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#### WOMEN'S DAY CELEBRATION by INTERNAL COMPLAINT COMMITTEE/GGC

On the occasion of International Women's day ICC/GGC organised an innovative program to felicitate woman working successfully in male dominated dept. Deputy superintendent Central Jail, Nagpur Mrs Deepa Agey was invited as Guest. On the same day Guest lecture on 'Nutrition in health and disease' was delivered by eminent physican Dr Sunanda Chaoji. Dr. Kalpana Date gave introductory remarks and sensitised the audience about the objectives of ICC/Gender Grievance committee and also wished them on Women's day. Dr. Rakhee Tirpude introduced the Chief Guest & also moderated the Q & A session. Mrs Deepa Agey shared her experiences with jail inmates and the way she tackled the difficulties which motivated the audience which mainly consisted of women from various departments both teaching & non teaching. Vice Dean Dr Nitin Deosthale felicitated the guest.



#### Essay Competition Organised by ICC/GGC on the occasion of Women's day 2023

ICC/GGC organised essay competition on the topic "Gender equality in context of Indian culture" for both teaching & nonteaching staff. Judges were Mr. Vinay Nagdeo & Mrs. Mangala Nene. The prized winner in nonteaching category were:

Ist prize Mrs. Pratiksha Bhalerao ( Nursing staff medicine)

IInd prise - Mrs. Vimal M Baingane (billing)

Consolation prizes.

I Nadeem Sheikh (Pathology)

II Sonali Naidu (Dean Office)

In teaching category

Ist prize Dr. Shruti Konale ( Pathology JR) IInd prize Dr. Kanchan Dhote (ENT dept)

Prize distribution was done on 08<sup>th</sup> march 2023 at a function of womens' day at the hands of Dean & Guest of Honour Mrs. Deepa Agey.

#### Message competition was organized on Womens' day by Internal Complaint Committee/GGC

Message to women on occasion of women's day competition was held. ICC/GGC organised a catchy message competition on occasion of women's day 8<sup>th</sup> March 2023. Messages were later displayed & then judged by Dr. Umesh Hassani & Dr. Bhavna Bhirud, best message were given prizes at the hands of Vice Dean & Guest of Honour Dr. Deepa Agey. Prizes winners were given as follows

Ist Mrs Pradnya (Pathology dept) IInd Dr. Manjiri Oke (Dermatology dept)

#### Internal complaint committee/ Gender Grievance committee conducted Gender

sensitization program for all teaching and non teaching staff of NKPSIMS and RC and LMHstaff. Total more than 300 staff and PG students participated in the program. The faculty Dr Rakhee Tirpude, Dr H.T Kanade, Dr Mayank Gadkari, Dr Abhijeet Faya, Dr Trupti Dongare, Dr Manjiri Oke, Mrs Chaya Pal, Mrs Babita Virkhare and Mrs jyoti Gajbhiye conveyed the vision, mission and the importance of zero tolerance against Gender harassment at workplace



Editor - Dr. Kalpana Date

Co-editor - Dr. Meghana Gaikwad

Jan to April - 2023  
for Private circulation



#### "Swarangan" The intercollegiate music competition

A total of 19 participants of both Solo and Duet category from different medical colleges across the state participated in this event. Judge were Mr. Bhushan Jadhav who participated in Marathi Sangeet Samrat and is ZEE TV & ZEE Yuva Fame and Mr Nikhil George Paul who is British Singer, Music Producer and composer of Indian Origin. The results were declared by Dr Sushil SOLO-Winner -Mr.Piyush Ugalmugle; Runner up-Naman Daga. DUET-Winner-Abhishek Kale and Bhumika Jawanjal and Runner-up- Anjana Nair and Aman Bhonsale

#### नाट्योत्सव - उत्सवनाट्यकलेचा

As a part of JOSH 2k23, to showcase talent and express creativity through acting, writing and directing we organized the drama competition on 12th April 2023. There were solo drama competition, Group drama competition and MIME act competitions. Winner of the solo drama competition was Sandesh Rathod from 2020 Batch. Winner of Mime act competition was team 'We Indians' from 2019 Batch. Winner of Group drama competition was team 'Kasoor' from 2021 Batch and Runner up was team 'Baliraja' from 2021 Batch.





## from Editor's pen



Dr. Kalpana Date

### Make your mental health a priority .....

The rate of drop outs, suicide and suicide ideation among medical students is really a matter of concern. Medical education and training is tough, and the stress starts right before getting admitted to the course. Stress can lead to consequences such as impaired academic performance, impaired competency and attrition from medical school. So, Mental health is crucial for medical students. Good mental health allows them to deal with life's challenges and stressors in their daily lives. It can help students to develop and maintain strong relationships with others, as well as an overall sense of contentment.

Researchers have attributed their stress to various reasons like: academic stress, issues with work-life balance, relationship conflicts, poor student guidance or support, volume of information, finances, uncertainty about future, exposure to human suffering, lack of time to oneself, romantic relationships, family demands, and above all the need to be successful. The sources of medical school stress can change depending on the year of study.

Here are some tips for looking after your mental health in med school

Taking care of yourself both mentally and physically by setting realistic goals, planning breaks in between hectic schedule and keeping some time for your hobby can really help. Some other suggestions include: Stress-relieving activities like yoga and meditation, spending more time outdoors, practicing self-care in the form of maintaining good nutrition, regular exercise, regular sleep, disciplined lifestyle and building a good friend circle and support system because...

**What mental health needs is more sunlight, more love and more unashamed conversations!**

## Jwels of NKP

**Late Dr. Nilima Pawade memorial annual post graduate quiz was conducted** on 19/02/2023 by Ophthalmological society of Nagpur. Three final year post graduate students of Ophthalmology department of LMH Dr. Rohan Sonawane, Dr. Priya Patil and Dr. Kinnari Shah participated in the quiz.

