

What's Zip? @St John's!

Issue 75, September 1st, 2023



Cultural program – Diamond Jubilee Celebrations



World
Breastfeeding
Week 2023

EDITORIAL TEAM:

Apoorva Laxmi, Archana S, Arvind Kasturi, Ananya R Sharma, Avinash. H. U, Deepak Kamath, Janet Sweetey, Jerin M James, Jyothi Idiculla, Nivedita Kamath, Rakesh Ramesh, Richa K Jose, Santu Ghosh, Saudamini Nesargi, Sona Soni, Sowmya Kaimal, Sreenivasan N, Srilakshmi Adhyapak, Uma Maheshwari



St John's National Academy of Health Sciences
St John's Medical College Hospital, Bengaluru



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* We now present a fully interactive menu. It works best with Adobe reader application (on computers, mobile phones, and tablets)



MESSAGE FROM THE EDITORIAL TEAM

Dear All!

We are pleased to release the Seventy fifth issue of “What’s Up? @ St John’s!” magazine today.

We bid a hearty farewell to Rev. Dr. Paul Parathazham who was a constant support and encouragement for the magazine and its team. His principles of ICE (*Integrity, Compassion and Excellence*) will guide us all for the future. We welcome back Rev. Fr. Jesudoss Rajamanickam, as new Director of St. John’s National Academy of Health Sciences.

The present issue is dedicated to ‘World breastfeeding week 2023’ which was observed from 1st to 8th August 2023.

The highlight of the present issue is the news from the periphery, where our Sr. Dr. Diana Therese SJL from the department of General Medicine, shares her experience from ground zero in Manipur. She was a part of health camp from 23rd July to 6th August 2023.

Do not miss to read about our team of the month – Biomedical Engineering and student reflection. We also cover the highlights of Diamond jubilee celebrations in August, with the video links in the magazine.

Please feel free to communicate with us to publish your achievements. Feedback on any section of the magazine is welcome. We are happy to evolve to meet the needs of our beloved readers. Happy Reading!!

Editorial Team

World Breastfeeding Week

1st to 8th Augusts 2023

The Departments of Neonatology, Pediatrics, Obstetrics and Gynecology, college of nursing and lactation committee of St. John's Medical College organized one weeklong celebration to promote, educate and re-iterate the importance of breastfeeding.

INAUGURATION:

The celebrations were inaugurated in the pediatric OPD by the Associate Director of the hospital Rev. Fr. John Varghese and Associate Director of Finance Rev. Fr Tony AJ. Health professionals from various departments like pediatric and allied branches, Neonatology, OBG, Community health gathered for the same. The function was inaugurated by lighting lamp by chief guests and breastfeeding working mothers. The gathering was addressed by the chief guest and Dr. Suman Rao (Head, department of Neonatology).

Poster and slogan writing competitions were conducted. The same were displayed in pediatric OPD corridor, Dr. Prasanna and Sister Sarah evaluated them as judges.



Health Related Day...

SYMPOSIUM:

A Symposium on enabling breast feeding-empower the working mother was conducted on 1st August 2023. Dr. Liz Sweeta from OBG spoke regarding preparation for breast feeding in antenatal period. Dr. Jiya from Pediatrics explained the factors affecting and the methods to sustain breast feeding among working mothers. Dr Pragnaya Sood from community medicine emphasized on the workplace laws and its implementation. The program concluded with approach to practical difficulties and inputs from the senior faculty.

QUIZ COMPETITION:

Quiz on breastfeeding and lactation was conducted by Dr. Bharathi Balachander and Dr. Swapnik Kandepi from Department of Neonatology in mini auditorium. Each team consisted of a doctor, nurse and student nurse. There were interesting questions to the participants and the audience. The team from community medicine and pediatrics, the winner and runner ups respectively.



Health Related Day...

ROLE PLAY AT POSTNATAL WARD (2nd August) :

The event was organized by sister in-charge of Postnatal ward Mrs Anita and Nursing supervisor Sister Leelamma, in which nurses from postnatal ward and NICU performed a role play depicting the importance of family support in helping mothers breastfeed longer and was attended by 50 and above people and included not just admitted mothers but also their family members. The crowd was interactive to ask doubts and express their concerns regarding breastfeeding, which was effectively addressed by Dr. Chandrakala (Professor in department of Neonatology).



Health Related Day...

HEALTH EDUCATION PROGRAM:

Health Education on breastfeeding was given by Dr. Anuradha (Professor in Department of OBG) on 3rd August 2023 and by Dr. Vishnupriya (Professor, Department of OBG) on 4th August 2023. It was directed to all the expectant mothers who had come for antenatal visits and to mothers in immediate postpartum period. Family members were also educated about the need of breastfeeding and their role in supporting mothers to do the same.



DEBATE:

A debate was organized by Department of Neonatology in lecture hall 1 on 4th August 2023. The topic was “Right time to start complimentary feeds in preterms”. Dr. Lakshmi parvathi spoke for starting at corrected gestational age whereas Dr. Pragya Dubey preferred starting at chronological age. The debate was attended by postgraduates from pediatric department and all undergraduates. After a tough fight of words between the two Dr. Lakshmi parvathi won the debate.



Health Related Day...

ROLE PLAY:

On 5th August, in the main OPD foyer area, a Role play was organized by department of Neonatology. Interns From community medicine department performed a fun filled yet thought-provoking play which upheld this year's WBW theme.



QUIZ FOR NEW PARENTS:

Quiz for new parents in postnatal wards was organized by Nurse incharge Leelamma and team on 5th August 2023. The participation by the parents was overwhelming. All the audience and the teams not only enjoyed the quiz process but were very happy to learn a lot about various aspects and importance of breastfeeding through the event.



Health Related Day...

LACTATION WORKSHOP:

This year the lactation committee of SJMCH, conducted a 20-hour extensive online workshop covering key aspects of breastfeeding. The online workshop showed a wonderful response with 97 registrations. There was an offline hands-on workshop which was conducted on 8th August 2023 in Cardinal Gracias hall. The workshop aspired on imparting more practical knowledge and enhancing the skills of the participants in breastfeeding and tackling the problems associated with it. 32 participants finally cleared the post test and were certified.



Health Related Day...

EVENTS AT COMMUNITY LEVEL (In Pictures):



Health Related Day...

EVENTS AT COMMUNITY LEVEL (In Pictures):



Updates this month...

ADEPT 2023: A WORKSHOP ON BASIC INVASIVE PROCEDURAL SKILLS FOR JUNIOR DOCTORS

Department of Anaesthesiology

16th July 2023

The Department of Anesthesiology organized a hands-on workshop specially designed for junior doctors and interns- ADEPT 2023. This workshop was one of four CMEs and workshops organized by the department as part of the Diamond Jubilee Celebrations of the medical college. There were over 80 participants from South India. The workshop had 9 stations that the participants could rotate through.

With senior faculty involved from departments of Anesthesia, General Surgery, Cardiothoracic Surgery and Nursing the participants were trained step by step on mannequins. There was great enthusiasm and willingness to learn, practice and share knowledge and experience.

Simple procedures like, assessment and monitoring a patient, securing IV lines, choosing the right iv fluids, early to advanced airway management, intramuscular injections, Ryle's Tube insertions and urinary catheterizations were all taught such that all participants may learn and practice the right sterile techniques with adequate knowledge to trouble shoot as needed. Teaching of Invasive procedures like ICD insertions, front of neck access, central line techniques and Basic Life Support truly enhanced the experience for our participants. The opportunity to learn and practice multiple times gave students the confidence and opportunity to improve their skill.

We are extremely grateful for the success of this workshop. Our special word of appreciation to all our faculty from Anesthesia, General Surgery, Cardiothoracic Surgery and our Assistant Nursing Superintendent for so kindly participating and giving their best to all our students. The team at the skills lab in the medical college, truly supported us every step of the way to make this workshop hassle free. May we all strive to continue teaching and sharing knowledge and skill so that our patients may get the best possible care.

Acknowledgement: Dr.
Nayanthara Joachim, Assistant
Professor, Department of
Anaesthesiology



Updates this month...



Updates this month...

IOA PG TEACHING AND ST. JOHN'S ORTHO CME

Department of Orthopaedics

4th - 5th August

Department of Orthopaedics conducted an annual PG teaching program on the 4th and 5th of August, 2023. Around 100 delegates attended the event from all over India, experienced teachers and examiners were a part of the faculty. Diverse cases were presented and master talks on important topics were a part of the curriculum. As a part of the Diamond Jubilee celebrations of the Institute & Silver Jubilee celebration of the Post Graduate program, Prof. K.T. Thomas oration was started this year in memory of the past Head of the Department. The first oration was delivered by Prof. Rajesh Malhotra, HOD of All India Institute of Medical Sciences, Delhi. Overall, the program was very well received.



