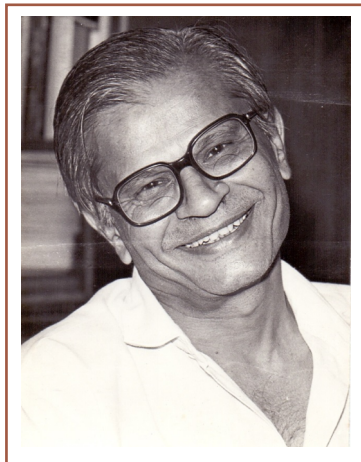




SETH G.S.MEDICAL COLLEGE & KEM HOSPITAL
Parel, Mumbai 400 012

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

ANNUAL REPORT - 2020



Dr. Manu V. L. Kothari

23rd January 2020 – 11.30 a.m. Venue – JMLT – 5th Foundation Day celebration – Chief Guest Mr. P. Sainath. Speech on “Inequality is unhealthy”



Palagummi Sainath is an Indian journalist who focuses on social and economic inequality, rural affairs, poverty and the aftermath of globalization in India. He is the founder editor of People's Archive of Rural India and a senior fellow of Tri continental: Institute for Social Research.

Mr. Sainath started his career as a journalist at the United News of India in 1980 where he received the news agency's highest individual award. He then worked for Blitz, then a major Indian weekly tabloid published from Mumbai with a circulation of 600,000, first as foreign affairs editor and then as deputy editor, which he continued for ten years. Since 1988 Mr. Sainath has trained well over 1,000 media persons. He was a visiting faculty at Sophia Polytechnic's Social Communications Media course and also at the Asian College of Journalism in Chennai where he taught the course, "Covering Deprivation". He was the McGraw Professor of Writing at Princeton University Fall (2012). On June 1, 2015, Mr. Sainath became the first Thought Works Chair Professor in Rural India and Digital Knowledge at the Asian College of Journalism. He is also the holder of the Coady Chair in Social Justice at St. Francis Xavier University, Canada.

Mr. Sainath toured ten drought-stricken states in India, about which he

recalled: "That's when I learned that conventional journalism was above all about the service of power. You always give the last word to authority. I got a couple of prizes which I didn't pick up because I was ashamed.

Awards

He was awarded the 2007 Ramon Magsaysay Award, Asia's most prestigious prize (and often referred to as the 'Asian Nobel, for Journalism Literature and Creative Communications Arts. He was given the award for his "passionate commitment as a journalist to restore the rural poor to India's national consciousness." He was the first Indian to win the Magsaysay in that category in nearly 25 years (after the late Mr. R.K. Laxman). He was also the first reporter in the world to win Amnesty International's Global Human Rights Journalism Prize in its inaugural year in 2000.

He won the inaugural World Media Summit Global Award for Excellence 2014 in Public Welfare for exemplary news professionals in developing countries.[24] His other awards include: the United Nation's Food & Agriculture Organisation's (FAO) Boerma Prize (the foremost award for development journalism) in 2000; the Harry Chapin Media Award in New York, 2006;] and was the first and only print media journalist until now to win the Inspiration Award at the Global Visions Film Festival in Edmonton, Canada in 2002. He was also the first Indian reporter to win the European Commission's Lorenzo Natali Prize for journalism in 1995. Apart from the 40 plus print media awards, two documentary films on his work, 'Nero's Guests' and 'A Tribe of his Own,' have between them picked up over 20 awards across the globe.

As a development journalist

The International Monetary Fund-led economic reforms launched in 1991 by Mr. Manmohan Singh constituted a watershed in India's economic history and in Mr. Sainath's journalistic career. He felt that the media's attention was moving from "news" to "entertainment" and consumerism and lifestyles of the urban elite gained prominence in the newspapers which rarely carried news of the reality of poverty in India. "I felt that if the Indian press was covering the top 5 per cent, I should cover the bottom 5 per cent", says Mr. Sainath.

In 1993 Mr. Sainath applied for a Times of India fellowship. At the interview he spoke of his plans to report from rural India. When an editor asked him, "Suppose I tell you my readers aren't interested in this stuff", Sainath answered, "When did you last meet your readers to make any such claims on their behalf?"

He was awarded the fellowship and took to the back roads in the ten poorest districts of five states. It meant covering close to 100,000 km across India using 16 forms of transportation, including walking 5,000 km on foot. He credits two sympathetic editors at the Times with much of his success in getting the articles published in their present form, since it is one among the very newspapers that has been accused of shifting the onus from page one to page three. The paper ran 84 reports by Mr. Sainath across 18 months, many of them subsequently reprinted in his book, *Everybody Loves A Good Drought*.

For more than two years, the book remained No.1 amongst non-fiction bestsellers on diverse lists across the country. Eventually, it entered the ranks of Penguin India's all-time best sellers. The book is now in its thirty-first edition and is still in print.

Canadian documentary film maker Joe Moulins made a film about Mr. Sainath titled "A Tribe of his Own". When the jury at the Edmonton International Film Festival picked its winner, it decided to include Mr. Sainath in the award along with the maker of the film because this was 'an award about inspiration'. Another documentary film, *Nero's Guests*, looks at inequality (as manifest in India's agrarian crisis) through Sainath's reporting on the subject. *Nero's Guests* won the Indian Documentary Producers Association's Gold Medal for best documentary for 2010.