**National level quiz on 'Ophthalmic Trauma'** was conducted online by Dr. Rekha Khandelwal and Dr. Deepa Kumar on 08-04-2023. Dr. Purendra Bhasin was the guest faculty for the quiz.  
**In State Conference MAHACON 2023 at Pune ,2 research projects were presented by Anatomy Department .**The Research Topic of presentation by Dr. Deepali Onkar, Professor & HOD Anatomy, was ' Estimation of Testicular volume by high frequency ultrasound in Indian population A pilot study'. She also chaired a scientific session in MAHACON 2023. Dr. Shital Maske, Asstt. Professor presented a research on Medical teacher's perception towards on line educational method during COVID -19 pandemic.

### Dr. Prashant Onkar and Dr. Sandeep Dhote Delivered an Insightful Guest Lecture on Gastric and Bowel Imaging at IMA Hall Nagpur

At the event, organized by the VIDRAD (Vidarbha Radiology Association), at IMA Hall in Nagpur on 8<sup>th</sup> Jan 2023 ,Dr. Prashant Onkar (Professor) and Dr. Sandeep Dhote (Assistant Professor) captivated the audience with their informative guest lecture on gastric and bowel imaging. Their expertise and experience in the field of radiology added depth and credibility to the session, attracting a diverse audience of medical professionals and students. In addition to the enlightening lectures, VIDRAD organized a quiz competition as part of the event. Dr. Udai Chowdhary, a Junior Resident, showcased exceptional knowledge and secured an impressive second position in the highly competitive quiz organized by VIDRAD.

**In APICON 2023, Gujarat on 26<sup>th</sup> -29<sup>th</sup> Jan 2023-**Dr. Nalini Humaney was invited as a Faculty in National conference of Association of Physicians of India (APICON -23) at Ahmadabad, Gujarat. She delivered lecture on 'HIF Inhibitors new drugs on the horizon for Anemia of chronic kidney disease.



**Dr. Hitendra Bhagwatkar was invited as a National Faculty** in HCHIP-CTO, India at New Delhi on 27<sup>th</sup> -29<sup>th</sup> January 2023 Dr. Sunanda Chaoji delivered a lecture on "Diabetes in elderly" in a CME organized by Vidarbha API Chapter on 8<sup>th</sup> Jan 2023

**Dr Tanuja Manohar is appointed as member of Reviewer board of reputed National journal. Journal of the Association of Physicians of India (JAPI)** official publication of API. Dr. Hitendra Bhagwatkar Presented Bifurcation case At India Live Conference 2023 organized by Intervention Cardiology Foundation of India, held from 15<sup>th</sup> March -18<sup>th</sup> March 2023 at ITC Grand Chola, Chennai.

**VIDRAD announced the appointment of Dr. Sandeep Dhote** as the new President of the association in CME organized on 9<sup>th</sup> apr 2023 .Dr. Dhote, an esteemed radiologist, brings a wealth of experience and leadership to his new role. His dedication and contributions to the field of radiology have earned him this prestigious position within the organization.

## MEJ Corner



### 20th February to 28th February 2023

Faculty Development Program for "Implementation of Skill Certification as per CBME" Dr Prachi Dixit, Associate Professor, Obstetrics & Gynecology & MEU Faculty was the facilitator for the workshop. It was a blended course - comprised of online sessions for seven days and contact session of one day, participants from various departments were sensitised regarding competencies in their subjects as per CBME curriculum.



### 13<sup>th</sup> to 15<sup>th</sup> March 2023 Soft Skill Program on achieving professional excellence for Technicians.

The programme included sessions on effective communication skills, positive attitude and professionalism. Dr. Vilas Thombare Vice Dean, Mr. Nishant Dhodre and Dr. Madhur Gupta were present at the inauguration Ms. Pooja Shekhar, Soft Skill trainer NKP SIMS & RC and LMH, Nagpur coordinated the program.



### 16<sup>th</sup> March 2023 Class Apart -2023 Full day workshop (To equip students with soft skills not taught in class)

A Full day Workshop "Class Apart -2023" was held for MBBS students of our Institute. The lead faculty was Dr Suresh Chari. The participants were guided about soft skills to bring in a positive impact in their lives. 30 MBBS students of 2022 batch participated in this interactive session



### 10<sup>th</sup> -13<sup>th</sup> April 2023 Faculty Development Program for "Innovative Teaching Learning Methods in CBME"

Dr Swapnali Bansode, Asst Professor, Paediatrics and Dr Prachi Dixit, Associate Professor, Obstetrics & Gynecology were the facilitators for the FDP where the participants were divided into teams and tasks were given daily to the participants and follow up was recorded.

The sessions were conducted online for the first three days and on the last all the teams were asked to present their respective methods of innovative teaching.



## MET Corner



### MET Activities: January to April 2023 for SPLASH

**9<sup>th</sup> January 2023** Guest Lecture “Smile is the beauty of the soul”

Dr. Varsha Uttarwar, Dr. Preeti Jaiswal & Dr. Ananya Hazare of VSPM Dental College, Nagpur delivered a guest lecture for first MBBS 2022 batch students. A talk was delivered on dental hygiene and the importance of smile in relation to dentistry. The students were enthusiastic about the topic. 174 students participated in the guest lecture



### 10<sup>th</sup> January 2023 “Lets articulate in English”: An enrichment program for First MBBS 2022 batch.

It was aimed at helping the students to speak in English. The students of first MBBS had to select one of the five given topics and speak for 2 minutes. 200 students participated in the event

### 20<sup>th</sup> January 2023 EXPRESSIONS 2023

Interdepartmental College level PPT Competition.

