

MESSAGE FROM DESK OF DEAN



These past two years were those we never expected. We began 2020 with a pandemic that rivals the Great Influenza of 1918 and continues to this day. Over the past 12 months, the Department of Medical Humanities has been pivotal to the institution's clinically-excellent response to COVID-19. At each hurdle, our physicians, nurses, and staff have risen to the occasion to find innovative solutions to care for our poor patients and educate our residents and fellows.

In 2022 a new chapter will begin in my life and for Seth G. S. Medical College and K.E.M. Hospital that I have had the distinct pleasure of leading for the last over three years.

I am eager for the opportunity to get back to my roots as a faculty member focusing on education, research and patient care at a more personal level than I could as Dean. Still, while I will no longer hold a leadership role, I will never stop being an advocate for and a supporter of Dr. M. V. L. Kothari Chair of Medical Humanities and Department of Medical Humanities for the important role that we play for economically compromised strata of society.

Looking back on my time as Dean, I am satisfied by what we accomplished together; especially, various online debates and lecture programs keeping in mind our role in this COVID-19 crisis.

In a very short span of 4 years we will be celebrating the Centenary of these legendary institutions. I foresee the development and strengthening of the Medical Humanities Department with a new strategic plan to guide us forward are just some of the milestones that should pay dividends for the Medical field down the road. I have confidence you will all continue to build on these developments in our continued pursuit of excellence. With it, I am sure our graduating students will enter the medical field with an understanding of what a privilege it is to be able to serve patients and make a difference in their lives.

It has been a true privilege to be able to lead these institutions, to work with so many talented physicians, and to help position this great institution to continue delivering on its mission to not only Maharashtra state, but the whole nation and mankind in general.

Thank you for the chance to serve. I wish you all the best.]

A handwritten signature in blue ink, appearing to read 'Hemant Deshmukh'.

Dr. Hemant Deshmukh

MESSAGE FROM ACADEMIC DEAN



I have the proud privilege of writing a message in the Annual Report -2021 of Dr. Manu V. L. Kothari Chair of Medical Humanities and Division of Humanities.

Medical humanities fill a vital need by encouraging people to consider our humanity alongside advances of medicine, judicious use of communication, knowledge, technical skills, clinical reasoning, emotions, values, and reflection in daily practice. I am sure we can improve individual, community, and societal health and healthcare delivery through it.

The field of medical humanities – which includes the humanities through literature, philosophy, and history, social science and the arts e.g., literature, theater, and film – is used to expand our understanding of the work we do in the clinical, research, and educational fields. It is a holistic response, uniting the arts, humanities, and social sciences to address needs in medical education, professional development, and patient care.

Since the medical humanities heighten our awareness and appreciation for the “whole person” in medicine, students come away with a greater understanding of the art of medicine, the importance of the doctor-patient relationship, the spiritual and emotional dimensions of disease and the human experience of illness. So, I would like to see the expansion of our educational programs to all healthcare professionals. My hope for the Division is to extend the reach of educational programming across the medical colleges to involve learners at all levels and of all disciplines.

I sincerely appreciate the commendable work being done by students and staff and look forward to varied programs to educate students. I wish all the best to Dr. Manu V. L. Kothari Chair of Medical Humanities and Medical Humanities Division.

A handwritten signature in blue ink, reading 'Milind Nadkar'.

Dr. Milind Nadkar

From Chairman's Desk



Dear Students, you are indeed blessed to find an opportunity to get education at one of the best colleges of Mumbai which has been nurtured and benedicted by the great patriotic physicians by their celestial vision.

I feel great pleasure in presenting the issue of our Annual Report-2021 and Reflections.

It gives me immense pleasure to pen a few words as prologue to our Report exclusively meant for churning out the talents which bears immense potentiality of sharpening your communication skill as part of your overall personality development.

The Chair aims at Seth G.S. Medical College will be an inclusive model of humanity, learning, teaching, and patient care. Our students, alumni, faculty, and staff will be recognized for their pursuit of purposeful lives, vibrant and sustainable communities, and a just world.

I hope you enjoy the online programs.

A handwritten signature in black ink, appearing to read 'Sunil Pandya'.

Dr. Sunil Pandya

**Celebration of the 6th Foundation Day of the Chair on
23rd January 2021 by online talk**

Name of the Event	6 th Foundation Day of the Chair - Oration "Wisdom, Gita, and Neuroscience: Relevance to Humanities
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairOfMedicalHumanityDiv)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	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
Date of Event	23rd January 2021 at 6.30 p.m. Indian Standard Time



Dilip V. Jeste, M.D. is an American geriatric neuropsychiatrist, who specializes in successful aging as well as schizophrenia and other psychotic disorders in older adults. He is Senior Associate Dean for Healthy Aging and Senior Care, Distinguished Professor of Psychiatry and Neurosciences, Estelle and Edgar Levi Memorial Chair in Aging, Director of the Sam and Rose Stein Institute for Research on Aging, and Co-Director IBM-UCSD Artificial Intelligence Center for Healthy Living at the University of California, San Diego School of Medicine.