His writing has provoked responses that include the revamping of the Drought Management Programs in the state of Tamil Nadu, development of a policy on indigenous medical systems in Malkangiri in Orissa, and revamping of the Area Development Program for tribal people in Madhya

Pradesh state. The Times of India institutionalized his methods of reporting and sixty other leading newspapers initiated columns on poverty and rural development. He was instrumental in the establishment of the Agriculture Commission in Andhra Pradesh to suggest ways for improving agriculture in that state:

The crisis states are AP, Rajasthan and Orissa. In the single district of Anantapur, in Andhra Pradesh, between 1997 and 2000, more than 1800 people have committed suicides, but when the state assembly requested these statistics, only 54 were listed. Since suicide is considered a crime in India, the district crime records bureaus list categories for suicide – unrequited love, exams, husbands' and wives' behavior, etc.; in Anantapur, the total from these categories was less than %. The largest number, 1061 people, were listed as having committed suicide because of "stomach ache". This fatal condition results from consuming Ciba-Geigy's pesticide, which the government distributes free, and is almost the only thing the rural poor can readily acquire!!

One of his more recent projects, on dalits, for The Hindu, is nearly complete, and he is planning a book based on this work. This project covers a gigantic area across 15 states in India. He has already covered 150,000 km and has five more states to go. When the newspapers were unwilling to fund beyond a point, Sainath spent from his own resources, his savings, his provident fund, his gratuity – avoiding corporate sponsors.[29]

Sainath also takes all the photographs that have accompanied his reporting for the past 30 years. His exhibition Visible Work, Invisible Women: Women and work in rural India has been seen by more than 600,000 people in India alone. A public space exhibition, it has been shown at factory gates, village squares, bus and railway stations, colleges and similar venues in India, but also at galleries overseas, including at the Asia Society in New York and others in Japan, Canada and elsewhere.

“Inequality is unhealthy”

In his speech on “Inequality is unhealthy” Mr.Sainath spoke on his important work from past decade which focuses on bottom 5% people, on India's agrarian crisis using official government data that more than a quarter of a million Indian farmers have committed suicide since 1995, many of these due to debt-driven distress. He showed us what is farming and it's crisis, a field where one can work.

He delivered a superb Oration deserving applaud by students and seniors. Through his lecture he showed what a journalist who focuses on social & economic inequality, rural affairs, poverty and the aftermath of globalization in India, can do with his dedication and integrity. . He thought that conventional journalism was above all about the service of power. He always gave the last word to authority.

10th February 2020- Time 2-3 pm Venue: MLT

Speaker: Mr. Sankrant Sanu Topic: Importance of Regional Languages



Mr. Sanu spoke about how we as Indians are caught up in the misconception of treating English as our national language and in the pursuit of English education for higher learning

He also mentioned that the developed countries pursue higher education in their own regional Language even countries like Japan and China whose languages are considered the most difficult to learn.

He said that it is totally unfair to educate people in their regional Language till 10th and then force them to learn English for higher education or drop out of the system, this deters so many bright young minds from progressing.

If we tackle this problem and give an option to every kid that they can pursue education in a language of their choice then India will surely progress forwards by leaps and bounds.

He also said he isn't against the English language or he wants that language to be abolished from India but he wants there to be a parallel line of learning in every institute for higher learning where the teachers teach and the books are written in the regional Language

10th February 2020- Time 3-4 pm Venue: MLT

Speaker: Devendra Tiwari Topic: The secret of Learning a new language

Mr. Tiwari began the talk by questioning us about which language we feel is the toughest to learn, and then with responses ranging from Malayalam to Chinese to Japanese sir proceeded to give us some food for thought.

He remarked that for a 3 year old kid in Japan it is very easy to speak Japanese and the kid does so fluently then how come we as adults are struggling with it?

He attributes this primarily to the difference in how we learn i.e., kids learn by listening day in and day out to the language whereas we try to read the text and understand the language and herein lies the problem and if we change the mode of learning it will become all too simple. He also stated that to learn any language we must make a list of the most used words in that language and then use them wherever possible for immediate learning and as and when we learn the Grammar it will improve on its own.

He also suggested to listen to audio books with the book being read out in the language in a slow manner to comprehend the pronunciation etc.

At the end he stressed on learning new languages as some statement have an emotion which can only be explained in that language.

E.g India is the best country in the world- English

Saare jahan se accha Hindustan humara- Hindi/Urdu

18th Feb 2020- Time: 2:30pm- 5:00pm, Venue:MLT

Unwind with a fun movie - What about Bob?

Dr . Shubhangi Parkar, Professor and Head of Psychiatry, GSMC-KEMH along with lecturers and residents from the department of Psychiatry were invited to convene a discussion about this movie Dr. Parkar began the session by introducing the movie and gave it's background and also some fun facts like 'The leads of the movie(Doctor and patient) didn't get along in real life and perhaps this enhanced their acting on screen.

