



# CDSIMER

Dr. Chandramma Dayananda Sagar  
Institute of Medical Education and Research  
(Unit of Dayananda Sagar University)

*live the dream*

www.cdsimer.edu.in



Dayananda Sagar  
University **Bengaluru**

JUNE - SEPTEMBER 2022

## CDSIMER NEWSLETTER

Vol. 1 Issue 3

# LIFE LINE

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### MESSAGE FROM EDITORIAL DESK

We present to you the third volume of CDSIMER - LIFELINE. As we continue to grow through our faculty and students achievements at national and international levels, it is imperative for us to humbly remember with reverence our inspiration and role model Dr. Chandramma Dayananada Sagar – the very persona after whom the college is aptly named. (Late) Dr. Chandramma D Sagar was an internationally renowned Obstetrician & Gynaecologist who served as Honorary surgeon to three former presidents of India and three Governors of state. A gold medallist from Mysore Medical College with unparalleled achievements she went on to serve the country and continues to inspire and motivate us through her work in all our endeavours.

Her Birthday which is celebrated on 28<sup>th</sup> October is fondly commemorated as 'Inspirational Day' at CDSIMER. It is our privilege to release the current volume of our newsletter on this day.

We thank one and all for your contributions and support, please continue writing to us at email : [newsletter.cdsimer@dsu.edu.in](mailto:newsletter.cdsimer@dsu.edu.in). Your feedback and comments will be much appreciated.



Our Inspiration (Late) Dr. Chandramma D Sagar

# EVENTS

## WORLD ENVIRONMENT DAY

World Environment Day was observed on 6th June in association with Rotary Club, JP nagar at Urban Health Training Centre, Agara. A rally of about 3km was organized along with planting of sapling at the Agara centre. Faculty from the Department of Community Medicine, 2nd year MBBS students from CDSIMER and Mr Amar Chetan, Mr HR Kumaraswamy from Rotary along with students from RV Dental College and Agara government school students attended this event



## KREEDA SAGARA

The inauguration function of Kreeda Sagara 2022 was conducted at G-block, Lecture Hall 1 at 3 pm on 10<sup>th</sup> June 2022. The function was hosted by Ms. Elsie Rose Arnold and Ms. Ruthu KH, both students of Phase 2 MBBS. An oath was taken by the students that they will participate in the upcoming tournaments in the right spirit of the game, which was delivered by Dr. Manu Varma MK. Various sports events like Basketball, Badminton, Tennis, Carrom, Chess were organised from the sports committee in the month of June for both staff and students.



## WORLD BLOOD DONORS DAY

World Blood Donors day was celebrated at Blood Centre CDSIMER on June 14<sup>th</sup> to thank donors and mark the need of raising awareness towards blood donation with encouragement for the same. On this day, 28 voluntary donors came forward to donate blood and were awarded certificates and a token of appreciation by the blood bank officers. An E-poster and a slogan competition was organized for the first year and second year MBBS students respectively on the theme 'Motivation for voluntary blood donation'



## GREEN SUNDAY

Green Sunday Green Sunday – A mega tree plantation drive was conducted by CDSIMER – A unit of DSU under the aegis of NGO Adamyia Chethana Foundation on Sunday the 19th June 2022. The programme initially begun in G-Block, Lecture Hall-1. The gathering mainly had about 120 CDSIMER students along with 70 volunteers from Adamyia Chetana.



## NATIONAL DOCTORS DAY

National Doctors Day was celebrated at CDSIMER on July 1<sup>st</sup> 2022. Renowned Plastic Surgeon Dr Prema Dhanraj was the Chief guest who delivered a motivational talk. Various cultural programmes by Doctors were held.



# EVENTS

## ANTI-MALARIA MONTH (JUNE) OBSERVED ON 4th JULY 2022

Health education activity was organized by the department of community medicine to commemorate the month of June which is the anti-malaria month.

Around 25<sup>th</sup> MBBS students were involved to deliver a skit to a government school students at Kurupete. The skit gave a creative take to explain symptoms of malaria and different levels of prevention of malaria at the individual level, family level and the community level.



## NATIONAL BONE AND JOINT DAY

10<sup>th</sup> NATIONAL BONE & JOINT DAY, at CDSIMER was organized by Department of Orthopedics on 4<sup>th</sup> August 2022. On this occasion inauguration of Orthopaedic Demo room & Specialty clinics, release of 3<sup>rd</sup> edition of Orthopedic Department Newsletter and Free BMD camp was organized. A guest lecture on "Healthcare Challenges of the Elderly in India- the Five As" was delivered by Dr ARVIND KASTHURI, Prof & CMS St John's Medical college.



