

# अमरिता पत्रिका

**Amrita School of Medicine**



**October - December 2021**  
**Volume - 6**



**Rank 5**



**A++**





**Dr Prem Kumar Vasudevan Nair**  
Medical Director



**Dr (Col) Vishal Marwaha**  
Principal

## Editorial

The luminaries section in this edition is adorned by the former Principals of Amrita School of Medicine. The illustrious careers of the first Principal, Prof. Dr D M Vasudevan is followed by the equally noteworthy mention about the second Principal, Prof. Dr Prathapan Nair along with few other senior faculty members. The fourth annual undergraduate conference SPASHT 2021 details the successful conduct of this event of the students for the students and by the students! The pandemic situation necessitated going online for the second consecutive year thereby enabling higher number of participation. Faculty awards section records the notable achievements. Students being conferred award for performing volunteering work during the COVID period is praiseworthy.

The section on "social impact and outreach" chronicles the conferment on the institution the privilege of "Advanced Center for Clinical Trials" by Indian Council of Medical Research (ICMR) among several other achievements. It is heart warming to read the experiences of students as they go down the memory lane and recount their learning experiences made possible by the outstanding caliber of our faculty. As mentioned in the luminaries section, a good teacher explains but a great teacher, inspires !!



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# LUMINARIES

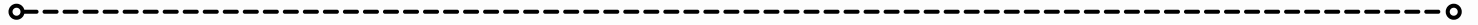


Dr. D M Vasudevan

Dr D. M. Vasudevan currently serves as Associate Dean - Research in Amrita Institute of Medical Sciences, Kochi. He did his MD in Biochemistry from AIIMS, New Delhi and went on to complete post-doctoral research at Switzerland in 1974 with a grant award from WHO.

In the year 2002, he became the first Principal of the newly established Amrita School of Medicine and subsequently continues to serve the institution by heading the research program. Regional Cancer Centre - Thiruvananthapuram, Cancer laboratory at Amala Hospital - Thrissur, PG lab at Govt Medical College-Thrissur, Sikkim Manipal Medical College were founded by him as well.

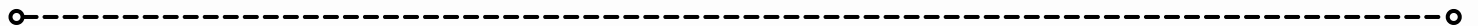
The Dr. B.C.Roy Award for Eminent Medical Teacher instituted by the Indian Medical Council was awarded to him in 1992 by the President of India. He is the author of the well known "Textbook of Biochemistry" for Medical Students" which has been translated into several foreign languages. He has hundreds of research papers and more than 5000 citations to his credit. Prof. Vasudevan's life and career could be aptly summed up in Shakespeare's words- "His life was gentle, and the elements mixed so well in him that Nature might stand up and say to all the world, this was a Man!"



Dr P Prathapan Nair currently serves as the Senior Medical Administrator in Amrita Institute of Medical Sciences, Kochi. He earned MBBS from Kerala University and completed Diploma in ENT and MS Degree in ENT from Mysore University. He has over 26 years of work experience in clinics, research, undergraduate and postgraduate examinations and academics in various Government Medical Colleges prior to joining AIMS. He has 15 years of service in AIMS; as Professor, Head of the Department of ENT for 5 years and as Principal for 10 years. His involvement in drug research and development has culminated in several publications.



Dr P Prathapan Nair



Dr Bhanu Vikraman Pillai

Dr Bhanu Vikraman Pillai completed his MBBS from Government T.D. Medical College, Alappuzha and received an MD in Pediatrics training at Government Medical College, Kottayam. After serving 3 years at Kasturba Medical College, Manipal in the Department of Pediatrics as faculty, Dr. Pillai obtained Board Certification in Pediatrics with a special focus on Paediatric Gastroenterology by the American Board of Pediatrics. After serving different Universities as a faculty member in US, he returned to India to serve Amrita in 2013 and since then serving as Head of the Division of Pediatric Gastroenterology, Hepatology and Nutrition. His special interests: Pediatric Inflammatory Bowel Disease and Chronic Abdominal Pain in Children.



Dr Vasant P K is the Professor of Department of General Medicine in AIMS, Kochi. He completed his MBBS from Thrissur Medical College and MD from KMC, Mangalore. He obtained training in NATIONAL AIDS CONTROL ORGANISATION TRAINING IN Antiretroviral Therapy, TAMBARAM, CHENNAI. He joined Amrita Institute of Medical Sciences, Kochi in 2002 as Assistant Professor. He has many research publications to his credit. He is examiner for MBBS, MD, DNB (MEDICINE & FAMILY MEDICINE).



