



UBIQUISCOPE

A LOOK INTO SCIENCE



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EDITORIAL NOTE

“What you leave as a legacy is not what is etched in stone monuments, but what is woven into the lives of others”. With this aphorism, we present to you the seventh edition of Ubiquiscope.

The concept of Behaviorism and Operant Conditioning, a cornerstone of psychology aims to understand and predict behavior through observable stimuli and thus modifying it by manipulating its consequences. The practical application of this principle, from education to therapy can be assessed in our review about understanding the theory. The medical field is incredibly versatile, encompassing a wide range of specialties and disciplines. Digging through the depths of the same we present to you the Piggyback heart Transplant: A Story of Two Hearts

And how can we forget about the vision of art and literature which encompasses the diverse ways in which the students expressed their perspectives, emotions and creativity through paintings and literature and a test of wit via crossword and the questions provided by our respected Dean sir.

In this edition we also celebrate the diversity and creativity of our college community by capturing moments of ecstasy from Siddhivinayka'23 and Padmanjali'23.

Exploring the depths of Psychology, where the human mind becomes both the enigma and the explorer, we bring to you the concept proposed by our Clinical Psychologist, Suhas Jamale, Dept. of Psychiatry.

Warm regards,
Team UBIQUISCOPE



*Left:
Headrush' 23*

*Right:
Ganpati Cultural Night*



BEHAVIOURISM AND OPERANT CONDITIONING

Introduced in J.B. Watson's classical paper, "Psychology as the Behaviorist Views It," behaviorism was based on the principle that all human and animal behavior is an outcome of conditioning or environmental stimulus. According to this school of thought, also known as behavioral psychology, behavior (and thus indirectly the mind) can be studied in a systematic and observable manner regardless of internal mental states. Strict behaviorists as J. B. Watson, B.F. Skinner and Edward Thorndike completely disregarded the existence of a 'mind' or even moods, desires and personality traits considering it as 'too subjective' a criteria to affect the behavior of living organisms.

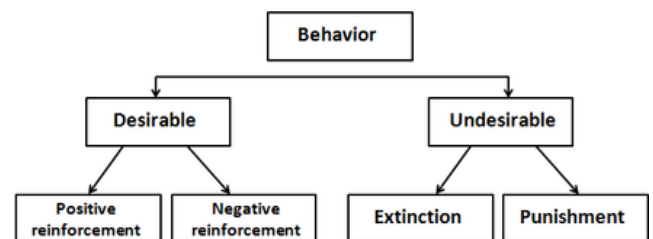
Under the behaviorism doctrine, three claims were made:

1. Psychology is the science of behavior and not that of the inner mind.
2. Behavior can be explained without making reference to internal psychological processes. The sources of behavior are external (environmental), not internal (in the mind).
3. In the course of theory development in psychology, if mental terms or concepts are used in describing or explaining behavior in the development of theories of psychology, then they must be translated into behavioral concepts.

While by no means has behaviorism disappeared, it is no longer considered a dominating research programme. Lately, many critics of behaviorism are of the opinion that Skinner is too restrictive or limited in his attitude towards the role of brain mechanisms in producing or controlling behavior. The brain is no mere passive memory bank of behavior or environmental interactions.

It was B. F. Skinner that proposed that within the broader field of behaviorism, operant conditioning is a subset that explains how behaviors can be acquired and altered. Operant conditioning is a method of learning that occurs through reinforcement and punishment. This behavioral approach says that when a desirable result (reinforcement) follows an action, the behavior becomes more likely to happen again in the future. Conversely, responses followed by adverse outcomes (punishments) become less likely to reoccur.

In positive reinforcement, something pleasant is added to increase the likelihood of a behavior. This is seen when a parent rewards their child with a sticker every time they clean their room. This sticker serves as positive reinforcement, making the child more likely to clean their room in the future. An employer provides a year-end bonus, which acts as positive reinforcement, to employees who meet their sales targets.

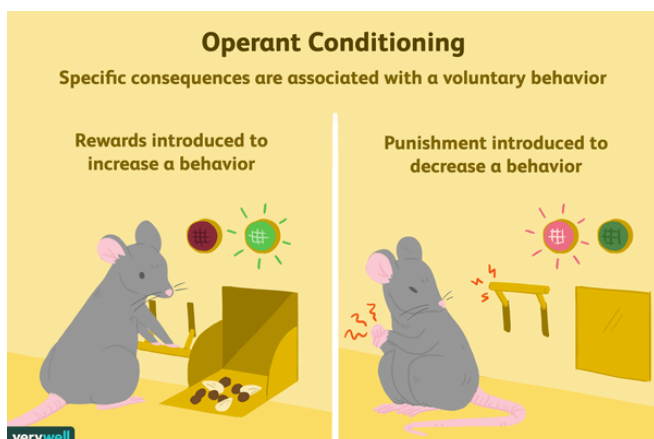


In negative reinforcement, something unpleasant is removed to still increase the likelihood of the behavior. In a car, the annoying beeping sound that stops when you fasten your seatbelt is an example of negative reinforcement. The aversive sound is removed when the desired behavior (fastening the seatbelt) occurs.

In positive punishment, an unpleasant response is added, like scolding a child for not having done their homework on time, to decrease behavior.

When punishment is negative, we also want to decrease behavior, but this time by removing something pleasant, like the comfy carpet when a pet dog soils it.

