



SAIMS TIMES

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Congratulations!



Dr. Mohit Bhandari
Pro Chancellor SAU &
Founder , Director and Chief Surgeon of
Mohak Bariatrics and Robotics

Congratulations ! Dr. Mohit Bhandari for being nominated in IRCAD Board
(Research Institute against Cancers of the Digestive System)

साइबर सेक्योरिटी वर्कशॉप - आईपीएस डॉ. वरुण कपूर



श्री अरविंदो यूनिवर्सिटी इंदौर में वर्कशाप “फेसिंग द साइबर सिक्योरिटी चैलेंजस एंड आर्टिफिशियल इंटेलिजेंस” का सफलतापूर्वक आयोजन किया गया। इस वर्कशॉप का आयोजन हमारे संस्थापक डॉ. विनोद भंडारी, कुलाधिपति डॉ. मंजूश्री भंडारी, कुलपति डॉ. ज्योति बिंदल, प्रति कुलाधिपति डॉ. मोहित भंडारी एवं डॉ. महक भंडारी के मार्गदर्शन में पूरा किया गया। इस कार्यक्रम में मुख्य अतिथि के रूप में माननीय डॉ. वरुण कपूर (आई पी एस) एडिशनल डिप्टी जनरल ऑफ पुलिस मध्य प्रदेश ने शिरकत की, जो कि एक साइबर सिक्योरिटी एक्सपर्ट भी हैं। इस कार्यक्रम की मुख्य आयोजक डॉ. जयश्री तापडिया HOD डिपार्टमेंट ऑफ फिजियोलोजी, के प्रयासों से इस कार्यक्रम का मुख्य संदेश हमारे यूनिवर्सिटी के छात्र एवं छात्राओं तक सफलतापूर्वक पहुँच सका। कार्यक्रम समन्वयक डॉ. वरुण गुप्ता, डॉ. यश विजयवर्गीय एवं कार्यक्रम संचालक डॉ. कुदरत भंगू ने भी इस कार्यक्रम की सफलता के लिए अपना भरपूर योगदान दिया। इस कार्यक्रम का मुख्य संदेश हमारे आने वाली पीढ़ी, जो की साइबर स्पेस का भरपूर उपयोग करती है, उन्हें, इसी साइबर स्पेस में होने वाले खतरों से आगाह करवाता था गया, जिससे है कि वे एक सतर्क नागरिक बने और आने वाली समस्याओं का खुलकर एवं डटकर सामना कर सकें और अपने मित्रों एवं परिवार जनों को भी इन समस्याओं से बचने की सलाह दे सकें।

रखें ये सावधानियाँ

- सामान्य जीवन में हम अमूमन जो आंखों से देखते और कानों से सुनते हैं, उस पर विश्वास करते हैं लेकिन आभासी जगत में जरूरी नहीं कि हम जो देख-सुन रहे हैं, वो सही ही हो।
- सोशल मीडिया पर फर्जी आईडी बहुत आसानी से बनाई जा सकती है। इसलिए अगर कोई आपका परिचित भी आपको फ्रेंड रिक्वेस्ट भेज रहा है तो भी पूरी पड़ताल करने के बाद ही उसे एक्सेप्ट करें।
- पैरेंट्स अपने बच्चों द्वारा इंटरनेट पर देखी जा रही सामग्री पर लगातार निगरानी रखें। अब तो इसके लिए जरूरी ऐप भी उपलब्ध हैं। इसके अलावा बच्चों का सोशल मीडिया का एडिक्ट बनाने के बजाय उनका समय तय कर दें।
- भूलकर भी सायबर बुलिंग, फिशिंग, ऑनलाइन ग्रीमिंग, साइबर स्टाकिंग न करें और अगर कोई आपके साथ ऐसा करने की कोशिश कर रहा है तो उसे डिस्कनेक्ट कर दें, ब्लॉक कर दें और फिर भी अगर वो नहीं माने तो तत्काल पुलिस को इन्फार्म करें। मगर अपना पक्ष मजबूती से रखने के लिए आप सबूत एकत्र करते रहें।
- हमेशा अपनी सुरक्षा का ध्यान रखकर ही इंटरनेट इस्तेमाल करें। शॉर्टकट्स और प्रलोभन के जाल में न फंसें। कुछ भी करने के पहले अच्छी तरह सोच लें। अधिक से अधिक जानकारियां रखें और उनका इस्तेमाल करें।
- सिंपल पासवर्ड के बजाय हमेशा कठिन पासवर्ड बनायें।
- अपने पासवर्ड को हर प्लेटफार्म पर बार-बार रिपीट न करें। इसे फ्रिक्वेंटली चेंज करते रहें।
- फाइनेंशियल मैटर्स में किसी के भेजे हुए लिंक को कभी सीधे यूज न करें।

Department of Palliative and Supportive Medicine

“Let Me Live the Way I Want to Live, Until I Can't”: Dame Cicely Saunders



Patients with serious life-threatening illnesses or severe suffering requires a holistic approach by dedicated multidisciplinary team. It was a dream of founder chairman Dr Vinod Bhandari to initiate comprehensive care at SAIMS for patients with such distressing illnesses. To fulfill this gap in services, SAIMS has started first of its kind, full fledged specialist palliative care services in central India. The Department was graced and inaugurated by Dr Vinod Bhandari, founder chairman, Dr Manjushri Bhandari, Chancellor, and Dr Mahak Bhandari, Pro Chancellor, Sri Aurobindo University, on 26th April 2022 in presence of guests from all the institutes. Department of Palliative Medicine will provide clinical services including daily out-patient, In patient and Home care services. This department will run post-doctoral fellowship course in Palliative medicine and will aim to start MD program in Palliative Medicine in near future. The department will be part of Cancer treatment centre training program run by AIIMS new Delhi in collaboration with Asian Hospice and Palliative care network, Singapore. We are aiming to nurture high end research environment with ICMR.

