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PIMS CHRONICLE

Biannual Update



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personalized
quality healthcare at
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PIMS PRIDE



ACADEMIA



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ACHIEVEMENTS



SPORTS EVENTS



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PIMS SERVING THE COMMUNITY
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FOR E W O R D



Since our founding as a state-of-the-art Medical College in 2009, PIMS has emerged as one of the Punjab's leading and most respected institute. PIMS has added a new dimension to medical education in the state with excellent infrastructure and highly qualified faculty. Our Brilliant students have brought laurels in academics and co-curricular activities. Our OPD and In-Patient services have made reputation for quality healthcare delivery. Patients & students are the center of everything we do at PIMS. Our mission is to produce good doctors with compassion & zeal to serve society. My best wishes for the Pioneer Batch 2011 as they reach the final term. I extend welcome to the coming new batch. We are keeping faculty and students abreast with the latest development in clinical and basic medical sciences through workshops, seminars and conferences as a part of our commitment to improve the quality of education and healthcare. Congratulations to PIMS Chronicle for recording this fascinating journey.

Best regards,

Dr Rajiv Arora
Vice Principal, Professor & Head, Physiology



It is a moment of pride for all of us on successful release of upcoming issue of PIMS Chronicle. It is demand of the day when we all should stand together and share good intradepartmental and interdepartmental activity amongst ourselves and PIMS Chronicle is the best platform for this. In addition to many intradepartmental academic activities, it is my privilege to share an interdepartmental academic activity in the form of start of Head and Neck Cancer Clinic under able guidance of our worthy Principal Dr (Mrs) Kulbir Kaur and dynamic Resident Director Dr Kanwaljit Singh and two challenging cases of aggressive oral cancers have been addressed successfully by joint effort of ENT, Dentistry, Plastic and Reconstructive Departments and Dr. Archana Dutta. We are on the verge of achieving a high number of mastoid surgeries of the area. I wish Dr Jagminder Bajaj and her team all the success for taking such a creditable initiative.

Dr Harvinder Kumar
Professor & Head, ENT



At the outset I take this opportunity to appreciate the hard work of the entire staff of editorial board of PIMS Chronicle, Jalandhar brought under the able guidance of our Director Principal. The magazine is a wonderful medium through which staff and the students can express their thoughts, display their talents and creativity. I will appreciate active participation of students as it helps them in growing into confident young doctors and to develop over all personality so that they can excel in the field of academics. Each one of us has our own unique flaws which make our lives together so very interesting and rewarding. My message to the students is that you have just got to take each person for what they are, and look for the good in them. Blessed are the flexible, for they shall not be bent out of shape. Remember to appreciate all the different people in our lives. As you march ahead I wish you good luck and great career.

Dr Kailash Chand
Professor & Head, Microbiology

OBITUARY

With great dismay, we inform the sudden demise of Dr (Mrs) Tripta Sharma Professor and Head, Anatomy who passed away on 25/06/2015 due to sudden cardiac arrest.



Dr (Mrs) Tripta Sharma
14/08/1951-25/06/2015

Dr. Tripta Sharma was born on 14/08/1951. She was a mentor, guide, philosopher & friend for her students & juniors. She was a distinguished professor of anatomy, a great academician and champion of social consciousness. She loved life and was always ready to help with a smile.

She is survived by her husband, son, daughter & grand children. May her soul rest in peace.



Puneet Mallhan

Shantipriya

Arshiya Bansal

Aashita Mittal

Sukriti Chaudhary

Chandrika

Mehak Arora

Amanpreet Kaur

Monika

Nikunj Gupta

**Top Rankers
(Batch 2011)**

First Prof MBBS Examination 2011-2012

- Puneet Mallhan topped the college
- Shantipriya stood 2nd in the college
- Arshiya bansal and Aashita Mittal bagged 3rd position in the college

**Top Rankers of BFUHS
MBBS Second Prof.**

(Batch 2012)

- Sukriti Chaudhary topped the university
- Chandrika stood 3rd
- Mehak Arora stood 4th
- Amanpreet Kaur stood 5th
- Monika bagged 6th position

Our Shining stars

- The students of PIMS made the institute proud by winning Quiz competition "Basics of Cardiology" at Dayanand Medical College & Hospital, Unit Hero DMC Heart Institute, Ludhiana
- Shreshth salhotra, Shantipriya and Arshiya Bansal bagged 1st prize in ophthalmology quiz
- Under the short term studentship programme the project Computer vision syndrome of Nikunj Gupta was approved by the ICMR, New Delhi.



