



ESIC Medical College & PGIMSR, MH Rajajinagar,
Bengaluru-10

NEWS LETTER

October- December 2022, Vol 1, Issue 1



सत्यमेव जयते

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UPCOMING EVENTS

- 27th Jan '23 Workshop on Research Methodology
- 30th Jan '23 World Leprosy Day
- 4th Feb '23 World Cancer Day
- 10th Feb '23 National Deworming Day
- 6th Mar '23 Glaucoma Day

Dean`s Message

The National Education Policy (2020) hopes to usher in sweeping changes for all the students aiming to make India a knowledge super power. It gives impetus to curricular co and extra-curricular activities, critical thinking, ethical values and conceptual understanding. At our Institution, we hope to inculcate these values and impart quality to medical education in a futuristic way. This newsletter is a novel initiative towards immersive learning experience.

Dr. Sandhya R

Medical Superintendent's Message

It's a proud moment for ESIC MC PGIMSR, Rajajinagar, to collate the work of all the faculty members, researchers and students, and unveil its first Newsletter! This newsletter will set forth the basis for future newsletters.

Dr. Thomas Prasannaraj

Academic Registrar's Message

I am delighted at the publication of the first quarterly Newsletter from ESIC MC PGIMSR, Rajajinagar. I take this opportunity to wholeheartedly congratulate the Dean and the members of the magazine committee on their successful endeavour to bring out the Newsletter. I wish them all a grand success for the present edition and for all the future editions.

Dr. Pratibha K

Editor-in-Chief's Message

The ESICMC & PGIMSR editorial board is excited to publish the inaugural issue of the quarterly newsletter series. We intend for this platform to provide a window into our hospital and the wider world. Reflecting on our war with COVID-19, we were confronted with unforeseen obstacles, but we overcame them with strength, determination, and solidarity. I want to thank everyone for their contribution and wish everyone a happy, prosperous, and optimistic new year

Dr Pushpalatha K

Deputy Medical Superintendent's Message

It is a matter of great pleasure that ESICMC RNR have come up with a new issue of the newsletter. I believe that this newsletter will serve as a channel through which achievements can be viewed. This will mirror the minds and efforts of all the staff and students' talents. All the Best!

Dr. Yoganandan K S

Superannuation for their service at ESIC

- Dr. Satyanarayana V, Professor Dept of General Surgery.
- Dr. Lakshminarayana N, CMO, Dept of Orthopedics

BLOG

'New Beginnings'
Dr. Mridula A M

EDITORIAL DESK MESSAGE

With immense pleasure we announce the launch of our first quarterly Newsletter from ESIC MC PGIMSR, Rajajinagar, Bangalore! We take this opportunity to thank the Dean and all the members of the magazine committee on successfully bringing out this quarterly magazine. We hope that all our readers will definitely benefit from this Newsletter! Let us look to the future with new aspiration and renewed inspiration.

Dr. Seema. P

Dr. Tejomani M

Dr. Ranganath B.T

DEPARTMENT OF PATHOLOGY
BREAST CANCER AWARENESS MONTH Theme: 'Together we Rise'

Breast cancer awareness was conducted to the general public in Surgery OPD and Oncology OPD on 21-10-2022. CME on Breast Cancer along with poster presentation by PGs was also conducted. An outreach programme at M/s Pothys Pvt. Ltd. was conducted to give awareness regarding breast cancer on 31-10-2022 by the faculty from the departments of Pathology, Surgery and Oncology.

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CLINICO PATHOLOGICAL CASE MEET

Meet was held on 27-10-2022, a case of Paraganglioma was discussed among Departments of Pathology, Surgery, Radiology and Oncology.

DEPARTMENT OF COMMUNITY MEDICINE
WORLD IODINE DEFICIENCY DAY-Theme: "Thyroid & Communication"

World Iodine Deficiency Day was observed at an urban PHC on 20th October and at Paediatrics and Medicine OPD on 21st October. Under the guidance of Dr Anil N S, Professor & HOD, the Programme at the PHC was presided by Dr Vasanthi, Medical Officer, Manjunathnagara Primary Health Centre; Dr Suresh Kumbhar, Professor; Dr Chandana H, Assistant Professor; and Mr Ananda, MSW, Department of Community Medicine.

