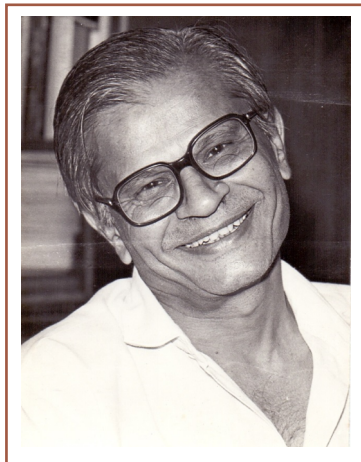




**SETH G.S.MEDICAL COLLEGE & KEM HOSPITAL**  
**Parel, Mumbai 400 012**

**DR. MANU V. L. KOTHARI CHAIR**  
**&**  
**DIVISION OF MEDICAL HUMANITIES**

**ANNUAL REPORT - 2019**



**Dr. Manu V. L. Kothari**

## Dean's Message



I am very happy that Dr. Manu V. L. Kothari Chair and Division of Medical Humanities has completed four successful and eventful years. It is my proud privilege to write on the Annual Report 2019. The report unfolds very clearly that all attempts have been made to carry out various activities to prepare students to provide respectful and humane patient care. I congratulate the Core Committee of the Chair and Division of medical humanities for doing commendable efforts in deciding its activities after considerable soul-searching. The students also have done wonderfully well by arranging an annual conference and taking lead in all the programs is note-worthy.

For a person to be a successful physician or surgeon, he/she should be physically, mentally and emotionally fit. The person should develop good fine motor skills and excellent eye hand coordination. Equally important requirement is deep understanding of the subject along with keen interest.

An interview series "Legends of Seth GS & KEM" is an audio-visual recordings of the lives of the great physicians of Seth G.S.M.C. & KEM Hospital of the past. The career graph of each will teach students the manner in which they cared for their patients with empathy, concern and generosity, using means that embodied ethical principles. These interviews can serve as a corrective to inspire faculty and students, in turn, to treat patients in a similar manner. At the same time, students attend closely to the unique particularities of the patient-doctor relationship: analyzing ethically and practically challenging scenarios and examining issues of professionalism in medicine.

This process of becoming emotionally intelligent is Medical Humanities. Through various ways Division of Medical Humanities is making attempts to convert young minds into sensitive, caring and emotionally intelligent, goal driven rapid action medicos. The core strengths of the

medical humanities are the imaginative non-conformist qualities and practices.

One wonders how will Literature prepare medical students for the future? Literature makes us better thinkers. When students study Literature, they learn to appreciate words and their power. They travel to other realms and times through the texts they read. They understand about their own culture and others'. ... Importantly, they learn to consider multiple perspectives and understand the complexity of human nature. I whole heartedly congratulate the team and the Editor for their efforts in making the annual publication of “Reflections”, a treasure of essays on medical history. Similarly Art, music, photography and so on has impact on development of healthy human perspective and honing up motor skills.

The importance of humanities in medical education is realized across the globe. The day will not be too far that this subject will become very important in the medical curriculum. We are a step ahead in starting the Dr. Manu V. L. Kothari chair of Medical Humanities and Division of Humanities. I wish you all the best.



**Dr. Hemant Deshmukh**

## Academic Dean's Message



I feel happy and proud to write a message for Annual Report -2019 of Dr.Manu V.L.Kothari Chair of Medical Humanities and Division of Medical Humanities.

Although Hippocrates famously proclaimed “wherever the art of medicine is loved, there is a love of humanity,” the rationale for incorporating the humanities has always been contested in medicine. Champions believe that immersion in the humanities can open the hearts of doctors to a culture of medicine that reinforces empathy, respect, altruism and self-reflection.

The overarching goal of medical humanities is in deepening the doctor-patient relationship, and by extension, facilitating person-centered care. Medical practice/physician cannot be replaced by a computer utilizing an efficient diagnostic algorithm.

The humanities improve students' tolerance for ambiguity; they improve reflective skills and improve self-awareness. I congratulate Core Committee for its varied efforts to teach students to build skills in writing and critical reading and encourage them to think creatively in many other areas. These qualities are particularly relevant to the role of medical professional and person. I very sincerely wish you ALL THE BEST.

A handwritten signature in blue ink, appearing to read 'M. Nadkar', with a horizontal line underneath.

**Dr. Milind Nadkar**

## Some thoughts on the Division of Humanities



This division was created with two goals in mind.

The first was to serve as a memorial to Dr. Manu Kothari - a beloved teacher who spent most of his working life in these institutions. He thought deeply on a variety of subjects, one of them being medical education. He often discussed the deficiencies in our present mode – a system that encourages memorization over contemplation, blind obedience to what is uttered by seniors instead of

questioning and, above all, a narrow vision that can only concentrate on how many marks can be scored in examinations instead of soaring imagination and interests that include innumerable fields of human activity.

The second was to encourage students and resident doctors to spread their wings. Instead of limiting thought and action only to the field of academic and clinical medicine, can we not enrich our lives by fostering and developing interests in such fields as the arts, philosophy, a study of the history of medicine, sport and a determination to stay true to the two principles enunciated by Gandhiji – *satya* and *ahimsa* in their broadest sense?

### **Our attempts thus far**

We have had the good fortune to obtain ready and willing cooperation from most of the experts we have approached for help in our efforts.

They spared valuable time to talk to us on subjects as varied as the need for humanities in medicine and the drawing of cartoons; spending winter in the Antarctica and the difficulties involved in making a documentary film on Anandibai Joshi - India's first woman physician. We were enlightened on the life and work of Satyajit Ray and shown the film *Ganashatru* – in which an honest family physician is pilloried by politically powerful persons when he tries to prevent disease and save lives.

We have had experts advising us on how we can deal with the complexities of modern life and the many frustrating situations that beset us at every step.

We were shown the art and craft of photography and the creations of memorable images by a master in the field.

### **Ascension-A step above**

Music, dance, debate, competitions and other activities have also been

featured.

Dr. Swarupa Bhagwat is bringing out an annual volume containing selected essays on a topic of interest. This year, the focus was on the history of medicine. This volume is distributed throughout the institution.

### **Difficulties faced during the early years**

Our programs are not designed to fetch students more marks or enable them to dazzle examiners.

They are intended to enable them to enjoy what they are missing at present and attempt to provide them the means for obtaining mutual rewards when treating patients – especially those who are seriously ill and those who are poor.

Whilst the Dean and the administration are giving all possible help and our Professors do their best to encourage students to participate in our programmes, we often find attendance poor and benches in the auditorium strikingly unoccupied.

The effect on eminent speakers who have taken time off busy schedules to help us can easily be imagined, though, to their credit, none of them have ever complained. This speaks volumes for their humanity.

The responses to competitions too leave much to be desired.

We understand that students and residents have their hands full with a variety of tasks.

We remain grateful to the score or more of students each year who enthusiastically take up the organization of talks and functions, serve admirably as comperes and in doing so, motivate us to strive to do better.

### **We need guidance from students and residents**

How can we make our programs such that you will flock to them?


Will scheduling them over weekends help you? Or keeping them a little later in the day on weekdays? Can you suggest topics that are of special interest to you or formats that appeal to you?

Would interactive discussions and debates be more interesting than simple talks?

How can we engender enthusiasm for participating in competitions?

Can you write for the book that Dr. Bhagwat produces each year?

We shall be grateful for your help and suggestions.



