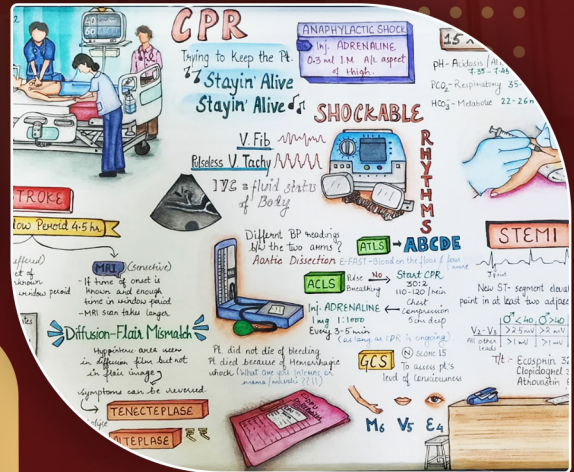


DPU DIVE



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MONTHLY NEWSLETTER

November 2024

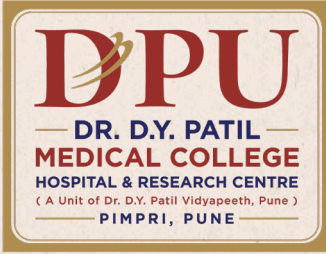
**marks a new beginning for our 250
new aspiring doctors:**

*As you embark on this medical journey, do it with
determination and support from seniors and faculty.*

*Just say to yourself **"I am ready to face challenges and thrive."**
We eagerly look forward to seeing you grow into a confident
healthcare professional and compassionate doctor.*

*The bright future of medical science is in your capable hands.
Remember, your journey is long, but with perseverance, you
will prevail!*





DPU DIVE

Dr. D. Y. Patil Medical College,
Hospital and Research
Centre, Pimpri, Pune.



<https://www.instagram.com/DPUMedical>



<https://www.facebook.com/DPUMedical>



<https://medical.dpu.edu.in>

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Monthly Highlights

- Department of Orthopaedics completes 100th robotic replacement surgery

DPU reaches a remarkable milestone by completing its 100th robotic replacement surgery. This achievement is a testament to the dedication, expertise and innovative spirit of everyone involved.

“This milestone is only the beginning and I look forward to continue our journey of progress and innovation together.” - Dr. Rahul Salunkhe

- 34th GPCON Annual Conference

The 34th GPCON Conference was held on 23rd and 24th November 2024 in Baner, Pune. The conference was a great success, with an attendance of over 200 general practitioners from Pune and surrounding areas.

Dr. Ashish Chugh delivered an insightful lecture on ‘Advances in Neurology’ and Dr. Amol Dahale on ‘New Advances in Endoscopy’. Both sessions were well received and provided valuable insights into the latest developments in their respective fields.

- A heartfelt token of gratitude from the interns

Here is a small token of gratitude from the interns to the Department of Emergency Medicine. *“We are truly blessed to have such great faculty. If I can bring even a small smile to their faces, I will do it in any way I can,”* said one of the students.



College Katta Season 5:

A Journey of inspiration and learning

The much-awaited College Katta Season 5 turned out to be an exciting and inspiring event. It was a perfect mix of learning and fun, leaving everyone who attended feeling motivated.

This season, Dr. Ashwin Deshmukh, an experienced orthopaedic doctor, was invited as a speaker. He earned his M.B.B.S and M.S. in Orthopaedics from Dr . D. Y. Patil Medical College, Pune and also completed a fellowship at the University of Hong Kong. He shared his professional journey with the students this season.

Dr. Pallavi Bajpoi, Prof Anatomy. hosted the event and shared her experience as a army doctor.

Dr. Deshmukh narrated an interesting story about how he initially wanted to become a veterinarian because of his love for animals. However, he decided to follow his parents' wishes and chose to become a doctor instead. Eventually, he became an orthopaedic surgeon and is now one of the best in his field. His story was inspiring as it showed that life can take unexpected turns and it is important to make the best choices from the options available.

The event was filled with interesting talks and fun moments. Dr. Deshmukh gave valuable advice on working hard and growing both as students and individuals. His words encouraged students give their best and to keep going, no matter the challenges they face.

College Katta Season 5 was an amazing experience, teaching students the importance of learning, connecting with others and enjoying college life.



