study per se, who are going to be respondents, how they will be selected, from how many the intended information will be obtained, how information will be obtained and how it would be analysed are all included in a research design. For each aspect the rationale and justification for each decision in the research journey should be detailed in the research design from the literature reviewed.
- Research design also lays emphasis on the importance of enforcing quality in these procedures to obtain valid, objective and accurate answer to the research question. To ensure this, it is important that a study design is selected that helps to isolate, eliminate or quantify the effects of different sets of variables influencing the independent variable. The ultimate objective of a research design is to maximize the effect of independent variable on the dependent variable, minimize, quantify and or control the effects attributed to extraneous variable and random variable.
- Ultimately, the purpose of a research design is to maximise valid answers to a research question. Research design is like an hour glass. Start with a broad, general question/hypothesis. Narrow down or focus on a specific problem. Design a study to address specific hypothesis. Analyse results of study and generalize results to real world. No single design can be applied to every question because every situation is unique. Therefore, each study demands a unique research design which is an outline of what the investigator will do from writing the hypothesis, their operational implications to the final analysis of the data.
- It is high time we rationalize incentives to researchers and enable a research culture and leadership in medical colleges in our country. Research leadership in MGMIHS has taken this initiative and started the Research Cell in the medical college like Medical Education Unit. Recently MCI has also taken a step in this direction. This leadership needs to developed and monitored at state level, regional level and national level.

Research Methodology Workshop



Dr. S.A. Adchitre
Associate Professor
Community Medicine



Dr. D.N. Tayade
Assistant Professor
Community Medicine



Dr. Mahavir Nakel
Assistant Professor
Community Medicine

Research Methodology Workshop was organized by the Department of Community Medicine, MGM Medical College, Aurangabad from 30th September to 2nd October 2016 as a part of academic upgradation in the field of research.

The institutions of higher learning in India are facing crucial challenge in creating, nurturing and maintaining the level of quality research especially in medical sciences. The need of the hour is to develop a sound methodological base of research among the budding educationists and researchers to cope up with future challenges.

A good research methodology is a key to sound research output. To operationalize this vision, there is need to train, reorient and reactivate the research scholars in the medical science on research methodology. Research in medical field is of immense importance as it has led to the introduction of new medical treatments and cures that have helped to counter several diseases, thus increasing human life expectancy.

On this background, the current workshop is an effort to sensitize and enrich the knowledge of research scholars including medical students, faculties and other allied health sciences staff about the basic principles of the health research.

The main objectives of this workshop were: to enable the participants, define research problem, developing an approach to research problem and selection of suitable research design; and to enable the participants understand report writing and writing research proposals.

The speakers included faculties from Indian Council of Medical Research, Chennai, MGMIHS Navi Mumbai, MUHS Nashik and IIMSR Badnapur. Thus in total 14 faculties were present from various disciplines and institutions. Total 118 delegates had registered for this workshop; this shows overwhelming response from all the departments of our institute.

The Chief Guest for this event was Hon. Dr. P.M. Jadhav, Vice Chairman, MGM Trust and guest of honour included Dr. Chander P. Puri, Pro Vice Chancellor (Research), MGMIHS, Navi Mumbai; Dr. A. G. Shroff, Dean, MGMMCH, Aurangabad; Dr. P.R. Suryawanshi, Deputy Dean, MGMMCH, Aurangabad; Dr. M.K. Doibale, Immediate Past President- IAPSM Maharashtra Chapter; Dr. M.M. Khan, Deputy Registrar, MGMIHS, Navi Mumbai; Dr. R.T. Ankushe, MMC Observer, GMC, Aurangabad; Dr. S.M. Mahajan, Head of the Department, Department of Community Medicine, MGMMC, Aurangabad.

Dr PM Jadhav emphasized the need of seriousness, sincerity and dedication towards the ideals of scientific research. He expected scholars to follow these ideals in order to save human society from deterioration. Dr Puri had characterized this workshop as very successful academic exercise. He expressed the positive feeling that, the workshop was highly successful in fulfilling its major academic objectives. Dr Shroff said that the research methodology retains the core and basic importance, it must be taught right from undergraduate classes and continue at doctoral level. He felt that the workshop has certainly affected positively the participants.

