



# AKASHVANI



THE OFFICIAL E-NEWSLETTER OF AIMSRC

## GRADUATION DAY 2023

### Merit Award to the MBBS BATCH OF 2017-2018



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Akash Institute of Medical Sciences and Research Centre held its second graduation ceremony on April 1st, 2023 in its own auditorium. Chief Guest Padma Shri Dr. C N Manjunath (Director Sri Jayadeva Institute of Cardiovascular Sciences and Research and Guest of Honour Dr. Jayakar S M Hon'ble Vice-chancellor Bangalore University graced the occasion and congratulated the second batch of 123 students who graduated as Doctors.

Merit awards to the second Batch (2017-2018) of MBBS Graduates of the college were awarded by the Hon Chief Guest. The vice Chairman, of the Akash Group of Institutions addressed gathering and said that the convocation ceremony filled him with elation and a sense of accomplishment.

Dr. Ravishankar, Professor and Head, of the Department of Medicine, administered the oath to the graduating students.



The University toppers and students who bagged the most awards were DR. TASMIYA RAHIM.

## FROM THE VICE CHAIRMAN'S DESK

**Sri. Amar Gowda**

**“ Dr. is not just a prefix, it's a superpower. ”**

There is a famous African proverb that says, 'It takes a whole village to raise one child'. The meaning of this proverb is that the upbringing of a single child is an effort that can only be successfully completed by the collective efforts of the community of people. Everyone in this village carries something within them that the little child is going to need to successfully grow up. In the same spirit of the proverb, I would like to say that it takes a whole Akash community to raise a whole person. It takes every single person in the Akash community working together in unity to raise a good doctor. Each person in the community is invaluable and the training, preparation and development, love, and the relationship each student receives at Akash, every student is adequately equipped to walk out the journey towards being a great professional and an inspiring doctor.

The leadership team at Akash, driven by the vision of our chairman, continuously strives to inspire the students with their humility and burning desire to help young people make a difference in this world and place our Institution in a position where our students and patients can be mutually benefitted.

It is fondly said that a medical college in Devanahalli is a **'love letter to the people and the society of Bangalore rural'**. Under the leadership of our chairman, the hospital has been successful in providing comprehensive and quality care for patients, even from the disadvantaged sectors of the society and continues to serve millions from rural population at an affordable cost.

Lastly, I would like to mention the two key factors that defines our Institution, one- the training of the students with all the necessary tools of 21st century and transforming them into compassionate doctors, two- treating the patients with love and affection, even as the medicine becomes increasingly digital, the hospital strongly believes that a good physician - patient relationship is integral.

**“It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done”.**

**-Vincent Van Gogh**

**Enjoy Reading**



# ◆ AKASH INSTITUTE OF PHYSIOTHERAPY

Graduation is an Exciting time It marks both an ending &begining it's warm memories of part & bigdreams for the Future of graduates we are proud to announce the first batch of Physiotherapy 2018-19 to graduate successfully from Akash Institute of Physiotherapywhich was held on April 1st 2023.

And our 6 graduates hastaken physiotherapy oath which was rendered by Dr. Roopa Lokesh Professor& Principal Akash Institute of Physiotherapy.

Merit awards to the First Batch (2018-2019) of Physiotherapy Graduates of the college were awarded by the Chief Guest Padma Shri Dr.C N Manjunath (Director Sri Jayadeva Institute of Cardiovasular Sciences and Research)

Richa Shekhar Wadedar Got distintion and gave piece of award by the Chief Guest.



# ACADEMIC EVENTS AND ACTIVITIES:

## ◆ INTERNATIONAL CONFERENCE ON TUBERCULOSIS

### TBCON - 2023



Dr.Sunil Kumar

Invited Speaker for TBCON-23 "International Conference on TB" in Chennai.

Presented a session on "Global Scenario of Tuberculosis , Epidemiology, Recent Advances in TB research, End TB strategy and TB elimination".

