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Sri Aurobindo Medical College & P.G. Institute



SAIMS : Institutes Heads

**Sri Aurobindo Medical College &
Post Graduate Institute, Indore**

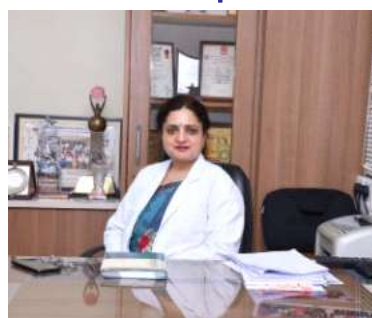
Dean



Dr R.R. Wavare

**Sri Aurobindo College of
Dentistry, Indore**

Principal



Dr Kanteshwari I.K.

**Sri Aurobindo Institute of Allied health
and Paramedical Science, Indore**

Principal



Dr Shekar Modak

**Indore Institute of Medical
Sciences, Indore**

Principal



Dr. Anand Misra

**Sri Aurobindo Institute of Speech
and Hearing, Indore**

Principal



Mr. Nirnay Kesari

**SAIMS College of Nursing,
Indore**

Principal



Dr. Chintamani Chouhan

**Indore Institute of Medical Sciences,
College of Nursing, Indore**

Principal



Mrs. Aruna Lele

**BHRC,
School of Nursing, Indore**

Principal



Mr. Hemant Chourasia

From the Chairperson's Desk



Dr. Manjushree Bhandari

Dear SAIMS Colleagues,

It is a matter of great pride that in our temple of the education, on the occasion of the holy Basant Panchami festival, the faculty and students of our institutions, in the presence of the Founder Chairman, prayed cheerfully and faithfully received the blessings of Goddess Sarasvati.

I am also delighted that Dr. Jayalal, the National President of the Indian Medical Association, inaugurated the January issue of SAIMS Times and exemplified our initiative. In addition, many other academic members working at our institute have warmly welcomed the SAIMS Times for raising awareness of innovations, research, medical and surgical treatments and activities at SAIMS. Several MBBS first-year students have also reflected on the letter "ek pati navaagat vidyaarthiyon ke naam" published in the SAIMS TIMES that this newsletter is an inspiration for their entire tenure of MBBS and will continue to inspire them to watch along the way.

The 'Cadaveric Oath' was organized at our institution perhaps for the first time in the history of medical education of Madhya Pradesh. This inspired our students to value both the importance of body donations as well as the significance of the cadaver. It has also developed a sense of respect for those who donate their bodies. Now, while learning human anatomy, the sacrifices of these people will always inspire our students.

These positive, creative, and innovative events and activities give our institution a unique identity. I wish that the academic environment of our institution continues to move towards continued superiority. We believe that collective efforts are important in this respect and therefore we welcome constructive suggestions.

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

UNIVERSITY NEWS

SKILLS LABORATORY



Dr. Jaishree Tapadia

Curriculum of the current undergraduate medical education focuses on developing competencies and outcomes and gives due emphasis to skill development in all the phases. The graduate medical education regulation part II, 2019 envisages skills as prerequisites for graduation. Therefore, it is necessary for every institution to carryout skill sessions through which essential and certifiable skills may be acquired.

To achieve the aforesaid goals, we have established in our institute a well organised skill lab which consist of approx. 30 mannequins, well equipped E-Room, Demonstration Room, debriefing room, Doctor patient's room, skill Laboratory etc.

SKILL PRACTICE ROOM



Now we are planning the skill sessions to impart training for various disciplines and competencies. Skill lab will provide a safe training environment in which a learner shall be observed and be provided with the feedback necessary for improving the targeted skills. We have divided the skill development module into phases i.e. phase I, Phase II & Phase III students for Pre and Para-Clinical and Nursing Students. In our Institute, we have a well developed a world class Cadaver Lab, Simulator Lab and hands on training frozen animal tissue for learning of all Broad-speciality, Superspeciality doctors and OT technicians.



Our teaching module in the Medical school has always been evidence based with repeated Hands-on practice as well as practice on mannequins. Our skill lab provides a safe environment in which learners can acquire and practice skills and be observed and assured, which is an important step in helping acquire all procedural, communication and other skills.

Dr. Jaishree Tapadia
 Prof. & Head
 Department of Physiology
 Convener, Curricular-Sub-Committee (Phase-1)
 SAMC & PGI, Indore (M.P.)

Release of SAIMS Times

On 13th Feb 2021, SAIMS Times newsletter was released by IMA national president honourable Dr. J. A. Jaylalat. The event was attended by chairperson Dr Manjushree Bhandari, Founder chairperson Dr Vinod Bhandari, IMA Indore president Dr Satish Joshi, managing director Dr Mahak Bhandari, Dean Dr R.R. Wavare, director medical education Dr Sukhwant Bose, Dr Jyoti Bindal, IMA Indore members Dr. Natawar Sharda, Dr Sadhana Sodani, President of medical student network Dr Priyanshu from Bhopal, Zonal president Dr Veer Singh, central zonal president Dr Asif Lala among others. Dr Dilip Acharya, Dr Manohar Bhandari and Dr Richa Shrivastava from SAIMS Times thanked everyone.



Cadaveric Oath



On 17 Feb 2021, 150 1st year MBBS students took cadaveric oath by placing their hands on the cadavers at the anatomy dissection hall. Students acknowledged those unknown individuals and their families who donate their bodies. Perhaps, this ceremony was one of its kind first time in the history of M.P. medical education. Dignitaries at this event including chairperson Dr Manjushree Bhandari, director medical education Dr. Sukhwant Bose, Prof Dr S.D. Joshi, Prof Dr Sharda Joshi shared their valuable thoughts on the sacrifices of such individuals. The event was also graced by the presence of founder chairman Dr Vinod Bhandari, dean Dr R.R. Wavare, MBBS convener Dr Jaishree Tapadia, faculty from anatomy department Dr Rupa Chhapparwal, Dr Sonali Agichani, Dr Namrata Valimbe, Dr Bandita Medhi and Dr Satish Harioudh.

Hypnotherapy lecture and demonstration by Dr Khetawat



An event was organized under the leadership of chairperson Dr Manjushree Bhandari, where Dr Sudhir Khetawat, renowned hypnotherapist and acupuncture specialist in Indore presented and demonstrated hypnotherapy. Over 250 students and faculty members participated, along with SAIMS founder chairman Dr Vinod Bhandari, director of Medical education Dr Sukhwant Bose, Dean Dr R.R. Wavare. Dr Khetawat showed the magic of his 'Three Finger Technique'. In this technique, when injectable needle was inserted into the student volunteers, they didn't even feel that. Furthermore, as per Dr Khetawat's instructions, there was no blood on the puncture site of first student, one drop on second student's puncture site, two drops on third student and similarly 3 and 4 drops on 4th and 5th students' puncture sites. It looked like as if blood vessels were following Dr. Khetawat's instructions. This demonstration mesmerized the audience.

Dr Neeraj K Sharma Memorial Oration 2021



The annual Dr Neeraj K Sharma memorial oration was held on 7th February, 2021 at Laser Auditorium, SAIMS in the memory of our former head of department who always strived for the benefit of the department and had a great role in setting up the basic foundation and shape of what the Department of Orthopaedics has been able to achieve today. Dr B Shivashankar, President Indian Orthopaedic association was the guest of honour. The oration was inaugurated by our founder Chairman Dr Vinod Bhandari, Dr. Manjushree Bhandari, Chairperson, SAIMS and Dr R.R. Wavare, Dean, SAIMS. The oration began with the introduction of Dr. Neeraj K Sharma by Prof. Dr Pradeep Choudhari, Head of Department, Orthopaedics, SAIMS.