Scope of services:

1. Holistic conservative care for patients with chronic/ advanced illnesses.
2. Expert care for Total Pain and symptom management.
3. Integrated Cancer care.
4. Management of Palliative care emergencies.
5. Counselling and psychosocial support for psychological and spiritual distress.
6. Family meetings, goals of care discussion, advance care planning.
7. Dignified end of life care, bereavement supports.



Training and Research Collaborations (Proposed):

1. Lien Collaborative for Palliative Care 5th Cancer Treatment Centre (CTC) training programme with AIIMS New Delhi, funded by Asian Palliative and Hospice Network Singapore.
2. Certificate course in Essentials of Palliative care, Indian Association of Palliative Care, New Delhi
3. Palliative care fellowship, Indo American Cancer association along with Pallium India.

OPD: Room No. 100, Super speciality block, Monday – Saturday, 9am – 4pm

In-Patient: Ward no. 211, 2nd floor, SAIMS building.

Home care : On request.

Know the faculty : Dr Pankaj Singhai, MBBS, MD -Palliative Medicine (TMH Mumbai), Bruce Davis Gold Medalist. National faculty (Indian Association of Palliative care),

Activity Report - PG Perio Alumni 2022



Perio Alumni Meet 2022 was organized by Department of Periodontology, Sri Aurobindo College of Dentistry, Indore on 30/04/2022. A total of 21 alumni attended the meet with great enthusiasm.



The program was started with inaugural function. The function was graced by the presence of chairperson, SAIMS, Dr. Manjushree Bhandari as chief guest and Vice Chancellor, Sri Aurobindo University, Dr. Jyoti Bindal as guest of honour. The function began with a formal welcome of all the dignitaries by the faculty of Department of Periodontology-Dr. Kanteshwari I.K., Dr. S.V. Dhodapkar, Dr. Rajesh Kumar, Dr. Heena Agrawal.



An elegant lamp lighting ceremony was performed by the dignitaries. Dr. Kanteshwari I.K., Head of the Department, Department of Periodontology, presented welcome address and gave the outline of the function and future planning / fellowship courses of the department.



In her speech, chief guest appreciated the idea of alumni meet and gave best wishes to the alumni for their bright career.



The Vice Chancellor, Sri Aurobindo University addressed the audience and asked the alumni to provide feedback so that if required student centric improvement can be done in the present curriculum.



The program progressed with the guest lecture on career prospects by the faculty alumni Dr. Tarun Prakash Verma on the topic "Future in Periodontal Research".

Felicitation of the speaker, Dr. Tarun Prakash Verma and invitees was done by the chief guest and guest of honour by giving mementos. The non-teaching staff was also appreciated and felicitated for their services. The inaugural function concluded with vote of thanks by Dr. Rajesh Kumar.

It was followed by interactive session by alumnis who shared their experiences and current professional status. There was a gala dinner on the same day that included fun-filled interaction.

Dr. Kanteshwari I.K.
Principal College of Dentistry
& HOD, Department of Periodontology,
Sri Aurobindo College of Dentistry, Indore



International Nurse's Day Celebration



International Nurse's day was celebrated on 12th may 2022. Nurse's day celebration was collectively organized by SAIMS, IIMS, BHRC and BGHI college of Nursing. The celebration was started by traditional lamp lighting ceremony by all the respected Principals. The theme of International Nurse's day was unfolded by Dr. Reshmi Siby, Principal BGHI college of Nursing and the theme this year was "Nurse's: A voice to lead – Invest in Nursing and respect rights to secure global health." The main attraction of the celebration was "Nursing Professional Excellence Award". Our senior nursing staffs Mrs. Molly Vijayan Nair Incharge NICU, Ms. Sophiyama P.J. Assistant Nursing Superintendent and Mrs. Josley K. J. Incharge CCU have dedicatedly given long term nursing services in SAIMS Hospital and on behalf of SAIMS family we honored them with the Nursing Profession Excellence Award.



Department of Medical Oncology



Department of Medical Oncology celebrated World hand hygiene day on 5th May 2022 in super speciality OPD, by promoting an awareness session for patients and their caregivers regarding hand hygiene, followed by hands on practice session facilitated by volunteers.

WORLD HYPERTENSION DAY-2022



On 17th May, Medical surgical nursing department SAIMS college of nursing organized a poster competition ,Role Play, Health Education in SAIMS Hospital under the guidance of Dr Prena Pandey Principal, Dr Basil Varghese Vice Principal and Mrs Mamta Rathore HOD of Medical Surgical Nursing department. Posters were prepared by BSc nursing third year students on the occasion of world hypertension day.

Dr. R .K .Jha, HOD & Professor , Medicine Department, Dr. Suyesh Thade , Assistant Professor, Cardiology department, Mohak hospital, Dr Reshmi Siby, Principal of BGHI College of Nursing, Mr Vipul Nigam, Assistant Professor ,IIMS College of Nursing were invited as judges for the evaluation of poster on the topic" Hypertension".