By forming an association between a certain behavior and the consequences of that behavior, one learns. In this way, behaviorism acts as a canvas on which operant conditioning paints its masterpiece.



Piggyback Heart Transplant: A Story of Two Hearts

In the ever-evolving landscape of cardiac medicine, a new procedure - Heterotopic Heart Transplantation commonly known as "Piggyback Heart Surgery", has ushered as a new beacon of hope for patients facing dire cardiovascular conditions. The technique's primary aim is to effectively create a 'dual heart system' by transplanting the donor's heart alongside the damaged heart of the recipient. The two hearts work together as a team and are used in cases where the recipient's heart is still functional.

Historical Perspective

Heart surgeries gained popularity when the first human-to-human orthotopic heart transplant was performed in Cape Town, South Africa. Even though it was a revolution in the history of medicine, there were a significant number of limitations to this method. While dealing with those challenges, surgeons began to explore the approach of heterotopic heart transplant around the mid-20th century. In 1974, Dr. Christiaan Barnard for the first time, performed the Heterotopic heart transplant procedure.

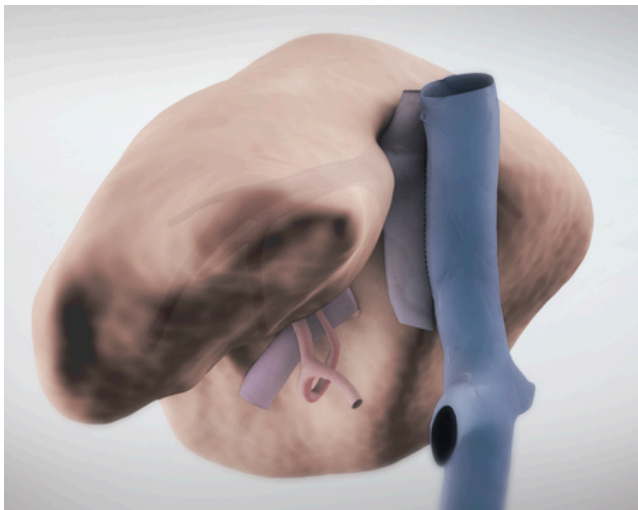
Basic Methodology

The surgery begins with the preparation of the recipient. A median full sternotomy is performed. A right-sided pleuropericardial flap is created, extending the incision over the diaphragm. Care is taken to avoid injuring the phrenic nerve. Cannulation of the recipient for cardiopulmonary bypass is performed. The recipient's aorta is cross-clamped, and cardioplegic solution is administered to arrest the heart's activity. Donor Heart Preparation: The donor heart is prepared in a bowl of cold saline solution. The inferior vena cava (IVC) and right pulmonary veins of the donor heart are over-sewn to prevent blood flow. The left atrium of the donor heart is modified to create a large orifice that matches the recipient's left atrium. The main pulmonary artery of the donor heart is divided. The donor heart is placed into the right thoracic cavity alongside the recipient's native heart. The first and second anastomosis is performed. The pulmonary artery connection is completed, often requiring the use of a Dacron graft. The procedure is completed by rewarming the patient, releasing clamps and snares, de-airing the hearts, and discontinuing cardiopulmonary bypass. After the surgery, close monitoring of the patient is done in the ICU. Recovery involves managing the patient's condition, optimizing heart function, and preventing rejection through immunosuppressive therapy.

Advantages Over Other Heart Surgeries

This approach has some potential advantages over a normal heart transplant-

- Preservation of Recipient's Heart: This can be beneficial if the recipient's heart has some residual function or if complete removal of the native heart is not advisable due to complications.
- There is a potential for increased cardiac output, which can benefit patients with severe heart failure.
- There may be a reduced risk of immune rejection since the recipient's original heart is not removed.
- It can serve as a bridge to recovery, allowing time for the recipient's own heart to potentially recover some function.
- This surgery might expand the donor pool, as hearts that would otherwise be considered less suitable for a complete heart transplant due to size or function might still be used in a heterotopic procedure.



Conclusion

Although over the years, the procedure has faced unique challenges, the potential it holds for enhancing the lives of patients cannot be overlooked. As the medical field continues to push the boundaries of new possibilities, the story of heterotopic heart transplant is the one that continues to evolve and offer hope to those in need.

Arthritis: A Dynamic History

October 12 marks the 27th World Arthritis Day, a global awareness event dedicated to raising awareness about rheumatic and musculoskeletal diseases. The earliest reference to arthritis is found in texts at least as far as 4500 BC. A text dated 123 AD first describes symptoms that appear similar to rheumatoid arthritis. Bruce M. Rothschild, a fellow of the American college of rheumatology and society of skeletal radiology studied the remains of Native Americans which showed that Tennessee bones belonged to some of the earliest sufferers of rheumatoid arthritis. The first recognised description of rheumatoid arthritis was in 1800 by the French physician Dr Augustin Jacob Landre-Beauvais (1772-1840). The term “rheumatoid arthritis” itself was coined in 1859 by British rheumatologist Dr Alfred Baring Garrod. One of the most important publications, the *De Arthritides Symptomata* written by William Musgrave in 1715 is the earliest known text describing in detail the symptoms of rheumatoid arthritis. The disease has appeared in 16th century paintings, especially the art of Peter Paul Rubens which have appeared to show the natural progression of the disease. This was noticed only in the work from the last 30 years of life. His artwork “The Holy Family with St. Anne” was completed when Rubens was about 57 years old, which depicts the left hand of St. Anne resting on Mary’s shoulder is depicted with a characteristic swollen rheumatoid wrist. The theme for World arthritis day 2023 revolves around “Joint Health for All” emphasising the importance of accessible healthcare and resources for everyone regardless of their socioeconomic background.