PIMS PRIDE

A C A D



State Task Force (RNTCP) Meeting Cum CME

The Department of TB & Chest PIMS organized State Task Force meeting of RNTCP and CME on 10th February 2015 under the aegis of Punjab Medical Council. It was inaugurated by Dr Kulbir Kaur, Director Principal, Dr Kanwaljit Singh, Resident Director, PIMS also graced the occasion. Highly interactive sessions were conducted by Dr BK Kapoor, Prof. & Head, Department of Chest & TB PIMS, Dr Priyanka Aggarwal, WHO Consultant, Dr Vineet Mahajan, Assistant Professor, Department of Chest & TB, PIMS and Dr Rajiv Sharma, DTO, Jalandhar. Dr Jai Kishan, Prof. & Head, Department of Chest & TB, GMC Patiala, STF Chairman supervised the session. The vote of thanks was given by Dr Sandeep Soni, Associate Professor, Department of Chest & TB, PIMS.



Research Methodology Seminars

A Series of seminars on 'Research Methodology' were conducted by Department of Pharmacology from 6th May to 18th May 2015 under the expert guidance of Dr Jagminder Kaur Bajaj Prof. & Head Department of Pharmacology. Dr Kulbir Kaur, Director Principal and Dr Kanwaljeet Singh, Resident Director, PIMS Jalandhar inaugurated the seminars. They emphasised the importance of research methodology in medical field and asked students to actively participate in various research activities of institution. Faculty members of Department of Community Medicine, Pathology, Forensic Medicine and 61 undergraduate students of batch 2011 & 2012 attended these seminars.



E M I A



Uro-Oncology Meet

Department of Surgery & Medicine organised Meet on Prostate Cancer : optimal therapy 2015 on 26th April. CME was inaugurated by Dr RL Bassan (Civil Surgeon, Jalandhar), Dr Kulbir Kaur (Director Principal), Dr Kanwaljit Singh (Resident Director). Dr Rajesh Vashista (General Secretary, AROI) & Dr Rajeev Sood (President elect USI) emphasised coordinated approach & use of PSA for early detection. Dr Archana Dutta was the Organizing Chairman and Dr Vishal Vig was the Organizing Secretary. Speakers of National Fame Dr Raghunath, Dr Aulakh, Dr Mandal, Dr Sapna, Dr Satheesan, Dr Anusheel, Dr Raina, Dr Sumit, Dr Sandeep, Dr Dhiman, Dr Brar, Dr SK Singh, Dr Kim, Dr Harpreet, Dr Hanuman, Dr Sandhya, Dr Parveen, Dr Meena, Dr Awadesh, Dr Harjinder, Dr Pamela, Dr Kunal, Dr Sandhu, Dr Yogesh, Dr Chahal, Dr Swapan, Dr Anoop, Dr Atul, Dr Sachar, Dr Anubha & Dr Shikha shared their experiences on the management, treatment and latest research on prostate cancer. More than 300 delegates from all over north India attended the CME. It was accredited 4 CME hours by PMC.



UROONCOLOGY

A C A D

Update in Cyto and Histopathology

A Mid Term CME – Update in Cyto and Histopathology was organised by Department of Pathology on 28.3.15 which was inaugurated by Dr. Kulbir Kaur – Director Principal, Dr. Kanwaljit Singh – Resident Director and Dr Kapil Gupta – Member, PMC were guests of honour. The organising chairperson was Dr. Usha Bandlish Prof. & Head, Pathology. Eminent speakers from PGI, GMC&H Sec 32 Chandigarh and DMC Ludhiana delivered lectures. Delegates actively participated in the poster presentation competition also. The CME was attended by about 200 Pathologists and Physicians from Punjab and Chandigarh and was accredited 4 hours by Punjab Medical Council.