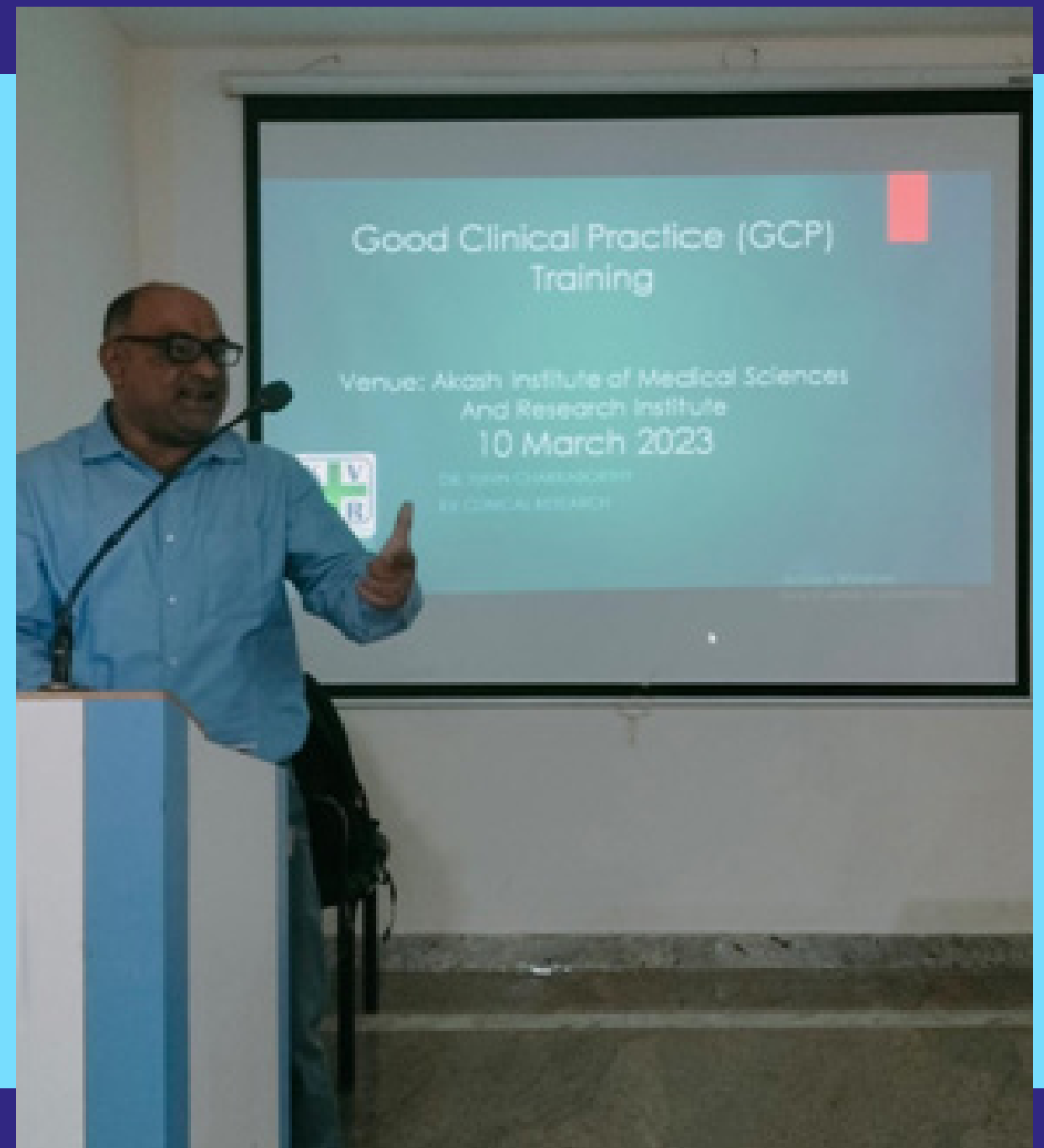


## ◆ AKASH CLINICAL CENTER

### GCP Training

GCP training was conducted at AIMS & RC by External Agency- KV Clinical Research Centre.

Certificates were issued for all the participants along with book .



This training will be a stepping stone for "Clinical Trials and other Research activities" in the AIMS&RC.