The programme at the hospital OPDs was presided by Dr Seema P, Associate Professor; Dr Shashi Kumar, Associate Professor; Dr Chandana H, Assistant Professor; and Dr Ameenah, Senior resident, Department of Community Medicine; Dr Pushpalatha, HOD & Professor and Dr Lavanya, Assistant Professor, Department of Paediatrics. The talk in the PHC was given by the interns to the general population and the talk in the OPDs was given by the 2nd year CBME students to the beneficiaries.



DEPARTMENT OF GENERAL MEDICINE: WORLD STROKE DAY: Theme: "Raising awareness of the Signs of Stroke & the need for timely access to quality Stroke treatment"

Dr Sathyanarayana N, Professor & HOD, Department of Medicine gave a talk on the importance of World Stroke Day along with Dr Chaitra, Neurologist, who spoke on early diagnosis, management and prevention of stroke to the patients, postgraduates and undergraduates on 29th October. The programme was co-ordinated by Dr Mamtha.



**DEPARTMENT OF GENERAL SURGERY
BREAST CANCER AWARENESS Theme: 'Together we Rise'**

Breast cancer awareness programme was conducted at Pothys private limited, Bengaluru which was conducted by department of general surgery and pathology. The event addressed 200 women working at Pothys and were educated regarding risk factors, symptomatology of breast cancer, self-breast examination, screening mammography and different modalities of treatment of breast carcinoma.



DEPARTMENT OF TRANSFUSION MEDICINE: NATIONAL VOLUNTARY BLOOD DONATION DAY Theme: "Donating blood is an act of Solidarity. Join the effort and save lives".

"VOLUNTARY BLOOD DONATION CAMP" was conducted on 1st October at ESIC MC, PGIMS Examination hall, Academic block. Faculties and students actively participated and 20 units of blood were collected.



WORLD THROMBOSIS DAY
Theme: "Eyes open to Thrombosis".

An awareness program on the topic was conducted along with the Department of General Medicine on 13th of October, to Insured Persons and Under Graduate students by faculties of both departments.



DEPARTMENT OF RADIODIAGNOSIS: INTERNATIONAL DAY OF GIRL CHILD
Theme: "All girls deserve better- the world deserves better".

The International day of the girl child was celebrated by the departments of Radiology and OBG in the Radiology department in the waiting hall on 11th October. It was attended by the staffs of department of OBG, Radiology, Pediatrics, Psychiatry, PSM, Ophthalmology, interns, PGs and public. A talk was given on PC PNDT by Dr. Renuka Ramaiah, Professor and HOD, Dept. of OBG. Following which a pledge was administered by Dr Satish Prasad, Professor and HOD, Dept. of Radio Diagnosis. In this pledge, we promised to abide by PC PNDT and not to reveal sex of the fetus to the patients or attenders in any manner. A role-play about girl child in local language "ondu bannada chitte"-A colourful butterfly written, acted and directed by Interns and PGs of OBG and Radiology dept.



DEPARTMENT OF ORTHOPAEDICS
WORLD ARTHRITIS DAY-Theme: "It's in your hands, take action".

In collaboration with the department of PMR, a talk regarding Approach to a patient with Arthritis by Dr Ranganatha B T, Asst. Professor, and Rehabilitation in patient with Arthritis by Dr Anuradha Shenoy, Asst. Professor, Dept. of PMR was given to the students and staff on 12th October. Also ESIC Patients in OPD were sensitized about the importance of Arthritis awareness and its prevention.



WORLD OSTEOPOROSIS DAY
Theme: "Step Up for Bone Health".

Poster competition for UGs, quiz competition for UGs and Interns, Patient and staff awareness by educating them about Osteoporosis, its prevention and treatment and Bone Mineral Density screening camp for Patients and staff – Nearly 30 patients were screened for osteoporosis with BMD machine and required.



DEPARTMENT OF MICROBIOLOGY
GLOBAL HAND WASHING DAY: Theme: "Unite for Universal Hand Hygiene"

Global Hand washing day was organized on 3rd November 2022 by the department of Microbiology. There was a talk on importance of hand washing by Dr Ravi, Professor Microbiology. The MBBS phase 2 students participated in poster exhibition, quiz and rangoli competitions and won prizes. The HICC team consisting of Microbiology HOD, Infection control officer, Infection control nursing officers and staff nurses coordinated the event. A skit was performed by MBBS students and a dance on hand washing theme performed by staff nurses.



