

AKASHVANI

THE OFFICIAL E-NEWSLETTER OF AIMSRC

OBSERVATION OF WORLD NO TOBACCO DAY



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Galaxy A7 (2018)



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'WORLD NO TOBACCO DAY' on 20th June, 2023

It was organised by **Dist. Tobacco Control Unit, Dist. Administration, Bangalore Rural Dist. and Dept of Community Medicine, Akash Institute of Medical Sciences and Research Centre, Devanahalli.**

Dr. Vidya Rani from Dist. Tobacco Control Unit conducted an awareness session for the participants and other dignitaries shared their inputs.

Dist. Surveillance Officer, THOs, Community Health Officers, Senior Specialists, PHC Medical Officers of Bangalore Rural Dist. & Staff, Postgraduates, Interns and Final Year MBBS students were the participants of the event.

WHITE COAT CEREMONY:



White coat ceremony was conducted on 5th May 2023 in the B.C. Roy Hall of Akash Institute of Medical Sciences and Research Centre. The ceremony was graced by **Dr. Shivaprakash, Principal of AIMSRC** and **Dr. Naresh Shetty, Chief Advisor of the Institute**. The Principal conveyed the importance of dedication, sincerity and commitment that goes into transforming a student. Dr. Shetty spoke about the high awareness among Indian Medical Graduates, importance of proper documentation of patients' information and various treatment modalities.

This was followed by a talk on "Importance of White Coat Ceremony" by **Dr. Shivananda K.N., Professor and Head, Department of Physiology**. **Dr. Vasudha Kulkarni, Professor and Head, Dept. of Anatomy** conducted 'Medical Student Oath' and **Dr. Wilma Delphine Silvia C.R., Professor and Head, Dept. of Biochemistry** conducted 'Charak Shapath' for the first year medical students.

AWARENESS ON DRUG ABUSE & ILLICIT TRAFFICKING

On the occasion of "INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING" an awareness program was conducted on June 26, 2023, in the college auditorium by Mr. Balakrishna S.P., Bangalore Rural Commissioner of Police, Dr. Shivaprakash N.C., Dean and Dr. Brijesh K., Medical Superintendent, AIMSRC were the chief guests on the occasion. The faculty, MBBS students, nursing students and physiotherapy students participated enthusiastically in the discussion.



OBSERVATION OF WORLD ENVIRONMENT DAY



On **World Environment Day, celebrated on June 5, 2023**, our institution, under the guidance of **Mr. Sree Muniraju**, initiated a tree planting campaign. The trees were ceremoniously planted by our Principal, as a commitment to improving our urban environment, combating pollution, and restoring balance to nature. Planting more trees not only contributes to a greener environment but also helps in reducing disease burdens and preventing airborne infections. Our students demonstrated this commitment through a skit, followed by our management team planting a tree, symbolizing our dedication to a healthier planet.