E M I A



CME On Infectious Diseases

The departments of Medicine and Microbiology joined hands in arranging update on infections on 13th May 2015 under the chairmanships of Dr. Kulbir Sharma, Prof Medicine and Dr. Kailash Chand, Prof and HOD Microbiology. The CME covered wide range of topics importantly the common infections faced by doctors in day to day practice and over 300 delegates attended the same. Eminent experts in the field of infections, both in Medicine and Microbiology delivered lectures and kept the audience abreast with the knowledge on common infections, latest diagnostic and treatment modalities. The speakers highlighted the significance of early and appropriate diagnosis. Stress was laid on judicious use of antibiotics to prevent the emergence of resistant strains. Post graduate students from various medical colleges actively participated in the poster presentation competition. Four CME hours were accredited by The Punjab Medical Council.



INFECTIOUS DISEASES

Drug Dependence

Dr Himanshu Sareen
Associate Professor, Psychiatry

An estimated 205 million people in the world use illicit drugs, including 25 million who suffer from illicit drug dependence (WHO 2008). This constitutes a public health, socio-economic development and security problem for both industrialized and developing countries alike. It involves overwhelming economic costs and an unacceptable waste of human resources.

Scientific evidence indicates that the development of the disease is a result of a complex multi-factorial interaction between repeated exposure to drugs, and biological and environmental factors.

Aetiology of SUD.

- Moral Model (use seen as sin/crime)
- Characterological (use seen as a defect in personality)
- Conditioning model (use as a result of classical and operant conditioning)
- Biomedical model (genetic and physiological/biological causes)

However to prevent any ambiguity in diagnosing SUD patients, it is common to follow standard classificatory systems like ICD or DSM.

Clinical Picture

1. Acute Intoxication

It is pattern of reversible physical and mental abnormalities caused by the direct effects of the substance. These are specific and characteristic for each substance, (e.g. disinhibition and ataxia for alcohol, euphoria and visual sensory distortions for LSD). Most substances have both pleasurable and unpleasant acute effects; for some, the balance of positive and negative effects is situation-, dose- and route-dependent

2. Harmful use

The continuation of substance use despite evidence of damage to the user's physical or mental health or to their social, occupational, and familial well-being. This damage may be denied or minimised by the individual concerned

3. Dependence Syndrome

Encompasses a range of features initially described in connection with alcohol abuse, now recognised as a syndrome associated with a range of substances. Dependence includes both physical dependence (the physical adaptations to chronic, regular use) and psychological dependence (the behavioural adaptations). In some drugs (e.g. hallucinogens), no physical dependence features are seen

4. Withdrawal

Where there is physical dependence on a drug, abstinence will generally lead to features of withdrawal. These are characteristic for each drug. Some drugs are not associated with any withdrawals; some with mild symptoms only; and some with significant withdrawal syndromes

Commonly abused substances are:

- Alcohol
- Opioids (includes opium, heroin, smack, poppy husk)
- Tobacco (Cigarettes, Bidis, chewing tobacco)
- Cannabis (Ganja, marijuana, weed, Bhang)

- Benzodiazepines (Alprazolam, Nitrazepam, Lorazepam etc.)
- Inhalants, LSD, Amphetamines and other stimulants.

Why is this menace more prevalent in Punjab?

75 percent of Punjab's youth is hooked to drug abuse, a figure the state government itself submitted to the Punjab and Haryana High Court in 2009 (and now considered controversial). Every third student in college, 65% of all families in Punjab are in the throes of a sweeping drug addiction. There are many theories to explain this prevalence.

- Large area of international border shared with Pakistan (through which drugs originating from Afghanistan are smuggled)
- Cash rich people, ingrained culture which promotes substance use. It's not uncommon to see all three generations of a family hooked to one or the other drug (children taking 'inspiration' from parents!!)
- Economic stagnation: The prosperity ushered in by the Green Revolution has brought its own riptide. A new generation of educated and semi-educated youth in Punjab is no longer interested in tilling the land. Any menial job outside the country is preferable to working in their own homeland. This has created a huge population of vulnerable youngsters sitting at home waiting for their visas, work permits etc. practically doing nothing.

Alarming trends

Over the past 5 years, certain alarming trends have emerged.

- The age of initiation into these drugs is lessening
- Trend towards intravenous drug use is increasing
- Escalating costs and decreased supply of these drugs forces people who want same high to switch to iv use
- Females are now turning to substance use in greater number

Interventions

Interventions are at three levels: Policy making (Government prerogative), Society at large and Individual

Policy making: Strong policies to be made by the government to check the availability of such substances, opening of deaddiction centres, educating youth regarding harmful effects of these through mass media are just some of the spheres where a lot of work is desirable.