DEPARTMENT OF PAEDIATRICS

UNIVERSAL IMMUNIZATION DAY: Theme: "Long Life For All"

On the occasion of Universal Immunization Day observed on 10th November 2022, an awareness program was conducted in Department of Paediatrics. The program was presided by Dr Pushpalatha K, Professor and HOD, Paediatrics, in co-ordination with Dr Kushal, Associate Professor, Dr Mushtaq and Dr Lavanya, Assistant Professors, Dr Mariam, Senior Resident, and the nursing staff of Paediatric OPD. An awareness talk was given to parents and grandparents observed on 10th November 2022 in the OPD and in Immunization Room, regarding the importance of immunization of children, the Universal Immunization Programme and schedule, common side effects, warning signs and post vaccination care.



DEPARTMENT OF PHARMACOLOGY

ANTIMICROBIAL AWARENESS WEEK (18-24 NOVEMBER 2022)

Theme: "Preventing Antimicrobial Resistance Together"

The World Antimicrobial Awareness Week (WAAW) is a global campaign celebrated annually to improve the awareness & understanding of Antimicrobial Resistance. To mark the occasion, a Pharmacology quiz with the theme: Preventing antimicrobial resistance together was organized on 17th November 2022 for the 2nd year MBBS students. It involved active participation by all faculty members from the Department of Pharmacology. The 1st prize was bagged by Deepali & Eshaan U Jalihal and the certificate distribution was done by Dr Sandhya R, Dean, ESIC MC & PGIMS. An Integrated Teaching program was conducted on 23rd November 2022 to sensitize the 2nd year MBBS students about antimicrobial resistance to encourage the best practices among the future doctors. The lecture on antimicrobial stewardship & resistance was given by Dr Vishnu K, Assistant Professor, Department of Pharmacology, Dr Uday Kumar, Professor, Department of Pediatrics, Dr Swathi Hegde, Associate Professor, Department of Internal Medicine and Dr Ravi G S, Professor.



DEPARTMENT OF GENERAL MEDICINE
WORLD COPD DAY: Theme: "Your Lungs for Life"

WORLD COPD DAY was celebrated in the Department of General Medicine in collaboration with Department of Pulmonary Medicine on 21st November 2022 in General Medicine OPD & ward with patients, post graduate students and undergraduate students. The following faculties were present: Dr Satyanarayana N – HOD & Professor (General Medicine), Dr Prabhu Das– HOD (Pulmonary Medicine), Dr Vinay J, – Associate Professor (General Medicine), Dr Ashwini N G – Assistant Professor (General Medicine), Dr Srikanth – Associate Professor (Pulmonary Medicine), Dr Parvathy S Pillai – Assistant Professor (Pulmonary Medicine) and Dr Kavitha – CMO. Dr Satyanarayana N addressed the audience with welcome speech and importance of World COPD Day. Dr Vinay J, Associate Professor (General Medicine) gave a talk about early diagnosis, management, and prevention of COPD. Vote of thanks was given by DrShreya (Intern).



DEPARTMENT OF BIOCHEMISTRY
WORLD DIABETES DAY: Theme: "Access to Diabetes Education"

World Diabetes Day was observed in Medicine OPD and Diabetes Screening camp at National Public School- HSR layout on 14th November 2022. Diabetes awareness programme, organized in Medicine OPD, was presided by Dr K Pratibha - Professor & HOD Biochemistry and coordinated by Dr Satyanarayana N - Professor & HOD Medicine, Dr Simant Baliarsingh – Professor Biochemistry, Dr Nanda K - Associate professor Biochemistry, Dr Tejomani M - Assistant professor Biochemistry and Dr Deepthi – Associate Professor Community Medicine. Dr Mamatha P.R - Assistant professor Medicine, gave a talk on early detection and management of Diabetes to the patients present in the OPD. A role play was enacted by Interns highlighting the importance of early detection, proper care of diabetics and prevention of complications.

Simultaneously, Diabetes screening camp was conducted in National Public School- HSR layout for the ESIC beneficiaries, in coordination with Dr Anil NS- Professor & HOD Community Medicine. Detected cases were advised accordingly. The camp was supervised by Dr Naveen PH - PG Biochemistry.



DEPARTMENT OF PAEDIATRICS

NATIONAL NEWBORN WEEK

Theme: "Safety, Quality and Nurturing care - Every Newborn's Birth Right"

National Newborn Week is celebrated in the second week of November from 15/11/22 to 21/11/22 in order to spread awareness about newborn baby care.

The week was inaugurated on 14th November by our Dean Dr Sandhya R during the Children's Day celebrations done in the department.

Various activities were organized throughout the week to mark the week.

15/11/22: Interaction with mothers in post-natal ward.