HEALTHCARE NEWS:

SPINACH LEAF COULD BE THE NEW HEART

Researchers at Worcester Polytechnic Institute (WPI) have converted spinach leaves into functioning human heart tissue, potentially addressing the organ donor shortage. By replacing spinach cells with human heart cells, they utilized the leaf's natural vein structure to mimic blood flow.

In a study published in *Biomaterials*, the team demonstrated that the heart cells began beating on the spinach's preserved framework after five days. "To take something as simple as a spinach leaf and turn it into a tissue for blood flow is very exciting," said WPI's Glenn Gaudette.

This innovation could pave the way for repairing damaged heart tissue using plant-based scaffolds.

**Credits: Krishna Agarwal*



Wellness Program:

232 units of liquid gold found:

No, we are not talking about the mines discovered in China. We are referring to the voluntary blood donations received by our institute during November 2024.

In a country facing an annual deficit of 2.1 million units, blood is as priceless as gold. Voluntary and safe blood donations save countless lives and significantly reduce maternal and neonatal mortality.

During a conversation with **Dr. Umakant H Mokalikar**(DPU Blood Centre Incharge) the students learned that in-house donations are accepted throughout the year. Simply walk into the department, fill out the necessary forms, get screened and pledge your blood to a noble cause—once in every three months.

We urge all of you to join this red revolution. As the curtains close on this year, let us inspire a practice that will sustain healthcare for decades to come.

Let us save lives, one unit at a time!



Ma Yashoda blesses 318 babies!

In November, the Yashoda Human Milk Bank of our institution nourished 318 babies in the NICU, PNC, PICU and other wards. A total of 79,500 ml of milk was collected, with a net distribution of 59,930 ml.

This prestigious initiative by our college highlights the positive impact of healthy human milk donation practices. We extend our heartiest congratulations to the entire team involved in this commendable feat.

*Credits: Kshitij Chawla



Alumni Spotlight

I am deeply honored to have the privilege of writing a message for the newsletter. Over the years, I have learned that 'Success is not final; failure is not fatal: It is the courage to continue that counts.'

You will face some obstacles during this beautiful journey, but I can assure you that in the end, you will know how to tackle them. And even if you don't, you will always carry a heart full of memories.

So, make mistakes, learn from them and just enjoy this journey to the fullest as this time will never come back!

I convey my sincere well wishes to all of you and congratulate the editorial board for taking this initiative.

Dr. Sanyukta Ghodke

Former General Secretary, Students' Council 2019-20

Resident, Department of Paediatrics, Ramchandra Medical College, Chennai

**Credits: Vidhushee Manchanda*



Health Tips:

1. Set Up “Sunlight Breaks”:

Plan breaks where you step outside to get fresh air and sunlight, even if it is just for 5–10 minutes. Sunlight exposure can boost mood, vitamin D and focus.

2. Active Stress Relief

Techniques: Try short, relaxing activities like coloring, knitting, or other hobbies during study breaks. Engaging your hands in small crafts can help relieve stress and clear your mind.

3. Peer Teaching to Reinforce Knowledge:

Explaining concepts to peers not only helps them but also reinforces your understanding. Teaching forces you to clarify and organize information in your mind.

Student’s Opinion Article:

The word ‘College’ carries a profound sense of anticipation, influenced by movies, personal expectations and the desire for newfound freedom. Before stepping into this world, I too, was imagining countless scenarios: new classmates, professors, hostel life and that ‘academic comeback’ after high school. The reality, however, has been a blend of highs and lows, sometimes exceeding expectations, sometimes falling short. On the positive side, the sense of camaraderie among the two hundred and fifty freshmen has been nothing short of amazing.

We have formed a close-knit community, always ready to support and uplift each other, whether it’s through difficult assignments or moments of homesickness. In the last month, the friendships I have made here have been one of the highlights of my college journey. However, when it comes to academics, the experience has been more challenging than expected. Unlike the structured, hand-held environment of the school, here, we are expected to fend for ourselves, making decisions that impact not just our grades but our overall growth. It’s as if the once-promised ‘fancy plates’ of easy success have been replaced with the harsh reality of having to cook our own meals over a hot stove. But if I could study physics for two years and manage to pass, I am confident that anything is achievable. In the end, college has been a whirlwind of excitement, challenges and growth—an experience far richer than anything I could have imagined.

