

# अमरिता पत्रिका

Amrita School of Medicine

“Let us take from nature only what we really need, and try to give back to some extent”.

- AMMA

July - September  
Volume - 3



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Rank 6



**Dr.Prem Nair**  
**Provost & Group Director**



**Dr.Giressh Kumar K.P**  
**Principal**

# EDITORIAL

This issue reminds the momentous event when the Chancellor of Amrita Vishwa Vidyapeetham was appointed as the Head of the Civilian 20 Group by the honourable Prime Minister of India. Draft of Policy recommendations aimed at compassion as the core philosophy in the interactions between civil society and governments were submitted to the succeeding host representative by revered AMMA at the beautiful city of Jaipur.

The march towards advanced technologies at Amrita could be well gleamed in the coverage of programs such as 'Extended reality ecosystem in healthcare, Gastro-intestinal transplantation, Rheumatology, Interventional pulmonology and Stereotactic radiosurgery events'.

As undergraduates complete their course and cherish their moment at the Convocation ceremony, newbies enter the campus as the fresh batch! Life moves around but what lends value to it, as mentioned in our scriptures and highlighted in ashram logo, "tyagae naikae amritatva maanasuhu" i.e., sacrifice alone bestows immortality!



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# LUMINARIES

**Dr. Wesley M Jose** currently serves as professor at the department of medical oncology and hematology at AIMS, Kochi. He joined AIMS in April 2008. Dr. Wesley did his medical training from Christian medical college and hospital, Ludhiana, Punjab. He worked as the Assistant Professor at the department of medicine at the Christian medical college and Hospital, Ludhiana. His core research interest lies in Neuro-Oncology. He is an brilliant academician. He has presented several scientific papers and continues to be an invited faculty for various oncology conferences. His primary clinical practice area includes; - Breast cancer, Brain Tumors (Adult & Pediatric), Gastrointestinal Malignancies, Multiple Myeloma, Lymphoma and Pediatric Solid Cancers.



**Dr. Pushpaja K.U**, Assistant professor, department of Radiation Oncology, AIMS, Kochi. She did her MBBS and her DMRT from Government Medical College, Calicut in 1995 and she completed DNB Radiotherapy from AIMS, Kochi in 2010. She achieved her Best Poster presentation award from 1st Indian Cancer Congress on November 2013. She had published various publications in her career.

**Dr. Shoba Nair**, currently served as Professor and Head, department of pain & palliative medicine, Amrita Institute of medical sciences, Kochi. She has served as a guide for ph.D students in palliative care. She has completed her MBBS graduation from T D medical college, Alappuzha in 1991. She held positions under C20 Palliative Care Lead under G20 – 2023. She received the Best Poster award for “ pain relief in burns patient”, International Conference Organized by Indian Association of Palliative Care (IAPC), Hyderabad in 2003. In 2017 she received the third best poster award for “will health care professionals consider advance directives for themselves – A cross – sectional study in an academic institution “24th International conference palliative care organized by IAPC, Coimbatore.



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# CIVIL 20 SUMMIT CONCLUDES WITH POLICY RECOMMENDATIONS THAT FACE GLOBAL CHALLENGES 2023.

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**The documents contain a vision for volunteer actions that are based on compassion as a driving force for the relationship between civil society organisations and governments.**

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*As Chair of Civil 20 India 2023, Amma officially handed over the leadership of C20 to Brazil after a successful conclusion of its three-day Summit. One thousand ninety attendees from 140 countries were present at the event in Jaipur, Rajasthan, including civil society organisations from around the globe, distinguished experts from renowned institutions, and G20 India officials.*

*The C20 Summit witnessed the presentation of policy recommendations that contain a vision for volunteer actions based on compassion as a driving force. At the Valedictory Function, the Civil 20 Policy Pack and Communique were given to the G20 India Secretariat and representatives of Brazil, the country that will hold the next G20 Presidency.*

# AMRITASPARSHAM



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*"Department of GI Surgery of Solid Organ Transplantation on 2nd September 2023".*

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## Amrita Hospital, Kochi Officially Launches South Asia's First Extended Reality Ecosystem in Healthcare.

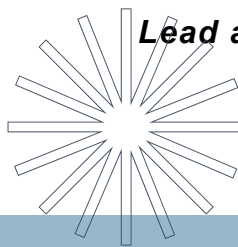
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Extended reality was initially popularized in the gaming industry. It was a milestone to overcome the complexity of integrating gaming technologies into medicine.