Artificial Womb Technology

Two research teams claimed ‘proof of principle’ for artificial womb technology (AWT) recently.

The devices, the EVE platform and the Biobag, are supposed to enable preterms to continue to develop. When artificial wombs (AWs) are used to continue gestation ex utero this is described as partial ectogenesis.

Partridge et al. published the results of their artificial womb-like device, the Biobag. Catheters imitate umbilical cord access and facilitate water and nutrient provision and waste product removal. An oxygenator ensures oxygen provision but allows the subject’s heartbeat to control circulation as in utero. The Biobag was able to sustain preterm lamb foetuses, developmentally equivalent to ‘just-viable’ human preterms, for 28 days.



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Resource:

[Artificial womb technology and clinical translation: Innovative treatment or medical research? - PMC \(nih.gov\)](#)

FROM THE DEAN'S DESK PRACTICE QUESTIONS FOR STUDENTS

1. A 25-year-old male, Mr Xyz, went on a 10 days bird watching trek to Mizoram. On returning to Delhi he had fever. On third day of fever he developed few convulsions and on the next day he went into a coma. He was quickly admitted to a corporate hospital. His peripheral blood smear showed typical signet rings. On funduscopy, cotton wool spots were revealed. What could be his diagnosis?

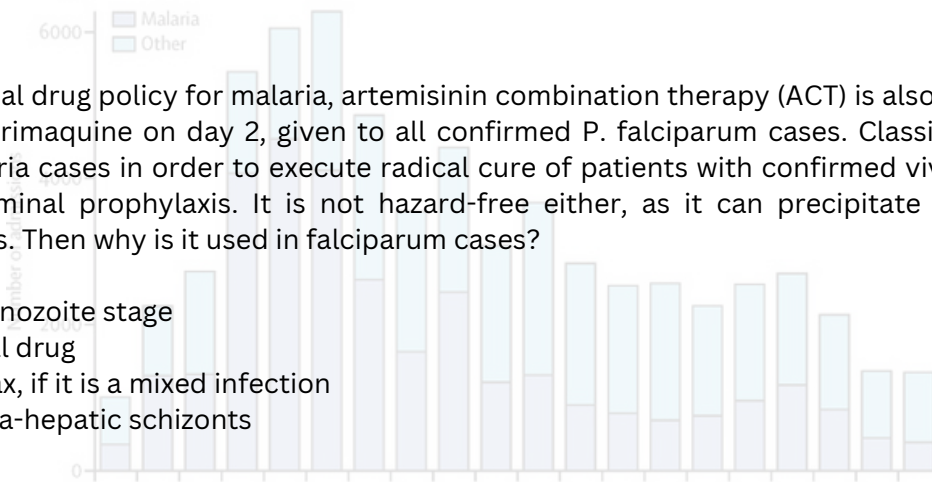
- (a) Malaria
- (b) Falciparum malaria
- (c) Cerebral malaria
- (d) Japanese encephalitis

2. Mr Xyz. described in Problem 1 above was transferred to the ICU. The physicians and neurologists discussed his further course of management. In your opinion how should they proceed further to treat him?

- (a) Supportive therapy (paracetamol, rest, fluids) and wait for coma to pass off
- (b) Artesunate + SP (Sulfadoxine + Pyrimethamine)
- (c) Artemisinin + Quinine
- (d) Artemether + Lumefantrine

3. As per the National drug policy for malaria, artemisinin combination therapy (ACT) is also to be accompanied by single dose of Primaquine on day 2, given to all confirmed *P. falciparum* cases. Classically, Primaquine is given to vivax malaria cases in order to execute radical cure of patients with confirmed vivax-parasitemia and for causal and terminal prophylaxis. It is not hazard-free either, as it can precipitate hemolysis in G6PD deficient individuals. Then why is it used in falciparum cases?

- (a) To eliminate hypnozoite stage
- (b) AS a gametocidal drug
- (c) To eliminate vivax, if it is a mixed infection
- (d) To eliminate intra-hepatic schizonts



4. Mr Xyz got malaria as he was a traveller, but many natives of endemic areas like Mizoram, continuously exposed to infected mosquitoes develop some immunity to malaria. This could be because of:

- (a) Premunition, host response protecting against high parasitaemia
- (b) Sustained maternal antibodies
- (c) Duffy-negative natives
- (d) Sickle cell trait in natives

Correct answers will be placed on Whatsapp group of Class Representatives 1 week after publication of Ubiquiscope