Dr Vasant P K



Dr Elizabeth Abraham

Dr Elizabeth Abraham currently serves as Professor at the Department of Physiology, Amrita Institute of Medical Sciences, Kochi. She completed her graduation from Government Medical College, Kozhikode in 1976 and MD in Physiology from Lokamanya Tilak Municipal Medical College in the year 1996. She has 15 years of teaching experience including 8 years of experience in Amrita Institute of Medical Sciences. She has many research publications to her credit.



Dr K.K.Velayudhan is the Professor of Department of General Medicine in Amrita Institute of Medical Sciences, Kochi. He joined for MBBS in Government Medical College, Calicut in 1976 and M.D. General Medicine from Government Medical College, Trivandrum in the year 1984. He joined in Government Medical College Service as Tutor in General Medicine, at Government Medical College, Trivandrum in 1986. Then he was transferred to Government Medical College, Thrissur. He retired from Government Medical College, Thrissur in 2009. After retirement from Government service, he joined as a faculty in General Medicine in AIMS, Kochi, in the year 2009. He attended special Training program in Geriatrics, AIIMS, New Delhi in 2000. He served in Saudi Arabia from 1992 to 1999, then rejoined service in Government Medical College, Thrissur. He is MD Examiner for General Medicine & Geriatrics in Kerala and several Universities outside Kerala. He is also DNB Examiner for General Medicine.



Dr K K Velayudhan



Dr Dhanashekar B S

Dr Dhanashekar B S is Professor in the Department of Emergency Medicine. He completed his MBBS and Diploma in Anesthesiology from Stanley Medical College and MD in Anesthesiology from Madras Medical College, Chennai. He is the Chairperson of BSc and MSc EMT and ICT Programs in AIMS, Kochi. He has four decades of professional experience working as consultant/specialist in Anaesthesiology at Ministry of Health in Kingdom of Saudi Arabia, Libya and India. He is Research/Thesis Guide and Examiner for MD Emergency Medicine, BSc / MSc -EMT and ICT Courses.

Here are a few of his favourite quotes :

"Educating the mind without educating the heart is no education at all"- Aristotle

"The good teacher explains. The great teacher inspires"-William Arthur Ward

# LUMINARIES

**Dr Thresiamma Thomas K** currently serves as Professor in the Department of Pharmacology, Amrita Institute of Medical Sciences, Kochi. She completed MBBS from Government Medical College, Alappuzha in 1977 and MD in Pharmacology from Government Medical College, Trivandrum. She started her career at Amrita Institute of Medical Sciences as Professor in Department of Pharmacology in 2008. She has over 25 years of teaching experience and has many publications to her credit.



Dr Thresiamma Thomas K



Dr Sarala Sreedhar

**Dr Sarala Sreedhar** currently serves as Professor in the Department of Obstetrics & Gynaecology, Amrita Institute of Medical Sciences, Kochi and did her graduation, Diploma in Gynaecology and Obstetrics and MD in Obstetrics & Gynaecology from Government Medical College, Trivandrum in the years 1975, 1982 and 1995. She has served in various medical colleges in the government and private sector.

**Dr Debnarayan Dutta** is the Clinical Professor & Head of the Department of Radiation Oncology at Amrita Institute of Medical Sciences, Cochin. He is a reputed radiation oncologist, worked in Apollo Cancer Hospital Chennai as senior consultant before joining Amrita. He was awarded the prestigious 'MERIT' award for being a promising cancer researcher by the American Society of Clinical Oncology (ASCO) in 2008, presented 'Hosino' young investigator award at Yokohama Japan 2009 awarded 'Neucletron Fellowship' in 2010. He is one of the first few Cyberknife experts in India. He is as an expert in radiosurgery & SBRT. He is an eminent speaker in radiosurgery and neurooncology, with more than 100 national and international presentations in different academic forums. He has 35 indexed publications, 30 indexed abstracts, three chapters in three books. He also a reviewer for many indexed journals.



