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ESIC MEDICAL COLLEGE AND PGIMSR RAJAJINAGAR BANGALORE



PRAGATHI 2022-2023

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Message from Dean

India has assumed a new global leadership in G 20 and has hosted the recent summit.

Being the most populous country in the world, with a young population, we Indians are the human resource capable of making an impact on global economy.

Indian medical fraternity was globally recognized in the past. The new competency based UG and PG curriculum focuses on making Indian doctors globally relevant, apart from being competent professionals in the Indian scenario. They are also expected to become leader and champions of health. One salient new feature of the Competency Based Medical Education (CBME) is recording of reflections by the student. This is the ability to question oneself and others for systematic and constructive evaluation of the teaching learning process. It helps the learners and facilitators (medical teachers in old school terminology) to develop a new dimension to medical education. Let us embrace this concept and contribute to make our medical education system regain its glory globally and strive for betterment of mankind.

Best regards



**DR SANDHYA R
DEAN**

- Dr Sandhya R

Message from Medical Superintendent

To the esteemed members of our medical community, esteemed faculty, dedicated students, and all readers, It gives me immense pleasure to pen down a few words for the inaugural edition of our medical college magazine.

Since its inception, our college has been at the forefront of medical education, blending the timeless values of medicine with the dynamic advances of modern science. Today, as we venture into this new initiative, I am reminded of the importance of bridging the worlds of medicine and literature. It is heartening to see our young minds, future doctors, not only immerse themselves in the rigors of medical training but also find the time and inspiration to contribute to this publication. This is a testament to the holistic education we aim to impart, nurturing not just skilled physicians but also well-rounded individuals.

To the editorial team, your dedication and commitment in bringing this vision to life is commendable. The countless hours you have invested will, I am sure, yield a publication that we will all be proud of.

As we turn the pages of this inaugural edition- 'PRAGATHI', let it be a reflection of our shared aspirations, achievements, and the undying spirit of our ESIC Medical community.

Let it inspire us to reach new heights, to question, to innovate, and to serve with compassion and integrity, as its name.

Wishing the magazine every success and may it become an enduring tradition of our esteemed institution.

Best regards,

-Dr Thomas P



**DR THOMAS PRASANNARAJ
MEDICAL SUPERINTENDENT**

*Message from Deputy Medical
Superintendent*



DR YOGANANDAN S
DEPUTY MEDICAL SUPERINTENDENT

I feel extremely happy to speak to you all through this institute magazine that this institute continues to be a prestigious one, pursuing excellence and professionalism. It has provided and continues to provide an ideal environment for all of us to improve and excel in academics and extracurricular activities.

I congratulate the magazine editorial board for unleashing hidden potential of students and faculty making this magazine a memorable one.

-Dr Yoganand S

Message from Academic Registrar

I am delighted to write to you as the Academic Registrar of this prestigious Institution. It gives me immense pleasure to announce the inauguration of our very first college magazine. This initiative has been a vision long in the making, and we are thrilled to see it come to fruition.

This magazine is a testament to the collective creativity, hard work, and passion of our students, faculty, and staff. It encapsulates not just the academic achievements of our institution but also the cultural, artistic, and social endeavors that define us. Through its pages, you will find an array of articles, essays, poetry, artwork, and research highlights that reflect the diversity and dynamism of our campus community.

In concluding, I wish to express my gratitude to the editorial board, contributors, and everyone who played a pivotal role in bringing this magazine to life. We look forward to many more editions in the future, chronicling the evolving tale of our beloved institution.

Warm Regards,

Dr Pratibha K



**DR PRATIBHA K
ACADEMIC REGISTRAR**

Message from Editor-in chief

I am delighted for the publication of our first magazine "Pragathi" at the end of one year of our newsletter. I take this opportunity to congratulate and thank our Dean, Medical Superintendent, editorial committee members, faculties of various departments and students of ESIC MC & PGIMSR, Rajajinagar for their cooperation and timely inputs for its success.

When we look back, we have moved from infancy to toddler stage of our newsletter. Our first quarterly newsletter was released in January 2023(Oct-Dec 2022) during third wave of Covid. We adopted DRP program for Postgraduates, conducted ECLS for two batches of interns and National days were conducted by each and every department in full swing. By staying together, supporting each other we learnt to sail through critical period of covid. When everything was going smoothly, there came a big blow "the general transfers". Some of our colleagues moved to their new place of work carrying sweet memories of our hospital and some of us were left with uncertainty. However, with passage of time we learnt to say 'this too shall pass'.... and we continued to work for betterment of our Institute.

On behalf of editorial board, I thank you all for the support and seek feedback which helps us to improve our newsletter. Together, we can do wonders.

Happy reading.....

-Dr Pushpalatha K



**DR PUSHPALATHA K
EDITOR IN CHIEF**

Message from Convenor

Greetings!

It is with a deep sense of pride and honor that I, as the convenor, present to you the inaugural edition of our college Magazine- '**Pragathi**'. This publication holds a special place in our hearts, as it not only marks a significant milestone in our college's history but also encapsulates the relentless spirit, dedication, and passion of our medical community.

The journey of creating this maiden edition has been both enlightening and challenging. The vastness of talent, knowledge, and creativity within our community was truly humbling to witness. I extend my profound gratitude to our editorial team, whose meticulous efforts and unwavering commitment made this publication a reality. A heartfelt thank you to every contributor who trusted us with their work, each piece reflecting a fragment of their soul and the depth of their medical journey.

To our readers – budding doctors, esteemed faculty, alumni, and supporters – I urge you to dive into these pages with the same curiosity and zeal that you bring to the world of medicine. Allow the narratives, research findings, and artistic expressions to inspire you, challenge you, and remind you of the profound impact of the medical profession.

In the years to come, as this magazine evolves, it will stand as a testament to our institution's dedication to not just medical excellence but also to nurturing creativity, promoting holistic growth, and celebrating the human side of medicine.

May your reading journey be both enlightening and enriching.

Warm regards,

Dr. Seema P



**DR SEEMA P
CONVENOR**

Table of Contents



04

Global Handwashing Day
World Stroke Day/COPD Day

05

World Bone Marrow Day

06

World Antimicrobial Awareness Week
Breast Cancer Awareness Programme

07

National Voluntary Blood Donation Day
International Day of Girl child

08-09

World Arthritis Day
Universal Immunization Day
World Diabetes Day

10

No Smoking Day
World Glaucoma Day

11

Human Rights Day
International Day for Elimination of
Violence against women

12-13

World TB Day & World No Tobacco Day
Foundation course 22-23 and 23-24 batch

14

ESIC Fortnight Services
National Dentist Day & World Oral
Health Day

15

Blood Donors Day
World Red Cross Day

16-18

Patient Safety Awareness week
Robotic Surgery in Head & Neck Tumors
National Pharmacovigilance Week
World Breastfeeding Awareness Week

19

Biochemistry Lab Inauguration

Table of Contents



20

Annual Preventive Health Check up
(APHC)

21-22

World Health Day
Hindi Diwas Samaroh

23

Student Reflections

24-29

ESIC UG Toppers
Academic Achievements

30-32

Sports Achievements

33-38

ADVAYA

39-41

AVIGNA & Onam, Ganesh Utsava

42-49

Literature

50-51

Scrambled Meds

52

Crosswords

53

Teacher's Corner

54

Farewell to Seniors

55

International Women's Day

56

Research activities

Table of Contents



57

ECLS Training for Trainers

58-62

CME & Workshops

63

What's New?

64

Guruvandana

65

AAROH 2023

**6th Annual Convocation for batch
of 2017**

66

ADVAYA

67-70

Literature

71

Art



GLOBAL HANDWASHING DAY



DEPARTMENT OF MICROBIOLOGY

Global Handwashing Day.

The department of Microbiology organised the Global Handwashing Day on 3rd Nov'2022. There was a talk on importance of hand washing by Dr Ravi, Professor Microbiology.

The MBBS phase 2 students participated in poster exhibition, quiz and rangoli competitions and won prizes. The HICC team consisting of Microbiology HOD, Infection control officer, Infection control nursing officers and staff nurses coordinated the event.

A skit was performed by MBBS students and a dance on hand washing theme performed by staff nurses.

WORLD STROKE DAY & WORLD COPD DAY

DEPARTMENT OF GENERAL MEDICINE

World Stroke Day and COPD day. World COPD Day was conducted on 19th November.

Dr Sathyanarayana N, Professor & HOD, Department of Medicine gave a talk on the importance of World Stroke Day. Awareness Talks, health education on Stroke as well as COPD were given respectively.



WORLD BONE MARROW DAY

DEPARTMENT OF PATHOLOGY



World Bone Marrow Day.