The movie was a hilarious family comedy based on the doctor patient relationship which goes out of the limits of the usual clinical set-up. Among the core ideas the movie stresses upon were how family life is very important in the life of a medical professional and it was due to a lack of proper family that the patient Bob was sick and finding a supportive environment greatly helped in his recovery

It also showed the grim side of financial success and how it encroaches upon family and personal time

The Doctor in the movie had a constant dislike for the patient, who just wanted someone to listen to him, and this was exaggerated by Bob being a more active member of the doctors life and righting all his wrongs

In the end the take home message for the audience was multifold.It also taught empathy for patients with psychiatric disorders and how a person to listen to them could change the prognosis but also drove home family values and need for making an effective work life balance it also put a focus on how taking oneself lightly does a whole lot of good

After the movie screening Dr. Parkar and her lecturers came to convene a short discussion regarding the movie and what we gained from it. In general the movie left the audience distressed and relaxed and also gave food for thought on how to deal with patients who get an unusual attachment

4th March 2020- Time- 2 pm -3.30pm Venue:MLT

Documentary “Fire in the blood” followed by Panel discussion on “In access to Essential Drugs” Panelists – Dr. Jaideep Gogtay, Dr. Sanjay Nagral and Mr. Dylan Mohan Gray.



The documentary screened to the audience was titled 'Fire in the Blood' and indeed that was the feeling each person in the audience had at the end of the screening. A fire in their blood to do something, a fire to change the current situation and a fire to prevent anything remotely similar from happening again.

The documentary was about the unavailability of life saving drugs to the suffering population in the developing countries. The apathy with which the developed countries treated this healthcare emergency and the greed with which certain pharmaceutical companies turned life-saving drugs into a profit-making industry.

This documentary is a very powerful one which enlightens us with the actual situation and the not so long-ago history which the medical world has so conveniently forgotten. It also shows the heroic efforts of some

lone warriors to decrease the prices of drugs and to truly attain the vision of 'Healthcare for all'

Panel Discussion on “ Access to Essential Drugs”

Panelists:-

- 1) Dylan Mohan Gray- Director of the documentary 'Fire in the Blood'
- 2) Dr. Jaideep Gogtay- Global Chief Medical Officer at Cipla ltd
- 3) Dr. Sanjay Nagral- Editor of the Indian Journal of Medical Ethics and reputed GI surgeon

The panel discussion focused on various issues ranging from the challenges

Dylan faced while filming this documentary to the current state of In access to drugs to the solutions to make drugs affordable to all.

Dr. Jaideep Gogtay gave the audience the reality of the patent laws in India and how the trade agreement served us for the worse in this aspect and also about how companies especially the ones like Cipla have to fight court cases with the ones having patents on life saving drugs to start urgent production. He also enlightened the students about what a generic drug is and what are the laws pertaining to them

Dr. Nagral served as a Moderator to the session asking thought provoking questions himself to the panelists and then threw the round open to the audience. The audience on the other hand could ask enough questions as the unofficial questions continued way past the time and also out of the auditorium.

All in all, it was an enlightening as well as heart touching day where each one who attended surely got some fire in their blood!

From 16th March 2020 lock down was declared due to pandemic CoV 19 and hence no programs were held in the auditorium. Following this unusal situation regular programs were stopped. After seeing

that lockdown was to continue for long and students were at home the programs were started on Zoom meet and simultaneously linked to Youtube.

29th August 2020- 5 pm to 6 pm



'How the brain creates art' by Dr. Siddharth Warriar.

Topic: Neuroscience and art. Dr. Siddharth Warriar

(You tube channel "Dr. Manu V. L. Kothari Chair of Medical Humanities")

The use of the dynamic electronic pad permitted excellent illustrations, colours... which made a great change from the static slides to which we are accustomed.

The following interesting points were made.

Versions of reality vary. Thus versions of reality lead to differences of perception, opinions. Such variations can be infinite.

Despite this, there is so much agreement. 'Normal' thus varies from person to person.

Another conclusion is that there are alternate versions of reality needing tolerance.

Whilst this was being discussed, there were queries on artificial intelligence, role of the thalamus etc.

Then there were queries on dreams and whether they are art; subconscious mind, nightmares, left and right brains, how to deal with insecurities, whether the corpus callosum grows over time, divyasrushti given by Krishna to Arjuna, how the brain perceives magis tricks, transcendental meditation, led zepellin, brain ko busy कैसे रखे, I would like to ask you, How do you manage your profession and passion life?...

Interesting query and explanation from Dr. Warriar: Squiggle valued at a million dollars. How would you react to this? Trend of thought leading from 'This is a squiggle' to 'This is art' was interesting. The specification that this may be art only for you as it is subjective or it may be universally accepted.

Perception of art augmented by dopamine of patterns established in the brain awarded by reinforcement. This adds to pleasure.

Language and poetry: Poetry – breaking down reality into layers of patterns. Each of us uses words all the time and can therefore rearrange words in our minds. Thus, all of us can write poems. To do so, it helps to establish and reinforce patterns. Similes, metaphors, alliteration and other literary devices are aids. The complexity of the art depends on the variations of patterns used – rhymes, rhythms...

Ability of right brain to build patterns is a skill reinforced by learning. 'Neuroplasticity' – neural network changes when learning. Here the term is used with reference to perceptions.

Reference to Ramon Cajal- 'every man is sculptor of his own brain'
Artists rearrange reality (words, colours, sounds) differently and we term the end products as art.

'If there is no observer, what is the truth?' So, truth is subjective as everything perceived by you has to go through your filter = the brain – which is unique.

Role of smell and taster in art – exemplified in the art of cooking.