***Amrita Hospital Kochi, has developed a first-of-its-kind Extended Reality (XR) Supported ecosystem in healthcare which leverages Augmented Reality (AR), Virtual Reality (VR), and Mixed Reality (MR) technologies to significantly enhance capabilities in patient care, medical training, and research. The integration of this advanced technology in clinical practice marks a major milestone in the healthcare industry of India, according to experts.***

***“The implementation of extended reality application at Amrita Hospital is the result of several years of extensive work by our team of researchers. The technology has already been deployed in the treatment of 150 patients, with excellent outcomes. Extended reality was initially popularized in the gaming industry,” said Dr. Mahesh Kappanayil, Professor, Paediatric Cardiologist and Lead at 3D Labs, Amrita Hospital, Kochi.***



# ***“Demystifying Rheumatology”***

Indian Rheumatology Association & Department of Rheumatology and Clinical Immunology, Amrita Hospital, Presents Demystifying Rheumatology on 25th June 2023.





# ABIP 2023

**September 16 & 17**

*3rd Annual conference of Amrita Bronchology & Interventional pulmonology organized by Advanced Interventional Pulmonology unit at Amrita Institute of Medical Sciences, Kochi.*

***Theme:- “The Rise & Future of Interventional Pulmonology”.***



# MBBS NEW BATCH INAUGURATION



# MBBS ONAM CELEBRATION





*The event was organized in collaboration with the International Stereotactic Radio surgery Society (ISRS) and Amrita Institute of Medical Sciences, Kochi & Delhi – NCR with affiliation from Indian Society of Neuro Oncology (ISNO) on 24th & 25th August 2023 at AIMS, Kochi.*



**ISRS has launched its educational program with regular organization of courses with a purpose to disseminate knowledge on current applications of stereotactic irradiation in management of various neurosurgical and somatic diseases and to provide continuous medical education in this field. Events were organized in various countries (Brazil, China, Egypt, Finland, Georgia, Hungary, Italy, Latvia, Russia, Switzerland, and UK). Although in 2020 – 2021 the activities of ISRS were interrupted owing to the worldwide COVID-Pandemic, the educational programs have been restored now. For the first time the ISRS educational course is being held in South India, the beautiful state of Kerala.**





# Convocation Ceremony 2023



# Amrita Alumni Association, Kochi Campus



## Music Event

Amrita School of Medicine, Presents a musical extravaganza & release of Amrita Alumni Magazine – Silver Jubilee Edition.



Chief guest of the event was shri.Vivekanand.V , the title winner of Idea Star Singer show of Asianet 2008, on 7th August 2023 at AIMS, Kochi

# AMASICON - 2023



**AMASICON 2023, 95th AMASI Skill Course and FMAS Examination were organized by the department of GI Surgery on 11th August 2023.**





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## JUNOON 2023, ART FEST

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**JUNOON, NATYA 2023, Art Fest event conducted by Amrita School of Medicine on 28, 29 & 30th September 2023. The event was inaugurated by Dr.Gireesh Kumar K. P, Principal, Amrita School of Medicine and the chief Guest of the event Nadirshah, an Indian film actor.**

# FACULTY PUBLICATIONS

**Case Report**

**Impact of low-calorie diet plans and structured strength training regimens on body recomposition: A four-month case report**

Anu Sasidharan, Saja Gopalakrishnan<sup>1</sup>, Sreelakshmi Mohandas<sup>2</sup>

**Abstract:**  
A normal body weight can be maintained by balancing skeletal muscle mass (SMM) and body fat mass (BFM). InBody<sup>TM</sup> 270 is an easy-to-use bioelectrical impedance device when it comes to monitoring body parameters such as SMM and BFM. Such body parameters when kept in balance can reduce lifestyle diseases. This case report is an attempt to elucidate the impact of different diet plans and exercise regimens on changing (recomposition) the body composition parameters (SMM, BFM, etc.). One of the authors performed the experiments and recorded the observations. The blueprint for the diet included strategies such as low-calorie plans and intermittent fasting. The exercise regimen had different combinations of whole-body strength training four times a week. Almost eight kg of BFM was lost. The body weight had been brought to normalcy, and at the same time, SMM was preserved due to dietary interventions and exercises.

**Keywords:**  
Body fat mass, body recomposition, InBody<sup>TM</sup>, low-calorie diet, skeletal muscle mass

**Introduction**  
Individuals live longer and healthier (life with quality) when their body weight is being maintained within the normal range.<sup>[1]</sup> Two significant components comprising the body weight are skeletal muscle mass (SMM) and body fat mass (BFM) – reduction of the former and increase in the latter are usually associated with aging.<sup>[2]</sup> According to previous studies, strength training (ST) and low-calorie diet plans are proven strategies for promoting SMM gains and fat-reducing BFM.<sup>[3-5]</sup> Decreasing BFM with improvement in SMM is termed body recomposition.<sup>[6]</sup> Improving body recomposition has been also proven to be beneficial in improving biological age.<sup>[6]</sup> Biological age represents the actual age to which body of a person has aged while chronological age is the age of an individual which progresses at a fixed rate from birth – for an obese individual his biological age will be higher than the chronological age, and vice versa.