## WORLD BREAST FEEDING WEEK

Department of Pediatrics and Department of Community Medicine conducted various community outreach activities on account of World Breast Feeding Week (Aug. 1st - Aug. 7th) highlighting the importance and the right technique of breast feeding. Dr Asha Benakappa HOD Pediatrics delivered a talk on Chandana channel and a guest lecture in BMCRI and conducted various training programmes for Nurses, antenatal women and feeding mothers to commemorate World Breast Feeding Week.



## NATIONAL PHARMACOVIGILANCE WEEK

From September 17th to September 23rd, 2022, National Pharmacovigilance Week was celebrated throughout the country. On this occasion, the **National Coordination Center-Indian Pharmacopoeia commission (NCC-IPC, Govt of India)** under the **Pharmacovigilance Program of India (PVPI)** organised various national-level competitions including e-posters, video-animation, and quiz competitions. The theme for this year's programme was "**Encouraging Reporting of ADRs by Patients.**"



# ACHIEVEMENTS & ACCOLADES

## FACULTY ENDEAVOURS

1. **Dr Prashanth Kumar M**, Vice Principal, Professor & Head of Physiology Department, CDSIMER.

- Delivered a talk as guest speaker on physiology of lactation at an integrated CME on Mammary Gland Organized by Department of Physiology & Anatomy, BGS Global Institute of Medical Sciences, kengari, Bengaluru.



2. **Dr Ramesh L J**, HOD Department of Orthopedics, CDSIMER.

- Invited as GUEST SPEAKER at CME on “CLUBFOOT PONSETI METHOD TRAINING” at JJM Medical College and Hospital, Davangere. This program was organized in association with ORTS PAEDIATRIC ORTHOPAEDICS SCHOOL under aegis of KARNATAKA ORTHOPAEDIC ASSOCIATION.
- Participated as Faculty in “Surgical Demonstration and Post Graduate Teaching Camp” conducted by Unit of Hope, St John's center for children with special needs, St John's medical college hospital Bangalore.
- Appointed as external member of grievance redressal committee of St John's National Academy of Health Sciences.



## STUDENT ENDEAVOURS

3. First Year MBBS students Mr Surya Kiran C M, Ms Kshamya C, Ms Ananya Vishwas, Ms Sharadhi P, Mr Sumukh N G participated in Celebration the Colloquium 2022 National level Seminar Competition organized by AIIMS Managalgiri. Mr Sumukh N G won 2<sup>nd</sup> prize for model, Mr Surya Kiran C M won 2<sup>nd</sup> place in Anatomy seminar and Ms Sharadhi P won 2<sup>nd</sup> prize for chart.



From L to R- Surya Kiran C M, Ananya Vishwas, Sharadhi P, Kshamya C, Sumukh N G

4. Second year MBBS Student Mr. Vishal KR has published his original Research paper in International Journal of Toxicological and Pharmacological Research on 27-7-2022. The title of the topic is "Paracetamol Self-Overdosing Case Series Study- Analysis of Demography, Clinical Features and Treatment Methods". This project was guided by Dr Shiva Murthy N, Associate Professor, Department of Pharmacology. Full article is available at:

<http://impactfactor.org/PDF/IJTPR/12/IJTPR.Vol12,Issue8,Article1.pdf>

## The Power and Psychology of Smile

Smile - One of the most powerful things present very much under our nose which can give rise to a sweet feeling of happiness is denoted as the symbol of universal happiness. Purest form of smile is found in an infant...a small baby has the most attractive and a pleasant satisfying smile. No wonder why spending time with them is next to happiness!

So, first let us see the psychology point of smile. Psychology says that smile is the ultimate way to attract people. The world of psychology refers smile as a motivation and sign of positivity to boost up the self confidence and to face challenges in all life tasks. Life is considered to be like a huddle race where smile acts as an island on the sea as a spark of hope of life.

As mother Teresa rightly said "Peace begins with a smile". Smiling releases happy hormones ultimately keeps us mentally and physically healthy. One commonly noted deceptive smile is the one on the face of a father who masters in hiding trouble behind the smile- The smile that has the power to lift up the family in any hard situation. Researchers have found that an adult smiles one twenty times a day where as a baby does it for 400 times a day. A single smile is said to release happy hormones and is equivalent to getting 16000 US dollars! That's something isn't it? . So basically psychiatrists insist on enjoying the smile of children as 4 children can make you feel like Elon Musk every day.

Smile is a creative gift by God because even on scanning one sees that the baby inside mother's womb smiles. This also increases the lifespan of a person. Once in a lifetime our mother smiled when we cried and that was the time of our birth. Smiling in hard situation takes away 30% of our problems. So smile more often ..

To end as Mother Teresa said "I will never understand all the good that a simple smile can accomplish". Let us smile and spread more smiles.