Acknowledgement: Dr. Sandesh Manohar, Associate Professor, Department of Orthopaedics



Updates this month...

SIM-WARS!

Department of Emergency Medicine

9-10th August

Emergency medicine is one of the newest specialties in clinical medicine. A speciality not present in many hospitals in the country to this day. St. John's boasts one of the oldest Emergency medicine departments in the country, with one of the first PG program. This year, coinciding with the diamond jubilee of St. John's, the department of emergency medicine also celebrated its silver jubilee - 25 years of distinguished service to the institution.

To mark this momentous occasion, we organised an academic event in the form of a CME. The silver jubilee function was inaugurated by the executives of the institution in the presence of numerous alumni of the department, past and present faculty as well as another department faculty from St. John's. The keynote address was given by Dr. Mabel Vasnaik, founding HOD of the department at St. John's and current head of emergency medicine at Manipal Hospital, Bangalore. And then onto the academic portion of the silver jubilee event -The question is how does one grab the attention of the attendees and give them valuable academic input without falling into the same tedium of didactic lectures? The answer - SIM WARS. In probably the first of its kind for the institution, and one of the first to be organised by an emergency department at the national level, Sim Wars saw the participation of eight teams featuring emergency medicine trainees from institutions all across the country. These teams we pitted against each other in 3 rounds of absorbing, challenging and downright entertaining simulation scenarios.

The scenarios were designed to test a team's collective knowledge base, calmness under pressure, familiarity with standard treatment guidelines and coordination. Scenarios featured a wide variety of case types encountered in the ED including trauma, resuscitation, cardiac arrest etc. Everyone was part of the fun - a demonstration case was enacted at the beginning of the competition and a number of prominent and senior faculty of emergency medicine in major hospitals around Bangalore sportingly agree to participate as a demonstration prior to the actual competitive rounds.

Acknowledgement: Dr. Ashish
N. Bosco, Senior Resident,
Dept. of Emergency Medicine



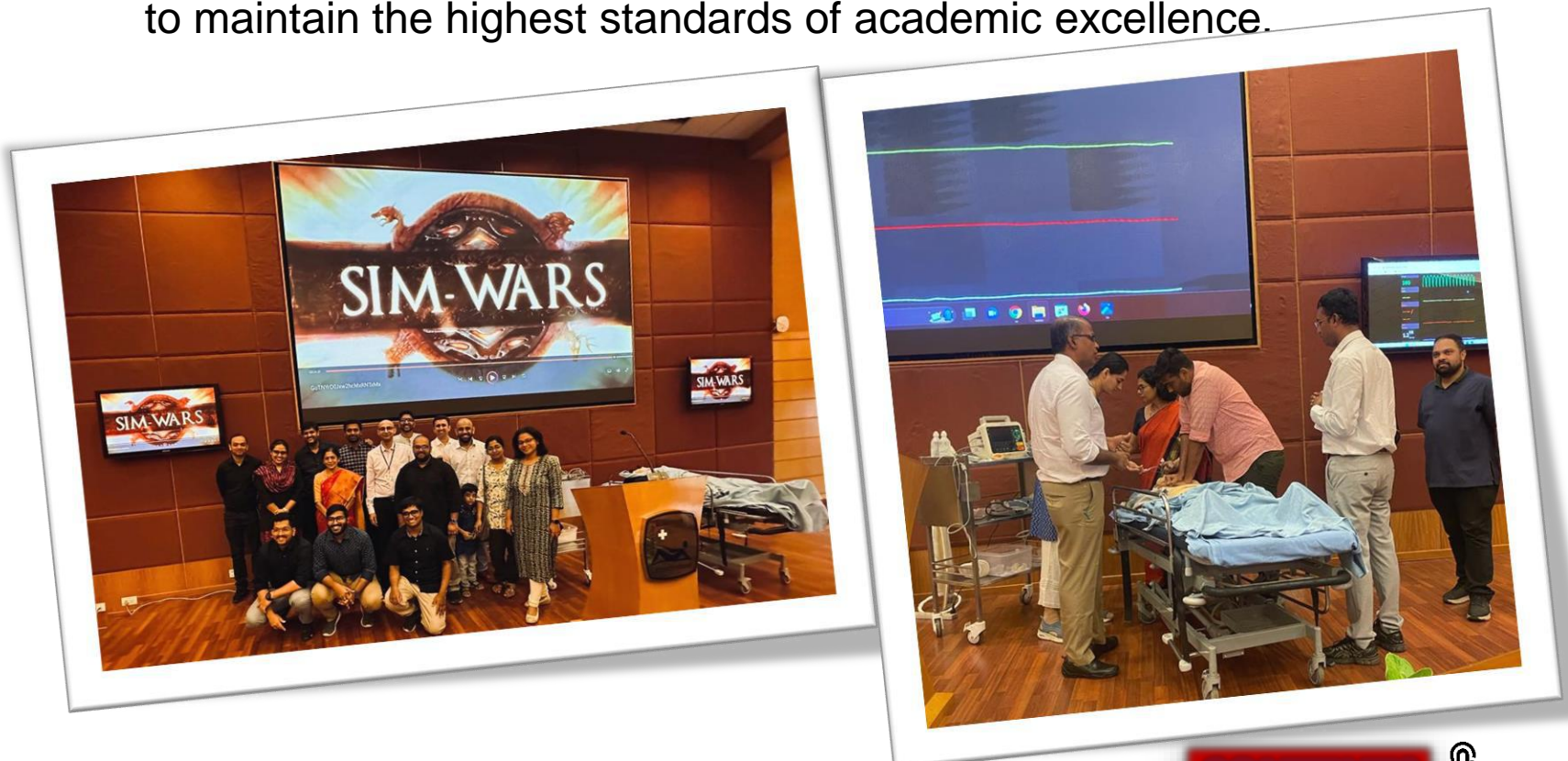
Updates this month...

The Pope Paul VI auditorium, built almost like a Roman colosseum, was the site of this epic battle. Each round saw the elimination of half the teams entering, till only two teams remained to face off in the final.