He is the author, with Scott LaFee, of WISER: The Scientific Roots of Wisdom, Compassion, and What Makes Us Good. In it, he describes evidence-based findings on the definition, measurement, and neurobiology of wisdom as well as its relationship with aging, and interventions to promote wisdom

Jeste has published 14 books, more than 750 articles in peer-reviewed journals, and over 160 book chapters, and he was listed in "The Best Doctors in America," and also in the Institute for Scientific Information list of the "world's most cited authors", comprising less than 0.5% percent of all publishing researchers of the previous two decades. He has received numerous awards, including those from the National Alliance on Mental Illness, International Psychogeriatric Association, National Institute of Mental Health (NIMH), Institute of Living, Veterans Affairs, and APA

Wisdom, Gita and neuroscience. Relevance to humanities.

Dr. Jeste provided a talk that incorporated nuggets from the Gita, relevant scientific studies (some of which were conducted by himself and his colleagues) and, of course, a synthesis of facts, teachings and the fruits of contemplation to educate all of us on what constitutes wisdom. (That at least one of his studies was done with the collaboration of Dr. Ipsit Vahia, grandson of Dr. Jeste's mentor, Dr. Vahia and son of Dr. Jeste's friend and colleague, Dr. Vihang proved an added attraction. Dr. Vihang had, on an earlier occasion, talked to our younger colleagues at a session organized by our division.)

Dr. Jeste did not rest there. He developed the theme of the neurobiology of the various components of wisdom and focused our attention on the frontal lobes and the limbic system.

The relatively novel concept of levels of wisdom was augmented by tips on who one can progress up the steps towards the ideal. We hope that some viewers will take up his offer and translate the Jeste-Thomas scale for use in different parts of India.

The distinction between wisdom and intelligence was clearly defined. Whilst there is no argument against enhancing the latter, there is a lot to be done in the acquisition of greater wisdom. Doing so will, as Dr. Jeste showed, not only help others but also improve our own senses and sensibilities. The

enhancement of our cerebral activity as we age is a welcome bonus.

Likewise, the emphasis on improvement in wisdom as we age – if we take care to help such a development – and the mutual benefits of interactions between individuals at the two extremes (the aged and children) was most welcome.

I had hoped that Dr. Jeste would refer to the seminal collection of Dr. William Osler's essays* when discussing equanimity but there was so much else he had to offer. Our young colleagues would do well to supplement the lessons imparted by Dr. Jeste by those in this volume.

- Osler Sir William: Aequanimitas with other addresses to medical students, nurses and practitioners of medicine. London: H. K. Lewis & Co. Ltd

Music for Joy and Therapy

Name of the Event	Music for Joy and Therapy
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairofMedicalHumanityDiv)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Moderator :- Dr Manoj bhatawadekar
Date of Event	20th February, 2021 6.30 to 8 p.m.

A melody that may be stuck in your head, compositions that may have taken months to perfect, or that single chorus that makes you feel on top of the world.

Find out a bit more about the psychology behind this heavenly art form with the help of discussions and performances as well as experts.



The meeting on YouTube on 20 February was joyous and therapeutic.

All participants spoke affectionately and respectfully of Dr. Manu Kothari and Dr. Lopa Mehta. Dr. Bhatawdekar pointed out that Manubhai did not teach anatomy. Instead he taught his students how to think and how to learn.

Dr. Manoj Bhatawdekar is, obviously, adept in the art of music and creative in the field. The examples he gave when describing the event

when youngsters refused to eat healthy meals and insisted on 'junk food' showed these very well. Using *Antakshari* he made then create anew songs based on familiar melodies that extolled the virtues of a balanced diet! Using this very gentle and musical technique, he got them around to eating what was being served. He was also familiar with the qualities of most participants and elicited thoughts and performances that delighted everyone.

Each participant had something different to offer. I shall comment only a few but this does not, in any, downgrade the contributions of the rest.

Dr. Purnima Nadkarni's experiences with Gujarati music, *garba* songs and dances have obviously brought her great joy. Her straight-forward account of her current illness elicited admiration and good wishes.

Dr. Anita Patel, who, as a urologist, deals with illnesses below the belt, used conversation on music and other interests to break the ice when talking to a new patient. She has been a colleague with Dr. Bhatawdekar from the time they studied at GSMC-KEM. Both spoke fondly of *Swachhanda* founded by them. Aimed at creating – not copying – songs and music, the group met in the empty hall on the top floor of the then 'new library building'. They

recalled Dr. Sharadini Dahanukar bringing them delicious snacks as they played music. Dr. Anita recalled having to sweep the hall themselves before each meeting and how they had to carry their own instruments to the top floor. She made an interesting statement. 'Music sharpens the senses to the extent that when a patient passes urine into a metal container, I can make a fair diagnosis from the sound produced during the act.'

Dr. Pooja Bandekar's admission of being a mischievous child must have brought smiles to the faces of all listeners. The fact that her photograph adorned two opposing notice boards at the King George High School each year for all the ten years she was there must have provoked guffaws for one board was for the best student and the other for the most naughty student! An anecdote mentioned by her deserves research. When her mother was pregnant with her, she noted that if she did not sing songs from Geet Ramayana, Pooja's intrauterine kicks were vigorous. As soon as she started singing, the kicks slowed down and ceased.