The Campus Tales

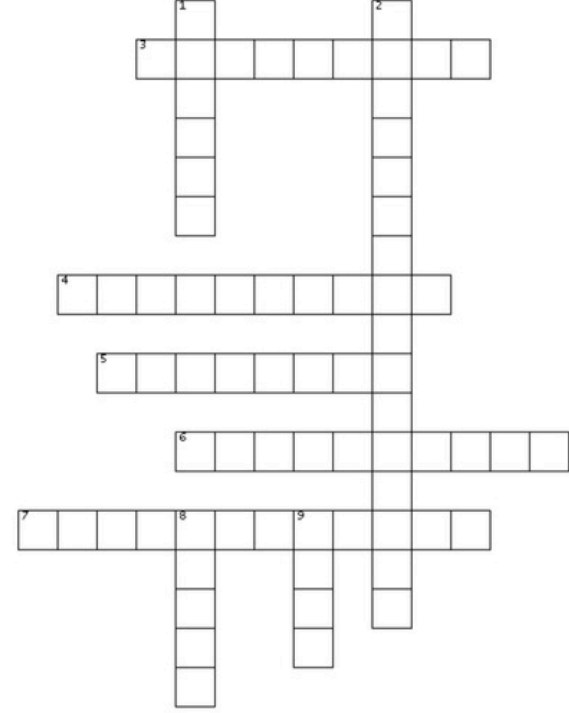
महाराष्ट्र ही संतांची भूमी आहे, वीरांची भूमी आहे. ती कला कौशल्याने, संस्कृतीने समृद्ध झालेली भूमी आहे. अशा या पावन आणि संपन्न भूमिंत आपण विविध उत्सव साजरे करतो. गणेश उत्सवात मिरवणुकीला मिळालेली ढोल पथकाची साथ ही आपल्याला प्रामुख्याने कलेचा आणि संस्कृतीचा एक सुंदर नजराना भेट करते. आपल्याच कॉलेज जातील ही कला जपून ठेवणाऱ्या ढोल पथकाची ही कथा.

कॉलेजातील गणेश उत्सवात स्थापनेच्या आणि विसर्जनाच्या दिवशी ढोल पथक आपली कला प्रदर्शित करतो. मिरवणुकीत जमलेल्या लोकांच्या मध्ये एक नवीन उत्साह आणि चैतन्य निर्माण करतो. ढोल पथकासाठी मी ढोल वादक म्हणून ऍडमिशन दिले सिलेक्ट झालो आणि रुद्रनाद या परिवाराशी जोडला गेलो. या परिवारात माझा परिचय झाला तो दोन प्रेरणादायी व्यक्तिमत्त्वांशी एक म्हणजे अद्वैत बागुल सर आणि गौरवी देसले मॅडम.

रोजचे कॉलेज झाले की आम्ही ढोल पथकातील मुलंमुली ग्राउंड मध्ये येऊन ढोल पथकाचा सराव करत असे. अद्वैत बागुल सर आणि गौरवी देसले मॅडमच्या मार्गदर्शनाखाली आम्ही ढोल वर नवीन बिट्स बसवल्या. पहिले थोडा हात दुखत असे बोटांना जखम होत असे पण रोजच्या सरावाने थोड्याशा काळजीने ते कमी झाले. गणेश उत्सव एक महिन्यावर आला होता सोबतच परीक्षेची टाईम टेबल हे आला होता त्यामुळे आमच्या द्विधा मनस्थितीत साहजिकच उत्पन्न झाली होती. अशावेळी अद्वैत सरांच्या योग्य समुपदेशनामुळे आणि प्रेरणादायी शब्दांनी ती दूर झाले. पाऊस असो की उन सर्दी असो की ताप सरांनी व मॅडम यांनी आमच्यावर मेहनत घेतली प्रसंगी चुकले तर रागावले सुद्धा परंतु त्यावर सुधारणा केल्यास त्या दोघांनी तोंड भरून कौतुक सुद्धा केले.

आम्हाला गणेशोत्सवासाठी नवीन ढोल लागणार होते. त्यासाठी अद्वैत सर स्वतः काही मुलांना घेऊन पुण्याला गेले तिथून नवीन ढोल आणले. या नवीन आलेल्या ढोलांना आवळणे, पानांना मेन लावणे हे काम सुद्धा आम्ही केले. दिनांक 28 ऑगस्ट 2020 रोजी माननीय कुलगुरू सरांच्या हस्ते वाद्याचे वाद्यपूजन झाले. वाद्यपूजनाच्या समारंभ नंतर आम्ही मुले फोटो काढण्यात मग्न होतो नवीन ढोल लावल्यामुळे एक नवीन उत्साह आमच्यात संचारला होत. सर आणि मॅडम सोबत फोटो काढावा म्हणून मी त्यांना बोलवायला गेलो आम्ही सरांना फोटो काढण्याचा आग्रह करत होतो पण यावेळी नेहमी उत्साही 'चला रे' म्हणून आळस दूर करणारे सर शांत होते. ती शांतता वेगळी होती मनाला टोचणारी होती या शांततेने माझे मन गहिवरले, सरांच्या डोळ्यातील समाधानांच्या अश्रूंनी आम्हा सर्वांच्या मनात सन्मानाचे आदराची भावना जागृत केली सरांची मनाला दिलेल्या शब्द पाळला होता कष्टाची चीज झाले होते एक स्वप्नासाठी प्रामाणिक राहून ते पूर्ण होत असताना बघून सरांच्या तसेच आम्हा सर्वांच्या मनात समाधानाची भावना निर्माण झाली होती. हा क्षण रेकॉर्ड करण्यात येणार नव्हता परत अनुभवता सुद्धा येणार नव्हता तो तसाच अनुभव अनुभवाच्या शिदोरीत कायमचा कॅप्चर झाला

- यशोदीप शिवप्रसाद वायाळ
(Batch 2021)



ACROSS

3. Early detection method for many cancers
4. Medical professional specializing in cancer treatment
5. Colour associated with cancer awareness ribbons
6. Supportive care to manage cancer symptoms
7. Stopping blood flow to a tumor

DOWN

1. Star sign associated with July
2. Preserving fertility before cancer treatment
8. machine used for radiation treatment
9. Group dedicated to cancer research



World Cancer Day is an international day marked on February 4 to raise awareness about cancer and encourage its prevention, detection, and treatment. It aims to unite the global community in the fight against cancer and advocate for policies to reduce its impact worldwide.