16/11/22: Discussion with nurses in antenatal ward.

17/11/22: World Prematurity Day.

18/11/22: Quiz for postgraduates.

19/11/22: Awareness program for post-natal ward nurses.

21/11/22: Conclusion.

Revised NICU protocols of the department were presented and discussed. All postgraduates were briefed about the general protocols to be followed about new-born care. After the session, the winners of the post graduate quiz were felicitated by the HOD, Department of Paediatrics.



DEPARTMENT OF BIOCHEMISTRY
CME ON “RECENT ADVANCES IN DIABETES MANAGEMENT”

A CME was organized by the department of Biochemistry on 29th November 2022 on “Recent Advances in Diabetes Management” by online mode from 12.30pm to 13.30pm. The speaker was Dr Rajeshwari Janakiraman, Senior Consultant and Chief Endocrinologist, Manipal Hospitals, Yeshwanthpur, Bangalore. Welcome speech was given by Dr K Pratibha, Director Professor and Head – Department of Biochemistry. Introduction to the speaker was given by Dr Tejomani M, Assistant Professor - Department of Biochemistry. The speaker highlighted on the present treatment modalities available for both Type 1 and Type 2 Diabetes Mellitus. She also stressed on the use of Glucose Sensors (CGM devices) and Insulin Pumps in affordable patients for better control of blood glucose levels. The talk was followed by interactive session between the speaker and the virtual audience. The session ended with Vote of Thanks by Dr Simant Baliarsingh – Professor, Department of Biochemistry.



ESIC Medical College, PGIMSR
& Model Hospital, Rajajinagar,
Bengaluru

Continuing Medical Education (CME)

Organised by
Department of Biochemistry

Topic : Recent Advances in Diabetes Management

Date : 29/11/2022
Time : 12.30 to 1.30pm (online mode)

Speaker : Dr Rajeshwari Janakiraman
DM - Endocrinology
Senior Consultant & Chief Endocrinologist
Manipal Hospitals, Yeshwanthpur
Bengaluru



INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

Theme: “Unite! Activism to End Violence Against Women and Girls”

The International Day for the Elimination of Violence against Women was observed at ESIC- PGIMSR and Medical College, Rajajinagar, Bengaluru on 25th November 2022.

An awareness programme was organized regarding the prevention of Sexual Harassment of women at workplace and was presided by the Dean, Dr Sandhya R. The chief guest and speaker was Ms. Geeta Menon, a women’s rights activist and external member of the Institute Internal Complaints Committee.

The other dignitaries included Shri Vijayananth, Deputy Director and Shri Krishnamurthy, AAO. An audience of about 150 doctors, nurses, nursing orderlies and housekeeping staff participated.

The event began with an invocation song delivered by Dr Raksha, HOD, Department of Microbiology followed by lamp lighting. The Dean delivered an inaugural address to highlight the need for such awareness.

This was followed by introduction of the chief guest by Dr Triveni, Chairperson of the Internal Complaints Committee (ICC). In the chief guest's address to the audience, she very evocatively highlighted issues of discrimination and violence against women.

She also spoke about what constitutes workplace based sexual harassment and its redressal through POSH (Prevention of Sexual Harassment) committees. The audience participated with much interaction and appreciation.

The programme concluded with introduction of all members of the Internal Complaints Committee and vote of thanks delivered by Dr Smitha M, Assistant Professor, Department of Psychiatry.



DEPARTMENT OF LIBRARY AND INFORMATION CENTRE- CENTRAL LIBRARY
Theme: "Connect with your Library"

On occasion of National Library Week, Dr Anil N.S, HOD, Department of Community Medicine, welcomed the guest speaker Mr. Raghavendra R, Head-Business Development, DrillBit Soft Tech India Pvt.Ltd, Bangalore, for a brief talk on "Plagiarism",held on 22nd Nov'2022 at the New Academic block from 2.30-3.30pm.



The session was attended by more than 70 members, including faculty, PG students and Interns. Dr. Srinivas Murthy, HOD, Department of Pathology, ended the session by providing Memento to the Guest speaker. It was followed by high tea.

DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION
INTERNATIONAL DAY OF DISABLED PERSONS Theme: "Transformative solutions for Inclusive development"

Department of Physical Medicine and Rehabilitation (PMR) and Department of Community Medicine on December 3rd, celebrated the International day of Persons with Disability. It is observed every year to create awareness and understanding of the disability issues and mobilize support for the rights of persons with disabilities. A poster competition was held for the first year MBBS Students. Mr.Mansoor Ahmed, a disability rights activist, attended the function and interacted with the students. The students interacted with the persons with disabilities, to understand their expectations from the health care fraternity and their experience in the community.