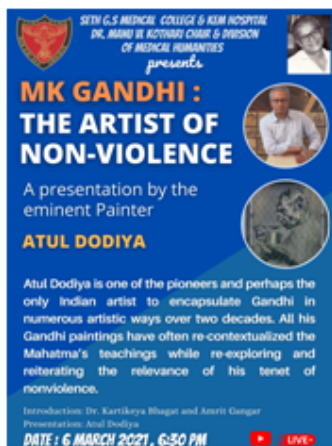
I was especially thrilled by the presence of Dr. Madhuri Thakar, senior physiotherapist and the youngest member of the group, Pranav Tiwary (3rd MBBS) – who has won prizes playing the violin from the age of 6 years.

Dr. Bhatawdekar elicited from each member of the panel their thoughts on music and the role of music in medicine. He also enabled them to showcase their own creative efforts in music – be it singing or instrumental music.

The success of the meeting was obvious even as it was in progress. The 'chat box' soon filled up with laudatory messages. Among those recording their thoughts were Dr. Murar Yeolekar, Ms. Rama Malik, Minal Kothari, Dr. Malini Nadkarni, Dr. Nilima Kshirsagar, Dr. Sugandha Karapurkar, Dr. Pravina Shah, Dr. Shubhangi Parkar and Dr. Dinesh Daftary.

M.K. Gandhi : The artist of non-violence- A presentation by the eminent painter, Atul Dodiya

Name of the Event	M.K. Gandhi : The artist of non-violence- A presentation by the eminent painter, Atul Dodiya
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairOfMedicalHumanityDiv)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Mr. Atul Dodiya
Date of Event	Saturday, 6 March 2021 6.30 to 8 pm



At any given point of time, Gandhi would seem more relevant than ever before, as he is now, for instance. It would be a great opportunity to listen to Atul Dodiya about his artistic encounters with the Mahatma, the artist of non-violence.

Rohan Walse was the host for the evening.

Dr. Kartik Bhagat introduced the subject of art and medicine. He pointed out that most of us develop a fleeting interest in art but few convert what started as a hobby into a passion and a striving towards perfection. He referred to the creative

process by which an idea or perception is transformed into art.

He welcomed Mr. Atul Dodiya who would tell us of the thinking and means used by him to create a series of works of art depicting facets of the life and work of Gandhiji. Mr. Dodiya is not a stranger to K. E. M. Hospital. He visited it first when he came as a student at the Sir J. J. School of Arts to see Wild Strawberries - a film made by Ingmar Bergman. Now, he is revisiting it as a master artist.

Dr. Kartik Bhagat passed on the microphone to his dear friend Mr. Amrit Gangar – who, too, is no stranger. He had started the Seth G. S. Medical

College Film Club several years ago and got it affiliated to the Film Society of India. Wild Strawberries was the first film screened by him in our auditorium. It will interest our readers to learn that the film featured a crotchety retired doctor Isak Borg who traveled from Stockholm to Lund, Sweden, with his pregnant and unhappy daughter-in-law, Marianne, in order to receive an honorary degree from his alma mater. Along the way, they encounter a series of hitchhikers, each of whom causes the elderly doctor to muse upon the pleasures and failures of his own life. These included the vivacious young Sara, a dead ringer for the doctor's own first love.

More recently, Mr. Gangar discussed and screened Mr. Satyajit Ray's Ganashatru under the auspices of our Humanities Division.

Mr. Amrit Gangar had the pleasant task of introducing Mr. Dodiya. In doing so he referred to the staunch Gandhian couple – Mrs. Hansa and Dr. Jivraj Mehta – who had so much to do with the development of our institutions. Mr. Dodiya's paintings bring alive the concept of ahimsa so dear to Gandhiji. Mr. Gangar

reminded us of the journal Indian Opinion launched by Gandhiji in South Africa in 1906. In it he had published a series of essays grouped under the title Guide to health. Between 1942 and 1944, Gandhiji and Kasturba were imprisoned in the Aga Khan Palace in Poona. The essays from Indian Opinion and additional essays written in Poona were translated into English by Dr. Sushila Nayyar and published in a book Key to health in 1948.

Gandhiji has influenced Mr. Dodiya since his childhood and he has been depicting Gandhiji over the past 3 decades on canvas, in collages and in sculptures. His body of work could be termed chitradeha (after the term used to envelop Gandhiji's written works akshardeha). Mr. Dodiya has also included texts and Gandhi's humor by Gandhi in his generally austere paintings to produce an extended history and a visual biography.

Mr. Dodiya emphasized that his attempts have been at embodying Gandhiji's philosophy in works of art. He was born in Ghatkopar. He continues to live and work there. Having to choose between creating paintings and cinema, he used his practical wisdom to choose the former as he was not dependent on others

and did not need to hunt for huge funds.