Dr. Debnarayan Dutta



Dr. Gitanjali Natarajan

**Dr Gitanjali Natarajan** is a Licensed Clinical Psychologist. She is Clinical Professor and HOD in the Department of Clinical Psychology, Amrita Institute of Medical Sciences, Kochi. She has been a faculty at Amrita for past 5 years. Her areas of interest are Adult Mental Health Anxiety and Mood Disorders, Personality Disorders, Marital and Family Counselling, Adolescent Adjustment issues, as well as Research & Teaching. Prior to joining Amrita Hospital, she was Consultant Clinical Psychologist at Lakeshore Hospital & Research Centre, where she started the Department of Clinical Psychology. She completed PhD in Clinical Psychology from Amrita Institute of Medical Sciences in 2012.

**Dr Aswathy S** is a Community Medicine specialist and did her graduation from Stanley Medical College, Chennai and post graduation in Social and Preventive Medicine from Veer Surendra Sai Institute of Medical Sciences and Research. She has worked in various medical colleges in the government and private sector. She is currently Professor in the Department of Community Medicine. She is also a Lown scholar in Cardiovascular Health in the Harvard TH Chan School of Public Health, Boston. She has numerous publications to her credit and is in the forefront of providing low cost innovative solutions to health care.



Dr Aswathy S



Dr Fessy Louis T

**Dr Fessy Louis T** completed his graduation from Government Medical College, Thrissur, DGO from KMC Manipal and DNB from Government Medical College, Kottayam. With his vast experience in infertility and IVF treatment since 1997, he joined the Department of Reproductive Medicine and Surgery AIMS in 2017 and instrumental in starting the ART program. He is FOGSI recognised Advanced Infertility Trainer and has trained more than 100 doctors. He is at present National Managing Committee member and State Secretary of Indian Society of Assisted Reproduction. He is the first governing council member of Indian College of Obstetrics and Gynecology and fourth all India Vice President of FOGSI from Kerala. He has contributed chapters to various text books, published articles in journals and invited faculty in many national and international conferences in the field of Infertility.

**Dr Sibi Gopinath** is a Clinical Neurologist with 15 years of experience. She graduated from TD Medical College, Alleppey in 1994. Later she took post graduate degree in General Medicine from Government Medical College Baroda, M S University of Baroda in 2001 and DNB in Neurology from Amrita School of Medicine, Kochi, National Board of Examinations, New Delhi. She underwent specialized training in Epilepsy, EEG, Clinical Neurophysiology in Cleveland Clinic, Ohio, under the mentorship of Dr. Imad Najm, Director, Cleveland Clinic Epilepsy Centre. And she completed Clinical Observership in Adult and Pediatric Epilepsy Surgery at Toronto Western Hospital (Adult) and Toronto Hospital for Sick Children (Pediatric) under the mentorship of Dr. Richard Wennberg (Co-director of Epilepsy Program, Toronto Western Hospital). She has presented and published papers in national and international forums.



Dr Sibi Gopinath

## COVID-19 Readiness and Career Aspirations of South Indian Medical Students: A Cross-Sectional Survey Study

Manu Pradeep<sup>1</sup>

Sandeep Surendran<sup>2</sup>

Bhadra Rema<sup>3</sup>

Niharika Binesh<sup>3</sup>

Prakruthi P Reji<sup>3</sup>

<sup>1</sup>Department of Pharmacology, Amrita Institute of Medical Sciences, Amrita Vishwa Vidyapeetham, Kochi, Kerala, India; <sup>2</sup>Department of Rheumatology, Amrita Institute of Medical Sciences, Amrita Vishwa Vidyapeetham, Kochi, Kerala, India; <sup>3</sup>Amrita School of Medicine, Amrita Institute of Medical Sciences, Amrita Vishwa Vidyapeetham, Kochi, Kerala, India

**Purpose:** The second wave of COVID-19 devastated the medical sector on India and the government has implored medical students to aid the frontline workforce. This study aims to assess the knowledge, attitude and practice (KAP) of South Indian Medical students regarding the COVID-19 pandemic and their career aspirations.

**Patients and Methods:** This is an online questionnaire based, cross-sectional study featuring a pre-validated questionnaire with a KAP section and a career aspiration survey section, which was distributed to South Indian medical schools between November and December 2020. Three hundred and four responses were included for analysis.

