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This issue of the SAIMS TIMES is dedicated to the fond memory of

Shri S.M. Bhandari



नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः ।

न चैनं क्लेदयन्त्यापो न शोषयति मारुतः ॥

(इस आत्मा को शस्त्र नहीं काट सकते, इसको आग नहीं जला सकती,
इसको जल नहीं गला सकता और वायु नहीं सुखा सकता)

Sri Aurobindo Medical College & P.G. Institute



GROUND REPORT- COVID-19 At SAIMS



Achievements:

Sri Aurobindo Hospital, Indore is a place where battle against the COVID-19 pandemic still continues. Indore administration has made SAIMS, Hospital as a major centre for the treatment of COVID-19 patients. The COVID warriors, i.e. doctors, nurses, paramedical and administrative staff, have been engaged in serving the patients. Their goal is to give the best treatment to the patient without worrying about their own life, food or a moment of rest and being away from home, family, and loved ones. At Aurobindo Hospital, patients not only from Indore, but also from the nearby districts have been treated, including prominent places such as Ujjain, Ratlam, Shajapur, Agar, Dhar, Khargon, Jhabua, Barwani, Khategaon.

Other COVID-19 related achievements include COVID-19 testing a NABL approved laboratory, developments of reusable PPE Kits, first delivery of baby from COVID-19 pregnant mother in M.P., COVID related innovative research and enormous appreciation from Hon'ble ministers, administrators, media as well as patients and general public.

SAIMS has dedicated 1100 beds for COVID cases. A total of 11,221 patients were treated from 25th March 2020 to 31st Jan 2021. According to the Department of Obstetrics and Gynaecology, more than 30 Covid patients have undergone normal delivery. There were also 16 cesareans. In addition, more than 200 suspected patients have also undergone normal delivery. There were more than 150 cesarean deliveries, with over 50 NICU admissions and treatment.

Molecular Virology Research and Diagnostic Laboratory, MVRDL is placed at Sri Aurobindo Medical College and PG Institute, Indore, M.P. India. It is a NABL accredited medical laboratory. During the initial phase of COVID-19 pandemic, our laboratory was first private diagnostic laboratory able to upscale COVID-19 testing (approved by ICMR/AIIMS/NABL) within a short time span in Madhya Pradesh. From 14 May 2020, we are also offering COVID-19 real-time PCR testing for patient care and have done more than 20,000 tests. From August 2020, MVRDL also added SARS CoV-2 antibody and antigen testing in the current test menu and accomplished more than 2,000 antigen tests. The MVRDL Head and Laboratory staff were 24 hours available on phone or email for consultations and queries and the mission still continues.

It is a great honour for our institution to receive appreciation from Hon'ble Chief Minister Shri Shivraj Singh Chouhan, Hon'ble Home Minister Dr. Narottam Mishra, Hon'ble National General Secretary of Bharatiya Janata Party Shri Kailash Vijayvargiya, Hon'ble Indore district Collector Shri Manish Singh and Hon'ble Superintendent of Ujjain Police Shri Manoj Kumar Singh, renowned doctors in the city and the list continues. We are delighted to inform that many critically ill medical professionals were successfully treated at our institute.



From the Chairperson's Desk



Dr. Manjushree Bhandari

Dear SAIMS Colleagues,

Best wishes for a Happy, HEALTHY, Year 2021.

Year 2020 has been quite a turbulent year for all of us. The unthought, unimaginable pandemic of COVID19 is now getting under control and with the vaccination program in full swing, we all are hopeful of curbing the disease. Our team of dedicated doctors, nurses, paramedical staff and all others, worked tirelessly, continuously for months at a stretch for the welfare of the mankind. SAIMS management, once again bows to your dedication and whole heartedly appreciates your work.

The beginning of year 2021 has seen the fulfillment of a long cherished dream of our visionary founder chairman Dr. Vinod Bhandari, with publication of ordinance by state government, to start our own Private University in the name of "SRI AUROBINDO UNIVERSITY". I am sure with the help & support of all of you and under continued, able guidance of our founder chairman, our university will touch wuthering heights. Friends, to increase the bonding amongst all faculty members and to keep them abreast with the good work being done by everyone and introduce the new faculty members to all - "SAIMS TIMES"- a monthly Newsletter of our institute is being started.

I Invite all the faculty members to share their achievements & thoughts. My congratulations to the editorial team for publishing this issue.

With best wishes,
Dr. Manjushree Bhandari
Chairperson,
Sri Aurobindo Medical College & PG Institute

Message from Dean's desk



I warmly welcome you to the present issue of the SAIMS Times newsletter. This newsletter will keep you posted on our progress and remarkable accomplishments of our faculty and students.

The continued achievement of our faculty and students bears witness to the excellence of the learning experience we offer. This issue covers our progress in the years 2020 and January 2021. During 2020, the crisis of COVID-19 has brought out the best in the SAIMS faculty, students, and staff. They worked tirelessly to ensure the best possible medical care and teaching at SAIMS.

We are also pleased to welcome all first-year students and extend best wishes for their studies.

Dr. R.R. Wavare

**Dean
SAIMS**

Message from Dr. Jyoti Bindal



I am so overwhelmed to be a part of this institution. I had never expected this ambience, such beautiful and encouraging atmosphere so apt for the most modern and progressive education system in the country.

As my first message for the youth of this institution and all the medical institutions, I would like to emphasize that all of us need to perform.

Performance leads to recognition. Recognition leads to respect. Respect leads to power. Therefore, there is only one way to make our mark in society, amongst our peers and our fraternity. That is through performance. Aspirational performance requires that you create

aspirational targets, and work hard, fast, smart, honest and in a disciplined manner over a long period of time to achieve these targets. Remember that discipline, speed of decision making, and velocity of action are necessary attributes for high performance.

To be successful in such efforts, you have to communicate what you want to achieve clearly and unambiguously. You must learn to commit to specific quantifiable targets. You must learn to bring good as well as bad news to the table early and pro-actively. You have to embrace the universal values of discipline, openness to new ideas, meritocracy, honesty, courtesy, fairness, accountability and respect for other cultures.

Remember that this institution has given you a passport to better respect and prosperity for yourself. The hallmark of a civilized individual is to show gratitude to those that have made you more than what you were. Therefore, please contribute generously to make this institution stronger to serve even a larger number of smart people like you.

From the desk of Editorial Board

Dear friends,

We are glad to have the SAIMS Times with new dimensions. This monthly newsletter will help to strength the bonding amongst all faculty members and to keep them abreast with the good work being done by everyone at SAIMS.

All the faculty members are requested to send important departmental information for publication in the interest of institution as well as for mutual common interest through their respective HODs to Editorial office via email ID "saimstimes@saimsonline.com" The information should be submitted by 30th of each month in the word or pdf format along with supporting documents/ photos. In view of our broad scope and limited space, we request you to provide only brief and edited information. Your valuable suggestions will also be appreciated.

Thank You

एक पाती नवागत विद्यार्थियों के नाम

हार्दिक बधाइयां,

अभिनन्दन,

हार्दिक स्वागत

प्रिय युवा मित्रो !