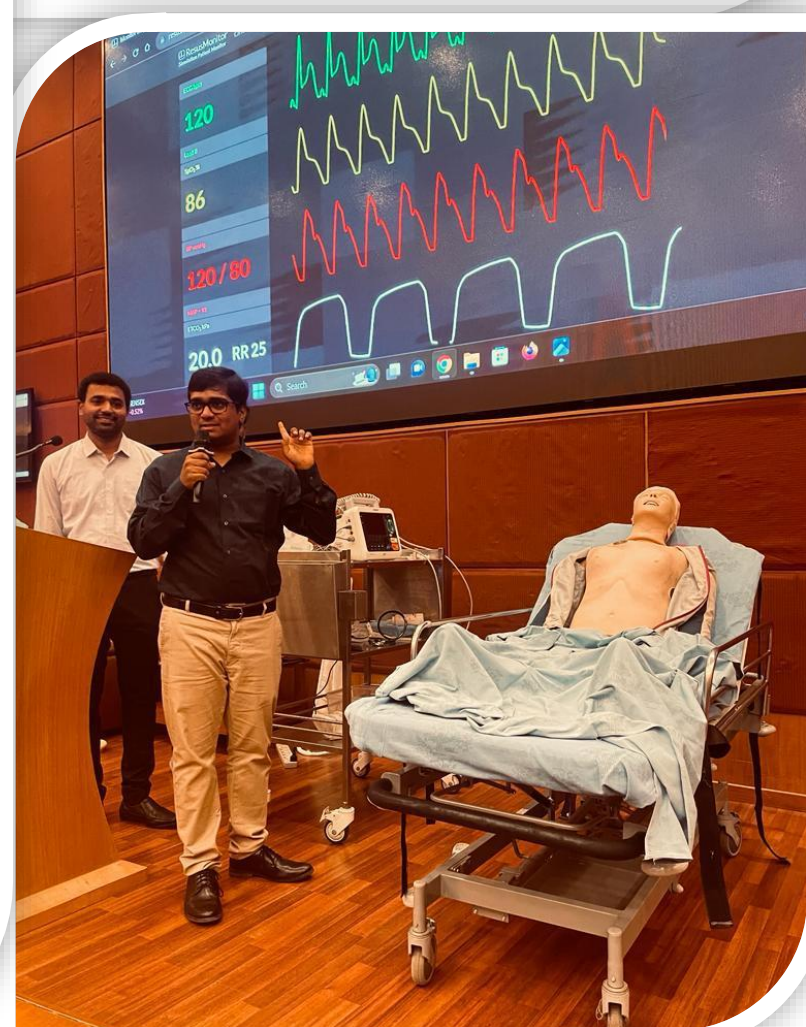
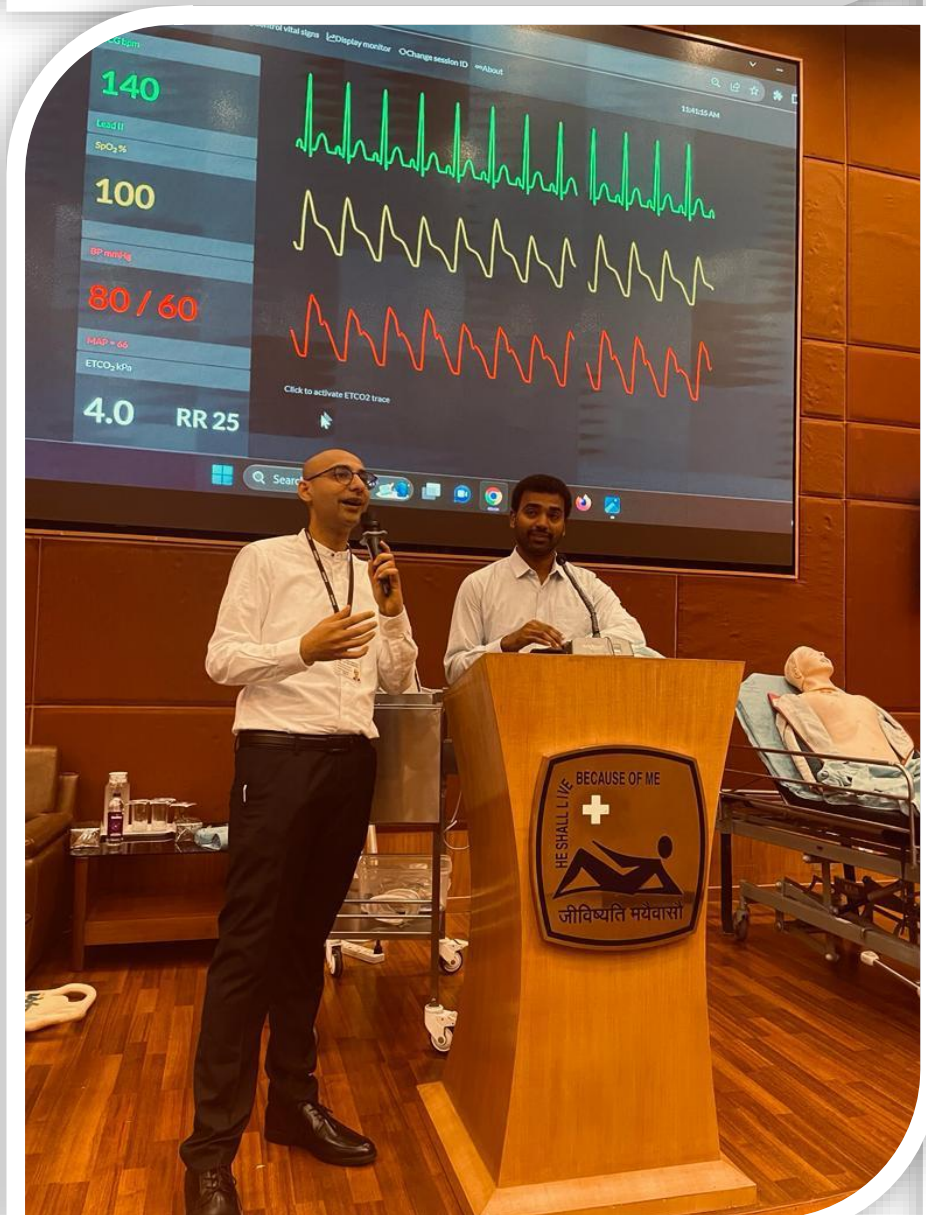
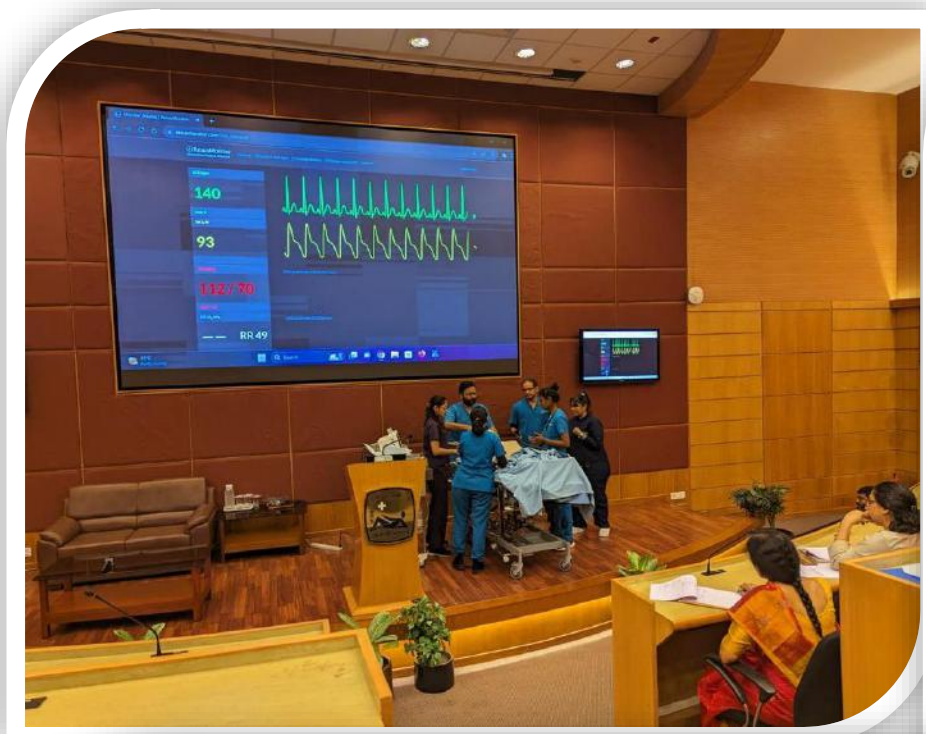
The level of competition was excellent, with each participating team giving an excellent account of themselves. From a technical standpoint, the organisation of the event was no easy task. However, in a truly excellent team effort, the faculty and residents of our emergency department truly rose to the occasion.

Every case given to teams was subsequently dissected and discussed in detail, with references to latest evidence and guidelines. We believe that this provided significant academic value to the event, arguably even more than standard talks and lectures. The audience was truly as captivated as the teams participating. The final was a true sight to behold, with teams presented with multiple patients at the same time - standard fare for an emergency physician, but likely never encountered in a simulation competition. It was truly an exhilarating experience to watch teams furiously work through each simulated patient, follow standard practice and negotiate a few surprises that were thrown their way.

Ultimately, the winning team were from Apollo Hospital, Navi Mumbai. But such was the quality of the competition that this victory was by the tightest of margins. It was truly an amazing experience for the department, one that we are extremely proud of. We aim to be able to continue to serve the institution with distinction, and continue to maintain the highest standards of academic excellence.



Updates this month...



Updates this month...

The Blue and Gold Alumni Nite: The Rural Health Initiative

10th August 2023

The Blue and Gold Alumni Nite showcased a remarkable achievement, driven by a heartfelt cause - the Rural Health Initiative. Over 400 esteemed Johnites came together to champion this mission, radiating unity and purpose.

Johnites' Dedication Shines

A spirited crowd of Johnites illuminated the event with their unwavering support. Their shared commitment to improving healthcare in underserved regions created an inspiring atmosphere of togetherness.

Grateful Hearts, Generous Souls

The event's success owed much to the generosity of kind-hearted donors. Notably, the Paul John Visitor Centre's contribution stood out, exemplifying their dedication to a healthier nation. Numerous other donors also deserve recognition for paving the way toward the Rural Health Initiative's crucial objectives.

In Conclusion, the Blue and Gold Alumni Nite exemplifies the strength of unity, shared goals, and philanthropy. Through the collaborative efforts of Johnites and the invaluable contributions of donors, this event marks a magnificent step toward a healthier, fairer future for our nation's underserved communities.

Acknowledgement: Dr. Prudhvi Dasari, Dept. of critical care medicine



Inauguration of Nuclear Medicine

Department of Nuclear Medicine

12th August, 2023

Department of Nuclear Medicine was inaugurated on the occasion of St John's Diamond Jubilee celebrations by His Grace Most Reverend Mar Andrews Thazhath - President of CBCI and Mr. Ramalinga Reddy, Honorable Minister of Transport, Govt of Karnataka on 12th August 2023.