As an aside, he talked of the fear in abstract modern art and he recommended that we study modern art as opposed to calendar art. Modern techniques are just examples of the diversity of the means for expression. Form, colour, texture and scale are relevant to all forms of art. To help us understand this, he showed some modern paintings by himself, including The room, Bombay buccaneer (self-portrait with a revolver in his hand), Letter from father featuring both the text of the letter and his portrait), 3 painters (showing himself and Bhupen Khakhar looking at Rene Magritte's portrait featuring a mirror) and Woman with chakki. We were shown three paintings from the series Scenes from a marriage in which Mr. Dodiya showed his humorous side. Charu, based on Satyajit Ray's film Charulata, has in the background the name plate of 'Dr. Albert Kumar D. Bone Setter'. He also showed views of his solo exhibition at the Bhau Daji Lad Museum in Byculla. His paintings there pertained to Gandhiji and Bombay. In these he also included doodle-like paintings made by his artist-hero, Rabindranath Tagore

He started work on Gandhiji after returning from his studies in Paris. Mr. Dodiya's father had migrated to Bombay in 1938 from Gondal and the family continues to nurture its roots in Kathiawad. When his mother's brother gifted Mr. Dodiya, then aged 16, Gandhiji's account of his experiments with truth in Gujarati, his interest was aroused. When his brother-in-law was posted in Porbandar, Mr. Dodiya made frequent visits to their home and studied the life and work of Gandhiji. He has created 250 or so paintings on Gandhiji, of which he showed us about 50.

The first painting he showed depicts a politician garlanding the statue of Gandhiji from a telescopic ladder. In the background we see the rotating restaurant atop the Ambassador Hotel. Unfortunately, Mr. Dodiya made no comments on how politicians actually disregard all of Gandhiji's teachings in practice.

When painting Lamentations, for the 50th anniversary celebrations of our independence, he decided to use the demolition of Babri Masjid and the subsequent bomb blasts in Bombay as themes. He had just returned with new ideas and this is reflected in the left half of the painting in the style of Picasso.

Lamenting angels are seen on the right, where we see Gandhiji's back as he walks away from us.

In a further attempt at producing a creative painting on Gandhiji, he seized Gandhiji's own statement that '...I am an artist of non-violence...' and showed Gandhiji watching a performance where an actor interacts with an animal. Mr. Dodiya felt this performance was one of non-cooperation and this was consonant with the acts of Gandhiji. The use of watercolors on paper was to move away from the expensive materials needed for oil painting in keeping with Gandhiji's own simplicity.

In an exhibition at a show in Manchester he got glass-fronted cabinets made similar to those in the Gandhi museum in Porbandar. The top of each cabinet was sloped to make it difficult for pigeons to sit on them! He filled the cabinets with a bhiti's leather bag to carry water, artificial limbs, a bone lying over an accounts book belonging to his father, works of art and panels of imaginary dialogues with Gandhiji. The items were intended to express his feelings of revulsion at the Godhra disaster and the destruction of the twin towers in America. He included a photograph of a young girl whose corneas were removed for use in others without any concern about the disastrous consequences to the girl.

Paintings on shutters with some of them also having another painting on the wall behind the shutter aroused considerable interest. In the gallery, viewers are encouraged to roll the shutters up and down. The series entitled Mahatma and the masters demonstrated yet another facet of Mr. Dodiya's creativity.

Listening to Mr. Dodiya describe details on each of the paintings he showed us served to educate us on aspects we would otherwise miss and overlook. However, he emphasized the need for viewers to create their own stories on each painting based on their personal experiences and understanding. This is more important than trying to learn what and why the artist wished to depict. 'Feel the painting...You do not need the artist or an expert reviewer to explain anything to you.' He advised the younger members of the audience to cultivate the habit of seeing more and more works of art and attempting their own analyses of each of them.

It was a treat to learn from Mr. Dodiya. He permitted us to enter the mind of a very original and much-admired artist.

How to read a poem by Padmashree Awardee Mr. Sitanshu Yashachandra

Name of the Event	How to read a poem by Padmashree Awardee Mr. Sitanshu Yashachandra
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairOfMedicalHumanityDiv)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Mr. Sitanshu Yashachandra
Date of Event	4th September 2021 6 to 8 pm



Dr. Sitanshu Yashchandra, had recently celebrated his 80th birthday, when he was requested by Dr. Kartik Bhagat to talk to us on poetry. We were fortunate that Dr. Bhagat agreed to help us because Dr. Yashchandra is close to him. Dr. Bhagat's father and Dr. Yashchandra met regularly over years in Girgaum as part of a group of poets. One can only imagine the amazing exchanges then as with matched poetic skills!

In his introduction Dr. Kartik expressed the hope that the division of humanities created as a memorial to Dr. Manu Kothari will evolve into a full-

fledged department in our college.

He introduced Dr. Yashchandra was not only a poet but an institution as he is also a playwright, critic, translator, teacher, academician, thinker, public figure and much more.

Dr. Yashchandra obtained his Master's Degree from the University of Bombay in 1965. Five years later he was awarded the Fulbright Scholarship which enabled him to travel to the USA and obtain a Ph.D. in comparative literature. Traveling to France, he did a comparative study of Ionesco and Shakespeare's *Macbeth*. In 1977 he obtained a second Ph.D. in the same subject in his home university (Mumbai). His daughter was born as a spastic child and has sharpened his sense of humanity. His wife and he decided that

this was a handicap they would help her overcome. You can judge the success of their efforts from the fact that she is a Master of Philosophy and a poet in her own right.