वंदेमातरम्,

श्री अरबिन्दो इंस्टीट्यूट ऑफ मेडिकल साइंसेस, इन्दौर जैसे सर्वसुविधा सम्पन्न और सुप्रतिष्ठित चिकित्सा शिक्षा संस्थान में आपके प्रवेश के शुभअवसर पर आपको एवं आपके अभिभावकों को व्यक्तिगत रूप से हार्दिक बधाइयां। इन्दौर महानगर, एक व्यावसायिक और सांस्कृतिक शहर है तथा पिछले चार वर्षों से देश का सबसे स्वच्छ नगर है। इन्दौर और आसपास के क्षेत्रों का प्राकृतिक सौन्दर्य अनुपम है। पावन सलिला क्षिप्रा और चम्बल नदी का उद्गमस्थल भी इन्दौर जिले में ही है। इस शहर का नाम पूण्यश्लोका, न्यायमूर्ति, संस्कृति रक्षक माता अहिल्याबाई से गहनता के साथ जुड़ा है। एलोपैथी चिकित्सा के क्षेत्र में देश के सबसे पहले पांच चिकित्सा संस्थानों में से एक का जन्म लगभग 150 वर्ष पूर्व इन्दौर में हुआ था। महान चिकित्सा शिक्षक, समर्पित चिकित्सक, श्रेष्ठ मानव, और महान दार्शनिक पद्मभूषण डॉ. संतोष कुमार मुखर्जी के कारण विदेशी चिकित्सक इन्दौर को जानते थे। इन्दौर के नागरिक सहज अपनेपन और प्राकृतिक आत्मीयता के कारण पूरे विश्व में जाने जाते हैं। इन्दौर के स्वादिष्ट व्यंजन भी विश्वभर में प्रसिद्ध हैं। महर्षि अरबिन्दो घोष एक महान देशभक्त, एक उग्रवादी क्रान्तिकारी स्वतंत्रता संग्राम सेनानी, कवि, प्रकाण्ड विद्वान, महान योगी, शिक्षाशास्त्री, और दार्शनिक व्यक्ति थे, देश की स्वतन्त्रता में उनके अतुलनीय योगदान को अविस्मरणीय बनाने के पावन प्रयास के तहत, उन्हीं को यह संस्थान समर्पित है। महर्षि अरबिन्दो से प्रेरित होकर महान क्रान्तिकारी नेताजी सुभाषचन्द्र बोस और कुछ अन्य क्रान्तिकारियों ने अंगरेजों का सशस्त्र और सशक्त विरोध किया। महर्षि अरबिन्दो की शिष्या श्रीमां, फ्रांसीसी मूल की भारतीय आध्यात्मिक गुरु थी।

कुछ छोटी-छोटी बातों-कहानियों के माध्यम से आपकी लम्बी अध्ययन यात्रा को सुगम-सरल बनाने के सूत्रों का उल्लेख किया गया है।

व्यक्तिगत विशिष्टता का अभिमान छोड़ें, स्वाभिमान धारण करें : ऊंची पहाड़ी पर स्थित एक प्रसिद्ध तीर्थ की तलहटी में सुबह-सुबह कई शहरों से यात्री पहुंचते थे, कोई प्लाइट से आया था, कोई लक्जरी कार से, कोई रेलगाड़ी अथवा बसों से आए थे, कुछ ऐसे भी थे, जो पैदल यात्रा कर वहां पहुंचते थे और कुछ शासन की तीर्थ-योजना के तहत वहां पहुंचते थे। थोड़ी ही देर में यात्रा आरम्भ हुई, किसी ने भी यह नहीं पूछा कि तुम कैसे आए हो? कितना खर्च कर यहाँ आए हो? आपसी बातचीत में सहयात्री, तीर्थक्षेत्र के चमत्कारों के किस्से-कहानियां एक-दूसरे को बता रहे थे। सबका एकमात्र लक्ष्य उस ऊंची पहाड़ी पर स्थित मन्दिर तक जल्दी से जल्दी पहुंचना था। बीच रास्ते में एक यात्री थक गया, क्योंकि उसके बैग में सामान अधिक था, तो दूसरे सहयात्री ने उसका बैग थोड़ी देर के लिए उठा लिया। परस्पर सहयोग, सरोकार और प्रेम के साथ जयकारा लगाते हुए सभी यात्री आगे बढ़ रहे थे। किसी को यह अहंकार नहीं था कि मैं बहुत पैसे वाला हूँ, या मैं बहुत अधिक पढ़ा-लिखा हूँ, सुन्दर हूँ, गौरवर्ण का हूँ, ऊंची जाति का हूँ, बलवान हूँ। ये सब बातें अर्थहीन थी। सभी समरसता के साथ एक-दूसरे की सहायता करते हुए आगे बढ़ते जा रहे थे। बस, उसी तरह आपको भी अपने-अपने ईगो को त्याग कर, एक दूसरे की सहायता करते हुए, चिकित्सा शिक्षा की कठिन राह पर निरन्तर आगे बढ़ते जाना है। अब एक ही स्वाभिमान आपके व्यक्तित्व के साथ जुड़ा रहेगा कि आप श्री अरबिन्दो इंस्टीट्यूट ऑफ मेडिकल साइंसेस के विद्यार्थी हैं, दूसरे सारे ईगो से मुक्त हैं, एक ही परिवार के सदस्य हैं।

ज्ञान को सम्मान के साथ ग्रहण करें : चिकित्सा शिक्षा के पितामह पद्मभूषण डॉ. एस.के. मुखर्जी साहब कहा करते थे कि धूल में पड़े हिर्रे को बड़े-बड़े सम्राट भी झुककर उठाते हैं, इसलिए ज्ञान किसी छोटे व्यक्ति से भी मिले तो झुककर और सम्मान के साथ ग्रहण करें।

ज्ञान पाने का अवसर ना चुकें : एक रास्ते पर चलने पर कई कीमती पत्थर मिलने की कथा बहुत प्रचलित थी। समझदार लोग उस रास्ते पर चलते जाते थे और जो भी पत्थर दिखते, उन्हें अपने झोले में रखते जाते थे। कुछ लोग बिना परखे ही निर्णय ले लेते थे कि यह पत्थर बेकार है और उन्हें उठाते नहीं थे। इसलिए वे कीमती पत्थरों से भी वंचित रह जाते थे। स्मरण रहे, हर शिक्षक अपनी वलास लेने से पहले तीन-चार घंटे तैयारी करता है, इसलिए हरेक शिक्षक की बातें ध्यान से सुनें, कोई न कोई बहुत कीमती पत्थर आपको अवश्य मिलेगा, जिसके कारण आपको विषय को समझने में सहायता अवश्य मिलेगी, पहले से मन में यह धारण ना करें कि इस शिक्षक से आपको कुछ भी नहीं मिलने वाला है। ज्ञान सदैव सम्मान के साथ ग्रहण करें। वलास बंक ना करें। हर व्याख्यान को एकाग्रचित होकर सुनें। कोई भी वलास अथवा क्लीनिकल पोस्टिंग बंक ना करें। हमेशा उस सपने को साकार करने की बात याद रखें, जिस सपने को पूरा करने के लिए आपने यहाँ प्रवेश लिया है। यह वैज्ञानिक तथ्य है कि चिकित्सा शिक्षा अथवा मानव शरीर से जुड़ी शिक्षा पुस्तकों-इन्टरनेट-यूट्यूब आदि से पूरी नहीं हो सकती है, इसकी पूर्णता के लिए अनुभवी चिकित्सा शिक्षकों का मार्गदर्शन अनिवार्य है।

सास्त्र सुचिन्तित पुनि पुनि देखिअ : श्रीरामचरितमानस में लिखा है कि जिन शास्त्रों का अच्छीतरह से मनन किया है, उन्हें बार-बार पढ़ते रहें, अन्यथा भूल जायेंगे। रिवीजन के महत्व को आपसे बेहतर कौन जान सकता है, चिकित्सा शिक्षा में भी बार-बार पढ़ते रहने से विषय अधिक समय तक स्मृति में बना रहता है। एक और तरीका है, जब आपको कोई विषय अच्छे-से समझ में आ जाए तो अपने दूसरे साथी को पढ़ा दीजिए, उसका भी भला होगा और आपका भी।

चिकित्सीय जीवन में अवलोकन (आब्जर्वेशन) का महत्व : चिकित्सा विद्यार्थी और चिकित्सक के जीवन में अवलोकन (आब्जर्वेशन) का अत्यधिक महत्व है। महान एलोपैथी चिकित्सक सर विलियम ओस्टर ने कहा था कि “पहले रोगी को मत छुड़ए, (एवजामिन मत कीजिए) पहले अवलोकन कीजिए, अपनी आब्जर्वेशन की पॉवर का विकास कीजिए।” शरलाक होम्स एक सुप्रसिद्ध जासूसी चरित्र के रूप में जाना जाता है, उसकी कल्पना और रचना महान शल्य चिकित्सक डॉ. जोसेफ बेल के योग्य शिष्य और महान आब्जर्वर डॉ. सर आर्थर कानन डायल ने की थी। शरलाक होम्स, उनके जासूसी उपन्यासों का पात्र था।