The winners were:-

**First Prize:** Dr. Rangoli Sao Dept. of Anaesthesia

**Second prize:** Dr. Ajay Dodeja Dept. of DVL

**Third Prize:** Dr. Ojas Bondre Dept. of OBGY



### 8<sup>th</sup> Feb 2023 EXPRESSIONS 2023

National Level Online Power Point Presentation Competition for Medical PG Students.

**TOPIC: Distress Strategies During Medical Post Graduate Training.**

**First Prize:** Dr. Shahaji Tidke - PDMMC, Amravati, Maharashtra  
**Second prize:** Dr. Rangoli Sao - NKP SIMS & RC and LMH, Nagpur, Maharashtra

**Third Prize:** Dr. Anup Singh-Kalpana Chawla Government Medical College, Karnal, Haryana



**8<sup>th</sup> to 15<sup>th</sup> February 2023 Soft Skill Program For Administrative Staff** "Employee Development Program" for Achieving Professional Excellence. Ms. Pooja Shekhar, Soft Skill trainer NKP SIMS & RC and LMH, Nagpur coordinated the program on various soft skills topics.



## Departmental Snippets



### NIKSHAY MITRA- by dept of Respiratory Medicine

Nikshay Mitra, a scheme initiated by Central Government was inaugurated on 31<sup>st</sup> Jan. 2023 . Under this scheme Lata Mangeshkar Hospital has adopted 20 Tuberculosis patient. These patient were provided with essential nutrients in the form of grain, pulses and oil for 6 months. Acting Dean Sir Dr. Thombre , MS/Vice Dean Dr. Nitin Deosthale and Head of the Dept. of Respiratory Medicine Dr. Anil Sontakke and DTO Dr. Mamata Sonsare were present for Inauguration. Patients were also made aware this diseases and it's complication. Since then TB patients are regularly given Monthly food basket and free health-check up.



**CME by Respiratory Medicine** was organized on 15<sup>th</sup> Feb. 2023 , on the topic of Multidisciplinary update on management of Lung Carcinoma. Dr. Mangesh Patil( Consultant Radiation Oncology ) and Dr. Gautam Panda ( Consultant Medical Oncology) were speaker for this event . Dr. Nidhi Girdhar ( Assistant Professor) showed the Pulmonologist approach to a Lung mass. The CME was brimming with in sight full knowledge, showcasing cutting - edges techniques and advancements.



### Soft Skills Training Program-Inner Circle

Dept of General Medicine had organized a soft skills training program titled Inner Circle in collaboration with Reddy's lab on 9.2.2023 for Junior residents, senior residents and faculties. Dr. Amol Shringarpure, a motivational speaker was the faculty. In this first module, he made the participants understand importance of soft skills in health care management, emotional intelligence, and empathy. He explained vital importance of goal setting and make the participants aware of understanding interpersonal skills through' personality profile using a psychometric questionnaire. Program was well taken by all the participants.



### Chat with 'star alumnus' by Medicine dept

Successful students always prove to be inspiration to junior students so, Dept of General Medicine had organized an event titled 'Chat with star alumnus on 25<sup>th</sup> January 2023 with Dr Tanmay Kulkarni (DM Cardiology) and on 23<sup>rd</sup> February with Dr Praful Chavan (DNB Nephrology). They are alumni of dept of General Medicine. They motivated students and explained importance of hardship, sincerity and honesty during residency period. JRs asked them examination related questions and also guidance related to cracking of NEET super specialty courses.

### Guest lecture's organized by Medicine dept.

**'An approach to constipation', by Dr P K Deshpande**, renowned consultant Physician from city on 8<sup>th</sup> Feb 2023. He discussed important causes, investigations, complications and management of Constipation. He also discussed red alert signs in constipation.

**'AMR and antimicrobial stewardship', by Dr Ashwini Tayade**, renowned ID consultant of the city as an HICC initiative on 8<sup>th</sup> March 2023 . Antimicrobial resistance has become a global problem and its extent is increasing day by day. Considering the slow pace of development of new antibiotics, AMR is a really threat to mankind. It's extremely important to create awareness of this vital problem amongst the physicians and every health care practitioner. She explained basic concepts of AMR followed by interactive **case-based discussion** on ways to tackle it. Lecture was attended by all faculties, Senior residents and junior residents of department





## Departmental Snippets



### CME on Anaesthetic concerns of Pediatric Patients

Dept of Anaesthesiology, had organized CME which was integrated with other departments of NKPSIMS like Pediatric Surgery and Pediatrics on Anaesthetic concerns of Pediatric Patients on 3<sup>rd</sup> Feb. 2023. Presentations were given by Dr. Madhushri Shah from Dept. Of Anaesthesiology, Dr. Kiran Gaikwad from Dept. of Pediatrics and Dr. Narendra Tambde as a guest speaker. Presentations were very informative for all PG students. Introductory speech was given by Dr. Anjali Bhure, Professor & Head, department of Anaesthesiology. Dr. Manisha Albal was also given few words. Dr. Neharika Barik, Senior Resident was MOC from department of Anaesthesiology. Vote of thanks given by Dr. Anjali Bhure.