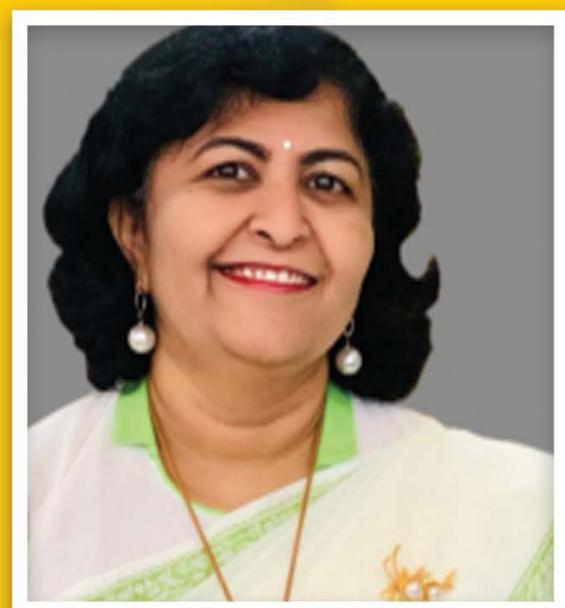
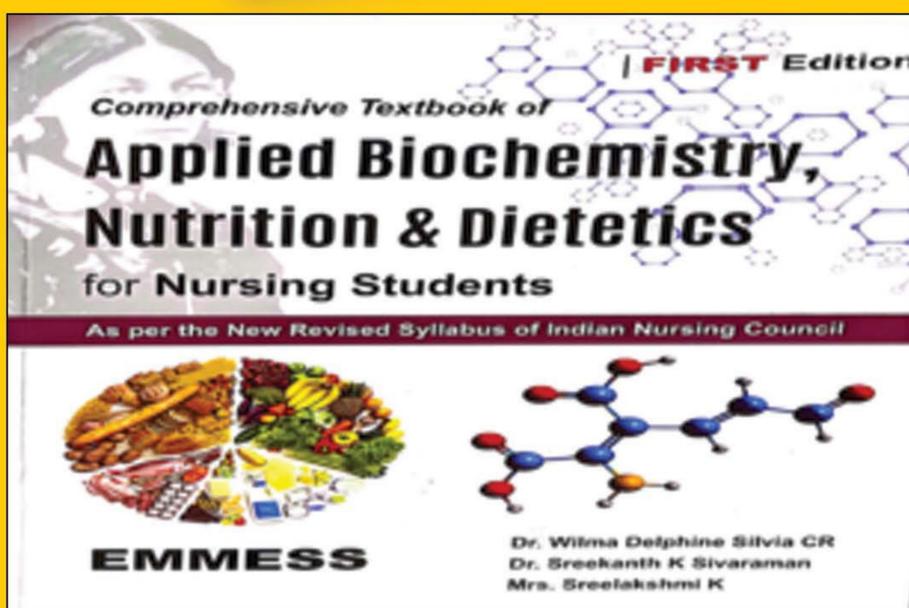
INTERNATIONAL YOGA DAY



International Yoga Day celebration on 21st June, 2023

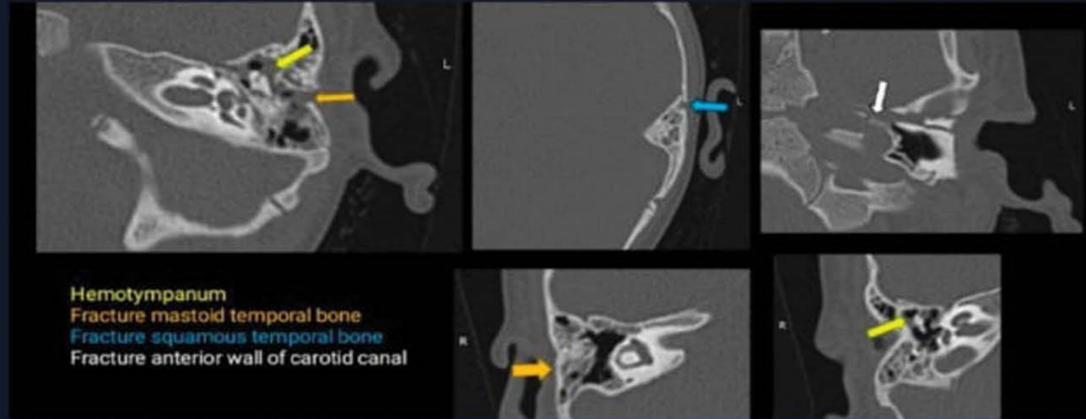
On the occasion of World Yoga Day, **Sree Muniraju Sir** and **Principal Sir** participated in the event along with faculty members, MBBS students, nursing students and physiotherapy students. They spoke about the importance of yoga and its role in reducing the disease burden by preventing non communicable diseases.

PUBLICATION OF THE BOOK



Dr. Wilma Delphine Silvia C.R., Professor & Head of Biochemistry, AIMSRC along with co-authors, presented "**The Comprehensive Textbook of Applied Biochemistry, Nutrition & Dietetics,**" specifically authored to meet the requirements of nursing students following the newly revised curriculum by the Indian Nursing Council. It is the need of the hour to explore an integrated approach that encompasses the essential subjects of Biochemistry, Nutrition and Dietetics. A distinguishing feature of this book is the inclusion of dietetics as a novel topic, setting it apart from other resources available.