Society: Society has to first acknowledge this as a disorder and not merely a defect in personality or in one's upbringing. Stigmatizing people will only alienate them from getting timely help. We all have to pitch into present positive role models to people afflicted from this problem

Individual: Most individuals would require the help of a physician/psychiatrist. They first have to acknowledge the problem and then be motivated (by family, friends, physicians, and psychiatrists) to kick the habit. Further intervention would be an OPD based/ Indoor treatment depending upon the duration and extent of substance use. Most of these treatments comprise counselling, pharmacological interventions, rehabilitation and relapse prevention strategies.



PIMS MARCHING FORWARD



- The Medical Council of India has permitted 5th batch of 150 MBBS seats to PIMS.
- PIMS in association with NephroPlus started best-in-class dialysis treatments at reasonable rates. The Unit was inaugurated by honary Deputy Commissioner, Jalandhar Mr. Kamal Kishore Yadav.
- The De-addiction center of PIMS was inaugurated by Deputy Commissioner Jalandhar, Mr. Kamal Kishore Yadav and Civil surgeon Dr. R.L. Bassan. The institute has geared up the efforts to curb the menace of drug-addiction in Jalandhar and its neighboring areas.
- The Department of TB & Chest of PIMS in collaboration with District Tuberculosis Officer (DTO) organized PIMS Faculty training programme for TUBERCULOSIS under the guidance of State Task Force from 10th to 14th March 2015.
- Dr Amrinder Singh MCh Urology performed 1st Per Cutaneous Nephrolithotomy (PCNL) at PIMS on 2nd January 2015. In a short span till April 2015, about 24 PCNL have been done.
- To incorporate the concept of horizontal as well as vertical integration in undergraduate teaching, symposium on Diabetes mellitus and liver diseases were held on 8th -9th April and 26th May in the auditorium. Students of all the three professionals actively participated by presenting various aspects of these diseases. Director Principal Dr (Mrs) Kulbir Kaur, Resident Director Dr Kanwaljit Singh and faculty members moderated and supervised these sessions. Dr Harvinder Kumar (Prof and head ENT) and Dr Tanya Moudgill (Associate Prof Ophthalmology) coordinated the event. Idea of the symposium was to provide basic understanding of pathophysiological concepts of the disease along with clinical presentation, accurate diagnosis and appropriate treatment.
- Elsevier publishers conducted a quiz competition in department of Anatomy on 27th April 2015.
- The procedure of dental implants has been started in PIMS.
- An interdepartmental comprehensive " HEAD AND NECK CANCER CLINIC " has been established. It comprises of Dr Amanpreet Singh, Plastic Surgeon, Co-ordinator of clinic, Dr. Jangpreet Singh, Plastic Surgeon, Dr. Harvinder Kumar, E.N.T Surgeon, Dr Harveen Kaur, Maxillofacial and Oral Surgeon, Dr. Chintan Narad, Maxillofacial and Oral Surgeon and Dr. Archana, Oncologist. The team successfully performed a critical 9 hour long surgery on a 70 years old oral cancer patient and rescued him.
- A preterm baby of 26 weeks, 2nd of triplet pregnancy, weighing 700gm was admitted in NICU with diagnosis of PT/AGA HMD, NEC stage I. The baby was successfully managed by Dr Jatinder Singh Associate Professor, Department of Paediatrics and his team. Baby was discharged in a stable condition with weight of 1.2 Kg.
- Mr Hardeep Singh Assistant Professor in department of Pharmacology has been selected for Phd. in Cancer Biology at Georgia State University, USA.
- Dr Rajiv Arora Vice Principal, Dr Amarjit Singh Viji Professor Medicine and Dr Parminder Kaur Associate Professor Pathology are doing Advance course in Medical education from CMC Ludhiana.

ACHIEVEMENTS

ANNUAL SPORTS MEET

1st Annual Sports & Athletic Meet 2015

Punjab institute of medical sciences organized the 1st Annual sports & athletic meet from 15th to 21st March 2015. The meet was declared open by Resident Director Dr Kanwaljit Singh and Director-Principal Dr Kulbir Kaur. Students took an oath to display healthy sportsmanship. The sports meet commenced with team events, Table tennis, badminton, volleyball, handball, cricket and

football followed by athletics. Students & teachers supported and cheered the participants. The track races included 1600m, 800m, 400m, 200m and 100m for both boys and girls. Field events included shot-put, discus throw and long jump. Races for the paramedical staff were also conducted.