Dr. Yashchandra has been honored by invitations to serve at many universities as visiting professor and has been appointed Emeritus Professor by the University Grants Commission.

Plays, screenplays and books have emerged regularly from his pen. Awards, including that from Sahitya Akademi and the Padma Shri have been heaped on him.

In his poetry his independent mind has challenged current notions and his creations have appealed to all scholars young and old as well as his fellow litterateurs. Flashes of this quality and his gentle humor permeate his talk.

Balding, with a dignified snow-white beard, Dr. Yashchandra provides us an informal, intimate presentation.

He starts by pointing out that as you read a poem, you realise that it began well before the first line and continues long after the last line has ended. Our own experiences and the poet's eloquence make each line of each poem come alive, enabling us to anticipate the first line and continue after the poem on the page has ended.

He uses a wide canvas and provides examples from T. S. Eliot's *The love song of J. Alfred Prueck* which starts with 'Let us go then, you and I...', *Vaishnava Jana*, Milan Kundera's *The book of laughter and forgetting* and other works.

Talking of the Eliot poem, he takes his medical audience into consideration by emphasizing the third line, 'Like a patient etherized upon a table...' thus juxtaposing the poetical with the medical, the lyrical sights of the evening with the medical event of the patient on the operation table.

Poetry is an unmediated vision. A good poem can baffle the reader, offer ambiguities and compel

the reader stops after some lines to ponder, evaluate and comprehend. Dr. Yashchandra compares a poem to a young girl who appears to elude the

young man, tantalizes him and makes him want to pursue her. Far from merely offering comfort, the poem may also engender a sense of desperation. It conveys a sense of excitement but may not necessarily provide order.

Impressions on first sight may be misleading. As he points out, *Vaishnava Jana*, using the Gujarati third word 'to' appears to be part of a conversation already going on and is not merely a list of virtues.

Dr. Yashchandra described the scene from the Kundera book where Vladimir Clementis feels the cold experienced by his leader Klement Gottwald as he addresses a crowd from a balcony and places his own hat on his head. This event is contrasted with Clementis being charged with treason and sentenced to hanging four years later with the consequent elimination of his figure from all photographs including that on the balcony where you now see only Gottwald with Clementis' fur cap on his head. The poem attempts to demonstrate the power of the language of propaganda and political rhetoric – a masked language. The language of poetry differs from that of rhetoric. The latter is the province of the mass media. The former that of personal contemplation. Kundera focussed on the cap in the modified photograph of the same event shown four years later and this is also what the lover of poetry must concentrate on. Poetry can remind us of absences.

Poetry becomes especially relevant when political and economic forces are triumphant and take over the minds of the public. It serves as a corrective.

Dr. Yashchandra quoted the short poem *Rajghat par* written in Gujarati after the poet Hasmukh Pathak had visited Gandhiji's samadhi. 'Never has Gandhiji slept for so long, under so many flowers...' is followed by 'Gandhi simply wrote and wrote, he hardly slept; these flowers have changed the rules of equilibrium'. The poet reminds us that the real Gandhi is not present around the shiny stone laden with flowers.

Poets often show us how political and economic forces misappropriate great personalities and try to counter these trends.

Imparting another lesson on how to read poems, Dr. Yashchandra asks us to discover relatively unknown poets. Famed and much lauded creators or poetry tend to repeat themselves. You will gain novel insights when you

explore the works of relatively unknown authors.

Dr. Yashchandra extols the virtues of haikus and other short, poems which are the most distilled form of human language. As an example, Dr. Yashchandra quoted the haiku written by Katsushika Hokusai, a pupil of Basho.

'I write,
erase,
rewrite
Erase again,
and then
A poppy blooms.'

Hokusai makes us wonder as he shows how erasure is such an important component of the act of creating.

With modesty, Dr. Yashchandra tells us that he too is a student of poetry, continuing to learn how to read a poem. If a master like him needs to do so, how much more important is it

for us to read poetry, try and understand nuances, write our own poems, read them, erase them and rewrite.

It is also important for the essayist and poet to restore vitality to language and counter the many mindless messages from advertisers that plague our existence as they wish to sell more and more and more. To do so, we must, like Kabir, stand in the marketplace and not sit in an ivory tower. To truly restore purity of language you may even have to make sacrifices.

Dr. Yashchandra introduces us to Mr. Balwantray Thakore, the mustachioed poet from Bharuch, who passed away in 1952, aged 82. In a marketplace in Baroda, when an insolent young man asked him, pointing to a manuscript, 'Have you brought this also for sale?', the poet answered, "This has already been sold – to poetry – and is not for resale!"

Medieval poets too searched for means to combat the many crises that we

are heir to. Mira (who talked of the cup of poison sent to her by Ranaji) and Narasimha Mehta are just two examples.

There is, of course, much more in Dr. Yashchandra's talk. Since he is addressing us in English, he concentrates on Western poets. The width of his interests is evident from the individuals he focuses on – many of them unknown to the average student of medicine. He provides varied references – Wisława Szymborska of Poland (1923-2012) and her poem *Consolation* referring to Darwin; Freud and his book on *Jokes...* emphasizing the need for laughter especially in our grim times; Basho's haiku that describes an autumn evening, where 'on a withered branch, a crow is perched'; Wallace Stevens' *The man with the blue guitar* where a dispute – on whether feelings should be expressed as they are or after they have been transmuted upon the blue guitar – is resolved, Dr. William Carlos Williams and others.