Department will cater to molecular imaging with hybrid imaging techniques such as single photon emission tomography-computed tomography (SPECT/CT) and positron emission tomography-computed tomography (PET/CT) which permits 3D reconstruction of imaging data with high accuracy and anatomical localization of abnormal lesions in the body in both oncological and non-oncological conditions (like neurology, cardiology, infection, and inflammation imaging, etc). The future of Nuclear Medicine is "**Theragnostic**" a combination of diagnostics using imaging and therapy with targeted radionuclide therapies for cancer and non-cancerous conditions like radionuclide synovectomies. A more comprehensive approach is to include PET guided intervention and PET guided Radiotherapy Planning. Main vision is to nurture for future with a strong foundation with all available resources at St Johns National Academy of Health Sciences.



Acknowledgement: Dr. Chandana Nagaraj, Professor & Head, Department of Nuclear Medicine



Updates this month...

The integrated Laboratory Services

12th August 2023

The Integrated Laboratory Services, St. John's Medical College Hospital was inaugurated on 12th August 2023 as a part of the Diamond Jubilee Celebration of St John's Medical College by the President of CBCI along with Governing Board members and Mr Ramalinga Reddy, Hon. Minister of Transport, Govt. of Karnataka. The integrated lab services houses the Histopathology and Cytopathology, Hematology and Clinical Pathology in the 5th Floor and Biochemistry and Microbiology labs in the 6th Floor. The lab services are integrated to optimise resources and provide effective patient care with timely, accurate and reliable reports.



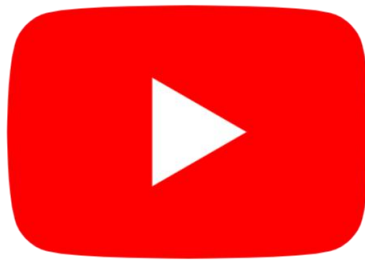
Acknowledgement:
Dr. Sitalakshmi
Subramanian, Prof, Dept.
of Transfusion Med &
Immuno-hematology



Updates this month...

DIAMOND JUBILEE CELEBRATIONS

11th – 13th August



DAY 1 



DAY 2 

The Diamond Jubilee celebration of St. John's National Academy of Health Sciences was a momentous event that brought together over 700 Johnites from India and around the world with truly aligning with the theme of the Diamond Jubilee "***Come back to your roots and celebrate the new***". The atmosphere was filled with nostalgia and excitement as attendees, including families, reconnected with their Alma mater.

The three-day celebration was a symphony of Blue and Gold, symbolizing the Sain Johns legacy and spirit.

The festivities kicked off with a stellar opening act of the Blue and Gold Alumni Nite in The Grand Magrath attended by more than 350 and the evening was electric with live music and honouring past and present Presidents of the St. John's Medical College Alumni Association (SJMCAA).

This evening set the tone for the entire Diamond Jubilee celebration. The academic sessions that followed were nothing short of exceptional, demonstrating why St. John's is regarded as a world-class institution. The Clinician Scientists session showcased some of the brightest academic minds of St. John's reinforcing the Academy's reputation for excellence.

Throughout the Diamond Jubilee celebration, various sessions enriched the experience. The "Rendezvous with the Dean's" offered insights into the Academy's leadership, while discussions about "Healthcare Challenges" and the "Health and Humanities" session deepened attendees' understanding and brought out various perspectives from panellists and participants.

Acknowledgement: Dr. Prudhvi Dasari, Dept. of critical care medicine

Updates this month...

The highlights of the event were the Dr. HJ Mehta Memorial Oration delivered by Dr. Evita Fernandez (Bo 1969) and Dr. Jayashree Thomas Memorial Oration by Dr. R.R. Baliga (Bo 1978). Dr. HS Subramanyam Oration organised by Department of Psychiatry was noteworthy. Distinguished speakers left the audience in awe with their groundbreaking work around the globe. These orations underscored the profound impact of the quality work that is being done by each and every Johnite out there in the world.

Sports played a significant role in the celebration, with hockey, throwball, and basketball matches spanning decades of Johnites' participation. The campus came alive with the spirit of competition and camaraderie.

Each department organized a heartfelt get-together, inviting postgraduates to reunite with their mentors and reminisce about their formative years at St. John's. This nurturing environment resonated with attendees as they shared cherished memories and experiences.

The formal inauguration event was graced by the State ministers, the Executive Committee of CBCI, Postal officer for the state of Karnataka, the Academy's standing committee, Present and New Director and the President of Alumni Association. Their presence elevated the celebration, underscoring the significance of St. John's legacy in healthcare and education. The commemorative postal cover was released to celebrate the 60 years of St. John's legacy.

The grand finale was the Gala Dinner, a night of splendid celebration. The gathering was a testament to the Academy's illustrious six decades. Attendees reflected on the past, celebrating achievements, and envisioning a brighter future for generations of Johnites to come.

Sunday brought a nostalgic end of the wonderful celebration with a good old Sunday morning breakfast from the mess followed by the Annual General Body Meeting of the Alumni Association.

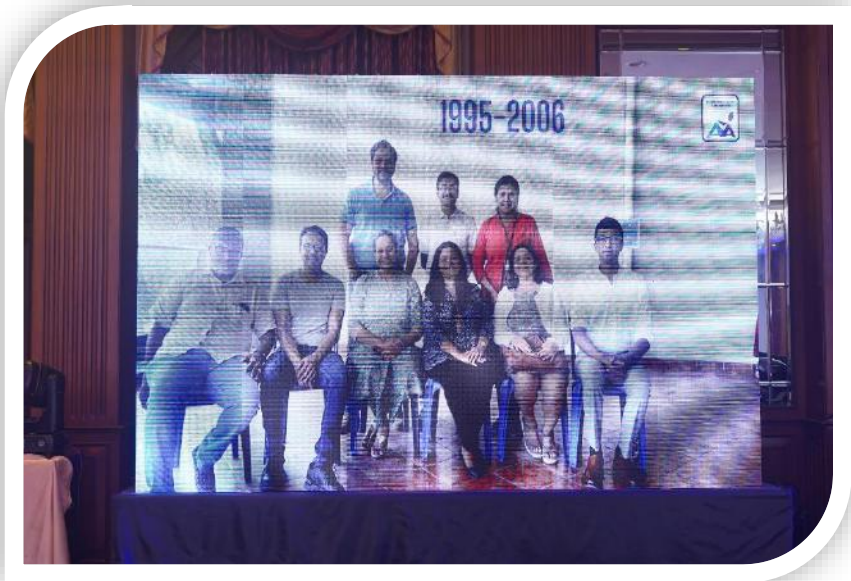
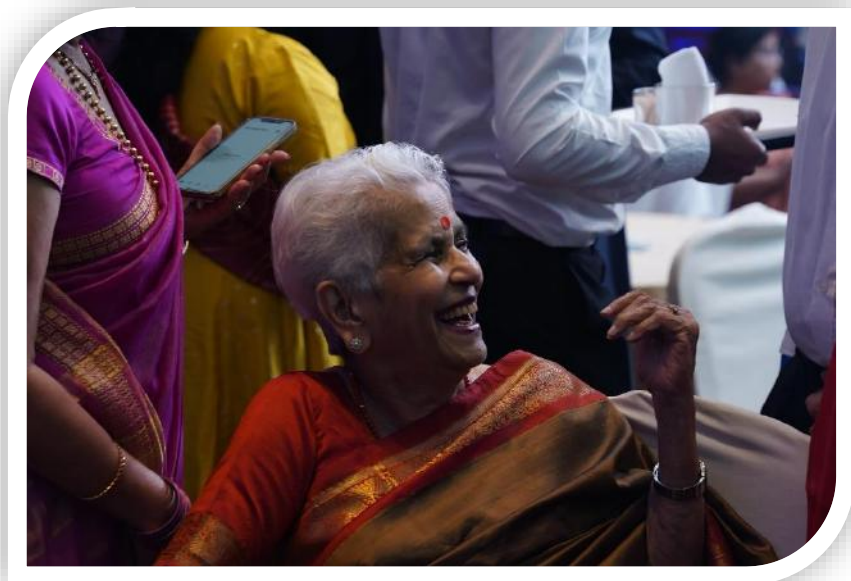
In the end, the Diamond Jubilee celebration left an indelible mark on all who attended. It was a journey back in time, a reaffirmation of values, and a glimpse into the promising future that lies ahead for St. John's National Academy of Health Sciences.



Updates this month...



Updates this month...