# ◆ AKASH COLLEGE OF PHYSIOTHERAPY

## REPORT OF WOMENS DAY CELEBRATION-2023



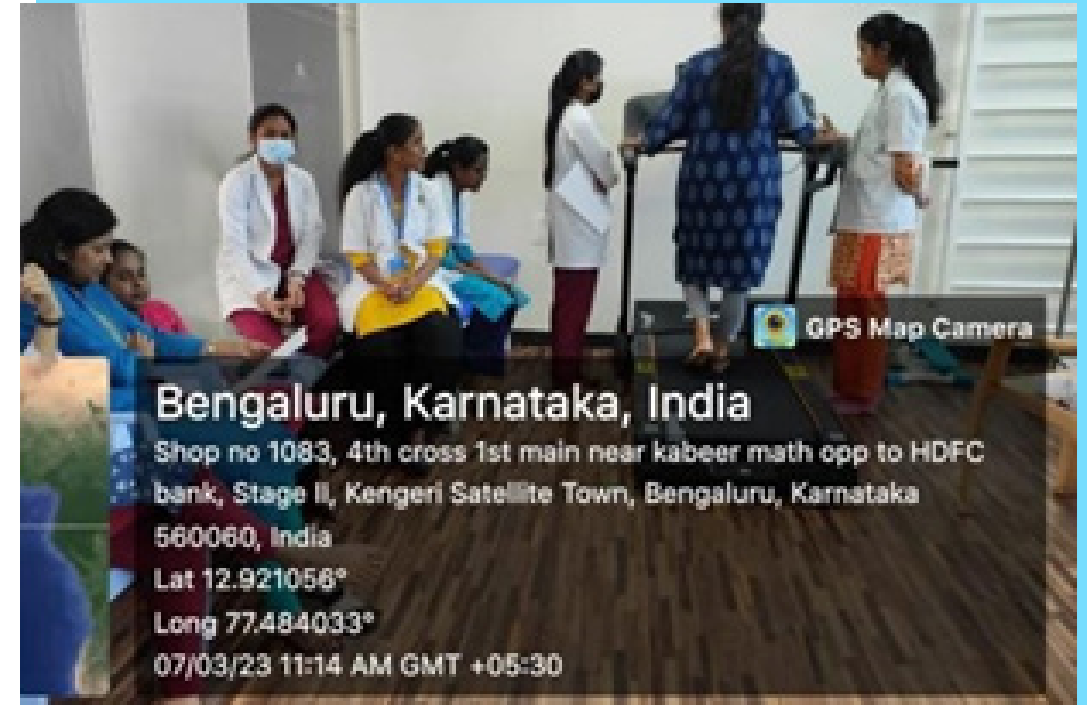
On the occasion of International Women's Day (March 8th) Akash institute of Physiotherapy organized a talk on FITNESS by speaker DR. VEENA KIRAN NAMBIAR who demonstrated the basic strengthening exercise and spoke about the importance of workout in daily routine. The formal event started with inauguration by Chief Parton's management of Akash Group of Institutions and guidance by Principal DR. ROOPA LOKESH, followed by speech on women's day and token of appreciation to the merit students.

FITNESS being the theme, Physiotherapy department conducted a free FITNESS Evaluation camp on March 7th, where screening of 48 women on BMI (digital Body Composition Monitor), Strength and Endurance, Flexibility test, Physical Exercise Capacity, SkinFold (calliper), Girth circumference, Backpain and Incontinence Question were carried out.



Statistical analysis was done and presented during inauguration which stated the relationship between BMI & age. Treadmill test was also carried out as a part of FITNESS screening where BP, Spo2 in response to exercise and BMI was analysed. The result of individual candidate was analysed and fitness programme was advised.

On successful response of the fitness camp a future goal is planned by Akash physiotherapy department on conducting a Fitness Programme.



## ◆ AKASH INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTER

DEPARTMENT OF OBG IN COLLABORATION WITH DEPT OF RADIO DIAGNOSIS

### CONDUCTED A GUEST LECTURE ON GROWTH SCAN AND DOPPLER

ON 14TH MARCH 2023

TIME - 2:15PM - 4PM

VENUE - SANJEEVINI LECTURE HALL

SPEAKER-

DR. MERCY RUMYA FLORENCE. MBBS, DGO, FFM MANAGING DIRECTOR & FETAL MEDICINE CONSULTANT. MOM & ME FETAL MEDICINE CENTRE, SAHAKAR NAGAR, BANGLOORE





# HIGHLIGHTS OF THE PROGRAM

- IMPORTANCE OF GROWTH SCAN AND FETAL DOPPLER IN 3RD TRIMISTER
- STAGE WISE MANAGEMENT OF FGR FETOUS
- LIVE WORKSHOP WITH HANDS ON OF GROWTH SCAN & FETAL DOPPLER

