

DIVISION OF MEDICAL HUMANITIES
DR. Manu V. L. KOTHARI CHAIR OF MEDICAL HUMANITIES
Annual Report -2017



SETH G.S.MEDICAL COLLEGE & KEM HOSPITAL
Parel, Mumbai 400 012

GOSUMEC ALUMNI ASSOCIATION

DR. M. V. L. KOTHARI CHAIR OF MEDICAL HUMANITIES



Chairman of the Committee

DR.SUNIL PANDYA

Core Committee Members

Dr.UrmilaThatte
Dr.SandhyaKamat
Dr.PadmajaSamant
Dr.SantoshSalagre
Dr.SmратиBajpai
Dr.Nandini Dave
Dr.MridulaSolanki
Dr.Lopa Mehta, Advisor
Dr.RaviRamakant,Advisor

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First Anniversary Program-January 24th,2017

The first Annual Day was celebrated on Tuesday, 24th January 2017 with a Poetry Program – “Reading and understanding poetry” by Dr.Gieve Patel, Poet, Playwright, Painter as well as a practicing physician. The session was Chaired by Dr.Farokh Udwardia, an eminent physician from Breach Candy Hospital.

The Annual Report of the activities of Dr.Manu V.L. Kothari Chair of Medical Humanities and Division was released in a booklet form*. An audio visual projection of our activities was prepared by Ms.Pallavi Sutar(II/I year student) and was presented by Dr.Padmaja Samant.

Dr.Smрати Bajpai introduced Chairperson Dr.Farokh Udwardia and Guest Speaker Dr.Gieve Patel. They were welcomed with flowers.

The program started with introductory speech of Dr. Farokh Udwadia describing the importance of arts in the making of a complete human and physician. Dr. Gieve Patel then read out poems from different cultures in the 20th Century.

The poems had been e-mailed to members of the audience in advance. We had an enthusiastic audience of teachers, students and friends of Medical Humanities. They actively participated in discussion. At Dr. Udwadia's suggestion, Dr. Patel read out each poem and followed it by his commentary and discussion by the audience before proceeding to the next poem. This enabled adequate discussion with the poem still fresh in the minds of the listeners.

Dr. Gieve Patel complimented the students on their rapt attention and concentration during his recitation of each poem and his subsequent commentary.

Dr. Udwadia recited parts of T S Eliot's *The Wasteland* from memory. The final poem depicting the soldier's sentiments was especially appreciated.

Poems read out by Dr. Patel are as follows:

- "Heart of Ruin" and "The Butterfly" from *Jejuri* by Shri Arun Kolatkar. India- 20th Century
- "Villon's Epitaph" Robert Lowell (translator) from the French. Author: Francois Villon. France. 14th Century
- "Fear No Fall" by A. K. Ramanujan, India. 20th Century
- "In the woods". Poems from Anna Akhmatova. Russian 20th Century translated by Lynn Coffin
- "The Literary Life" From 'Birthday Letters' (1998) By Ted Hughes Britain. 20th Century

In his concluding remarks Dr. Farokh Udwadia mentioned that Dr. Manu Kothari Chair of Medical Humanities aims at inculcating in undergraduate and post-graduate medical students humanity, ethics, a love for philosophy and the arts and, whilst enriching their lives, simultaneously help them treat their patients with empathy and kindness.

Dr. Sunil Pandya expressed a hope that in coming future the division will expand into a full-fledged department having full time staff members. It is likely that Medical Council of India (or its replacement) and Maharashtra University of Health Sciences are going to introduce Humanities in medical curriculum. Our endeavor should be to anticipate this.

The program concluded with vote of thanks by Dr.Nandini Dave. Dr. Supe, Dean(G&K) and Director (ME &MH) provided consistent support and encouragement.

*The booklet was handed over to the guests, invited audience and has also been sent to all the participants of Palliative Care Workshop, GAA, MH (give full forms) committee members and the donors to the Chair.

February 2017

The movie *WIT* was shown on 22nd Feb. 2017. Ms.Meherin, IInd/Ist student made the arrangements for this projection. Dr.Arnab Tongaonkar introduced the film to the audience.(Give the name here), Principal, Nursing School, along with her students in large number attended the program. Dr.Parkar summed up that doctors and nursing staff can be kind to patients without getting emotionally involved. Respecting sentiments of living person whilst attending to various aspects of medical treatment is important. We hope to show it once again for our medical students.

March 1st-4th Orientation program of interns

The movie *WIT* was projected as part of Orientation Program for new interns on 1st March at 1.00p.m. in Theatre 4. Dr. Arnab made extempore introduction why a medico should see the film and what he learnt from it. There was an extensive interactive session with interns. Dr.Sunil Pandya conducted the session.