While commenting on the impact of this workshop, the participants showered praise on the Department for conducting efficiently such a crucial workshop. They found it highly stimulative and productive and quoted that this will be a welcome event in future. The lectures by experts from ICMR institution, academic deliberations, and other matters related to organization of the workshop were highly appreciated. Many among them characterized the

workshop as “the memorable academic oriented workshop”.

Dr Mahavir Nakel and Dr DN Tayade were the organizing secretaries and Dr SA Adchitre organizing chairperson for this workshop. We express our gratitude towards all staff members from the Department of Community Medicine, organizing committee, management and other technical staff for their support.



Editor Requests

The newsletter, “MGM NEWS” is published quarterly. The staff and students of MGM Institute of Health Sciences and its associated MGM Medical Colleges and University Departments are invited to send their contributions and/or suggestions for consideration of publication in the next issue. The newsletter focuses on highlighting the accomplishments of the institutions, faculty and staff in addition to disseminating information on academic matters.

Dr. Chander P. Puri

Chief Editor

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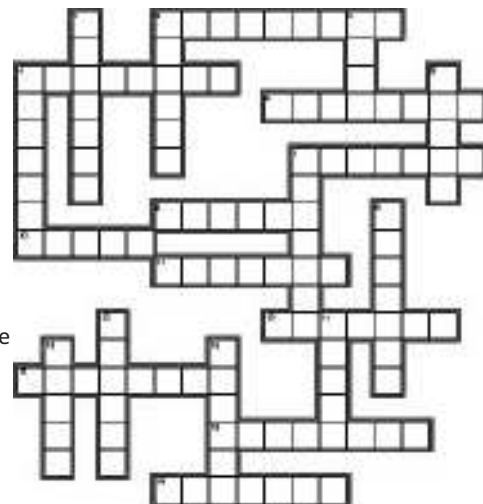
Medico Crossword

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



MGM-World Spine Care

MGM-World Spine Care (MGM-WSC) project is an initiative of MGM Institute's University Department of Physiotherapy and World Spine Care, working towards a common goal of providing spine care to people of underserved economically challenged communities at a globally competent level. World Spine Care is supported by the Decade of Bone and joint; currently the Global Alliance for musculoskeletal health, an initiative of WHO and other professional Spine Societies.

A Memorandum of Understanding was signed between MGM Institute's University Department of Physiotherapy and World Spine Care on 10th November 2016. The MGM's-WSC clinic was started with an objective of treating spinal injuries and disorders. Evidence-based protocols, documentation, database management and education and exercise programs suitable to the local population will be implemented after discussion between the two teams.

Team from MGMIHS and WSC had met on 11th November 2016 to discuss care pathways, research programs and potential funding sources to execute

research programs, spine collaboration for advanced spine education programs, screening and identification of need based requirement of local population. MGM perspectives were presented by Vice Chancellor Dr S.K. Kaul, Pro Vice Chancellor (Research) Dr. Chander Puri, Medical Superintendent Dr K.R. Salgotra, Director of Physiotherapy Dr. Rajani Mullerpatan, In Charge Principal (Physiotherapy) Dr. Bela Agarwal(PT) and faculty members Dr Reshma Gurav (PT), Dr Yuvraj Singh (PT) and Dr Vijaya Krishnan (PT). WSC was represented by President of WSC Europe Prof Margareta Nordin, Vice President of WSC Europe Dr Adam Wilkey, Director of Clinics Dr. Geoff Outerbridge, Dr.Nathan Cashion Social media Coordinator and Ursula Kozak, WSC Photographer.

MGM–WSC clinic has commenced work and we look forward to providing affordable, evidence-based spine care of global merit to people in Navi Mumbai and largely Raigad district with spinal dysfunction: which is in tune with vision mission of MGMIHS!

Exploring research potential in the area of spine assessment and care in terms of attitudes and beliefs of back pain, traditional healing practices and exercise forms innate to India is a highly exciting prospect!!!



From Left to Right : Dr Nathan Cashion, Dr Geoff Outerbridge, Dr Adam Wilkey, Dr Rajani Mullerpatan, Prof Margareta Nordin, Dr S.K. Kaul, Dr K.R. Salgotra, Dr Bela Agarwal, Dr Sailaxmi Ganesan, Dr Reshma Gurav, Dr Vijaya Krishnan, Dr Yuvraj Singh.

