



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

NEWS LETTER

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सत्यमेव जयते

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Editor-in-Chief's Message

On behalf of ESICMC & PGIMSR editorial board, I take this opportunity to thank all our students, faculty and members who have volunteered to contribute to the success of this quarterly newsletter.

Innovation and experimentation are the key drivers of growth for any organization, and we are thankful to have such creative and innovative personalities amongst us. We always welcome feedback from our readers and hope to provide the best to everyone.

Happy Reading!

Dr. Pushpalatha K

World No Tobacco Day' was organized on 31st May 2023: Theme: **"We need food, not tobacco!"**

World Blood Donor Day under RAKTHADAN AMRUTHMAHOTHSAV: 1 week celebrations
Theme: **"Give Blood, Give Plasma, Share Life, Share Often!"**

International Yoga Day: Theme: "Yoga for Vasudhaiva Kutumbakam" was celebrated on 21st June 2023, along with ESIC Beneficiaries, under the Annual Preventive Health Checkup (APHC) Camp.

ECLS Training of the trainers Part 2 was conducted by the **JEEVA RAKSHA TRUST** for the teaching faculty and interns.

UPCOMING EVENTS

- Doctor's Day
- World ORS Day
- World Breast Feeding week
- National Nutrition week
- World Rabies Day

EDITORIAL DESK MESSAGE

We are very happy to launch of our third 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.

Dr. Seema. P

Dr. Niranjana Murthy H L

Dr. Harish

Dr. Jyothi Naik

DEPARTMENT OF COMMUNITY MEDICINE: WORLD HEALTH DAY. PLACARD AND POSTER COMPETITION FOR UG STUDENTS

On the account of **World Health Day**, Department of Community Medicine conducted a placard competition for Undergraduates on **8th April 2023** in the Practical Hall of Community Medicine Department. Undergraduates were assigned different themes and were asked to prepare a placard with respect to the themes and present the same in front of the judges.



DEPARTMENT OF COMMUNITY MEDICINE: WORLD HEALTH DAY. SWASTHYA 2.0 CME & INTER-COLLEGIATE QUIZ

SWASTHYA 2.0 CME and inter-collegiate quiz was conducted on **10th April 2023** to celebrate **75th World Health Day**.

Sessions of the CME and Quiz are attached in the table below:

	Sessions	Speaker
CME Sessions	1. Healthy aging in current global scenario	Dr Arvind Kasthuri
	2. Role of digital technology in public health	Dr Balu P S
	3. Experiences & Lessons – Public Health Journey in Rabies	Dr M K Sudarshan
	4. Panel Discussion: Roses & Thorns in promoting Health for All	Dr G.N Srinivasa Dr Pradeep Banandur

		Dr Anil N S
Quiz	Prelims Round 1 to Round 5	Dr Ameenah & Dr Preety Quiz Master: Dr Sweta Balappa Athani & Dr Chandana H



Registration & Prelims of SWASTYA 2.0



Inauguration of SWASTYA 2.0 on 10th April 2023

DEPARTMENT OF TRANSFUSION MEDICINE:
WORLD HEMOPHILIA DAY: “ACCESS FOR ALL. PREVENTION OF BLEEDS AS GLOBAL STANDARD OF CARE”

On the occasion of **World Hemophilia Day**, a seminar was held for postgraduate students on **17th April 23** on “Pathogenesis and Newer advances in treatment of hemophilia”.

Dr. Padmini CV Senior Resident, Dr. Vishwas H V Postgraduate in pathology, and Dr. Anju Joy Assistant Professor in Transfusion medicine gave the talks. Dr. Harshita Umesh, Senior resident, coordinated the event. Postgraduates and faculties from Departments of Pathology, Pediatrics, Medicine and Transfusion medicine attended the seminar.



MEDICAL EDUCATION UNIT (MEU):
TOT PART-1 & PART-2 FRO TEACHING FACULTY AND ECLS FOR INTERNS

TOT part 1 was held from 28-03-23 to 01-04-23 by MEU. It is a RGUHS program on Emergency Care & Life Support training conducted by Jeeva Raksha Trust. 30 teaching faculty participated in the program. Part 2 of the Tot was held in 3 batches, 15-19, 20-24, & 25-29 April 2023. 90 interns were trained in ECLS in these programs.



**DEPARTMENT OF TRANSFUSION MEDICINE & DEPARTMENT OF PAEDIATRICS:
WORLD THALASSAEMIA DAY: “BE AWARE, SHARE, CARE: STRENGTHENING
EDUCATION TO BRIDGE THE THALASSAEMIA CARE GAP”**

A seminar was organized on **8th May’23** on the occasion of ‘**World Thalassaemia Day**’.