On the occasion of 'WORLD BONE MARROW DAY', an awareness program was conducted in department of Pathology. DKMS BMST foundation India and non-profit organization, volunteered to deliver this lecture and also create awareness among the MBBS students for the marrow donation. Ms. Sheetal Kapil and Ms. Kruthika R, delivered guest lectures and enrolled students who volunteered for marrow donation.

The program was graced by the respected Dean, Academic Registrar, Director, Professor and Head of the Pathology, faculties and all the post graduate residents of various departments and undergraduates attended the program.

As the part of the program poster presentation was organized in the department of pathology and second year MBBS, students participated in the same.

During the programme prizes for top 4 posters were distributed. The programme ended with vote of thanks to all the delegates and the student's present during the function.



WORLD ANTIMICROBIAL AWARENESS WEEK



DEPARTMENT OF PHARMACOLOGY

Anti-microbial Awareness Week.

The World Antimicrobial Awareness Week (WAAW) is a global campaign celebrated annually to improve the awareness & understanding of Antimicrobial Resistance.

To mark the occasion, a Pharmacology quiz with the theme: Preventing antimicrobial resistance together was organized on 17th November 2022 for the 2nd year MBBS students. It involved active participation by all faculty members from the Department of Pharmacology.

An Integrated Teaching program was conducted on 23rd November 2022 to sensitize the 2nd year MBBS students about antimicrobial resistance to encourage the best practices among the future doctors.

BREAST CANCER AWARENESS PROGRAMME

DEPARTMENT OF GENERAL SURGERY & PATHOLOGY

Breast Cancer Awareness Programme

Breast cancer awareness programme was conducted at Pothys private limited, Bengaluru which was conducted by department of general surgery and pathology.

The event addressed 200 women working at Pothys and were educated regarding risk factors, symptomatology of breast cancer, self-breast examination, screening mammography and different modalities of treatment of breast carcinoma.





NATIONAL VOLUNTARY BLOOD DONATION DAY



“VOLUNTARY BLOOD DONATION DAY” was conducted on 1st October at ESIC MC, PGIMSR Examination hall, Academic block. Faculties and students actively participated and 20 units of blood was collected.

DEPARTMENT OF TRANSFUSION MEDICINE

INTERNATIONAL DAY OF GIRL CHILD

DEPARTMENT OF RADIOLOGY & OBG

International Day of Girl Child

The International day of the Girl Child was celebrated by the departments of Radiology and OBG in the waiting hall on 11th October. It was attended by the staffs of department of OBG, Radiology, Pediatrics, Psychiatry, PSM, Ophthalmology, interns, PGs and public. A talk was given on PC PNDDT by Dr. Renuka Ramaiah, Professor and HOD, Dept. of OBG.

Following which a pledge was administered by Dr Satish Prasad, Professor and HOD, Dept. of Radio Diagnosis. In this pledge, we promised to abide by PC PNDDT and not to reveal sex of the fetus to the patients or attenders in any manner. A role-play about girl child in local language “**ondu bannada chitte**”-A colourful butterfly written, acted and directed by Interns and PGs of OBG and Radiology dept.



WORLD ARTHRITIS DAY



A talk regarding 'Approach to a patient with Arthritis' by Dr Ranganatha B T, Asst. Professor, from Dept of Orthopedics and a talk on 'Rehabilitation in patient with Arthritis' by Dr Anuradha Shenoy, Asst. Professor, Dept. of PMR was given to the students and staff on 12th October. Also ESIC Patients in OPD were sensitized about the importance of Arthritis awareness and its prevention.

DEPARTMENT OF ORTHOPEDICS & PHYSICAL AND MEDICAL REHABILITATION

UNIVERSAL IMMUNIZATION DAY

DEPARTMENT OF PEDIATRICS

Universal Immunization Day.

On the occasion of Universal Immunization Day observed on 10th November 2023, an awareness program was conducted in Department of Paediatrics. The program was presided by Dr Pushpalatha K, Professor and HOD, Paediatrics, in co-ordination with Dr Kushal, Associate Professor, Dr Mushtaq and Dr Lavanya, Assistant Professors, Dr Mariam, Senior Resident, and the nursing staff of Paediatric OPD.

An awareness talk was given to parents and grandparents on 10th November 2022 in the OPD and in Immunization Room, regarding the importance of immunization of children, the Universal Immunization Programme and schedule, common side effects, warning signs and post vaccination care.



WORLD DIABETES DAY



DEPARTMENT OF BIOCHEMISTRY

World Diabetes Day

World Diabetes Day was observed in Medicine OPD and Diabetes Screening camp at National Public School- HSR layout on 14th November 2022. Diabetes awareness programme, organized in Medicine OPD, was presided by Dr K Pratibha - Professor & HOD Biochemistry and coordinated by Dr Satyanarayana N - Professor & HOD Medicine, Dr Simant Baliarsingh - Professor Biochemistry, Dr Nanda K - Associate professor Biochemistry, Dr Tejomani M - Assistant professor Biochemistry and Dr Deepthi - Associate Professor Community Medicine.

Dr Mamatha P.R - Assistant professor Medicine, gave a talk on early detection and management of Diabetes to the patients present in the OPD.

A role play was enacted by Interns highlighting the importance of early detection, proper care of diabetics and prevention of complications.

NO SMOKING DAY

DEPARTMENT OF RESPIRATORY MEDICINE



No Smoking Day.



No Smoking Day was observed on March 8th in Respiratory Medicine under the guidance of Dr Prabhu Das- HOD Respiratory Medicine. Even though majority of patients are aware that smoking is detrimental for their health, giving up the habit seems to be a challenge. On this day Dr Srikanth Katare- Associate Professor, Dr Parvathy S Pillai, Assistant Professor, created awareness to assist smokers, who want to stop smoking and to increase public awareness of the negative effects of smoking on health and encouraged to live a healthy lifestyle. Nicotine replacement therapy was also made known to them. Patients received individualized counselling and were given information on quitting smoking by Dr Sindhu S- CMO, Respiratory Medicine.

WORLD GLAUCOMA DAY

DEPARTMENT OF OPHTHALMOLOGY

World Glaucoma Day.

World Glaucoma Week was celebrated in the Department of Ophthalmology between March 12 -18th 2023. Glaucoma is a group of eye disorders which if not detected and treated early leads to irreversible blindness.

The week-long activities included Health promotion and education. Glaucoma awareness information brochures/handouts were given. Final day activities included poster presentation from undergraduate students.



HUMAN RIGHTS DAY

DEPARTMENT OF FORENSIC MEDICINE



H

uman Rights Day.

Human rights are the basic rights and freedom that belong to all people in the world, from birth to death. These rights are based on shared values like dignity, equality, fairness, respect and independence. It is observed every year on 10th of December/ the day the United Nations general assembly adopted in 1948, the Universal Declaration of Human Rights (UDHR).

Human rights are important because no one should be abused and discriminated against and everyone should have the chance to develop their talents.

The department of Forensic Medicine conducted a CME in this regard for the undergraduates.



INTERNATIONAL DAY FOR ELIMINATION OF VOILENCE AGAINST WOMEN

DEPARTMENT OF PSYCHIATRY

The International Day for the Elimination of Violence against Women was observed at ESIC-PGIMS and Medical College, Rajajinagar, Bengaluru on 25th November 2022.

An awareness programme was organized regarding the prevention of Sexual Harassment of women at workplace and was presided by the Dean, Dr Sandhya R. The chief guest and speaker was **Ms. Geeta Menon**, a women's rights activist and external member of the Institute Internal Complaints Committee.



WORLD TB DAY

DEPARTMENT OF COMMUNITY MEDICINE



World TB Day.

World TB Day was observed by the Department of Community Medicine on 24-03-2023 at Manjunath Nagara, Mariyappanapalya and Bagalur.

Health education talk regarding risk factors of TB, TB symptoms, prevention strategies like cough etiquette, free 6 months of treatment, importance of adhering to the treatment and nutrition and on TB preventive therapy for the household contacts. Junior Residents Dr Balakrishnan, Dr Darshan were involved in the health education activities.

WORLD NO TOBACCO DAY

World No Tobacco Day.

On the occasion of World No Tobacco Day, a health education session was organised by the Department of Community Medicine, under Bagalur PHC at Jawahar Navodaya School, Bagalur.

The health education was provided by Dr Aparna and Dr Balakrishnan for the adolescents using flash cards, role plays and may more.



FOUNDATION COURSE (2022-23)

DEPARTMENT OF PHYSIOLOGY



Department of Physiology, ESIC-MC & PGIMSR, Rajajinagar under Dr. Malleshappa K as HOD and Dr. Naveen S Kotur as coordinator for the Program was given the responsibility of conducting Foundation course for the new students of 2022-23 batch. The program started on 15/11/2022 and went on for a month till 14/12/2022.