डॉ. जोसेफ बेल और डॉ. सर आर्थर कानन डायलजब भी रोगी का परीक्षण करते थे तो छोटे-छोटे ऐसे अन्तर को पहचान लेते थे, जिन्हें अवसर अच्छे-अच्छे चिकित्सक देखने से चूक जाया करते थे। कबीरदासजी एक निरक्षर (अनपढ़) संत कवि थे, उन्होंने कहा है, “मसि कागद छूऔं नहीं, कलम गहौं नहि हाथ। चारों जुग कै महातम कबिरा मुखहि जनाई बात।” इसका अर्थ है कि “मैंने कागज़ और स्याही को छुआ नहीं है और कलम नहीं पकड़ी है। मैं चारों युगों के माहात्म्य की बात मुंह जबानी बताता हूँ।” वयों, वयोंकि वे श्रेष्ठतम आब्जर्वर थे, उन्होंने एक दोहे में कहा है “सहस्र इक्कीस छह सैं धागा, निहचल नाकै पोवै।” अर्थात् मनुष्य रात और दिन में (24 घण्टों में) 21600 धागे नाक के सूक्ष्म द्वार में पिरोता रहता है। अर्थात् प्रत्येक श्वास - प्रश्वास में वह राम का स्मरण करता रहता है। उन्होंने अपने इस आब्जर्वेशन के माध्यम से इस चिकित्सीय तथ्य को बताया कि मनुष्य एक मिनट में 15 बार साँस लेता है। यह उनकी आब्जर्वेशन की पॉवर का ही परिणाम है। यह भी सदैव स्मरण रहे कि चिकित्सा शिक्षा में कांसेप्ट को समझने के लिए वयों और कैसे का बहुत महत्व है।

समय प्रबन्धन (टाइम मैनेजमेंट) के साथ, कठिन राह को कैसे बनाएं सरल (हाउ टू एक्सेल इन स्टडीज एंड एग्जामिनेशन) : आप शुरू से ही परीक्षा को लक्ष्य रखकर तैयारियां शुरू करें। स्मरण रहे, चिकित्सा शिक्षा से सम्बद्ध विद्यार्थियों के पास नष्ट करने के लिए समय है ही नहीं। मेडिकल एजुकेशन में प्रवेश के बाद “आल आर नन लॉ” में से नन का आप्शन आपके पास नहीं बचा है। आल द टाइम पढ़ते ही रहना है। इसलिए पढ़ने वाले मित्रों की संगत करें। अपने टाइम वेस्टर्स की पहचान करें, और उनसे मुक्त होने की सफल कोशिश करें, जैसे वाट्सअप, फेसबुक आदि। एक बड़ा सूत्र है “एक अकेला थक जाएगा, मिलकर बोझ उठाना।” पांच-पांच मित्रों का एक ग्रुप बनाएं और पांच छोटे-बड़े प्रश्नों का चयन करें, जो कांसेप्ट और परीक्षा की दृष्टि से इम्पोर्टेंट हों। हरेक विद्यार्थी एक-एक प्रश्न का उत्तर तैयार करेगा, फिर शेष चारों मित्र एक के बाद एक उस उत्तर को क्रिटिकली देखेंगे और आवश्यकतानुसार उसमें सुधार करेंगे। एक प्रश्न पांच अलग-अलग ब्रेन की खोजी दृष्टि से गुजरेगा और संवरता जाएगा, फिनिश फार्म में तैयार हो जाएगा। यदि आपकी 150 विद्यार्थियों की बैच है तो ऐसे तीस ग्रुप बनेंगे, सारे ग्रुप्स अपने-अपने उत्तरों को आपस में शेयर करेंगे। इन्हें सॉफ्ट कॉपी में तैयार करना है। इसका सीधा अर्थ है कि हरेक विद्यार्थी को एक प्रश्न का उत्तर तैयार करना है और हरेक को मिलेंगे 150 प्रश्नों के उत्तर। इसे कहते हैं, स्मार्ट स्टडी। यदि शुरूआती दौर से ही इस अभियान में जुटेंगे तो निश्चित रूप से सभी चेप्टर्स के सभी ऐसे टाइप क्वेश्चंस, शार्ट आंसर क्वेश्चंस तथा मल्टिपल चॉइस क्वेश्चंस को परीक्षा के बहुत पहले ही साल्व कर सकेंगे। क्या ऐसा सम्भव है? जी हाँ, ऐसा सफल प्रयोग एमजीएम में हो चुका है। ऐसा ही प्रैक्टिकल एक्सरसाइज के लिए भी किया जा सकता है।

चींटियों को अपना आदर्श मानिए : महान प्रेरक गुरु जिम रॉन (Jim Rohn) ने ‘एंट फिलोसोफी (चींटी दर्शन) नाम का एक सिद्धांत दिया है। उनका कहना है कि आप चींटियों को देखिए, वे कभी हार नहीं मानती (नेवर गिवट), सफल होने तक प्रयास करती रहती हैं, चींटियों का सूचना तंत्र मजबूत होता है, चींटियों में दूसरों की चिन्ता होती है, परस्पर सहयोग में विश्वास करती हैं और अपने हिस्से का भोजन दूसरी चींटियों को दे देती हैं। वे अपने से 50 गुना ज्यादा वजन उठा लेती हैं, भविष्य की तैयारी पहले से कर लेती हैं, चींटियाँ एकता का अद्भुत उदाहरण हैं।

घर की याद (होम सिकनेस) : घर की यादों का जीवन में बहुत महत्व है, परन्तु इसे कैरियर नाशक सिकनेस ना बनने दें। प्रतिदिन माता-पिता से मोबाइल पर वीडियो कालिंग करें, और पांच-दस मिनट में अपनी होम सिकनेस को इसतरह दूर कर सकते हैं।

जीवन में थैंकफुलनेस को अपनाएं : ईश्वर, माता-पिता, मातृभूमि और शिक्षकों के प्रति सदैव कृतज्ञता का भाव रखें, उनसे कोई भी व्यक्ति ऋणमुक्त नहीं हो सकता है। पूरे विश्व में भारत जैसे कुछ ही देश हैं, जहां माता-पिता अपने बच्चों को तब तक सभी तरह की सहायता करते रहते हैं, जब तक वे जीवित रहते हैं। वे अपने बच्चों की खुशी के लिए अपनी स्वयं की आवश्यकताओं का त्याग कर सहजता से कामप्रोमाइज करते रहते हैं। इसलिए माता-पिता के त्याग को ध्यान में रखते हुए अपने लक्ष्य से भटके नहीं। सिगरेट, शराब अथवा अन्य व्यसन को अपनाने का अर्थ है, माता-पिता को धोखा देना, इसलिए किसी भी प्रकार का व्यसन अथवा नशा करने से पहले माता-पिता का स्मरण करें कि क्या उन्हें अच्छा लगेगा? अथर्ववेद में लिखा है, मानव शरीर देवताओं की नगरी है। इसलिए किसी भी बुरी अथवा गलत वस्तुओं का सेवन कर इस पावन नगरी को गंदा ना करें। यदि आप अपनी रुचियों (हॉबिज) को संवारते-निखारते रहेंगे तो व्यसन की आवश्यकता अनुभव नहीं होगी। इससे तनाव से भी बचेंगे और सम्मान भी पा सकते हैं। कैलिफोर्निया विश्वविद्यालय के मनोविज्ञान के प्रो. डॉ. राबर्ट ए. इमंस ने अपनी पुस्तक “न्यू साइंस ऑफ ग्रेटिट्यूट” में लिखा है कि आभार (थैंकफुलनेस) का भाव शरीर, मन और बुद्धि को स्वस्थ रखता है, तनाव को कम करता है और बीमारियों पर विजय पाने की शक्ति देता है और कृतघ्नता (थैंकलेसनेस) का भाव भीतर ही भीतर आपकी शारीरिक और मानसिक क्षमता को कमजोर करता है।