Dreaming, day-dreaming permit breaking and creating patterns...
Every child is an artist as his curiosity is forever breaking up experiences and reconnecting them into a variety of patterns. Unfortunately, as we age, we tend to lose this ability.

20th September, 2020 – Time : 5-6 pm -“THE INEVITABLE”

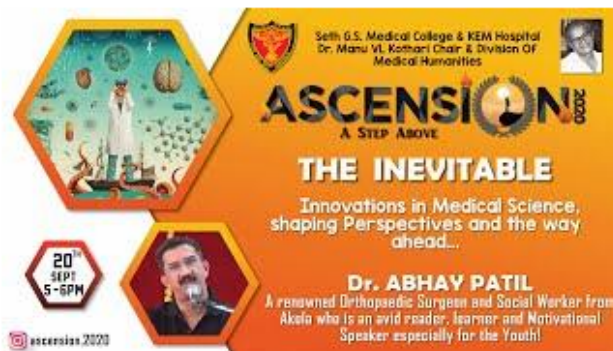
Join us via this link: <https://youtu.be/spEwNBDGQxQ>

Innovations in Medical Sciences, shaping Perspectives and the way ahead

Innovation distinguishes between a leader and a follower - Steve Jobs
As a young pursuant of Medical Sciences have you always thought What does it take to be different.. Extraordinary? Or What qualities do you need?

To answer these questions and more we invited Dr. Abhay Patil, a renowned Orthopaedic Surgeon, Social Worker, avid learner and an amazing Motivational Speaker, to know why an attitude of Innovation and curiosity is the utmost necessity for us as an generation!

There was also Preview YouTube video THE INEVITABLE - Innovations in Medical Sciences, shaping perspectives and the way ahead...



Dr. Abhay Patil's talk was full of important suggestions. We hope his attempt at inspiring our young scientists succeeds. We are in desperate need of re-awakening Indian science. He had provided guidelines, importance being given to collaboration and teamwork, vision,

welcoming discomforts along the way and acting such that not only do we stop brain-drain but actually create an atmosphere where we gain the best brains from around the world.

Symphony:-

An instrumental music competition was conducted ,where participants were given a theme to create a music on.

Symphony competition was based on the idea that music is one of the best methods to relax and rejuvenate from a stressful day.

The participants were given a topic :- "Music that heals", to make their own tracks.They were allowed to use one or more instruments of their choice and layering of music was permitted. The goal of this competition was to give a platform to the budding artist to showcase their talents as well as to create art that portrays music being an important part of ones life

- 1) AarshGajjar- 1st prize
- 2) Rohan Mehta-

Prize distribution of varied online competitions held was held

Painting competition*:-

- 1) PranjaleeKharche-
- 2) Shikha Soni-
- 3) Nidhi Savla-

Story writing competition

- 1)Devduti Sinha-
- 2)Nishant Birajdar-
- 3) Vishnu Balakrishnan Unnithan-

***Short film competition*-**

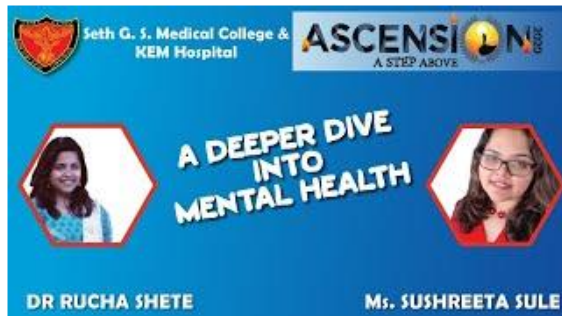
- 1) Ankur Shinde, Hem Shah, Abhineet Desai, Omkar Doiphode, Mihira Joshi

27th September, 2020 -Time : 6:30 to 7:30 pm

Ascension - a step above' in association with Samvad NGO proudly presented “ A DEEPER DIVE INTO MENTAL HEALTH” by Dr. Rucha Shete, Founder of Samvad NGO. link: <https://youtu.be/yUSwZVJriU0>

An Interactive Session Dissolving Taboos around Mental Health, Expanding it's Scope Beyond the Psychiatry OPD & Exploring Ways to Enhance every Interaction and Relation!

To answer any questions about Mental Health and more, we invited Dr. Rucha Shete, Founder of Samvad NGO and Miss Sushreeta Sule, Clinical Psychologist. Preview YouTube video A Deeper Dive Into Mental Health



It was exciting for old-timers to see the high standards of discussion, rational and practical statements. Rucha Shete and Sushreeta Sule make an excellent team though, of course, each one is superb individually. Here are some examples.

Rucha: Thank you for talking to us so freely, opening yourself out and telling us of the evolution of your current program. It is difficult to talk about our own mental handicaps and the manner in which you naturally narrated the manner in which you overcame your illness is salutary. Your experiences in Mumbai, as a student, as a resident, at Gadchiroli were eloquently described. Your analysis of happiness and current work, under the COVID cloud, panic attacks will undoubtedly help your listeners.

The point of not comparing yourself with others also makes great sense. Sushreeta's commentary of expectations (realistic and unrealistic) and

emphasis on avoiding 'must' add other facets to this argument. Rucha then added the point about not dwelling on the past but concentrating on the next step. Sushreeta put it well: 'The past is history, the future is mystery, the present is a gift and this is why it is called the present.'