**Dr. Sunil Pandya**

## **Our experience of two conferences- Ascension 2017 & 2018**



### **Nikit Kothale & Ms Mehreen Mir- Jt. Secretaries - 2017-2018**

It began with uncertainty. With a vague idea of humanities, but a zeal to understand more. It is about a journey, which starts with a purpose to understand difference between humanity and medical humanities, and to ultimately realize deeply how *it's both the same*.

The first day i still remember, Lopa ma'am called us for an introduction. We enter, nervous, sit in front of her, our eyes down, and terrified to meet eyes. And for me everything changed that day. With no definite protocol, team, or a plan, there was only an idea. With luck, we received help. The doctors, students and the KEM staff helped make it possible with their dedicated efforts. 1<sup>st</sup> ascension was organised with haste, minimal resources, and huge efforts from Lopa ma'am. Even though I was afraid of the outcome, it was a success. Now KEM had a name to turn toward should they find themselves in search of humanities. I was fortunate enough to organise Ascension twice, with the same amazing people, same co-sec, but a new junior team to help me out. In Ascension '18 we experimented with new ideas building up on the original. Inevitably some failed, we committed to improve, and we did. The Ascension'18 was a personal struggle for me. As I couldn't even convince the closest of my friend about its importance, I started doubting my methods and my conviction which showed in work as well. Thankfully, as Ascension raised questions in my head, it also answered them by the time in fruited to completion. Department of medical humanities is established under the Chair, Dr. Manu V. L. Kothari. I believe an institution's stability is strengthened by its culture, and Ascension has been able to maintain a positive and reliable culture within its organisation. The core of it is none other than Lopa Mehta ma'am.

As head I have learnt great number of skills, and practical managing experience. I consider myself lucky to have had this opportunity to work and interact with all these great people. I've been able to find a direction,

inculcate appropriate values, and seek proper knowledge.

My colleagues in Medical colleges don't feel the need of Medical humanities. However when we try to look at a bigger picture, its need is evident on a societal level as much as it is on a personal level. Perhaps as we approach towards end when the life we've lived will be longer than life we will, we might realize its importance, only then it might be a little too late, and the youngsters then will ignore us as we do our boomers.

Medical Humanities is a necessity of every medical college, but regrettably there isn't an existing defined structure of intervention to implement these values in a medical student's lifestyle. I view Ascension with hope and dream that it will realize into an acceptable framework. The Doctors are supposedly intelligent of the populace. If so is the truth, we need to first believe in ourselves, refine our capabilities, and assume responsibility to take the reins and steer humanity's progress in the *right direction*. And Humanities will determine that '*right*'. I recall the Medical humanities core advisors team, general secretaries: Dr. Manan Boob, and Dr. Swastika Lamture, seniors like Dr. Devanshi Shah. Rama Malik ma'am, Sadhana Alve ma'am and Deepika Bhalekar ma'am of, who all came forward to help us. I was fortunate enough to organise Ascension twice, with the same amazing people, same co-sec, but a new junior team to help me out. Pranav Survase and Ayushi headed the team, other members were, Tejas Saha, Shrutika Sapkal, Yashoda Shewalkar Other members of senior core team Anusha Nair, Tejal Talankar and Tejal Ogale were instrumental in execution process.

Lastly us, secretaries Mehreen Mir and Nikit Kothale, would like to once again thank all these people and more for bringing Ascension to life!

*Thank You.*

**Nikit Kothale**

## **ASCENSION 2017**

In the enlightening words of Sir William Osler - "The practice of medicine is an art, not a trade; a calling, not a business; a calling in which your heart will be exercised equally with your head." This thought resonated deep within my consciousness and led me to re-think the values and qualities that are a must in order to become a Doctor in its real sense. I found this idea being followed at my very own institution, as Seth GSMC has established Dr. Manu V. L.



Kothari Chair of Medical Humanities under the pioneering work of Dr. Sunil Pandya sir as the Chairman and Dr. Padmaja Samant ma'am as the Vice president. For this esteemed department, my colleague Mr. Nikit Kothale and I, Mehreen Mir were appointed as the student secretaries of the Department in the year 2017.

Under the Chair, a one day conference called 'Ascension' was decided to be held annually with the theme for the year 2017 being, "Doctor isi ka naam hai". This was in the memory of our beloved late Dr. Manu Kothari, as this was same as the title of the beautiful song through which he gave us an insight as to becoming a humane doctor. The motive behind this conference was that in the current scenario, where the patient is reduced to a "CASE", we seem to have forgotten the basic principle that 'it is essential to know more about the person that has the disease, than to only focus on what sort of a disease the person has'. Hence it becomes all the more important that we keep alive the desire of service to mankind with which we entered this profession. In a world where competition has replaced the desire to achieve excellence, and the need to score well surpasses the needs of the patient, it is sensibility, empathy and a humane touch that have taken the backseat. And it is this, combined with lack of proper communication and understanding that is making the patient not trust his doctor in entirety, and is eventually taking a toll on the doctor-patient relationship. Medicine not just treats, but also heals deeply; and that makes it essential for us to explore and inculcate in ourselves, the art of becoming doctors who have a humane approach. For "Trust" that is established in the mind of the patient towards his doctor in the earlier stages of the treatment is the key to ensure the complete co-operation of the person in question for his own recovery.

We had prominent speakers telling us about what encompasses 'Medical Humanities', and also about the evolution of medical practice with stimulating debates and a panel discussion to assimilate new ideas. Thus we at Ascension, prioritised the knowledge of the different aspects of a 'Doctor-Patient Relationship'. It provided a suitable platform to appreciate students' perception of humanities by means of online competitions of essays, photography, sketching and humour in medicine along with debates. They told us what encompasses Medical Humanities and helped us in moulding

their vision of the art of practice of medicine through us.

### **Ascension 2018**

'Cure sometimes, treat often, comfort always.' With this thought in mind the theme for our second conference was "Cure with Care" I had the honour of becoming the head organiser of this wonderful event for the consecutive year, and I was grateful to everyone for extending their support for Ascension.

#### **My experience involved the following:**

1. Event Organisation : Organising the events for the conference as a Head organiser or as a Student Secretary of Medical Humanities, both brought me immense joy. I cherished the whole process right from the basics of coming up with new ideas to putting it on paper, spreading the word, sensitising the students about the importance of the events held under Humanities right down to its execution. After college we would all meet and discuss how to bring forth the points we ought to highlight in a creative manner. Everyone's view point was given consideration. There was no junior no senior, we were all equals working for spreading the essence of Medical Humanities.
2. Working with friends: All the seniors, juniors along with all the team members who volunteered to be a part of it had become a family. The process of organising as a secretary helped me evolve in different aspects. My team members were very helpful whether it be hospitality or creative arrangements for the conference. The tech team helped us spread the word of Humanities on social media through custom made posters and videos. Since then I made it a point that I was to be a part of this beautiful process in some way or the other, even after my tenure as the student secretary for the subsequent years.
3. Balancing studies: The aspect of balancing studies with conference work was a concern initially, but after talking to Dr. Lopa Mehta ma'am it became easier to work things out. I never had to compromise on my academics and infact every interactive session held by the Department helped me visualise my profession through different perspectives. This helped me in connecting with the patients on a fundamental level and also in

establishing a good rapport with not only the patients but the entire staff responsible in the running of the hospital.