नकारात्मक तनाव से बचना ज़रा : तनाव दो तरह के होते हैं, सकारात्मक और नकारात्मक तनाव। सकारात्मक तनाव के कारण हम परीक्षा के दिनों में रात-रात भर जागकर रिवीजन करते हैं, और सफलता के शिखर तक पहुँचते हैं। जबकि नकारात्मक तनाव व्यक्ति में असफलता का डर उत्पन्न कर, उसे निराशा और अवसाद (डिप्रेशन) के चक्रव्यूह में फंसा देता है। इसलिए नकारात्मक तनाव से बचने के प्रयास करें, इसके लिए आवश्यक हैं, समय का सुप्रबन्धन, नियमित पढ़ाई, नियमित व्यायाम, पौष्टिक भोजन, पर्याप्त पानी, प्रतिदिन दस मिनट तक ध्यान (मेडिटेशन), प्राणायाम, सकारात्मक सोच वाले सहपाठियों की संगति, तथा अच्छा साहित्य पढ़ना। यह सदैव मस्तिष्क में रखें कि आपको बहुत सारा पढ़ना है, और उससे भी ज्यादा यह याद रखना है कि आप पढ़ सकते हो, क्योंकि जितने न्यूरोन्स नोबेल विजेता अल्बर्ट आइन्स्टाइन के मस्तिष्क में थे, उतने ही आपके मस्तिष्क में भी हैं, अन्तर केवल इतना है कि यदि उन्हें काम नहीं दिया जाए तो वे निठल्ले (डिस्जुग एट्राफी) हो जाते हैं। इसलिए प्रतिदिन पढ़ाई करें, न्यूरोन्स को काम पर लगाएं, इससे आत्मविश्वास बढ़ेगा और नकारात्मक तनाव दूर रहेगा।

ईश्वर में विश्वास करें : जेफरसन यूनिवर्सिटी हॉस्पिटल के प्रसिद्ध न्यूरोसाइंटिस्ट और फिजिशियन डॉ. एंड्रयू न्यूबर्ग, एमडी, ने अपनी पुस्तक “हाउ गॉड चेंजेज योर ब्रेन” (ईश्वर कैसे मस्तिष्क को बदल देता है) में एमआरआई के आधार पर लिखा है कि भगवान में विश्वास के कारण शारीरिक, मानसिक और आध्यात्मिक स्वास्थ्य अच्छा हो जाता है। प्रार्थना से तनाव कम होता है, भगवान का ध्यान करने से ब्रेन में रचनात्मक और क्रियात्मक बदलाव (एनाटामिकल एण्ड फिजियोलॉजिकल) होने लगते हैं। इसी तरह न्यूरोसाइंटिस्ट फ्रेड एम्बेअरे ने अपनी रिसर्च के आधार पर “बेनिफिट्स इन गॉड” नामक पुस्तक लिख डाली है। आप भी भगवान् में विश्वास करिए और अपनी सफलताओं और असफलताओं को भगवान के चरणों में अर्पित करते रहें।

स्वस्थ कैसे रहें : स्वस्थ रहने के लिए पांच बातें अनिवार्य हैं, पर्याप्त ऑक्सीजन, पौष्टिक भोजन, इन्टरनल रेस्पिरेशन से उत्पन्न टॉक्सिक पदार्थों का निष्कासन, नई कोशिकाओं के निर्माण के लिए रॉ मटेरियल और रॉ मटेरियल के ट्रांसपोर्ट के लिए पर्याप्त पानी।

स्वास्थ्य के आदर्श प्रतिमान (रोल मॉडल ऑफ हेल्थ) : एक वैज्ञानिक रिसर्च के अनुसार जो चिकित्सक पूर्णरूपेण स्वस्थ होते हैं और किसी भी प्रकार का व्यसन नहीं करते हैं, उनके रोगी, उनकी सलाह को गम्भीरता से लेते हैं। Doctors & Medical Students are considered as role model for good health. Research shows that healthy physicians make better role models for patients.

सैम्स परिवार के सदस्य हैं : अब आप इस बहुत बड़े सैम्स परिवार के सदस्य बन चुके हैं, इसलिए स्वयं को अकेला नहीं समझें। अपनी परेशानियों को किसी शिक्षक से शेयर करें।

हमेशा ध्यान रखें -

- मैं कर सकता हूँ/ कर सकती हूँ। पढ़ाई को एन्जाय करें, उसे बोझ ना मानें।
- अनेक वैज्ञानिक रिसर्च के निष्कर्ष हैं कि सुबह जल्दी जागने वाले जीवन और परीक्षाओं में अच्छा प्रदर्शन करते हैं, प्रसन्नचित रहते हैं, प्रो-एक्टिव होते हैं, कम बीमार पड़ते हैं और तनाव, निराशा तथा अवसाद उनसे दूर रहते हैं।
- प्रतिदिन खेलें जरूर। पर्याप्त पानी पिएं। पर्याप्त नीन्द अवश्य लें।
- जब भी निराशा हावी हो, माता-पिता से खुलकर बात करें। अच्छे मित्र से खुलकर बात करें। किसी शिक्षक से मिलें। हास-परिहास अवश्य करें, उपहास ना करें। नकारात्मक तनाव से भरसक बचें। टॉपिक पढ़ने के बाद साथियों के साथ डिस्कस करें। अपने ज्ञान को शेयर करें।
- भारतरत्न डॉ. अब्दुल कलाम कहते थे, बड़ा सपना देखें और उस सपने को पूरा करने के लिए पूरी शक्ति और क्षमता से प्रामाणिक (ऑनेस्ट) प्रयास करें, उन्होंने कहा था कि प्रतिदिन सुबह स्वयं से ये पांच बातें कहें- मैं सबसे अच्छा हूँ। मैं यह कर सकता हूँ। भगवान हमेशा मेरे साथ हैं। मैं एक विजेता हूँ। आज का दिन मेरा दिन है।

भण्डारी परिवार

Covid 19 @ SAIMS AT THE FRONTLINE



The covid-19 pandemic which head spread from Wuhan in November 2019 to the whole world came knocking to Indian shores by mid-February and in March 2020. The country was facing a medical thread like never before. Sri Aurobindo institute of medical sciences Indore had its first patient of covid-19 in the third week of March just when the government had announced the first Janata curfew.

Our respected chairperson Dr Vinod Bhandari sir and the medical fraternity of SAIMS were the pioneers of the covid resistance that the Malwa region raised.

In March, the first covid-19 patient who had come with bilateral pneumonia and respiratory failure was admitted in the department of respiratory medicine respiratory intensive care unit. Our Department in collaboration with the department of internal medicine, department of surgery, pediatrics, all clinical, para clinical and non-clinical departments made an army of covid warriors spearheaded by respected Bhandari sir.

Team covid, SAIMS has the credit of treating nine and a half thousand inpatients and discharging more than 8 and half thousand patients successfully.

There were several milestones that SAIMS let down at that time. SAIMS was the first centre in India,

- ✧ To use Tocilizumab for Critically Ill covid in early April.
- ✧ To start plasma therapy in MP by May.
- ✧ To use IV immunoglobulin therapy by June.
- ✧ To use baricitinib By November.
- ✧ We participated in the national plasma placid trial and became the highest recruiting site in the shortest time.

The media, Govt and our beloved patients spared no effort in giving back their affection and showered their blessings a plenty on SAIMS.

SAIMS was the first to start Post Covid OPD services and has catered to more than 2000 Covid recovered patients till date with a pulmonary rehabilitation programme.

Several prominent doctors, politicians, actors came to SAIMS for their Covid treatment.

In the midst of the covid epidemic, SAIMS gave the First EBUS service to Indore and opened a new era of diagnostic in oncology and respiratory medicine along with the ongoing bronchoscopy services. SAIMS offered the first bronchoscopy service in Indore region during the epidemic and catered to many stranded TB cases finding little respite elsewhere .

The Dept comprises of its Faculty and postgraduate students who have been relentlessly and fearlessly working nonstop for their ambition of a healthy respiratory tract of all those who come in need of treatment to the door step of SAIMS and even who can't via Tele consultation services offered during the pandemic.

Looking Forward to EVEN better times ...

Dr Ravi Dosi

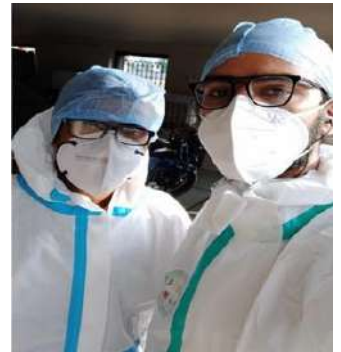
HOD, Department of Respiratory Medicine
SAIMS Indore



DENTAL COVID WARRIORS

In the COVID era, our 145 young and motivated dental interns and postgraduate students voluntarily served as COVID warriors. They served at various fever clinics in Indore, worked for COVID- 19 sampling as well as served at COVID-19 ward at Sri Aurobindo Hospital. Initially, they have been given sufficient training on how to handle Covid-19 patients and how to extend their service needed to these patients.