Dr B Shivashankar delivered the Dr Neeraj Sharma oration lecture on "Reduction techniques in difficult subtrochanteric femur fractures". A condolence message was delivered for Late Dr Dinesh Sonkar. The oration was followed by Association of Orthopaedic surgeons in Indore clinical meet.

Fellowship Graduation Ceremony



श्री अरबिंदो यूनिवर्सिटी के मोहक बेरियाट्रिक्स एंड रोबोटिक्स में संपन्न हुआ दीक्षांत समारोह !

मोटापे की सर्जरी का गढ़ माने जाने वाले मोहक बेरियाट्रिक्स एंड रोबोटिक्स ने हिन्दुस्तान एवं विदेशों के अनेक सर्जन्स को मोटापे की सर्जरी की ट्रेनिंग दी है। अहमदाबाद के डॉ. शशांक को भी फेलोशिप की डिग्री से नवाजा गया। फेलोशिप के बारे में संस्था के डायरेक्टर डॉ मोहित भंडारी ने बताया कि यह डिग्री कोर्स एक साल का होता है इसमें सर्जन्स को मोटापे की सर्जरी की बारीकियां एवं जटिल ऑपरेशन्स को कैसे सफलतापूर्वक किया जाये यह सब

सिखाया जाता है। डॉ भंडारी ने बताया कि इससे पूर्व में देश के कई बड़े शहरों जैसे दिल्ली, मुंबई, हैदराबाद से भी कई सर्जन्स को यह उपाधि दी जा चुकी है। देश के अलावा मेक्सिको, बहामास, लेबनन, नामिबिया के सर्जन्स भी मोहक में आकर इसकी ट्रेनिंग ले चुके हैं। समारोह में श्री अरबिंदो ग्रुप के संस्थापक डॉ विनोद भंडारी, डॉ ज्योति बिंदल, श्री अरबिंदो अस्पताल के सर्जरी विभागाध्यक्ष डॉ मनोज केला भी उपस्थित थे।

From the desk of editorial board

Dear Colleagues,

Thanks a lot for your kind cooperation and generous contribution to SAIMS TIMES Jan & this issue. Please send your activities before last working day of month. Kindly extend and continue the same zeal for next issue, so that members of SAIMS family as well as members of Indian medical association will know the special events, academic activities and extraordinary work going on in our beloved institute. Looking forward for your valuable contribution.

Disclaimer: Editorial board and management do not take any responsibility of the content in the newsletter.

Editorial Board

TRAINING, WORKSHOP AND WEBINARS

NMC REGIONAL CENTER FOR MEDICAL EDUCATION TECHNOLOGIES



Sri Aurobindo Medical College & P.G. Institute Indore
Revised Basic Course Workshop (rBCW) (For the faculty of Sri Aurobindo Medical College Indore)
18th to 20th February 2021



Left to Right Sitting:- 1) Dr. Sunita Mishra 2) Dr. Romi Srivastava 3) Dr. R.K. Jha 4) Dr. R.R. Wavare (Dean) 5) Dr. Manjushree Bhandari (Chairman, SAIMS) 6) Dr. Vinod Bhandari (Founder Chairman, SAIMS) 7) Dr. (Mrs.) S. Bose (Convener, RTC, SAIMS) 8) Dr. Praveen Arora (Co-Convener) 9) Dr. Rajesh Sharma 10) Dr. K.K. Arora

Standing 1st Row:- (1) Dr. Pankaj Nema (2) Dr. Rajeev Gupta (3) Dr. Bharat Singh (4) Dr. Prashant Jain (5) Dr. Arjun Jain (6) Dr. Amurag Srivastava (7) Dr. Arun K. Mishra (8) Dr. Suresh Thakur (9) Dr. Shruti Bansal (10) Dr. Pragya Prakash (11) Dr. Sanjana Ahuja (12) Dr. Shubi Verma

Standing 2nd Row:- (1) Dr. Vishal Agrawal (2) Dr. Kamendra Singh Pawar (3) Dr. Ankur Agrawal (4) Dr. Jitendra Chouhan (5) Dr. Pushpvardhan Mandlecha (6) Dr. Neeraj Jain (7) Dr. Advait Prakash (8) Dr. Kotadia Hiral Sureshbhai (9) Dr. Sonam Verma (10) Dr. Shruti Paliwal (11) Dr. Grishma Agrawal

Faculty Development Programs 2020-2021

In view of new Competency Based Medical Education (CBME) curriculum launched in 2019 by National Medical Commission (then Medical Council of India), an additional faculty training program 'Curriculum Implementation Support Program' (CISP) was launched in 2019, to support the teaching faculty of medical colleges in the implementation of new curriculum. In consonance with the same, during the challenging times of Covid-19 pandemic RTC, SAIMS conducted two offline workshops (one revised basic course workshop and one CISP workshop) in the month of February 2020 at Regional Training Center, SAIMS and thirty five online workshops (four workshops by RTC for the allocated medical colleges of Madhya Pradesh and Bihar, and thirty one workshops by allocated colleges under the observer ship of regional center). During this year RTC, SAIMS, Indore trained 26 teaching faculty members in revised basic course workshop and 1003 faculty members of M.P. and Bihar in Curriculum Implementation Support Program. The efforts of RTC, SAIMS for faculty development program during the challenging times of Covid-19 were highly appreciated by the Academic Cell of National Medical Commission, New Delhi and NMC Nodal Center, Karamsad, Gujarat.

In the year 2021, RTC, SAIMS has conducted one revised basic course workshop during 18th to 20th February 2021 for the faculty of Sri Aurobindo Medical College and PG Institute, Indore in which 24 faculty members were trained.

Dr. Mrs. S. Bose
Convener,
NMC RTC, SAIMS, Indore

Dr. Praveen K. Arora
Co-convener
NMC RTC, SAIMS, Indore

GOOD LABORATORY PRACTICE



Department of Pathology -

Phlebotomy Training as per OSHA Mandate - SAIMS

Laboratory services fulfill their responsibilities with efficiency, effectiveness and as per NABH standard. In this context, a Workshop / Training Program was successfully conducted on “Phlebotomy & Laboratory Workflow Improvement Module” by Dr. Kamal Malukani, Professor, Department of Pathology, SAIMS from 23 to 27 Feb 2021. This training was conducted for the SAIMS Hospital's nursing staff, laboratory technicians, PG residents and

faculties of Laboratory Medicine. A total 250 participants were benefitted from this workshop. According to the medical literature, 68% of reporting errors by any laboratory are due to pre-analytical factors which include incorrect blood collection techniques and such errors can be avoided by regular trainings, corrective action & preventive action (CAPA). As per OSHA mandate (Occupational Safety & Health Administration), it is compulsory for all phlebotomists to undergo such training on annual basis. Department of Pathology, SAIMS has been involved in organizing various training programs for technical staff which are as per the NABH guidelines also.

This workshop emphasized on the correct technique of drawing blood, various vacutainers used in day-to-day practice for phlebotomy, order of draw while collecting blood specimens, turn around time, & factors which can result in pre analytical errors. The information on various phases of laboratory work cycle & transportation of samples was also provided to the trainees. A dummy arm simulator was used for hands on training & even live demonstration of the correct technique of collecting blood specimens through evacuated closed collection system was given on volunteers. In this workshop, the trainees were asked to fill the pre-test, post-test evaluation forms as well as the feedback forms to have a better understanding of the phlebotomy technique as well as to obtain suggestions for improvement of further training programs. All the COVID-19 safety protocols were followed by the trainees & trainers in the workshop.



WEBINAR - ROLE OF RT IN LYMPHOMA

Department of Radiotherapy - A webinar was organised on the 7th of Feb 2021. The honorary speaker was Dr Lena Specht, who is a professor of Oncology at the University of Copenhagen, Denmark and an author of over 200 research articles and educational papers.