The Canvas

“Peace is the result of restraining your mind to process life as it is, rather than as you think it should be”

-Wayne Dyer

Blue symbolizes calmness, serenity and introspection. the presence of the women in the painting is the representation of femininity and strength. the combination if these elements could evoke feelings of tranquility, empowerment or reflection in the viewer.

- Akshata Patil
(Batch 2021)

*Med Poets Society***Scaling the Marble Skies**

I scaled the marbled sky on my wings of wax
 But as we all know,Hubris always exacts a tax
 The darkness was blinding,and excruciatingly so
 Plunged from paradise,I'd never sunken so low.
 The world-once my oyster,I dined at every table
 But it turns out dining and dashing through the
 courses of life is fairly unstable.
 Lost my balance and gained a fear
 Of never holding myself dear
 And there I stood,on shattered glass
 Asking,"Can you dream in broken parts?"

I fear I shall forever be the discarded blueprint
 A perfect prospect,a perfect what could've been
 "If only I was careful,if only for some foresight"
 I wouldn't have to fight for forgiveness for
 challenging the Night
 It came to get me,as it has and will for every
 living thing.
 So during my descent,this is all I sing
 Humbled and home-bound,for all the world to
 see,
 A cautionary tale is the worst myth to be.

Empty pages,and empty faces are all I come
 back to these nights
 They say the sky is burning but I'm yet to see the
 lights
 Forever destined to be on the wrong side of
 history
 All because I got too close to it all,too close to
 unravelling the mystery
 When I'm gone and the dust settles on all I left
 behind
 To all the other wide eyed ones ,I hope that Time
 is kind

- Anoushka Singh
(Batch 2020)

Words That Matter

Exploring the depths of Psychology, where the human mind becomes both the enigma and the explorer, it never sets back to fascinate us with its intricate workings of the mind and behavior. The world of Mental Health where compassion meets expertise and resilience finds its voice, the interview board would like to introduce you all to Dr. Suhas Jamale, Clinical Psychologist, Pravara Institute of Medical Sciences to guide individuals towards the journey of Psychological well-being.



“If students express reluctance to seek help due to perceived stigma, it may indicate a need for increased education and support around mental health. Creating a culture that prioritizes mental health and de-stigmatizes seeking help can encourage students to seek the support they need.”

What unique stressors and challenges do medical students commonly face, and how can a Clinical Psychologist assist in addressing these issues?

Medical students face many stressors and challenges throughout their academic journey. Academic stress, interpersonal issues and adjustment issues are the common complaints of medical students that lead to emotional burden. Medical students worldwide are at risk of mental health disorders such as anxiety, depressive disorders and high levels of psychological distress. These disorders negatively impact students' academic performance. There are high chances of students using maladaptive coping mechanisms like Alcohol or Substance use, which later leads to addiction. In addition, long hours of study, high-pressure for exam performance, and the constant need to acquire vast amounts of complex medical knowledge can lead to significant stress and anxiety. The fear of making mistakes and the ethical dilemmas inherent in patient care can contribute to anxiety, self-doubt, and moral distress. Also, perfectionistic culture within medical education can create a sense of isolation and imposter syndrome among students. The pressure to excel, the fear of failure, and the constant comparison to peers can undermine students' self-esteem and mental well-being. Medical students often struggle to maintain a healthy work-life balance, as the demands of their training can encroach on their personal lives and sense of well-being. Positive Mental Health Cell (PMHC) under Psychiatry Department has been working for medical students' mental health since one and half year in our campus. The initial level students are being assessed by experts. Psychiatrist/Clinical Psychologist helps to assess students' mental health by using various psychometric tests and observational skills with utmost confidentiality.

What strategies do you employ to help medical students manage stress, anxiety, and burnout effectively while maintaining their academic performance?

Medical students are being helped to manage stress, anxiety, and burnout effectively by Individual Counseling, Group Counseling, and Positive Mental Health Cell (PMHC). The sessions offered include:

- Empowerment sessions: Unlock your potential
- Mindfulness Workshops: Find inner peace
- Supportive Community: Connect with like-minded individuals
- Stress Management Techniques: Learn to thrive under pressure.

Aim of PMHC is to create a welcoming atmosphere, encouraging open discussions on mental health, fostering well-being and empowering all those seeking mental wellness. By creating a culture that encourages open dialogue about mental health and emphasizes the importance of seeking support. Access to confidential counseling service, implementing wellness programs that incorporate physical activity and opportunities for social connection can contribute to a holistic approach to student well-being.

Students are being encouraged to use facilities of sports ground, gym and sports equipment, which are already available in our campus for improving mental health.

Can you describe your approach to assessing the mental health and well-being of medical students?