DEPARTMENT OF COMMUNITY MEDICINE

UNIVERSAL HEALTH COVERAGE DAY Theme: “ Build the world we want: A healthy future for All”.

The Universal Health Coverage (UHC) which is celebrated annually on December 12th, and is promoted by the World Health Organization (WHO). It was observed at Manjunathnagara PHC, Rajajinagar. The programme was presided by Dr. Vasanthi, Medical Officer in-charge of the PHC, Dr.Manu and Dr.Indu, Postgraduates from the Department of Community Medicine participated in the event.

Health awareness talk regarding the importance of Universal Health Coverage was organized for the public.



DEPARTMENT OF FORENSIC MEDICINE

HUMAN RIGHTS DAY. Theme: “ Dignity, Freedom and Justice for All”.

Human rights are the basic rights and freedom that belong to all people in the world, from birth to death. These rights are based on shared values like dignity, equality, fairness, respect and independence. It is observed every year on 10th of December/ the day the United Nations general assembly adopted in 1948, the Universal Declaration of Human Rights (UDHR). Human rights are important because no one should be abused and discriminated against and everyone should have the chance to develop their talents.

The department of Forensic Medicine conducted a CME in this regard for the undergraduate students.



FOUNDATION COURSE FOR MBBS 2022-23 BATCH

15-11.22 to 14.12.22

Department of Physiology, ESIC-MC & PGIMS, Rajajinagar under Dr. Malleshappa K as HOD and Dr. Naveen S Kotur as coordinator for the Program was given the responsibility of conducting Foundation course for the new students of 2022-23 batch. The program started on 15/11/2022 and went on for a month till 14/12/2022.

It started with inauguration and orientation for the new students on 15th November 2022. Nearly about 56 students along with their parents attended the inauguration which was headed by Dr. Sandhya, Dean, ESIC MC & PGMSR, Rajajinagar.

From then onwards, the course proceeded with nearly 25-30 speakers who guided the students for a total of 170 hours as prescribed by NMC. It included the lectures on Orientation (30 hrs), skill module (25hrs), community orientation (11 hrs), professional development and ethics module (48 hrs), enhancement of language & computer skills (28 hrs) and sports & extracurricular activities (28 hrs). There were lectures as well as field visits. Students were taught some yoga modules to combat stress. Most of the teaching was done by in house faculty. We had Dr. Ravindra, Professor of Neurophysiology, NIMHANS and Dr. Jinsy Sundaram, Assistant professor in SVYASA University as external faculty.

The program included white coat ceremony conducted on 13/12/2022. It was presided by our Dean, Dr. Sandhya and the chief guest was Dr. Chandrashekar Shetty, ex-Vice Chancellor of RGUHS.



PG ORIENTATION & CME ON “ DISSERTATION & RESEARCH METHODOLOGY”

PG Orientation and CME on “Dissertation and Research Methodology” was conducted on 16/12/22. Dean and Medical superintendent address the students regarding ESIC Medical College and Hospital and working pattern of ESIC. Faculties from different departments discussed various components of Research Methodology with the PG students, which will help in the preparation of the synopsis. Pre test and Post test was conducted and feedback was taken from the students.



DEPARTMENT OF COMMUNITY MEDICINE
Industrial Screening Camps for IPs and IWs at Workplaces

ESIC – Medical College and PGIMSR and Model hospital, Rajajinagar, has been conducting screening camps for IPs and IWs at their work place. The activity started from February 2022. As on December 2022 a total of 132 camps have been conducted and a total of 8196 workers have been screened at their Workplaces.

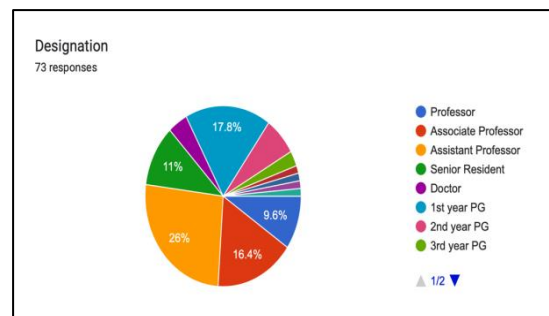


CME: SYSTEMATIC REVIEW AND METANALYSIS-PRIMER WORKSHOP
15th December 2022

Systematic Review and Metanalysis – Primer workshop was conducted on 15th December 2022 for the teaching faculty and post-graduate students at the medical college.