### "Gratitude Program" by Anatomy department

Dept. of Anatomy organized "Gratitude Program" on 23<sup>rd</sup> Jan 2023, to pay gratitude towards body donors who donated their whole body to the institute in the year 2022 for the purpose of medical education and research. Relatives of the donors who made the donors last wish fulfilled were felicitated with a certificate. Dr. Nitin Deosthale, Vice Dean, Clinical was the Chief Guest for the function. Mr. Ramesh Satpute, founder of Dehrashtarpan Sanstha & Dr. Sushil Meshram founder of Body & Organ donation awareness federation were the Guests of honor. The students of 1<sup>st</sup> MBBS presented a skit on body donation awareness. It was written & directed by Dr. Shital Maske, Asstt. Prof. Anatomy

### Guest lecture's by Microbiology dept

**Guest lecture on HPV Infection** and its molecular diagnosis was organized for Pathology and dermatology and Gynaec residents on 31<sup>st</sup> January 2023. Faculty was Dr Rajasi Sengupta from DMIMS. **Guest lecture on Nutritional Microbiology and Microbiome** by Our Alumnus Dr Sumit Rawat was organized on 16th Feb 2023 **Guest Lecture on Practical approach to Infection prevention and control in OT** was organized on 28th March 2023. Faculty was Dr Priyanka Chaubey (Consultant Microbiologist). On 3rd March 2023 Guest Lecture by Dr Anuradha Deshmukh (consultant Microbiologist) was organized on viral Encephalitis for III Year MBBS Students.

### Training programs conducted by Microbiology dept

HICC Training on Needle stick injuries was organized for Residents of Obst & Gynaec Dept on 10th Feb 2023  
HICC Training on Transmission based precautions was organized for Residents of Obst & Gynaec Dept on 10th Feb 2023  
HICC Training on Antimicrobial Stewardship was organized for Residents of Paediatric Dept on 20th March 2023



### CME on GYNAE-ONCOLOGY

On account of Cervical Cancer CME on Gynae oncology was organized on 25<sup>th</sup> January 2023 by Dept of Obstetrics & Gynecology in association with Rashtra Sant Tukdoji (RST) Regional Cancer hospital and Research Centre at Inspire Hall NKP SIMPS. Dr Anuja Bhalerao Prof & HOD welcomed Dr Kartar Singh and whole team of RST hospital. Dr Mukesh Bang elaborated the recent updated on diagnosis and treatment of ovarian cancer. Dr. Prashant Dhoke spoke on role of radiation in cancer cervix and surgical management of cancer cervix was covered by Dr. Mayoor Daigavane. A very interactive panel discussion took place on gynecological malignancy moderated by Dr. Madhuri Gavande. The guest speaker along with Dr. Anuja Bhalerao, Dr. Varsha Kose, Dr. Savita Somalwar, Dr. Kanchan Dwidmuthe gave their view on gynae oncology cases. vote of thanks was given by Dr. Prachi Dixit.



### CME by Anaesthesia department

Dept of Anaesthesia had organized an online CME on 2<sup>nd</sup> March 2023 on Anaesthetic implications of Renal Transplanted Patients on immunosuppressants for non-transplant surgery. Presentations were given by Dr. Joyshankar Jana, Consultant Anaesthesiologist, KEM Pune. Dr. Anjali Bhure Professor & Head, dept of Anaesthesia introduced the guest. Topic was very new and important because transplant surgeries are increasing in trend. Presentation was very good and informative for all staff and PG students. Dr. Joyshakar Jana cleared all queries of all PG students. Total 30 participants were present.

# JOSH



**College Student's Council organized Alucinar-The Art Exhibition** as an inaugural event of JOSH 2K23 on 10th April 2023 at 11 am in Harmony Hall. The Theme for this exhibition was Fiction & Fantasies. Hall was beautifully decorated by students. The Event included 12 competitions including Sketching, Painting, Doodling, Diya & Bottle Decoration, Best out of Waste, Poster Making, Quilling & Origami, Photography, Greeting Card making, and on spot competitions like Rangoli, Mehendi & Face Painting.

**Inauguration of Wall Mirror by our Dean Dr. Kajal Mitra** The theme of wall mirror was Mental Stress and how to cope with it in our day to day life. It also included Sketches made by the students and their photographs, photographs of events of CSC 2022-2023. One part was assigned for G20 and information regarding millets, this being international millet year.



**JUMANJI "THE TREASURE HUNT"** For treasure hunt Batch-wise groups were made of 15 participants. Each group was given separate clues and had to solve all 5 clues to reach the final treasure. Everyone enthusiastically participated in the event. 2019 batch won the event.



**Thalassa The Talent Show** was organized on 11th of April 2023 It witnessed a tough competition from all batches. Two ROUNDS of screening were conducted to select the final 27 participants. Unique and creative talent was showcased by students which included Live Painting, Shayari, RJ, Jamming, Rap, Fusion, Tabla, Mimicry, Standup, Powada and many more. Event was graced by the presence of two renowned judges Dr. Abhijeet Ambaikar and Dr. Prachi Mahajan. Winner of the competition were Abhay Meshram (Live Painting), Runnerup- Krish Mishra (Beat Boxing)





# JOSH



**“Antaragni” -The Antakshari** Was organised 13<sup>th</sup> April 2023. A total of 6 teams of various departments of our medical college participated in the event. The results were announced by Dr. Sushil Gawande, in charge of Music Committee. Winner: Team Afsana (Department of Pathology) For Students, a separate round was conducted Winners: 19 Batch and 21 Batch



**“Hridayraag” Mehfil SaatSuron ki** was organized on 13<sup>th</sup> April, 2023. Evening started with intracollegiate music competition. The results were declared by Dr Sushil, Duet-Winner - Diksha and vaishnavi and Runner up - Ashwini and Sejal. Solo -Winner - Himanshu Dandekar and Runner up - Neha Kankrej

**“Nrityangan” The Dance competition** was organized on 14<sup>th</sup> April, 2023. All the dances were superbly choreographed. Audience enjoyed the evening. Dr Trupti Dongre was the teacher incharge

**Annual Magazine of College ECTOPIC BEAT was released**  
Students showcase their talent and express creativity through Articles, Poems, Experiences, Journeys, Interviews, Stories, Photographs, Doodles, Paintings, Sketches, Calligraphy. In valedictory function prizes were given to students both for their academic and extra curricular excellence.