Rucha, Sushreeta: Your emphasis on listening to the patient highlights a great need. Unfortunately all of us believe that we are overloaded with work and have no time for patients. I do hope your message touches hearts and minds and change attitudes.

Sushreeta: Your analysis of practical problems – confidentiality, dealing with psychiatrists, maintaining records etc. is excellent.

Psychiatrists: The explanation on how to allay the stigma regarding mental health disorders and thus enable patients to consult psychiatrists, psychologists is excellent. Sushreeta's emphasis on avoiding 'right' and 'wrong' and such disruptive concepts is very well placed. Rucha's point about how tribals do not have any stigma as regards mental illness suggests that analysis of why the stigma got embedded into the urban psyche will help overcome this obstacle.

Knowledge and information especially regarding diagnosis;

Rucha's emphasis on empowering patients by providing them information and improving their knowledge is very well placed. Sushreeta's own experience regarding her skin ailment brings up the fact that few patients and families summon up courage to ask the doctor about an explanation regarding diagnosis. Even literate and well-to-do persons face this difficulty. Your emphasis on the doctor taking the initiative to inform the patient and family is thus important and needs widespread implementation by all physicians.

Death, medical 'failures'

Sushreeta discussed this superbly. 'You have done your best. Don't blame yourself as you cannot do better than your best.' Death is inevitable for each of us. There are times when the illness is beyond all medical help. As long as you have done your best for patient and family, there is no cause for recrimination.

'What others say belong to them. If you do not take these statements to heart, they will continue to belong to them. It is only when you take into your mind and start brooding over them that the problems start. So, let what other say remain with them.' Well said.

2nd OCTOBER 2020- Time- 5pm-6:30pm

PANEL DISCUSSION - Enhancing The Teacher - Student relationship

Link-<https://youtu.be/jC2REKc wdSc>

Points -

Are you happy with your relationship with your Student/Teacher?

Want to strengthen your bond and grow together?

Want Solutions and a Platform to think and discuss?

Here we are with all our heart

Preview YouTube video "Enhancing the doctor- student relationship"-
Challenges and the way ahead



This was an interesting panel discussion, with students and teachers discussing issues in the relationships between themselves. Dr. Arnav Tongaonkar, the moderator, created an atmosphere where the younger members of the panel were enabled to talk freely, voice their feelings on the shortcomings of teachers and make suggestions for improvement. The senior members, from Dr. Supe onwards, also took great care to remain informal and listened keenly to what the students said.

Among the issues discussed was the haughty attitude of some teachers where students were put in their places and questioning was considered an insult. Such teachers made no attempt at putting youngsters at ease. The fear generated by such teachers led Ojhas Krishnani to tell the

audience. 'Is it not ironic that I was asked by my friends if I was likely to be failed in my examinations for making this speech at this panel discussion?'

Such an attitude has ensured that students skip lectures and have no respect for certain teachers. This has also led to the dominance of coaching classes – initially patronized by students in the 3rd M.B. & B.S. classes, but now eagerly sought by students who have just joined medical college. There, studying in small groups, instead of the huge lecture theaters with teachers who rapidly establish a rapport with them, students find what they have been deprived of in medical colleges.

Availability of educational talks, demonstration of experiments and even clinical teaching on video-recordings on the internet has further reduced dependence on teachers in medical colleges. Small wonder, then, that lecture halls are scarcely populated when roll calls are not made and ward rounds are perfunctory.

Dr. Shivalkar pointed out that teachers should feel no shame in saying, 'I do not know the answer. I will look up this matter and get back to you later.' He also made the following recommendations: Teachers must greet students with a smile at the beginning of each interaction and return their greetings. They should never carry negative emotions from elsewhere into the lecture theatre or clinic. Favouritism by teachers between students – especially between slow and fast learners – was to be strictly avoided. Students from poor families and rural areas face special handicaps. They must be assisted to overcome these. The learning skills of all students should be maximized.

Students need encouragement, guidance and help from their teachers. At present, this is often not provided

The perennial quests for marks was discussed at length as were the problems posed by NEET. Dr. Shivalkar felt that examination-oriented teaching in India is the biggest impediment to congenial student-teacher relations. Students only want to know what may be asked in exams.

During internships student don't attend wards as they are busy cramming for their postgraduate seats. Recommendations to overcome this hurdle included a return to questions that require answers with reasoning and knowledge instead of mere ticking of boxes and tests that require demonstration of clinical skills acquired at the patient's bedside.

A major defect in our system was referred to by several speakers. The absence of any aptitude tests both before entrance to medical college and during allocation of postgraduate seats makes it difficult to ensure that only those with motivation and requisite skills are taken in.

Dr. Supe referred to the need to instill a culture for research. As in advanced countries, we would then have varieties of teachers: clinicians, researchers and educationists. Some would spend the greater part of their time teaching in wards, others in research laboratories. Unfortunately, in India, at present the teacher is a clinician, researcher, administrator and in private practice!

In conclusion, Dr. Arnav Tongaonkar showed that at present, instead of enjoying each step of our journey through medical college, we are focussing on the next hurdle. We need to restore perspective so that as we learn, we also marvel and admire. Whilst the examinations will enable us to practice the specialty of your choice, there will be a hundred others alongside. What will make an individual outstanding is what has been gained outside the lecture theatres. And that cannot be assessed in our examinations in their current form.