*Credits: Sayjal Soni (Batch of 2024), Khushi Shah



Sayjal Soni
(Batch of 2024)

Research Highlights:

We are trying something different this month. Please feel free to give your feedback on this section in the feedback forms provided for this edition.

Firstly, congratulations from the editorial staff to Dr. Amitav Banerjee. His article about the COVID-19 Pandemic was featured in the Indian Express' "List of 20 page-turners" on the 19th of November.

Moving on, this month I would like to highlight some interesting cases that were published in our medical journal.

1. A 20-year-old male was clinically diagnosed with "Mucocele of lower lip" but after excision histopathology revealed it to be a Schwannoma. Find Mousmi Agrawal et al write about their findings [here](#).
2. A 37-year-old male who suffered a traumatic head injury returned to OPD with a markedly altered personality. Read more about it in a succinct case report by Dhrithi Mushthi et al [here](#).
3. A 34-year-old male in his 5th month of ATT came to OPD with a rarely seen side effect of Isoniazid. [Click here](#) to read Prashant Badole et al discuss the medical management of Isoniazid-induced Gynaecomastia.

***Credits:** Arvind Kondapalli

KYF (Know your Faculty):

This month Diving into **Dr. Amol Shinde** Sir's life will be particularly interesting, a quiet personality with a taste for the stage and a love for his field and teaching.



1. What inspired you to pursue Anatomy, and what was your journey like?

Dr. Amol Shinde: My inspiration came from two amazing teachers – Dr. Sudhir Sun, who made first-year classes unforgettable and Dr. Keshav, who taught abdominal anatomy in a student-friendly way. Initially, I was inclined towards ENT, but after seeing the strong genetics lab at our college and the future potential that it has, I decided Anatomy was the right path.

2. What are the biggest misconceptions students have about Anatomy?

Dr. Amol Shinde: A common misconception is that Anatomy is all about rote memorization. It's not just about memorizing names of bones or organs. Anatomy is about understanding and identifying structures. The key is to learn the concepts and visualize structures rather than cramming them.

3. If you could implement one innovation in medical education, what would it be?

Dr. Amol Shinde: I think we should incorporate more online tools, like Google Forms for feedback and surveys. It can help gauge students' understanding and anxiety levels and also make teaching more interactive. Additionally, using PowerPoint presentations alongside traditional whiteboard teaching would enhance the learning experience.

4. How do you balance work and life as a teacher and doctor?

Dr. Amol Shinde: In the early years of my career, work-life balance was tough. But now, I make time for family, especially on weekends. Watching movies together is something I enjoy—it's my way to unwind.

5. What hobbies or activities do you enjoy in your free time?

Dr. Amol Shinde: I love watching movies—especially comedies. In college, we would watch 3–4 movies a week. I am also a fan of sports and was active in drama during my college years. These days, I still enjoy a good family movie outing and a few rounds of cricket or table tennis.

6. How do MBBS students differ from dental and physiotherapy students in terms of their approach to learning Anatomy?

Dr. Amol Shinde: The main difference is in clinical exposure. Dental students start seeing patients much earlier, from their second year, while MBBS students don't begin patient interactions until later. This makes dental students more hands-on from the start. Also, dental students have a more focused syllabus, while MBBS students go deeper into subjects like physiology and biochemistry.

7. What advice would you give to first-year students who may feel intimidated by their professors?

Dr. Amol Shinde: Don't be afraid to approach your professors. In the beginning, students often think teachers are unapproachable, but we are here to help. The more you interact with us, the easier it gets. Ask questions and engage—it will make your learning experience much better.

8. Can you share some movie recommendations for students, especially those who might not have seen classic films?

Dr. Amol Shinde: For a classic Bollywood experience, I would recommend Sholay and Deewaar—they are timeless. If you are looking for something lighter, Akshay Kumar's comedies from the '90s are fantastic. We used to watch them non-stop in college.

9. Any final advice for students starting their medical journey?

Dr. Amol Shinde: Medical school is tough, but remember to focus on understanding the concepts, not just passing exams. Get involved in extracurriculars like drama, sports, or volunteering—it makes a huge difference in your overall development. And don't forget to enjoy the journey.