The cultural and sports extravaganza was concluded with “Supernova” -DJ NIGHT



## Departmental Snippets



### NOGSPGCON 2023

A post-graduate review course for examination, with paper, poster presentation, case discussion, table vivas and quiz on high risk pregnancy was organized in hybrid mode on 17<sup>th</sup>-19<sup>th</sup> March by Dept of OBGY, NKPSIMS & RC in association with Nagpur Obstetrics and Gynaecology Society at Inspire Hall. The chief guest of inauguration ceremony was Dr. Vilas Thombre. He guided all the PG students to enhance knowledge and skill domain. Dr Mohana Majumdar and Dr Rujuta Fuke were present during the inauguration. 59 esteemed faculties across India contributed in the academic sessions and enriched the students with immense knowledge. An academic display of 10 posters and 20 research papers by participants was done. Dr Bishnupriya from AIIMS Nagpur bagged 1<sup>st</sup> prize, Dr Ojas Bondre from NKP SIMS bagged 2<sup>nd</sup> prize and Dr Kiran Karotmal from VDGMC Latur bagged 3<sup>rd</sup> prize in paper presentation. Dr Deepakshi Gupta from NKPSIMS won 1<sup>st</sup> prize, Dr. Shivani Mahajan from IGGMC Nagpur bagged 2<sup>nd</sup> prize and Dr Risha Patel from NKP SIMS bagged 3<sup>rd</sup> prize in poster presentation. Program was attended and applauded by 125 delegates across Vidarbha and many students across India. The feedback received was encouraging. All students wanted continuation of such activity each year.



**Guest lecture on the topic Academic Ambience** by Anatomy dept was organized on 10/02/2023 between 2-3 pm. The Guest Speaker was Dr. D.D. Ksheersagar, Professor & HOD, ChandulalChandrakar Memorial Govt. Medical College, Kachandur, Dist. Durg. (CG). He told about the importance of good, clean & healthy atmosphere of the working place of an individual.



### HANDS-ON INTEGRATED WORKSHOP by Ophthalmology Dept

A To Z ROP - a hands on integrated workshop was organized on 19<sup>th</sup> March 2023 by Dept of Ophthalmology in association with Dept of Pediatrics, NKPSIMS and LMH Nagpur. This programme was jointly organized by Ophthalmological Society of Nagpur and Narayana Nethralaya Bangalore. The workshop was held for the post graduate students of Ophthalmology and Pediatrics. After lunch, second scientific session was conducted wherein the PG students performed ROP screening on mannequin by Neo camera. Total 78 delegates from different medical colleges of Vidarbha Region attended the workshop.



**Masterclass and Workshop on POCUS by Dept. of Anesthesiology in association with Indian Society of Anesthesiologists, Nagpur city branch (ISA-NCB)** had organized POINT OF CARE ULTRASOUND (POCUS) on Sunday, 9<sup>th</sup> April 2023 as a centre of excellence. The workshop was inaugurated by Hon' Dean NKPSIMS Dr Kajal Mitra in presence of Dr Mohana Majumdar (Director, General Administration) Dr Madhur Gupta (Director, MET cell), Dr Amit Dixit (Team Lead), Dr Vinayak Desurkar, Dr Rashmi Shingade (Hon' President ISANCB) Dr. Devyani Thakur (hon' Secretary ISANCB). Dr Amit Dixit, Dr Vinayak Desurkar, Dr Harshal Wagh, Dr Deepak Borde,

Dr Pradeep D'costa, Dr Roma Saraf, Dr Sachin Arbhi, Dr Upendra Kapse, Dr Rajendra Pandhare had conducted various interactive sessions on topics like Basic FATE, Demonstrations of subcostal 4 chambers view, Apical 4 chamber view, IVC, Vexus, Airway, Lung and Diaphragm demonstrations, DVT and Gastric USG. Hands on Training workshop was held in Clinical skill lab, showing application of POCUS on various case scenarios. The program was organized under the leadership of Dr Anjali Bhure, Prof & HOD, Dept of Anesthesiology. Dr Heena Pahuja was the coordinator and Dr Neharika Barik & Dr Ajeet Jyotipurkar had conducted the program very efficiently.



## Departmental Snippets



### INTERNATIONAL STUDENT OBSERVERSHIP PROGRAMME by Dept of Ophthalmology

A 4-weeks observership was successfully completed by an International student Priyanka Mehta from Antigua University in the dept of Ophthalmology. The aim was to understand the basics about the eye diseases in the Indian community and eye care services offered at NKP SIMS and LMH. She was also given hands on MICROSURGICAL EXPOSURE in Ophthalmology Operation theatre on 10/01/2023 by Dr. Rekha Khandelwal

**NATIONAL LEVEL ONLINE QUIZ by dept of Ophthalmology on OCULAR IMAGING** was conducted by Dr. Rekha Khandelwal, Dr. Rhutuja Deo and Dr. Deepa Kumar on 18/02/2023.

Guest faculty was our own Alumnus Dr. Madhavi Bijlani who delivered a lecture on "CT/MRI- one scan one pearl". 103 post graduate students participated in the National level online quiz and guest lecture. This was a part of Resident Education program.

### Guest lecture by Dr Dhanashree Dande Rajdekar, Radiology

On 1-03-23 a lecture on Paediatric Hepatobiliary system, Paediatric chest cases and Phakomatosis was delivered by Dr Dhanashree Dande Rajdekar, Associate professor, Dept of Radiology University of Florida, USA. Dr. Dandeshared her extensive knowledge and expertise, providing valuable insights into these crucial areas of study and focused on the practical applications of radiological imaging techniques in diagnosing and managing various conditions related to the paediatric hepatobiliary system, paediatric chest cases, and phakomatosis. The attendees, comprising both residents and faculty members, expressed their enthusiasm and engaged actively in the interactive lecture.