4. The Foundation: This experience is something that i will cherish the most. The memories of working under the tutelage of Dr. Lopa Mehta ma'am, her constant support was a key factor in driving us to work to the best of our abilities. Also, meetings with Dr Sunil Pandya sir and his valuable inputs were of immense help and he was always with us at every step of our journey.

Dr. Padmaja Samant ma'am for taking time off to guide us through any difficulty or hurdle that we would face. Rama ma'am, Sadhna ma'am, Deepika ma'am also helped us countless times to make this endeavour a successful one. Another beautiful aspect was how this effort was appreciated by all the doctors across the nation whom we had approached to be a part of this endeavour either as guest speakers, workshop Heads or as judges for the various online and on-stage competitions. In spite of their hectic schedules they would make time for our events as they knew the importance of medical humanities in the life of doctors. I remember Dr Munira Hirkani ma'am and I would discuss about various activities we could include in the conference while travelling in the train. Some points of enlightenment: Sessions like Medicine in art helped me realise that a doctor should see the patient through an artist's keen eye and observe him/her right from the moment they walk in the OPD. Communication skills workshop held by Dr. Santosh Salagre sir and Dr. Mariya Jiandani ma'am showed us the different scenarios that we will face day in and day out and how to gracefully handle these situations with Good communication skills. Narrative medicine showed me the importance of arranging our thought processes in an orderly fashion which would be a basic framework to help execute them systematically. Every speaker had left an everlasting impression on our minds through their highly interactive sessions. To conclude this article, I would like to say that "Wherever the art of medicine is loved, thereis also a love for humanity". So let us all work towards keeping this spirit alive. Let us take a step towards harmonising our intelligence, our emotions and our spiritual quotient to reach our optimal best in our profession. Let us ascend to being better doctors.

Thank you,

**Mehreen Mir**

## Core Committee Members of Dr.Manu V.L.Kothari Chair of Medical Humanities & Division of Medical Humanities.

### Core Committee Members



Dr. Padmaja Samant



Dr. Urmila Thatte



Dr. Sandhya Kamat



Dr. Santosh Salagre



Dr. Smrati Bajpai



Dr. Varsha Kulkarni



Dr. Mridula Solanki



Dr. Nandini Vallath



Ms. Gulserene Dastur



Dr. Swarupa Bhagwat

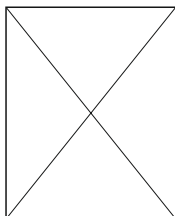


Dr. Lopa Mehta  
Advisor

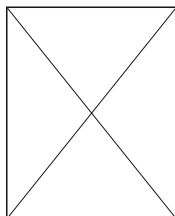


Dr. Ravi Ramakant  
Advisor

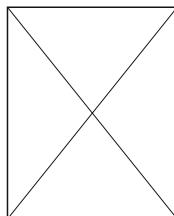
### Student Organizing Committee Ascension 2019



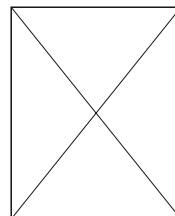
Pranav Survase



Aushi Gupta



Shrutika Sapkal



Apoorva Doshi

## PROGRAMMES

**23rd January 2019- 4<sup>th</sup> Foundation Day.**

**Lecture by Dr. Smt. Madhubala Joshi-Chinchalkar, Gosumec, explained her year on Ice-Humbling and Character building experience! She gave presentation of her stay in Antarctica.**



Madhubala Chinchalkar Joshi

Antarctica! The most hostile yet the breathtakingly beautiful landmass on the earth. It gives true feeling of vast dynamic forces of nature and absolute silence. Antarctica is the harshest, driest, coldest, windiest continent at the bottom of the earth. Treacherous weather yet a land of stunning panoramas, wide sweeping glaciers, turbulent ice-falls and vast majestic snow-covered landscapes. In summer, these are seen under a permanent sun that whirls relentlessly along the horizon and in winter continuous darkness obscures everything. Each sunrise and sunset are unique, and colours directly flow from heaven. The colours get reflected from pure white snow and there is a shower of many divine colours all around. Antarctica is a spiritual experience!

Here the sun, moon do not always rise in the east and set in the west. The midnight sun sets for 10 minutes in the south at the beginning of winter here and the Polar night ends when sun rises for the first time in the North. Clouds with ice crystals give multiple images of sun, and cold weather plays tricks giving rise to astonishing mirages- don't be surprised if you happen to see a ship or a piston bulley upside down! It is that part of the planet earth, where humans did not get a chance to interfere with nature.

Southern Ocean encircling this continent freeze in winter resulting in doubling the size of the land mass-A pulsatile continent! Antarctica is cut off from the rest of the world during harsh winter months from March to October. Highest of all the continents, Lowest recorded temperatures (-89 degree) and violent snow storms (winds over 250 kmph); it's indeed a unique place on earth! Its beauty is ethereal...On clear winter nights, there arise southern lights, or Aurora Australis from behind the ice shelf -often rolling waves of green, blue, red like a giant wheel of fairy dust. They are seen undulating over our head and spreading to fill the sky, moving like waves after

waves; just like huge curtains spreading down from heaven. It was an emotional, life changing experience that one can only sit on the knees, hands folded, with tears in the eyes!

She was selected as a only doctor accompanying 36th Indian Scientific Expedition to Antarctica, by Government of India, Ministry of Earth Sciences (National Centre for Antarctic and Ocean Research). She was a member of wintering team, spending a year on ice which changed her life!

She explained how working in harsh weather conditions, logistic members are real brave hearts and heroes of Antarctica. Risking their lives at times, they see to it that the task is accomplished. Supply ship arrives in March, once a year with fuel, ration etc. Backloading of samples, waste material and loading is the most important task of convoys. No wonder that, to get selected for the expedition, each wintering member has to undergo and pass very strict physical and psychological evaluation in AIIMS. Fitness norms are international. With 4 months of total darkness during polar night, challenges as a doctor are unique in Antarctica. Changes in circadian rhythm are observed. Some studies have indicated low Growth Hormone levels during dark winter months. 'Winter effect' was obvious in many members characterised by mood changes, irritability, depression due to isolation, sleep disturbances, loss of appetite, constipation etc. and were observed in many members during our expedition. She explained how she saved a life of her colleague in Antarctica.

**Conference Ascension-2019- A step above**  
**Theme “History of Medicine- Shaping its Future”**

**The love for the Art of Medicine is admired with the love of Humanity....**

12<sup>th</sup> and 13<sup>th</sup> March Pre-conference Workshops

14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> main conference was held at MLT.

Ascension- A Step Above is an annual Medical Humanities Conference, the only one of its kind conducted in India organised under the aegis of

Dr. Manu VL Kothari Chair of Medical Humanities and Division of Medical Humanities. In the third edition of our conference, the theme was set as “History of Medicine Shaping its Future”. The purpose of the Conference is to enrich the lives of doctors and medical students through interests in art,

literature and other cultural activities and enhance the different aspects of a doctor patient relationship.

The pre-conference workshops were held on 12<sup>th</sup> and 13<sup>th</sup> March, 2019 for MBBS, OT and PT students:-

1) The workshop on Trauma Assessment and Management covered various aspects of management of a patient of Road Traffic Accident from the points of Surgical, AnaestheticianAnaesthesiological, Radiological, Orthopaedic, Neurosurgical interests. Skill stations on Airway Management, CPR and Intubation and Splinting for fractures and dislocations served as a booster learning in the workshop. Special focus was paid on the application of humanities in such situations and handling ethical dilemmas one may encounter in such situations.