Updates this month...



Updates this month...

FAREWELL TO REV. DR. PAUL PARATHAZHAM & WELCOMING REV. FR. JESUDOSS RAJAMANICKAM

31st August 2023

Farewell for outgoing Director, Rev. Dr. Paul Parathazham and Welcoming of New director Rev. Fr. Jesudoss Rajamanickam was held in Main auditorium. Thank you Rev. Dr. Paul and Best wishes Rev. Fr. Jesudoss.

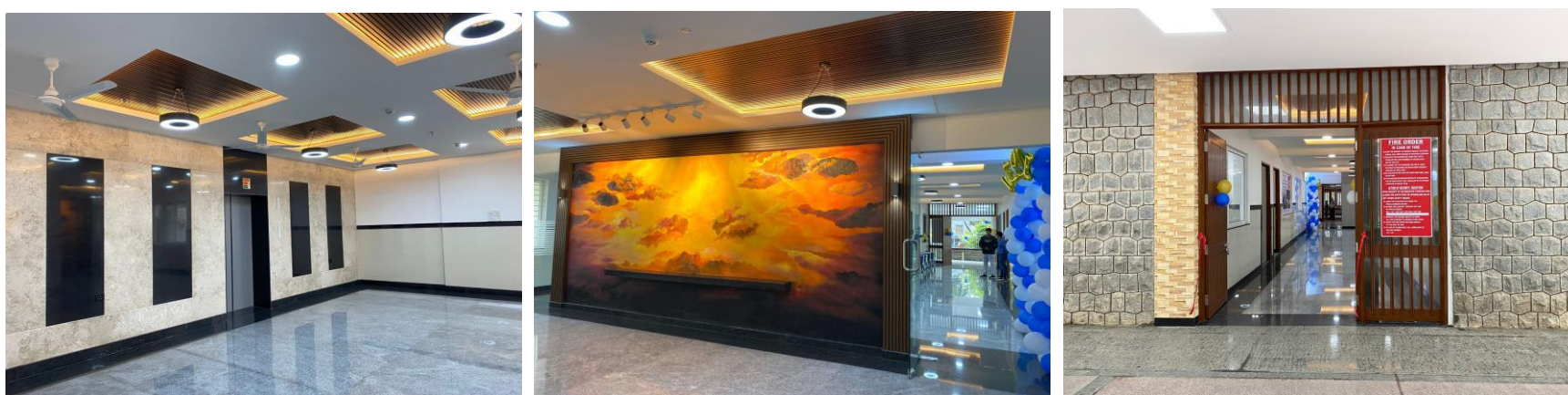


CLICK HERE  FOR VIDEO



Inauguration of renovated IP Entrance

31st August 2023



The renovated IP entrance was inaugurated by Rev. Dr. Paul Parathazham (Director, SJNAHS) and was blessed by Most Rev. Andrews Thazhath, President CBCI.

TREADING ON

– Sneha Sunny . MBBS 2020

My professors tell me that becoming a doctor is a never - ending process. My juniors ask me how ambiguous does MBBS seem in third year? and my friends discuss about the choices ahead, opportunities missed, and mistakes made. While my mind boggles about these questions and before it vanishes into the haphazard pattern of making weird conclusions, I try to erase everything said or asked and direct my racing mind to focus on where I am right now and make sense of what I am doing.

Third year seems to be a perfect year for an MBBS student, one because you have studied and passed the first two years which were relatively tougher, you have managed to shred down your fears, you are now acquainted with varied circumstances (at least you start feeling so) and plus you have made many companions. Two, it seems that the system is giving us time to recuperate before the big ben strikes and the final year begins. So, we all are in a consistent fight to make every minute count to experience all possible dimensions of a college life we all desire.

While all these trains of activities run in parallel directions, some eventually cross their paths and create a macabre of chaos. That's when you start dealing with friendships, relationships, studies, heartbreaks, brawls and blows. The extraterrestrial domains of MBBS course impinged with events, debates, research, dances, music, matches, permission trails and fests mingled with the uncertainties that bounces once every fortnight of our NEXT Examination, does leave you exhausted at the end of the day several times. Few days goes by with struggle being the hallmark of the day, but then comes the stage of expertise where you start feeling the pride of perseverance and acceptance of our excellencies and our fallacies. There comes a paradigm shift in our day's culmination, tiredness will be substituted with laughter and contentment while thinking about each unique incidents, our individuality, quiriness and most importantly of the fact that we acclimatized ourselves to pick ourselves up, brush away the dust and carry the work forth.

Medical science may be a never-ending journey, but you realize that it's not a mundane path, all moments are different In itself and hence third year just testifies us to "make each day count".





Team of The Month

BIOMEDICAL ENGINEERING

Biomedical engineering (BME) or Medical Engineering is the application of engineering principles and design concepts to medicine and biology for healthcare purposes (e.g., diagnostic or therapeutic). BME is also traditionally a logical science to advance health care treatment, including diagnosis, monitoring, and therapy. The scope of a biomedical engineer is the management of current medical equipment in hospitals while adhering to relevant industry standards. This involves procurement, routine testing, preventive maintenance, and making equipment recommendations, a role also known as a Biomedical Equipment Technician (BMET) or clinical engineering.



From left to right: Ms. Guhapriya Devi M, Ms. Teena Thomas, Ms. Aireena P Joy, Ms. Vaishnavi R, Mr. Suhail T, Mr. Rodda Koteeswara, Mr. Babin Cyriac, Mr. Dominic Xavier S, Mr. Sreerag M K, Mr. Jerold Louis J. Ms. Savitha T



From the Periphery...

A JOURNEY TO REMEMBER

- Sr. Dr. Diana Therese SJL (General Medicine)

“When a great moment knocks on the door of your life, it is often no louder than the beating of your heart, and it is very easy to miss it”. Boris Pasternak

Yes, Manipur reality at present and the desperate cry of the people knocked at the door of my heart and disturbed each fibre of my being. With a turbulent heart I lifted my eyes to the hill and from there I heard the whispers “will you be able to go to Manipur to render medical services to helpless people, driven out of their homes and forced to live without food or protection, in constant fear of losing their lives and their loved ones?” Embracing this opportunity to experience God among the suffering and to witness the living God among the dying, I marched towards Manipur Mountains along with ‘*Camillian task force of India*’.



We were warmly welcomed by the Archbishop of Impala, the Capital of Manipur State, Rev. Dr. Dominic Lemon and VG Rev.Fr. George .

Manipur:

It is a Land of numerous tales untold, one of the seven sister states of North-east India. With an amazing and breath-taking splendid landscape, hills meeting the sky, With people full of courage and enthusiasm, Well known for their culture, music and beautiful dance. Sadly, the present bloody clash has cast a fearful dark shadow on the image of the people as well as the place.



From the Periphery...



Once known for its vibrant hues, now it is overshadowed by conflicts, which are raging and spreading like an uncontrolled forest fire. Peace has no place there; instead, revenge and killing have filled the hearts of its people. Humanity is being tortured and systematically destroyed. Love is ruined by hatred, and care is scarred by violence and violence has spilt the innocent blood of many unborn babies.

Their houses on the borderline are now reduced to ashes by bullets and arson. Division abound, tearing the fabric of mutual trust apart, brother against brother, breaking every heart. Gunshots echo through the valleys and plains. Mothers weep for their beloved children lost too soon. Fathers carry the burden of grief like a withered moon.

When I visited and paid homage to the “wall of remembrance” the monument of innocents who lost their life because of the ignorance of the living, my heart was flooded with intense painful beating and questions:

Where can I look for peace? When can I see smiling faces again? Who can deliver them? And how can I help them out? When will they return to their home? Will Meiteis and Kukis walk together one day? With this turbulent heart I turned to God and surrendered Manipur to Him.



From the Periphery...

My God moves in a mysterious way to perform wonders!

"The truth is that opportunities and obstacles cannot be separated" Ahead of seeing all obstacles even to the point of being shot dead, we surrendered ourselves entirely to God and proceeded with our mission in Manipur.

As we began our journey, I realized that "The more we surrender to God, the more we experience miracles and become dynamic and mightier"

Following are some of my miraculous experiences.

MIRACLE 1:

On 24th July we decided to go to Churachandpur, where the Kuki tribals live. We expected a few challenges in crossing the border between Imphal and Churachandpur. Like Mary Magdalene who went in search of Jesus, we as the women of dawn, when it was still dark at 5am, set out to visit the women and men living in the darkness. Since the people there were deprived of any basic medical care, we carried a lot of medical supply with us. But we were stopped by a group of women called Meirapaibis (popularly known as women torch bearers), police and army. If they found out that we were carrying medicines with us to help the people of Churachandpur, their frustration will be expressed by burning the medicines or killing us. We were perplexed and tensed yet we gathered all our strength and gave a gentle smile to them. The word of God that resonated in our hearts was "He will send His angels to protect you and speak for you"; this word of God became really alive at that moment.