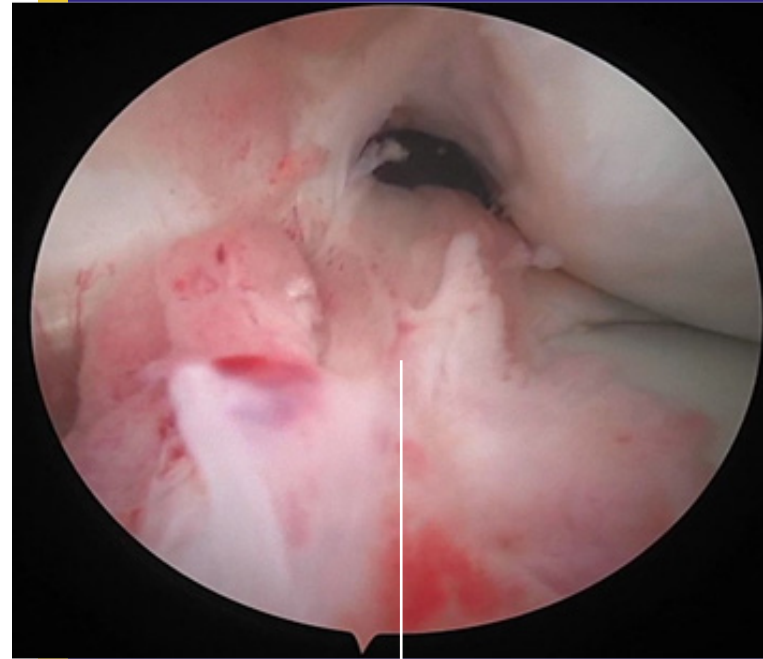


## SPORTS INJURY

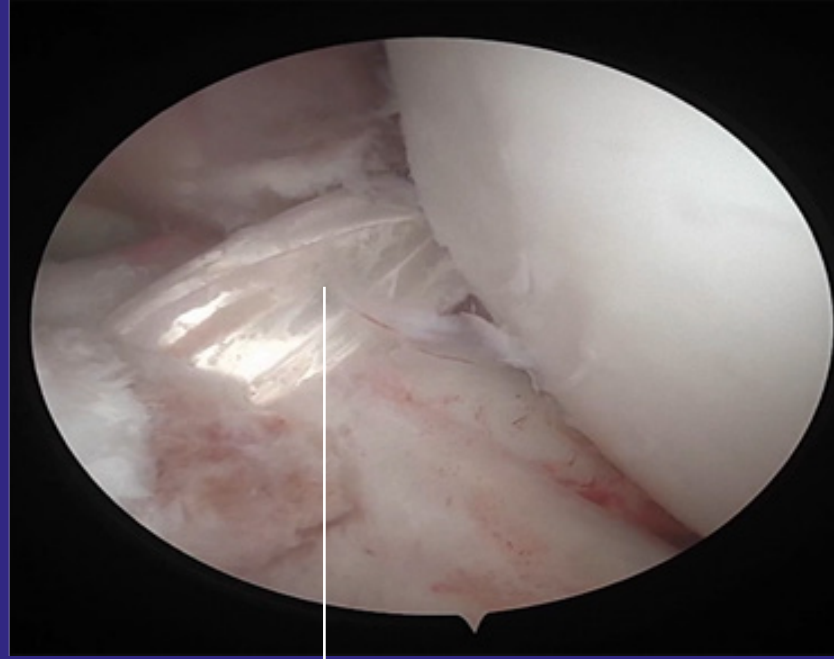
ACL is the one of the main ligament that stabilize knee joint. It resists the anterior tibial translation and internal rotation. ACL has a proprioceptive function and provide afferent arc for signalling knee postural changes.

ACL is one of the commonest ligament to get injured in the knee. The tear may be due to sudden pivoting/ cutting movements which is seen in most of the sports. These tears need to be treated surgically and normal biomechanics should be restored for normal knee function. If these tears are untreated it may result in osteoarthritis. **ARTHROSCOPIC ACL RECONSTRUCTION** using **AUTOGRAFT** is the Surgery of choice. Post operative physiotherapy is important after which the person can return back to his sports activity.

