As Amritians enter the silver jubilee year of the institution, we find ourselves blessed with another milestone which is the soon to be inaugurated sprawling extension of Grace in the edifice of Amrita Hospital at Faridabad in the National Capital Region! One crore square feet facility encompassing all modern amenities a quaternary healthcare institution could boast of is getting ready to serve the patients in that region and this very thought makes every member of the Amrita family grow in pride and wallow in humility at being part of such a lofty mission.

As AMMA says, higher the aim of one’s mission-propelled by love, proportionately greater shall be the strength that will accrue to oneself! The growth of Amrita Vishwa Vidyapeetham and the healthcare institutions, especially, seem to attest to this insightful declaration of the preceptor of our times. However, love bereft of the key ingredient of selflessness often masquerades as contemporary “modern values” which ends up misleading us; so thoughtfully captured in the poem penned in our national language by a senior student!

The luminaries section of this edition continues to record achievements of our faculty who excel in their respective field of specialization. The student and faculty publications attract our attention by the quality of the research work.
Dr. Girija K.R. is Clinical Professor of Microbiology in Amrita School of Medicine, AIMS, Kochi since joining the institution in 2014. She did her MBBS from Government Medical College, Kottayam in 1978 and MD Microbiology in 1982 from Government Medical College, Calicut. She joined the Medical Education Service as Tutor in Microbiology at Government Medical College, Calicut in 1982. She has over 30 years of teaching experience as an undergraduate & Postgraduate teacher in various Medical Colleges. She retired as HOD Microbiology & Vice Principal from Government Medical College, Trichur in May 2014. Her areas of interest are Diarrhoeal Diseases, Infection Control & Microbial Drug Resistance.

Dr. Girija K. R

Dr. Unnikrishnan Menon currently serves as the Professor, in the Department of ENT, Amrita School of Medicine, AIMS, Kochi. His special area of interest is Laryngology (Voice and Swallowing disorders). Presently, he serves as Honorary Secretary of the Association of Phonosurgeons of India. He has authored two chapters. He is one of the faculty member of the Medical Education Department in our institution. He is an active member of the Dissertation Review Committee and member of the Scientific Ethics Committee of the institution. He is reviewer for many national medical Journals. He is also Associate Editor of Amrita Journal of Medicine and co-ordinator of the departmental IQAC. His active involvement in various extra-academic activities of the Undergraduates, especially in the annual Arts Fest provided great support to students. He is passionate about quizzing and is the founder of the Amrita Quiz Club.

Dr. Unnikrishnan Menon

Dr. Indu R. Nair is Additional Professor of Pathology at Amrita Institute of Medical Sciences. She received her MBBS degree from T D Medical College, Alappuzha in 1996. She completed MD Pathology degree from Government Medical College, Trivandrum in 2002. She has held academic positions in government medical colleges at Trivandrum and Alappuzha and also worked in the Regional Cancer Centre, Trivandrum. In 2009, Dr. Indu R. Nair joined Amrita Institute of Medical Sciences. She has over 20 years of professional experience as a practicing pathologist, teacher and researcher in well known academic institutions. Her areas of interest are: lymph node pathology, female genital tract pathology and cardiac transplant pathology. Dr. Indu R. Nair has completed an observership in lymphoma pathology at the Imperial College, London in 2014 under the guidance of Professor Naresh Kikkeri, one of the foremost experts in the field. She has also completed a training programme in Cardiac Transplant Pathology at Sri Ramachandra Medical College under the guidance of Dr Rajendiran S. She has a keen interest in research and has several publications in many national and international journals. She has completed training in clinical research methods from the Indian Institute of Public Health.

Dr. Indu R. Nair

Dr. Ajay Balachandran is the Professor, Department of Forensic Medicine, Amrita School of Medicine, AIMS, Kochi. He completed his MBBS from Government TD Medical College, Alappuzha and MD Forensic Medicine training at Government Medical College, Calicut. Dr. Ajay has also undergone training in Medical Education Technology at NTTC (JIPMER) and Kottayam Medical College. He has worked at Government TD Medical College Alappuzha, PSG Institute of Medical Science and Research, Coimbatore and MES Medical College, Perinthalmanna. He has been working in Amrita School of Medicine since 2010. He is the Secretary, Curriculum Committee and Coordinator, Institutional Quality Assurance Cell. He has contributed significantly to the NAAC accreditation process of the institute.