"We relived the experience of Moses and Israelites crossing the red sea by splitting it. We were going by two vehicles, The first vehicle carried Fathers, brothers and doctors who were seated along with all our personal belongings. The second vehicle carried us, the sisters. We were seated along with eight bags full of medical supplies, each weighing about 15 kg.

While checking the first vehicle, one lady among the Meirapaibis, signaled our car to proceed and we just flew like a fly ball and took a deep sigh of relief.



From the Periphery...

“For He will command His Angels concerning you to guard you in all your ways” (Psalm 91:11). Meirapaibis spent nearly half an hour to have a thorough checking of the first vehicle and after many enquiries they freed that vehicle to cross. Safely we reached Don Bosco Parish where priests welcomed us and took efforts to meet various leaders of the locality to make the Camillian task force medical tree to spread out its branches, gently spreading God's healing touch, compassion and love to the people at the periphery. As the Pope says, “smell the smell of my sheep at periphery”, people were living with fear and anxiety, not knowing when their time will come to be shot to death, I too had the same feeling but still was ready to die for God, I considered as a blessing if I happen to die for Christ, I remembered the words of Mother St. Johnfontbonne, *“Today is my turn to meet my Lord”*. After that there was no place for fear in my heart.

MIRACLE 2:

One day we conducted a medical camp for the Naga community and while returning from their town Pinjang, we were stopped by the army, One man among them just pointed a gun at us and asked, "Do you want to live or die?" We were speechless and silent just as Jesus was silent in front of Pilate. “God sends his angels to rescue us from the hands of warriors”. Like a flash of lightening, they moved from our sight, and we were able to proceed.



MIRACLE 3

On August 1st we visited Pastoral Training Centre (PTC) and St. Paul's Parish Church at Sangaiprou. Both the centre and church were burnt to ashes by a group of people, but we could find Mother Mary's photo intact, untouched by neither fire nor smoke. Our hearts were burning with love and devotion to Mother Mary!!Ave Maria!!!

From the Periphery...



MIRACLE 4:

When I was at the Airport to return after completing our timely medical service at Manipur, I received a call from Sr. Agnes FCC from Churachandpur. She informed with joy and happiness that patients in relief camps (who were not even willing to get out of the house due to various physical and psychological illness) are now improving and beginning to smile and doing their routine activities. I was extremely glad to hear that God has touched them and healed them through me, in spite of this present painful situation!

I felt that this news was God's assurance to me that I accomplished my timely service to Manipur people.



From the Periphery...



ECHOES IN MANIPUR

1. We are now ready to die but we want our future generation to be free from any form of violence.
2. Since Manipur government is stuck inside a room, we women are on the road to protect our children from fire and gun.
3. The heart of Jesus cannot remain indifferent to suffering, we deeply feel that we are invited “to act immediately, to console, soothe and heal the wounds of our brethren – a Priest in Manipur.
4. You should never give up or run away by seeing violence between Kukis and Meiteis; on the other hand, you must continue your medical mission for our people till your appointed time. – a gentleman from relief camp.



From the Periphery...

5. However tough and severe may be the difficulties we face today, we must decide to consider them as the most favourable opportunities which can strengthen our future endeavours – the warriors in the borderline.
6. We are very proud of you because you were ready to sacrifice your life and gave your time, came to be with us and took care for us. Let's continue our collaboration in our future too – a youth leader.
7. I have been doing my first year MBBS; unable to go to classes for the past three months as Medical College is situated in the midst of Imphal. I do not know what I am going to do? Will I be able to become a doctor and serve my people? Will my dream come true? – Cry from a girl, a young medical student.
8. Can you give me a Rosary? Because I have observed that whoever had rosary with them were protected in borderline, while many have become bread to the bullet – a young woman
9. We can't take our inmates to the doctors as doctors are not available around - Mother Teresa Sisters.
10. Living in fear has become part of our life – FCC religious sister.
11. You are religious medical personnel; this is what is most needed among people living in relief camps. We are indeed privileged to have this team among us - Nodal officer of relief camps.

POIGNANT MEMORIES

It was a quiet evening after the camp. I took out my mobile to call my mother and I looked for a calm place and was seated in the portico of FCC sister's convent. I started talking to my mother. Within a minute a group of children came and sat near me holding my hands. I was speechless. I just cut the call and looked at them. The only language I could communicate to them was a smile, and was their smile communicating to me something powerfully?

I didn't know what to do? How to speak with them in their language? I just walked with them and started playing with them while other sisters were praying in the chapel. I was extremely happy to encounter God in their innocent smile and loud laughter.

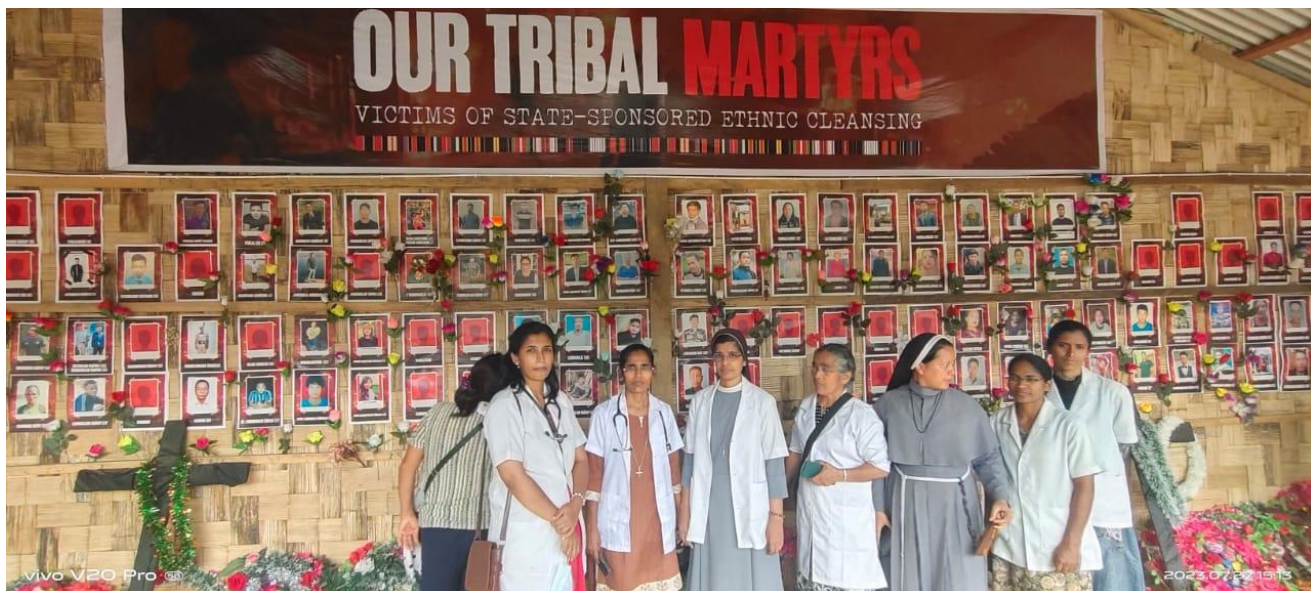


From the Periphery...

Lesson: I am a person who goes by strict rules and regulations. Punctuality is my hall mark. This event taught me that giving my time there by giving life and happiness for people in need is much more sacred than routinely observing mere rules and regulations.



"Place where we shed tears of blood" was when we visited and paid tribute to the Tribal martyrs. Many innocent parents, grandparents, youth, children and babies were just shot to death, their names and photos were collected and gathered in one place..... which has become a wall 'remembrance of revenge in Manipur'.



From the Periphery...

I was seeing patients in Mother Teresa's convent who were unable to get medical care because they were Kukis, while doctors around them were Meiteis. I heard a loud noise and came out to see what was happening!! I was shocked, for I heard gun shooting at the nearby place. My heart was shaken, a doorway cracked open to a Manipur valley and hills full of love and courage. Once again I was reminded of the words of our Foundress "Today is my turn to meet God" but I was not fortunate enough!!! Hence, I am sharing this today with a palpitating heart.



MEDICAL CAMPS:

We conducted a total of thirteen camps in various places and districts and around 4000 people got benefited.



From the Periphery...