Poetry, music, language let us view events in a liberating manner.

The Armenian poet Ishq Khan compensated, in his mind and heart, for the loss of Armenia by making the Armenian language his home. Every time an Armenian asks 'Say a house of verse', the four lines of a classic Armenian quatrain become four walls.

Anna Swir, the Polish poet wrote *I'm afraid of fire* as she watched her beloved Warsaw burn under attack by the Germans and the Russians. As she did so, she attempted to '*flee this speech which sounded on earth before the speech of man.*'

The simple words of some poets can be as evocative as the more complex creations by others. Wordsworth described how his heart leaped when he beheld a rainbow in the sky – as a child and as a man. He then voiced his hope that so it would be when he confronted death.

Dr. Yashchandra returned to T. S. Elot's *Love song of J. Alfred Prufock*.

'Let us go then, you and I,

When the evening is spread out against the sky

Like a patient etherized upon a table;

Let us go, through certain half-deserted streets,

ASCENSION- A Step Above- 2021

Day-1

Name of the Event	Covid 19; an urgent call for clinical ethics committees in Indian hospitals
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairOfMedicalHumanityDiv)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Panel Discussion - Dr. Sanjay Nagral, Moderator
Date of Event	2nd October 2021 6 to 7 pm

PANEL DISCUSSION SUMMARY

On the 1 st day of ASCENSION 2021, 2nd October, a panel discussion was held on “COVID-19, an urgent call for Clinical Ethics Committees In Indian Hospitals” with Dr Sanjay Nagral as the moderator and Dr Olinda Timms, Dr Ravi Vaswani, Amar Jesani and Dr Sushrut Ingawale as the panelists. The Panel opened with enumeration of ethical dilemmas commonly seen in COVID-19 pandemic like: request for mandatory swabs, use of experimental drugs, informed consent when patients were isolated by themselves with no relatives at the hospital, mandatory vaccination at workplaces, younger doctors were exposed more at the frontline considering they are less likely to get a serious illness compared to older faculty, etc.

Diverse ethical issues were then discussed based on real clinical cases. This was followed by a discussion on the need for, the structure and the functions of a Clinical Ethics Committee (CEC) in a hospital. The impact and limitations of a CEC were also discussed. Later, in the Audience Question & Answer, various existing models of CECs or alternative structures in Western countries, need for imparting medical ethics through student curriculum, need for



ASCENSION 2021
A STEP ABOVE

PANEL DISCUSSION
"COVID 19, AN URGENT CALL FOR CLINICAL ETHICS COMMITTEES IN INDIAN HOSPITALS"

2nd October **6pm to 7 pm**

MODERATOR
Dr. Sanjay Nagral
Senior consultant, Department of Surgical Gastroenterology, Sethi Hospital

PANELISTS

- Dr. Olinda Timms**
Adjunct Assistant Professor in the Division of Health and Humanities, St. John's Research Institute, Bangalore
- Dr. Ravi Vaswani**
MD, PhD, FRCS, Department of General Medicine, Singapore Medical College, Singapore Family Centre for Ethics, Singapore
- Dr. Sushrut Ingawale**
MD, MS, MSc, General Surgeon
- Amar Jesani**
Professor and member in bioethics and public health

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regional ethical standardized guidelines and necessity to hold such panels over a cross-border platform were emphasized. The panel ended on a positive note for the need for establishing CECs in major hospitals and subsequently into smaller hospitals and the need to bring medical ethics into student curriculum.

Health in India: Thinking Beyond Hospitals

Name of the Event	Health in India: Thinking Beyond Hospitals
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairOfMedicalHumanityDiv)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Dr. Yogeshwar Kalkonde
Date of Event	3rd October, 2021 6 to 7 p.m.

ASCENSION 2021
A STEP ABOVE

ORATION
HEALTHCARE IN INDIA:
THINKING BEYOND
HOSPITALS

3RD OCTOBER
6 PM TO 7 PM

Dr. Yogeshwar Kalkonde
MD (Med), MSc (Clin Investigation, USA), MD (Neuro, USA)

- He worked at SEARCH, a non-government organisation in Gadchiroli, Maharashtra
- Led the Chronic Non-communicable Diseases Research and Tribal Health programmes and was also a Joint director
- Works at rural and tribal areas of Northern Chhattisgarh.
- Recipient of the DIT Welcome trust Fellowship in public health and the Bruce Shoenberg International Award in Neuroepidemiology by the American Academy of Neurology

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Sambhitha Tammana :9324339185

#ascension_21

Summary of Health in India: Thinking Beyond Hospitals

This oration was delivered by Dr. Yogeshwar Kalkonde. Dr. Kalkonde recounted the circumstances surrounding his journey, from carrying out research in immunology in Texas to serving the community in Gadchiroli, where his work in the role of a general physician was in stark contrast to his training as a neurologist. Describing his work there, he narrated how he worked to establish the health care priorities by carrying out 'verbal autopsies' in the community, thereby

shedding light on the primary causes for mortality in the region, and later for the nation as a whole. Building on this, he used statistics to demonstrate the disparity between the situation on the ground today and that of an ideal

health care system. To solve the problems he had uncovered, Dr Kalkonde undertook a public intervention campaign. Under this, he trained women to perform medical procedures like carrying out check-ups and measuring blood pressure, to shift the focus of delivery of health care from hospitals to the patients' homes. He also carried out public awareness programs, in which he used material which explained medical concepts in simple and comprehensible language and collaborated with IIT Bombay to develop a series of animations to supplement this. He ended by emphasizing that medical professionals are health care providers and not merely for treating diseases.