It was not only dealing with the COVID patients and COVID sampling, but also dealing with the rumours among general public against COVID warriors. Rising above all associated pandemic constraints and helping others in need, these students showed extraordinary services and worked hard starting from May 2020 until December 2020.



Students were happy to have enormous support from the government and SAIMS. Their work and enthusiasm have been appreciated and felicitated by Chief Minister of Madhya Pradesh, District Magistrate, Chief Medical and Health Officer, and SAIMS society.



COVID WARRIORS OF PHYSIOTHERAPY



It gives an immense pleasure and satisfaction to announce the corona warriors of Physiotherapy Department, Dr. Akshay Pal, Dr. Ratnesh Singh Chouhan & Dr. Baban Debchoudhury, who have shown unflinching dedication and worked round' o clock to serve mankind tirelessly.

SAIMS NEWS

Makar Sankranti celebration

There is a proverb 'Be like a kite and aim high'. SAIMS has vision to fly high and achieve pinnacles in the medical field. On 14 January 2021, SAIMS celebrated the Makar Sankranti festival. The faculty and students at SAIMS participated in kite flying with joy and enthusiasm. The stunning, vibrant kites in the sky gave everyone a heart-warming moment.



Republic day celebration

Republic day is a day of national pride that reminds us of the sacred values enshrined in the Constitution of India. With the zeal and spirit, we celebrated the 72nd Republic Day at our SAIMS premises on 26th January 2021. The flag was hoisted by honourable Mrs. Usha Bhandari. It was followed by national anthem, inspirational patriotic songs, and motivational speeches.



COVID 19 vaccination programme, January 2021



COVID vaccination at SAIMS was inaugurated by honourable Mr Shankar Lalwani (Member of Parliament), Mr. Tulsiram Silawat (MLA, Minister of Water Resources) and Mr. Vijay Shah (MLA, Minister of Forest Department). All faculty members and paramedical staff at SAIMS received COVID-19 vaccine during the vaccination programme.



OUTREACH ACTIVITIES

DENTAL CAMP



Department of Public Health Dentistry joined hands with medical team of SAIMS to provide oral health screening for beggar community, Indore region. The event was organized by SAIMS in collaboration with Nagar Nigam, Indore on 31/01/2021, Sunday at M.R.T.B Hospital, Rain Basera, Indore.

NEUROCOVID CAMP



Post Covid neurology camp was organised by department of neurology for the patients who after recovering from covid still have or had developed new neurological symptoms such as fatigue, vertigo, stroke etc. This camp was for one month duration starting from 12.01.2021 to 12.02.2021. The camp was inaugurated by our founder chairman Dr.Vinod Bhandari Sir and Chairperson Dr.Manjushree Bhandari Madam on 12.01.2021 in Lotus hall. Media covered the event too.



इंटरन कोरोना गाथा

आएं थे घर से हम सब,
नई साल की उमंग लिए।
था मार्च का महीना वह,
लोगो ने आफत को न जाना था,
लोग कोरोना नाम से डरने लगे,
संक्रमित होकर बारी बारी मरने लगे,
आसान न था उपचार तेरा,
तो क्या इंसान हार जाता बेसहारा।
जिसने भेजा था मुझे मितने,
समझ ही न आया कब बंद हो गयी उनकी आँखे,
मिल न पाया मैं अपनी दीदी माँ से
न जाने कितनो ने अपनों को खोया,
अब तो मन में तूफान लेकर निकला हूँ,
तुझे जड़ से उखाड़ फेंकूंगा हम सब ने ठाना है,
भारत विश्व गुरु है सब को याद दिलाना है,
हो न मानवता से खिलवाड़ ये सबक भी अब सीखना है।

रामकिशोर सिंह

Students' Clinical exposure



Clinical exposure to interns in the field of Oncology

With great pride, Department of Oral & Maxillofacial Pathology & Microbiology wanted to inform that in order to provide clinical exposure to interns in the field of Oncology, we developed a collaborative program with Indore Cancer Foundation, Rau; Department of Surgical Oncology, and Department of Surgical Oncology SAIMS. Under this collaborative program, the interns posted in Oral & Maxillofacial Pathology & Microbiology have been observing pre-treatment, post -treatment cases, commando operation and resection surgeries of oral cancer patients. It's a privilege that the department could give firsthand clinical exposure to interns by giving them a chance of observing the treatment given to cancer patients and also following them up after the treatment along with viewing actual surgical procedures.

AWARDS



Dr Sonam Verma, Assistant Professor, Department of Ophthalmology, was awarded Second Position in the **71st International Annual Conference of Delhi Ophthalmological Society (DOSCON 2020)**.

Dr. Subodh Chaturvedi from the Department of Anesthesiology had received **corona warrior** award on 26th Jan. 2021. He had helped the administration in creating a mobile app for monitoring of vital parameters of home isolated Covid patients. This app was recognised and appreciated at the national level.



Dr. Ravi Doshi from the Department of Respiratory Medicine had received **corona warrior** award on 26th Jan. 2021.

Dr Abhishek Kansal, Dr Rohan Chapekar and Dr Advait Prakash from the department of surgery have been awarded **Fellowship in Minimal Access Surgery (FMAS)**.



Dr. Anand Misra, Principal IIMS has been awarded with **“Doctor's Honor 2020”** by Aarogya Guru for giving Outstanding Contribution in medical field and also with **“Certificate of Dedication”** as COVID-19 warrior for helping migrant laborers.

Dr. Rakhi Sivakumar, Associate Professor, College of physiotherapy, has received **“Physio Dronacharya Award”** at MP State, Physicon by Indian Association of Physiotherapists.



PRIZES

Dr. Rajni Pawar, Associate Professor, College of physiotherapy, has presented paper “A study on lung function of sedentary women of Indore District” in National Research Conference of Physiotherapy Teachers and secured second prize in senior category of Cardiorespiratory Physiotherapy Specialty.

Dr. Paridhi Sharma, JR, Department of Anaesthesiology had won first prize in Dr. M.T Bhatia Gold Medal for Pain in 34th Annual web MPISACON on 8th Nov. 2020

ACHIEVEMENTS

Dr Advait Prakash, Department of surgery, has been elected as the Executive Committee Member (Central Zone) in the SPU-IAPS (National Society of Pediatric Urology).



INVITED LECTURE

The Head of Department, Department of Orthodontics, **Dr. Ashish Garg** was invited by ISCLP & CA- Indocleftcon 2020 in New Delhi to deliver a lecture on Alveolar Bone Grafting in Cleft Orthodontics and also got elected as its EC member in February 2020 for three years.

NEW JOININGS IN THE DEPT

In Ophthalmology Department, **Dr Sonam Verma** joined as Assistant Professor and **Dr Mameshwari Patil** as Senior Resident. **Dr. Amit Shrivastava** joined as Intervention Radiologist in the Department of Radiodiagnosis & Interventional Radiology.

NATIONAL AND INTERNATIONAL CONFERENCE PARTICIPATION

Dr Dhaman Gupta, Department of Public Health Dentistry, participated in the Indian Association of Public Health Dentistry (IAPHD) Colloquium 2021 held on 9th and 10th January 2021.