On 5th March 2017 as part of Orientation program, a lecture of Dr.Nandini Vallath on "Palliative Care" was arranged under the aegis of Dr.Manu V.L.Kothari Chair of Medical Humanities. Dr.Tushar Shah with his wit introduced in a very lighter way dos and don'ts and how to do and not to do when they begin internship very next day. Dr.Nandini continued with her

orientation to Palliative Care for chronically non-reversible illness of afflicted patients. This was held in S.M.Merchant Auditorium, WAdia Children Hospital from 9.30 a.m. to 12.30 p.m.

March 18th Lecture by Dr.Anand Nadkarni to 1st year students-(enclosed Power point presentation & Photographs) in MLT from 1.30 to 3.30 p.m.

Dr.Anand Nadkarni gave a talk on “CCD- college, campus and discovery” on 18th March 2017 to 1st year entrants. His talk brought out how to cope up with change in phase of their life as well as subsequently when they enter the world of medical practice. There was a question answer session after the talk.

March 30th Lecture by Dr.Nandini Vallath on “Graceful Ageing” to 1st year students in Physiology Lecture Theatre No.5, -

From 9.30 a.m. to 10.30a.m. Dr.Bharat Patel, Assistant Professor of Physiology talked on Physiology of Ageing as part of Physiology curriculum to 1stMBBS students. In addition from 10.30 a.m. to 11.30a.m., as part of Humanity Program, Dr.Nandini Vallath continued on the topic of “Graceful Ageing”.

April 19th at 1.15 p.m. lecture by Dr.Nupur Kapur-Nerurkar in Anatomy Hall to 3rd year students on “Voice Matters”

Dr. Nupur Kapur-Nerurkar, Consultant Phonosurgeon of Bombay Hospital – addressed 3rd year students on the subject “your voice matters”. She explained that the term phonosurgery denotes restoration of voice by using various surgical techniques. Human voice acts as primary instrument to project our personalities in the society. She explained each aspect with example slides and made lecture interesting. Voice problems may arise from laryngeal or systemic disease or trauma or misuse. This surgery which includes phonomicrosurgery of the vocal folds done through an endoscope. It is highly specialized surgery to improve voice. She explained every aspect diagnosis, treatment and prevention. The lecture was very well received by students. This operation is required when the

patient undergoes gender change to match the voice with the change in the external characters.

April 21st at 4.00 p.m. in MLT. Lecture by Mr.Azhar Tyabji on “Medicine in Art” for students.

Mr.Azhar Tyabji, anthropologist ..in the form of slide presentation of paintings sensitized the medical students to medical diseases as seen by some of the renowned artists of Europe to have humane approach to the patients.

May 2017- No programs due to vacation and exams.

June 2017- Movie ventilator was screened at MET Dome hall , college terrace on 28.6.17 at 1.30 pm, residents from clinical pharmacology , anesthesia, medicine , and gynaecology attended it along with faculty. Dr Sujata Patwardhan Head of Urology dept. was invited for discussion. She gave an insight about the wrong portrayal of organ donation and brain death in the movie and she felt that such things have a negative impact on society at large so makers should have been careful about the same. Later other aspects like brain death, ICU issues, spiritual help , end of life decisions and respect for relatives privacy at time of grief were addressed. It was felt that such movie screenings followed by discussions are great medium of medical education and should be followed in future as well. Dr.Smрати Bajpai and Dr.Urmila Thatte organized the program. Photographs of program attached.

July 2017 – Conference “Ascension” – first ever conference on “Medical Humanities” organized enthusiastically by students and staff.
Ascension in Seth G. S. Medical College. 24 July 2017

Definition ascension(noun)

- the action of rising to an important position or a higher level.
'his **ascension** to the presidency'

An experience to cherish

Medical students are said to be deeply immersed in their studies, spending all their time on a concentrated effort at scoring impossibly high marks in examinations. These was a mere continuation of what they had started whilst they were in the ninth standard. Senior family members and teachers often bemoan their lack of interest in pursuits that make life truly rewarding – sport, outdoor activities, art, music, theatre, dance, books written by the great masters (Adi Shankara, Kalidasa, Banabhatta, Jayadeva and more recently, R. K. Narayan, Vikram Sheth, Salman Rushdie, Amitav Ghosh, Arundhati Roy, Jhumpa Lahiri), philosophy and culture in general.

A group of young students here have proved these fears to be ill-founded.

They organized a day-long function that would have put to shame experienced arrangers of meetings. They used the theme *Doctor isi ka nam hai* (based on the late Dr. Manu Kothari's classic modification of a Bollywood song) to highlight the essential qualities of a doctor and built their talks, a debate and a panel discussion around it.