In poster competition the first position is secured by two groups 3 &10 Aastha,Areena& Deepika ,Harsh, second position backed by group11-Neelam,Meena and third position goes to group 7- Evon, Durgesh Singh.

For poster competition prizes were sponsored by Dr R.K .Jha, HOD and professor, medicine department.

Students of SAIMS college of Nursing has given the health education to the patients and their relatives in medicine wards regarding hypertension, its risk factors, etiology ,sign symptoms,and management of Hypertension.

Mrs Vinaya Vijayan Assistant Professor, Shubham Pindlaya , Tutor, Rakshit Tomar, Tutor has successfully organised all the activities.



KNOW THE DEPARTMENT DEPARTMENT OF FORENSIC MEDICINE AND TOXICOLOGY

“An autopsy is the last chance given to the dead body to tell the truth”

Introduction: The department plays the role of a bridge between the medical knowledge and the judiciary for the administration of the justice. The department is engaged in teaching and training of undergraduate and postgraduate students as well as medicolegal work.

Teaching faculty	Non- Teaching
Dr. Praveen Kumar Arora, Professor and Head	Mr. Manish Kumar, Research Assistant
Dr. Vishal B. Surwade, Professor	Mr. Vijendra Parmar, Peon/ Ward Boy
Dr. Pankaj Nema, Assistant Professor	Mrs. Radha Chouhan, Aaya bai
Dr. Abhishek Varun, Assistant Professor	Mortuary Staff : Mr. Sohan Lal Khatwa
Research Faculty	Mr. Rahul Khare, Mr. Lakhan Khare,
Dr. Rashmi Kulkarni, Research Associate	Mr. Ramesh Khare

Head of the Department:

Dr. Praveen Kumar Arora: Being the Head of the department, Dr. Arora, is the role model for each and every one in the department, irrespective of their ranks in the department. A true academician and ethics personified, a luminary yet so approachable person with highest professional values, Dr. Arora believes in leading from the front. He has got around 15 years of brilliant academic and professional experience with active part in institution's Medical Education Unit (Co-convenor, NMC Regional Training centre) as well as Medicolegal and administrative works. He is also entrusted with the responsibility of Internal Quality Assurance Cell (IQAC)/NAAC coordinator of the institute. A prolific speaker who has proved his mettle both in India as well as abroad as part of his important position in International chair in Bioethics, World Medical Association (WMA) Cooperating Centre (formerly UNESCO Chair in Bioethics, Haifa). He is also heading the World Bioethics Day Department in the same international body and a member of Governing Council, Department of Education and Steering Committee member of the Palliative Care Department. He is an accredited national training faculty for 3T-IBHSC Bioethics training program and for Medicolegal Institute (MLI), Mumbai. He is also on Board of Studies of various universities and been as a key note and guest speaker in various national and international conferences. An enthusiasm like a child, has led Dr. Arora to achieve expertise in varied fields, even after completing his MBBS and MD, as he earned the MBA in Hospital Administration from DAVV, Indore with flying colours. A keen sportsperson and poet by heart make him an ideal and a balanced man, needed to head this, otherwise a challenging field of Medicolegal issues and autopsies.

Dr. Vishal B. Surwade : Professor

Completed his MBBS and MD in Forensic Medicine from Mahatma Gandhi Institute of Medical Sciences, Sewagram, Wardha. He has secured 3rd Rank in Maharashtra University of Health Sciences, Nashik in his MD exam in 2014. He joined the department as Associate Professor in 2018 and got promoted as Professor in Feb, 2022. He has also got MBA in Hospital Administration and currently pursuing LL.B. course.

Dr. Pankaj Nema : Assistant Professor

After completing MBBS, a determined Dr. Nema did his MD from prestigious MGMC, Indore. A brief stint at Civil Hospital, Khandwa, propelled his interest into the emergency care and varied medicolegal issue encountered at the nerve centre of the hospital ie. Casualty. He has been very keen in NABH as well as training to Nursing staff and Medical students.

He is currently pursuing MBA in Hospital Administration.

Dr. Abhishek Varun: Assistant Professor.

An MBBS from MGMC, Indore and a Post Graduate from Sri Aurobindo Medical College, Indore. After his MD degree, he wanted to work in premier institution of the nation like AIIMS. So he worked in AIIMS, Rishikesh as well as AIIMS, New Delhi.

Joined as Assistant professor in September 2021. Since then he has been the source of inspiration to the students as well as colleagues. He is also associated with NABH as well as Training activities to the nursing staff. A fine player of the badminton and nature lover Dr. Varun keeps himself busy in various extra-curricular activities.

Dr. Rashmi Kulkarni (Deshpande): Research Associate and Analytical Toxicology Lab In charge.

After earning a Gold Medal in the post-graduation and completing her Ph.D. in Medical Biochemistry, she has been a backbone to Analytical Toxicological Lab in the department. Apart from routine research related works, she has been internal auditor in NABH and NABL and Quality Manager in SAIMS hospital. She is also associated with CAHO activities and guided various research projects for B.Sc & M.Sc Forensic Science & BBA, MBA students, for which she has been appreciated by the administration very well. She was also the in-charge of National Workshop on Molecular Medicine & Toxicology in 2013 as well as carried out MPCST project funded successfully. She is also reviewer for IJST & JIAFM journals.