OBSERVATION OF ANTI-MALARIA WEEK FROM 02-05-2023 TO 06-05-2023

Report on Observation of Anti-Malaria Week from 02-05-2023 to 06-05-2023 in the public places like park and construction site:

1. Health education at a construction site, Bagaluru
2. Health education at Mariyappanpalya Park



DEPARTMENT OF MICROBIOLOGY & DEPARTMENT OF COMMUNITY MEDICINE:
WORLD HAND HYGIENE DAY ON 5TH MAY: ACCELERATE ACTION TOGETHER, SAVE LIVES AND CLEAN YOUR HANDS”

The department of Microbiology along with the department of Community Medicine organized the World Hand Hygiene day on 5th May with the theme ”Accelerate action together, Save lives and clean your hands”.

The undergraduate students MBBS Phase 2 CBME 2021-22 batch actively involved in demonstrating the seven steps of hand wash and the five moments of Hand Hygiene in various wards, laboratories of the hospital to health care workers.

The Medical superintendent, HOD Microbiology, the infection control team, faculties and postgraduates from department of Microbiology, HOD Preventive and social medicine , faculties and postgraduates from Community medicine,HOD Obstetrics and Gynecology, Heads of Clinical departments and other faculties, nursing staff, students from various departments of the hospital also actively participated on World hand hygiene day.



DEPARTMENT OF EMERGENCY MEDICINE:
WORLD RED CROSS DAY 8th May 2023

Presenter Dr. Srinivas Prabhu, HOD, Department of Emergency Medicine



DEPARTMENT OF COMMUNITY MEDICINE:
PREVENTION AND CONTROL MEASURE OF DENGUE AND MALARIA

On occasion of National Dengue Day on May 16th 2023, a health talk was organized by the postgraduates in Gayathri Devi Park, under Mariappanpalya PHC.



DEPARTMENT OF COMMUNITY MEDICINE:

‘WORLD NO TOBACCO DAY – 31st May 23 “WE NEED FOOD, NOT TOBACCO!”’

On the occasion of ‘World No Tobacco Day - 2023’ (Theme: ‘We need food, not tobacco!’), a health education session was organised by Team ESIC - Bagaluru PHC at the Jawahar Navodaya School, Bagaluru.



**DEPARTMENT OF TRANSFUSION MEDICINE / BLOOD BANK:
BLOOD DONORS DAY CELEBRATION AND BLOOD DONATION CAMP 14-06-2023 : “GIVE
BLOOD, GIVE PLASMA, SHARE LIFE, SHARE OFTEN.”**

On the occasion of World Blood Donor Day celebrations under “RAKTHDAN AMRUTHMAHOTSAV” 1 week (12.06.23 to 17.06.23) of voluntary blood donation camp was organized by Department of Transfusion Medicine / Blood Bank ESIC MC PGIMSR, Rajajinagar, Bangalore.



DEPARTMENT OF PSYCHIATRY: WORKSHOP ON PSYCHIATRY PRACTICE AND LAW ON 24.06.2023

Legal issues are where most psychiatrists find themselves on sticky grounds. With the aim of bringing more clarity to the practical applications of laws that govern psychiatric practice, the Department of Psychiatry, ESIC – Medical College and PGIMSR, Bengaluru under the aegis of the Legal Cell of the Indian Psychiatric Society – Karnataka Chapter, conducted a workshop on “*Psychiatric Practice and Law*” on 24.06.2023 in the medical college. The organizing committee consisted of staff of the Dept of Psychiatry, ESIC Medical College: Prof. H. Chandrashekar - chairperson, Dr. Dhananjaya S – secretary, Dr. Smitha M – Scientific committee, Dr. Jayalakshmi G – Reception committee.



The Dean of the institute, Dr. Sandhya R, inaugurated the workshop and Prof. N M Patil delivered the presidential address.

Following were the sessions: RPwD Act 2016 – by Dr. Raveesh B N, HoD, MMCRI;
Role of Psychiatrist in POCSO Act, 2012 – by Dr. Smitha M, Assistant Professor, ESIC MC&PGIMSR;
Tele-Psychiatry – by Dr N. Manjunatha, Addl Prof, NIMHANS and MHCA 2017 by Dr. Mahesh R Gowda.

This was followed a panel discussion on the MHCA moderated by Prof H Chandrashekhar, Prof and HoD, ESIC MC & PGIMSR.

Eminent psychiatrists – Dr. N M Patil, Dr. Swaminath G, Dr. Jagadish A, Dr. Rajini P and Dr. Madhusudhan R were among the panelists and brought to the fore their abundant experience in this area. More than 110 psychiatrists from all over the state attended the workshop and participated in a lively discussion on all topics. The workshop met its aim by making lucid the handling of practical difficulties in the implementation of said laws and drove home the necessity of legal knowledge for mental health professionals.

DEPARTMENT OF COMMUNITY MEDICINE: ANNUAL PREVENTIVE HEALTH CHECK UP CAMPS ORGANIZED FROM APRIL-JUNE 2023

The Department of Community Medicine organizes daily or weekly general health check up camps to various industries and organizations for the ESIC beneficiaries. Yoga Day was also observed.