Dr. Ajay B

Dr. Sudha S currently serves as Professor in the Department of Obstetrics & Gynaecology, Amrita School of Medicine, AIMS, Kochi and has been a faculty at Amrita for the last 21 years. She did her graduation, Diploma in Gynaecology Obstetrics, and DNB in Obstetrics & Gynaecology from Government Medical College, Trivandrum. Thereafter, she served as research officer in HRRC, ICMR for one and a half years. She underwent training in laparoscopic surgery in 2000 and had served in various hospitals in private sector before joining Amrita Institute of Medical Sciences, Kochi. She has presented papers in national and international conferences and has multiple publications to her credit.

Dr. Sudha S

Dr. Sajitha S is currently working as Professor in the Department of Pediatrics at Amrita School of Medicine, AIMS, Kochi. She did her MBBS and MD Pediatrics from the Government Medical College in Trivandrum. She joined Kasturba Medical College, Mangalore as Assistant Professor in Pediatrics in 1998 and later joined AIMS, Kochi in 2005. Likewise, she also completed the Post Graduate Diploma in Developmental Neurology in 2009. She has many research publications to her credit and is examiner for MBBS, MD and DNB Pediatrics.

Dr. Sajitha S

Dr. Rathithudakaran Serves as Professor, Department of Anatomy, Amrita School of Medicine, AIMS, Kochi. She completed M.B.B.S. from Government Medical College, Kottayam and MS (Anatomy) from Lokmanya Tilak Municipal Medical College, Sion, Mumbai. She worked as faculty of Anatomy at MGM’s Medical College, New Bombay and LTMMC, Sion, for 13 years. Since 2009, she has been working at AIMS, Kochi. She has published many research papers. She is a very popular teacher and mentor, making anatomy approachable to first year students.

Dr. Rathithudakaran

Dr. Ajay Balachandran

Dr. Sudha S

Dr. Sajitha S

Dr. Rathithudakaran

Dr. Girija K. R

Dr. Unnikrishnan Menon

Dr. Indu R. Nair

Dr. Ajay B

Dr. Sudha S

Dr. Sajitha S

Dr. Rathithudakaran
Dr. Sreekumar K. P. currently serves as Professor, Department of Radiodiagnosis, Amrita School of Medicine, AIMS, Kochi. He completed MBBS from Government Medical College, Thrissur and MD Radiodiagnosis from PGIMS Rohtak. Dr Sreekumar obtained his PDCC (Interventional Radiology) from Sree Chitra Tirunal Institute of Medical Sciences, Thiruvananthapuram. He joined Amrita Institute of Medical Sciences in 1999 as Consultant. His special interests are Interventional Radiology, Musculoskeletal Radiology and GI Radiology. He is a member of several radiological societies (IRIA, ISVIR, ISGAR) and has several publications to his credit. He is often invited as a resource person at state and national level conferences and for PG training programs.

Dr. Sreedevan V, is Professor, Department of Dermatology, Amrita School of Medicine, AIMS, Kochi. He completed his MBBS from Government Medical College, Trivandrum, and finished his MD Dermatology from Government Medical College, Kottayam. He has an excellent teaching career spanning across Government Medical College, Thrissur & Government Medical College, Alappuzha. He served as HOD, Department of Dermatology at Government Medical College, Alappuzha (2008 -2016). He has attended various national and international conferences. His areas of interest are Papulosquamous dermatoses, Vesicobullous Diseases, Dermatomycosis and Varicose veins.

Dr. Priya Vijayakumar is the Professor of Department of Geriatrics at Amrita School of Medicine, AIMS, Kochi. She completed her MBBS from Karnataka University and MD in General Medicine from Kasturba Medical College, Mangalore. After joining AIMS in 1999, she did a diploma course in Geriatrics conducted by Indira Gandhi National Open University. She has a visiting fellowship in Geriatrics from Universities of Michigan and Wisconsin, USA. She has many research publications to her credit. Furthermore, she is a PG examiner in Geriatrics.