**Results:** Good knowledge levels were seen in 65.5% of participants, 51% had good attitude scores and 80.6% had good practice scores. The mean KAP score was  $14.81 \pm 1.77$ . 1.3% of the respondents had low level KAP scores, 57.2% had moderate level KAP scores and 41.4% of them had good level KAP scores. Majority aspired to continue post graduate medical training in Clinical medicine in India ( $n = 116$ , 38.2%), followed by Clinical Medicine outside India ( $n = 80$ , 26.3%). Students who chose "Research Work" (average rank [AR] = 192.70), "Clinical Medicine outside India" (AR = 173.64) "Undecided" (AR = 148.59) and "Clinical Medicine in India" (AR = 146.63) as career aspiration featured better KAP scores compared to those students who preferred non-clinical specialties (AR = 96.73) and or a career change (AR = 76.69) ( $p = 0.001$ ).

**Conclusion:** The KAP questionnaire revealed inadequate readiness amongst the majority of student participants. Targeted, structured educational interventions may be recommended in order to rapidly rectify the situation and deploy medical students to supplement the frontline workers in the COVID pandemic.

**Keywords:** career aspirations, COVID-19, graduate medical education, India, individual attitude, survey

<https://www.dovepress.com/covid-19-readiness-and-career-aspirations-of-south-indian-medical-stud-peer-reviewed-fulltext-article-AMEP>

**"COVID 19 Readiness and Career Aspirations of South Indian Medical Students: A Cross Sectional Survey Study" by Dr Manu Pradeep (Tutor, Department of Pharmacology), Dr Sandeep Surendran (Assistant Professor, Department of Rheumatology), Ms Bhadra R, Ms Niharika B, Ms Prakruthi P Reji ( 2018 MBBS Batch).**



**frontiers**  
in Pediatrics

ACCEPTED MANUSCRIPT

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# Student Awards



Dr Col Vishal Marwaha, Principal, Amrita School of Medicine and Dr Peter Patel, Founder and International Director of Faculty of Disaster Medicine - India & Nepal, presenting **Navneet Nair** (MBBS 2016), **Sreekanth Syamkumar** (MBBS 2017), **Joel Benny Joseph** (MBBS 2017), **John Joseph** (MBBS 2017) and **Ashvin Rajeev Pillai** (MBBS 2017) with felicitation certificates from *Rotary Club of Birmingham* for their volunteering during the COVID crisis in Kerala during May 2021 under the guidance of Dr Dipu and Dr Merlin, Department of Infectious Diseases.

**Mrs Bitty Kurian**, Chief Technologist Advanced Coagulation Laboratory, Hematology Lab was awarded 1st ranked winner in post test evaluation at the workshop "CASCADE" held from 16-18th of 2021 at Jubilee Mission Hospital. This is a matter of great pride for Amrita School of Medicine, AIMS. We are sure that she will do exceedingly well in the coming days.



The Associations of Surgeons of India conducted 81st Annual Conference - ASI VIRTUAL ASICON 2021 from 17th to 19th Decemeber 2021. Students from Amrita School of Medicine won many awards in various events:

- Dr C Palanivelu Best Post Graduate Paper Award - **Dr Balaji S** 1st prize ; **Dr Vaishanavi Gunasekaran** 2nd prize ; **Dr. Devineni Geetha Swarna** won the 2nd prize ; **Dr. Jithu Thankachan** won the 2nd prize; **Dr. Vignesh G V** won the 3rd prize
- Best Free Paper Award : **Dr Nantesh** won first prize
- Best Poster Award - **Dr Balaji S** 1st prize , **Dr Vaishanavi Gunasekaran** 3rd prize
- Dr C Palanivelu Best Post Graduate Poster Award - **Dr. Ashwin Vinod** won the 3rd prize ;
- Dr. Nanthesh won the 3rd prize ; **Dr. Gowtham V** won the 3rd prize
- Best State Chapter Paper Award - **Dr. Devineni Geetha Swarna** won the 1st prize.



Interventional Pulmonology (IP) Fellow **Dr Keerthy** received 3rd prize for the best video and case presentation at the global IP contest organised by Yashoda Hospital, Hyderabad. She was one among 45 participants from different parts of the world who secured a position in top 10.

We wish Dr Keerthy the very best in her career. Her excellent work has brought accolades to our institute.