About 70 doctors from all over the country attended the webinar. The discussion brought together all the leading Oncologist of our country and world sharing the wisdom and ever evolving treatment guidelines with newer technologies and Planning method ultimately aiming at improved outcomes for our patients.

SCIENTIFIC CELEBRATIONS

INTERNATIONAL ORAL AND MAXILLOFACIAL SURGERY DAY



13 February is celebrated as International oral and maxillofacial surgeons day, also commemorate the birthday of Dr. Minoo Sorabjee Ginwalla, the first oral surgeon in India. We have been celebrating this day year after year with great zeal and enthusiasm by organizing social and educational events. This year we have celebrated international oral and maxillofacial surgery day, by organizing unique events like short story competition, suturing competition for the interns in which students participated with lot of passion.

Topic allotted for the short-story competition was 'your first good/bad experience in the Department of Oral & Maxillofacial surgery'. There was great enthusiasm amongst participating interns, we received 22 short stories which were judged by Dr. Geeti Vajdi Mitra, Professor & HOD, oral and maxillofacial surgery Dr. Gagan jaiswal, Professor, Department of Periodontology & Dr. Tejas Motiwale, Professor, Department of oral & Maxillofacial on 10th Feb 2021. Ketki Bajpai came out to be the winner of the competition, runner up was Muskaan Chaudhary & 3rd position was shared by Manan Phalke & Divya Singh.

Under this celebration, 'SUTURE IT UP' competition was organized on 11th of February 2021 at the Marigold hall at Sri Aurobindo College of Dentistry. This competition was one of the first kind to be held in central India and the event was inaugurated by Dr. Kanteshwari I.K., Dean, Sri Aurobindo College of dentistry. Around 20 zealous interns participated and showed prowess for suturing with correct techniques. The participants were given 15 minutes to demonstrate three different suturing techniques that were - the simple interrupted sutures, the continuous interlocking sutures and the figure of eight sutures. The judges for the competition Dr. Geeti Vajdi Mitra provided this huge opportunity for students to shine and boost their confidence to work under pressure and Dr. Tejas motiwale guided the students throughout. The suturing competition saw a massive turnout as all the participants exhibited great skill work. The first position was swooped by Devanshu Arya followed by Jagriti Meena and Akansha Pandey. Muskan Jain was awarded with a consolation price.

Also to fulfil our social responsibility, support government and to mark road safety month, we had organised an inter-college debate competition on the Topic "Road Traffic Safety In Indore - Is it adequate" for interns and Pgs with participants from 3 different colleges under the Guidance of Dr. Geeti V Mitra at Laser Auditorium. Participants had putforth their excellent ideas regarding management of road safety in Indore.

Key note address was given by Dr. Geeti V Mitra, eminent maxillofacial surgeon & Organizing chairman of the event, inspired the upcoming generation of dentists and maxillofacial surgeons about the future challenges in the field of the maxillofacial surgery. Event was graced by our founder chairman Dr. Vinod Bhandari, Dr. Jyoti Bindal, Dr. Manjushree Bhandari and Dr. Deshraj Jain (Dean of Government dental college Indore and head of DCI MP STATE) and Dr. Kanteshwari I.K. (Dean & HOD Periodontology, Sri Aurobindo College of dentistry).

Dr. Vinod Bhandari shared his past experiences as CMO with the attendees about working on maxillofacial trauma. Dr. Jyoti bindal was impressed by dental students and applauded the theme of debate competition also expressed the need for better road safety measures in Indore. Dr. Deshraj Jain shared his experiences of working with Dr. Vinod Bhandari, abroad and narrated his experience about the traffic management and importance of traffic rules and road safety. Program concluded with prize distribution and thanks-giving speech by Dr. Tejas Motiwale.

WORLD CANCER DAY

Department of Radiation oncology organised a symposium on the world cancer day on 4th Feb 2021. It was inaugurated by our founder chairman Dr Vinod Bhandari and Chairperson Manjushree Bhandari. Dr Dilip Acharya, Dr Sanjay Desai, Dr Virendra Bhandari, Dr Shayali Kulkarni and Dr Vikas Asati delivered their talks on importance of cancer screening and early diagnosis of various cancers. Prizes were distributed for poster competition held in Dental college.



ORAL PATHOLOGIST'S DAY

The Department of Oral Pathology & Microbiology organized various events for celebrating "National Oral Pathologist's Day" on 25th February 2021. Soap carving competition was organized on 22nd February for 1st year BDS students, Interns and Post Graduate Students. Many students participated in the event and carved very artistic and innovative designs on different shapes of soaps. Quiz competition was organized on 23rd February for 1st year BDS students, Interns and Post Graduate Students. Many students participated in the event and enjoyed the event. 3 rounds comprising of one general knowledge, one AV round and the 3rd was a subject related round were included.

Skits competition was organized on 24th February in which 1st year BDS students and Interns participated. The skits had to be based on dentistry. Students came up with very off beat ideas by incorporating bollywood songs for signs and symptoms of various diseases like OSMF and MPDS.

On the final Day that is 25th February, a guest lecture was organized which was delivered by Dr. Col. P Chitalkar (HOD, Department of Medical Oncology, SAIMS Super-specialty hospital) who spoke on HOPEFUL ONCOLOGY-TEENAGE CANCER. This was followed by prize distribution for all the previously organized events. The chief guest for the occasion was the Chairperson of SAIMS University Dr. Manjushree Bhandari, with the guest of honor being Dr. Jyoti Bindal, Dr. S. Bose (DME SAIMS), Dr. Kanteshwari I.K. (Principal, Sri Aurobindo College of Dentistry) and Dr. Anand Mishra Sir (Principal, Physiotherapy College). A replay of the prize winning skit was also performed by the students for the audience. The programme was thoroughly enjoyed by all and was a grand success.



DEPARTMENTAL ADVANCES

Pharmacovigilance Activities at SAIMS

The Department of Pharmacology with its Regional Pharmacovigilance Centre (PvPI) has been actively participating in the pharmacovigilance activities at SAIMS all through the COVID era. The Department of Pharmacology was also a participant in the multicentric study titled 'ICMR - RUMC COVID-19 study of Prophylaxis in Healthcare Workers' which was conducted by ICMR with the Principal Investigator Dr. Chhaya Goyal and Co-investigator Dr. Pooja Reddy. We are glad to inform that we have collected highest number of responses from healthcare workers at SAIMS in our state, with a possible new signal of Hydroxychloroquine (HCQ) induced oral ulceration. Apart from HCQ monitoring the department is also actively involved in monitoring of Remdesivir and Tocilizumab as part of our routine pharmacovigilance activities. Mr. Mohammad Rafi is actively involved in the focused pharmacovigilance of COVID-19 vaccine. We are happy to inform that until now there has been no serious or life-threatening adverse events post vaccination at SAIMS facility. We are always thankful to the medical, paramedical and all other healthcare workers at SAIMS for giving their feedback and constant support on matters of drugs and vaccines safety thus, contributing in building our nations' drug safety data under the aegis of IPC Ghaziabad & WHO-UMC database. The Department of Pharmacology looks forward towards actively working for the purpose of pharmacovigilance and seek your active cooperation in this regard.



Pain Clinic

Department of Anesthesiology has started Pain Clinic under the expert guidance of Dr. Swapnil kumar Barasker from 16th Feb' 2021. He has done his fellowship from SGPGI, Lucknow. The Pain OPD will be conducted on 3 days viz Monday, Wednesday and Friday.

INNOVATIVE TREATMENTS

“OCCUPATIONAL THERAPY : PATH TOWARDS INDEPENDENCE.”



