



**CDSIMER**  
Dr. Chandramma Dayananda Sagar  
Institute of Medical Education and Research  
(Unit of Dayananda Sagar University)  
*live the dream*



**Dayananda Sagar  
University**

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**CDSIMER NEWSLETTER**

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## LIFE LINE

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### MESSAGE FROM EDITORIAL DESK:

“Big journeys begin with small steps”, **Life Line** is just another small step of CDSIMER marking the beginning of a new chapter in the history of this young institution. The official news letter of CDSIMER, aptly named “Life line” is a quarterly publication which provides regular updates about events, academics, achievements and various other matters pertaining to CDSIMER.

The editorial team consists of multi talented , intellectual and highly motivated members who have put in great effort in knitting together information and keeping our readers up to date with news related to CDSIMER through this portal.

I am thankful to the Management and Administrators for being our constant source of inspiration and for their support in all our ventures. We are overwhelmed by the interest shown by all our students and staff who have contributed to the news letter. We wish and hope this enthusiasm will continue in our future editions too.

Please write to us at [newsletter.cdsimer@dsu.edu.in](mailto:newsletter.cdsimer@dsu.edu.in)



"Rays of hope from the ICU window"  
Photo credit **Dr. Puneet K Nagendra**

## Events @ CDSIMER

### WORLD CANCER DAY 2022

In view of “World Cancer Day” Department of Community Medicine in association with Department of OBG, Pathology and Dayananda Sagar College of Dental Sciences had organized “Cervical and Oral Cancer awareness and screening camp” at Doddamaralawadi Primary health centre on 10<sup>th</sup> February 2022.



### SECOND REVISED BASIC COURSE WORKSHOP IN MEDICAL EDUCATION TECHNOLOGY

Medical Education Unit (MEU), CDSIMER under the aegis of St Johns Medical College, NMC Nodal Centre for Medical Education technologies, Bangalore organized 3 day Revised Basic Medical Education Training (RBMET) course from 22-02-2022 to 24-02-2022 under the observership of Dr. Farah F Fathima, St Johns Medical College.



### WORLD HEARING DAY

World Hearing Day is observed on 3rd March every year to raise awareness on how to prevent deafness and promote hearing care. Theme this year "To hear for life, listen with care".

Based on this theme, the department of ENT conducted an awareness programme with the help of Phase II MBBS students in the form of a street play. The programme was aimed at raising awareness not only amongst the general public, but also among students and health professionals.



## Events @ CDSIMER

### INTERNATIONAL WOMEN'S DAY

International Womens Day was celebrated on 8/3/2022 at CDSIMER. Mrs Shikha Mohan, Education Director of NGO REWA was felicitated on the occasion. An elocution competition on the theme “Gender Equality Today for a sustainable tomorrow” was held for MBBS students. A free health screening programme was also held for all women.



### BASIC NEONATAL RESUSCITATION PROGRAM

Basic Neonatal Resuscitation Program (NRP) was conducted by department of Pediatrics at CDSIMER on 16-03-2022 from 9am to 4pm under the able guidance of Dr. Asha Benakappa (HOD department of Pediatrics) and encouragement and support from CDSIMER administration.

36 participants (Nurses / Doctors) attended the workshop. Participants were from CDSIMER, District Hospital Ramanagar, various private nursing homes at Ramanagar and Bangalore



### EXAMINATIONS

The first batch of MBBS students gave their university exams for 1st Professional MBBS in the month of January. Total pass percentage was 92%. Lekha and Anagha Avinash stood first and second in the class respectively.

## Student Achievements



When I came to know I was the topper I felt excited and happy. All credit goes to my parents and my teachers who guided me a lot. I was nervous initially when I joined the college . Even in Pandemic situation our teachers conducted online classes taught us well and were a great source of inspiration. Sometimes when I felt very low, my mentor used to motivate me to overcome the problem. The formative assessment tests helped to get a good score. Overall , regular tests, planning, time management, attending the classes regularly are my success mantras. I thank my parents and teachers for supporting me and guiding me to become a topper in the exam.



I am immensely happy to share my thoughts on having scored second in the class . It was the peak time of the third wave of Covid-19, when our exams were conducted . I am grateful to the Dean, Administration and Teachers for having conducted the exams very smoothly even in such hard times

My Teachers were a constant source of support both academically and morally. My parents were there for me at all times and always kept me in high spirits even in the hardest times. My friends were my greatest cheer leaders and we were always there for each other. We felt that the exams got over in the blink of an eye and we survived the phase. I was overjoyed to see the word “DISTINCTION” in my score card. My parents were proud of me and it was at that time that I realized the sleepless nights did pay off.

# Young Minds

## Phrenology - By Ms. Anjali Venkat



This interesting idea meant that one could draw conclusions on a person's personality, skills and intelligence based on the shape of their skull. For instance, if the top of the head was hypothesized to be the seat for the trait “honesty” then if a person had a bulge on the top of his head was believed to be very honest. This pseudoscience, 'Phrenology' was introduced by Gall.