# SUCCESS STORIES

## Bilateral Choanal Atresia in an adult: An interesting clinical presentation

An 18-year-old female presented to CDSIMER ENT OPD with complaints of recurrent sneezing, running nose, continuous nasal blockage and mouth breathing since childhood, with normal birth and developmental history with no prior surgical/trauma history. On clinical examination patient had features of Allergic rhinitis but absent airflow through bilateral nostrils on expiration. Diagnostic nasal endoscopic examination revealed bilateral choanal atresia and radiological (CT- PNS- Figure 1) examination revealed it to be membranous choanal atresia.

After pre-operative evaluation the patient underwent trans-nasal endoscopic choanoplasty with stenting using a nasopharyngeal airway for 5 days. Biopsy from the membrane to rule out acquired causes showed necrosis and evidence of nonspecific inflammation. After 4 month follow up, the patient is doing well with bilateral patent choana (Figure 2) and normal airflow on respiration.

Choanal atresia is an uncommon congenital anomaly which consists of a bony, membranous or cartilaginous plate obstructing one or both posterior nasal apertures. The reported incidence varies from 1 in 7000 to 1 in 8300 live births. Bony or cartilaginous atresia is more common than membranous choanal atresia and unilateral atresia is more common than bilateral disease. Acquired choanal atresia is even rarer.

Bilateral choanal atresia usually presents at birth or early infancy with feeding difficulties which is addressed at an early age and is well known to be associated with various syndromes the most common being CHARGE syndrome but our case did not show any syndromic features. Bilateral choanal atresia in adults is rare and there are only 11 such cases reported as of today. This case being 12<sup>th</sup> of such kind makes us wonder how the developmental anomaly was missed till adulthood.

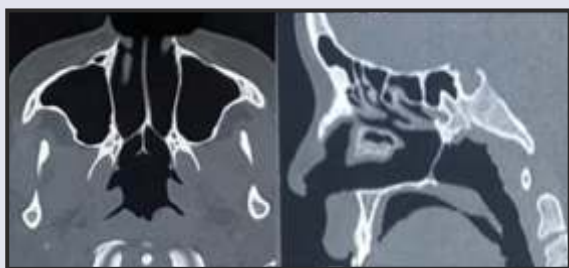


Figure 1: Preoperative CT scan showing bilateral membranous choanal atresia



Figure 2: Post bilateral choanoplasty opening(R-L)

## ORTHOPAEDICS

A case of Dupuytren's contracture of hand. Patient had bent fingers of his bilateral hand for 8 yrs & was unable to use them for daily activities. He was a chronic smoker & on examination TABLE TOP TEST was positive. We managed this case by contracture release of band with Z-plasty skin incision of right hand. Below are pre and post of photos. Now patient fingers are straight and is able to use his right hand for most of his activities.



PRE-OP IMAGES



POST-OP IMAGES

# PROSE AND POETRY



## THE COCKROACH CASTLE

There's a sound of something burrowing,  
Down in depth of dungeons ,shuttering and scattering .  
Here comes the Lord without any fear ,  
Tripping and fumbling his way into the ear .

'Our ears are cockroach heaven ' - he is aware !!  
No wonder he keeps crawling in there.  
I lie not as I removed one lodged deep within ,  
From the ear of my patient before his woe was about to begin .

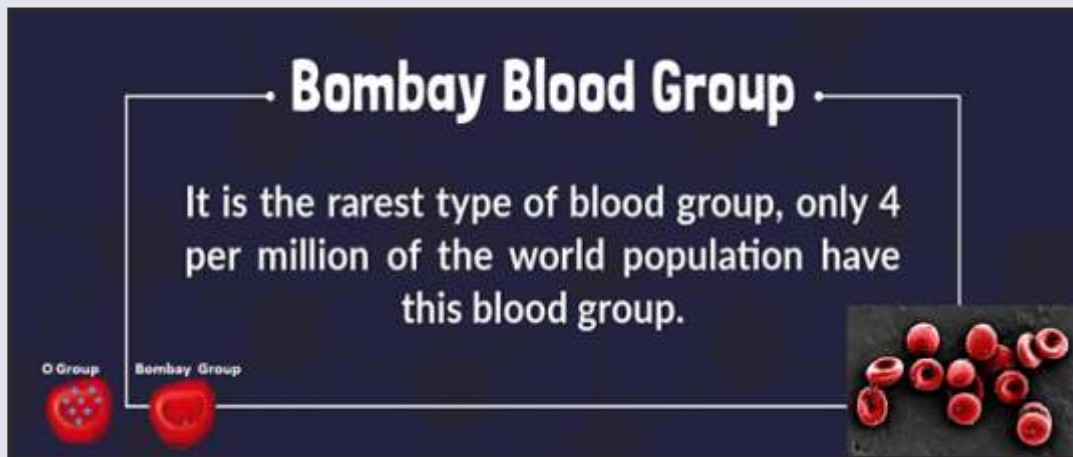
So my friends , watch out to b aware  
Not with the cockroach you would want to share !!!