UNSPOKEN WORDS FROM MANIPUR

- Even in the face of adversity, Manipur's resilience shines bright, reminding us that through unity and determination, we can overcome any challenge.
- Amidst the trials that Manipur faces, the spirit of its people remains unbreakable, a beacon of hope for a better tomorrow.
- Manipur's history is a testament to the strength of its people, and its present challenges will only serve as steppingstones toward the bright future.
- As Manipur continues its present journey, let us remember that every obstacle is an opportunity in disguise, and its people can rewrite their destiny.
- Manipur's struggles today will forge the success stories of tomorrow, illustrating that the human spirit can triumph over even the most daunting circumstances.

***I Am Grateful To My Lord For These Indelible And Unforgettable Memories
Which Will Be Etched In My Heart Forever***

Lung Cancer

August 1st is celebrated as lung cancer day, and that's why this month the discussion is on the role of Physical Therapy (PT) in lung cancer! Physical therapy plays a pivotal role in the management of lung cancer patients, especially those who have undergone surgery or other treatments that may impact their physical function and overall quality of life.

As a part of pre-operative rehabilitation, before undergoing lung cancer surgery, PTs can work with patients to optimize their physical health, strengthen their respiratory muscles, and improve overall fitness. This preparation may help patients recover faster and reduce complications after surgery. In the post-operative rehabilitation phase, after lung cancer surgery, physical therapy can aid in restoring mobility, reducing pain, and regaining strength. The therapist will create an individualized exercise program to gradually build up strength and endurance while taking into consideration any surgical limitations.

PTs play a key role in maintaining the cardio-respiratory function. Lung cancer and its treatments can cause breathing difficulties and reduced lung capacity. Physical therapists can teach patients breathing exercises and can use different techniques such as proprioceptive neuromuscular facilitation to improve lung function, enhance oxygen exchange, and alleviate shortness of breath. PTs also help in maintenance of bronchial hygiene, by using various techniques such as: postural drainage, autogenic drainage and active cyclic breathing technique, to name a few.

Other goals of a PT include: Aerobic conditioning exercises - The American Cancer Society recommends that adults with cancer engage in at least 150 minutes of moderate-intensity aerobic exercise and two sessions of resistance exercise per week. Pulmonary Rehabilitation programs are tailored to the individual who has recently had lung surgery, with the aim of optimizing their respiratory function and therefore their quality of life (QOL) and participation in their everyday lives. Lung cancer patients may experience pain due to the cancer itself or as a side effect of treatments. Physical therapists can use various modalities, such as heat, cold, electrical stimulation, and manual therapy techniques, to help manage pain and improve overall comfort as a part of pain management.



Physiotherapist Corner...

Cancer-related fatigue is a common issue in lung cancer patients. Physical therapists can design energy conservation strategies and prescribe appropriate exercises to combat fatigue and improve energy levels. Research shows positive results of physical exercises on cancer-related fatigue, physical function, symptom distress, sarcopenia and health-related quality of life (HRQoL). For advanced-stage lung cancer patients, physical therapy can focus on palliative care to enhance comfort, maintain mobility, and improve the quality of life.

In summary, it is essential for lung cancer patients to work closely with their multidisciplinary medical team to develop a comprehensive treatment plan that addresses their unique needs and challenges.



Background image in the cover page.
Diamond Jubilee Logo on the New
board.

PC: Dr. Rakesh Ramesh





Rhyme Chime...

Duty

- Dr. Srilakshmi Adhyapak

Accomplishing duty as an offering,
Unmindful of its result, to the supreme being.

Calming mind's thoughts turbulent,
Whirlpools tidal into placid waters effulgent.

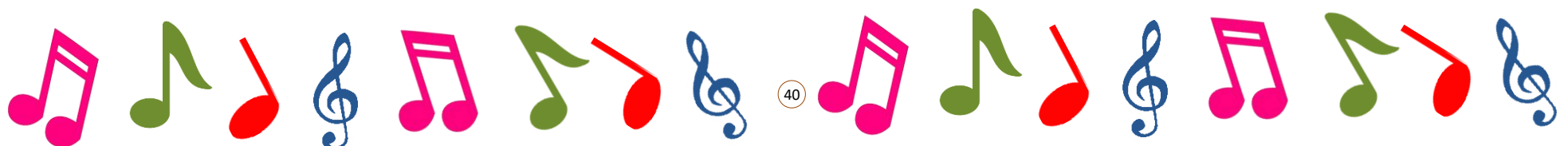
Fixing the Lord on intellect's throne,
Actions performed as one's duty alone.

Outcomes that spring, never the goal,
Forming offerings beautiful in saintly role.

Equanimity amidst seas raging,
Waves to heights unsurmountable reaching.

Highs and lows met with a calm resolute,
Tethered to a harness absolute gathered.

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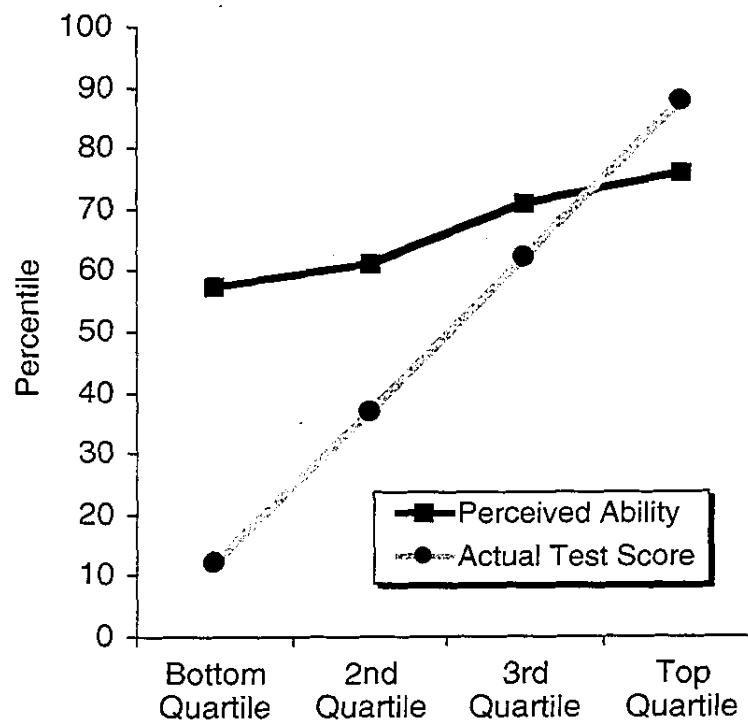
IG NOBEL



1999 – PSYCHOLOGY

David Dunning and Justin Kruger

David Dunning of Cornell University and Justin Kruger of the University of Illinois, for their modest report, “Unskilled and Unaware of It: How Difficulties in Recognizing One’s Own Incompetence Lead to Inflated Self-Assessments.”

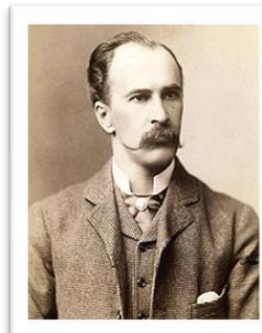


People tend to hold overly favorable views of their abilities in many social and intellectual domains. The authors suggest that this overestimation occurs, in part, because people who are unskilled in these domains suffer a dual burden: Not only do these people reach erroneous conclusions and make unfortunate choices, but their incompetence robs them of the metacognitive ability to realize it. Across 4 studies, the authors found that participants scoring in the bottom quartile on tests of humor, grammar, and logic grossly overestimated their test performance and ability.

REF: <https://www.improbable.com/ig/winners/>

REF: <https://pubmed.ncbi.nlm.nih.gov/10626367/>





SIR WILLIAM OSLER

Hard work will triumph over genius.

Let such believe the truth that fair average abilities, well used, often carry their owner above the heads of abler men - the genius rarely makes a successful practitioner; but the careful hard-working student who feels that he must grind up his subject with plodding pains before he can make it a part of himself, and who acts on this impression, develops the elements of life-long success during his academic course.



© <https://inspiria.edu.in/>

Thoroughness is a difficult habit to acquire.

Thoroughness is the most difficult habit to acquire, but it is the pearl of great price, worth all the worry and trouble of the search. The dilettante lives an easy, butterfly life, knowing nothing of the toil and labour with which the treasures of knowledge are dug out of the past, or wrung by patient research in the laboratories.



© Bernard Hiller

REF: The Quotable OSLER: Edited by Mark E Silverman, T. Jock Murray, Charles. S Bryan

Did You Know?

Amid mountains in Laos, a field is home to the Plain of Jars. The massive stone jars—some are almost ten feet tall—are from 2,500 years ago, and no one knows why they're there. Nearby human bones suggest the jars might have been used for burial or to house decomposing bodies before being cremated or going to another part of the funeral process. Meanwhile, locals say the vessels held whiskey for a mythical giant, or rice wine to celebrate giants helping them defeat enemies.