The event was organized by Scientific and Research Review committee. A total of 73 participants had registered for the workshop. The objective of the workshop was to sensitize the participants on the methods of conducting the systematic review and metanalysis. It was proposed to conduct a series of workshop to mentor the participants to develop a manuscript and subsequently publish the work in peer-reviewed journal. The participants were encouraged to apply for the workshop along with a pertinent research question. The activity was much appreciated by Dr Sandhya, Dean of ESIC MC and PGIMSR, Rajajinagar and the participants.

The sessions were conducted by Dr Sharath BN from Department of Community Medicine and Dr Pradeep Dongre from Department of Anaesthesia.



STUDENTS CORNER
CULTURAL FEST-ADVAYA 2022

Annual cultural fest at a college is organized by the student community with the grace of Dean (Dr. Sandhya), M.S (Dr. Thomas Prasanna) and D.M.S (Dr. Yogananda & Dr. Nataraj) and the Cultural Committee convener and members. Cultural activities enhance the confidence of the students and develop the appropriate life skill.

Annual cultural fest **ADVAYA** was held at Indiranagar auditorium on 22nd of October. It included tremendous performances like dance, singing, fashion show by students and faculty.

Off stage events which included poetry, quiz, debate, short comics, creative writing, sketching, doodling, painting, word scramble, fun events like stand-up comedy, improve act, dumb charades, mehendi, antakshari, cooking without fire, hogathon were witnessed from 13th to 22nd . Students participated actively and bagged lot of prizes.



Cultural trophy was won by-“YUYUTSA BATCH 2019”



STUDENTS CORNER

SPORTS FEST- RANARANGA 2022

Annual sports fest in our college was organised by the student committee with the grace of our beloved Dean Dr.Sandhya, M.S, D.M.S and the chief guest for the event was a Para-Olympic athlete, Mr Raghavendra P. Sports activities bring in the hidden abilities of students and the ability to ace.

with team work which play an important role in character building of an individual.These also help them to assess & explore themselves in the field of sports and improve on the physical fitness for a healthier future.

Annual Sports fest **RANARANGA** was held at ESIC Rajajinagar, Examination hall (indoor) from 13/10/22 to 15/10/22 & Malleshwaram ground (outdoor) on 19/10/22 & 20/10/22.

It included: Indoor activities like – Badminton, chess, carom, table tennis, and Outdoor activities like– Cricket, football, volleyball, Basketball, Throw ball & Athletic events – 100m, 200m, 400m, 800m, shot put, disc throw & relay. All MBBS batch students took part actively and also did the professors and other teaching faculty of the college.

The sports trophy was **won by – “YUYUTSA BATCH 2019”**

Runner up **by – “EXORIANS BATCH 2020”**



SUPERANNUATION OF SENIOR DOCTORS WORKING AT ESIC MC & PGIMSR/Model Hospital

Dr. Sathyanarayana V, Professor, department of General Surgery and Dr. Lakshminarayana N, CMO, Department of Orthopaedics, retired from service on 31st October 2022 and 31st December 2022, after rendering their yeoman service in the ESI Organization.



BLOG - 'NEW BEGINNINGS'

BY DR MRIDULA A M

As 2022 comes to a hurried end, I look back at how fast paced and busy the year has been.

Time flies they say but as I see it, time teaches as it flies. The year has taught me a number of new things and has made me a little wiser. I now know which is the nearest punching machine to reach at the earliest every morning, I know the safest parking spot that has just the right amount of shade and I know the names of all the office assistants who work on my bills. I am wiser that way.



Jokes apart, it has been an amazing year at hospital that has had our hands full with exciting clinical and academic work . We have had wonderful opportunities to teach as well as to learn, to organise, to lead, to follow and have some satisfying outcomes in our fields.

2023 has now arrived with a new cycle of yearly activities.

It is the time for new beginnings, let us welcome it with a smile and seriously hope that this year we get newer ideas to celebrate the long list of national days, new points to add in our self appraisals and new ways to save taxes.

Again, jokes apart, hoping the new year brings lots of vitality and vigour to work and drives us to improvise our units and strengthen our teams. Let us all pledge to strive together and make our institution a notch better than it already is.

Wishing everyone a great year with decent increments, timely arrears, lots of publications and no transfers.

Happy 2023 !!