2) The workshop on Strengthening and Conditioning conducted by Dr. Bhavana Mhatre and Dr. Lakshmiprabha D focused on the assessment of muscular strength in terms of force, work and torque from a Physiotherapist's perspective and conditioning techniques to improve muscular and cardiovascular endurance. Special focus was laid on effective communication strategies for improved outcomes.

3) The workshop “Artsy Lens; Photography and Cinematic Stories” was conducted by Manthan Shah, a freelancer photographer who guided the participants about the nuances of photography like angles, exposure, filters and effects. He also explained about how to create impactful cinematic stories. This workshop hopefully met the purpose of medical students freezing heart touching moments through their camera lens.



4) The Workshop on Emergency Medicine conducted by Dr. Shraddha More, A.P., Medicine Deptt. She covered Emergency scenarios like Chest Pain, Stroke, Shock, Convulsions, Poisoning and elaborated about the approach of Management.



5) Dr. Sumit Shinde



The Workshop on Sensory Integration conducted by Dr. Sumit Shinde for Occupational Therapy Students highlighted basic principles and clinical significance of sensory integration.

6) Dr. Padmaja Samat



The Workshop on Narrative Medicine conducted by Dr. Padmaja Samant focused that medicine practised with narrative competence is a model for humane and effective practice.

7) The workshop on Public Speaking, conducted by Dr Yashashri Shetty.



She provided the students with the basics to remember when speaking in front of a crowd, along with the tips on making an effective presentation. The session was followed by an extempore competition.

### 14th March

The main program of Ascension unfolded on 14<sup>th</sup> March beginning with a small cultural programme and addresses by Dean Sir Dr. Hemant Deshmukh, Dr. Lopa Mehta Ma'am, Dr Sunil Pandya Sir, followed by the launch of the annual book 'Reflections' by Dr. Kavery Nambisan.



The keynote speaker was Mr. Bezwada Wilson.

**Mr. Bezwada Wilson** (born 1966) is an activist and one of the founders and National Convenor of the Safai Karmachari Andolan (SKA), an Indian human rights organization that has been campaigning for the eradication of manual scavenging, the construction, operation and employment of manual scavengers which has been illegal in India since 1993. His work at SKA, a community-driven movement, has been recognized by the Ashoka Foundation which



nominated him a Senior Fellow. On 27 July 2016, he was honoured with the Ramon Magsaysay Award.

He sensitised the audience about the issue of Manual Scavenging, a caste-based, dehumanizing practice involving the manual removal of untreated human excreta. He, through the organization SKA, worked towards protecting the human rights of the sanitation workers and has successfully worked for their rehabilitation.



**Mr. Harish Kapadia** - is a distinguished Himalayan mountaineer, author and long-time editor of the Himalayan Journal from India. He has been awarded the Patron's Medal of the Royal Geographical Society, the Life Time Achievement Award for Adventure by the President of India and the King Albert Mountain Award presented by The King Albert I Memorial Foundation. He has written numerous

books and articles on the Indian Himalayas.

Mr. Harish Kapadia, spoke on 'My life as a Mountaineer'. Through his amazing presentation, he really took the audience through the entire journey of his life focussing on the message that one should never give up his passion despite all odds.



**Dr. Kavery Nambisan** - is a novelist from India. She is also a surgeon who practices in rural India. Her career in medicine has been a strong influence in her fiction. She worked as a surgeon in various parts of rural India before moving to Lonavala to start a free medical centre for migrant labourers. She has created several programmes for child

immunisation and family planning for the rural communities. She is vocal in her critiques of urban centred health planning.

A talk show was held featuring Dr. Kavery Nambisan in conversation with Dr Sanjay Nagral. A surgeon cum novelist, whose career in medicine has a strong influence in her fiction, and has authored many popular novels, stirred the audience to look beyond the books.

The day ended with the student-doctor debate on "MCQ based assessment:

An antithesis to learning" that came to witness the war of words as the two sides debated on whether the MCQs enhance learning or deteriorate it.

### **15th March**

#### **Genesis-The Symposium Competition**

Started with the intercollegiate symposium competition witnessing the presentations by teams of enthusiastic youth from different medical colleges elaborating about myriads of critical medical topics and highlighting the importance of history of their topic and their implications in future.

#### **Crossroads in Medicine**



The day ended on an amazing note with a first of its kind interactive session hosted by **Dr. Amit Kulkarni** where scenarios from popular shows like House MD focussing on moral dilemmas were shown to the audience and their opinions on moral crossroads were discussed.

### **16th March**

Last day of the event brought the audience to know about another two outstanding speakers.

**Dr. Himmatrao Bawaskar** - In the times of rapid advancement of science and technology, advance medical equipment and hi tech hospitals represent the face of medical science. The aspirations and ambitions of medical professionals are also shifting, with growing concerns of deterioration of doctor patient relationship as well as disconnect between services and the community needs. The life of Dr. Himmatrao Bawaskar defies several conventions of today's medical practice. His outstanding dedication towards patients and commitment to provide high quality care in resource poor setting makes him an ideal role model for younger generation of physicians in India.



The session by **Dr. Himmatrao Bawaskar** highlighted the journey and

hardships faced by him from his childhood to the days in medical college and threw a light on his research works on 'Scorpion bite poisoning'.

**Mr. Sundeep Waslekar** - Mr. Waslekar is a thought leader on conflict resolution and global future. He is the President of Strategic Foresight Group and has authored three books on governance and several research reports on managing future challenges. He is known for developing innovative policy concepts for peaceful change and his ideas have been discussed by the European Parliament, the House of Commons of the United Kingdom and House of Lords, the Indian Parliament, forums of the United Nations including the United Nations Security Council, World Economic Forum meetings at Davos and Dead Sea, and other institutions.



In his talk **Mr. Sundeep Waslekar**, stressed on the idea that if we are willing to think and follow the unthinkable course in our life, it can enable us to save human life, prevent wars, negotiate with terrorists, influence the flow of big rivers, and shape government policies without holding any ministerial or official position.

### **Panel Discussion**

A panel discussion was held on the topic "A MBBS doctor: Qualified Enough to Treat Patients?" Moderator being Dr. YB Chavan, the panel comprised of Dr. Avinash Supe, Dr. Vinita Salvi, Dr. Ravi Ramakantan, Dr. Tushar Shah and Dr. Mayur Bhanarkar.

Then, a non-academic juxtamed quiz in **QUIZ itive** was held, highlighting one of the aspects of Humanities that is to enrich and encourage the knowledge of History of Medicine.

The Ward Stories in collaboration with the Larynx, brought a chance to listen to the inspiring stories by students, nurses or doctors about emotional or moral incidents encountered by them in wards.

The Conference ended invigorating a love for Humanities among the attendants who understood how the expression of human is critical in medicine.

### **Winners of Online Competition:-**

#### **Photography:-**

- 1- Kartikeya Gavali, 2nd year BDS, KIMSDU, Karad
- 2- Bhumika Mary, 2nd year MBBS, GSMC

#### **Art:-**

- 1- Dr. Prachiti Shetye, Physiotherapy Intern, KEMH
- 2- Neha Parikh, 3rd year PT, GSMC

#### **Essay:-**

- 1- Sanvida Satpute, 2nd year MBBS, GSMC
- 2- Madhura Nagaonkar, 3rd year OT, GSMC

#### **Innovative Ideas:-**

- 1- Dr. Arnav Tongaonkar, Resident doctor at Dept. of Medicine, KEMH
- 2- Tuhina Mishra, Final MBBS, GMC Mumbai.