**Case Report**  
The first author has been experimenting with different diet plans and exercise regimens since 2012. The COVID-19 pandemic restrictions led to the temporary closure of all the fitness centers and the author had to take a break from exercises since April 2020. He continued to follow a structured diet plan (Table 1). After the restrictions were lifted, he joined a new fitness center in February 2022. The diet was modified and exercises were charted (Tables 1 and 2) based on the first set of body composition scores (Table 3).

**How to cite this article:** Sasidharan A, Gopalakrishnan S, Mohandas S. Impact of low-calorie diet plans and structured strength training regimens on

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**Departments of Forensic Medicine and Toxicology, Physiology and Community Medicine, Amrita School of Medicine, Amrita Vishva Vidyapeetham, Kochi, Kerala, India.**

https://ijpgderma.org

**Indian Journal of Postgraduate Dermatology**

Article in Press

**Diagnosing Subcutaneous Nodules – A Panic-Stricken Patient with T-cell Lymphoma**

Supadrasan<sup>1</sup>, Radhika Krasire<sup>1</sup>, Malini Eapen<sup>1</sup>

**Abstract**  
A 15-year-old boy presented with multiple transient painless swellings over the body for the past 6 months. Lesions would persist for 4-8 weeks and spontaneously resolve leaving behind discoloration and altered skin texture. Clinical examination revealed a single soft, non-tender mobile nodule of 2 x 2 cm over left arm, along with multiple discrete well-defined post-inflammatory hyperpigmented patches with hyperpigmented scaly papules over the arms, thighs and trunk. Skin biopsy showed lobular panniculitis composed of lymphoid cells, histiocytic and plasma cells with characteristic staining of fat cells by hyaloid cells suggestive of cytolytic histiocytic panniculitis. Immunohistochemistry showed positive CD3, CD6, CD7 and CD8, negative CD20, CD4, CD163, CD67 – T1-80s, CD68 highlighting the histiocytic and CD8 negative. Positron emission tomography-computed tomography showed multiple fluorodeoxyglucose (FDG) avid subcutaneous and subcutaneous nodules throughout the body and minimally FDG avid axillary and inguinal lymph nodes. Thereby, a final diagnosis of subcutaneous panniculitis like T-cell lymphoma was concluded. Our patient was started on tapering dose of oral prednisolone and cyclosporin, following which the lesions significantly improved.

**Keywords:** Subcutaneous Nodule, Panniculitis, T-cell lymphoma

**Introduction**  
Panniculitis refers to the inflammation of the subcutaneous fat. It often poses diagnostic difficulty both clinically as well as histopathologically. Here, we report a child with intriguing subcutaneous nodules, who on further evaluation, was found to have a rare cutaneous T-cell lymphoma.

**Case Report**  
A 15-year-old boy with no known comorbidities presented with multiple transient painless swellings over the body for past 6 months. Lesions would persist for 4-8 weeks and resolve spontaneously leaving behind discoloration and altered skin texture. There was no history of associated fever/joint pains. Clinical examination revealed a single soft and non-tender mobile nodule of 2 x 2 cm over the left arm along with multiple discrete well-defined post-inflammatory hyperpigmented patches with hyperpigmented scaly papules over the arms, thighs and trunk (Figure 1). Diffuse erythema over the bilateral arms and forearms present. No palpable lymph nodes or sensory deficit noted. There were no features of systemic involvement. Clinical differential diagnoses include panniculitis (various causes including erythema nodosum, infections, connective tissue disease associated and non-associated autoimmune) nodules, histiocytosis, Erythema nodosum and Henoch-Schönlein purpura.

Epubs 2023 Jun 30.