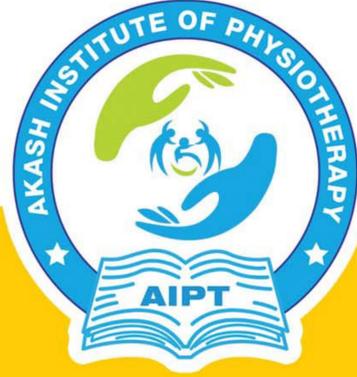
INTERESTING CASE



**TRAUMATIC
FACIAL
NERVE
PALSY
INTACT CANAL WALL DECOMPRESSION**



A 3-year-old child with a traumatic head injury received excellent care at Akash Hospital. The ENT department, led by **Murty Sir and Kodanda Ram Sir**, along with anesthesia expertise, helped the child recover from facial palsy within 24 hours. **Dr. Nagarathna** and **Dr. Saritha** provided crucial ENT guidance. After nearly a month of expert care, the child was discharged, leaving both the mother and child happy.



AKASH COLLEGE OF PHYSIOTHERAPY

REPORT OF WORLD ASTHMA DAY CELEBRATION-2023



On the occasion of **World Asthma Day**, the Akash Institute of Physiotherapy organized an E-poster presentation on May 12, 2023, to raise awareness. The theme for this year, "Asthma Care for All," was beautifully portrayed by interns and third-year students in the form of an informative E-poster that explained the role of physiotherapy in asthma care and rehabilitation.

Dr. Ravishankar, HOD of General Medicine, and Dr. Mahesh N.S., Pulmonologist at Akash Hospital, served as judges for the event. **Dr. Roopa Lokesh, Principal of AIPT,** guided the students and provided insights on asthma care.

Due to the successful response to organizing World Health Days, Akash Institute and the Department of Physiotherapy have planned future events.

COLLABRATIVE ACTIVITIES



A session was conducted to Learn-Unlearn-Relearn issues regarding NABH and difficulties in implementing some critical aspects for the 6th Edition. **Dr. Naresh Shetty, CEO at Akash Medical College & Hospital**, was the Chief Guest. In his inaugural address, he spoke about the past, present, and future of quality care and its importance in reducing costs and improving patient safety.

In the plenary discussion among peer groups, he laid stress on the need for a more robust approach with a more humane touch. Every inspection should be one of learning rather than a preaching session. Hopefully, we will see a positive change in quality care this decade.

DISTRICT RESIDENCY PROGRAM



The District Residency Program for second-year Postgraduate students, in accordance with NMC norms, commenced in Bangalore Rural District on May 18, 2023.

This program spans three months, with two months dedicated to specialty department postings and one month allocated to various settings, including Namma clinics, National Health Programs, CHCs/PHCs, based on the directives of the DHO.

Dr. Seema, the District RCH Officer, and Dr. Sunil Kumar, HOD of Dept. of Community Medicine (AIMSRC), will serve as the coordinating officers for the program.



5 Paediatric post graduates from our college presented scientific paper presentation (poster) at Bangalore Pedicon on 11th June, 2023



National level conference was held at MGMCRI, Pondicherry in association with Indian Association of Gastrointestinal Endosurgeons (IAGES), 5 general surgery postgraduate students presented posters on 25th June, 2023.

Dr. Nikhita P. was awarded 2nd prize & Dr. Aishwarya Pattar was awarded 3rd prize.

HEALTH CAMP FOR DESTITUTE CHILDREN

Department of Community Medicine



Sparsha Trust, Masonic Rural Clinic, Akash Institute of Medical Sciences and Research Centre, in association with the Indian Association of Adolescent Health - Karnataka Chapter and the Indian Association of Preventive and Social Medicine, Karnataka, organized a Health Camp and Counseling session for destitute children in Makkadhanma, Bangalore Rural District. A total of 143 girls were screened by a team comprising specialists in General Medicine, Obstetrics and Gynecology, Pediatrics, Dermatology, and Community Medicine. Additionally, the Psychiatry Department provided counseling support.



TESTIMONY

Dr. Yamini
MBBS
Graduate Batch (2017-18)

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As most of us did, I too walked into this magnificent building at the age of 18 with excitement, happiness, pride, and hope. The three departments—Anatomy, Physiology, and Biochemistry—welcomed us with open arms and laid the foundation.

On the first day of dissection, everyone whispered about the cadavers and the smell of formalin. The dissection hall holds the fondest memories where new bonds were formed among the living while we learned about the value and importance of the departed.