### CME on 'Fatty Liver Disease'

As a part of celebration of 'World Liver Day', dept of General Medicine had organised a CME on "Fatty Liver Disease" on 21<sup>st</sup> Apr 2023 from 1.00-4.00pm. The theme of this year's world liver day was 'Be vigilant, do a regular liver check-up, fatty liver can affect anyone'. Accordingly, the CME was organized to highlight this important message and create awareness. Consultant Gastroenterologists, Dr. Siddharth Dhande, Dr. Samir Patil (Kingsways Hospital) Dr. Amit Gulhane (Alexis Hospital) & Dr. Saurabh Mukewar (Midas Multispeciality Hospital) were the guest speakers. They highlighted liver involvement & management of alcohol & non-alcohol related fatty liver, including liver transplant



**Lecture and interactive session on paediatric radiological imaging and case-based discussion was conducted by Dr. Vijay Pandey** in the dept of radiodiagnosis on 23.02.2023. During the session, Dr. Vijay Pandey shared his extensive expertise and knowledge, emphasizing the nuances and challenges involved in paediatric radiological imaging. Through engaging presentations and interactive discussions, he provided participants with a deeper understanding of various imaging modalities and their applications in diagnosing and treating conditions specific to paediatric radiology.

## Outreach Activities



### Family Adoption Program for undergraduate students

The department of community medicine has organized a visit to Khairi Pannase village for Family Adoption program for the Undergraduate students of Batch 2022. The visit has been organized under the guidance of Dr. Ajeet Saoji HOD (Community Medicine), Dr. Meenal Kulkarni (Asso. Prof.) Lecturer Dr. Leena Balpande, Dr. Sayali Bhagat, Dr. Akanksha Dani & Postgraduate student Dr. Nitesh Upadhyay. 50 student were present at this educational visit.



### NSS Special camp

Dept of community medicine has organised the NSS special camp from 16<sup>th</sup>-22<sup>nd</sup> March 2023 under the guidance of Dr. Ajeet Saoji, HOD and Professor of Dept. of Community Medicine, as a programme officer and Dr. Shilpa Hajare, Dr. Leena Balpande, Dr. Sayali Bhagat, Dr. Akanksha Dani assistant programme officers. Wide range of activities were organised for the academic year 2023 which includes health rally, Poster competition, debate competition, Sports, Role play performance, rangoli making competition, slogan competition and cultural activity. 50 NSS volunteers involved in the activity.



### Outset of Eye OT at RHTC, Katol by Community Medicine

With the initiative from the department of ophthalmology, Anesthesia and Community Medicine, eye operation (cataract surgery) has been started at RHTC Katol which will be beneficial for the rural population of Katol. Eye OT has been functional since April 2023 and 3 cataract surgeries have been conducted till date.



### Free School Health Camp at Rani Laxmibai Vidyalay, Parseoni

was organised by Dept. of Community Medicine under the guidance of Dr. Aniruddha Deoke, Professor and Camp Incharge on 18/1/2023. Teams of doctors from various departments like Paediatric, Ophthalmology, Psychiatry, Anatomy, Physiology, Microbiology and Dental rendered their services. MSW Mr. Ramtekkar was posted at camp to explain various schemes and facilities available at Lata Mangeshkar Hospital. Approximately 300 Students were examined and 28 needy were referred to LMH. Health Sessions was conducted for students regarding Di addiction, Adolescent, Personal hygiene and nutrition by Psychiatrist and Paediatrician



## Outreach Activities



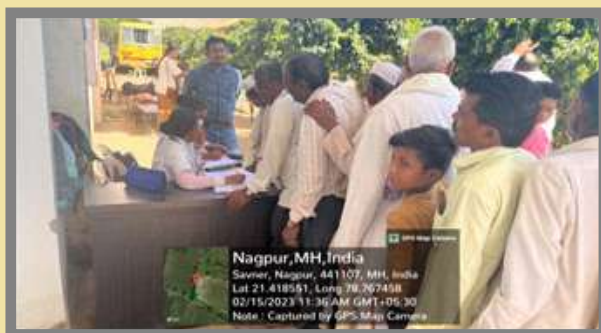
**Free Diagnostic Camp near Hanuman mandir, Nandagomukh** was organised by Dept. of Community Medicine under the guidance of Dr.Deoke, Professor and Camp Incharge on **10/1/2023**. Dr. Akanksha Dani Assit Prof and Dr. Anuprita Bhadage, camp coordinator successfully conducted the camp. Teams of doctors from various departments like Medicine, Paediatrics, Ophthalmology, Surgery, Orthro and Dental rendered their services. MSW Mrs.Archana Selokar and Mr. Ramtekkar were posted at camp to explain various schemes and facilities available at Lata Mangeshkar Hospital. Approximately **225** patients were examined and **43** needy were referred to LMH.



**Free Diagnostic Camp at Badminton Hall, near nivrittinath Mandir, Omnagar, Nagpur** was organised by Dept. of Community Medicine under the guidance of Dr.AniruddhaDeoke, Professor and Camp Incharge on **11/1/2023**. Dr.KetanDagdiya and Dr. Anuprita Bhadage, camp coordinator successfully conducted the camp. Teams of doctors from various departments like Medicine, Paediatrics, Ophthalmology, Surgery, Orthro, ENT, Skin and Dental rendered their services. **20** NSS Volunteers were present. MSW Mrs. Approximately **255** patients were examined and **45** needy were referred to LMH.