Department of occupational therapy pleased to announce that a 27 years old female patient with Intramedullary Involvement was unable to perform household work like chopping, grooming, cleaning cooking etc., due to lack of coordination and poor hand functions. Team of occupational therapist Divya sharma, Shubhangini Vyas, Anusha rangshahi, Anushka jain, Adarsh yadav, Swati sahu under guidance of Dr.Subhash Garg, provided her with “Modified Chopping Board” which will help patient to cut and chop vegetables and fruits independently to simplify her work .

Department of Radiation Oncology



एक्स्ट्रा कौरपौरीअल इर्रेडिएशन एक प्रकार की रेडियोथेरेपी तकनीक है। इस तकनीक को हड्डियों के कैंसर में उपयोग में लिया जाता है। मध्य प्रदेश में प्रथम बार यह तकनीक 9 सितम्बर 2020 को सैम्स, इन्दौर में हुई। इस रेडियोथेरेपी तकनीक में अंग संरक्षण कर मरीज एवं अंग की कार्यक्षमता संरक्षित करना सम्भव है। इस तकनीक में सर्जरी का भी उपयोग है। एक्स्ट्रा कौरपौरीअल इर्रेडिएशन में सर्जरी द्वारा कैंसर ग्रसित हड्डी को शरीर से काटकर निकाल कर उसे 50 ग्रे रेडियोथेरेपी द्वारा सिकाई करते हैं। उसके पश्चात् उस हड्डी को शरीर में दोबारा लगा दिया जाता है। सैम्स, इन्दौर की कैंसर ओ पी डी में हड्डी के कैंसर से ग्रसित 38 वर्षीय महिला का इलाज इस तकनीक द्वारा सम्पन्न हुआ। सैम्स के कैंसर सर्जरी विभाग के विभागाध्यक्ष

डॉ. संजय भंडारी देसाई एवं रेडियोथेरेपी विभाग के विभागाध्यक्ष डॉ. वीरेन्द्र भंडारी के मार्गदर्शन में की गयी। चिकित्सा के 3 महीने बाद मरीज ने छड़ी के सहारे चलना प्रारम्भ किया।

Outreach activities

Satellite dental services



The department of Public Health Dentistry resumed its satellite dental services after COVID on 11th Feb 2021. The department is organizing regular biweekly dental services on every Monday and Thursday at our rural satellite centre, Community Health Centre, Sanwer.

Medical camp



इन्दौर दिनांक 20 फरवरी 2021 शनिवार को खजराना क्षेत्र की सघन आबादी में वृहद निशुल्क स्वास्थ्य एवं दंत चिकित्सा शिविर का आयोजन किया गया।

श्री अरबिंदो इंस्टीट्यूट ऑफ मेडिकल साइंस, क्षेत्रीय पार्षद तथा प्रशासन के सहयोग से वृहद चिकित्सा शिविर में संस्थान के मेडिसिन विभाग, दंत रोग विभाग, नाक कान गला रोग विभाग, हड्डी रोग विभाग, चर्म रोग विभाग, स्त्री रोग विभाग, बाल एवं शिशु रोग विभाग, नेत्र रोग विभाग के डॉक्टरों ने अपनी सेवाएं प्रदान की। आवश्यक दवाइयों का निशुल्क वितरण किया गया। ऑपरेशन – योग्य मरीजों को बस द्वारा श्री अरबिन्दो अस्पताल लाया गया। आयुष्मान योजना की विस्तृत जानकारी प्रदान की गई। मरीजों का पंजीयन किया गया। इस अवसर पर संस्थान के महाप्रबंधक श्री राजीव सिंह ने बताया कि संस्था का उद्देश्य जन-जन तक चिकित्सा सेवा पहुंचाना है।

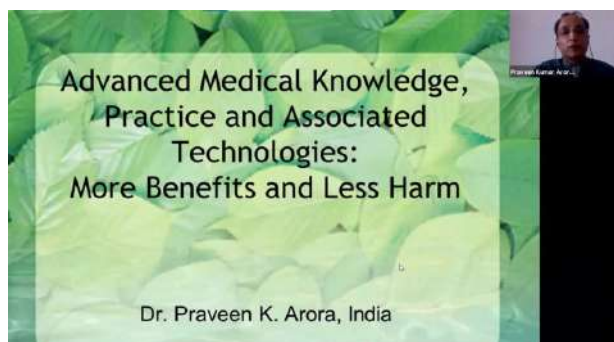
Physiotherapy Outreach Services

Department of Physiotherapy proudly announces for the physiotherapy services given to the players of Basketball academy & tennis club in National Tournament held at Indore on dated 26th & 27th February 2021. (3rd Shanky Hardia Memorial all India Basketball tournament (Men) and ITF Junior tennis tournament)



INVITED LECTURES

* **Dr. Praveen Arora**, Professor and Head, Department of Forensic Medicine and Toxicology, was invited as an invited speaker for the World Bioethics Day 2020 celebrations conducted online by the D Y Patil Education Society Deemed University, Kolhapur on 19th October 2020. He delivered the talk on “Benefit and Harm: Practical Learnings” and presented awards to active members of Bioethics Unit of DYP Kolhapur.



Dr. Praveen Arora was also invited as a panelist at Pegaso Online International Conference 2020 organized by Pegaso International University, Malta and UNESCO Chair in Bioethics, University of Haifa, Israel from 23-24 October 2020. He presented his views on 'Advanced Medical Knowledge, Practice and Associated Technologies: More Benefits and Less Harm', along with other eminent educationists from around the world.

* **Dr. Rakhi Sivakumar** Associate professor, Department of Physiotherapy was invited as a speaker for a webinar on “Menopause: Beat the odds with exercise” on 25th July 2020 organized by Career College Bhopal.

ACHIEVEMENTS

Dr. Shilpi Dosi, Professor, Department of Pathology has successfully completed 1st Pulmonary Pathology Course- A collaboration by Mayo Clinic and society of Respiratory Medicine Vadodara online in January 2021.

Department of pathology

Dr. Amit Varma, Professor & Head, Department of Pathology is current Hon. Secretary of Indian Association of Pathologists & Microbiologists MP State Chapter has now been elected as President Elect. For IAPM MP Chapter 2023-25.

Department of Surgical Oncology

Dr. Elroy Saldanha, Senior Resident was awarded Indian Association of Surgical Oncology (IASO)- ICANCARE scholarship on the occasion of National Cancer Day 2020 and successfully completed the course of Certified Tobacco Cessation Specialist (CTCS) under Gujarat University.

NEW FACULTY

New faculty members who joined Pathology Department in February 2021

1. **Dr. Nisha Modi** Assistant Professor (MD pathology from Tata memorial Hospital Mumbai with 1 year of senior residency at TMH Mumbai & 1 year at AIIMS Bhopal. She has special interest in Oncopathology)
2. **Dr. Harsh Jakheta** – Assistant professor (MD Pathology from GMC Bhopal with 1 year work as Lab director in B LAL corporate Pathology Lab Jaipur, He has completed 1 year international fellowship in Dermatopathology from Taiwan under Dr. Yu-Hung Wu, President of Asian society of Dermatopathology)
3. **Dr. Sudarshan Gupta** – Assistant Professor (MD Pathology from SAMC & PGI, worked as lab head in PATHKIND corporate chain of labs Gwalior for 1 & ½ yr)

PUBLICATIONS

Department of Orthopaedics

Jain RK, Deshpande M, Bohra T, Jain N, Gulve M. The correlation of various anthropometric measurements with tibia interlocking nail length measured intra-operatively. Ortho J MPC. 2021;27(1):33-36.