This was based on Franz Joseph Gall's '5 tenets of cerebral physiology.' By which he meant brain as an organ of mind, as a homogenous entity by aggregation of mental organs with specific

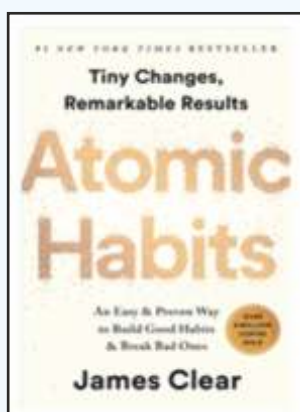
functions, the size of the mental organ was indicative of strength of that organ, external craniological means could be used to diagnose internal mental characters, he could tell which part of the brain was responsible for particular trait of a person.

He tested his theory on prison inmates and concluded that people doing the most heinous crimes had skull bulges in the same region, thus proving that the “Brain Organ” beneath that part was meant for the traits of dishonesty, aggression.

Many years later inspired by this theory when the French neurologist Paul Broca came up with “Broca's functional areas”, said – “I had thought that if there were ever a phrenological science, it would be the phrenology of convulsions (in the cortex) and not from the phrenology of bumps (on the head)”. Gall was severely ridiculed for his theories – but if not for him, our understanding of the brain would be very different right now.

## BOOK REVIEW: ATOMIC HABITS, Author: James Clear - By Mr. Cavan D'Souza

With so many self-help books being produced from all over the world, James Clear's 'Atomic Habits' is one of the most well-known and well-briefed. James Clear is a renowned authority on habit development who is known for his ability to simplify difficult subjects into simple actions that can be applied to everyday life and work. He builds an easy-to-understand strategy for making good habits predictable and bad habits impossible in this book, which draws on the most proven theories from biology, psychology, and neuroscience.



With 'The Habit Loop,' the author has provided his readers with information on how to develop better habits. Habits are mental shortcuts that assist us in quickly solving difficulties. We perform action in the hope of receiving a reward, and when we do, we keep doing so, forming a cue. The Habit Loop begins with the 'Cue.' Once the cue is set, we have a strong desire to perform it, which we call the Craving. The higher the craving to perform the action, the more rewarding it is. When one repeats a task, it eventually becomes the individual's behavior, which the author refers to as the "Response. “And lastly, the reason for carrying out the tedious habit is the Reward itself.

One must read this book intuitively to understand and gain knowledge, which helps us build good habits and get rid of those which are unhealthy.

# Reflection

## Reflection on 1st year of MBBS

3rd February 2021, as I donned the white coat over my shoulder and the oath was recited, I knew I had taken a step towards a journey I had envisioned, the first stepping stone for earning the prefix of "Dr". There was a rush of excitement and enthusiasm.

My relatives, friends and neighbours had already started referring to me as a doctor, sending in their x-rays and prescriptions — to decode on the lighter note. I got an air of responsibilities that comes entailing with white coat and stethoscope. The bearer of the white coat is looked upon by the society with a lot of expectations. I kept reminding myself I am still a first year learning medical terminologies and basics of human anatomy, biochemistry and physiology!

Reflecting on the journey of first year a few highlights are the excitement of holding a scalpel and being able to dissect cadavers in Anatomy practicals, the joy of finally being able to understand medical reports and X rays and the contentment of using a stethoscope.

Medicine is challenging and for me the only key that helped me through first year was to never give up. Hard work does the magic. Quick revisions after classes and self made notes are beneficial during exam preparations which help a lot in active recall.

If I were to change anything, I would have participated in more extracurricular activities.

Covid lockdown was a major drawback as we had online classes for 3 months but thanks to the efforts put in by our teachers to revise the topics before the exams. Our First Year was a roller coaster ride thoroughly enjoyed, gained basic knowledge and was an important foundation for us. I'm looking forward to what's in store for the rest of the course !

By Ms.Omisha Karthikeyan

## *Success Stories @* **CDSIMER**

### DEPARTMENT OF GENERAL SURGERY

1. A case of Xeroderma pigmentosa with malignant melanoma was successfully treated by Wide local excision + Left modified radical neck dissection + Pectoralis major myocutaneous flap
2. A 74 year old man diagnosed with periurethral abscess with ventral penile urethral loss was treated with Incision and Drainage followed by Perineal urethrostomy and now voiding per urethrostomy off catheter.



# Faculty Spotlight:



## Hymn of The Theatre

From before the strike of the first light,  
Restless, he was, a bit of fright.  
Fasted, he did, as told was right.  
Bathed and adorned with linen, bright.

“You'll be up next”, said the hurried nurse.  
“Aah-yes”, his appendix - the curse.  
But then again, it could have been worse  
His thoughts, he had to coerce.

Set his mind, now his mood all stern.  
Willingly ready, flustered for his turn.  
An IV secured, queer fluids churn,  
Off on a trolley, its casters burn.

Lights after lights, the ceiling rolls;  
Ding and ting, the elevator tolls;  
Passing heavy steal doors, guard strolls;  
His name, in the Sanctum Santorum, nurse enrolls.