From then onwards, the course proceeded with nearly 25-30 speakers who guided the students for a total of 170 hours as prescribed by NMC. It included the lectures on Orientation (30hrs), skill module (25hrs), community orientation (11hrs), professional development and ethics module (48hrs), enhancement of language & computer skills (28hrs) and sports & extracurricular activities (28hrs). There were lectures as well as field visits. Students were taught some yoga modules to combat stress.



It started with inauguration and orientation for the new students on 15th November 2022. Nearly about 56 students along with their parents attended the inauguration which was headed by Dr. Sandhya, Dean, ESIC MC & PGMSR, Rajajinagar.

FOUNDATION COURSE (2023-24)

DEPARTMENT OF ANATOMY

Department of Anatomy, ESIC-MC & PGIMSR, Rajajinagar under the coordination of Dr. Asha, Professor, and Dr. Seema S R, HOD the foundation course for the undergraduates for batch 2023-24 was conducted from 1st September to 23rd September 2023.

Around 142 students along with 50+ Parents participated in the programme.

More than 50 speakers guided the students throughout the foundation course.



ESIC FORTNIGHT SERVICES

DEPARTMENT OF COMMUNITY MEDICINE



ESIC Special Services Fortnight was organised by the department of Community Medicine on 24.02.23.

A team of 15-20 Doctors, Junior Residents, Medical Social Workers (MSWs), together visited all the departments, OPDs, Waiting Halls of ESIC and provided Health Education on several topics of NCDs, Vector borne diseases using Flipcharts, posters, pamphlets in local languages.

More than 200-250 ESIC Beneficiaries were benefitted from the activity.

NATIONAL DENTIST DAY & WORLD ORAL HEALTH DAY

DEPARTMENT OF DENTISTRY

Awareness programmes and Health Education sessions were organized by the department of Dentistry on the occasion of National Dentist Day on 06.03.2023 and World Oral Health Day on 20.03.2023.



BLOOD DONORS DAY

DEPARTMENT OF TRANSFUSION MEDICINE/ BLOOD BANK



World Blood Donor Day.

Under 'RAKTHADAAN AMRUTH MAHOTSAV', Voluntary Blood donation camp was organised for a week by the Department of Transfusion Medicine and Blood Bank.



WORLD RED CROSS DAY

DEPARTMENT OF EMERGENCY MEDICINE

World Red Cross Day.

Under the guidance of Dr Srinivas Prabhu, HOD Emergency Medicine, World Red Cross Day was celebrated on 8th May 2023.



PATIENT SAFETY AWARENESS PROGRAM

DEPARTMENT OF PAEDIATRICS AND ENT



Awareness program was conducted in the Department of paediatrics for all the nursing staff, doctors and security personnel on 25/9/23.

In PICU/Pediatric Ward/OPD, awareness talk was given on child patient safety. Measures to prevent child abduction and action to be taken on such instance was discussed.

In NICU/ Postnatal wards, the nurses and doctors were briefed about the measures to be taken to prevent abduction of babies. A list of the discussed measures was put up at both places.

A mock drill of "CODE PINK" was conducted at NICU and PICU successfully.



DEPARTMENT OF ENT



A virtual CME was conducted by the Department of ENT on 28/2/23 on the topic "Robotic surgery in head and neck tumors".

Dr.Anand Subhas, was the speaker for the CME which was attended online by more than 80 doctors.

NATIONAL PHARMACOVIGILANCE WEEK

DEPARTMENT OF PHARMACOLOGY & DERMATOLOGY



National Pharmacovigilance Week

Pharmacovigilance week was conducted for a week from 17th to 23rd September 2023 at ESIC.

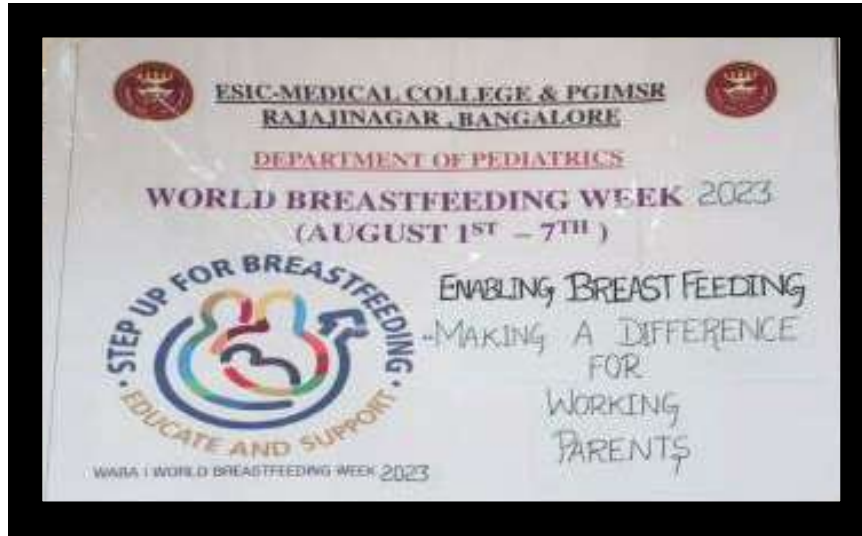
The theme for this year is "Boosting Public Confidence in Pharmacovigilance"

Dr Uma gave a talk on the importance of Pharmacovigilance and Adverse Drug Reactions in the Dermatology OPD on 22-09-2023.



Celebrating WORLD BREASTFEEDING AWARENESS WEEK

DEPARTMENT OF PEDIATRICS & COMMUNITY MEDICINE



The Department of Community Medicine along with Pediatrics, joined hands to celebrate and spread awareness on the importance of Breastfeeding.

Various activities were conducted including skit, quiz competitions, poetry competition, workshops for nursing staff and interactive discussion with parents on Breastfeeding were part of the week-long events.

Quiz competitions were held for undergraduates on breastfeeding, and Kannada poetry competition respectively. CME on breastfeeding was conducted followed by prize distribution ceremony. Speaker Dr Mridula, spoke on the theme “Enabling breastfeeding for working Parents”.

Postgraduates and Interns from the Department of Community Medicine participated in health promotion activities and talks at the health centers, Anganwadi's and at KC General Hospital.



INAUGURATION

*Upgraded clinical Biochemistry Laboratory
on 30.01.2023*



The Inaugural Ceremony of the upgraded Clinical Biochemistry Laboratory was held on 30th January 2023, in Room no. 19-basement.

Dr Sandhya R inaugurated the upgraded Lab, along with the Academic Registrar, Dr K Pratibha. The MS, DMS, Deputy Director (Finance), other ESIC dignitaries, teaching and non-teaching staff attended the ceremony.

The upgraded Clinical Biochemistry Lab is equipped with fully automated Routine Chemistry and Immunoassay analysers.

ANNUAL PREVENTIVE HEALTH CHECK UP (APHC)

DEPARTMENT OF COMMUNITY MEDICINE



APHC Camps are organized for the ESIC Beneficiaries on a routine basis by the Department of Community Medicine under the guidance of Dr Anil N S, HOD and Dr Shashi Kumar M, Associate Professor.

WORLD HEALTH DAY

SWASTYA 2.0
CME and Workshop
were organized on
the occasion of 75th
World health Day,
on 10th April 2023.



Theme: "Health for All"

Department of SWASTYA 2.0 CME and Community Medicine Inter-collegiate Quiz conducted a placard was conducted in a competition for granduer manner. Undergraduates on 8th Eminent personalities April 2023 in the from the field of Public Practical Hall of health including Dr. Community Medicine Arvind Kasturi, Dr Balu Department. P S, Dr M K Sudarshan, Undergraduates were Dr G N Srinivas and Dr assigned different themes Pradeep Banandur , and were asked to spoke on the various prepare a placard with important topics in respect to the themes and Public health, providing present the same in front insights directly from of the judges. the field.



HINDI DIWAS SAMAROH

Sept 23rd to Sept 29th 2023



Hindi Diwas inauguration by Dean on 'Hindi Diwas Samaroh'



Hindi Diwas is Celebrated at ESIC for a week with fun filled activities, poems and many more all in our beloved national Language Hindi.

STUDENTS REFLECTIONS

Academics, Art, Sports and many more!



ART BY MS.PREETHI
(2020 BATCH)

ACADEMIC ACHIEVEMENTS

ESIC TOPPERS 2023



Ms. Samhitha M Rao bagged the First year MBBS overall State Topper and Gold Medalist, Second year MBBS overall - 6th rank, Anatomy - 2nd rank, Biochemistry - 3rd rank, Pathology - 7th rank, Forensic Medicine and Toxicology - 5th rank, Preventive and Social Medicine - 7th rank.