16 OCTOBER 2020 Time - 6 to 7 pm

MANUSMRITI- An annual event conducted In loving memory of

Dr.Manu VL Kothari ***THE JOYS OF STUDYING MEDICINE***

by **Dr Rajesh Parikh**, G.S.M.C. & Johns Hopkins alumnus.



Dr. Rajesh Parikh will offer ways of loving and enjoying the study of medicine. Dr. Rajesh Parikh has been invited to teach at the Harvard, Hopkins and Yale Medical Colleges in the U. S. A. as well as at the Institute of Neuropsychiatry in France. He has won over 200 awards in diverse activities and has published over 150 scientific papers in leading national and international journals.

The joys of studying medicine covers making medical education a delightful rather than a stressful experience. Most medical students sacrifice the best years of their lives always within reach of but seldom experiencing joy.

Ragging of the 'grand juniors' – debate – 'love is a four-letter word'. Manubhai was the chairperson and spoke generously of me. After the debate, he invited me to his office. That was the start of a long and meaningful relationship. I must have spent 1500 – 2000 hours with Manubhai and Lopa over the years.

I then had shoulder-length hair, T-shirts...

Conversations at times centred on humans and cherished objects, how we grow to possess them and then they possess us. I remember one discussion on this topic continued from 2.30 p.m. to 10.30 p.m. Someone had gifted Manubhai a lovely brief-case. He had this with him as we sat outside the canteen at GSMC. 'I can't imagine you ever using that brief-case,' I said. 'The gloss and polish will trouble you.' He immediately tossed it about 20 feet on to dust and gravel so that it was bruised. Scratches and minor abrasions marred its surface. 'Now I do not have to worry about it possessing me,' he said.

Joking, playing with words and ideas as though they were toys. Lopa served as a reality-check, gently bringing both of us back to the relevant topic from our flights of fancy.

Video of a meeting, where Manubhai and Rajesh were independently

invited was then shown. Manubhai is seen bursting into the song 'Doctor isi ka namhai.' after quoting Pare: 'I dressed the wound, God healed it.' Halting the song from time to time, he makes thought-provoking statements: 'A patient comes to us along the path of faith...' 'If love is dripping from your eyes, half of the patient's illness is cured..'

My guide to joy in medicine:

The first step in the joy of studying medicine – *find one or more mentors*. The mentor serves as a role model, confidant, guide.

Deal cheerfully with something that is the antithesis of the joy of medicine for most students – examinations. Competition is intense, stressful especially to those who are used to coming first – as are those admitted to G. S. Medical College.

Disengage the performance of examinations from the acquisition of knowledge. When you do so, the pursuit of medicine becomes unalloyed joy. Manubhai and Lopa had been awarded every medal available but they kept telling me that the joy of acquiring knowledge was always far greater than that of just collecting medal.

Mnemonic for abnormal gait: 'Six sardarjis with severe left ventricular failure went to G. S. Medical College.'

Drawing diagrams in your answer books makes it easier for the examiner to assess your performance.

Make friends. When they understand us and we can turn to them at any time, we are blessed. Firuza befriended me within a month of my joining medical college.

Find meaning in life and our profession. I recommend Victor Frankl's books, especially *Man's search for meaning*.

Enjoy something outside medicine. Develop your own talents that give you

joy – walking, singing, painting...

Medicine is very broad-based and connects with almost everything in life.

Medicine does engender sorrow. We have to deal with pain, sorrow and death. When we realize the wonder that the structure of man evokes, and are, at times, able to restore normalcy, we can

Humanities

Mnemonic: **M**ake **e**very **f**riendship **m**atter **h**ugely.

Mentorship. **E**xaminations. **F**riendship **M**eaning. **H**umanities

Desiderata: thoughts expressed through a film.

Q and A:

Why did you decide to train in medicine?

I chose medicine to do psychiatry. I had read Freud in high school. The human mind fascinated me. Three months into the medical school, I had stated in an interview that I wished to be a neuro-psychiatrist. This early decision enabled me to focus on what I needed to learn.

Getting tired during long hours of studying medicine.

Most important: disconnect your self-esteem from performance at examinations.

Offer relief to your eyes and muscles every few hours when studying. Walk around, gaze out of windows, listen to music, play games, go for a movie a day before the examination...

Find ways to relax. If you love your work, this, in itself serves as a relaxation.

Learning medicine is a life-long commitment. How can we improve?

There is so much excitement in medicine. Vary your studies – include the history of medicine

What people's skills are needed in medicine?

More important than skills is our attitude towards patients, their families. Respect persons, the uniqueness of every individual, the human body. As Bernard Shaw said, manifest your best manners with everyone.

In doing so, we encounter so much fascinating experiences.
Learn to enjoy medicine. Each of us will have our own ways for doing so.

Medical education system..

'Be the change you want.' (Gandhiji) Change ourselves. This induces changes in others.

My life has been a quest for self-improvement.

Students need to be pro-active and tell teachers and administrators about the necessary changes. You can be the agents of change.

12th December, 2020, at 7.00 pm



zoom workshop was conducted by Dr. Shubhangi Parkar, Ex Dean and Ex Professor and Head of Psychiatry Seth G S Medical College and KEM Hospital on “Creative Learning – Answering the Ultimate Query.” The program was essentially conducted on the demand from the students.