Choudhari P, Jain N, Jain S, Chauhan R. Functional outcome of bilateral total hip arthroplasty by posterolateral approach: a prospective study in Indian population. ORTHO J MPC. 2021;27(1):37-41

Publications in Department of Surgical Oncology

Joseph BA, Ghosh S, Desai SM. Safe tracheostomy in head and neck carcinoma patients during Covid era: method and demographics. International Journal of Scientific Research. 2020;9(11):42-43.

Ghosh S, Joseph BA, Dhakad V, Desai SM. Operating on head and neck cancers during covid-19 pandemic: our experience in a tertiary care surgical oncology center in central India. International Journal of Scientific Research. 2020;9(11):72-73.

Joseph BA, Ghosh S, Dhakad V, Desai SM. Trends of colorectal cancer in central India: an institutional review. Indian Journal of Applied Research. 2020;10(11):63-64.

Ghosh S, Desai SM, Dhakad V, Joseph BA, Saldanha E, Patel D. Intraoperative Blood Loss In Head and Neck Cancer Operations: A Retrospective Observational Study in a Tertiary Care Surgical Oncology Center In Central India. NJMR. 2020;10(3):153-156.

Department of pathology

Varma A, Thatte S, Singh SO. A Clinical Study to Assess the Correlation between Histopathological Changes in Different Nature of Pterygium and Severity of Dry Eye Disease. Clin Res Ophthalmol 2020;3(1):1-5.

Agarwal A, Mukherjee A, Kumar G, Chatterjee P, Bhatnagar T, Malhotra P, PLACID Trial Collaborators (Including Dr Kamal Malukani). Convalescent plasma in the management of moderate COVID-19 in India: An open-label parallel-arm phase II multicentre randomized controlled trial (PLACID Trial). MedRxiv British Medical Journal 2020; 371.

Kucheria M, Kathed V. Comparative study of Robinson's cytological grading with Bloom Richardson's histologic grading for breast carcinoma. IP Journal of Surgery and Allied Sciences, April-June, 2020;2(2):44-47

Department of Pediatric Surgery

Prakash A, Khaitan A, Kela M, Sharma R, Gautam S, Abbas A, Patidar S, Chaudhary N. Evaluation of risk factors for post laparotomy abdominal wound dehiscence at a tertiary care teaching hospital. IJMSER 2021;4(1):452-462

Department of Conservative Dentistry and Endodontics

Kapadia K, Patni P, Jain P, Raghuwanshi S, Pandey SH, Phulambrikar T. Use of cone beam computed tomography to evaluate the prevalence of c-shaped canals in mandibular first and second molars in central Indian population. International Journal of Medical Science and Diagnosis Research 2020;4(5):47-52.

Bilaiya S, Patni PM, Jain P, Pandey SH, Raghuwanshi S, Bagulkar B. Comparative evaluation of accuracy of Ipex, root ZX mini, and Epex pro apex locators in teeth with artificially created root perforations in presence of various intracanal irrigants. Eur Endod J. 2020;5(1):6-9

CONFERENCE PRESENTATIONS

Department of pathology

Dr. Kamal Malukani : Poster on “Primary Cutaneous Leishmaniasis; A rare case report” in the “Virtual Annual Conference of Dermatopathology Society of India, 15th, 16th, January 2021.

Dr. Kamal Malukani : Poster on “Fine Needle Aspiration Cytology of Chondroblastoma of the Fibula” – A rare case report” in the Virtual Cytopathology CME 2020, 13th December 2020.

Dr. Prabhat K. Mehta under the guidance of Dr. Amit V. Varma : Paper on “Evaluation of Expression of EGFR and Ki-67 marker in oral squamous cell carcinoma and its association with grading and staging of tumor” in International CME held at Goa in January 2021.

Dr. Ankita Jain : Paper on “Study of Clinical, Biochemical and Hematological profile in Megaloblastic Anemia at tertiary center” under the guidance of Dr. Kamal Malukani in International CME held at Goa in January 2021.

Dr. Kamal Malukani : Poster on “Multiple Myeloma-An analysis of 70 patients from a tertiary care center” in “Virtual HAEMATOCON 2020” organized by Indian Society of Hematology and Blood Transfusion on 20th - 22nd November 2020.

Dr. Kamal Malukani : Poster on “Clinicopathologic review of 118 cases of Acute leukemia with special reference to cytochemistry and flowcytometry” in 61st HAEMATOCON 2020 organized by Indian society of hematology and blood transfusion on 20th-22nd November 2020.

Dr. Suvidhi Wankhede : Paper on “Clinicopathologic Evaluation of Oral Squamous Cell Carcinoma” under the guidance of Dr. Kamal Malukani in international CME, Goa in January 2021.

Dr. Veena Verma : Paper on “Comparison of Ki-67 expression in Prostate cases with modified Gleason's score” under the guidance of Dr. Amit V. Varma, in International CME, Goa in January 2021.

Dr. Avinash Raghuwanshi : Paper on “Lichen Planus : Clinical and histopathological study of 55 cases in a tertiary care center” under the guidance of Dr. Shilpi Dosi, in International CME, Goa in January 2021.

Dr. Avinash Raghuwanshi : Paper under the guidance of Dr. Kamal Malukani on “Isolated Bilateral Nephropathy: A rare presentation of Acute lymphoblastic Leukemia” in Virtual Cytopathology CME 2020 on 13th December 2020.

Dr. Prabhat K. Mehta : Paper under the guidance of Dr. Amit Varma on “Metastasis of Lobular Breast Carcinoma to the leptomeninges” in Virtual Cytopathology CME 2020 on 13th December 2020.

Department of Prosthodontics

Dr. Poonam Kulkarni, Reader, : Paper on 'comparative evaluation of relationship of the smile zone shape and upper lip mobility with number of total maxillary teeth exposed and amount of maxillary anterior teeth exposed during smile' at 48th IPS National Virtual Conference on 3-6 December 2020, Nagpur.

Department of Physiotherapy

Dr. Rajni Pawar, Associate Professor, has presented paper entitled “a study on breathing exercises and lung functions of sedentary women” on 9 - 11 October 2020 in International Conference on Recent Advancement in Physical Therapy & Rehabilitation.

CONFERENCES ATTENDED

Dr. Kamal Malukani from the department of pathology attended 1st hemophilia and thalassemia update organized by Sanjay Gandhi Post Graduate Institute of Medical College, Lucknow held on 22nd, 23rd January 2021.

Dr Sushmita Tripathi and **Dr. Avinash Raghuwanshi** from the department of pathology attended Virtual Annual Conference of Dermatopathology Society of India; held on 15th, 16th, January 2021.

Flash of IMA Activities

Unforgettable war of IMA Indore against COVID-19

The time from the start of covid-19 pandemic, the worst time ever, we all and our current generation have eye witnessed, Indian medical association (IMA) Indore, remains fully dedicated to help and support our public, doctors, medical and paramedical staff relentlessly with full cooperation of local administration in fighting with this deadly virus. As our efforts continued, we are now in much better and favorable condition as far as success of covid prevention programs are concerned. IMA Indore under the leadership of president Dr Satish Joshi, worked hard as a responsible Indian Medical society, to combat the COVID situation. We conducted public awareness program by arranging small public gathering maintaining social distancing, publishing short videos, clips and messages in both social and print media. We also donated needy items to many societies and hospitals like pulse oxymeters, masks etc.

Though our efforts start showing its ground results, the main breakthrough happened in prevention of COVID-19, was the launch of COVID-19 vaccine on January 16th in India, but here too, challenges were big. There was lot of false chaos about the vaccines like its safety, efficacy, method of manufacturing etc. Not only this, there were few religious and political contradictory issues too. Here too, IMA Indore conducted many CMEs on vaccination, its safety and efficacy etc. with our experts. Even IMA Indore set an example by vaccinating our own members and eminent doctors of Indore to allay fear of our colleagues and public. Such steps of IMA were found very useful in success of covid vaccination campaign. We can say proudly that IMA Indore remains indispensable part of this campaign against COVID-19.