Ms. Radhika Srinivas bagged 10th rank in Anatomy

Ms. Danushree P and Mr. Giridhar K bagged 7th rank in Biochemistry

Mr Sooraj Narayan bagged 8th Rank in Ophthalmology

ACADEMIC ACHIEVEMENTS



More than 30+ Undergraduates won prizes in the 23rd Annual Conference of
Karnataka Chapter of Anatomists – 2023
(KCACON)

ACADEMIC ACHIEVEMENTS

50+ Conferences
40+ Presentations
30+ Prizes
10+ students selected
for ICMR-STs



Undergraduates posing with their prized certificate along with Dean Dr Sandhya R and faculty.



ACADEMIC ACHIEVEMENTS



Undergraduates participate with flash cards and posters on World Suicide Prevention Day held on 10th September 2023



ACADEMIC ACHIEVEMENTS

Inclusivity is in the Heart of our Institution !



On International Day of Persons with Disabilities, undergraduates did role play, made posters and Focus group discussions with persons with disabilities, to understand them and work towards safe and inclusive workplace environment, held on 3rd Dec'2022



ACADEMIC ACHIEVEMENTS

*Research inculcated
in young minds!*



Postgraduate students attended the Research Methodology CME organised by the faculty at ESIC, Rajajinagar.

OATH TAKING CEREMONY



Oath Taking Ceremony was held for the undergraduate students of batch 2023-24

SPORTS ACHIEVEMENTS

*Students are the
reflection of the
Institution's values
and pride!*



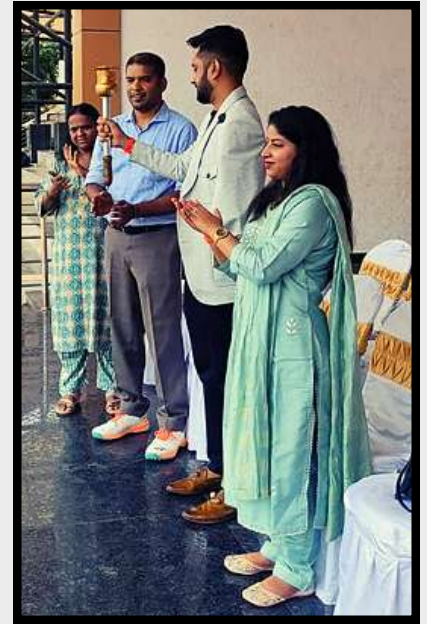
Mr. Harshavardhan S, UG receiving Gold Medal from Dr Sandhya R (Dean) for Inter-University Football Men Championship



Numerous sports, games and activities were organized and participated by the enthusiastic students.

SPORTS ACHIEVEMENTS

RANARANGA 23



RANARANGA participants at the opening day (L). Chief guest Mr Sumit Garg, Paralympic champion felicitated by Dr Shashi Kumar M (R)

RANARANGA 22



Chief guest Mr. Raghavendra P, Paralympic champion, was felicitated by Dr Sandhya R (Dean) and Dr Shashi Kumar M, during the RANARANGA 2022 inauguration ceremony.

SPORTS ACHIEVEMENTS

RANARANGA 22-23

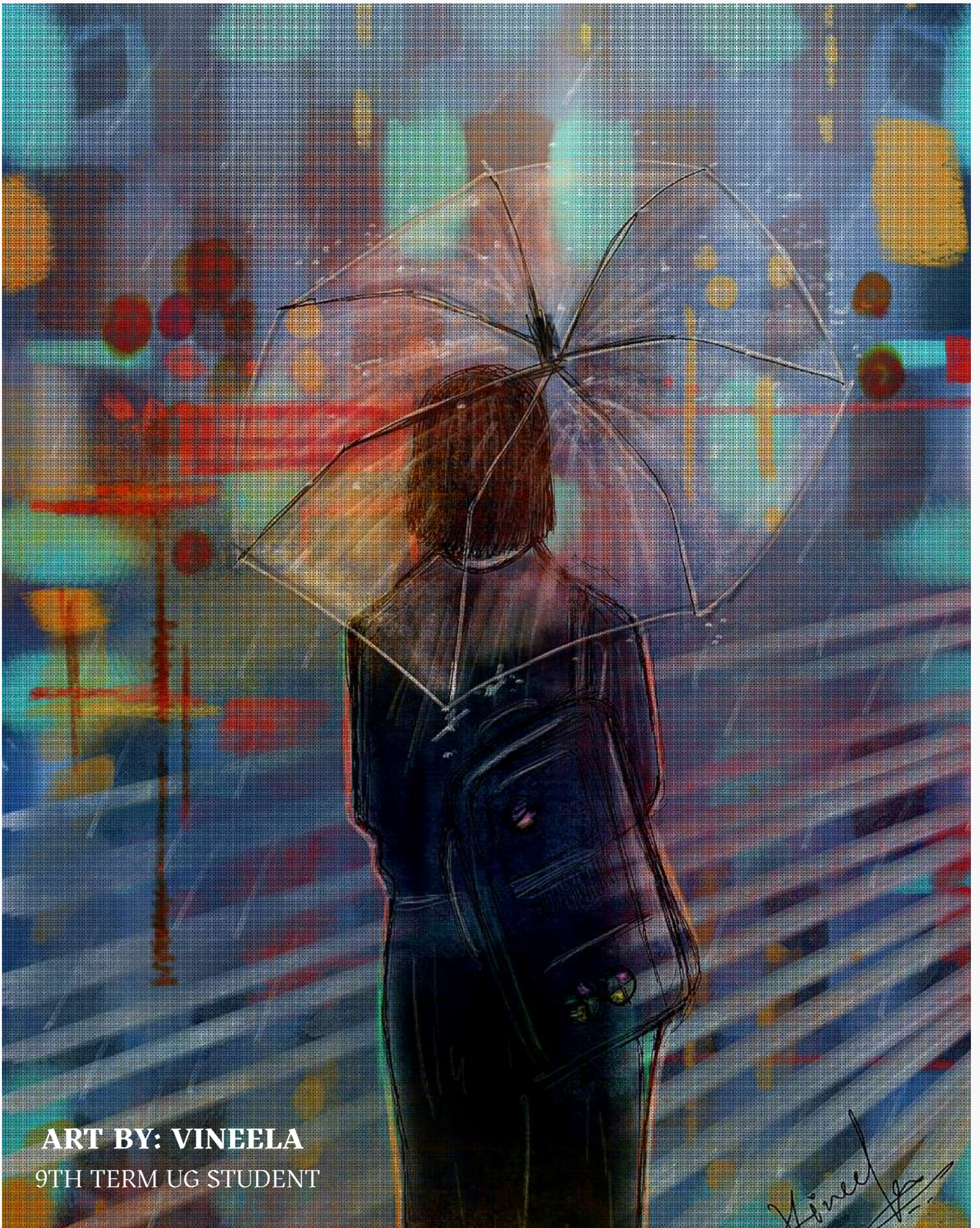
WINNERS



Winners of RANARANGA 2022 pose with Dean and faculty



Winners for RANARANGA 2023



ART BY: VINEELA
9TH TERM UG STUDENT

Vineela

ADVAYA 2022



ADVAYA 2022 Inauguration by Dr Sandhya R (Dean) and Dr Pratibha K(Academic Registrar)



ADVAYA TEAM-2022

ADVAYA WINNERS 2022



ADVAYA Winners pose with the trophy on stage.



ADVAYA Winners collect the trophy from Dr Sandhya R (Dean) and faculty.



ADVAYA
FACE PAINTING
9TH TERM UG STUDENT

ADVAYA 2022



ADVAYA Winners from Art, Theatre and Fashion show pose on the stage.



ADVAYA 2023



ADVAYA 2023 Winners from Dance and Music perform on stage.



Students showcase their talents in Singing at ADVAYA 2023

AVIGHNA 2022



All the students dressed in their best traditional clothes, representing India on Ethnic Day

ETHNIC DAY 2022



ONAM 2022-23



ONAM celebrations by students



GANESH UTSAVA 2023



Ganesh Utsava celebrations at the campus.



LITERATURE

Cuisine of the Heart

On a hot summer's day, sweltering and dry,
My heart resonates with the sound of a single cry.
The distance between our hearts is immense in brevity,
Her sumptuous supper is what I need for longevity.
The aroma, the appealing platter, the extravagant feast,
Her calming presence gives me the strength to tackle any beast.

On a cold winter's morning, so gloomy and sober,
The scent of hot dosas makes my heart spill over.
The decadent plate is like a tattoo indelible in my mind,
An embodiment of warmth and kindness, a person like that is rare to find.
In her cooking, she infuses unconditional love and unwavering loyalty,
Safe and secure in her embrace, she makes me feel like royalty.

On a bright afternoon of spring, wildflowers in bloom,
A hot cup of her freshly brewed coffee, as comforting as her womb.
A table for two, a couple of cushions and endless chatter,
Enriches me completely from palate to platter.
She is my rock, my lighthouse safely guiding me home,
Sailing through the treacherous seas of life, I know I am not alone!

