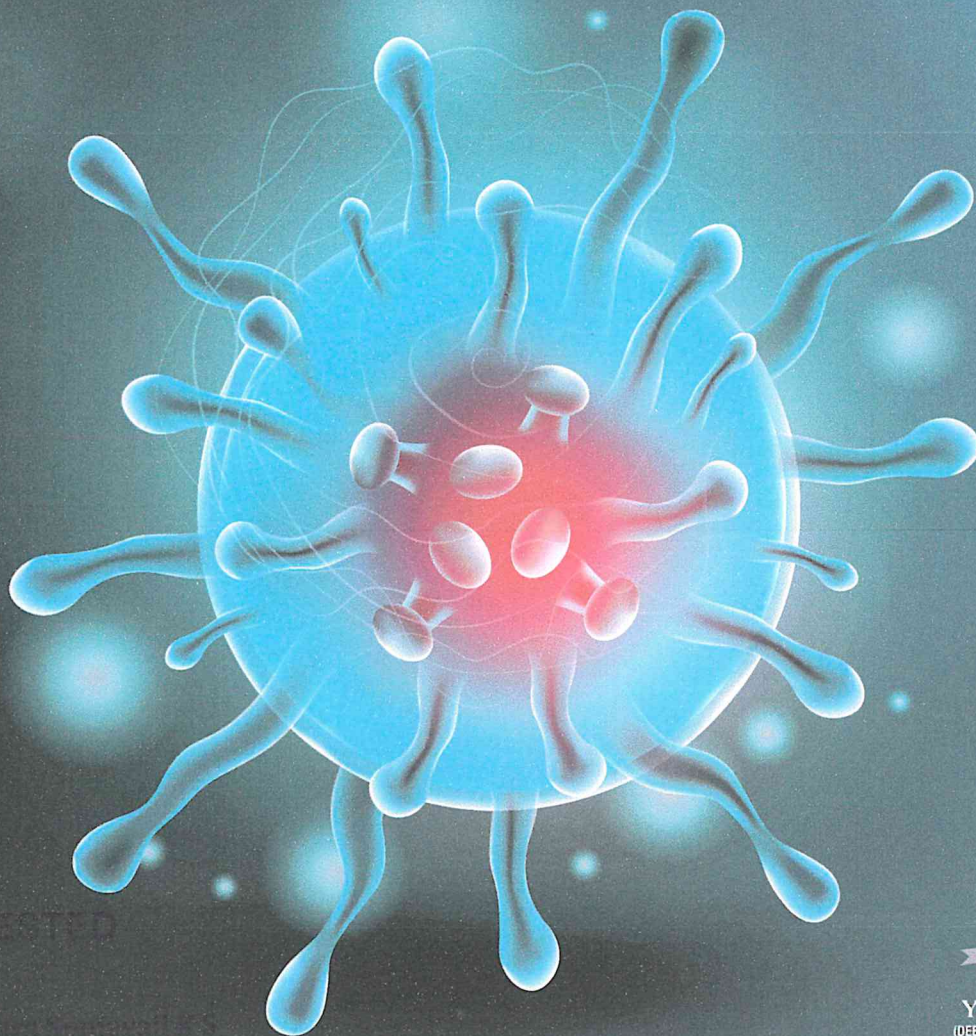


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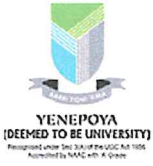
## TELECONFERENCING AND TELECOUNSELING

A BOON DURING THE PANDEMIC



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**Specialty Hospital**  
Kodialball, Mangalore - 575 003

# Read.\*

Read in the name of thy Sustainer,  
Who has created man out of a germ-cell!  
Read - for thy Sustainer is the Most Bountiful One  
Who has taught [man] the use of the pen  
Taught man what he did not know!

- HOLY QURAN 96: 1-5

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\*'Iqra' is the first revealed word of Holy Quran (96:1-5); which means proclaim or read.