EVENTS	BATCH WISE POSITION		
	1st	2nd	3rd
Table Tennis			
Girls	2014	2012	2011
Boys	2012	2011	2014
Volleyball			
Girls	2012	2014	2011
Boys	2011	2014	2012
Cricket			
Girls	2014	2012	2011
Boys	2011A	2011 B	2012A
Football			
Boys	2011	2012	2014
Handball			
Girls	2011	2012	2014
Badminton	2011	2012	2014



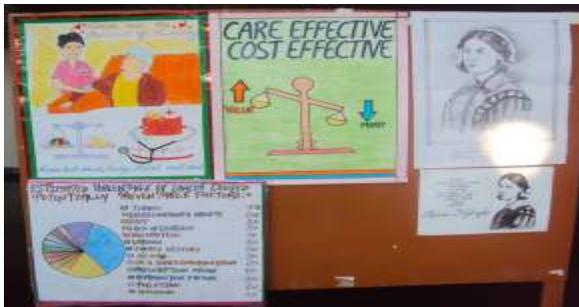
Batch 2012 were declared the winners and given the trophy by the chief guest. The best sportsperson (male) was bagged by jassie bajwa – batch 2011. The best sportsperson (female) was bagged by sukriti chaudhary – batch 2012. The closing ceremony was conducted on 21st March after the athletic events. Chief Guest, Mr Pargat Singh MLA, Jalandhar Cantt. enlightened the students about the value of sports and healthy sportsmanship. He gave away the medals to the participants for each game and

inaugurated the Biannual news letter PIMS CHRONICLE. Some talented students showcased brilliant performances to entertain the audience. The winners took a victory lap around the ground and also thanked their teachers and classmates for their support. Resident Director Dr Kanwaljit Singh and Director-Principal Dr Kulbir Kaur congratulated the participant for their success.



ANNUAL SPORTS MEET

CELEBRATIONS



• Doctor Day was organised in honor of all the doctors of PIMS who work around the clock to provide best care to every patient and play a vital role in transforming aspiring students of PIMS into professional doctors.

• International Nurse's Day was celebrated at PIMS on 12th May 2015 on the eve of birthday of Florence Nightingale. This year's theme is "Nurses :A force for change- Care Effective & Cost Effective "



PIMS SERVING THE COMMUNITY

- Dr Rajiv Arora participated in a talk show on Female Foeticide organized by Doordarshan Jalandhar on 13th May 2015. He emphasised that the coordinated & convergent efforts are needed to ensure survival, protection and education of girl child to help realize her full potential. He also mentioned that the Government of India has announced "Beti Bachao, Beti Padhao" program to address the issue.
- Dr Himanshu Sareen (HOD, Psychiatry Department, PIMS) sensitized the audience at BSF, Jalandhar with the causes of drugs on one's health and nature on 'The International Drug De-addiction day'.
- A press conference was organised on the event of world Asthma Day, in which Dr Vineet Mahajan, (Assistant Professor, TB & Chest) at PIMS raised consciousness for Asthma. The theme of the conference was "You Can Control Your Asthma".
- On the eve of National Cancer Survivors Day Dr. Kanwaljit Singh (Resident Director) and Dr. Archana Dutta (Oncologist) gave a talk on A.I.R, throwing light on the ongoing challenges of cancer survivorship, and informing the listeners that life after cancer diagnosis can be fruitful, rewarding, and inspiring.
- A Medical Camp was organized at Municipal Committee Adampur, Sarb Dharm Welfare Organization Model Town, Kaji Mandi Jalandhar, Mahavir Jain Bhawan, Vill. Nangal Shama, Vill. Ucha Pind, Vill. Lidhran and Bhodhe Saprai as a part of outreach activity in which thousands of patients utilized free services of specialists and medicines were given free of cost.
- The students of Seth Hukam Chand School, Guru Nanak Public School, SD College for women, Sanskriti KMV school, 42 children from the Missionary of Charity, students from JPS School, Tiny Toddlers of DIPS visited the premises for free health check up. School students visited the laboratories, central library and various departments to gain knowledge about their workings.
- The head and neck cancer clinic organised oral cancer screening camp in the dental OPD.
- CME on "Neonatal Pulse" will be conducted by Department of Pediatrics on 22nd August 2015



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