Hunger Strike against 'Mixopathy'

Indian medical association Indore branch has been known to go for all possible measures to safeguard the matters, disputes and contentions pertaining to esteemed members of INDORE branch of IMA. The very same tune against this new law of Mixopathy, all the doctors of Indian medical association Indore branch stood as a unit against draconian law causing Mixopathy where in a legislation, ayurvedic physicians will now be able to perform at least 58 variety of surgeries on human beings. To show the solidarity and unity against this Mixopathy law, Indore branch raised a voice and gathered at SAIMS on 13th February 2021 and this event was presided by the national president Dr. Jaylal who came all the way from Kanyakumari and advised of the students and members of medical fraternity that what will be the repercussion of this new law leading to Mixopathy where in the modern science doctors will be at helm and apart from this the common citizen of the nation will receive compromised health care by more or less unqualified doctors. A good number of member doctors leaders of IMA local branch and students of medical colleges were gathered to show a protest against this law.



Dr Satish Joshi
President



Dr Sadhna Sodani
Secretary



Dr Rakesh Jain
Editor

FACULTY SECTION

सोचूँ मैं तू कैसी होती

देखा नहीं कभी तुझे पर सोचूँ मैं तू कैसी होती,
 एक चंचल तितली बगिया की,
 या कोई नदिया अलहड़ सी,
 एक सुबह अरहर की बाली सी,
 तेरे कोरे सपनों से हर मौसम रंग जाया करता,
 तू आँचल से ढकी जैसे एक खुशबू हो भीनी सी,
 तेरी हँसी की खनक से किरणें भी खेला करती,
 तू रूठे, जैसे रूठी कोई चिड़िया दीवानी सी,
 जो सयानी होती तू,
 मेरे हाथों को थाम लेती,
 जर-जर ढाँचे को मिली
 मजबूती जैसे लाठी सी,
 जलती धूप में, बिटिया तू तो एक गगरी पानी सी,
 लरसती आँखों को जैसे, हरे-भरे खलिहानों सी
 देख बेटे से मिली है मुझको
 धुन्धलाती आँखें, टूटी लाठी,
 एक धोती फटी पुरानी सी
 और मन में एक सवाल सी तू.....
 सोचूँ मैं तू कैसी होती
 एक तितली नदिया अरहर
 या होती मेरी रवानी सी ॥

डॉ. अभिलाषा मानकार

नारी शक्ति

नारी तेरे रूप अनेक नारी तेरे रंग अनेक
 अपने अंदर तूने कई किरदारों को लिया समेट
 कभी माँ कभी बहन-बेटी तो कभी अर्धांगनी
 सारी दुनिया आशाओं से तुझको रही है देख

तुझसे ही तो शक्ति है तुझसे ही तो भक्ति है
 तुझसे ही झंकार है तुझसे ही यह संसार है
 तुझसे ही सम्मान है तुझसे ही अभिमान है
 तुझसे ही सुन्दरता है तुझसे ही निडरता है

तुझमे ही नदियों सी चंचलता है
 तुझमे ही चंद्रमा सी शीतलता है
 तुझमे ही हिमालय सी ऊँचाई है
 तुझमे ही समन्दरों सी गहराई है

तुझे अपनी छिपी हुई शक्ति को पहचानना होगा
 तू नहीं है कमजोर तुझे खुद को यह जानना होगा
 तू चाहे तो कर सकती है सब कुछ अपनी मुट्ठी में
 अब दुनिया को भी तेरी ताकत को मानना होगा

डॉ. अभिषेक काँसल

THE UNSPOKEN WARRIOR

A woman has the power to create, mold and nurture. She may be soft, but her voice has a sense of determination. Her shoulders may be delicate, but then can carry the burden of their family and work with ease. Do not underestimate the strengths and abilities of a woman – she has seen everything. Women's Day commemorates and appreciates the strengths and struggles of a woman, emphasizes their fight against violence and discrimination, empowers them. The angel on the earth makes our life a wonderful experience all together. Imagining life without a woman is quite hard-hitting. This angel shakes the cradle with one hand the earth with the other hand. The fact that all the great people of the world are born from the womb of a woman and it is a woman from whom those great people have taken their initial teachings. And that is the reason we have always emphasized upon giving the due respect to women in their life. And that is why women's day is celebrated with so much of zeal and it has spread throughout the world.

Women are symbol of power, God's finest and beautiful creation without whom no creation is possible. The willingness to listen, the patience to understand, the strength to support, the heart to care and just to be there, that is the beauty of a lady. Wishing you a very Happy Women's Day. You have everything in you and that's the reason why world is celebrating you!

- BY : KULDEEP SINGH PAL

3rd year BDS

STUDENT SECTION

सशक्त नारी

दिल में जागी एक आस हो तुम,
सबसे अलग और बहुत खास हो तुम ।
इस देश की शान हो,
महिला मेरा हर जगह सम्मान हो ।
हर कार्य में परिपूर्ण,
तुम करुणा का प्रतीक हो,
उमा तुम, नारी, अबला, स्त्री और शक्ति भी तुम,
मातृभूमि के लिए कुछ भी कर जाने वाले
शूरवीरों की जननी भी तुम ।
नन्हीं किलकारियों की पहली उम्मीद हो तुम,
मां के साथ-साथ,
हर कर्तव्य को परिपूर्णता से निभाने वाली ताकत हो तुम ।
क्योंकि नारी हो तुम
क्योंकि नारी हो तुम
- खुशी दीक्षित



चित्रकार :
गोविन्द सिंह तोमर
MBBS 1st Year

तू नारी है

तू हमारा सम्मान है ।
दिल में तुम्हारे प्यार है
आत्मा तुम्हारी शुद्ध है
मन में तुम्हारे चिंता है
आँखों में तुम्हारी तेज है
दिमाग में कई सवाल हैं
शब्द तुम्हारे सुखदायी हैं
हाथ तुम्हारे मरहम हैं
हां, तू नारी है
तू हमारा सम्मान है ।

- श्रेया रेजा

BDS 1 st Year

अपने हौसले से तकदीर को बदल दूँ,
सुन ले दुनिया हॉ मैं औरत हूँ,
दिलों में बस जाए वो मोहब्बत हूँ,
कभी बहन तो कभी ममता की मूरत हूँ ।
ये मीरो की अमर भक्ति जहर से मर नहीं सकती
ये झांसी वाली रानी है किसी से डर नहीं सकती
मदर टेरे सा, कल्पना हो या सोनिया, असम्भव
क्या है दुनिया में जो नारी कर नहीं सकती ।
कम नहीं से किसी से
साबित कर दिखलाएंगी
खोल दो बन्धन, बेटियां हर मंजिल पा जाएंगी ।
कौन कहता है कि, नारी कमजोर होती है ।
आज भी उसके हाथ में, अपने सार घर को चलाने की डोर होती है ।
वो तो दफ्तर भी जाती है,
और अपने घर परिवार को भी संभालती है ।
सारे परिवार को खाना खिलाकर फिर खुद खाती है,
जो नारी घर संभाले तो सबकी जिंदगी सम्भल जाती है इसलिए तो नारी
महान होती है ।
तोड़ के घर पिंजरा
जाने कब मैं उड़ जाऊँगी ।
चाहे लाख बिछा लो बंदिरो
फिर भी दूर आसमान में अपनी जगह बनाऊँगी ।
सुन ले दुनिया एक दिन मैं ही तुझे जीना सिखाऊँगी ।

- आशी अग्रवाल
1st year MBBS

नारी

नारी तुम विश्वास हो,
ममता के आँचल का एहसास हो
नारी तुम ख्वाब हो,
नफ़रत की दुनिया में, मात्र तुम ही प्यार हो
नारी तुम भावना हो
हर उलझन सुलझाने का सार्थक प्रयास हो
नारी तुम प्रेरणा हो,
मंज़िल तक पहुँचने की सम्बल आस हो
नारी तुम आकांक्षा हो,
सपनों की उड़ान का अविरल भाव हो
नारी तुम आशा हो,
टूटी हुई उम्मीदों की एकमात्र आस हो
नारी तुम नीलिमा हो,
नभ से भी ज़्यादा विराट हो
नारी तुम पूर्णचंद्र हो,
अंधेरे में रोशनी का स्रोत हो
नारी तुम समाज का वास्तविक वास्तुकार हो ।

- अवनी राय
BDS 1 st Year

"WE' the WomEn' -The peculiar part of the society!