#### **Quiz:-**

- 1- Dr. Hemant Morparia and team
- 2- Dr. Kunal Marathe, MBBS, GSMC and team

**15<sup>th</sup> April 2019 at 5 pm a lecture by Dr. Smt. Shubhangi Parkar on "How to Smile in a Storm"**

#### **in Dr. Jivraj Mehta Auditorium**

An orientation to stress and anxiety management conducted by Dr. Smt. Shubhangi Parkar, Professor and past HOD of Psychiatry, Seth GS Medical College and KEM Hospital

- Stress response curve
- Eustress conversion to distress
- Too much of distress causes burn out – no stress at all there is boredom.
- We need to understand ourselves

Dr. Parkar talked about stress in medical students and how they go through stress at all stages of their career. And the fact that distress is higher in medical student than in the general population and this results in substance abuse, burnouts, broken relationships and suicidal thoughts.



Dr. Parkar gave the scientific definitions of stress and made students understand what stress is which can be summarised as: "Stress in addition to being itself was also the cause of itself and the result of itself"

But stress can be both positive and negative and it can thus be positive when it motivates people to accomplish more

Dr. Parkar explained psychological concept of the stress response curve and the general adaptation syndrome

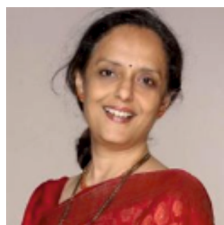
She gave snippets from poems by Atal Bihari Vajpayee, Harivansh Rai Bachhan and Kabir. She also described ways to reduce stress and to inculcate and attitude of enjoying the moment to counter stress

Her session was full of energy and poems and quotes which didn't let the audience get distracted even for a moment

Her informative and interactive lecture was followed by a Q and A session with the students many of whom left satisfied with their newfound knowledge.

**July, 9th 2019 - 3.00 to 5.00 p.m. in MLT.** Lecture on "Laughter Medicine" by **Dr. Medha Kamat**

A session on 'Laughter in Medicine' was held in MLT on 9<sup>th</sup> July 2019. It was conducted by Dr. Medha Kamat, MD, Anaesthesia, a proud alumnus of Seth GSMC. It was a 1 and half hour long interactive session that was attended in large numbers by teachers. Dr. Kamat is settled in pune and is a certified Laughter Yoga Teacher & laughter Yoga Ambassador. She has a vast 25 year long experience in the field of anaesthesia, trauma & clinical care. Ma'am conducts regular yoga session at several places and she also has the experience of conducting specialised laughter yoga session for mentally challenged children, elderly, housemaids & Airport Authority of India staff at pune.



In our country, Laughter Yoga is synonymous with elderly, however, the reality is that laughter is important for people of all ages including children, young, adult and especially for people working in high street environments like doctors and nurses. Dr. Kamat's objective for the session was to spread awareness about the same and teach basics of laughter Yoga that she believes should be practiced for at least 30 Minutes every week laughter, She explained is not only a stress releaser but if rhythmic laughter is practiced it turns out to be a good breathing exercise.

Dr. Kamat taught us various forms of laughter and it turned out to be a delightful session for everybody with each person laughing their hearts out!

**6<sup>TH</sup> August 2019 at 8.30 a.m.in MLT**

### **History of Medicine by Dr. Sunil Pandya**



The lecture was attended by first MBBS students and faculty members.

The introductory talk on the history of medicine in India was delivered in August as part of the Foundation Course for students in the 1<sup>st</sup> M.B. & B.S. class in our college.

It was emphasised that unless we are conversant with the past and the efforts of the great pioneers on whose shoulders we stand, we cannot progress meaningfully in the

future. The awareness of the trials and tribulations they underwent – at times giving up their lives for the cause – inspire us.

The legend on medicine in ancient India (termed Ayurveda) is that the gods handed knowledge and wisdom to mankind in the form of the four vedas, of which the Atharva Veda dealt with health and disease. The priestly class – most learned in the community – initially also taught and practiced medicine (as in other cultures throughout the world). One of the maxims taught to all students of the science of life was that medicine is boundless, eternal and auspicious and, in those times, catered to health and illness not only of body and mind but also those of the soul.

Teaching was on the basis of the *guru-shishya parampara*. Criteria were laid down for who could be a teacher of medicine and who could have been admitted as students. Charaka taught not only the science of medicine but also the moral spirit that should motivate all doctors. 'If you desire to achieve success of treatment, always seek the good of all living creatures.'

The dark age of Indian medicine set in when questioning, innovation and

research were abandoned in favour of teaching by rote. Whilst medicine in the West progressed thanks to the work of such individuals as Claudius Galen, William Harvey and Andreas Vesalius, the scientific revolution bypassed India.

After the advent of British medical education in India (initially in Calcutta and then in Madras and Bombay), a resurgence of scientific medicine was seen. We saw the rise of and contributions from persons such as Dr. Bhau Daji Lad, Anandibai Joshi, Dr. U. Brahmachari, Dr. B. C. Roy, Dr. Jacob Chandy and Dr. N. H. Antia.

Whilst the trailblazers in the West were also referred to, the focus was on Indian giants in the field ranging from Çharaka, Susruta (600 BCE) and Jivaka (contemporary of Gautama Buddha) to the more recent Dr. Acacio Veigas (who identified the first plague victim in Bombay towards the end of the 19<sup>th</sup> century – and was initially disbelieved!) and Dr. Rustom Jal Vakil and his work of Rauwlofia Serpentina. The work of the Drs. Mabelle and Rajnikant Arole, the Amte family (from Baba Amte to Mandakini and Prakash and their children), Rani and Abhay Bang, Dr. Himmat Bawaskar (whose first name is especially apt) and Dr. Badekere Rao of Bangalore – dedicated and selfless individuals working at the grassroots for the welfare of tribals and the downtrodden was highlighted.

We have reason to be proud of our heritage and must, in turn, do our bit to advance medicine in our country.

**20<sup>th</sup> August 2019**

**Lecture with demonstrations by Smt. Hansaji Yogendra on “Yoga for Medical Students” for 1<sup>st</sup> MBBS students in Physiology Hall**



Smt. Hansaji explained the what is yoga, importance of Yoga and how students can inculcate in their daily routine. She showed various Asanas with help of volunteers of her institution and various asanas to improve students' concentration, to improve their postures while studying. The students also performed Asanas.

**22<sup>nd</sup> August at 8.30 am in Anatomy Hall**

**“End of Life Care” (Palliative Care) by Dr. Nandini Vallath**

Dr. Nandini Vallath explained to students that Palliative care is an interdisciplinary approach to specialized medical and nursing care for people with chronic conditions. It focuses on providing relief from the symptoms, pain, physical stress, and mental stress at any stage of illness. The goal is to improve quality of life for both the person and their family. Evidence as of 2016 supports palliative care's efficacy in the improvement of a patient's quality of life.



Palliative care is provided by a team of physicians, nurses, physiotherapists, occupational therapists, speech-language pathologists and other health professionals who work together with the primary care physician and referred specialists and other hospital or hospice staff to provide additional support. It is appropriate at any age and at any stage in a serious illness and can be provided as the main goal of care or along with curative treatment. Although it is an important part of end-of-life care, it is not limited to that stage. Palliative care can be provided across multiple settings including in hospitals, at home, as part of community palliative care programs, and in skilled nursing facilities. Interdisciplinary palliative care teams work with people and their families to clarify goals of care and provide symptom management, psycho-social, and spiritual support.