MGM Dental College And Hospital : Convocation Ceremony

What Feels Like the End, is Often the Beginning

29th September 2016 was a glorious moment for Interns batch of 2016. Life had come a full circle for them, as it was this very day in 2011 when they first set foot on grounds of the prestigious MGM campus and on this very day in 2016 they were graduating along with the post graduates. To grace this occasion, were Guest of Honour Dr. (Lt. Gen.) S. K. Kaul, Chief Guest Dr. Chander Puri, Dean Dr. Sabita M. Ram, Dr. Srivalli Natrajan, Dr. Vanitha Shenoy, Head of the Departments, as also Professors from all the departments.

Dr. Jigna Pathak and Dr. Vaibhav Thakkar steered the entire ceremony to perfection by being the hosts. The ceremony began with the graduates marching into the auditorium with a victory music playing in the background. This was followed by Dr. Sabita M. Ram addressing the graduates and welcoming everyone with her ever enlightening words. Dr. Chander Puri, who has always supported in all the endeavours gave his pearls of wisdom to the graduates as well. Dr. S.K. Kaul addressed the graduates next and shared with them his memories of his graduation ceremony.

A total of 97 Interns graduated along with 18 post graduates from the department of Oral Surgery, Periodontics, Prosthodontics and Conservative Dentistry. Each graduate and post graduate was honoured by the dignitaries on the dais with a memento and the Apollonian Scroll.

The importance of taking the Apollonian Oath was explained to the graduates, who followed by taking the oath. The valedictorian, Dr. Padmakar Baviskar, gave the valedictorian speech. The convocation in charge, Dr. Ankita Pasad shared the memories of the 5 years that the batch had spent together.

The Yearbook 2016 made by Ankita Pasad, Pradnya Chaudhari, Pankaj Londhe and Chirag Davane was then unveiled by the dignitaries on the dais. Memories are a wonderful thing and a small presentation depicting the journey from 1st year to graduation was then displayed which freshened everyone's memories and left everyone with wet eyes.

Everyone then stood up for singing the national anthem, followed by the exit march. All in all, Convocation ceremony 2016 was a huge success!



Convocation Glimpses



World Diabetes Day : November 14

In India, 62 million people have diabetes and one million die due to diabetes every year, Since diabetes is largely a preventable and treatable non-communicable disease, the Department of Medicine, MGM Medical College and Hospital had organized a number of activities on World Diabetes Day to create awareness about the disease, and how it can possibly be prevented. The activities included free consultation, health check-ups, and diagnostic services.

Diabetes in India

- Globally, an estimated 422 million adults are living with diabetes mellitus (WHO, 2016).
- During 2013, the number of people living with diabetes was 381 million suggesting a sharp increase and the numbers may double by 2030 (International Diabetes Federation, 2013).
- Diabetes currently affects more than 62 million Indians, which is more than 7.1% of the adult population.
- The average age of onset of diabetes is 42.5 years.
- Nearly 1 million Indians die due to diabetes every year.
- Increasingly sedentary lifestyles, less physically demanding work increased intake of foods that are high in sugar and saturated fats, genetic susceptibility, over weight and obesity are the major contributory causes to high and increasing incidence.



- ✓ Overweight and obesity are the strongest risk factors for type 2 diabetes.
- ✓ Diabetes can damage the heart, blood vessels, eyes, kidneys and nerves, leading to disability and premature death.
- ✓ Lower limb amputation rates are 10 to 20 times higher among people with diabetes.
- ✓ People with diabetes are more likely to incur catastrophic personal health expenditure.
- ✓ Multisectoral, population-based approaches are needed to reduce the prevalence of modifiable diabetes risk factors – such as overweight, obesity, physical inactivity and unhealthy diet – in the general population.
- ✓ Blood glucose control is important in preventing and slowing the progression of complications.
- ✓ The longer a person lives with undiagnosed and untreated diabetes, the worse their health outcomes are likely to be.
- ✓ People with diabetes can live long and healthy lives if their diabetes is detected and well-managed