Sometimes we are well respected,
 n other times discriminated,
 But yet there is a divine reason we are being created!
 "Mitochondria' of the society,
 Fuels the functioning of the humanity!
 WE are the WARRIORS brought to an existence,
 to create another life in persistence!
 Fragile ,yet so strong,
 she is my sister or your MOM!
 Her strength has the power to even beat the 'Pandemic',
 where there is a WOMAN .there is a MAGIC!
 She could make you laugh your heart off after
 you frown,
 coz every WOMAN wears an invisible crown !
 Not just the good genes that she inculcates,
 its the overall soul character that she owns !

From having an extra X in her natural
 character, that X stands for an 'X factor'!

There is an extra vitamin added to the syllabus of
 biochemistry,
 there is a chemical synonym of strength known
 as vitamin 'she'!

She is a 'stree', binding force just like gravity,
 creating the synapse between human n nobility!

Yes, this poetry is dedicated to all the gorgeous
 feminine energies around the world,
 To all the female faculties & the leading force of
 the SAIMS Universe !

NOBLE MEHRA
FINAL YEAR B.D.S

भण्डारी परिवार द्वारा प्रेषित "एक पाती नवागत विद्यार्थियों के नाम" से प्रेरित-उत्साहित विद्यार्थियों का प्रतिसाद

Devesh Singh Sisodia

SAIMS TIMES magazine is very interesting. A message to newly came students is written in a very nice way. I liked it very much. It has explained how we have to study wisely, how to be healthy etc. It has also plotted various examples to motivate us.

Ishita Patel

This letter gave us a idea about how to make these 5 ½ years of professional medical education easy. The letter explained with stories about the things we should do to make studies easy. I learned about managing my time, how to make learning easy by studying in group by getting inspired by the ants. I learned to never miss a chance to gain knowledge from everyone and everywhere. I should gain the knowledge with respect. I should be more observant as observation is the most important trait of a great doctor just like Dr. Sir Arthur Conan Dayal. I felt that I am a part of the SAIMS institute.

Aman Mewada

Saims times me di gyi pati bahut hi labhdayak hai. Isme cover kiye gye sare topic se jo jaruri jankari prapt hui.

GouravDangi

Highly motivated lines for students. These thoughts will be very helpful if we apply that in our daily life to become a good doctor.

Govind Singh Tomar

Thank you for giving us guidance through some stories in this letter. I will practice all these things in my life and will always be thankful to God, my teachers, my parents and this great institute SAIMS for providing everything to become a better human being.

Deepak Yadav

This letter tells us to not differentiate between students and treat everyone with same respect. All the knowledge in this letter is very nice which is important for college and also for social life.

Abhishek Pathak

The magazine is really informative, knowledgeable and motivating for new students about medical profession and helping them to adjust in this new environment.

Yoganshi Arya

The letter published in saims time for medical student (fresher) was literally inspiring. It was perfectly amalgamated with inspiring quotes ,simplified examples and various principles that a medico must follow for not only becoming a successful doctor but an idealised individual too.

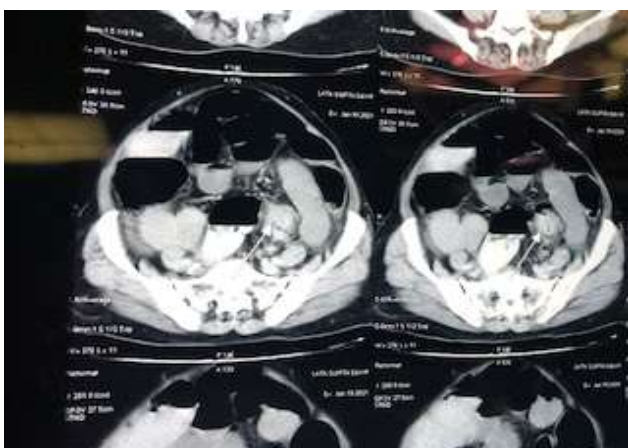
CASE REPORT 1

Synchronous Breast and Colon Cancer : A Rare Case Report

Authors : Dr.Sanjay Desai, Dr Vinod Dhakad, Dr Sandeep Ghosh, Dr Bonny Joseph, Dr Dhruv Patel, Dr Elroy Saldanha, Department Of Surgical Oncology, SAIMS.

Cancers developing from more than one origin are called multiple primary cancers (MPCs) and is a rare entity with a reported frequency of 0.73%–11%. We present a case with synchronous breast and colon cancer. A 54-year-old lady presented with features of large bowel obstruction (pain abdomen, abdominal distension and obstipation) for 3 days. She also gave a history of left breast lump for 5 months with history of rapid increase in size for which she did not seek medical advice. On examination: per abdomen was grossly distended, no shifting dullness. Local Examination of breasts revealed a 6x6 cm lump over left upper outer quadrant of left breast, fixed to breast tissue but not fixed to skin or underlying muscles/chest wall. Multiple mobile left axillary central nodes, largest 1x2cm. right breast and axilla were normal. She had undergone colonoscopy outside which showed a large exophytic sigmoid colon growth causing complete luminal obstruction and biopsy showed adenocarcinoma. Mammography showed BIRADS IV lesion. CECT Abdomen: moderate dilatation of entire colon with abnormal circumferential thickening of sigmoid colon; Liver was grossly normal; no ascites. PET CT Scan revealed no other uptake other than sigmoid colon, left breast and left axilla. She underwent emergency loop transverse colostomy and corecut biopsy of left breast lump which revealed invasive intraductal carcinoma. After stabilisation for few days she was planned for definitive operation and underwent Left Modified Radical Mastectomy and Left Sigmoid Colectomy in the same setting. Final Histopathology Report showed Infiltrating Ductal Carcinoma-NOS (Grade III)-Left Breast with involvement of 7/15 nodes. pT2N2Mx. And Sigmoid Colon Adenocarcinoma (Grade II) infiltrating muscle layer but serosa free with metastasis to pericolic lymph nodes (2/18) with adequate margins of 5 cm distally and 11 cm proximally. pT3N1bMx. After recovery and stitch removal, she was sent to Medical Oncology Department for adjuvant chemotherapy.

The incidence of breast and colon cancer in women at the same time is 3.85%. The clinical and pathological features of synchronous tumours of the breast and colon are not fully established and controversy exists as to the relationship between the two. Our patient does not fulfil The Amsterdam II Criteria used to diagnose Lynch syndrome, and breast cancer is not included as one of the cancer subtypes found in HNPCC. There was no family history in our case and genetic testing was not done. In the absence of any family history, it is likely to be sporadic synchronous primary breast and colon cancer. Because of the lack of definitive guidelines for synchronous tumours, the management of each patient should be determined as the outcome of MDT cancer meetings.