***Credits:** Krishna Agarwal, Khushi Shah, Shatakshi Lahariya



Quizzes for students:

Academic Quiz:

PYQs: <https://www.autoproctor.co/tests/start-test/BfvLFATX5f>

Non-academic Quiz:

PYQs: <https://form-timer.com/start/aed5e6f4>

Exceptional Achievements

Dr. A L Kakrani Elected as Member of National Academy of Medical Sciences (NAMS) at 64th Convocation

Dr. A L Kakrani was elected as a Member of the National Academy of Medical Sciences (NAMS) at its 64th Convocation held at AIIMS, Jodhpur. Vice President of India, Hon. Shri Jagdish Dhankhar; Mrs. Punya Salila Shrivastava, Secretary of MOHFW and Dr Rajesh Gokhale, Secretary, DBT, Govt. of India, awarded the membership. Over 90 professionals were chosen for the award amongst a few thousand applicants.



India's first international Facial Aesthetic Dissection Course

Admiral **Dr. Vishwanath**, Head of the Department of Plastic Surgery, was honored with a commemorative recognition for his role as a faculty member and for sharing his extensive knowledge at the International Facial Aesthetic Dissection Course held at Symbiosis University, Hospital and Research Centre, alongside Dr. Jean-Luc Nizet and Dr. Ivan van Heijningen.

DPU reaches the world of cricket

Dr. D.Y. Patil Medical College, Hospital & Research Centre, Pimpri, Pune, is proud to have had its exceptional medical team on duty for the India vs. New Zealand 2nd Test Match.

From students and nursing staff to doctors, this incredible experience allowed the DPU team to bring their expertise to the world of cricket, ensuring the safety and well-being of both players and fans.



Promoting Mentor-Mentee Relationship:

Welcome, New Mentees,

Congratulations on starting your journey as a medical student! We are all thrilled to be here. Stepping into this field is both exciting and challenging at the same time and you must never forget that, we are here to ensure that your transition is as smooth and enriching as possible.

To support you throughout this journey, our college has a dedicated mentorship program. A group of 3 students are with a faculty mentor. Your mentor is more than just a guide, they are a trusted advisor who will help you navigate through the academic, emotional and social aspects of medical college life.

Feeling overwhelmed with studies? Struggling to find your rhythm in this new environment? Or simply need someone to talk to? Your mentor is just a conversation away. They are here to listen, advise and guide you through all your challenges, big or small.

Additionally, if you ever feel the need to provide feedback about the mentorship experience or face any concerns that require higher attention, we have an anonymous feedback system in place to ensure that your voice is heard.

Medicine is a demanding field, but remember, you are not alone. Together we will all thrive and achieve great results. This is just the beginning of an incredible journey that will shape you into a compassionate and skilled healthcare professional.

Let's embark on this adventure together with courage, curiosity and collaboration.

**Credits: Krishna Agarwal, Heer Suhandani, Dhriya Shah*

DID YOU KNOW?

- Did you know that the longest surgery in the world, to separate conjoined twins, took place in 2001, in Singapore and lasted for 103 hours straight!
- Dr. Muthulakshmi Reddy was India's first female surgeon who graduated from Madras Medical College in 1912 and not just that she was also an extraordinary social reformer and a freedom fighter!
- On October 16, 1846, Dr. William T. Gorton revolutionized medicine by becoming the first doctor to administer ether as an anesthetic during surgery!

Code Red:

- Considering the Family Adoption Programme a necessary practice as per the National Medical Commission, the Department of Community Medicine has decided to make and distribute a kit for the Family Adoption Program to the First Professional MBBS (2024–25) students.
- The Department of Medical Research is gathering data from undergraduate students about their research interests and compiling information from all MBBS students who have published work so far.
- The post-graduation examination will be held in January 2025 for the residents who were admitted in the admission year 2021–22. It has been advised to the residents that they are supposed to complete their 3-year training period in the Medical College even after the university exams are over.

**Credits: Ananya Tandon, Dr. D.Y. Patil Medical College, Hospital and Research Centre, Pimpri, Pune, U. G. Section.*

Message from the editor:

Dear Readers,

Thank you all for going through this newsletter.

Please send us your valuable feedback using the link below. Get ready for next month, when we unveil a complete redesign of DPU DIVE. Keep reading and continue showing your support!