Departmental Activities:

Regular medical teaching to undergraduate as well as postgraduate students.

Regular refresher lectures to the every batch of the interns regarding their medicolegal duties.

Orientation training to all the new Post Graduate students of the institute.

Regular autopsies and medicolegal work.

Analytical toxicology section caters the regular influx of the poison samples from the hospital and helps clinicians in prompt diagnosis and treatment of the poison.

Various research projects are going on at departmental level.

Moot/Mock Court exercise and training for undergraduate students since year 2018.

Achievements:

Dr. Praveen Kumar Arora: Appointed as Honorary Secretary of Indian Academy of Medicolegal Experts (IAMLE).

He is elected as Head, World Bioethics Day Department, International Chair in Bioethics, World Medical Association (WMA) Cooperating Centre.

The department has got one ICMR-STs-2022 Project approved.

Mr. Sohan Lal Khatwa, Mr. Lakhan Khare, and Mr. Ramesh Khare (Golu): Mortuary attendants, were felicitated by Hon. Governor of Kerala, Mr. Areef Md. Khan as best worker during COVID-19.

Our facilities

Both Medicolegal as well as Clinical Autopsies

Analytical Toxicology Service

Medicolegal advice to the other departments

Histopathology samples are tested for medicolegal purpose.

Age estimation for various purpose viz. Sports persons, Juvenile offenders as well as victims of sexual assaults etc.

Moot/Mock Court Activity :



Students are being guided on Moot/Mock Court activity



Students performing Moot/Mock Court activity



Taking Moot Court

Department of Conservative Dentistry and Endodontics CONS ENDO WEEK 2022



The Department of Conservative Dentistry and Endodontics of Sri Aurobindo College of Dentistry, Indore celebrated the Cons Endo Week 2022 from 3rd March 2022 to 5th March 2022, under the aegis of Sri Aurobindo University and Indian Association of Conservative Dentistry and Endodontics.

The event started with an inaugural ceremony at 10:30AM with cake cutting ceremony by the Gracious Dr. Manjushri Bhandari, Chancellor, Sri Aurobindo University and Dynamic Dr. Vinod Bhandari, Founder Chairman.

During the program, several events were conducted by the department. On 3rd March, Treasure Hunt based on dentistry was organized by the department. A total of 11 teams with 4 members each participated in the event. This was the first time such kind of an event was organised.

On 4th March 2022, Sketch making competition, Rangoli, Parody Memes, and Tableau were conducted. A total of 50 faculties and students participated on the topics related to Conservative Dentistry and Endodontics.

On 5th March, prize distribution ceremony was conducted where all the winners were awarded by Dr. Anand Misra, Registrar, Sri Aurobindo University, Dr. Kanteshwari I.K., Principal, and Dr. Sumeet Jain, Dean Faculty, Faculty of Dentistry, Sri Aurobindo University.

It was followed by a greeting from the Dr. Pallav Patni, Professor and Head, Department of Conservative Dentistry and Endodontics and Dr. Pradeep Jain, Professor, Department of Conservative Dentistry and Endodontics. Dr. Sonal Singh Arora, Assistant Professor was instrumental in being the key organiser for the event. The event was done under direct supervision of Dr. Swadheen Raghuvanshi, Associate Professor, and, Dr. Sanket Hans Pandey, Assistant Professor and Dr. Katya Pandey, Assistant Professor played a crucial role in the success of the event. Dr. Neha Lalwani and Dr. Mansi Shinde gave their active contribution towards the event.

The event was concluded with a scientific lecture by the guest speaker Dr. Gauri Sanwatsarkar, Alumni, Sri Aurobindo College of Dentistry, on the topic Dental Trauma which was attended by interns and under-graduates. The huge participation and enthusiasm made the event highly successful.



Dr. Pallav Patni
Professor and Head
Department of Conservative Dentistry and Endodontics

Case Report 1

Department of ENT

TITLE- A CASE OF FRONTO-ETHMOIDAL MUCOPYOCELE WITH ORBITAL AND INTRACRANIAL EXTENSIONS

**AUTHORS- Dr. Brajendra Baser (Prof. & Director), Dr. Praveen Surana (Assistant prof.),
Dr. Ojaswini Singhai, Dr. Kamal k. Prajapati, Dr. Shirin Ansari, Dr. Shobit Yadav**

HISTORY A 61 year old female presented with the complaints of

- § left sided nasal pain since 2 years § left sided headache since 2 years
- § Left eye protrusion since 2 years § Left eye reduced vision since 8 months

HISTORY OF PRESENTING COMPLAINTS- My patient was apparently alright 2 years back then she started complaining of left sided nasal pain which was dull, aching on and off type neither aggravated nor relieved by any factors. The patient also complained of left sided headache predominantly over the frontal region, dull aching, neither aggravated nor relieved by any factor. The patient had left eye protrusion which was insidious in onset gradual in progression associated with drooping of left eyelid. There was left eye reduced vision, insidious in onset gradually progressive in nature not sudden not associated with redness, pain, diplopia.

There was no history of recurrent upper respiratory tract infection, rhinorrhoea, epistaxis, nasal blockage, sneezing and anosmia.

There was no history of neck rigidity, fever, projectile vomiting.