Physicians sometimes use the term *palliative care* in a sense meaning palliative therapies without curative intent, when no cure can be expected (as often happens in late-stage cancers). For example, tumor debulking can continue to reduce pain from mass effect even when it is no longer curative. A clearer usage is *palliative, non-curative therapy* when that is what is meant, because palliative care can be used along with curative or aggressive therapies.

Medications and treatments are said to have a palliative effect if they relieve symptoms without having a curative effect on the underlying disease or cause. This can include treating nausea related to chemotherapy or something as simple as morphine to treat the pain of broken leg or ibuprofen to treat pain related to an influenza infection.

She explained role of doctors while treating patients who have end stage



disease. Various treatment options were explained. Doctor's role doesn't end with treating patients but they are expected to do counseling of patients and their relatives. With effective pain management and counseling doctors can make their life less painful.

#### **4<sup>th</sup> Sept. 2019 Orientation Program for interns**

10 to 11.30 – **Dr. Lopa Mehta** on “Making of a humane doctor”

As a part of Orientation Program for the interns, Dr. Lopa Mehta held an interactive session to bring forth what is to be humane, and extending the same what makes one “humane doctor”. It was very clearly highlighted that each of them has potential to express their hidden power of caring, sharing, empathy and giving their best for the patient. What they need to do is to sensitize themselves to perceive by sharpening their five senses, have the attitude of seeing the person first and then his illness and have the communication skills through the words and body language to make the patient feel reassured that at that time when he is interacting with the patient, he is fully involved in it. This will bring in their life inner sense of fulfillment as a professional person and may stop them from chasing false values of success.



11.30 to 12.30 – **Dr. Padmaja Samant** on “End of life care- Geriatric & Palliative Care for non-malignant conditions”.

The interns were addressed by Dr. Samant during their orientation program. Dr. Samant discussed the management guidelines for patients with complaints of sexual abuse/assault and domestic violence. She explained the importance of documentation of violent acts and quick management as delay and disregard for complaints discourage women from seeking care. Filling out of Domestic Incident Report was discussed. Importance of gender perspective was highlighted as gender based violence is all pervasive.



**18<sup>th</sup> Sept. 2019** - Prof. Sarah Hodges, MA PhD in History from University of Chicago delivered 10<sup>th</sup> K. R. Memorial Lecture on “Hospital as factories of medical garbage”. The program was hosted by CEHAT.



Hon. Dean Dr. Hemant Deshmukh was in the Chair.

**Dr. Krishna Raj Oration at the Dr. Jivraj Mehta Auditorium  
on 18<sup>th</sup> September 2019**

**HOSPITALS AS FACTORIES OF MEDICAL GARBAGE**

### Introduction:

Dr. Sarah Hodges, Ph.D. (University of Chicago)

Professor of Twentieth-Century History,

University of Warwick.

Member of the Editorial Board, Indian Journal of Medical Ethics.

Various aspects of Indian history form part of her teaching courses. Her research work in India has focussed on Chennai and south India. In a recent paper (Critical Public Health June 2019) she described the scandalous business empire of Meenakshi Sundaram where expired drugs were relabeled and sold. Her paper entitled It all started with Apollo... published in Indian Journal of Medical Ethics (2013) is also worth studying.

Her essays are based on a lot of legwork and interviews with key personalities – not only those in the echelons of power in government and institutions but also those most researchers would ignore – the labourer carrying medical waste from ward to dumping area, the woman sorting out such waste in a corner of the compound, the owner of a small shop re-selling processed plastic discards from hospitals, drivers of autorickshaws and taxis...

### The talk

Her talk dealt with a very relevant and worrying subject

Beginning in the 1970s and gaining pace in the 1980s and 1990s, single-use plastic items (syringes, blood bags, tubing) saturated everyday medical practice across the globe and in India. The use of disposable items in our clinics, laboratories and hospitals generates a huge volume of waste. It has also added greatly to the cost of medical care.

The central and state governments in India, municipal corporations and

those in charge of clinics and hospitals have proved abject failures in the safe and permanent disposal of this waste. Worse, in the guise of disposal, they have spawned a host of dangerous practices.

She provides facts and statistics from her observations. These showed a worsening trend in moral standards, hygiene, ecology and squarely laid the blame for the frightful and expensive consequences on administrators, traders and purchase officers who lacked scruples.

As she ended her talk, she narrated a touching personal anecdote that gives us some grounds for optimism.

'After driving me around for a few days during my most recent investigation of remote sites in the value chain of biomedical waste recovery in and around Chennai, our driver asked as he dropped me back to my friend's flat where I was staying, politely but directly: "Madam, what exactly are you doing?"

'As I explained what I was working on, he became progressively more agitated at the whole sordid business.

'Finally he spoke: "You must let me help you in this work. I will come with you and stand there with my arms folded across my chest and when you ask your questions these people will have no choice but to give you answers (and, by association, account for their misdeeds)!"

'And, whether to emphasize his moral uprightness or to demonstrate his qualifications for such service, he exclaimed: "I am a blood donor!"

## Discussion

Some of the ensuing discussion focussed on possible solutions to this problem. A member in the audience suggested a return to re-sterilisation and reuse of gloves, syringes, needles, endotracheal tubes, central venous and angiography catheters and cardiac pacemakers. This is already being done in some parts of the country where the clinicians cannot afford to throw away expensive items after a single usage.

It was emphasised that such reuse must be preceded by fool-proof cleansing and sterilising procedures and confirmation of the removal of all microbes. Dr. Hodges replied: 'As a historian with no qualification in medicine, I am

poorly equipped to offer practical advice and would be foolish to do so. I can only open up the possibility for stimulating common sense and revisiting the otherwise banal everyday practices of clinical medicine—in fresh and potentially productive ways.’

Dr. Padmaja Mavani raised an important point. Hospital administrations have gradually allowed unions of employees to gain an upper hand. If reuse of syringes, needles and other materials was made compulsory, who is to do the cleaning, sterilisation, packing... It is almost certain that our staff, used to the luxury of disposables that are thrown away after use, will volunteer to such labour.

Who, then, will ensure that hygiene and sterilisation are carried out faultlessly?

This is just one of the problems we shall face were we to propose reuse.

**Medical Photography Workshop on 7th, 14th, 21<sup>st</sup> and 28<sup>th</sup> September 2019**  
**(Total 4 Saturdays) by Cannon India -Organized by Dr. Varsha Kulkarni**



Medicine is a branch that grows on shoulders of evidences. Documentation is integral part of medicine. And hence Photography has an unsaid relationship with medicine in forms of clinical photos, intraoperative, forensic, images of radiography, microscopic pics etc. It is a skill that all doctors should acquire. It involves not only science but art and aesthetics too. It matters not only the quality but also the aesthetics and ethics of the pictures that are taken and submitted in journals/ conferences.

SLR and PnS cameras are the ideal but It is now very easy to take pics due to advance technology and low cost and easy availability at odd times @ mobile

cameras. Even given its technical limitations, it is handy tool for us.