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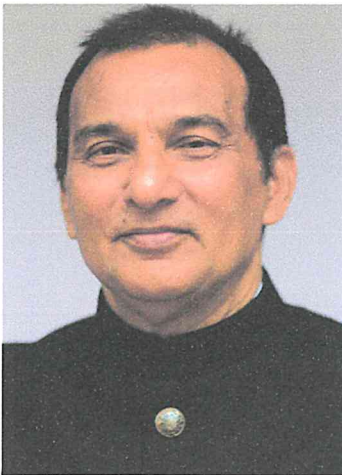
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# CHANCELLOR'S LETTER

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## NEW CHALLENGES IN OUR BATTLE AGAINST COVID -19 PANDEMIC

As we go to press, Kerala prepares to open the portals of schools and colleges as well as the Tourism and hospitality sectors. With the vaccination drive progressing well, the society braces to meet the challenges this decision will bring in its wake.



**Y. ABDULLA KUNHI**  
CHANCELLOR,  
YENEPOYA  
(DEEMED TO BE  
UNIVERSITY)

The mettle of the physician is tested in war-like situations brought on by the second wave of this pandemic. Working long hours in PPE suits and visits to ICU followed by the trauma of counseling the family members of the patients. These conditions can break the psyche of the best of the best. Very often they are isolated from their own families too.

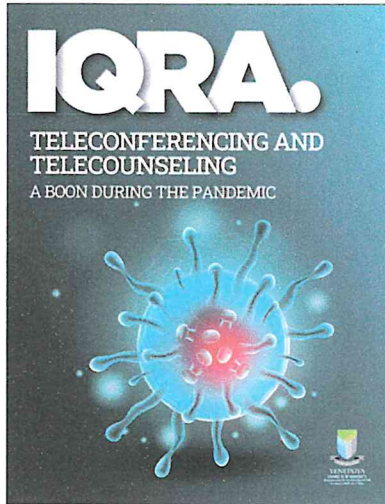
At Yenepoya, we took up this challenge head on by developing an innovative system backed by Tele-counseling and Tele-conferencing. The integration of both these brought good results, much to the relief of all affected. Like I have often expounded, nothing works like team work.

We cannot keep the population locked down, away from their means of livelihood forever. But by continuing the vaccination program and extending it to the younger population, we can keep the enemy at bay.

India has been a model to the advanced nations as far as the vaccination drive was concerned. But as schools and colleges reopen, we have to keep a strict vigil through our teachers to see that protocols are followed strictly during school hours. We hope to come out successful in this final test of our times.

A handwritten signature in black ink, appearing to read 'Gangadhara Somayaji K S', with a horizontal line underneath.

 **ATTESTED**



The cheerful mind perseveres,  
and the strong mind hews its way  
through a thousand difficulties  
Swami Vivekananda



I have chosen to be happy because  
it is good for my health  
Voltaire



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# WELCOME NOTE

## The vaccination drive towards total immunity



**DR M VIJAYAKUMAR**  
VICE CHANCELLOR

India has done well in handling the first wave of the pandemic, with a low death rate and minimal positive cases. The second wave struck with a greater impact, forcing us to take the vaccination route. India started vaccination with Covishield and indigenous Covaxin on January 15 for a target group of frontline healthcare workers and other identified groups. From February 1, vaccination was opened for the 60+ population, and from March 1 for the 45+ population. As demand from the younger generation mounted, vaccination was opened for the 18+ from May 1. The government is putting in its best effort to secure imported vaccine supply, but most international players have already reserved the stocks for Western countries. To achieve herd immunity, 60-70 per cent of the population needs to be vaccinated with two doses, thus, there is a strong need to quickly vaccinate 42-50 crore more people.

By doing this, a possible third wave can be averted or handled with minimal morbidity and mortality. Of course, this is on the assumption that the virus will not mutate further, and the vaccine will be able to protect against the variants effectively.

Vaccine hesitancy is present in all countries. Doctors play a major role in helping to overcome this hesitancy. By giving proper counselling doctors can dispel all kinds of doubts from the mind of the general public.