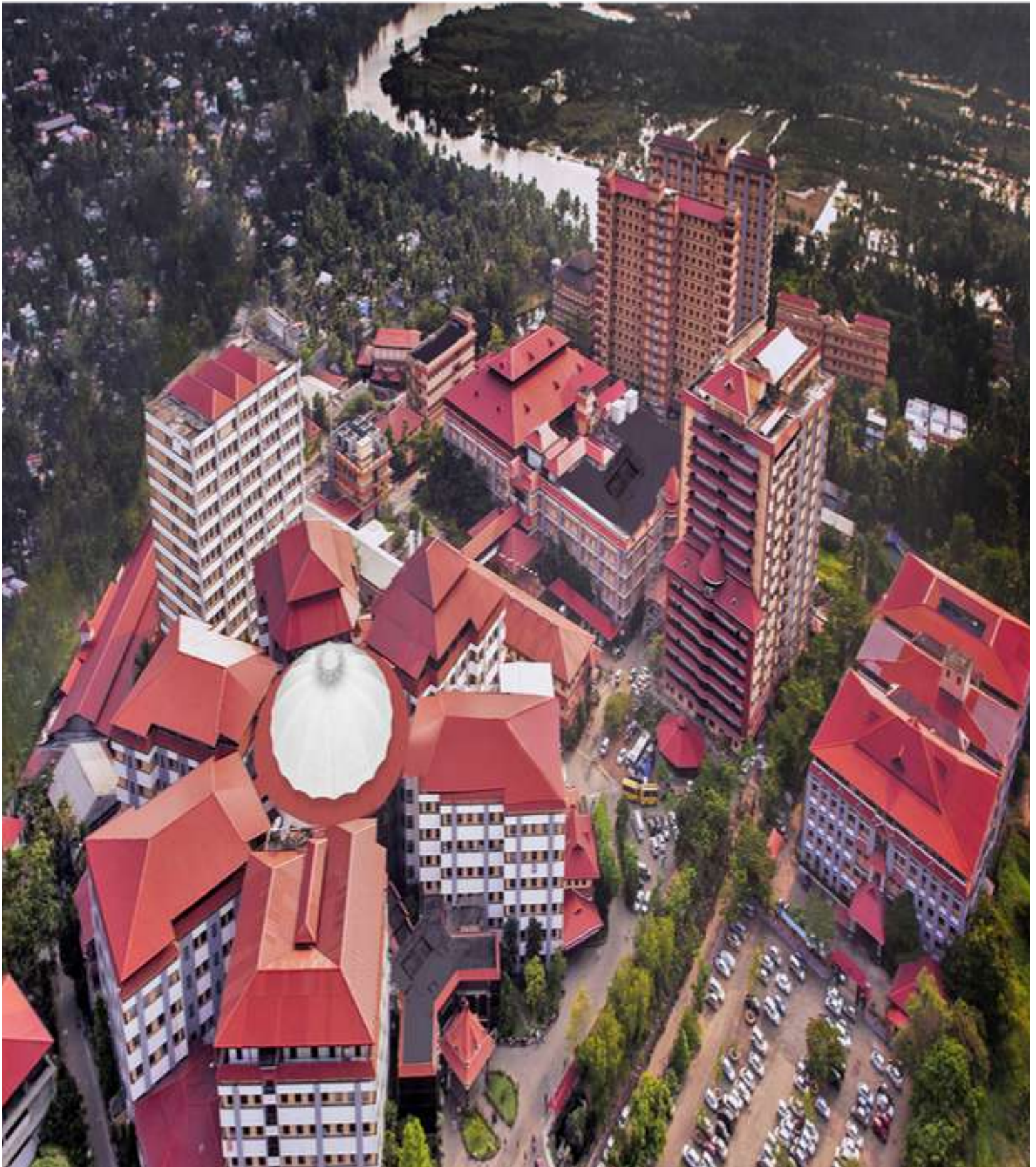
**Menstrual practices, fertility intentions and decision-making regarding family planning by women belonging to various indigenous groups of Wayanad- A qualitative study**

Aswathy Sreedevi<sup>1</sup>, Leyanna S George<sup>2</sup>, Steffi A Varughese<sup>3</sup>, Shana S Najeeb<sup>4</sup>, Lakshmi Aravindan<sup>5</sup>, Rithima Anwar<sup>6</sup>, Sneha Georgy<sup>7</sup>, Vishnu B Menon<sup>8</sup>, Syama Sathish<sup>9</sup>, Prerna Nedungadi<sup>2</sup>

**Affiliations:** + expand  
PMID: 37636171 PMCID: PMC10451590 DOI: 10.4103/jmpcr.jmpcr.1799.22  
Free PMC article


**Abstract**  
**Background:** Among the different social groups in India, the tribes are the most vulnerable and socioeconomically deprived. The tribal population is distinct from the general population in terms of their unique cultural, traditional, and reproductive health practices. Therefore, the aim of the study was to conduct an exploratory analysis of the menstrual practices, fertility intentions and decision-making regarding family planning among various indigenous tribal women of Kerala.  
**Methods:** A qualitative study was conducted among the tribal women of Wayanad district using the grounded theory approach. Using purposive sampling 16 in-depth interviews, 6 key informant interviews and 2 focus group discussion (FGD) s were conducted. Interview guides were developed for in-depth interviews, key-informant interviews, and focus group discussion through extensive formative research with literature reviews and taking expert opinions. The interviews were conducted among women of reproductive age and their spouses hailing from Paniya and Kuriethiya tribal groups in Kalpetta and Mananthavady areas of Wayanad district. Key informant interviews were also conducted among doctors, pharmacists, and community health workers.





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