PAST MEDICAL HISTORY- The patient has a history of diabetes mellitus since 4 years for which she is taking regular medications.

PAST SURGICAL HISTORY- There is no significant history of any previous surgery in the past.

EXAMINATION

EAR- Right ear large central perforation present, Left tympanic membrane intact

NOSE – External examination- broadening of nose at the root of nose

Anterior Rhinoscopy- Right nasal cavity clear, left nasal cavity middle turbinate hypertrophied

THROAT- mouth opening adequate, good oral hygiene, posterior pharyngeal walls clear

PARANASAL SINUS- left frontal sinus swelling present

EYE tele canthus present; Right eye vision 6/36

Left eye ptosis present, proptosis present (Fig 1,2 3)

left eye visual acuity close to face finger counting present, restricted eye movements (Fig 4)

CECT PNS suggestive of

There is an expansile well circumscribed peripherally enhancing cystic lesion in the left ethmoidofrontal sinus region measuring approx. 3.9 x 5 x 3.2cm in CC x AP x TR axis. It shows tiny foci of wall calcification and a thin internal traversing septa. This lesion is causing mass effect in the form of:

Superiorly: thinning and attenuation of the left half of cribriform plate and protruding into the anterior cranial fossa and causing compression over the left basilfrontal lobe. (Fig 5,6,7)

Inferiorly: eroding the lamina of left middle turbinate

Medially: eroding the crista galli, causing remodelling of the nasal septum and pushing it towards right leading to narrowing of right fronto ethmoidal recess.



Fig 1



Fig 2



Fig 3

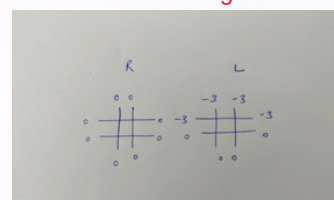


Fig 4- Image showing restricted left eye movements

Laterally: eroding the medial wall of orbit and protruding into the extracanal compartment of left orbit, compressing and laterally displacing the globe and optic nerve.

Anteriorly: scalloping of the posterior wall of left frontal bone

Posteriorly : extending upto the orbital apex, into the upper part of pterygopalatine fossa and into the right sphenoid sinus.

DIAGNOSIS- FRONTOETHMOIDAL MUCOPYOCELE WITH ORBITAL AND INTRACRANIAL EXTENSIONS

PLAN- ENDOSCOPIC EXCISION OF FRONTO-ETHMOIDAL MUCOPYOCELE UNDER GENERAL ANESTHESIA

SURGICAL TECHNIQUE-Local infiltration was done in left nasal cavity at axilla, left middle turbinate, uncinate. A 4mm 0 degree endoscope was introduced in left nasal cavity, inferior turbinate was lateralised .

The Uncinate was identified and uncinectomy was done (Fig 8). Mucocoe cavity was opened. With straight through cut Microdebrider blade, all the walls of mucocoele were removed (Fig 9). All the pus was cleared off (Fig 10). With the help of 70-degree endoscope, further excision was done. The cavity of mucocoele was seen extending from posterior ethmoid to the frontal sinus in postero-anterior direction and from dura to orbit in medial to lateral direction (Fig 11). The anterior ethmoidal artery found traversing through the cavity and was preserved. A single cavity with a pulsating dura, orbit, and anterior ethmoidal artery (Fig 12). The excised diseased mucosa was sent for histopathology. Hemostasis was achieved and anterior nasal packing was done. The procedure went without any intra-op complications.



Fig 4



Fig 5

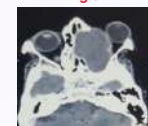


Fig 6



Fig 7



Fig 8



Fig 9

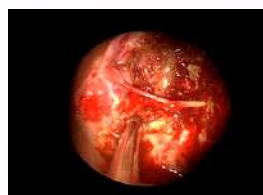
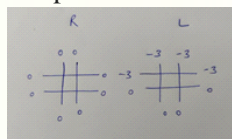


Fig 10

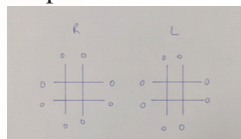


Fig 11

POST-OPERATIVE CARE- The anterior nasal pack removed on post-operative day 2. Post-operative vision assessment was done-Vision was found to be improved RIGHT EYE 6/18 - LEFT EYE 1/60, Extra-ocular movements also improved in the left eye, Proptosis also improved.



Pre-op eye movements



Post-op eye movements

HISTOPATHOLOGY- Sections show strips of dense fibro-collagenous tissue with mixed inflammatory cell infiltrate & macrophages. Section from bony tissue – unremarkable suggestive of Chronic Sinusitis-FRONTOETHMOIDAL SINUS.



Pre-op picture



Post-op picture

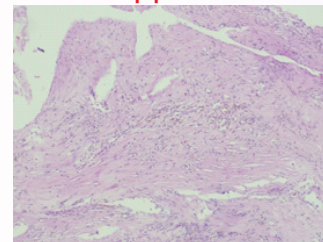


Fig 13- 10x view showing fibro-collagenous matrix with inflammatory cells

FOLLOW-UP- The patient was on monthly follow up for past 3 months. On each nasal endoscopy, we found a common healthy fronto-ethmoidal cavity draining into the nasal cavity.