# Faculty Awards



**Dr V V Pillay**, Chief of Poison Control, and Professor & Head of Forensic Medicine and Toxicology, AIMS, was bestowed the Lifetime Achievement Award for Contributions to Medical Toxicology in India on 11th Dec 2021, during the course of TOXOCON-15 (15th Annual National Conference of Indian Society of Toxicology) held in Meenakshi Mission Hospital, Madurai, Tamil Nadu. The award was conferred by the Hon'ble Minister of Finance and Human Resources Management of Tamil Nadu Government, Shri (Dr) Palanivel Thiagarajan in the presence of the Medical Director of Meenakshi Mission Hospital, Dr Ramesh Ardhanari, the Medical Administrator Dr B Kannan, and the Organizing Chairman of TOXOCON-15 Dr Narendra Nath Jena.



**Dr Subramania Iyer**, Professor and Head, Centre for Plastic and Reconstructive Surgery, Amrita Hospital, Kochi received the award from Dr Mansukh Mandaviya, Union Minister for Health and Family Welfare, Government of India for exemplary performance in the field of transplantation in our country. Dr Subramania Iyer is an eminent head and neck surgeon. he has trimendous expertise in transplant surgery. He is a leading light in his subject for many surgeons and students in our country.



**Dr Gopal S Pillai**, Professor and Head, Department of Ophthalmology



A team of four doctors including **Dr Gopal S Pillai**, Professor and Head, Department of Ophthalmology, Amrita Hospital, Kochi won the South Asian International Ophthalmology Quiz held virtually. Dr Gopal S Pillai is an eminent vitreo - retinael surgeon of our country.

**Dr Tinku Joseph**, Chief of Interventional Pulmonology, Department of Pulmonary Medicine, Amrita Hospital, Kochi received Award for Best Pulmonologist in Kerala from the Academy of Pulmonary and Critical Care Medicine (APCCM). The award was presented to him during the National Conference of Pulmonologists (Pulmonocon 2021) held in Thrissur.



APCCM ELECTIONS 2021 RESULTS			
Sl. No.	CANDIDATE NAME	STATUS	REMARKS
1	Dr. AKHILESH K	26	DEFEATED
2	Dr. ANAND K	25	DEFEATED
3	Dr. ANAND K	24	DEFEATED
4	Dr. ANAND K	23	DEFEATED
5	Dr. ANAND K	22	DEFEATED
6	Dr. ANAND K	21	DEFEATED
7	Dr. ANAND K	20	DEFEATED
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18	Dr. ANAND K	9	DEFEATED
19	Dr. ANAND K	8	DEFEATED
20	Dr. ANAND K	7	DEFEATED
21	Dr. ANAND K	6	DEFEATED
22	Dr. ANAND K	5	DEFEATED
23	Dr. ANAND K	4	DEFEATED
24	Dr. ANAND K	3	DEFEATED
25	Dr. ANAND K	2	DEFEATED
26	Dr. ANAND K	1	DEFEATED

**Dr Akhilesh K**, Professor, Respiratory Medicine, AIMS, Kochi was elected to the state governing council of Association of Pulmonary and Critical Care by postal ballot election with highest share of votes.

Dr Akhilesh has done excellent work in treatment of Tuberculosis at the grassroot level. He has also excelled in COVID care and rehabilitation of COPD patients.





**Dr. Radhamani K, Professor and Head at the Department of Obstetrics & Gynaecology talk on NDTV.**



# SPASHT 2021



SPASHT 2021 Brochure



Dr Col Vishal Marwaha, Principal, ASM, Kochi addressing the function



Dr Neeraj Siddharth, HOD & Professor, talk on Haematology Plenary Session



Dr. Dilip Kamat, Senior Medical Administrator, AIMS, Kochi on Panel Discussion



Committee members on inauguration Function



SPASHT 2021 team

SPASHT 2021 was the fourth edition of the annual undergraduate conference hosted by Amrita Institute of Medical Sciences and Research Centre, Kochi.

SPASHT offers an array of opportunities to bring out the full potential of each participant - Its commencement in 2018 was a landmark step in providing a platform to inquisitive undergraduates and empowering them to conceptualise large-scale academic events. From plenary sessions with renowned faculty, engaging workshops, model World Medical Assembly, high-yield panel discussions on 'Leadership Challenges' and 'Career Options after MBBS', the inventive spirit of the organising committee was matched in every way by the zeal of the participants. To maximise viewership and limit the transmission of COVID-19 in the backdrop of this worldwide pandemic, SPASHT evolved into a multi-platform online conference from 2020, effectively utilising Kahoot and Zoom to conduct quizzes, stream real-time videos from the Institute on YouTube and design complex online treasure hunts as well. SPASHT spanned across 3 weekends in November 2021 with the main events held on 26th, 27th and 28th November 2021, with the batch of 2018 organising the event. Over 2200 delegates from more than 8 countries took part in latest edition of the conference held from November 2021 onwards. There were a total of 4 plenary sessions on special topics by subject experts, followed by extensive panel discussions.