On a chilly autumn evening, auburn leaves begin to fall,
With her appetizing cuisine in my belly, no adversity will block me like a wall.

Sacrificing her personal goals and desires, she toils endlessly,
For every feat of hers, I strive to thank her immensely.
A paradigm of genuine care and affection, I have met no other,
It fills me with overwhelming pride to call her my mother!

**-Ananya Sridhar
Batch 2019**

LITERATURE

ವಿಷಯ: ರೀಲ್- ರಿಯಲ್ (Reel-Real)

ಕನಸಿನ ಬೆನ್ನೇರಿ ಸಾಗಿದಳು ನಾರಿ,
ಕೀರ್ತಿಯ ಶಿಖರವನ್ನು ಹತ್ತಿದಳು ಏರಿ,
ಧನ ಸಂಪತ್ತು, ಆಸ್ತಿ- ಉತಸ್ತುಗಳೇ
ಖುಷಿಯ ಮೂಲ ಎಂದು ತಿಳಿದು,
ತೊರೆದಳು ಮನೆಯ ದಾರಿ!!

ಅರೆತಳು ಬಂಧ- ಬಾಂಧವ್ಯ: ಸ್ನೇಹ - ಪ್ರೀತಿ - ಮಮತೆ
ಎಲ್ಲವನ್ನು ತ್ಯಜಿಸಿ ಬಂದ ಹಾದಿ, ಆಗಿದೆ ಮುಳ್ಳಿನ ದಾರಿ!
ಸಹಬಾಲ್ವೆಗಾಗಿ ತಿರುಗಿಸಿದಳು ತನ್ನ ಬದುಕಿನ ಗಾಡಿ,
ಪರಿಪೂರ್ಣತೆಯೊಂದಿಗೆ ಮುಟ್ಟಿದಳು ತನ್ನ ಗುರಿ,
ನಲಿಯುತ್ತಾ ಹೇಳಿದಳು ಈ ಜಗತ್ತಿಗೆ ನಾರಿ ಸರಿ
ಈ ' ರೀಲ್' ಮತ್ತು 'ರಿಯಾಲಿಟಿಯ' 'ಸ್ವೋರಿ'...!!

-Ms. Samhita C N
(Final year UG)

LITERATURE



LET'S INCLUDE

In a world where differences bloom,
Disabled souls, like flowers, consume.
Not pity, but understanding, we must assume,
What they truly seek from us, in every room.

They long for acceptance, not sympathy's weight,
To be seen as equals, it's not up for debate.
Dreams and ambitions, don't underestimate,
For they aspire to soar, not merely to skate.

Respect their abilities, not just their needs,
Embrace their perspective, plant empathy seeds.
Inclusion and kindness, let's sow these creeds,
For they are striving for the same, where hope leads.

It's not about Charity, nor a patronizing view,
Disabled souls desire respect, like me and like you.
To break down the barriers, together, we will undo,
For they seek a world where they can thrive and pursue.

So, lets open our hearts, let's Bridge every gap,
In unity, we will find strength, in that, there is no trap,
Disabled souls want what we all want perhaps,
To be seen for their worth, not their handicapped maps!

-Mr. S Anton Charles, 1st year UG

LITERATURE

आखिरी

पट के पास वो छवि आखिरी थी,
उनसे मिलने की आस जो गहरी थी।
एक सन्देश भेजना चाहा था,
प्रेम के राग छेड़ना चाहा था।

वह फुल सी खिलती मुस्कान जो प्यारी थी,
मीठे स्वरो समान उनकी बातें भी लुभाती थी।
एक नगमा प्यार का लिखना चाहा था,
दिल की बात जो रखना चाहा था।

याद है उनके चेहरे का वह नूर,
जिसकी याद में बैठा मैं मीलों दूर।
हर पल हूं ढूंढता वह आंखें दो न्यारी,
बिखरी हुई यादें, समेटती थी जो सारी।

होती है महसूस उनके कदमों की आहट,
जिसके स्मरण हेतु, होती आज भी घबराहट।

इन कागज़ों पर लिखकर करता हूँ मैं इज़हार,
देखा था जब अपने प्यार की झलक, आखिरी बार।

Mr. Supragya
(2019 batch)

LITERATURE

In the dark I go

There deep in the dark I go,
There is nothing to give, nothing to show.
Just waiting to see a tiny star,
To forget the pain that left a scar.
The whole world is lively and free,
And here I am awaiting to flee,
When I look back how this life began,
Happiness and joy ran errands.
And now here I lie like a captured bird that is waiting to fly.
The wait seems endless, as darkness grows deeper.
So deep that my heart is clenched with fear,
I want to go and cry aloud,
Among the people and the crowd,
But no one seems to hear me,
Those screams remained shallowed in me,
The darkness and sorrow swallowed me so deep,
My lost happiness was all I grieved.
What do I do with this fame and pride,
which haunts me like a ghost,
Never letting us hide.
Reminding you that you are still alive,
But the joy of your life will never arrive!

Ms. Tanya
(2019 batch)

LITERATURE

A note to the self

It's a race against time from the moment you step into the profession of saving lives. In fact, the clock starts ticking through the years when you actually make up your mind to be doing what you are doing, for the rest of your life, for it to be your career. The decision descends into existence either by chance or a long-standing passion. But it's a well understood truth that satisfaction in your job in white coats, comes only when you make it your passion. Otherwise, you are just reduced to being robots adhering to an algorithm, following commands and keeping up with a lot of checklists. Happiness leaves through the backdoor while dreadful monotony and a stressed life keeps knocking at your door. Whatever be the paths you took, the terrains you traversed to reach where you are now, let the beauty of what you are supposed to do fascinate you.

Let the intricate details of your job make you love it even more.

Let yourself find purpose in the everyday things that you do.

Let yourself be aware of the changes you bring in the small world that you live in which makes it better than yesterday.

From the books that you brood through to the caffeinated nights that you pull through in the wards to being a doctor after a decade of toiling and waking up every day even when you don't feel like doing what you do best with your white capes. Romanticizing hard work might not be a healthy choice every time, but if it helps you find perspective and purpose, tread gently and seize your victory!

Jess Joseph
3rd Year UG

LITERATURE

THANK YOU, GOOGLE!

Twenty years ago there was no internet. If we got sick, we used to go to the doctor. He would prescribe us some medications which we would take without putting much thought into it.

But nowadays even if we get a headache, we think it is brain tumor, start to Google about the causes of headache and start panicking. When we go the doctor and he says that the headache is due to lack of sleep and excessive stress, we argue with the doctor to do an MRI on us.

So in this digital era, where information is easily accessible, has medical profession become tougher? I strongly believe that, change can be frightening and the temptation is often to resist it. But change almost always provides opportunities to learn new things, to rethink tired processes and to improve the way we work.

I think that the change which internet has brought into the mindset of patients has benefitted medical professionals. When we know that a patient will come to us with a preliminary knowledge about his disease, we ensure that we are updated with the latest medical advances about that disease.

We tend to read up more books and journals to expand our knowledge and provide the best patient care. Let us imagine that a patient is compelling you to treat him in a different way as given in the internet but according to your knowledge and experience, you have a different treatment approach . Better communication skills are required to make such patients understand what is in their best interest. A knowledgeable patient is a great source of learning to a doctor. When a patient disagrees or outsmarts us about our ways of treating his disease, we tend to come up with new and better ways to treat his disease in order to satisfy our patient. This in turn unlocks new potential within us.

The digital era has made the patients well aware about their legal rights. This has compelled the doctors to make every effort to prevent medical negligence cases on them. Documenting medical records and consent taking protocols has also improved due to this.

Medicines cure diseases but only doctors can cure patients. We doctors work tirelessly to make a difference in our patients' lives. All these changes which the internet has brought forth must be embraced with a positive mindset to bring out the best out of doctors in order to render the best services possible to the patients.

**By-SUPRIYA DINESH,
3rd YEAR UG,2020 BATCH**

LITERATURE

Two significant letters

Dear younger me,

Remember that dream you had of becoming a doctor and having those highly coveted and esteemed two letters in front of your name? You would close your eyes and see that "DR" in shining lights, forever etched on your heart like an indelible mark. You would not believe me if I told you that we're almost there. The days where you used to play with your doctor set and treat all your stuffed toys bring to mind a feeling of nostalgia and childlike euphoria. This journey through medicine is not one for feeble minds and malleable hearts. We've to navigate this tumultuous course with ever burgeoning zeal and an indomitable spirit. Some do it for the money, some do it for the fame. If you ask me why I joined this field of struggle and grit, I'll say I'm doing it for a little girl. Little me. The girl who dreamed of wearing a stethoscope around her neck instead of the typical diamond necklace. As I reach the end of this course, I feel like it's barely the beginning. The future is daunting but at least I'll soon be equipped with one of the world's greatest armoury. The licence to heal, to treat and to provide comfort and hope in this world filled with harmful diseases and irreversible pathologies. Well, little me, we're almost there. And it's just the beginning of a satisfying lifelong career in medicine.