**Free School Health Camp at G. H. Raisoni Vidyaniketan, Ambazari, Nagpur** was organised by Dept. of Community Medicine under the guidance of Dr. AniruddhaDeoke, Professor and Camp Incharge on **8/02/2023**. Dr. Anuprita Bhadage, camp coordinator successfully conducted the camp. Teams of doctors from various departments like Paediatric, Ophthalmology, OBGY, Skin and Dental rendered their services. MSW Mr. Ramtekkar and Mrs Jaya Awale were posted at camp to explain various schemes and facilities available at Lata Mangeshkar Hospital. Approximately **270** Students were examined and **41** needy were referred to LMH, for further necessary evaluation and treatment. Health Sessions was conducted for students regarding De-addiction, Adolescent, Personal hygiene and nutrition.



**Free Diagnostic Health Camp at Mowade Public School Nandagomukh** was organised by Dept. of Community Medicine under the guidance of Dr.Deoke, Professor and Camp Incharge on **15/02/2023**. Dr.Tushar Tathe Assit. Professor, Dr. Anuprita Bhadage, camp coordinator successfully conducted the camp. Teams of doctors from various departments like Medicine, Surgery, Paediatric, Ortho, Ophthalmology, OBGY, Skin, ENT and Dental rendered their services. **20** NSS Volunteers attended the camp. MSW Mr. Ramtekkar and Mrs Archana Selokar were posted at camp to explain various schemes and facilities available at Lata Mangeshkar Hospital. Approximately **220** Students were examined and **45** needy were referred to LMH, for further necessary evaluation and treatment.



**Free School Health Camp at Priya vidya Vihar, Nagpur** was organised by Dept. of Community Medicine under the guidance of Dr.Deoke, Professor and Camp Incharge on **22/02/2023**. Dr. Anuprita Bhadage, camp coordinator successfully conducted the camp. Teams of doctors from various departments like Medicine, Paediatric, OBGY, and Psychiatry rendered their services. MSW Mr. Ramtekkar was posted at camp to explain various schemes and facilities available at Lata Mangeshkar Hospital. Approximately **350** Students were examined and **40** needy were referred to LMH, for further necessary evaluation and treatment.

## Day Celebrations



**GLAUCOMA AWARENESS WEEK** was celebrated **12-3-2023 - 18-3-2023**. Patient awareness programme was held in ophthalmology OPD on 13/03/2023. Dr.Rekha Khandelwal, Prof& HOD, Dept of Ophthalmology educated the OPD patients about glaucoma and its presentation and risk factors. Dr. Rohan Sonawane gave information about various diagnostic and treatment modalities. Dr. Apeksha Rakhonde demonstrated the instillation procedure of antiglaucoma drops to the OPD patients. Glaucoma quiz was organized by Dr. Manasi Nikhade for undergraduate students in which 26 students participated. Patient awareness talk at RHTC Katol was held on 14<sup>th</sup> March, 2023. Dr. Samruddhi Farande, delivered the talk about glaucoma, its causes and awareness. Dr. Shruti Wade gave information about various diagnostic and treatment modalities.



**Rally - Celebration of International Women's Day** On the directives of Maharashtra university of health sciences, Nashik to NKPSIMS & LMH, Nagpur, a massive rally had been organized on 08/03/2023 by Department of community medicine under the guidance of Dr. Aniruddha Deoke. (Professor, Dept of Community Medicine). All the departments including community medicine has taken active participation in rally. Various other colleges also involved actively in this rally. The rally meant to sensitize the community regarding the breast cancer awareness and treatment. The theme this year was **embrace the equity**.



**Rally Celebrating World Tuberculosis day 2023.** On the directives of Maharashtra university of health sciences, Nashik to NKPSIMS & LMH, Nagpur, a massive rally had been organized on 24/03/2023 by Department of community medicine under the guidance of Dr. Aniruddha Deoke (Professor, Dept of Community Medicine). All the departments including community medicine has taken active participation in rally. Various other colleges also involved actively in this rally. The rally meant to sensitize the community to raise awareness about TB and efforts to end the global epidemic. The theme this year was **Yes, We can end TB**.



**Leprosy day celebration by Microbiology dept**  
Leprosy day was observed by conducting Interdisciplinary activity for Physiotherapy faculty and students on 2nd February 2023. Faculty were Dr. Kalpana Date, Dr Rashmi Mahulkar and Dr Abhijeet Deshmukh.

**World TB day celebration by Microbiology dept**  
World TB Day was observed on 25th March 2023 in which Staff and MBBS Students were sensitised regarding NTEP Program.

**World Liver day celebration**  
Hepatology Quiz was organized on the occasion of World Liver Day by dept of General Medicine on 18<sup>th</sup> April 2023, under the guidance of head of department, Dr. Tanuja Manohar between 1.30 to 3.00pm. All the residents (JR-II and JR-I) of all seven units teams were divided into teams. Quiz was arranged by quiz masters, Dr. Pradnya Choudhari, Assistant Prof. And Dr. Sayali Kolse, SR and Dr. Madhuri Holay, Asso. Prof. Was judge of the quiz.

**World Health Day 2023 celebrated by Community medicine**  
As per the directives of Maharashtra University of Health Sciences, Nashik, massive rally was organized on **7-4-2023** to celebrate World Health Day under the guidance of Dr. Sanjay Chaudhary (Regional Coordinator for MUHS), coordinator for the rally. The NSS unit, NKPSIMS, Nagpur took active participation in the rally. The rally meant to sensitize the community to raise awareness regarding thyroid related illnesses and Cataract prevention. The theme this year was **"Health for All"**.