I can still vividly recall the screams and laughter when we had to prick our fingers for Physiology smears and Biochem. Library group studies, night walks, hostel mess, outpasses, our first internals, first practicals, and first finals are all moments to cherish. We were like eager caterpillars.

The second year introduced us to Pharmacology, its drugs, mechanisms, and unforgettable side effects. Microbiology with its fascinating world of microorganisms, and the mysterious typhoid test tube, Pathology with jars of specimens and a myriad of diseases showing us that life can be magnified 10X and 40X too. Forensic medicine was the best thriller series I've ever experienced. Each practical, each new class, and each autopsy we attended helped us become investigative officers!

It was also the first time we were exposed to patients and proudly carried our stethoscopes. We felt pulses, listened to their breath, heard their heartbeats, learned empathy, professionalism, and ethics. Thank you to all the second-year professors for making these caterpillars a little more mature!

Our third year was overshadowed by the COVID-19 lockdown. Classrooms gave way to our own rooms, casual banter, and corridor chit-chats gave way to lockdown challenges and video calls. Online classes introduced us to a world of "Sir, we can't hear you" and "Ma'am, network problems," along with new ways of taking attendance. But no matter how much we "zoomed" on those calls, we were all still miles apart, longing to see those friendly smiles and feel the warm hugs of our friends. I'd like to thank our dedicated and passionate professors of ENT, Ophthalmology, and PSM.



TESTIMONY

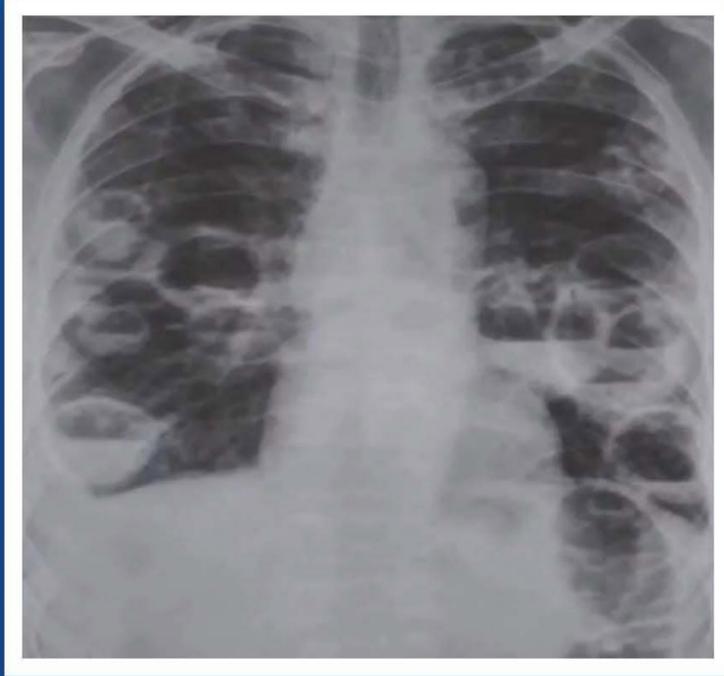
During our final year, many of our teachers traveled to the college in those trying times and meticulously taught us crucial concepts, so that we never felt a void in our education. We are eternally grateful for that. You taught us the magnitude and importance of our profession and how sound knowledge, courage, and compassion can indeed save the world.

The final year rollercoaster, the culmination of all our efforts and hard work, was about to pay off. It was an adrenaline rush of completing records and assignments, attending clinicals and classes, and yet making as many memories as we could. The professors held our hands every step of the way and helped us conquer the Herculean task of clearing our finals. Thank you to all the departments—Medicine, Surgery, OBG, Pediatrics, Ortho, Radiology, Dermatology, Anesthesia, Psychiatry, and Respiratory Medicine—for helping us caterpillars emerge into beautiful butterflies.

Internship was a wonderful and thrilling journey of honing our skills. The first prescription we signed as interns, the first suture placed, and the first delivery assisted are some of the most memorable moments from those days. I would like to extend my sincere gratitude to our management, hospital, nursing staff, and our security team for their unwavering support.

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Dr. Yamini,
MBBS
Graduate Batch (2017-18)



DIAGNOSIS



Laughter is the
best Medicine