There are a number of ways to assess mental health and well-being of medical students by the help of Positive Mental Health Cell (PMHC). These are pointwise following below:

- 1.Ensure Regular Check-Ins: Establishing a regular system for check-ins with medical students can provide an opportunity to gauge their well-being. This could be through one-on-one interaction with designated mental health professionals.
 - 2.Observe for Behavioral Changes: Watch for significant behavioral changes in medical students. This could include isolation, increased irritability, changes in eating or sleeping patterns, or a marked decrease in academic performance. These changes could be indicative of stress, anxiety, depression, or other mental health issues.
 - 3.Encourage Emotional Expression: Encourage students to be open about their emotions and feelings. If a student seems consistently overwhelmed, anxious, or withdrawn, it may be a sign that they are struggling with their mental health.
 - 4.Physical Health: Pay attention to physical signs of stress or mental health issues. This could include changes in appetite, weight fluctuations, unexplained physical symptoms, or an increase in somatic complaints.
 - 5.Participation and Engagement: Monitor a student's level of participation and engagement in class, extracurricular activities, and social interactions. Decreased participation or withdrawal from activities they once found enjoyable can be an indicator of mental health concerns.
 - 6.Support Systems: Take note of a medical student's support systems and social connections. If a student appears to lack a support network, or if they express feelings of loneliness or isolation, it's important to address these concerns.
 - 7.Self-Care Practices: Inquire about a student's self-care practices. If a student neglects self-care or expresses feelings of burnout, it could indicate that they are struggling with the demands of medical school.
 - 8.Substance Use: Keep an eye out for signs of substance use or abuse. If a student begins using substances as a coping mechanism, it indicates that they are struggling with their mental health.
- If students express reluctance to seek help due to perceived stigma, it may indicate a need for increased education and support around mental health. Creating a culture that prioritizes mental health and de-stigmatizes seeking help can encourage students to seek the support they need.

Are there any preventative measures or wellness programs that you recommend for medical schools to implement to proactively support the well-being of their students?

Establish peer support groups or mentoring programs where students can connect with and receive support from their peers who may be experiencing similar challenges. These programs can create a sense of community and reduce feelings of isolation among students.

Encouraging regular exercise and physical activity can have a positive impact on overall well-being and mental health. "More you are physically fit, more you are mentally fit and vice-versa". Implement regular well-being assessments to identify students who may be struggling and offer personalized support plans to address their needs. Foster a culture that values well-being and encourages students to seek help when needed. In our college/hospital, Mental Health Support Service is already available namely "Positive Mental health Cell" that has a positive mental health committee working for medical students under the supervision Department of Psychiatry'. Through this clinic, students can reach Psychiatrists and Clinical Psychologist who can provide counselling services, emotional support, clinical guidance, help develop self-esteem, improve resilience and well-being, develop healthy coping mechanisms. We aim to provide a safe and supportive space for students to express their emotions. Same "Positive Mental Health cell (PMHC)" model may be replicated in other medical colleges.

What role does self-care play in the lives of medical students, and how can you guide them in developing health self-care practices?

As a medical student, establish healthy boundaries and effective time management strategies to balance your academic, personal, and social commitments. Setting limits on study time, scheduling regular breaks, and prioritizing self-care activities are essential for maintaining balance. Encouraging students to prioritize sufficient sleep and establish a bedtime routine can support their overall health. Pursuing hobbies, spending time with loved ones, and participating in leisure activities can provide valuable opportunities for relaxation and enjoyment. Advocating the practice of mindfulness and self-reflection as tools for managing stress and enhancing self-awareness. To set realistic expectation and cultivate self-compassion, acknowledge your limitations, prioritize your well-being, and recognize the value of self-care in maintaining long-term success and building resilience (Bend but not to break) are some healthy practices can be encouraged.

How do you collaborate with other healthcare professionals, such as clinical psychologists or nutritionists, to provide a holistic approach to the well-being of medical students?

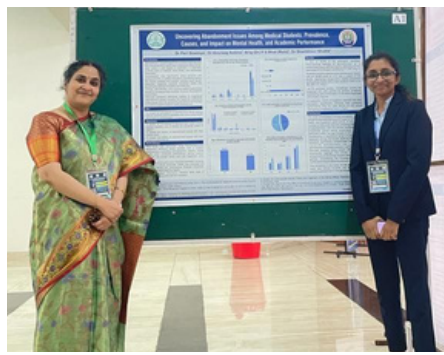
Psychiatrists/clinical psychologists can help students develop coping strategies, improve emotional resilience, and address any mental health concerns in a supportive and confidential environment. Offering services such as individual counseling, group therapy, workshops on mental health awareness, and resources for managing stress, anxiety, and emotional well-being. This can facilitate the development of coping strategies, increase access to mental health support, and reduce stigma for seeking mental health care. Nutritionists can contribute to the well-being of medical students by providing guidance on healthy eating habits and strategies for maintaining balanced nutrition amidst a demanding schedule. By promoting healthy eating habits and addressing nutritional needs, students can optimize their physical health and energy levels. Collaboration with physical therapists and trainers can support medical students in maintaining an active lifestyle and addressing any physical health concerns. Hence, holistic approach to the well-being of medical students leads to Healthy Mind Healthy Personality, living the adage- 'Healthy mind in a healthy body'

An abnormal reaction to an abnormal situation is normal behavior - Viktore E. Frankl

CAMPUS INSIGHTS



Our college was the proud host for the first ever '**Psychiatry conference**', held on 17th december 2023. The conference focused on deaddiction and mental health, and was organised in association with **Tobacco Research and Cessation Centre(TRCC)**, PIMS, DU. Guest lectures and panel discussions were conducted by experienced faculty from various cities in the field. Keynote talks were delivered by **Brig. Dr. P.S. Bhat sir**, HOD, Department of Psychiatry and by **Dr. Sudhanshu Patwardhan**, our honored guest. The participants were also addressed by the chief guests Chancellor sir, Vice Chancellor sir for PIMS, and by **Dr. Anuraag Aedma**, Organising secretary for the conference.