Follow up-Image showing a healthy common fronto-ethmoid cavity



Case Report 2

Department Of PhysioTherapy

Dr. Yogita Kumawat (PT), Assistant Professor, Vandit Shah & Surbhi Vora (Interns)



(Independent Standing)



Dependency of patient on wheelchair before Rehab.

The Department Of Physiotherapy is pleased to inform that we are now equipped with "**Trademill Harness Suspension System**" for Supported Ambulation for Hemiplegics Patients. Here we are sharing one such case treated in the month of April.

A 47 Year Female patient weighing 72 kg with the History of 8 month old Left MCA Stroke was referred to the Department of Physiotherapy for the treatment of Hemiplegia. She had difficulty in walking with Abnormal Posture and Gait Patterns developed post Stroke. Patient was lacking Motor Control on the Right Hemiplegic Side of Body in both upper and lower limbs with Impaired sensations. Patient was severely Spastic and spasticity was assessed by **Modified Asworth Scale (MAS)**. Patient was also having difficulty in speaking (Dysarthria) with right side Facial Weakness present.

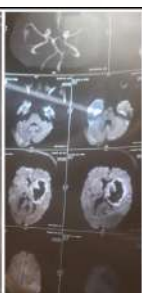
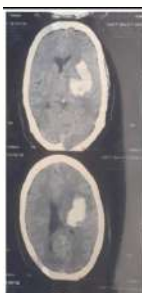
Physiotherapy Interventions Focused on Reduction of Spasticity and correcting abnormal posture and gait deviations. Patient was Ambulated on the **Trademill Harness Suspension System** while manually correcting Gait pattern and increasing joint proprioception and kinesthetic awareness.

Trademill harness system is also indicated for Rehab in neurological conditions like Spinal Cord Injury, Gullian Barre Syndrome, Multiple Sclerosis, Cerebral Palsy, Myopathies and Parkinsonism etc. Further **Kinesiology Taping (K Tape)** was used for the correction of wrist drop and Foot drop and for giving Biofeedback as well as sensory stimulation.

CIMT- Constraint Induced Movement Therapy was used for the patient for encouraging the use of affected hemiplegic limb and restricting the use of non-affected limb.

Outcome- Before joining the Rehab patient was lacking total motor control and sensations on the right side of body. After few days of treatment Improvement was seen in the patient with decreasing spasticity and Returning of Motor Control and Sensations again. patient can now **stand independently** with very little assistance and had improved much in the Gait pattern.

Improvement was also seen in Balance and patient is now motivated with her life.



MDCT scan indicating Left side Hemorrhagic Stroke with prefocal edema in the left gangliocapsular region.



Image showing supported Ambulation on Trademill Harness Suspension System



Kinesiology Taping for Wrist Drop

Case Report 3

Department of Anaesthesiology and Pain Medicine - Ultrasonography in Anaesthesiology

One of the recent advances in our department is the use of ultrasonography (USG) for interventions. USG is a portable, mobile, cost effective, and it allows anaesthesiologist to practically evaluate complex and varied anatomy prior to needle insertion.

USG in nerve blocks – It helps in delineating brachial plexus (interscalene, supraclavicular, infraclavicular, axillary), individual nerves (Radial, median, ulnar, sciatic, popliteal, saphenous) from surrounding structures, most importantly vessels. It allows to study variation, nerve trajectory, distribution and spread of local anaesthetics around the nerves and thus helps in ascertaining the block

USG for central line insertion – In patients with coagulopathies, bleeding disorder, on thromboprophylaxis or treatment, difficult anatomy (obese, short neck), USG helps in minimising the risk of arterial puncture.

USG for central neuraxial blocks – In case of difficult spinal and epidural as in kyphoscoliosis, obese patient, it gives an idea about midline and depth of insertion.

USG can also be used for perioperative period to diagnose pleural effusion, pneumothorax, and basic cardiac evaluation.

USG is a simple non-invasive addition to the routine anaesthesia practice, providing direct visualisation and a better picture of area of interest. It decreases the number of attempts, injury to vessels and neural structures. Thus, USG help in significantly reducing morbidity and mortality associated with blind procedures

Non-surgical Management of Hip Joint Pain – Dr. Swapnil Kumar Barasker

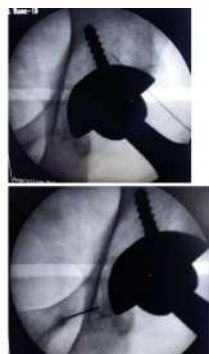
The incidence of major joint related pain is on a rise in India. It is not uncommon to see younger patients undergoing Total Hip Replacement (THR) due to Avascular Necrosis (AVN) of femoral head. Joint replacement surgeries have helped these young patients to improve their functional component of life and lead a pain free life.

A few patients may not be willing to undergo this surgical intervention or the surgery need to be delayed for some time. And at times patient may have inadequate pain relief even after surgery.

Pain medicine has lately emerged as a speciality which may benefit and help out such patients. We recently got referral of 2 such patients from Orthopaedic department. The first patient was a Post THR patient operated 3 years back for left hip with pain radiating to inner side of thigh. Second case was a 16y/M patient with Sickle cell anaemia and AVN right hip. Diagnostic blocks for articular branches of femoral and obturator nerve were performed in both patients. Both the patients reported relief after intervention. The first case reported 80-90% relief and is planned for Cooled Radiofrequency Ablation for long term relief. While the second case reported 30-40% relief.