At the start, they brought in Dr. Mario Vaz from St. John's Institute of Medicine, Bengaluru. They could not have chosen a finer advocate of the humanities in medicine. His gentle manner, humility and description of how St. John's has developed its program encouraging its students and residents to look beyond the narrow field of medicine and the creation of the department of history of medicine provided many lessons for all of us.

Talks on the life and work of Dr. Albert Schweitzer (Dr. Dhruv Mehta); Dr. Navnit Fozdar - a GOSUMEC with an unique career amongst the neglected tribals around Pindval and Valsad in Gujarat (Dr. Ashok Vaidya); Dr. Charles Morehead – the first principal of the Grant Medical College and an ardent advocate of bedside learning and teaching (Dr. Sunil Pandya) were followed by Dr. Samir Dalvie educating all of us on the manner in which *Communication, Compassion and Cash* must be used judiciously in medical practice. The organisers hope, that listening to these accounts will have inspired members of the audience to leave behind their own footprints on the sands of time, appear to have been justified.

Dr. Nandini Vallath then compered a debate. The topic – *Commodification of health care makes an unhealthy society* – had those arguing against the

motion on their toes! Dr. Vallath, with a smile playing around her lips, ensured that the two sides adhered to their time allocations. It was interesting that a member of the audience reminded those participating in the debate that they were not allowed to read from prepared texts but had to argue extempore. Dr. Vallath's summing up of the topic was brief and relevant.

The last session was the panel discussion. The organisers had chosen a topic of great interest to all students: *Entrance exams & MCQs: spoilers or levelers*. Suave Dr. Sanjay Nagral, a GOSUMEC, moderated. The presence of such experienced educationists as Dr. Avinash Supe (our Dean), Dr. Mario Vaz and Dr. Urmila Thatte ensured that academic and administrative aspects of the choice of MCQs and the manner in which these tests were administered were discussed. Dr. Ravi Ramakantan contributed both wit and substance, at times appearing to spar with Dr. Thatte. Dr. Kiran Kumbhar provided expertise based on the American system of MCQ tests.

The results of essay and photographic competitions were announced and certificates distributed.

There was much food for thought. The organisers had also ensured means for restoring systemic blood sugar levels at frequent intervals. There was unanimity in applauding the students both for their efficacy and their efficiency. The student-organisers, in turn, thanked Drs. Lopa Mehta and Dr. Padmaja Samant for their invaluable guidance and constant support.

If we use the definition 'the action of rising to a higher level', the day's proceedings justified the title used by the organizing students. They provided not only a means for ascent up the ladder of excellence but also up the path to an enriched life.

Everyone left with a fervent hope that this would be an annual event.

Lecture of Dr.Nandini Vallath to Pharmacology residents – Dr.Nandini

Interns Batch of PSM on 3rd August 2017–asked dr.Solanki

18th August 2017 – Performance Poetry by Dr.Tushar Shah

A grand program on Performance Poetry by Dr.Tushar Shah, a physician by day and a performance poet by night was organized on Friday, 18th August 2017 from 3.00 p.m. to 5.00 p.m. in MLT. Performance poetry is **poetry** that is specifically composed for a **performance** before an audience. During the 1980s, the term came into popular usage to describe poetry written or composed for performance rather than print distribution, often open to improvisation. When you begin memorizing a poetry and performing it, you begin to see a different side of poetry. Dr.Tushar Shah was accompanied by another guest poet Shri Rakesh Tiwari. Eight students participated and presented their poems. Dr.Tushar Shah brought out through his poems, the beauty of reciting poems through expressions, feelings and action, carrying the audience with recitation. He educated the students about importance of linking head and heart, built in rhymes in construction of lyrics with suitable examples. Mr.Rakesh Tiwari recited his poems to bring out beauty of poems through his performance. Thus both of them highlighted

Dr.Tushar Shah had informed students that if they wish to take the mic, to feel free to contact Dr Tushar Shah on 9820067482 so that he can slot them in. Accordingly total eight students participated in the poetry performance program.

1. Swapneel Naik “The day I saw God cry”
2. Seema Pokar- “The magpie’s cry”
3. Devanshi Shah-“Mumbai”
4. Gauri Chikhalkar”Voice”
5. Aditya Vaidya- “The noisy class”, “My dear dad”
6. Saumitra Ginodia-“The eternal dream”
7. Mohit Khare- “Mera Pahala Pyaar –Nind”
8. Hem Shah -

9. Madhu Chaudhari-

10. Aditya Jiandani-

16th Sept. 2017 at 2.00 to 6.00p.m.- Communication Skill by Dr.Sandeep Mane for IInd year residents. The program stretched over 3 hours with well made audio-visual display and role playing, the residents were made to feel the very difficult situations encountered by them, and what are the possible responses and their consequences.