Research paper, and poster presentation sessions were also held for both, UG and PG students. A talk on the Journey of TRCC was delivered by **Dr. Rahul Kunkulol sir**. The TRCC fellows from our college, **Dr. Pratik Prakhar**, **Dr Mudit Jain**, **Dr. Sanya Takkar**, from Intern batch 2019, **Prachi Pancholi**, **Shreyas Acharya**, **Anuj Kabra** from **MBBS 2021**, and **Pruthviraj Kawade MBBS 2022**, presented their projects, and recieved their grants by the representatives of CHRE, UK. The Poster session A was won by **Dr. Nisha George**, Resident, Dept of Psychiatry, and session B by **Soumya Gangwar**, **MBBS 2021**.





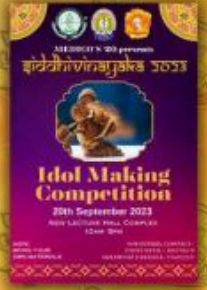
Sports



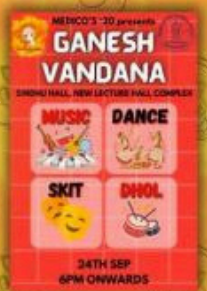
Siddhivinayaka 2023, brought with it 11 days of unforgettable activities, organised by the **batch of 2020**. The event featured a diverse range of activities, including sports events, cultural performances, and creative competitions like idol and rangoli making.

The sports events were a highlight of Siddhivinayaka, showcasing the athletic talents of students. The competitive spirit and sportsmanship displayed during these events added a dynamic energy to the festivities, fostering teamwork among participants. The stage came alive with vibrant colors and mesmerizing performances when students showcased their cultural diversity through a series of acts, dances and music, leaving the audience spellbound and enthralled throughout the evening.

Siddhivinayaka was a resounding sound success and inculcated a sense of cultural pride within the participants. The spirit of Siddhivinayaka will continue to resonate, inspiring future generations to come.



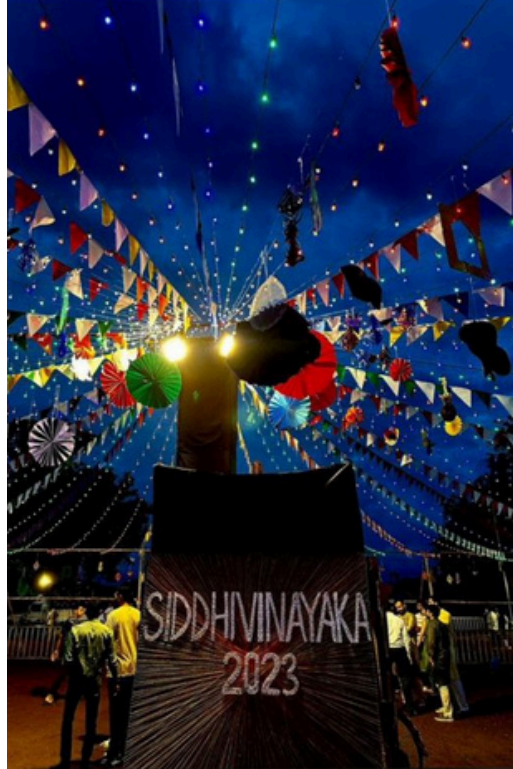
Cultural





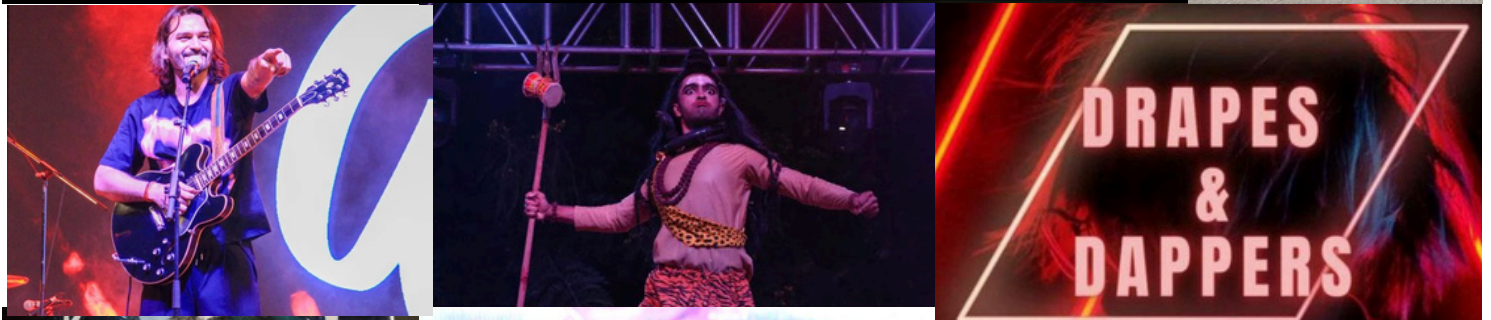
Our ever growing **Rudranaad family**, with their dhol and taasha vaadak, and dhvaj dhari, enraptured the crowd with great performances.