KNOWLEDGE TRANSFER ACTIVITIES

All India Radio Bhopal - आकाशवाणी भोपाल
1 hr - Facebook for Android - 40
आकाशवाणी भोपाल का चर्चित प्रोग्राम "नमस्कार भोपाल"
28 अक्टूबर को सुबह 7:20 पर सुनिष्प
1. मध्य प्रदेश नाट्य विद्यालय द्वारा "बाल रंगमंच कार्यशाला" की जानकारी देगे नाट्य विद्यालय के डायरेक्टर श्री आलोक वर्तुणी
2. "बच्चों के बेहतर मुस्तकविल और उनकी खुशियों में अभिभावकों की भूमिका" पर दिलचस्प जानकारी देगे मोटिवेशनल स्पीकर श्री राजीव मिश्रा और
3. "ब्रेस्ट कैंसर जागरूकता माह" के अंतर्गत ब्रेस्ट कैंसर के लक्षण और बचाव के उपाय बताएंगी डॉ. राखी शिवकुमार
साथ ही आप सुनेंगे अपने पसंदीदा फिल्मों नामों भी, तो जरूर सुनिष्प
28 अक्टूबर दिन बुधवार समय सुबह 7:20 पर कार्यक्रम नमस्कार भोपाल हमीदा तरेशी के साथ
See translation



Dr. Rakhi Sivakumar, Associate Professor, college of physiotherapy has given a talk on breast cancer awareness at All India Radio Akashwani.

EXTRACURRICULAR ACTIVITIES

First year postgraduate students, department of orthodontics, Dr. Disha Ramrakhyani and Dr. Subhi Aliya scored second and third prize in extracurricular activities held by the very first fresher's conclave by INDIAN ORTHODONTIC SOCIETY. The postgraduate students also made a video for creating awareness about COVID-19 and banded second prize at the national level competition in "Orthobyte 2020" held on INDIAN ORTHODONTIC SOCIETY DAY.

NEW EXPANSIONS IN DEPARTMENTS

ENT SUPERSPECIALITY SERVICES

SAIMS ENT Dept evolved and re-encarnated to establish the 6 Super speciality services:

“SAIMS - ENT SUPER SPECIALITY” (Upgraded Competent Speciality Services)

VISION AND AIM:

- ➔ To emerge as a department of excellence by providing competent updated speciality services.
- ➔ Team approach with various departments.
- ➔ To connect and create health channels with various centres in Indore and across the country and emerge as a referral point in ENT – Super-speciality Services.

NEUROOTOLOGY CLINIC (VERTIGO LAB)

Dizziness and Tinnitus troubles 20-40% people at some point of life, 15% have dizziness, 5% have vertigo in given year, 2.5 % of all primary care visits are due to dizziness and 2-3% of emergency visits in world is for vertigo. Vertigo is a condition where the affected person experiences the sensation of feeling off-balance. Prevalence of vertigo in India came up to 0.71%, which amounts to more than 9 million people in a population of 1.3 billion.

We have state of the art vertigo lab along with objective investigative tools (VNG, SVV, Echog G, VEMP). We have also a very good running Tinnitus Retraining Therapy (TRT) programme to curb menace of tinnitus.

Team approach by ENT, Audiology and Physiotherapy is the key in management of dizziness – We have a team that coordinates regarding early accurate objective diagnosis and aids in early therapeutic measures and accurate and sustained rehabilitation by Neuro-physiotherapy experts and virtual reality (VR) services.

PHYSIOTHERAPY

Always enthusiastic to encourage patient, to stay loyal and to promote continuity of care, we are here with new physiotherapy OPD's

1. Post COVID Pulmonary Rehabilitation Unit
2. Paediatric Physiotherapy OPD
3. Vertigo OPD

ACADEMIC ACHIEVEMENT



According to Dr Prashant Mishra, Secretary, **Career guidance and counselling cell** at Sri Aurobindo College of Dentistry, a total 40 students appeared for the All India NEET PG Entrance Examination 2020. Of these, 26 students qualified the exam and a present dental Intern Sanjana Nair was ranked 255th in this exam. Another Dental Intern Nakul Kulshrestha has got good rank in the Common Management Admission Test 2020 and has been selected for Indian Institute of Health Management Research. We congratulate them and wish them all the best for their future endeavours.

Department of Orthodontics

Since 2019, the second and third year post graduate students of the department have appeared and successfully cleared the phase-2 of the exam conducted by the INDIAN BOARD OF ORTHODONTICS results of which were declared in January 2021, a feat which will ensure their claim as future diplomate of the Indian Board of Orthodontics and pave path for further opportunities.

PUBLICATIONS

Department of Radiation Oncology :

Jayeeta Sen, Amresh Kumar, Vividha Dubey, Saurabh Karnawat, Virendra Bhandari. Extra Corporeal Irradiation to Treat Osteosarcoma at a Tertiary care Institute in Central India: A Case Report. Indian Journal of Cancer Education and Research. 2020;8(2):93-98.

Amresh Kumar, Jayeeta Sen, Vividha Dubey, Saurabh Karnawat, Virendra Bhandari. Aggressive Sebaceous Carcinoma of Extremity: A Rare Case Report. Indian Journal of Cancer Education and Research. 2020;8(2):85-89.

Aafreen Khan, Shashank N Singh, Tauseef Ali, Sahaj Palod, Ridhima Ojha, C Mahendran, Virendra Bhandari. Dosimetric effects of repeat computed tomography scan during radiotherapy planning in esophagus carcinoma. J Can Res Ther 2021.

Tauseef Ali, Aafreen Khan, Vivek Kathed, Shalu Verma, Anil Sarolkar, Virendra Bhandari. Quadruple metachronous primary cancer in a single patient: A rare case report. J Can Res Ther 2021.

Department of Neurology :

Dinesh Chouksey, Pankaj Rathi, Kapil Telang, Ajoy K Sodani. Letter to editor: The Coruscating Magnetic Resonance Imaging Features of Dumb Rabies. J Global Infect Dis. 2021.

Kapil Telang, Rahul Jain, Ajoy Sodani, Prachi Shaw, Susmit Kosta. Do vegetables/fruits act as a vehicle in the spread of COVID-19? Int J Community Med Public Health. 2020 Oct;7(10):4150-4152

Amandeep Singh, Nitisha Goyal, Dinesh Chouksey, Kapil Telang, Rahul Jain, Ajoy K. Sodani. COVID-19 pandemic: impact of lockdown and hospital classification on neurological patients. Singh A et al. Int J Community Med Public Health. 2020 Aug;7(8):2985-2992

Rishu Garg, Rahul Jain, Ajoy Sodani, Dinesh Chouksey, Ravi Dosi, Sunil Athale, Nitisha Goyal, Pankaj Rathi, Hashash Singh, Kapil Telang. Neurological Symptoms as Initial Manifestation of Covid-19 - An Observational Study. Jul-Aug 2020;23(4):482-486.

Department of Biochemistry :

Wadhwa N. Evaluation of quality indicators in pre-analytical phase of testing in clinical biochemistry laboratory of a tertiary care hospital in India. Int J Clin Biochem Res. 2020;7(3):354-6.

Wadhwa N, Mishra G. Evaluation of sigma metrics of clinical chemistry assays: importance of the allowable total error (TEA) targets. Int J Curr Med Pharm Res. 2021;7(01):5497-9.

Department of Orthodontics :

Nitya Shrivastava, Rakesh Thukral, Ashish Garg, Amit Tripathi, Sunita Marothiya. Stress Pattern and Deformation in Mid-palatal Suture and Posterior Dentoalveolar Area With Two Different Types of Rapid Maxillary Expansion Appliances: A Finite Element Method Study. Journal of Indian Orthodontic Society, 2020.

WORKSHOPS

Workshop - Department of Radiodiagnosis and Intervention Radiology

Department of Radiodiagnosis and Intervention Radiology conducted awareness program regarding the role of Intervention Radiology (IR) in current medical practice and innovation.



First workshop was conducted on 20.01.2021 on Role of IR in in Medicine, Pulmonology, Dialysis, Nephrology, and Urology. Second workshop was conducted on 22.01.2012 on Role of IR in Obstetrics and gynaecology General surgery, Oncology and Onco-surgery. Both the sessions were chaired by Dr. Vinod Bhandari Sir and Dr. Manjushree Bhandari Madam. Workshops were organized by Dr. Manish Bhagat and talks were delivered by Dr. Amit Shrivastava.