**Rheumatology :** Approach to a SLE patient in Clinical Practice  
**Oncology :** Various carcinomas, treatment modalities and approach  
**Endocrinology :** Management of Hypothyroidism in Clinical Practice  
**Hematology :** Therapeutics in Hematology

"How to approach NEET/NEXT?" by Dr. (Col) Ashutosh Ojha was a well sought after talk by the students, giving them much-needed insights into the changing exam pattern and what an examiner might expect in the light of the competency-based medical education curriculum.

The Inaugural session was graced by Sampoojya Swami Poornamritananda Puri, Dr Prem Nair, Medical Director, AIMS, Kochi, Hon'ble Vice Chancellor, Dr Venkat Rangan and Dr Subramania Iyer on 26 November 2021. The Chief Guest of the event was Mr. Amitabh Kant, current chief executive officer of NITI Aayog, along with Smt. P T Usha, The Golden Girl of the Indian track and field who addressed the rapt audience with her inspiring words. In the formal Inaugural Function moderated by Dr Bindu Menon and the Principal, Dr (Col) Vishal Marwaha, Dr Bhavani Rao and Dr R Krishnakumar were the prominent speakers.

This edition included intensive workshops on Emergency Medicine, ENT, Pharmacology, Pathology, Orthopedics and Sports Medicine and Cyberknife- Radiation Oncology ; these one-of-a-kind opportunities saw rapidly filled up registrations and motivated participation in the post-workshop quizzes as well, owing to the innovative networking and academic stage they offered.

The quizzers of Amrita had a field day, with both a purely academic quiz (Clinician In You) as well as an expansive general knowledge version (Inquisito) hosted by Dr. Unnikrishnan Menon, a quizzier of repute in the city and national circles.

The Paper, Poster and Case presentations held during the conference saw a dazzling array of topics ranging from surgery to internal medicine, rare diseases and autoimmune conditions under the auspice of senior doctors across the nation.

SPASHT catered to creative flights as well - debates, crime scene investigation, poem writing, teaching a topic, photography contest and essay writing competitions were golden opportunities for students to showcase their skills and win prizes worth a total of fifty thousand. This edition hosted the first ever Model World Medical Association in India judged by Dr. Ravi Wankhedkar, Treasurer of WMA, Dr. Russel Francis D'Souza, Head of Asia Pacific Division of UNESCO, Dr. Praveena Bhaskaran, Dr. Princy Louis Palatty, Dr Ajay B and Dr. Jaideep C. Menon, faculty of AIMS, Kochi. Mr. Shrenik Shah, a brave hearted cancer survivor also graced our function with his inspirational talk on facing difficulties in life and overcoming the hurdles. A panel discussion on Career Options after MBBS held on 28th November 2021 was another highlight of the programme, attended by Mr. Keshav Swarnkar, a surgeon from UK, Dr. James Kinsland OBE, practicing physician from UK, Dr. Sonia Singh from US, Dr. Balaji Singh from SRIHER, Dr. (Brig) Ajay Menon and Dr. Dilip Kamat, medical administrators from AIMS. A talk on Leadership Challenges, something unique of SPASHT, to instill the non-negotiable essence in the recipe of success, 'leadership' was cherished by the participants immensely.. Valuable perspectives were shared by Dr. Peter Patel, Brig. SV Bhaskar, Dr. Shamika Ravi, Dr. Sanjeev K Singh and Dr. Aravind Sukumar IPS .

Both panel discussions were chaired by our beloved Principal, Dr. (Col) Vishal Marwaha. Valedictory Function held on 28th November 2021 was glorified with the esteemed presence of our Chief Guest, Sri. Vijay Sakhare. The function saw eminent people of likes of Dr. Maneesha Vinodini Ramesh, Dr. U Krishnakumar, Dr Anand Kumar and Dr Gopal S Pillai . As 2022 rolls on, the Institute eagerly awaits carrying forward the shining legacy of SPASHT once again.



Padma Shri P T Usha addressing the function



Mr. Shrenik Shah talk on facing difficulties in life and overcoming the hurdles.