Yours truly,

More than a medico, almost a doctor

Ananya Sridhar

Final year, 2019 batch

SCRAMBLED MEDS

1. A-K-Y-E-R-S R-F-C-I-L-S-H-E-E (Copper)

2. H-T-R-X-A-P-O-R-M-N-H-D-E-E-O-T (Opioid derivative with antitussive action)

3. M-C-O-D-I-D-C-Y-O-O-S-S-I-O-C-C-I (Dimorphic fungi)

4. A-S-U-L-L-G-B-E-O-C R-R-U-M-L-H-T-E-O-S-S-I-A-P-O-H-E-T-L
(Grows at a temperature range of 55-80°C)

5. O-M-Y-P-S-P-R-I-D-U-O-T-I-C-R (0.5% sulfuric acid in a staining)

6. L-I-H-Y-I-P-L-R-S-H-A-D-B-O-T-I-S-O (Fish tape worm infection)

7. I-O-N-R-A-H-I-R-S-S-O-C-C-I-D-O-T (Infection of hair-shaft caused by acid fast bacilli)

8. U-N-O-O-R-T-P-T-S-E-D-R-I-O-O-S-A-M-R-H-E (Cutaneous changes due to neural involvement.)

9. T-P-L-S-A-O-N-S-Y-O-I-R-M-G-A-H-M-U-O-L (Pel Ebstein fever)

10. A-S-P-I-C-A-L-C-O-T-P-H-N-E-O-A-S-I-Y (Sever's disease)

11. C-E-R-C-L-U-T-A-E-R-E-E-O-O-C-E

12. S-A-E-C-Y-Y-E-C-T-R-L-C-O-O-D

13. S-I-O-R-A-L-E-D-A-T-A-S-H-C-M (Baggy eyes)

14. O-M-U-S-M-T-D-I-E-N-E-D

15. A-H-R-O-P-Y-H-G-I-N-A-D-A-P (Transillumination using visible or infrared)

16. T-T-L-D-S-R-H-E-L-Y-I-S-L-O-E-T-I-B (Estrogen)

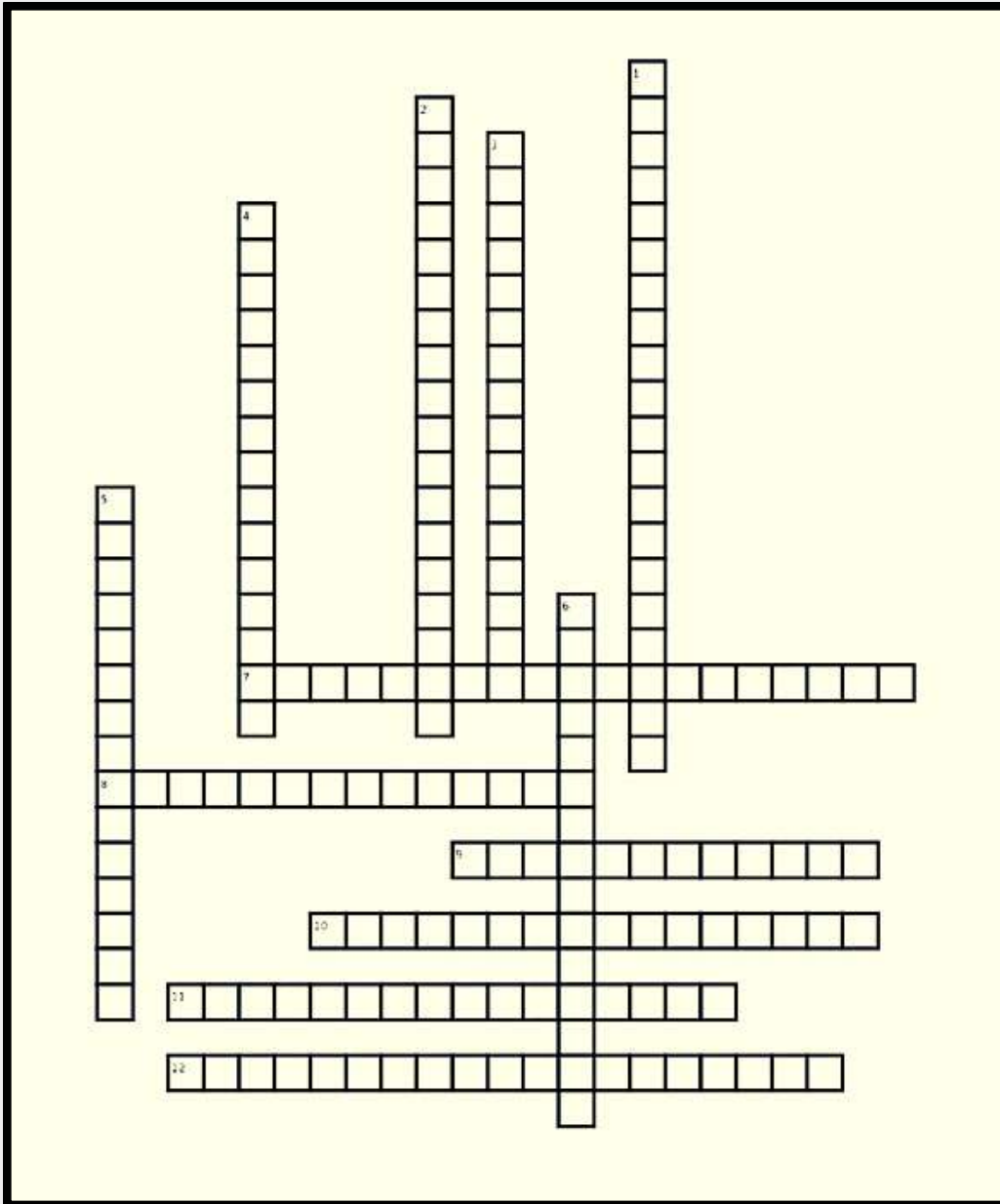
17. L-I-E-S-T-S-N-C-E-C-U-O-D

18. A-G-E-I-S-L-V-I-A (Hangover)

19. N-S-I-S-U-A-L-I-A-P-C-O (The subject continues to hear a word, a syllable or any sound, even after the withdrawal of stimulus)

20. M-N-M-C-I-H-A-E-T (One's body can be put into any posture, despite instructions given to resist)

CROSSWORD



Down:

- 1) Y-E-A-D-D-I-L-L-N-V-L-A-N-I-C-M-C-I-A-L (tyrosine)
- 2) T-Z-A-S-D-E-O-I-I-L-I-N-I-I-O-N-E-D (diabetes)
- 3) P-N-N-X-B-E-Z-Y-N-A-M-E-I-H-E-O (orthostatic hypertension)
- 4) M-S-T-T-O-S-A-A-O-A-O-N-M-I-T (delta cells of the pancreas)
- 5) O-N-V-P-E-I-H-P-L-I-D-A-L-U-N (renal cell carcinoma)
- 6) Y-N-G-O-G-S-M-E-N-O-A-S-I-E-I (heart tissue)

Across:

- 7) E-R-I-O-C-N-G-O-K-R-S-C-E-L-E-S-B-M-S (pipestem appearance on x-ray)
- 8) R-A-C-L-T-M-E-E-T-A-I-E-V (seizures)
- 9) U-T-E-I-S-I-X-D-O-E-M-H (calcium channel)
- 10) R-I-E-L-O-S-Z-L-G-O-L-E-I-N-L-N (MEN 1)
- 11) H-A-W-R-T-I-N-I-N-F-Y-L-E-E-D-K (giant cells)
- 12) I-S-C-O-D-E-S-I-T-H-L-O-L-O-I-A-H-C-H (bile duct)

TEACHER'S CORNER

Research, Trainings, Art and many more!



ART BY MR.ADARSH

5

53

Adarsh



FAREWELL TO SENIORS



Dr. Satyanarayana V



Dr. Lakshminarayana N

SUPERANNUATION



Dr. Latha G A



Dr. Sathyanarayana V, Professor, Department of General Surgery and **Dr. Lakshminarayana N**, CMO, Department of Orthopaedics, retired from service on 31st October 2022 and 31st December 2022, after rendering their yeoman service in the ESI Organization. **Dr. Latha G A**, Professor, Department of General Surgery, retired from service in March 2023.

INTERNATIONAL WOMEN'S DAY



*W*omen's Day.