We are presenting one such case treated here in AIMS & RC. Patient had a twisting injury while playing football. He had complete ACL tear. After pre-operative physiotherapy, **ARTHROSCOPIC ACL RECONSTRUCTION** using **HAMSTRING AUTOGRAFT** was done. He had undergone post-operative physiotherapy for 3 months. Now the patient is able to run /climb stairs / do his daily activity without pain and instability. He is yet to undergo sports specific training after which he can participate in sports activity.



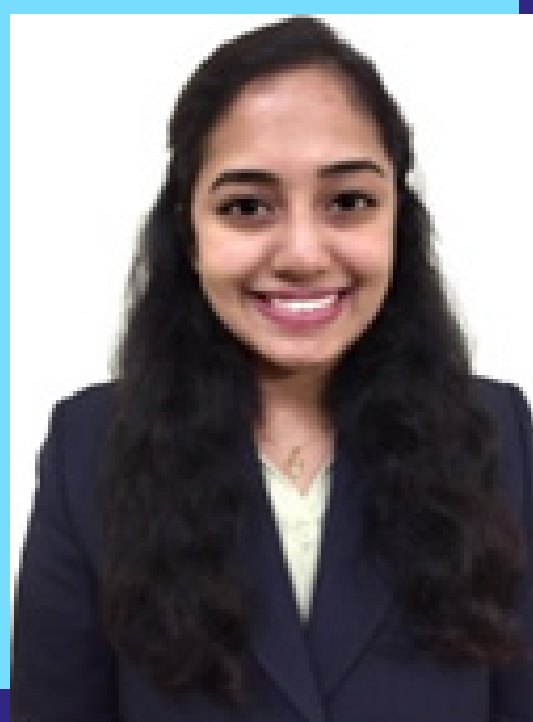
ACL Tear



ACL reconstruction with Autograft

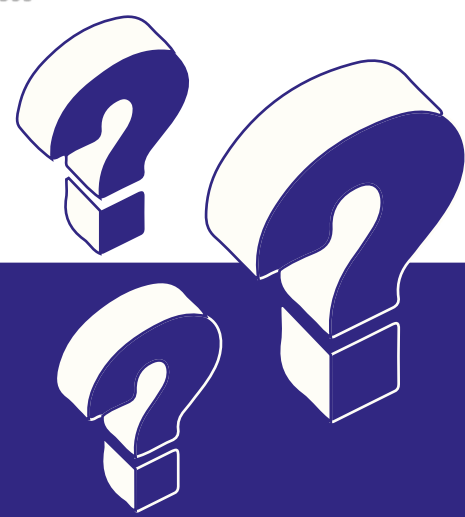
**DR. BHANUPRAKASH REDDY**, Arthroscopic Surgeon  
Department Of Orthopaedic

## GRAFFITI



**DR. SHREYASWINI**  
2nd year PG

As we are traveling through this stream of life, few moments captivate our attention like no other, and you wish for time to stop as you adore the beauty of these moments. Sailing through this spectacle you get this humbling feeling of how beautiful your surroundings are, which you have tend to ignore by the irrelevant predicaments of life. Like the water flows through the moon, we too should learn to flow through the junctures of life and enjoy it's small but everlasting miracles.



# QUIZ TIME

A 16-year old girl was reviewed in the endocrine clinic with clinical features of primary amenorrhoea. She had normal growth with no delay in attaining developmental milestones. She had undergone an inguinal hernia repair as a child and had not suffered from any medical or eating disorders. On examination, she was systemically well with normal breast development, with sparse axillary and pubic hair.

**INVESTIGATIONS:**

FSH- 14.3 mIU/L

PRL- 23 ng/ml

LH- 19.1 mIU/L

Serum testosterone- 4.5 ng/ml (0.3-1 ng/ml)

**WHAT IS THE LIKELY DIAGNOSIS?**

A) OVARIAN CARCINOMA

C) NON CLASSIC CAH

B) ANDROGEN INSENSITIVITY SYNDROME

D) EXOGENOUS ANABOLIC STEROID ABUSE

Send your answers to "[digitalmarketing@aimsrc.com](mailto:digitalmarketing@aimsrc.com)". The best answer will be published in the next month's edition along with their name, and college/designation.

**ANSWER TO THE PREVIOUS MONTH'S QUESTION**

**JUNCTIONAL RHYTHM**

**LAUGHTER**  
*is the best*  
**MEDICINE**