Impact of covid-19 on mental health of medical students

Name of the Event	Impact of covid-19 on mental health of medical students
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairOfMedicalHumanityDiv)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Dr ajita nayak, Dr kranti kadam, Dr Siddhesh shere Special note by- Dr. Shubhangi Parkar, Ex-HOD(PSYCHIATRY) , GSMC & KEMH
Date of Event	09th, October, 2021

POST EVENT (WEBINAR) SUMMARY REPORT Name of the Event : Ascension

IMPACT OF COVID-19 ON MENTAL HEALTH OF MEDICAL STUDENTS

The students of Seth GSMC & KEMH under Ascension held a webinar on Impact of covid 19 on mental health of medical students, which focused on the changes , problems and management of different conditions related to mental health of the students. The webinar was held in the form of an interactive session and was open to the public and had a good number of people in attendance. During the session the speakers shared opinions, thoughts and solutions to the various problems faced by the medical students



The session started with a case scenario presented by Dr. Ajita Nayak, who enumerated the daily routine of a medical student in pre-covid era and then the discussion progressed to the changes in that routine in post-covid times . The changes lead to development of a lot of problems which were discussed by Dr. Kranti Kadam in detail ranging from loneliness to expectation of relatives from you as being a medical student and still being uncertain about this virus and the conditions associated with it but it did not just end by focusing on the negative aspect of this time but also on positive aspects such as spending time with loved ones, using this time for self care, etc . The people in the audience too interacted with the various problems and positive outcomes they experienced during this

time . The last part of the session dealt with the management of it , which was taken by Dr. Siddhesh Shere , it included in it a range of solutions from doing some exercise to the importance of having a healthy and open relationship with family and friends and also shared the helpline number for people who need help and assistance in coping up with their mental health issues. The presentation was very relatable and provided very practical solutions.

The session ended with a special note from Dr. Parkar, who not only expressed her views on the presentation but also her thoughts on the need of the hour to have more sessions on mental health awareness and normalize asking for help to deal and cope up with such conditions .

ASCENSION - A Step Above - 2021

Oration

Name of the Event	Hope, Resilience and Inspiration during COVID-19 by Eminent Speaker Minimole Varghese
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothari Chair of Medical Humanity Div)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Smt. Minimole Varghese
Date of Event	10th, October, 2021 6 to 7 p.m.

ORATION SUMMARY FOR COLLEGE ANNUAL REPORT



On the 4th day of ASCENSION 2021, 10th October, an event was held on Hope, Resilience and Inspiration during COVID-19 pandemic. Speaker of the event was Mrs. Minimole Varghese who is currently working in Fortis Hospital, Mulund as Chief Nursing officer.

The opening of session was done with the spread of COVID-19 in India and what transitioned the existent medical system of Mumbai. She highlighted the challenges that every healthcare worker faced in this unforeseen pandemic. The pivotal role of nurses and paramedics handling the patients was the center of the talk. The interventions were explained to tackle the increased load of

COVID-19 patients. She explained how during these tough times the hospital structure had to be modified in several aspects, how hospital processes like inter-hospital and intra-hospital patient transfer changed post pandemic.

There was a huge shift in the healthcare system of pre and post COVID times which was described by Ma'am in detail. A very important aspect to tackle the pandemic was creating awareness and promoting practices like- social distancing stickers in lifts, sanitation, hand hygiene. Ma'am also shared her experience of training the nurses and paramedical staff of various hospitals.

Working in such tremendous pressure during these tough times, Ma'am talked about how they kept the team motivated, and kept going.

The session ended with a Q/A session and Vote of thanks by Master Abhirup Zalte.

Manusmriti , Journey to the Miracle of Cochlear Implant

Name of the Event	Manusmriti , Journey to the Miracle of Cochlear Implant
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairOfMedicalHumanityDiv)
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Dr. Milind Kirtane Awarded by PADMA SHRI (2014) and prestigious Dr. B. C. Roy Award (2005) Around 3500 CI surgeries performed by him with his team . Training centers established in India = 21 Number of people mentored by him = 27(Mumbai) + 42(across the country) Founder of ihear Foundation (NGO)
Date of Event	October 16 , 2021