Dr D K Vijayakumar, Professor, Dept of Gynaec Oncology talk on Oncology Plenary Session.



Cyber Knife and Radiation Oncology Workshop



Dr Radhamany K addressing the Oncology Plenary Session



Dr Pradeep Jacob, HOD & Professor, Dept of General Surgery talk on Oncology Plenary Session



# Down Memory Lane

AIMS, Kochi, one of the top tier medical colleges of the country, has given us some excellent opportunities under the guidance of some of the best doctors of the nation.

Our journey in research started with just a mere thought, and with the guidance of our beloved principal Dr.(Col) Vishal Marwaha we were submerged into the vast possibilities available to us. Over the past 3 years we learnt so much at the hands of many great professors in the fields of Rheumatology, Neurology, General Medicine, Haematology and were able to publish 8 papers in many prestigious journals.

We would like to specially thank Dr. Neeraj Sidharthan and Dr. Rema Ganapathy for presenting us with a once in a lifetime opportunity of presenting at the prestigious World Federation of Haemophilia Conference in Malaysia and being so kind and patient with us through our naivety. We would also like to thank Dr. Sudheeran Kannothe for being extremely patient and giving us valuable guidance about research, entrance exams and anything else we wanted by making time for us in his immensely busy schedule.

We are extremely grateful to all our professors who advised us, helped us and motivated us to keep extending our boundaries. We look forward to more wonderful opportunities and to reach a stage where the academic society can truly benefit.

*Chirag Sunil Lalwani and Hamsini Movva  
2016 MBBS Batch*

During the first wave of COVID 19, Ashwin R Pillai, Sreekanth Syamkumar and Abontika Roy of 2017 MBBS batch in association with 360 Degree NGO raised funds to procure N95 face masks.

Over 1700 N95 masks were distributed as part of the #shieldsforhumanity campaign.

These masks were distributed to over 700 families who were residing in COVID hotspots in the coastal areas of Thiruvananthapuram, with the help of Mr Sabarinadhan MLA.

They also donated around 400 N95 masks to the police men and women in Kochi who have been working tirelessly since day one, with the help of Mr. C Nagaraju IPS, Commissioner of Police, Kochi City.

*Ashwin R Pillai, Sreekanth Syamkumar and Abontika Roy  
2017 MBBS batch*

Time flies fast. Our batch, 2016 MBBS, conducted the 2nd edition of Spasht on 30th and 31st August 2019. I can't believe it's been 3 years already. After witnessing the 1st ever Spasht in 2018 conducted by the 2013 MBBS batch along with 2015 and 2014 batches, we never thought we could conduct another one as perfect as they did. We wanted to offer the participants more. We wanted them to experience something that they won't be able to get in other conferences. But more than that, we wanted to continue the legacy that our senior batch started. We brought in a lot of different workshops, innovative games along with paper, poster presentations on different subjects and topics. We were fortunate to have so many eminent personalities, exemplars in their field of work, be a part of it and share their life journey. It was a wonderful experience conducting it, but it was not all roses all the time. We had our differences, fights and many hurdles on the way, but we overcame all that together. Our juniors, seniors, faculties and management helped us a lot. But none of this would have been possible if it wasn't for our principal, Col Dr Vishal Marwaha, who stayed with us from the beginning, guiding and inspiring us. We can never thank him enough for everything he has done for us. Conducting spasht was an adventure that we will forever cherish.

*Anagha Gopalakrishnan and Sibi Raj  
2016 MBBS*

We have been in AIMS for many years but never knew much about our hospital till we started working for NAAC inspection. Everyday there was something new which we learnt about this gem of a place. Those three years working alongside the NAAC team day in and out even on Sundays were never exhausting then. But now when we look back we don't know how we worked for 18-19hrs continuously without a break. It was nothing else but Amma's grace. We were fortunate to have a very dynamic and wonderful leader, Dr (Col) Vishal Marwaha. He was very supportive throughout and had solution for every obstacles we faced. Those days of team work made us all become like a family and now we are inseparable. We might not be meeting everyday but all are in everyone's prayers; even the interns and students did a wonderful job. They are in many ways creative and talented that we never get to explore during their study period here

*Dr Remya S  
Assistant Professor, Department of Forensic Medicine and Toxicology*



**AMRITA**  
**VISHWA VIDYAPEETHAM**  
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**School of Medicine**

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