**Case 1 -
Post THR**



**Case 2 -
Left hip
AVN**



Dr.Mansi Choudhary , SAIMS college of Nursing participated in an International Symposium as tge moderator of the session on Action Research in Nursing Education held on 7th May 2022.

Certificates & Achivements



Department of Endocrinology

In "Asia Pacific Society for Endocrine Research" International conclave on Endocrinology held on 30th April & 1st May 2022 at Jabalpur – Dr.Subodh Banzal Endocrinologist had given a talk on interpretation of challenging thyroid function test.

On the other hand PG's of medicine department – Dr.Anuj Lashkare, Dr.Deepshikha Bhalse, Dr.Anita Mathuriya & Dr.Anush Jain poster presentation at the event.

मार्गदर्शन थाइराइड विशेषज्ञ डा. सुबोध बांझल ने दिए पाठकों के प्रश्नों के उत्तर, समझाया- उपचार के प्रति रहें सजग

डॉ. सुबोध बांझल

थाइराइड विशेषज्ञ

50 वर्ष से अधिक उम्र की 15 प्रतिशत महिलाओं में हाइपो थाइराइड होता है।

कठिनाई यह है कि इस रोग के लक्षण अक्सर धीरे धीरे शुरू होते हैं। गर्भवती महिलाओं को थाइराइड की निगरानी करनी चाहिए। थाइराइड अनियंत्रित होने का सीधा प्रभाव गर्भक प्रसूति पर पड़ता है। इस रोग के साथ पूरा जीवन अक्सर से गुजरना पड़ सकता है।

वर्तमान में हाइपो थाइराइड विशेषज्ञ डा. सुबोध बांझल ने बताया कि थाइराइड को 'हेलो डॉक्टर' में पाठकों के प्रश्नों के उत्तर दे रहे हैं।

प्रश्नोत्तर : थाइराइड दो तरह का होता है- हाइपर और हाइपो

● थाइराइड रोग का कोई उपचार नहीं है? -**जोडर अक्षर, हरद्वार**

-निर्दिष्ट दवा लेते रहें तो कोई दिक्कत नहीं होती। थाइराइड हाइपर और हाइपो दो तरह का होता है। हाइपर रोग में निर्यात और लेवै समग्रतः बढ़ जाती है।

● मेरी उम्र 71 वर्ष है। मैं पिछले तीन साल से थाइराइड की दवा ले रहा हूँ। मेरा हृदय 5 डिग्री कम हो गया है। मैं क्या करूँ? -**संदेश, रायपुर**

-दवा लेने के बाद थोड़ा सा थाइराइड बढ़ा दें। डॉक्टर की जांच करवा लें। अगर कोई नया कार्ड है तो इसे बदल दें।

● हाइपो थाइराइड का रोग महिलाओं में ज्यादा होता है? -**अमित कपूर, इंदौर**

- महिलाओं में थाइराइड का रोग होने की आशंका पुरुषों के मुकाबले आठ गुना ज्यादा होती है। आयरकल है कि नियंत्रित जांच कराई जाए और नियंत्रित उपचार लेने से रोग नियंत्रित रहता है।

● मेरी उम्र 56 वर्ष है। शरीर में सूजन और मोटापन है। जांच में थाइराइड सामान्य आता है। -**सविनी, इंदौर**

-आपकी थाइराइड जांच सामान्य है तो आपकी थाइराइड की समस्या नहीं है। आपकी मोटापन हो सकता है। इसे नियंत्रित करें। तब और मीठा खाने से बचें।

इन बातों का रखें ध्यान

- 35 वर्ष की उम्र के बाद थाइराइड की निगरानी जांच करवाएं।
- गर्भवती महिलाओं में थाइराइड की जांच अनिवार्य है।
- हृदय रोगियों को थाइराइड से भी सावधान रहना चाहिए।
- थाइराइड अनियंत्रित होने से गर्भस्थ शिशु का मानसिक और शारीरिक विकास रुक सकता है।
- मातृत्व के दौरान अत्यधिक या अल्पतः कम रक्तस्राव से थाइराइड हो सकता है। इसे नियंत्रित जांच करवाएं।
- थाइराइड की दवा लेने के एक घंटे तक कुछ नहीं खाएं, अन्यथा दवा प्रभावी नहीं होगी।
- हृदय रोगियों को थाइराइड से सावधान रहना चाहिए।

मां मेरी है मां तेरी है

घर का बंटवारा हो गया, क्या अजब वक्त की फेरी है। गहने रुपए सब बांट लिए, बस मां के बंटवारे में देरी है। कल तक जो भाई-भाई लड़ते थे कि मां मेरी है मेरी है। वही भाई आज भी लड़ते हैं कि मां तेरी है मां तेरी है।

मां ने अपने दूध की कीमत भला तुझसे कब मांगी थी। तेरे दुख तकलीफों में वो तो सारी-सारी रात जागी थी। मां को भूखा रखते हो देखो आई कैसी विपदा घनेरी है। वही भाई आज भी लड़ते हैं कि मां तेरी है मां तेरी है।

मां के अहसानों का मोल भला कैसे तुम चुकाओगे। जहां नहीं ऊपरवाला वहां-वहां तुम मां को पाओगे। मां की दुआओं ने ही तो तेरे घर में सुशियां बिखेरी हैं। वही भाई आज भी लड़ते हैं कि मां तेरी है मां तेरी है।