Dr. George Kurian is a Professor in the Department of Nephrology at Amrita School of Medicine, AIMS, Kochi. He has special interest in Lupus Nephritis, Kidney Transplantation and Transplant Immunology. He has 19 years of experience and has delivered invited lectures in various academic forums and has published several papers in national and international journals. He is a member of IISN, International Society of Nephrology, and Peritoneal Dialysis Society of India. He is the principal investigator in various clinical trials on Lupus Nephritis. He is also the secretary of Nephrology Association of Kerala. He was involved in the First Simultaneous Pancreas Kidney Transplantation and Bilateral Hand Transplant done in Kerala.

Dr. Nisha Bhavani, Professor of Endocrinology, completed her undergraduate training in MBBS from Trivandrum Medical College in 1996. She was the first rank holder and best outgoing student of the MBBS batch in the University of Kerala. She went on to complete her MD and DNB in General Medicine from the same institute in 2001. Her formal training in Endocrinology began in 2004 at AIMS. In early 2007, she obtained her DNB in Endocrinology and joined AIMS as Assistant Professor in Endocrinology. She has done her Clinical fellowship in Pediatric Endocrinology from the Children's Hospital at Westmead, Sydney, Australia. Her special areas of interest in Endocrinology include Pediatric and adolescent Endocrinology, Bone and mineral metabolism and Adrenogenital disorders. She has more than 50 publications in peer reviewed journals and has bagged the IMA research award twice.

Dr. Balu Vaidyanathan is currently the Clinical Professor of Paediatric Cardiology at Amrita School of Medicine, AIMS, Kochi. After completing his MD (Paediatrics) from AIIMS, New Delhi, he pursued his DM Cardiology training from SCTIMST, Trivandrum. He was awarded the prestigious Commonwealth Fellowship in fetal cardiology from the Evelina Children's Hospital, London in 2007. After his training, he established a dedicated Fetal Cardiology division at Amrita Hospital in 2008. He has about 80 research publications and around 400 professional lectures to his credit. His primary areas of interest include prenatal diagnosis, neonatal screening for CHD and epidemiological research in pediatric cardiology.

After a brilliant academic track record and upon completion of his DM Cardiology training at the prestigious Sri Chitra Institute of Medical Sciences Trivandrum, Dr. K U Natarajan joined AIMS in 1998 as Consultant in the Department of Cardiology. With nearly 25 years of experience in the field of Cardiology, Dr. Natarajan is considered a clinician and teacher par excellence, with student following from all over India. He was instrumental in starting the division of Cardiac Electrophysiology along with his mentor Dr. Prakash Kamath in the year 2000. In the past two decades, Cardiac Electrophysiology at AIMS has evolved into a centre of excellence in the country, having performed nearly 10,000 EP +Device procedures. Dr Natarajan is a national level mentor on the nuances of device therapy including implantation and follow up. He is a regular invited faculty in National and International conferences in his chosen field of interest.
आधुनिक प्रेम

प्रेम नहीं व्यापार हो गया,
वर्णिक यह संसार हो गया।

नैनों का अंदाज खो गया,
लुप्त वह संवाद हो गया।

प्यार कहाँ पर गीण हो गया,
धन. संबंधों का आधार हो गया।

अक्षु का तो मोल ना रहा,
मोती जबसे हार हो गया।

गालों की झूठी लाली में,
मन का वह भूंगार खो गया।

मानवता तो क्षीण हो गयी,
मानव भी पाण्यण हो गया।

केश - कंचन का हुआ विवेचन,
प्रीति, तेरा नाम खो गया।

अरुण तिवारी

Dr Arun Tiwari is alumnus of Amrita School of Medicine, AIMS, Kochi.
He did his DM (Rheumatology) from 2018 to 2021. Currently he is working as a Consultant in Rheumatology at Apollo Adlux Hospital, Angamaly.
Remediation of Hepatotoxic Effect of Tamoxifen with Ginger in Rat Model