Induction Ceremony - Allied Health & Paramedical Sciences

Effective inductions are timely organized and engaging, which gives a good first impression of organization. They inspire new starter, set out an organizations mission & vision. With the same hope, we conducted induction ceremony of Sri Aurobindo Institute of Allied Health & Paramedical Sciences- new batch 2020-21 on 21.01.2021. The ceremony was honored by our respected Chairman Dr. Vinod Bhandari, Chairperson Dr. Manjushree Bhandari, Mrs. Madhulika Jain, blessed by Dr. Mrs. S. Bose and Dean Dr. R.R. Wavare. Guest were welcome by **Dr. Shekhar Modak and Dr. Anand Misra.**



Workshops and Webinars - Department of Orthodontics



Department of Orthodontics set the ball rolling this year too, as the Head of the Department Dr. Ashish Garg acted as the Master of Ceremony and hosted a **national webinar** on the topic “AIRWAY MANAGEMENT IN OBSTRUCTIVE SLEEP APNEA” held on 20th January 2021, the very first webinar of Indian Orthodontic Society calendar year. Adding a feather on his cap, he also acted as the Master of Ceremony and hosted **ORTHO Trends Master class** where International speaker Maria Costonza Meazzini of Italy has shared her valuable knowledge on topic “Cleft Orthodontics - a road less travelled” held online on 31st January 2021.

The department has organized **Damon Passive Self Ligation module based comprehensive workshop** in which Past Editor of JIOS Dr. Gurkeerat Singh explained complete Damon System on 14th January 2020.



The department also successfully conducted **Orthodontic Finish Line** on 24th and 25th January, 2020 a large scale national symposium on MDS exams to guide the exam-going postgraduate students on path to their exams. During this symposium, Honors board and Wall of fame were inaugurated in the department by Founder chairman Dr. Vinod Bhandari sir, President IOS Dr. Silju Mathew and Chairman Academic Council of IOS and Editor JIOS Dr. Puneet Batra.

The overwhelming response of this symposium led us to repeat it in the form of national webinar during the lockdown as **Orthodontic Finish Line- Revisited** which was held from 25th to 28th April 2020 and attended by more than 1000 delegates across the country.



Flash of IMA Activities



INDIAN MEDICAL ASSOCIATION INDORE

वो भी एक सीन था,
ये भी एक सीन है
कल था कोरोना
तो आज वैक्सीन है
Long Live IMA

हमने लगवाया आप भी लगवाईये।
DON'T HESITATE. VACCINATE.
आई.एम. ए. एवं जिला प्रशासन द्वारा जनहित में जारी

IMA DEMANDS MORE REGISTRATION FOR 24 HOURS

President of Indian Medical Association-Indore chapter Dr Satish Joshi said, "About 500 doctors couldn't register themselves in COWIN app for getting vaccinated due to technical glitches. These doctors had applied in October but due to some missing information in form, they couldn't register on not getting any query over the same." He added that IMA-Indore appealed to the Prime Minister Narendra Modi to give a time of 24 hours and to open the portal for registration so that the remaining doctors could be vaccinated.



INDIAN MEDICAL ASSOCIATION INDORE

कोरोना तेरा नामो निशान मीटिगा
हर एक को जब ये टीका लगेगा
Long Live IMA

हमने लगवाया आप भी लगवाईये।
DON'T HESITATE. VACCINATE.
आई.एम. ए. एवं जिला प्रशासन द्वारा जनहित में जारी

IMA DONATES 100 PULSE OXIMETER

Indian Medical Association-Indore has donated 100 pulse oximeters to the health department and Super Speciality Hospital on Monday. President Dr Satish Joshi, Secretary Dr Sadhna Sodani and State vice president Dr Sanjay Londhe handed over 50 each pulse oximeter to CMHO Dr Pravin Jadia and superintendent of Super Specialty Hospital Dr Sumit Shukla. IMA also promised to donate more pulse oximeter in future to these hospitals.

Current committee of Indian Medical Association (IMA) Indore branch was installed on May 19th, 2020, under the leadership of President Dr Satish Joshi. IMA is a largest body of qualified doctors with its commitment to maintain high standard of ethics, delivering quality services to society, supervision of doctors working condition and protecting their rights and many times working as a strong medium between administration and society to smoothly implementing the healthcare and awareness related policies/treatment on ground level. With start of tenure of present body, there was a big challenge of COVID-19 pandemic, which was at peak those days. To fight with this evil virus, IMA Indore was fully engaged in policy making and planning along with local administration, to deal with COVID-19 pandemic. Not only this, IMA and all members were indulging in his full capacity in public awareness by arranging small gathering at society levels, poster release etc. Meanwhile, we care for rights of our doctors like arranging beds, financial arrangement, proper hospital care etc, who become sick of corona, while performing their duties in COVID-19 wards. We also arranged blood donation camp, when donors were less and demand of blood was bit high to balance the demand-supply mismatch. Similarly, IMA Indore also donated pulse oxymeters for better patients monitoring, when patients load was high. At the time of COVID -19 peak, when there was a full chaos and fear all around because of lack of information on covid-19 virus, IMA Indore publish a quarterly bulletin "Magazine plus" an official publication of IMA Indore, which was fully dedicated to COVID and its related daily issues with practical tips for its prevention and treatment like how to safely reuse face mask, breastfeeding during covid time, how to continue routine immunization practice, and how to deal with anxiety and depression etc.



Flash of IMA Activities

After availability of covid-19 vaccine, there were many questions and fears in the mind of public and even healthcare professionals and it was a big challenge for successful implementation of vaccination program. For that, IMA Indore fully supported local administration, conducted many CME's and done public awareness program both in print and social media. Even on day one of vaccination, IMA Indore, in collaboration with many senior doctors of city, took the vaccination and set an example to allay fear of vaccination for promoting vaccination program.

IMA Indore thanks all the committee members and all supporters for their unconditional support to help us in maintaining the pride of IMA.

Dr Satish Joshi
President

Dr Sadhna Sodani
Secretary

Dr Rakesh Jain
Editor



आईएमए स्वास्थ्य सेवा की सभी धाराओं का सम्मान करता है।

हम धाराओं के मिश्रण पर आपत्ति करते हैं क्योंकि यह असुरक्षित और अवैज्ञानिक है।

- 👉 सर्जन का सबसे अच्छा और महत्वपूर्ण हिस्सा चिकित्सा निर्णय को समझना है, कब सर्जरी करना है और कब इससे बचना है।
- 👉 हम नहीं चाहते कि कोई भी चिकित्सा प्रणाली दूसरी का अनुकरण करे ...
- 👉 एक चर्चा के लिए कमजोर रोजिनों को लेना आसान है। मिश्रणों की विचारधारा रूप से खराब है और इससे चीजें खराब हो सकती हैं।
- 👉 क्या आप में से कोई भी उद्योग सर्जन द्वारा सर्जरी करवाना पसंद करता? जवाब स्पष्ट रूप से नहीं होगा।
- 👉 मिश्रणों की मूल रूप से रोजिनों के लिए अच्छा नहीं है। यह रोजिनों की देखभाल से समझौता करना।
- 👉 माइक्रोबियल सिस्टम को नहीं अपनाते वास्तु सिस्टम सेपिस को प्रभावित करने का तरीका कैसे खोजेंगे? क्या यह 19 वीं सदी के सैप्टिक बाइंग के लिए एक अज्ञान होगी?
- 👉 उपचार के अनौपचारिक मिश्रण से खिचड़ी सर्जनों का समूह तैयार होगा।
- 👉 लोगों को उनकी इच्छानुसार किसी भी प्रणाली के साथ डॉक्टरों द्वारा इलाज के लिए धारा चुनने का अधिकार होना चाहिए।
- 👉 लेकिन एक डॉक्टर एक मरीज को सभी प्रकार की प्रणाली की दवाएं नहीं दे सकता है।
- 👉 पैथियों को निवारक और घटिया स्वास्थ्य सेवा साबित करना निश्चित रूप से गलत है।



Dr. Ketan Desai Past President, WMA	Dr. J A Jayalal National President	Dr. Jayesh Lele Hony. Secy. General
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Case report 1

Pancreatico-pleural fistula: Novel management of a rare complication

Authors : Dr Advait Prakash, Dr Rishikant Vashishtha, Dr Rohan Chapekar, Dr Manoj Kela,
Dr Yogesh Mundra
Department of General surgery, SAIMS, Indore

Pancreatico-pleural fistula has been recognized as a rare clinical entity. Pancreatico-pleural fistulae develop due to the disruption of main pancreatic duct, resulting in leakage of pancreatic fluid. This rare entity may be seen in patients with acute and chronic pancreatitis and may follow traumatic and surgical disruption of the pancreatic duct. It is characterized by massive pleural fluid and has a tendency to recur following treatment. It is a diagnostic dilemma and very few cases have been reported.