- डॉ. अभिषेक कांसल,
रचनाकार



हां मैं इस देश का एक मजदूर हूं

इस देश की मिट्टी में मेरा भी खून शामिल है

देश की सेवा करने में मेरा भी जुनून शामिल है

फिर भी लोगों के जहन में बसा एक नारु हूँ

हां मैं इस देश का एक मजदूर हूँ।।

चिपका पेट अधनगा बदन बस यही है मेरी वरवीर

मेरा सत्कार लेकर न जाने लोग कितने बन गए अमीर

सब कुछ जानते हुए भी मैं कितना मजदूर हूँ

हां मैं इस देश का एक मजदूर हूँ।।



देश के आकाओं के लिए मैं तो हूँ बस एक वोट

छूना चाहते हैं दुनिया से समझकर मुझे खोट

सरकारों को बनाते हुए भी मैं सरकार से दूर हूँ

हां मैं इस देश का एक मजदूर हूँ।।

इस देश की तरक्की में लगा दी है अपनी जान

इसके बदले में मैं चाहता हूँ बस जरा सा सम्मान

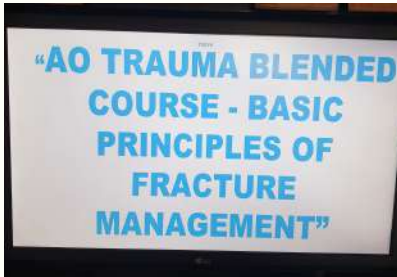
इस देश के माथे पर चमकता हुआ कोहिनूर हूँ

हां मैं इस देश का एक मजदूर हूँ।।



- डॉ. अभिषेक कांसल,
रचनाकार

AO BASIC COURSE



Dr. Pradeep Choudhari, Prof & Head Department of orthopedics, SAMC & PGI was invited as a National Faculty in AO Trauma Fracture Fixation course held at Hotel Fairfield Marriot on 13th May To 15th May 2022. After almost two decades, AO fracture fixation Course was conducted in Indore. Thanks to AO Trauma Chairperson Dr. Dhaval Desai, it was back to back. Two courses on 13th - 14th May and 14th - 15th May with 20 delegates in each batch. All the participants had a great time learning together by sharing knowledge. Wonderful enthusiastic delegates, lot of good discussion on basics of Fracture fixation was observed.

ICMR STS Projects selected in 2022 from SAMC & PGI Congratulations.....

Name of Student	Name of Mentor/ guide	Name of co guide	Name of department	Topic name
1. Bhavesh Sunhare	Dr.Manjunath V Motagi		Anatomy	A study of stature estimation from facial anthropometric parameters by regression analysis in Central Indian Population.
2.Prashansa Jain	Dr.Prachi Paliwal		Biochemistry	To explore oxidative stress level among post covid 19 survivors visiting a tertiary care hospital in Indore district.
3.Asmita Patidar	Dr.Abhishek Varun	Dr.Praveen Arora	Forensic Medicine	An autopsy based study in a tertiary care centre of Indore M.P.
4.Anubhav Gupta	Dr.Prashant Mishra		Public Health Dentistry	Comparison of perception of child oral health related quality of life with cochlear implant and hearing aids in tertiary care hospital of Indore M.P.
5.Ruqaiyah Johar	Dr.Sandesh N.		Public Health Dentistry	Post traumatic stress disorder and depression among Covid 19 impacted medical and dental under graduates students in central India.

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*** (No age bar)**

IMA Indore branch Activities April 22

1. Felicitation of National IMA president Mr Sahajanand singh and Ex-President Dr Ravi Wankhedekar on 24-04-22 at Hotel Sayaji.
2. स्वच्छ इंदौर स्वस्थ इंदौर अभियान Meeting with Member of Parliament Mr.Shankar Lalwani, Mr Manish Singh, Collector Indore and Ms Pratibha Pal, Indore Municipal Corporation on 26-04-2022 to discuss about ongoing IMA Health Check up campaign.
3. Health camp at Brilliant Convention Center for Asha workers on 27-04-22.
4. IMA Indore and Central Lab - IMA Musical program Group song Singing & Dance competition for Doctors on 1st May 2022 at Labh Mandapam auditorium. More than 210 Doctors from Indore and near by areas participated in the program. Winner of Singing competition was OrthoDocs team, Dazzling Dentists & Radiant Radiologists were 1st and 2nd Runner ups. Winner of Group dance were MP Nursing Home Association, Dance Divas (Obs Gynae) & Smashing Ortho - Rocking wives were 1st and 2nd Runner ups.
5. Health check up camp for Zone 1-5 was organised on 5th & 6th May 2022.
6. Health check up camp for Zone 6-10 was organised on 7th & 8th May 2022.
7. Health check up camp for Zone 11-15 was organised on 9th & 10th May 2022
8. Health check up camp for Zone 16-29 was organised on 11th & 12th May 2022
9. What is Happiness- अल्प विराम Program by Mrs Sameera Naim from MP government was organised at Super Speciality Hospital on 8th May 2022.





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**Bhandari Hospital
Pardeshipura**



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of Nursing, Indore**



**BHRC School
of Nursing**



**Learning Academy of
Simulated Education & Research**



**Mohak Hitech
Speciality Hospital**



(Retail chain of pharmacy outlets)



Bhandari Group of Hospitals & Institutions Pvt. Ltd.

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