© Readers Digest

Ref: Readers Digest





MEDICINE THIS MONTH

A Bird's Eye View.....

Long-term benefit of early antiretroviral therapy for HIV

Early initiation of antiretroviral therapy (ART) before CD4 count decline reduces morbidity and mortality in patients with HIV. In follow-up analysis of a trial comparing immediate ART with deferred ART (until CD4 <350 cells/microL), the risk of AIDS-related events, serious non-AIDS events, or death was lower over a median of 9.3 years among those originally assigned to immediate ART. After initial trial results were released in 2015, both groups were offered ART regardless of CD4 count; the difference in adverse outcomes between the groups narrowed but persisted after this time. The continued benefit of early ART may be due in part to differences in immunologic recovery, as CD4 cell counts remained lower in the deferred therapy group. These findings support our current practice of initiating ART at the time of diagnosis.

- Lundgren JD et al. NEJM Evid. Feb 2023.

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Abstracts 

Tonsillectomy for adults with recurrent tonsillitis

Tonsillectomy is regularly performed in adults with recurrent tonsillitis but has not been extensively studied. In a randomized controlled trial conducted in the UK enrolling 453 adults with recurrent acute tonsillitis, patients were randomized to receive tonsillectomy or conservative management. Those who received tonsillectomy had fewer days of sore throat during the subsequent 24 months than those in the conservative management group (median 23 versus 30 days). The study concluded that compared with conservative management, immediate tonsillectomy is clinically effective and cost-effective in adults with recurrent acute tonsillitis.

-Wilson JA et al. Lancet. Jun 2023.

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CONTENTS 

RESEARCH SNIPPETS

Statistics Related to Ordinal Data

What is ordinal data?

Ordinal data is a kind of qualitative data that groups variables into ordered categories, which have a natural order or rank based on some hierarchal scale, like from high to low. But there is a lack of distinctly defined intervals between the categories. In terms of levels of measurement, ordinal data ranks second in complexity after nominal data.

Ordinal Data Characteristics

- Ordinal data are non-numeric or categorical but may use numerical figures as categorizing labels.
- Ordinal data are always ranked in some natural order or hierarchy. So, they are termed ordinal.
- Ordinal data is labelled data in a specific order. So, it can be described as an add-on to nominal data.
- Ordinal data is always ordered, but the values are not evenly distributed. The differences between the intervals are uneven or unknown.
- Ordinal data can be used to calculate summary statistics, e.g., frequency distribution, median, and mode, range of variables.
- Ordinal data has a median.

Ordinal Data Examples

Ordinal data often include ratings about opinions or feelings or demographic factors like social status or income that are categorized into levels, Severity of disease (mild, moderate, severe) etc.

How do you summarize Ordinal data?

- Frequency distribution with visualization by bar-chart or pie-chart
- Since ordinal data is not numeric, identifying the mean through mathematical operations cannot be performed with ordinal data.

RESEARCH SNIPPETS

- However median (middle most order) and mode (most frequently occurring order) can be derived for an ordinal variable.

Inferential Statistics

Some Non-parametric tests that can be used for ordinal data are:

- Mood's median test – to compare the medians of two or more samples and determine their differences.
- The Mann-Whitney U test – compares whether two independent samples belong to the same population or if observations in one sample group tend to be larger than in another.
- Wilcoxon signed-rank test – to compare how and by how much the distribution of scores differ in two dependent samples of data or repeated measures of the same sample.
- The Kruskal-Wallis H test – compares mean rankings of scores in three or more independent data samples. The test helps determine if the samples originate from a single distribution.
- Spearman's rank correlation coefficient – to explore correlations between two ordinal variables. This test measures the statistical dependence between the rankings of the variables.
- Ordinal regression analysis can be used to predict ordinal response by independent variables or to estimate effects of exposure on ordinal response adjusting for confounders.



Chinese System of Medicine

Basic to traditional Chinese medicine is the dualistic cosmic theory of *Yinyang*. The *yang*, the male principle, is active and light and is represented by the heavens. The *yin*, the female principle, is passive and dark and is represented by the earth. The human body, like matter in general, is made up of five elements: wood, fire, earth, metal, and water. With these are associated other groups of 5, such as 5 planets, 5 conditions of atmosphere, 5 colours, and 5 tones. Health, character, and the success of all political and private ventures are determined by the preponderance, at the time, of the yin or the yang, and great aim of ancient Chinese medicine is to control their proportions in the body.

The teachings of the religious sects forbade the mutilation of the dead human body; hence, traditional anatomy rests on no sure scientific foundation. One of the most important writers on anatomy, Wang Qingren, gained his knowledge from the inspection of dog-torn children who had died in a plague epidemic in 1798 CE. Traditional Chinese anatomy is based on the *cosmic system*, which postulates the presence of such hypothetical structures as 12 channels and 3 so-called burning spaces. The body contains 5 organs (heart, lungs, liver, spleen, and kidneys), which store up but do not eliminate, and 5 viscera (such as the stomach, intestines, gallbladder, and bladder), which eliminate but do not store up. Each organ is associated with one of the planets, colours, tones, smells, and tastes. There are 365 bones and 365 joints in the body.



© Wikipedia

Symbol of Yin Yang. Black representing Yin and White representing Yang



Obituary...

Mr. M Karthikeyan



We record with deep regret the passing away of Mr. Karthikeyan M on 21st August 2023. Mr. Karthikeyan served in the Department of Nursing Service as nursing Helper, St. John's Medical College Hospital from 02.09.2013 to 21.08.2023.

Ms. Mary Dorothy Vasantha

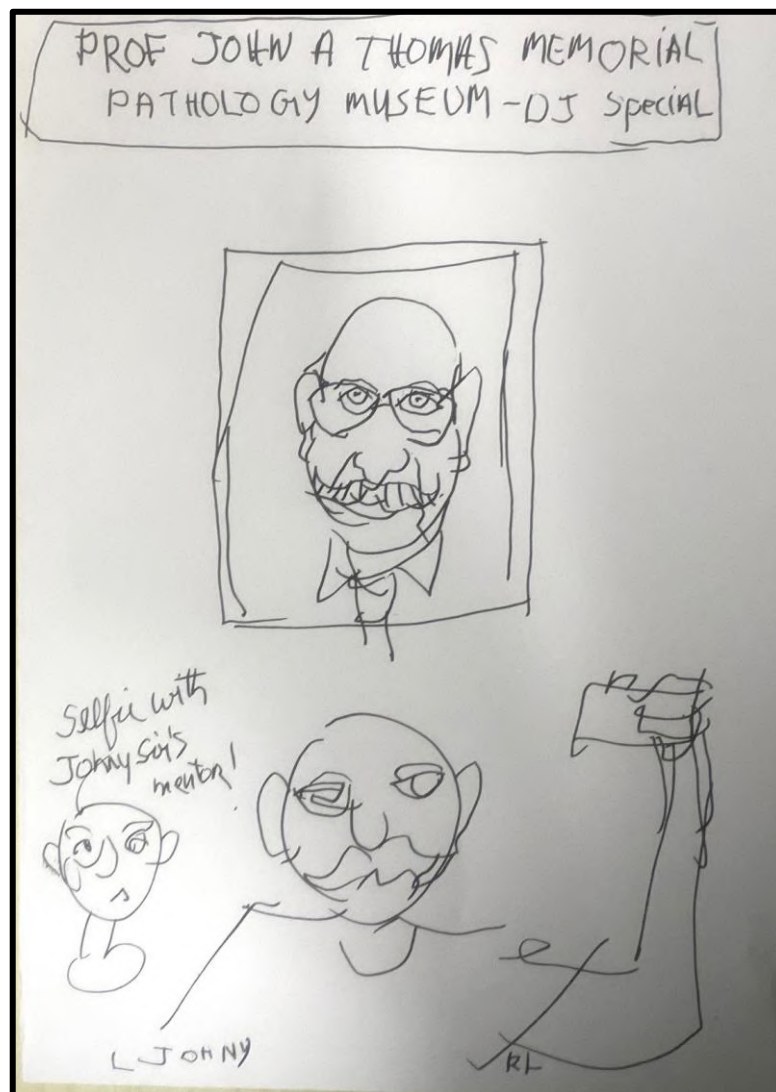


Ms. Mary Dorothy Vasantha passed away on 28th August 2023. She served the Institution for 43 years.

Our heartfelt condolences to his family and near and dear ones.



L Johnny



Art by: Dr. Rakesh Ramesh

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