A 35-year-old male presented with complaints of breathlessness and chest pain since 6 months. He had history of suffering from acute pancreatitis 6 months back subsequent to which these manifestations developed. He was diagnosed to have pleural effusion for which 2-3 attempts of bilateral pleural tapping were performed elsewhere. Due to persistence of symptoms and recurrent pleural effusion the patient was referred to us. On radiological investigations, significant amount of pleural effusion was detected on the right side for which right sided Intercostal chest drain was inserted and it resolved after that. Subsequently, the patient developed pleural effusion on left side which also required drainage [figure 1]. Pleural fluid analysis was inconsequential. Contrast enhanced CT Scan of thorax revealed bilateral pleural effusion with a small fistulous communication and tract between the head and body of pancreas and left hemithorax [figure 2]. On correlating radiological and clinical findings, pancreatico-pleural fistula was suspected. Considering the small size and tortuous tract of the fistula endoscopic intervention was not possible and hence surgical intervention was planned. Left thoracotomy with decortication was performed along with ligation of the pancreatico-pleural fistula. Post operatively, the patient was managed conservatively with Octreotide therapy. The post-operative course was uneventful and the pleural effusion gradually decreased and chest tube was removed on post-operative day 6 and 7 on right and left side respectively.



Figure 1

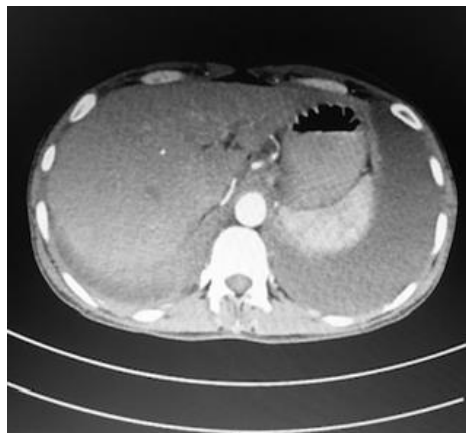


Figure 2

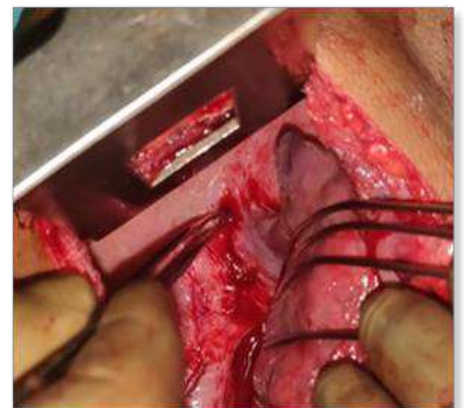


Figure 3

It is noteworthy that we have used a combined medical and surgical approach in this case where surgical closure of fistula and octreotide together were used. This has not been reported previously in the literature. The result was excellent and there has been no collection on two months follow up. This combined medical and surgical approach can be very useful for small fistula cases where stenting is not possible and recurrent of failed cases of medical/surgical management.

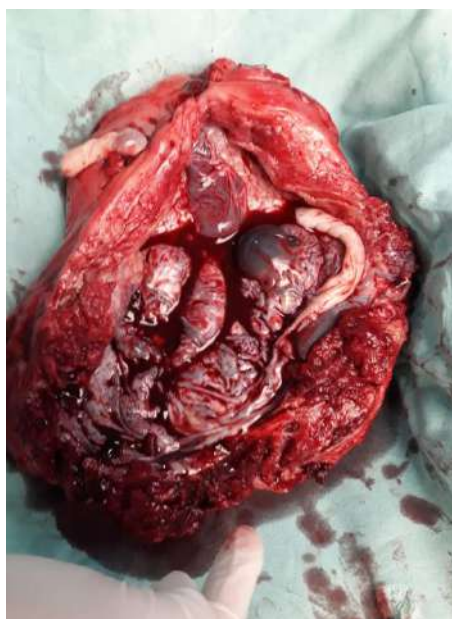
Case report 2**Placenta percreta: a nightmare**

Authors : Dr Neeta Karda, D Shazi Qureshi

(Department of Obstetrics and gynaecology)

39-year-old female referred from Ujjain as a case of G2P1L1 with 36 weeks with previous one LSCS with Central placenta previa percreta. Diagnosis was confirmed by MRI pelvis which shows placenta covering and invading posterior superior bladder wall. With all due arrangement of adequate blood, urology consultation patient was taken in OT on 14.12.2020. Bilateral DJ stenting done classical cesarean section done. Baby was healthy female 2.6 kg. Placenta was occupying whole lower uterine segment and post bladder wall. No plane of separation seen placenta left in situ. Cesarean hysterectomy with partial cystectomy done with bladder repair. Total blood loss of 2.5 to 3 litres occurred. 5-unit PCV intraoperatively and 2-unit PCV transfused postoperatively. Post op was uneventful. Patient discharged on day 7. SPC removed on day 14 and urethral catheter on day 21. Maternal and fetal outcome can be optimised if antenatal diagnosis of placenta accreta syndrome is made. Comprehensive multidisciplinary care team including expert obstetrician & Gynaecologist, oncologist, urologist, interventional radiologist, critical care expert, blood bank, established infrastructure is a key to success.

Thank you to our HOD and Prof DrNeeta Natu, Urologist Dr Faiz Ahmed and HOD and Prof Dr Sanjay Desai sir for their support and contribution in the case.



Case report 3

An interesting case of Intra-osseous Malignancy

Department Of Oral Medicine And Radiology

A 60-year-old female patient reported to the Department of Oral Medicine and Radiology, SAIMS, with the chief complaint of swelling on her right lower third of the face since 2 months. Patient underwent an extraction with right lower posterior molar region (47) in a dental clinic due to pain. After extraction, she noticed a pea sized swelling which gradually progressed in size. Patient got OPG (Orthopantomogram) and biopsy done in a private set-up and was diagnosed with Desmoplastic Ameloblastoma. On clinical examination, facial asymmetry was observed on right side with a diffused swelling extending superior-inferiorly from the pre-auricular region up to lower border of the mandible. The surface appeared to be regular with similar color and texture as that of the normal adjacent skin. Palpation exhibited a hard swelling which was non-tender with no local rise in temperature. Right sub-mandibular lymph node was palpable which was mobile in nature. Intra-oral soft tissue examination demonstrated a diffuse swelling extending mesio-distally from the right retro-molar region to mandibular raphe area. Sutures were present in the region of 47 and 48. Based on history and clinical examination, a provisional diagnosis of Cellulitis secondary to infected cyst was made.

Full volume CBCT (Cone Beam Computed Tomography) scan was done for further evaluation. It demonstrated a large destructive lesion in the region of right Ramus of the Mandible. Axial and Sagittal CBCT image demonstrates an area of ill-defined hypodensity with ragged borders extending antero-posteriorly from the edentulous region of 47 up to sigmoid notch, right condylar neck and coronoid process. This was suggestive of Malignancy of Right Ramus of Mandible.

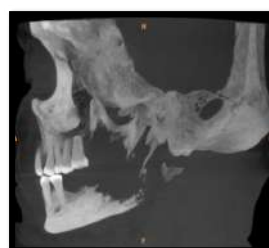
Through this we can conclude that, CBCT allows oral health professionals to gain a highly accurate 3-D image of the patient's anatomy from a single scan to better diagnose and understand the true extent of dental disease. This aids in provision of more appropriate treatment for patients.



OPG showing a large destructive lesion involving right Ramus of Mandible.



a.) 3D CBCT image



b.) Sagittal CBCT image

showing a large destructive lesion with ragged borders involving right Ramus of Mandible.



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Editor-in-Chief : Dr. Manjushree Bhandari, Chairperson, SAIMS

SAIMS Campus, Indore-Ujjain State Highway,

Near MR-10 Crossing, Sanwer Road, Indore (M.P.) 453111

Phone : 0731-4231000 / 4231100

Web: www.saimsonline.com Email: saimstimes@saimsonline.com

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