Dr. Parkar emphasized the following points.

What is learning?

What are the obstacles to learning?

What is memory?

She emphasized that learning is to know something which can change behavior. Learning is essentially an individual experience of acquiring knowledge and skill. Adult learning is a process where a person takes a systematic approach and amalgamates it in practical tasks. It results in productive and enjoyable experience. Brain is very important organ required and to maximize learning one should make sure that one's memory does not block fresh approach to the learning. Failure should not deter as failure itself can allow learning. Persistence should not be pathological.

The obstacles to learning were pointed out. The illusion of learning can prevent understanding. There is misconception that re-reading, repetition makes one learn. Re-reading does not help learning. Instead, teaching, discussing with others and other ways of sharing, regenerate process of learning. Illusion of confidence, and overestimating self-assessment can be avoided by feedback. There can be illusion of simplicity of learning a task which can be only corrected by actually doing that task. Illusion of difficulty makes one feel diffident. Usually therefore procrastination is resorted to, thinking the task to be very new and complex. It is most important to avoid procrastination. One should know what is promoting procrastination – laziness, lack of self-control, negative feelings. They lead to time wasting activities. It was suggested to emerge from avoidance cycles, a tiny unthreatening first step has to be taken. The POMODORO (Tomato) technique was discussed which is a time management philosophy focusing on work sessions with alternate breaks. This technique keeps mind focused and alert. To avoid dillydallying any task follow Eat the Frog technique. It says that handle the biggest problem first when you are fresh.

Different types of memory were talked about. The immediate working memory is comparable to RAM in computer. It is private mental blackboard. The long-term memory is like storage house, comparable to hard disk of computer. It is built up by repeating it over long period. Visual

and spatial memory consuming less energy are other types. Sleep strengthens neural circuits, and helps in keeping neuroplasticity alive. Adequate sleep is a must and should be taken seriously.

23 December 2020- Release of *Interpersonal relations in health care*.



Dr. Hemant Deshmukh, Dean, released the annual volume of *Reflections on medical ethics* entitled, this year, *Interpersonal relations in health care*. The Academic Dean, Dr. Milind Nadar, also addressed the audience.

As with the earlier volume, the editor is Dr. Swarupa Bhagwat. She was able to obtain contributions in the form of essays from a variety of authors – senior and junior (four of them are students) – who have contributed their distinctive views.

The lockdown throughout the state due to COVID infection mandated an electronic interaction between speakers and the audience. As Dr. Bhagwat pointed out, the online platform proved a boon under the circumstances, making masks unnecessary and expressions being clearly visible.

The introductory video-recording *Doctor isi ka naam hai* featured the late Dr. Manu Kothari, his aphorisms, the dramatic photograph showing him auscultating his mother's chest and his evocative rendering of the song that gave rise to the title of the film. This was followed by the equally inspiring excerpt from Dr. Farokh Udwadia's talk at our inaugural function, outlining the scope and importance of the humanities in medicine.

Dr. Bhagwat paid warm tributes to her joint editors, Dr. Lakshmi Rajgopal and Dr. Sanjay Nagral for their help. Dr. Hemant Morparia had kindly contributed his inimitable creations which lightened the mood even as they made crucial points. Mr. Kingshuk Sarkar (17 years old, 1st M.B.B.S. student) contributed the illustration used as a cover and also provided an explanatory note on its significance.

Dr. Bhagwat emphasised that since we are on a learning curve, there was room for improvement in the production of subsequent volumes.

The contributors and general contents of the book in 19 chapters were introduced, grouped under *Doctor-patient relationship* (9 essays), *Medical teacher-student relationship* (4 essays) and *Doctor-doctor relationship* (6 chapters).

Dr. Ashok Vaidya, who needs no introduction, provided the voice of reason in his address. Having 'seamlessly integrated expertise on Ayurveda and modern medicine' (Dr. Nagral), he described the early efforts by himself and Dr. Kothari at *sankalpa* (aspirations) that eventually, decades later, led to the formation of this division of humanities in the college. He emphasized the crucial role of the history of medicine and the need to keep reminding ourselves of the giants on whose shoulders we stand. He also reminded us to reflect in an unreflecting world. In closing, he pleaded for the conversion of our division into a full-fledged department.

Dr. Nagral moderated the function with his usual elan and featured brief talks by some authors and then stimulated a discussion on the contents.

Due to constraints of time, all authors could not be requested to talk. I shall focus on a just a few of those who were able to present their thoughts and views. What follows is a very brief outline of what they discussed. For better understanding, I refer you to their texts in the volume.

The first was Dr. Kaveri Nambisan. Trained at St. John's Medical College in

Bangalore, she proceeded to England for her training in surgery. She chose to return to India and is well known for her work in rural areas. Dr. Nagral reminded us that apart from her fame as a surgeon, she is also a renowned novelist. In her recorded talk on doctor-patient relationship she reminded us that this is not a skill but a sensibility that can be imbibed by observation and practice. She asked us to imagine ourselves as patients – especially those with seriously disabling illnesses. Knowledge, good cheer, patience, humility add to our learnt skills. Despite our most sincere attempts, we do make mistakes. Whilst we should not overlook or underplay our flaws, we must not flog ourselves. We must remember to be kind to ourselves as we pursue our arduous profession.