International Women's Day was celebrated on 11-3-2023 in our hospital. This event was chaired by Dean Dr Sandhya R and special invitee Mrs. RajaRajeshwari, Senior Advocate of Karnataka high court who spoke on women empowerment and equality. She highlighted the fact that much has to be done at lower strata of society with respect to empowerment and equality. Dr Sandhya R, Dean, spoke on women empowerment. This event was organized by ICC Chairperson Dr Triveni S (NFSG) Senior Dental Surgeon.

The celebration was preceded by an essay competition on the topic Innovation and Technological change and Education in Digital Age for achieving gender equality and the empowerment of all women and girls on 8th March. Winners of the essay competition were awarded with prizes and mementos.

The celebrations had Cultural programmes by staff, and the event ended with photo session and lunch.

ECLS TRAINING FOR TRAINERS & INTERNS



The 1st Comprehensive Training of Trainers (TOT) for ECLS was conducted between 27/3 to 01/04 2023 organised by JEEVARAKSHA and approved by RGUHS and University of Utah. The trainers were trained in batches.

Emergency Care and Life Support Training (ECLS)-JEEVARAKSHA



Along with the Comprehensive Training of Trainers (TOT) for ECLS, the interns were also trained in batches in the month of April 2023, under the ECLS-JEEVARAKSHA, approved by RGUHS and University of Utah. Around 90 interns were trained.



WORKSHOPS & CME



Under the guidance of Dr H Chandrashekar, HOD Department of Psychiatry, a workshop on 'Psychiatric Practice and Law' was organized on 24.04.23. Eminent Psychiatrists Dr N M Patil, Dr Swaminath G, Dr Jagadish A, Dr Rajini P and Dr Madhusudhan R were among the panelists. More than 110 psychiatrists attended the workshop from all over the state.

Life long Learners!

WORKSHOPS & CME



Systematic Review and Meta analysis workshop was conducted by Dr Sharath B N, Associate Professor from Department of Community Medicine for the faculty and students.

Life long Learners!



CME on Recent Advances in Diabetes was organized by the Department of Biochemistry. Dr Rajeshwari Janakiraman, Senior Consultant and Chief Endocrinologist from Manipal Hospitals, gave insights on the same.



 **ESIC Medical College, PGIMSR & Model Hospital, Rajajinagar, Bengaluru**

Continuing Medical Education (CME)

Organised by
Department of Biochemistry

Topic : Recent Advances in Diabetes Management

Date : 28/11/2022
Time : 12.30 to 1.30pm (online mode)

Speaker : **Dr Rajeshwari Janakiraman**
DM - Endocrinology
Senior Consultant & Chief Endocrinologist
Manipal Hospitals, Yeshwanthpur
Bengaluru



CME & WORKSHOPS



Basics of Research Methodology workshop was conducted by the Department of Anaesthesiology, with eminent speakers from AIIMS New Delhi, VIMS Ballari and SKIMS, Srinagar.

Life long Learners!



An Online talk on Clinical Forensic Medicine was organized by the Medical Education Unit (MEU) at the Department of Forensic Medicine and Toxicology. Esteemed Speaker Dr Ambika Prasad Patra, MD, FRCP, gave insights in the realm of clinical Forensic Medicine, aligned with the latest NMC guidelines.

CME & WORKSHOPS



Screening of all faculty, Doctors, Nurses and patients was organized using Bone Marrow Density Screening device, on World Osteoporosis Day to advocate on the importance of Bone health.

Life long Learners!



On occasion of National Library Week, Dr Anil N S HOD Community medicine organized a workshop on Plagiarism, with a guest lecture by Mr Raghavendra, Head of BD from DrillBit Soft Tech, Bengaluru.



CME & WORKSHOPS



POCSO Workshop was organized for ESIC Medical officers by the department of Obstetrics & Gynaecology with eminent speakers from Karnataka.

Life long Learners!

The workshop was inaugurated by Dr Renuka Ramaiah (In-charge Dean); Dr Thomas Prasannaraj, Medical Superintendent; Dr Yoganandan K S, Deputy Medical Superintendent. The resource persons were Dr Vivek Dorai, Deputy Director-Medical, Aarogya Soudha, Department of Health and Family Welfare, Government of Karnataka, spoke about “the reasons for implementation of POCSO, why it is important for medical practitioners and how to approach a victim and accused of sexual offence?”

WHAT'S NEW?



MENTORSHIP PROGRAMME 2022-23 POSTGRADUATE BATCH



In view of the growing Mental Health issues among the medical students, a premier Mentorship Programme has been started for the postgraduate students (2022-23) similar to the already existing program for undergraduates, at ESIC.



Life long Learners!

More than 50+ faculties have been tagged along with 1 or 2 post graduate students from various departments.

The main aim is to form a mentoring relationship with the student and identify the challenges faced by them, and provide solutions to academic, social, psychological and co-curricular issues by improving their emotional abilities, knowledge, skills and help in overall holistic development of the students.

A guideline document was provided to the faculty with the Mentor Mentee Programme Policy including the objectives, responsibilities of Mentor and a module for the mentor-mentee meeting, for streamlining the process.

GURU VANDANA 2023



Guruvandana organised by the Batch of 2020 in gratitude for their teachers



Teachers actively participated in activities conducted by the students!

AAROH-2023 6TH ANNUAL CONVOCATION



6th Annual Convocation ceremony- Aaroh 2023 for the batch of 2017



Convocation ceremony presided by Dr Sandhya R (Dean), Academic Registrar and Head of Various Departments along with students of 2017 batch.

ADVAYA 22-2023



Faculty pose for Fashion Show performance in ADVAYA 22-2023



LITERATURE

New Beginning

As 2022 comes to a hurried end, I look back at how fast paced and busy the year has been. Time flies they say but as I see it, time teaches as it flies. The year has taught me a number of new things and has made me a little wiser. I now know which the nearest punching machine is to reach at the earliest every morning, I know the safest parking spot that has just the right amount of shade and I know the names of all the office assistants who work on my bills. I am wiser that way.

Jokes apart, it has been an amazing year at hospital that has had our hands full with exciting clinical and academic work. We have had wonderful opportunities to teach as well as to learn, to organize, to lead, to follow and have some satisfying outcomes in our fields.

2023 has now arrived with a new cycle of yearly activities.

It is the time for new beginnings, let us welcome it with a smile and seriously hope that this year we get newer ideas to celebrate the long list of national days, new points to add in our self appraisals and new ways to save taxes.

Again, jokes apart, hoping the new year brings lots of vitality and vigour to work and drives us to improvise our units and strengthen our teams. Let us all pledge to strive together and make our institution a notch better than it already is.

Wishing everyone a great year with decent increments, timely arrears, lots of publications and no transfers.

Happy 2023 !!

Dr Mridula A M, Specialist, Dept of Pediatrics

LITERATURE

ಎದೆಹಾಲು

ಭಗವಂತನು ಹುಟ್ಟಿಸಿಹನು ಕಂದನ
ಜೊತೆಗೆ ಹಸಿವ ತಣಿಸಲು ಇರಿಸಿಹನು ಅಮೃತವ ಎದೆಯೊಳಗೆ/
ಇವಳೋ ಮಹಾತಾಯಿ ಅದ್ಭುತವ ತೋರಿದಳು
ಅಮೃತಧಾರೆಯನ್ನೇ ಹರಿಸಿಹಳು ಕಂದನಿಗೆ//

ಉಣಿಸಲು ಎಷ್ಟೇ ಅಡ್ಡಿಗಳು ಬಂದರು
ಮರೆಯಳು ಕೊಡದೆ ಆಯಾಸ ಆದರು/
ಮಗುವಿನ ಮೇಲಿನ ಪ್ರೀತಿಯು ಅಗಾಧ
ನೀಡಿಹಳು ಜೀವರಕ್ಷಕ ಹಾಲನು ಸದಾ//

ಹಲವು ಮೌಢ್ಯಗಳು ಇನ್ನೂ ಉಳಿದಿವೆ
ತಾಯಿಯ ಹಾಲಿಗೆ ಏಕದು ಭೀತಿ/
ಹೊಡೆಯಲು ಇಂತಹ ತಪ್ಪು ಕಲ್ಪನೆಗಳ
ವಾಬಾ ರಚಿಸಿದೆ ಅದ್ಭುತ ನೀತಿ//

ಶಕ್ತಿಗಾಗಿ ಇದೆ ಕ್ಯಾಲ್ಸಿಯಮ್ಮ
ಯುಕ್ತಿಗಾಗಿ ಇರುವುದು ಮೆಗ್ನೀಷಿಯಮ್ಮ/
ಹೊಂದಿದೆ ಎದೆಹಾಲು ಕೆಲವು ಅನ್ನಾಂಗಗಳ
ಇನ್ನೂ ಹಲವು ಜೀವಾಮೃತಗಳ//

ಅಂತೆಯೇ ಹಲವು ವಿಶೇಷತೆಗಳುಳ್ಳ ಎದೆಹಾಲು
ಉತ್ತೇಜನ ನೀಡಲು ಇಹರು ಜನರು ಎಲ್ಲೆಲ್ಲಾ/
ಈ ಬಾರಿಯ ಎಲ್ಲರ ಧೈಯವಾಕ್ಯವಾಗಲಿ
ಉದ್ಯೋಗಸ್ಥ ಪೋಷಕರಲ್ಲಿ ಬದಲಾವಣೆ ಮೂಡಲಿ//

-ಭರತ್ ಸಾರಂಗ್ ಮಠ

LITERATURE

ಹಾಲುಣಿಸೋ ತಾಯಂದಿರ ಆಲಿಸಿರಿ.....