27thSept. 2017 - Book review "Being mortal" by Dr.Atul Gawande - Dr.Sanjay Oak along with Dr.Thatte, Dr.Nandini Dave conducted the program. This sensitive and fascinating book is on illness, medicine and what matters in the end. The veteran writer examines his experiences as a surgeon as he confronts the realities of ageing and dying in his patients and in his family, as well as the limits of what a doctor can do. The scenario was compared with what happens in India. The students will learn some history of medicine, hospitals, and assisted living facilities. This book will help students to understand the kind of decisions they might need to make in the future for their patients and loved ones.

Under the guidance of Dr.Nandini Dave, the students had this interactive session was conducted by twoll/Ist students..Ms.Seema Pokar and Mr.Ankur Shinde reading paragraphs from book and Dr.Oak Sir's illustration on the same.

6th Oct.2017 -

Dr.Sunil Pandya's lecture to new entrants on "why do I want to become a doctor"

Dr.Pandya explained the new entrants that they can play a pivotal role in society by earning social respect by their hard and honest work. The first and foremost being to diagnose and treat. Treatment will start only after diagnosis. Taking complete history of a patient and meticulous examination is an art. The most important thing is treatment must be safe, effective and

least expensive. A good doctor will never ask for tests unless it is absolutely necessary. A doctor must experience their pain and try to cure all and save their lives. Smile on face of a patient is greatest reward but at the same time he should understand the limits. After all sincere attempts it is possible that you will not be able to save life, but there is no cause of despair if you have done your best for the patient. When you are in dilemma, consider lives of great people like Baba Amte, Dr. Abhay Bang, Dr. Vatsala Samant, Dr. Mody and you will understand the sky is the limit for your valour. You will get knowledge from your teaches and books and you will get wisdom only in the field like bedside of patients, Operation Theatres, Autopsy Room and Labs. It is a long process, college is only beginning. Doctors are respected next to God. God cannot be everywhere so he created doctor to save lives, help poor especially in villages.

10th Oct. 2017 – Manusmriti – Dr. Anil Tendolkar spoke to new entrants. He shared his experiences as an undergraduate, post-graduate student and staff members of Seth G. S. Med. College & KEM Hospital. His narration allowed percolation of values and ethics into the student community.

16th Oct. 2017 – Book Release program under the aegis of Dr. Manu V. L. Kothari Chair of Medical Humanities and Bharatiya Vidya Bhavan was held on 16th Feb. 2017. Following 3 books were released –

- 1) “Coronary Artery Disease & Heart Attack” – A demystifying perspective for a common man – Marathi
- 2) “Much Ado About Coronary Artery Disease & Heart Attack” – Myths & Realities of Cause, Cure and Prevention” – English
- 3) “Hridayrog” – Ketlo Bhram, ketlo satya” – Gujarathi

The 3 books written by Dr. Manu Kothari, co-authored by Dr. Lopa Mehta were released. The program was greatly attended and appreciated by the audience.. The speakers were –

The speakers paid rich tribute to Dr. Manu Kothari and highlighted the realities of the contents of the books. The purpose of the books was to encourage to give wider coverage to giving proper understanding about

coronary artery disease and heart attack and taking away panic which prevail at present amongst common and learned men.

December 2017 – There was an interactive talk by Ms Bhavna Issar on “Caregiver Saathi: Co-creating a new paradigm for wellness and healing “ on Friday, 22nd December 2017 from 2.00 to 3.30 p.m in Dr.Jivraj Mehta Lecture Hall .

The talk was about care giving to the ill and old patients requiring chronic support like stroke, neuro-degenerative diseases , cancer fighters etc . As care giver we need to acquire skills to handle them and tackle issues of caregivers as well create support groups to help each other at times of need.

Dr.Amita Mehta, Head of Physio Therapy Deptt. gave presentation on basic of role of physio therapist in rehabilitation of persons afflicted with stroke. The very lucid and comprehensive presentation with presence of recovered patient gave a very effective picture of role played by Physio therapist in rehabilitation of such patients, which would be useful to care-taker and care giver. This was followed by inter-active session by Ms.Bhavna Issar who highlighted the stressful responsibility shouldered by the care-giver when the persons are affected by chronic degenerative disorder. Her organization “Caregiver Saathi” wishes to orient various requirements to support patients as well as care giver to facilitate journey through illness of the whole family.

We are looking forward to great program in the year 2018 starting with ..

2nd Foundation Day being celebrated with key note address by Dr.Abhay Bang, Director, Search, Gadchiroli, on 23rd January 2018.

Talk by Mr.Sudhendra Kulkarni on 26th Feb.2018.

Ascension-Step above -2018 – “Cure with care” A multi-speciality conference on 9-10th March 2018.

On demand from students ...

Lecture on Photography skills by Hon.Dean Dr.Avinash Supe and

“performance poetry” by Dr.Tushar Shah