CECT : arrow showing left sigmoid colonic mass



Specimen of Sigmoid colectomy and Left MRM

CASE REPORT 2

A UNIQUE CASE REPORT OF MRKH SYNDROME

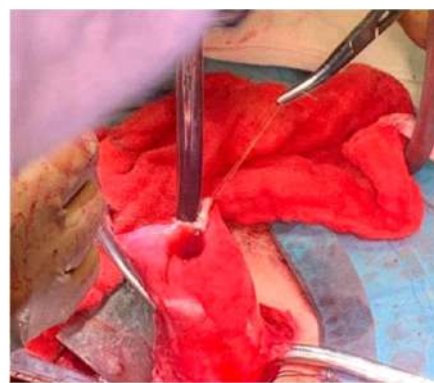
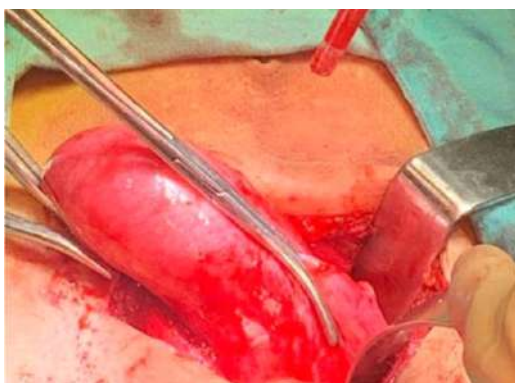
Aurthors: Dr.Prof.S.Qureshi, Dr. Neeta Karda, Department Obstetrics and Gynecology

Mullerian duct malformation occurs in various forms and each anomaly is distinctive. Cervical atresia or agenesis (AFS class 2B) is a rare anomaly and is associated with absence of a portion or whole of vagina. These patients present with primary amenorrhea and well developed secondary sexual characters and cyclical abdominal pain. A comprehensive pre-operative evaluation is essential for patients with functioning uterus with congenital absence of cervix and vagina. Hysterectomy is a definitive initial procedure.

A 16-year-old girl came to Saims OPD on 1/9/2020 with complain of cyclical abdominal pain since 6 months and leakage of urine pervaginal since 2 months. With similar complaints she went to private hospital 4 months back where USG was done suggestive of hematometra of 8X4.7X3.6cm. Vaginal dilatation with drainage of hematometra by abdominovaginal route was attempted but was not successful. Post operatively she had leakage of urine per vaginum and was referred to higher center.

O/E Patient was stable with well-developed secondary sexual characters. P/A 5x8cm. firm mass palpable in right iliac fossa. L/E a blind vaginal pouch of 1x1.5cm was seen with catheter in situ. On cystoscopy large VVF was seen at bladder neck, 2cm. proximal to vaginal orifice and on MRI 14x5.6x5cm distended uterus was seen with atretic cervix and vagina along with absent right kidney and dysplastic wedge shaped vertebra in lumbo sacral area consistent with type 2 MRKH syndrome. Patient taken in OT on 18/9/2020 for hysterectomy and VVF repair. Abdomen was opened 14x5x5.6cm size uterus seen. Hysterectomy done. 1.5cm. vaginal length left. 2x1 cm. VVF seen at bladder neck and repaired. Postoperative SPC along with urethral catheter and perivesical drain placed. Patient discharged on day 5 with SPC and urethral catheter in situ.

Cervical agenesis hinders outflow tract for menstruation affects reproduction and represents therapeutic dilemma. Hysterectomy is eventual treatment which eliminates suffering from cryptomenorrhoea, sepsis, endometriosis and multiple operations. Recent advances for restoration or reconstruction of cervical canal is yet to be explored. Thanks to Dr Faiz Khan and urology team for their contribution to the case.

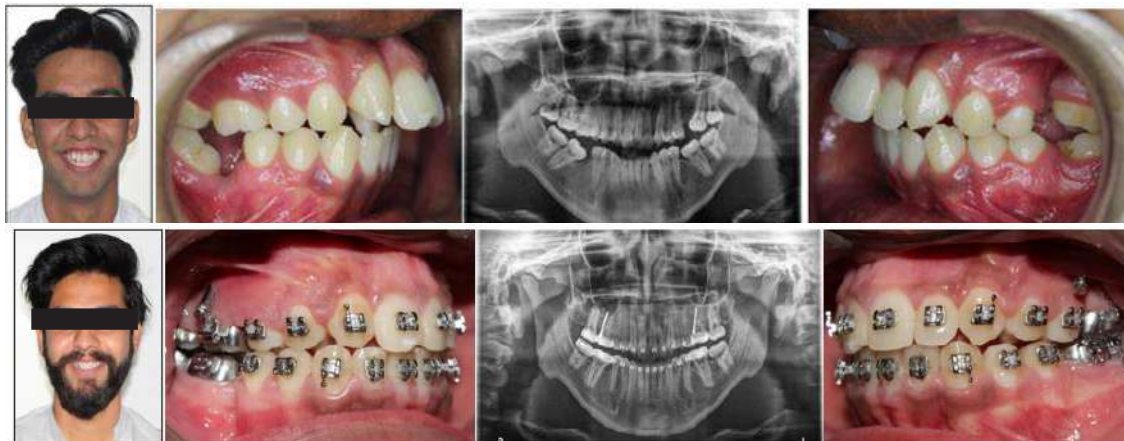


CASE REPORT 3

Mutilated Orthodontic case treated with IZC & Mini Screw Implants- A New Vistas in Orthodontics

Author – Dept of Orthodontics & Dentofacial Orthopedics, Sri Aurobindo College of Dentistry, Indore.

A 20-year-old male patient reported to Department of Orthodontics with a chief complaint of irregularly placed tooth in upper and lower front tooth region and dissatisfaction with his smile. He has undergone extraction of upper and lower left first molars and right first molar. On clinical finding patient had convex profile, protrusive lip, constricted maxillary arch, non-consonant smile arc, palatally blocked upper right lateral incisor, fracture maxillary left central incisor (Ellis class I), mesially tipped maxillary left second molar and mandibular left and right 2nd molars, mutilated occlusion. Radiographic findings revealed that patient has vertical growth pattern with proclined upper and lower anterior teeth with class II skeletal pattern. Treatment started with fixed orthodontic appliance and extraction of palatally impacted maxillary right lateral incisor. Infrazygomatic bone screw (IZC) were placed in maxillary arch and Temporary anchorage devices (mini screw) in mandibular arch as a part of treatment for absolute anchorage. Now after 20 months of treatment, we have a patient with miraculous results having consonant smile arc, uprighted molars, tight contact between teeth and most importantly a “happy patient”. From an orthodontist eye, still a minor finishing and detailing of occlusion is required which will take approximately 2 – 3 months.



CASE REPORT 4

Excision of Mucocele Using Laser

Author: Department of Pediatric and Preventive dentistry

A mucocele is a benign, mucus-containing cystic lesion of the minor salivary gland. The Diode Laser is very helpful tool in this case. The laser makes mucocele removal more suitable than a surgical procedure especially for paediatrics and less cooperative patients. A 11-year-old female patient reported to the Department of Paediatric and Preventive dentistry with the chief complaint of fall from bicycle and injury in the upper front tooth region. On intra oral examination a round, solitary, fluctuant unilateral swelling of pink colour with bluish tint in centre was seen, measuring approximately 3 × 1 cm in dimension on the ventral surface of tongue. Lesion was excised under local anaesthesia, using diode laser. The surgical wound completely healed in 12 days. The biopsy sample reported the section shows well circumscribed cavity in the connective tissue stroma and the lumen of cyst like cavity shows mucin like material.



1) Mucocele located on ventral surface of tongue

2) Excision of lesion using laser

3) After excision no bleeding was seen

4) 15 days postoperative view



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