ಹಾಲುಣಿಸೋದೊ ದೇಹಕ್ಕೂ ಮನಸ್ಸಿಗೂ ಆರೋಗ್ಯಕರ ಮರೆಯದಿರಿ //2//
ಸೂ.....ಕೋಮಲ ತಾಯಂದಿರೆ..... ತಮ್ಮ ಸೌಂದರ್ಯ ಮೈಕಾಂತಿ
ಕುಂದುತದೆಂದು.

ಹಾಲುಣಿಸಲು ಹಿಂಜರಿಯುವ ತಪ್ಪು ಕಲ್ಪನೆಯ,,,,, ಹೊಸಕಿ ಹಾಕಬೇಕಿದೆ,,,,,
ತಾಯಿ ಮಗುವ ಬಾಂಧವ್ಯಕ್ಕೆ ಹಾಲುಣಿಸೋದೆ ಬುನಾದಿಯಾಗಿದೆ.
ದಿಟ್ಟು ಹೆಜ್ಜೆ ಹಿಟ್ಟು ಕನಿಷ್ಠ ಆರು ತಿಂಗಳು ತಾಯಿ ಹಾಲ ಕುಡಿಸ ಬೇಕೆ ಬೇಕಿದೆ,,,,,,
ಏನೇ ಇರಲಿ ತೊಂದರೆ,,,,,, ವೈದ್ಯರ ಸಲಹೆ ಮೇಲೆ ಹಾಲುಣಿಸಲು ಮುಂದಾಗಿರಿ.
//ಹಾಲುಣಿಸೋ//

ಮೊದಲು ನೀ ಪ್ರೊಟೀನ್ ಕನಿಜಾಂಶಗಳ ಆಹಾರ ಸೇವಿಸು
ಲ್ಯಾಕ್ಟೋಸ್ ಲಾರಿಕ್ ಆಸಿಡ್ ಗಳು ಐಜಿಎ ಜೀವಸತ್ವಗಳು ಹೇರಳವಾಗಿವೆ.
ತಾಯಿ ಹಾಲು ಮಗುವಿಗೆ ಅಮೃತವಾಗಿದೆ .
//ಹಾಲುಣಿಸೋ//

ಬಾಟಲಿ ಹಾಲನ್ನು ಕೊಟ್ಟರೆ ಕ್ಯಾಲ್ಸಿಯಂ ಕೊರತೆ ರಿಕೆಟ್ಸ್ ರೋಗ ಭೇದಿ ಅಲರ್ಜಿ
ಬರುವುದು.

ಕೇಳಿ ,, ,, ,, ,, ,, ತಿಳಿಯಿರಿ ,, ,, ,, ನಾಡ ಜನರೇ
ಎಲ್ಲ ಕೆಲಸ ಬದಿಗೆ ಹೊತ್ತಿ, ಎಲ್ಲ ಕೆಲಸ ಬದಿಗೆ ಹೊತ್ತಿ
ದಿನಕ್ಕೆ 8, 10 ಬಾರಿ ಹಾಲುಣಿಸಿ ಪೌಷ್ಟಿಕತೆ ಹೆಚ್ಚಿಸಿ.

ಹಾಲುಣಿಸದೆ ಕಳೆದುಕೊಳ್ಳಬೇಡ ನಿನ್ನ ಆರೋಗ್ಯ,,,,, ಕಳೆದುಕೊಳ್ಳಬೇಡ ನಿನ್ನ
ಬಾಂಧವ್ಯ,,,,,

ಬಾಲ್ಯದಲ್ಲಿ ಬರುವ ರೋಗ ತಡೆಗಟ್ಟಲು ತಾಯಿ ಹಾಲು ಅತ್ಯಗತ್ಯವಾಗಿದೆ.
ಏನು ಇರಲಿ ತೊಂದರೆ ಇದನ್ನು ನಾವು ಅರಿತರೇ,
ಏನೇ ಇರಲಿ ತೊಂದರೆ ಇದನ್ನು ನಾವು ಅರಿತರೆ ರೋಗ ಮುಕ್ತಿ ಈ ಧರೆ //೨//
ಹಾಲುಣಿಸು ತಾಯಂದಿರೆ ಆಲಿಸಿರಿ

-Mrs.Jayalakshamma

LITERATURE

"ಏನಿಹುದು ಅಂತದು ನೀ ಉಣಿಸುವ
ಹಾಲಿನಲಿ??!!"

ವಾತ್ಸಲ್ಯದಿಂದ ಸದಾ ನಿನ್ನ ಕಂದನ ಪೊರೆವೆ
ಮಮತೆಯಿಂದಲೆ ನಿನ್ನೆದೆ ಹಾಲನು ಎರೆವೆ
ಲಾಲಿ ಹಾಡುತ ಮಧುರ ನಿದ್ದೆ ಕರೆವೆ
ಹಾಲ ಹೀರುತ ಮಲಗೆ ನೆಮ್ಮದಿ ಸುರಿವೆ
ಏನಿಹುದು ಅಂತದು ನೀ ಉಣಿಸುವ
ಹಾಲಿನಲಿ?? ಅಮ್ಮಾ..
ಏನಿಹುದು ಅಂತದು ನೀ ಉಣಿಸುವ
ಹಾಲಿನಲಿ??

ಹದವಾಗಿ ಬಿಸಿಯಾರಿಸಿಟ್ಟು ಅಮೃತದ ಪಾನವೆ
ತೆಳುವಾಗಿ ಜೇರ್ಣಿಸಲು ಬೆರೆಸಿಟ್ಟು ಪಾನವೆ
ಅಳೆದು ಮೊಗೆದಿಟ್ಟು ಆಹಾರಂಶಗಳ ಪಾನವೆ
ತೊಳೆದು ಶೇಖರಿಸಿದ ಖನಿಜಗಳ ಪಾನವೆ
ಏನಿಹುದು ಅಂತದು ನೀ ಉಣಿಸುವ
ಹಾಲಿನಲಿ??

ಲಸಿಕೆಯಷ್ಟೇ ನಿರೋಧಕ ಶಕ್ತಿವಂತ ಪಾನವೆ
ಕಲಿಕೆಯಷ್ಟೂ ಸರಾಗಕೆ ಯುಕ್ತಿ ಈವ ಪಾನವೆ
ಇತಿ-ಮಿತಿಯ ಆಹಾರಕೆ ನಿದರ್ಶನ ಪಾನವೆ
ಸ್ಥಿತಿ-ಗತಿಯ ಮೇರೆಗೂ ನಲುಗದ ಪಾನವೆ
ಏನಿಹುದು ಅಂತದು ನೀ ಉಣಿಸುವ
ಹಾಲಿನಲಿ??

ನಮ್ಮಿಬ್ಬರ ಬಾಂಧವ್ಯಕೆ ಸೋಪಾನ ಪಾನವೆ
ನಿನ್ನೊಡಲ ಸಹಜತೆಗೆ ಸಿಂಗಾರ ಪಾನವೆ
ತಾಯ ಹಾಲುಂಡು ಬೆಳೆದಿಹೆನೆಂಬ ಭಾವವೇ
ತುಂಬಿ ಸ್ಥೈರ್ಯವ ಬೆಳಗಿಹುದು ಈ ಜೀವವೆ !
ಏನಿಹುದು ಅಂತದು ನೀ ಉಣಿಸುವ
ಹಾಲಿನಲಿ?? ಅಲ್ಲಲ್ಲ.....
'ಏನೆಲ್ಲಾ ಇಹುದು' ನೀ ಉಣಿಸುವ
ಹಾಲಿನಲಿ?? ಅಮ್ಮಾ...

'ಏನೆಲ್ಲಾ ಇಹುದು' ನೀ ಉಣಿಸುವ
ಹಾಲಿನಲಿ??

ಡಾ.ಶಶಿಕಲಾ ಪುಟ್ಟಸ್ವಾಮಿ



Adarsh

ART By Mr. Adarsh (2019 batch)



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