## Day Celebrations



### International women's day 2023

was celebrated at the NKPSIMS & RC and LMH Blood and Component Centre. The theme this year was **Embrace Equity**. Motivational letter and messages were circulated through mail and what's app. Donor's were felicitated with certificates, donor cards and pens. The esteem voluntary donor Dr.SadhanaMahore Professor Pathology Dept was felicitated with trophy by hands of Dr. Sabiha Maimoon HOD & Professor Pathology. All the staff was very enthusiastic about the celebration and extended whole hearted support. Dr. Shrutika Bhelkar (BTO) LMH Blood Centre gave vote of thanks



### World TB day celebration by dept of Respiratory Medicine

On 21/03/2023 on the occasion of World TB Day School and Public awareness program was organized in Z.P. primary Indira Mata Nagar Hingna Nagpur. The Post graduate students and faculties of Dept. of Respiratory Medicine actively participated in the rally that was conducted by dept of community Medicine to celebrate world TB day, with a motive to create general awareness among public against T.B. After the rally a program was organized in Matoshree hall, guest speaker for which was Dr. Radha Munje, Head of the Department of Respiratory Medicine in Indira Gandhi Medical College Nagpur, she delivered a very informative lecture.

### Lecture on International Women's Day

To celebrate International Women's Day the Gender Grievance committee had organized a program in which Dr. Sunanda Chaoji delivered a lecture on **"Nutrition in health & disease"** on 8<sup>th</sup> Mar 2023

**Blood donation camp by Pathology dep** was arranged by VSPM staff & Student Council on the occasion of **birth anniversary of Chatrapati Shivaji Maharaj, Mahatma Jyotiba Phule & Dr. Babasaheb Ambedkar**.

### Value added course by Pathology dept

Dept of Pathology conducted a three days Value Added Course on **"Museum Techniques & Mounting"** from **28<sup>th</sup> Feb 2023 to 02<sup>nd</sup> March 2023**. On the first day, 28<sup>th</sup> Feb, the students were exposed to the history of Museum through the ages. Information on Museum Techniques was followed through a series of lectures by the senior faculty in the Department. On the second day, 1<sup>st</sup> March, lecture was conducted on procedure of specimen mounting and important Museum Techniques along with demo of the same. The last day was primarily focussed on Hand on Training for all the participants. The specimen were mounted by the residents themselves, which were gifted to them as a token of appreciation.



## Innovative Teachings



### Syndicate seminar by Anatomy department

The Department of Anatomy conducted a Syndicate seminar on 31st March 2023 on the topic-Heart. Total 4 students were allotted the topics as, Himanshu Dandekar Introduction and Atria of Heart, Vanshika Bajoriya Ventricles of Heart, Mohammad Ammar Blood Supply of Heart, Mansi Gunatiwar Applied Anatomy. All the students prepared and presented the seminar very well and their efforts were highly appreciated by the staff and fellow students



**Elective course for Undergraduate students** Anatomy dept conducted an elective course on **Medical Genetics from 20<sup>th</sup> Feb to 6<sup>th</sup> Mar 2023**. Total 5 students of MBBS 2019 batch attended the course. The students were given pretest at beginning of the course & post test was conducted after the completion of the course. The test results showed significant improvement in their performance. The students learnt about the preparation of slides of Barr body and Karyotyping and also the observation and reporting of the slides in the Genetic Lab during their elective course.



### Peer teaching activities by Pathology dept

On 24<sup>th</sup> Jan 2023 Peer teaching on **"ABC of CBC and Coagulopathies in Pregnancy"** was organised for the JRs in OBGY. Dr. Fatima Shaikh explained the basics of Peripheral smear & the basics of CBC by 5 part cell counter with special inputs from JRs of Pathology dept & discussion of scattergrams of few cases.

On 28<sup>th</sup> April 2023 Peer teaching on **"Processing of Small Biopsies"** was organised for residents of Pathology dept. The JR II and JR I students were given demonstration on the handling and processing of small tissue biopsies.

### Flipped classroom by Ophthalmology

**FLIPPED CLASSROOM** an innovative and interesting method of teaching was conducted on various important topics in Ophthalmology in the months of Jan and February by Dr. Rekha Khandelwal and Dr. Samruddhi Farande. Students were very enthusiastic and interested in learning through this teaching learning technique.



### WALL OF THE MONTH

Department of General Medicine adopted a novel method of Self-Directed Learning for Junior residents titled 'Wall of the month'. In this activity one theme was chosen and posters based on that theme were prepared by junior residents. Theme of this month was 'Wall of the month- Neuron'. In this activity 18 final year junior residents were given important topic in Neurology which are important in day-to-day practice and also from examination point of view. They were asked to prepare physical Posters on the topics given based on applied anatomy and clinical implications under the guidance of Faculties from unit they belong to. They were asked to present their posters during PG activity in front of all faculties and Junior residents from all batches. These posters are displayed on walls of seminar room of General Medicine department.

**Peer to peer teaching**: Department of General Medicine adopted an innovative Teaching-Learning method called 'Peer-to-peer teaching' on 17<sup>th</sup> February in Medicine Seminar Hall. It was basically to teach important radiological concepts to JR of General Medicine. CT scan and MRI are extremely important investigation while dealing the patients of Cerebro-vascular accidents. It's very important to have a reasonable knowledge of these important modality. JR3 from Radiology had an interactive presentation on 'Basic anatomy of brain and different sequences of brain on MRI scan'.

### Interactive topic-based discussion with reflective writing

Department of General Medicine had organized an **Interactive session** with consultant Nephrologist Dr. Jitesh Jeswani attached to our Institute. It was organized in Hemodialysis unit of institute on Topic discussed was 'How to monitor patient of CKD on hemodialysis.'. He explained working of dialysis machine, setting up of machine and connecting to the patient, indications of hemodialysis, monitoring adequacy and complications which can be encountered during hemodialysis patients and how to manage these complications. This session was followed by an innovative method of **'Reflective writing'**. Residents were asked to write about their teaching experience under the headings 1. What was discussed 2. What have you learnt 3. How it will help you in day to day practise. This was basically organised to inculcate in them **Self-directed learning**