It is important to know the basic principles of the photography to exploit all the functions of any camera. With that intension, to learn basics of photography and apply it to medical and also general, a course was arranged by MVL Kothari Chair of Humanities Seth GSMC in association with Canon India. It was arranged on four Saturday afternoons (dates 7, 14, 21, 28<sup>th</sup> September 2019) so more persons can participate. The fee was 200 Rs for all 4 classes.

The response was very overwhelming and 47 Participants registered for it from across the specialities, faculties and residents too. Alumni of GSMC and doctors from Wadia Hospital also participated.

The topics covered were basic principles, white balance, metering modes, focus, framing, composition, manual mode, mobile vs D-SLR, Portrait, short video, storage, photo editing tools, HDR was covered very enthusiastically by Mr. Rajesh Kamat. Tips on medical and intraoral photography were covered very efficiently by Dr. Anand Narvekar. There were practical sessions with hands on experience too. For it, few D SLR cameras were brought by Canon India. It was supported by Mr. Kishore Chindarkar, Mr. Prashant Shetty and Mr. Satish Gangurde from Canon India.

Participants enthusiastically participated and got many of their doubts clarified. There were also Prizes given in each class on the question tests taken by the teacher. Prizes were in the forms of book/pens/ caps etc. Canon India also generously donated a book 'Mastering in Digital Photography' to the library of Seth GSMC & KEMH for reference on the basic photography.

It was one of its kind of a non academic workshop that was complementary to medical profession and also to kindle interest in photography amongst doctors. It was a good stress buster and fun catching up with colleagues during tea time.

**17<sup>th</sup> December 2019 from 1 to 5 p.m. “Reading Enhancement Workshop” by Dr. Hozefa A. Bhinderwala and his team.**



**Dr. Bhinderwala**, alumni of G.S., is a practicing psychiatrist for more than 23 years in Mumbai. He is also the only Indian Author with 2 books on the topic of Speed Reading (***Speed Read***-2006 & ***Small Steps to Big Reading***-2016). His team has been conducting Speed Reading Workshops all over

India and Internationally for more than 12 years now.

It was a 4 hours' Workshop to help increase Not just Reading Speed but also comprehension and retention. It was for Under Graduate students as well as Post Graduate Residents, Teaching Staff and anyone who was interested in vast reading.

It introduced participants to Reading Enhancement Strategies which empower people to read faster with better focus and comprehension, save time, energy, effort and helps them become efficient learners. Increase of Reading Speed by > 75% and Comprehension by 20% assured at the end of the workshop.

It was not a sit-&-listen event, but was a **Read-Do-Follow-Enhance** Workshop. Participants knew how their understanding of reading increased with the reading speed. The participants went through and learnt following:

**Initial quiz** - Assesses what you think about reading right now

**Baseline assessment** - Assesses your present reading speed and comprehension level

**Expert reading techniques** - Simple methods to improve reading skills, clearly explained through a multi-media approach.

**Timed Reading drills** - Several drills through the workshop, monitored with a digital stopwatch – so you can measure exactly how much faster you get, as well as your understanding of what you read by questions at the end of each drill.

**Perception drills** - Help you to increase your visual span and take in more words at a time.

**Physical procedures** - Help you overcome the *Speed-Breakers* of reading like sub-vocalization and regression.

**Objective plotting** – the participant chart out your own progress.

The overall analysis of the whole group was as follows:

Completed Feedback forms: 100

Reading Speed increased from 205 at baseline to 411.32 at the end of the workshop.

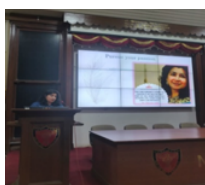
Comprehension % increased from 63.1% at baseline to 82% at the end of the workshop.

The Reading Index increased from 129.75 at baseline to 339.05 at the end of the workshop amounting to a 161% increase in the overall reading ability

(where a 100% increase was assured). Out of the 120 files that they prepared, 7 files remained hence, making the participant count 113.

Division of Medical Humanities was very keen to have him at our institutions to teach budding doctors to discover their reading potential and help expand it for more efficient reading with less strain and better comprehension. The participants immensely benefitted by the workshop. Dr. Bhinderwalanot only introduced students the techniques of speed reading but made them confident. The co-ordination of his entire team, especially wife was amazing.

### **20<sup>th</sup> December 2019 – Book Reading by Dr. Shivani Sali**



**J.M.L.T. 2.30 PM**

**Dr. Salil** began the session by talking about her years in KEM, working as an Associate-professor in Microbiology. And now that she has shifted to Hong Kong she has a yearning for the life and culture of Mumbai and that of KEM.

A similar yearning was also the subject of her book- 'Hiraeth: partition stories from 1947'

Dr. Salil's ancestors were migrants from Pakistan who settled in India and this echoed strongly with her. This consisted of several stories of people who had to shift during the partition many a times at less than even a day's notice before departure. So the feelings and emotions of these people are beautifully captured in this book.

She proceeded to read a few pages of the book, before explaining more of the stories in her book about their background. After this she proceeded with the question and answer session which brought a happy conclusion to this emotional session.

These upcoming writers are committed to nurturing underrepresented voices, and making space for **new writers** in the larger literary community.

### **20<sup>th</sup> December 2019 – Talk by Mr. Pravin Tulpule, Medical Clown, followed by visit to Pediatric & Pscyhiatry Wards**



***Meet the Naval Officer who quit his job to become a clown for cancer patients on Friday, 20<sup>th</sup> December 2019 at 3.30p.m. in Dr.Jivraj Mehta Auditorium Lt Cdr (Retd) Mr Pravin Tulpule, an ex-officer of the Indian Navy, aka Pintoo, who quit his job to become a clown for***

cancer patients – the clown magician, who gives children in several pediatric wards and orphanages a healthy dose of laughter, also leaves them awestruck with a few magic tricks. In over 4,500 shows to his credit in the last 17 years, Pravin Tulpule transformed himself into a clown and visited hospitals. A retired naval officer, his motivation was a tiny girl who died of cancer. Mr. Pravin Tulpule who used to often perform for her was disturbed by this incident so much so that he took upon the onus of visiting other cancer patients and be their reason for happiness.

He demonstrated to the audience why we laugh and how we can make others laugh. He also talked about the various benefits of laughter therapy for the patients who receive it and for the people who give it.

After this short demonstration we visited the pediatric ward no. 2 of KEM and made balloon animals for the kids and also blew bubbles with the kids. It brought a smile to everyone's face even those kids who had not smiled in a long time.

The session brought happiness and cheer to many patient's and their families also to the nurses and security guards of the ward. Overall it was an uplifting and joy filled session

### **26<sup>th</sup> December 2019 – Talk by Dr. Taru Jindal**

It was a proud moment to meet alumnus of Lokmanya Tilak Medical College Dr. Taru Jindal who is recently awarded Karmaveer Chakra. She shared her experiences in rural areas of Bihar. Dr. Taru Jindal redefined the scope of community medicine through commitment and work in rural areas, saving thousands of pregnant women and children in rural Bihar. She grew up with a close affection and an attitude to help those in pain. She dropped her plans to move into the polished corporate healthcare and fellowships and instead



worked for many years in rural Bihar – saving thousands of pregnant women and children in the process. The unceasing efforts of Dr. Taru Jindal – that range from primary health care, lactation, to community farming to combat malnutrition. She asked students at what age should you start the life of contribution 25 or 55? She has authored a book on this

journey of Bihar. The Marathi translation was published in 2019 by the name “Haan yeh mumkin hai” & has been received with great reviews. The English edition will be published later this month by the name “A doctor's experiments in Bihar- A story of an inspiring struggle to transform maternal &



child healthcare”.