A moment of extreme pride for our college, when the **students of Manthan, the music society, Pacemakers, and the photography club**, joined forces to record, film, edit, and upload over **Youtube**, Pravara's very own edition of the Ganpati aarti.



"Twice a day, I came to the pandal to hear the aarti...it felt as if all my worries were washed away, and a calm settled over me. Beyond religion, the mellifluous tones left the whole crowd spellbound, and paired with the sweet prasad, it was the part of the day I looked forward to the most."

PADMANJALI 2023



STUDENT COUNCIL 2023-24

On Ground





SYNERGIA, the academic club, organised USMLE seminar on 26th August, with **Dr. Tenzin Jamyang, Global Director for Kaplan.**

From first years to interns, all were welcome to attend this informative session on the USMLE journey



Janmashtami

celebrations were conducted with aplomb in the campus, it was a truly serene and divine event.



National Pharmacovigilance week

Was conducted by the **department of Pharmacology**, from **18th-23rd September**, along with students of MBBS 2021 batch. Activities like Rangoli making, E-poster and slogan writing, walk-a-thon, and Quiz competition were held, open for all colleges of PIMS.



ADR reporting done by the department was highlighted, assisted by the students of the Pharmacology electives.



Interaction with the nursing staff and patients was also done regarding ADR reporting and how to recognize a reaction. Students of RMC, RDC, and College of Nursing came together to participate in the Walkathon.



Dimple Rathi and Vaishnavi Raut of MBBS 2021

Batch stood 2nd in the Rangoli making competition.

The Pharmaquiz was conquered by the team-

Rishab Sirohi MBBS 2020, Aadesh Patil, Hasan Shaikh, Shreyash Rupnawar, Saurabh Pawar of MBBS 2021 batch.





Ram Navmi was celebrated in the campus, where students lit up diyas and made rangolis on the football ground. **RMC Batch 2022** decorated the area with over 700 diyas to seek the blessings on this auspicious day.



NSS Camp was organised from **11th to 16th March 2024**. From spreading awareness regarding communicable and chronic diseases, to interacting with the villagers of Dadh bk, to the General Health checkup event where the young volunteers assisted with patients' examination, took vitals, set about guiding and registering the villagers who came to the camp and conveyed their problems. There was also a CPR workshop conducted for the villagers and volunteers alike, along with a session on deaddiction, and community interaction on why we should choose a substance free life. Students of MBBS batch 2023 also prepared a street play to disseminate information regarding the same. It was a truly fruitful and learning experience.

Synergia, the academic club, joined forces with the **Department of Orthopaedics** to organise a workshop on cast and fracture management, attended by students of RMC, both UG and PG.

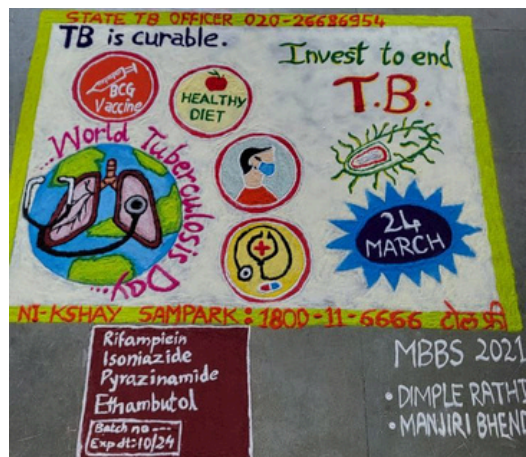


Republic day 2024 celebrated with the notes of the national anthem in the air and the wisdom of our visionaries in our hearts.





The Department of Community Medicine, along with DOTS cum TB center organised an interactive session on the occasion of World TB Day 2024, on March 24th. A Rangoli competition was also organised, in which **Dimple Rathi and Manjiri Bhende of MBBS 2021** stood 1st. A rally and interactions with locals was also arranged, and **NSS Volunteers of Batch 2021** performed a street play for spreading awareness about the disease as well.



Dr. Jeenal Bajaj of MBBS Intern batch 2019 participated in the Poster Presentation competition, held by KEM Hospital, Mumbai, and brought much deserved accolades as she stood first.

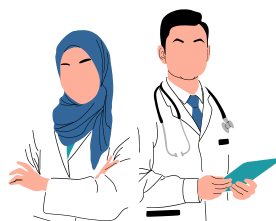


HealthDays

June 18th-
Autistic Pride
day



July 1st-
National
Doctor's
day



May 17th-
World
Hypertension
day



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April 7th-World Health Day



April 22nd- Earth day



In Memoriam...

MANISH SHARMA

MBBS BATCH OF 2022

In remembrance of our cherished peer, Manish Sharma, a shining star in our medical family, whose bright light was dimmed far too soon. His presence in our lives was a gift, and his absence leaves a profound ache in our souls.

"Losing a loved one is like a missing piece in this puzzle of life."

For the batch of 2022 and RMC, for some more than others, the loss of Manish left a void which we weren't prepared to face.

"Manish was more than just a classmate; he was a friend, a confidant, and a source of joy for all who had the privilege of knowing him. Despite his reserved nature, he possessed a unique wit that never failed to bring laughter to our midst.

Over time, he broke out of his introverted shell, opening up to joke freely with his friends and made a family of friends here. Manish was light-hearted with a zeal to live life to its fullest. A kind soul, he touched the lives of many during his time with us.

Without him, the stars seem dim. Goodbye to a beloved friend.

May his soul rest in peace."