Dr. Yeshwant Amdekar, is renowned not only as a paediatrician but also as a teacher. Dr. Nagral specifically referred to the many continuing medical education programs he has organized successfully without any funding from the pharmaceutical industry. He spoke on the relationship between doctors – a subject seldom referred to and generally ignored. Given the pace at which medical knowledge and technology is advancing, it is often necessary for us to involve colleagues in the care of our patients. He referred to the crucial principle of never running down our peers even when we differ from them. Diplomatic wording can ensure that erroneous treatment can be replaced by what will truly benefit the patient without denigrating the colleague who has invited you for a second opinion. Role models can teach us much and Dr. Amdekar referred to that epitome of ethical medical practice – the late Dr. C. S. Wagle – from whom he learnt so much.

Dr. Avinash Supe discussed the relations between student and teachers. Students must feel comfortable in their relationships with their teachers. The creation of a good environment by the teacher enhances learning and, in turn, results in the students eventually revering their teachers. He used the example set by Dr. Manu Kothari, who told each batch of students: 'You are here to ask questions. It is my responsibility to try and answer them to your satisfaction.' The interaction between student and

teacher must be based on mutual respect. The good teacher shows no favouritism and yet, pays special attention to those in greater need due to poverty at home or inadequate primary education. The culmination of such a relationship must be the development of life-long friendship between teacher and students.

Continuing on the same theme, Mr. Pranav Survase, in his final year of the course for M.B.B.S., and author of a chapter in the book represented the students. He recalled that he had originally been infatuated with medicine as a lucrative career but his teachers have served to inspire him. He has found his interactions with teachers a welcome corrective. They inspired him to develop empathy for his patients and countered many of the ills in the current system of education that erode the possibility of being a humane physician. They helped him change focus from keeping only science in mind to one that also incorporated the art of medicine.

Dr. Ravi Ramakantan brought in his special brand of common sense. He focused on a primary principle in the patient-doctor relationship. Like any other relationship, your relations with your teachers, medical colleagues and patients will depend on what kind of relationship you have with yourself. Such introspection can be developed by deep involvement with those who spend all their time in the humanities. (Dr. Farokh Udwadia had dealt with this at the very start.) It is then that we understand that it is the patient who is crucial in our relationship. We are there because of the patient and our prime goal is to do all we can to help. He underscored the message that Dr. Kothari passed on to so many – learn about relationships, including those with patients, from the Bhagavat Gita. The message it provides has nothing to do with religion. It has everything to do with being an admirable person and, in our case, physician. Dr. Ramakantan left his audience with the concept of the role model that we need and, in turn, ought to strive to be - so well expressed in a poem:

“No written word
no spoken plea

can teach our youth
of what they should be,
nor all the books
on the shelves
it is what the teachers
are themselves."

The discussion that followed was equally fascinating. You might like listen to it on YouTube channel "Dr. Manu V. L. Kothari Chair of Medical Humanities"

The book can be obtained from the Nostalgia office at Seth G. S. Medical College (nostalgia@kem.edu).

23rd January 2021-

Celebration of the 6th Foundation Day of the Chair on 23rd January 2021 by online talk by Dr. Dilip Jeste, Senior Associate Dean for Healthy Aging and Senior Care

Estelle and Edgar Levi Memorial Chair in Aging, Distinguished Professor of Psychiatry and Neurosciences, Director, Sam and Rose Stein Institute for Research on Aging Co-Director, IBM-UCSD Artificial Intelligence Center for Healthy Living University of California San Diego on "Wisdom, Gita, and Neuroscience: Relevance to Humanities" to our students, faculty and other staff members, online on 23rd January 2021 at 6.30 p.m. Indian Standard Time

The poster is for an online talk by Dr. Dilip V. Jeste. It features a yellow background with a portrait of Dr. Jeste. The text includes the title of the talk, the speaker's name, and his credentials. It also provides the date, time, and platform for the event, along with contact information.

Seth G.S. Medical College & KEM Hospital
Dr. Manu V.L. Kothari Chair & Division of
Medical Humanities

**Wisdom ,Gita &
Neuroscience :
Relevance to
Humanities**

Dr. Dilip V. Jeste

- Senior Associate Dean for Healthy Aging and Senior Care
- Estelle and Edgar Levi Memorial Chair in Aging
- Distinguished Professor of Psychiatry and Neurosciences
- Director, Sam and Rose Stein Institute for Research on Aging
- Co-Director, IBM-UCSD Artificial Intelligence Center for Healthy Living, University of California San Diego

Date : 23/01/2021 | **Time :** 6:30pm | **Platform :** LIVE YouTube

Contact :
@medical_humanities_gmc | Mrinmayi : 9652787794
@seemission2021 | Darsh : 9920956878

Dr. MVLK chair of Medical humanities (January 2020 to December 2020)

Income in Rupees		Expenses	Sum
From donors	Fixed Deposit		
Interest			
Opening balance	109,238.62	Secretarial Assistant	30,000.00
Jan 2020 to Dec 2020	469,057.00	Audio visual recording & other misc exp of interview	31,300.00
		Workshop Expenses-printing, mementoes,	
		travelling,stationary & snacks etc	44,558.00
		Expenses for Archieves	12,000.00
		Total Expenses	117,858.00
		Closing Balance	460,437.62
Total Amt	578,295.62	Total Amt	578,295.62