From  
**Dr Pooja S,**  
Department of ENT

## THINK TANK

### BOMBAY BLOOD GROUP: A NEAR MISS



**What happened?:** A 50 year old female was posted for hemi thyroidectomy under ENT and a unit of blood reserved. Blood group was reported as O in outside lab reports. As part of pre transfusion work up in Blood Centre group was found to be of Bombay (Oh) phenotype. The patient underwent surgery without need of transfusion. On screening the first degree relatives, her younger sister also tested positive for Bombay group. History of consanguineous marriage was present.

Saliva absorption inhibition test was also done which confirmed the absence of H antigen.

**Who belong to Bombay blood group?** Those individuals who do not express H antigen (also called substance H), the precursor antigen for all groups. Their serum will have Anti A and anti B antibodies and in addition Anti H antibodies which are absent in group O. This extremely rare blood group has a prevalence of one in 4 million globally and 1 in 10,000 in India.

#### **Why do we need to know about Bombay Blood group?**

This group is often reported as O unless reverse grouping is performed. People with Bombay phenotype can donate red blood cells to any member of the ABO blood group system (unless some other blood factor gene, such as Rh, is incompatible) but cannot receive blood from any member of the ABO blood group system, but only from other people with Bombay phenotype.

This is the first report of a Bombay Blood group in CDSIMER. We thank the technical staff of our Blood Centre and team ENT for timely coordination.

**Dr.Archana Shetty (Blood Centre ) & Dr.Aishwarya M (ENT)**

Its time to Think!! Go to the link and this will take you to the Google Form to answer the Quiz.The answer along with a brief write up will be published in the next issue of News Letter

<https://forms.gle/PmRwyuqxc5Nm5pzaA>

# CDSIMER WELCOMES

Name	Department	Designation
Dr. Shivaprasad H	Anaesthesiology	Senior Resident
Dr. Smrithi S Upadhya	Anaesthesiology	Senior Resident
Dr. Yashaswini L	Anaesthesiology	Assistant Professor
Ms. Sindhu S	Biochemistry	Tutor
Dr. Priyadarsini N J	Community Medicine	Assistant Professor
Dr. Pratiksha Nayan	Community Medicine	Senior Resident
Dr. Rohith Rajashekhar G R	Dentistry	Senior Resident
Dr. Vinutha M Yadav	Dermatology	Senior Resident
Dr. Lakshmi C	Dermatology	Assistant Professor
Dr. Niveditha J	ENT	Associate Professor
Dr. Jagadishkumar Biradar	General Medicine	Senior Resident
Dr. Lohith Raj Urs	General Medicine	Senior Resident
Dr. Pavithra K	General Medicine	Assistant Professor
Dr. Sanjana D S	General Medicine	Senior Resident
Dr. Vinay R B	General Medicine	Senior Resident
Dr. Chandrashekar T V	General Medicine	Senior Resident
Dr. Nayana R	General Medicine	Assistant Professor
Dr. Raju M S	General Medicine	Senior Resident
Dr. Poornima K R	General Medicine	Senior Resident
Dr. Betsy Mathew	General Medicine	Professor
Dr. Madhushree M	General Medicine	Senior Resident
Dr. Padma K	General Surgery	Senior Resident
Dr. Rahul Upadrashta	General Surgery	Senior Resident
Dr. Srinivasgowda K	General Surgery	Senior Resident
Dr. Sreenidhi H C	Nephrology	Assistant Professor
Dr. Priyanka B Reddy	OBG	Senior Resident
Dr. Sandhya K S	OBG	Senior Resident
Dr. Nikita Pitty	OBG	Senior Resident
Dr. Zeba Khaleel	OBG	Senior Resident
Dr. Shanthala G	Ophthalmology	Senior Resident
Dr. Sunil Kumar A S	Orthopaedics	Assistant Professor
Dr. Karthik D	Orthopaedics	Senior Resident
Dr. Harshini T Reddy	Paediatrics	Senior Resident
Dr. Kavya M G	Paediatrics	Senior Resident
Dr. Debleena Thakur	Pathology	Senior Resident
Dr. Ravi D Mala	Pharmacology	Associate Professor
Dr. Gopal Das C M	Psychiatry	Associate Professor
Dr. Shruthi K	Pulmonary Medicine	Senior Resident
Dr. Uzair Baig	Pulmonary Medicine	Senior Resident
Dr. Vedaraju K S	Radiology	Professor & HOD
Dr. Nayantara Sudhakar	Respiratory Medicine	Senior Resident