In the waiting bay, his trolley parked  
Quaintly still, amidst all that had surpassed.  
At a shout of his name, his journey embarked.  
Pushing the trolley, “Say your prayers”,  
the nurse remarked.

Through long corridors, tiles sparkling clean.  
Masked faces with sharp eyes, clearly seen.  
Many a draped in green gowns and lean,  
As if to attend a morning custom, so keen.

Entered into a theatre, the air eerie chill  
Onto a table, he was told to hold still  
A cocktail of liquid, rushed IV at will  
His nerves calmed, mind afloat uphill.

Adrift he was, not an aota of pain  
As the spinal cord bathed with bupivacaine.  
A sudden slumber had encroached the brain,  
Submerged in a sinus rhythm so plain.

Voices muffled by an unseen cloud,  
Solely a rhythmic beep was heard aloud.  
Guardians in green gather a crowd  
To practice a holy ritual, that was vowed.

It was all that he was immersed in  
A divine beep that brimmed herein  
Like the comfort of a womb, a foetus within  
Throughout the surgery, asleep, le fin.

**By - Dr. Jyothsna Prabhat, Senior Resident, Anaesthesiology**

**Dr. Shivamurthy N** Associate Professor Pharmacology has written, composed music and sung a song on reporting Adverse Drug Reactions. Please visit the below link

English song link: <https://youtu.be/0PWG9kmAyBA>

Kannada song link: [https://youtu.be/DrqZhNm0\\_z0](https://youtu.be/DrqZhNm0_z0)

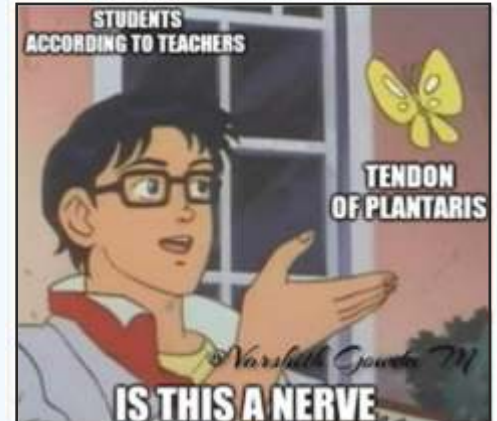
## **CDSIMER Welcomes**

Name	Designation
Dr. Ramesh L.J	Professor & HOD, Orthopaedics
Dr. Haricharan K.R	Professor, Paediatrics
Dr. Anand D Meundi	Professor, Community Medicine
Dr. Rashmi K.S	Associate Professor, OBG
Dr. Shweta K.M	Associate Professor, Anaesthesiology
Dr. Nandan T.M	Associate Professor, Microbiology
Dr. Chiranth R	Assistant Professor, Paediatrics
Dr. Harini Krishna	Assistant Professor, Anaesthesiology
Dr. Ajay S Shandilya	Assistant Professor, Anaesthesiology
Dr. Divya Udaya Kumar	Assistant Professor, Community Medicine
Dr. Chimayi Jgadish	Assistant Professor, Biochemistry

Name	Designation
Dr. Yogesh M	Assistant Professor, Anatomy
Dr. Sharmila G.S	Assistant Professor, dentistry
Ms. Mohana Priya T	Tutor, Microbiology
Ms. Shameena Mol N	Tutor, Microbiology
Ms. Keerthika Thota	Tutor, Microbiology
Ms. Akshita S	Tutor, Biochemistry
Dr. Krishna Murthy C	Tutor, Microbiology
Dr. Ramkumar N	Tutor cum Statistician, Community Medicine

# Distress...

Laughter-The Best Medicine- By Mr. Varshith Gowda



## BECOME A WINNER, HAVE QUALITY SLEEP



Sleep quality is assessed by its quantitative and qualitative components. Sleep duration and timing influences cognitive performance. Sleep timing depends on both the length of prior wakefulness and on the control of the circadian clock. Sleep deprivation is a serious condition that can affect medical students' academic performance. It can be a sign of mental diseases, as well as many chronic physical conditions.

University students, particularly medical students, are one of the high-risk groups for acquiring sleep problems. High day and night workloads, insufficient time for leisure activities, and a high level of stress owing to a rigorous curriculum schedule are only a few of the possible causes. Furthermore, many students live in hostels away from their families, which makes them more prone to have an irregular sleep-wake cycle that is damaging to their bodies and minds.

Sleep hygiene routines based on sleep physiology impacts sleep quality. Avoiding caffeine, nicotine, alcohol near bedtime, avoiding frequent napping during daytime, maintaining a regular sleep and wake time (going to bed at the same time every day), keeping the bedroom comfortable and quiet are all examples of sleep hygiene activities. Other effective techniques that may be tried even in hectic daytime schedules are to limit use of electronic devices, avoid large meals, and consistent physical exercise. These are the winning steps of success!!!

By - Ms. Anagha Avinash

# The Galleria

Celebrations galore featuring Christmas & Valentines Day @ Pathology department



Dusky Hue by Anvitha Poonacha



Brush strokes by Uppada Vibha



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