MANUSMRITI ORATION On 16th of October , the Chair of Medical Humanities of GSMC & KEMH organized one of the most awaited events of the year - Manusmriti. This event is celebrated in the memory of Dr. Manu VL Kothari('Manu'- Dr. Manu ; 'smriti'- memory) , the person who highlighted the importance and necessity of Humanities in the field of Medicine. 16th October is the day when he left this world with a better vision and a mission to achieve - spread happiness . The event started with a brief introduction of Dr. Manu Kothari with one of his clips - 'Doctor issi ka naam hai' ,

connecting the people in the audience with the motive of this event . After remembering Dr. Kothari, the speaker of the oration , Dr. Milind Kirtane , took over the presentation. Dr. Kirtane , one of the most respected doctors in India ,

respectfully expressed his experience with Dr. Manu and how he, Dr. Manu , keeps inspiring him throughout his life. 2 Dr. Kirtane started sharing his journey from being just an observer to one of the cochlear implant surgeries in Germany to becoming a surgeon ,who just from that single experience ,till date has done around 3500 cochlear implant surgeries yearly with his team. He also enlightened the audience about the difference , criteria and types of hearing disorders in which this implantation is needed .He also added to it how he not only did the surgeries himself but also helped many other ENT specialists to get trained and capable enough to do it by themselves . Yes , he himself mentored people around the country in order to have faculties across the country who will be able to impact more and more people's lives through this medical intervention. He also has a fellowship programme where the enthusiast physician trains for 6 months and he personally visits the physician to mentor them for the first few surgeries that they do. He was connected to the cause of - spreading happiness , which he completely justified through his actions .He shared how this actually impacts not only the patient's life but also his/her family , that joy on their faces is what keeps him motivated to continue his work . He shared with us how the patients whom he or his team operated are doing in his/her life now and how their lives have changed about the operation . At the end he very humbly said - ' These awards for sure give you the motivation to work more and contribute to the society but at last it is the smile on the patients' face of being able to hear what you are saying to them, keeps him satisfied at the end of the day . It is not just the lives of patients' which are changed after the surgery but also the doctors' , who do them . ' For sure Dr. Kirtane believed in this quote - 'The most meaningful way to succeed is to help other people succeed'. The event ended with a vote of thanks by Dr.Padmaja.

Discussion on "Poisons We Love" by Dr Dharav Shah

Name of the Event	Discussion on "Poisons We Love"
Mode on which Event was held	Zoom meetings & Youtube live streaming (https://youtube.com/c/DrMVLKothariChairOfMedicalHumanityDiv)
	https://us02web.zoom.us/j/81374504523?pwd=MUCxSjNJME91NC90MlljR2hLOGVuUT09
Organised by	Dr. Manu V. L Kothari Chair & Division of Medical Humanities, GSMC & KEMH
Speaker	Dr. Dharav Shah
Date of Event	30th October 5.00pm



A talk on 'Poisons we Love- An Insight on substance use' was conducted by the Medical Humanities department in association with Mukti, a student-run organization.

The resource person for the talk was Dr. Dharav Shah, MD Psychiatry, NIMHANS. He has been working since 12 yrs on empowering youth with adequate knowledge about alcohol & tobacco, so that they can make an informed choice.

Substance use has been an ever increasing menace among the masses, especially the youth. Dr. Shah highlighted how

advertisements and cinema have played a significant role to give rise to this worldwide alcohol epidemic.

He also shared facts and knowledge from valid sources and busted the common myths regarding substances. For example, tobacco alone in smoking

or chewing form kills 1 person in every 4 seconds. 1 in every 4 deaths in the age group of 25-49 yrs can be attributable to alcohol. Moreover, these addictive substances lead to troubles like poor mental health, decreased physical stamina, impotence, occupational impairment and ultimately give rise to a financial disaster in the lives of such people and their families.

As they say, prevention is better than cure; Sir rightly pointed out that we should focus on prevention of substance use and not just de-addiction. This can be made possible by promoting a culture of abstinence and de-normalising tobacco and alcohol use. Peer pressure among youth is another challenge that needs to be overcome effectively.

The talk was followed by a short introduction about Mukti by Nikita Chandak, a final year MBBS student at GSMC who works as a Coordinator at Mukti.

Mukti is a community of over 120 youth, trained and supervised by Psychiatrists, that has been active since April 2020.

It aims to enhance the well-being of people who use substances like alcohol and tobacco. Mukti strives to create awareness about the impact of such substances on the lives of people via various social media platforms; and help them as well as their families to live the life they wish to. It also runs a free Helpline which is operated by medical students, supervised by Psychiatrists.

Nikita shared about the working of this student-run organization, the impact that they have created in the last 1 year and how other undergraduate students who are passionate about this cause can contribute as volunteers at Mukti.

Contact details:

Mukti's helpline to overcome substance use +91 83054 40915

Social media- multi operations

Gosumec Alumni Association Dr. MVLK chair of Medical humanities (January 2021 to December 2021)			
Income in Rupees	Amount	Expenses in Rupees	Amount
From donors Fixed Deposit Interest		Audio visual recording & other misc exp of interview	36,000.00
Opening Balance	460,437.62		
Jan 2021 to Dec 2021	435,394.00	Workshop Expenses -Printing, Mementoes, Traveling, stationary etc	63,148.00
		Purchase LED TV & Courier Charges	49,180.00
		Laptop Repair & Antivirus	6,136.00
		Expenses for Archives	21,400.00
		Total Expenses	175,864.00
		Closing Balance	719,967.62
Total	895,831.62	Total	895,831.62