All those in the hall were awestruck by her work under difficult circumstances in two areas in Bihar. She gave students an idea what determination, dedication, sincerity, integrity and most importantly purpose of living every moment to its fullest means. Her little physical body was house of strong valuable treasure of mental reservoir wanting to take care of the downtrodden, a noble cause. Her presence and work inspired student community to think beyond the necessary climbing steps of charted out course of career and success. She brought out poignantly the needs of our rural brothers and sisters. Her working as a team leader was very effective on young minds. No work is, less important and the leader has to march with the lowest rung of the team members to accomplish any mission, this message has been imprinted on the young and senior minds. The Division of Medical Humanities wish at least few will follow her footsteps to do good for those who are in desperate need and increase her tribe.

### **An additional activity of our Division of Humanities**

Talks, seminars and discussions are undoubtedly of great help in propagating thoughts and ideals, promoting discussions and focussing attention on selected topics.

Unfortunately, bombarded as we are with a plethora of information from all sides, much of what we listen to and think about at meetings is wiped from our memory stores.

We felt that it was important to embody thought-provoking essays and the fruit of other creative efforts relevant to the humanities in annual printed volumes that may, over time, serve as a reservoir of thoughts and ideals that our young colleagues can dip into from time to time.

We are fortunate in having Dr. Swarupa Bhagwat as our honorary editor for the series of volumes under the general title *Reflections on Medical Humanities*.

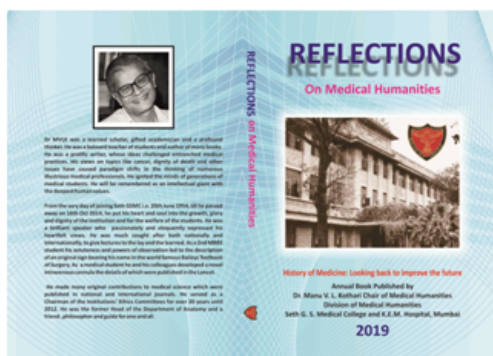
She and her editorial team choose a topic each year and invite contributions from carefully chosen authors.

It was decided to release each new volume in March at *Ascension* - our annual conference.

The first volume, released in March 2019 focussed on the history of medicine. The theme of the year was History of Medicine: Looking Back to Improve Future.

The book carried a collection of 20 essays.

The book has cartoons by Dr. Hemant Morparia. At the end of the book there were poetry and medical puzzle.



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Title	Authors Name
<b>MEDICAL DISCIPLINES</b>	
1. A glimpse of Ayurveda :	Yogini S. Jaiswal, Leonard L. Williams
2. History of Homeopathy:	Vishpala Parthasarathy
3. History of Unani Medicine:	Wajeda Jaipuri
4. Establishment of Biomedicine in India:	Kiran Kumbhar
<b>BRANCHES OF MEDICINE</b>	
5. Medicine as a Social Responsibility:	A.E. Desa
6. Surgery in Ancient India:	A.E. Desa
7. History of plastic surgery in India:	RE Rana, BS Arora
8. A Brief History of Pathology:	Jan G. van den Tweel & Clive R. Taylor
9. History of Radiology:	Malini Nadkarni
10. History of preventive and social medicine in India:	HP Thakur, DD Pandit, P Subramanian
11. The Rise of Physical Therapy:	Abdul Shaik, Arakkal Shemjaz
12. Occupational Therapy: An Indian Historical	Anil Srivastava

Perspective:

13. History of Blood Transfusion:

Swarupa Bhagwat

### **OUTSTANDING INDIVIDUALS**

14. An Interview with Founder Dean, Dr Jivraj Mehta: Sunil K. Pandya

15. Padmashree Dr Vatsala Samant-A Karmayogini : Padmaja Y Samant

16. The One Who Did Not Come Back (Dr Kotnis): Kamaxi Bhate

17. Pioneers and Exemplaries : Swarupa Bhagwat

i) Anandibai Joshi

ii) William Osler

iii) Louis Pastuer

iv) Robert Koch

v) Ronald Ross

vi) Banting and Best

18. Florence Nightingale: The Mother of Nursing: Hosein Karimi , Negin Masoudi Alavi

19. Leonardo da Vinci (Anatomist): Sunil K. Pandya

### **ESSAY IN MARATHI**

20. Vaidyakacha Nandadeep:

Sanjay Oak

### **HUMOUR**

21. Humorous illustrations:

Hemant Morparia

Bard Flu

Flying Ancient Medicine

### **POETRY**

22. The Silent Teachers

Swarupa Bhagwat

### **PUZZLES**

23 . Puzzle time:

Swarupa Bhagwat

Unscramble

Crossword

Decipher the cipher

The collection is appreciated by readers interested in the theme. We hope that this treasure of essays will provide some glimpses in the past to improve the future.

There are plans to continue the series in 2020 and onwards. The topic selected for the volume to be prepared in 2020 is Interpersonal relationships between doctors and patients, doctors themselves, with laboratories, imaging centres and industries is the chosen theme.

We hope to progressively sharpen our talents at uncovering promising authors, artists, photographers whose contributions will add value to the volumes. Inclusion of quizzes and thought-provoking competitive essays by our students and residents focussing on the annual theme may also be useful in each volume.

We welcome comments, constructive criticism and suggestions for improvement.

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### **INTERVIEWS OF LEGENDS OF GSMC & KEMH TAKEN IN 2019**



**Dr. Shanta Bhansali**

For Dr. Bhansali  
25.2.2019



**Dr. Farooq Udwadia**  
Medicine, Breach Candy  
18.3.2019



**Dr. Kamaxi Bhate**  
Prof., PSM, Seth GSMC  
7.10.2019



**Dr. Ravi Ramakant**  
Prof. & Head,  
Radiology, GSMC  
12.10.2019



**Dr. Shobna Bhatia**  
Prof. & Head,  
Gastroenterology, GSMC  
15.10.2019



**Dr. Shubhangi Parkar**  
Prof. & Head,  
Psychiatry, GSMC  
16.10.2019



**Dr. Shashank Parulekar**  
Prof. & Head, Obst. & Gynaec., GSMC  
17.10.2019



**Dr. Smt. Anjali Joshi**  
Prof. & Head, Physiology, GSMC  
23.11.2019

Gosumec Alumni Association			
Dr. MVLK chair of Medical humanities ( January 2019 to December 2019)			
Income in Rupees		Expenses in Rupees	
From donors Fixed		Secretarial Assistant	70,000.00
Deposit Interest		Audio visual recording & other misc exp of interview	68,121.52
Opening Balance	167,033.56	<b>Workshop Expenses</b> -printing, mementoes, travelling,stationary & snacks etc	1,41,266.00
Jan 2019 to Dec 2019	370,204.00	confluence 2019 - prizes	20,000.00
Misc. Income	2,300.00	TED x GSMC	20,000.00
Donation from Gymkhana for cupboard	10,000.00	Expenses for Archives	34,196.00
Registration fee	3,78,250.00	Furniture & Fixture 2 cupboards of Library	24,000.00
Ascension/Photography & Speed reading workshop		Ascension/Photography & Speed reading Workshop Expenses	4,40,965.42
		Total Expenses	8,18,548.94
		Closing Balance	1,09,238.62
Total	9,27,787.56	Total	9,27,787.56

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