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Abstract: Background: Tamoxifen is a non-steroidal oestrogen receptor modulator. It has strong anti-oestrogenic activity on oestrogen receptor 2 in the breast tissue. It is the treatment of choice in breast cancer cases following surgery and radiotherapy. It is the most potent weapon against breast cancer. All stages of hormone-dependent breast cancer are currently treated with tamoxifen. Long-term tamoxifen therapy may cause hepatotoxicity which would preclude the use of tamoxifen. Hence this study was done to determine whether ginger can play a role in protecting liver toxicity caused by tamoxifen. Methods: Twenty-four Wistar rats (SD) were divided into 4 groups. Each group formed five rats. Group I serves as control group received normal diet ad libitum. Group II received tamoxifen powder (200 mg/kg) dissolved in normal saline, orally daily for 6 weeks. Group III received tamoxifen in the form of 20 mg/kg daily for 6 weeks orally. Group IV received Tamoxifen (20 mg/kg) then they were orally given ginger powder (200 mg/kg) daily for 6 weeks. Results: Tamoxifen 20 mg/kg/day caused hepatotoxicity in rats. When ginger is added to tamoxifen there is no development of hepatotoxicity since it is an anti-inflammatory modulator (urinary and liver parameters showed decreases in serum AST and ALT levels when compared to tamoxifen group levels). Conclusions: Ginger supplementation would reduce the incidence of hepatotoxicity & related adverse drug reactions among breast cancer patients on therapy.

Key words: Breast cancer, tamoxifen, ginger, raised liver enzyme levels, hepatotoxicity, hepatic medicinal properties.

1. Introduction
Breast cancer is a chapter in the life of many across the globe and is the second leading cause of cancer-related deaths in women [1]. Almost 12% of Tamoxifen, non-steroidal oestrogen receptor modulator, is the most effective (endocrine therapeutic agent) treatment currently used for all stages of oestrogen receptor positive breast cancers [4,5]. The Food and Drug Administration in 1977, approved the use...
Student Achievements

Dr. Anjali Jose, Second year resident in MD Pathology, has won the Best Slide Seminar case for the slide titled "Supratentorial ependymoma, YAP1 fusion positive" in 88th IAPM Kerala Chapter Conference 2022-SLIDE SEMINAR On Neuropathology. The session was moderated by Dr Bindhu M R, Professor, Dept of Pathology, AIMS, Kochi.

Indian Society of Nephrology Southern Chapter

1. Dr Aiswarya Pradeep (Fellow) - 3rd Prize – "Renal Amyloidosis - Clinicopathological correlation and outcome - a follow up study"
2. Dr Paul Joy (DM Trainee) - 1st Prize – "Effect of Intra-dialytic Exercise on Dialysis Efficacy in ESKD Patients on Hemodialysis at a Tertiary Care Centre"
3. Dr Akhil Rahman (DM Trainee) - 3rd Prize – "Malnutrition, Inflammation and Atherosclerosis in Advanced Chronic Kidney Disease patients"
4. Dr Lakshmi Krishnan (DM Trainee) - 2nd Prize – "Prevalence and Outcome of Renal Dysfunction in Patients Admitted with COVID 19 Infection"

Dr. Keerthana Chandran, Second year resident in MD Pathology has won the award for Original Research for the research titled Maestro in dissonance: A ten-year study of the pituitary pathology- An update. This was in 88th IAPM Kerala Chapter Conference 2022-SLIDE SEMINAR On Neuropathology moderated by Dr Bindhu M R, Professor, Dept of Pathology, AIMS, Kochi.

Dr Aiswarya Pradeep, Renal fellow in Department of Pathology, has won the award for Original Research for the Best Poster (Case Series) titled "Medical Renal diseases in Elderly - The histopathological spectrum; a single institutional experience of 10 years" in 88th IAPM Kerala Chapter Conference 2022 - SLIDE SEMINAR On Neuropathology. This was moderated by Dr Bindhu M R, Professor, Dept of Pathology.

Dr. Deepthi S Pillai, Third year resident in MD Pathology, has won the award for Best paper for the paper titled "Clinicopathological correlation of glomerular mesangial C4d staining in IGA nephropathy" in 88th IAPM Kerala Chapter Conference 2022 - SLIDE SEMINAR On Neuropathology. This was moderated by Dr Bindhu M R, Professor, Dept of Pathology.

Dr Rosme David, Third year resident in MD Pharmacology, has won the award for best paper, ASPIRE 2022 for the paper "ANALYSIS OF RADIO-CONTRAST INDUCED ADVERSE DRUG REACTIONS reported to the regional training center at Kochi".

National Conference of the Association of Child Neurology

Dr Jyotsna A S, Third year DM Paediatric Neurology has won the award for Best paper for the paper titled “PROFILE OF NEONATAL AND EARLY ONSET EPILEPSIES – Experiences from a tertiary epilepsy centre” in National Conference of the Association of child Neurology.
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