---

## IQRA's buzz about the latest from our campus

This issue of IQRA brings you the insights of Yenepoya emerging as an active service provider during the Covid-19 pandemic through tele-conferencing and tele-counselling services not only in Karnataka but also in far off districts of Kerala. YMC had also launched a covid care initiative along with the Sailors Society, Southampton, UK for the healthcare needs of the seafarers and their families in the coastal region of Karnataka.

A very interesting article by Dr. Ajay Bhat on 'Immunity Through Ayurveda' covers in detail every aspect to enhance immunity to fight the pandemic. The Department of Community Medicine needs a special mention for their continuous involvement at various stages within and outside the campus since the outbreak of the pandemic in 2020 and of course facing the challenges until date. We have University news and also features on achievements and awards of the faculties and students of Yenepoya.

Happy reading !!

---

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**DR AKHTER HUSSAIN**  
EDITOR IN CHIEF

# Immunity Through Ayurveda

Dr Ajay Bhat U, M.D (Ayu) \*Associate Professor & Consultant, Department of Kayachikitsa, Yenepoya Ayurveda Medical College Hospital, Yenepoya (Deemed to be Univesity). Mangaluru



Dr Ajay Bhat U, M.D

## Ayurveda

The ancient science of life has its origins about 5000 years ago, dating back to the Vedic period. This divine Indic science envisioned the mechanics of life through a different prism. It observed the symphony between macrocosm (Bramhanda) and microcosm (Pindanada). The 5 primordial elements (Panchamahabhutas) forms the focal point of basic principles of Ayurveda through its Three Humor Theory (TridoshaSiddhanta). These three humors/bio-energies govern the human body just like Wind, Sun and Moon regulate our planet. These principles have withstood several tests of time and are unshakable even today. As we enter the second decade of 21st Century, Covid 19 has challenged our scientific advancements across various spheres, questioning the very existence

of human race. As I pen down this paper, 4 million people have lost their life due to this pandemic across our planet since 2019. Today, the world is looking desperately at traditional medicines for solutions to contain Covid 19. There is an unprecedented interest to know what Ayurveda offers especially in preventive aspects particularly to enhance immunity.

Ayurvedic treatises have explained immunity under the concept of Bala (Inbuilt Strength). Acharya Charaka says "Bala mhyalamdosaharamNigrahayadosanam" (Ch. Chi.3/16),i.e Bala as the factor, that destroys the Doshas or disease causing factors. Acharya Chakrapani has described Vyadhikshamatva (Immunity) as Vyadhibala Virodhitwa i.e., antagonistic to the strength and virulence of the disease and VyadhyutpadaPratibandhakatwa i.e., the capacity to inhibit and bind the causes and factors of the disease. Bala has been used synonymous to Prana (Vital Energy) and Ojus which is the essence of the seven body tissues or Saptadhatu. Chakrapanidatta observes that Ojus which is the Sara of all the Dhatus in virtually not different than them, comparable to Ghee of the milk, honey of flowers and fruits, being located in Hridaya, mixes with Rasa dhatu and circulates through the blood

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vessels and capillaries (Dhamanis and Siras) by providing nourishment (Tarpana) of the entire body. It represents the strength of all the tissues and is present in the organism from time of fertilization (Shukra-ShonitaSamyoga) of the sperm and ova, due to its natural power (Chakrapani on Su. Su. 15/99).

The Ojus prevents, resists and overcomes such factors which are produced in the course of the vital activities of body and may lead to degeneration and decay of tissues. A few examples to quote are, Diabetes Mellitus (Madhumeha/Prameha), Pulmonary Tuberculosis (Rajayakshma), Tumors and malignancies (Arbuda), Premature ageing (AkalajaJara) where derangement of Ojus is observed. There are 3 clinical manifestations viz., Ojo- Visramsa, Ojo -Vyapat and Ojo-Kshaya which are seen due to mild, moderate and severe impairment in the availability Ojus to the dhatus. These conditions arise due to injury or diseases of the channels of distribution (Srotus) of Dhatus, altered quality and quantity of Ojus. The aetiological factors which bring about these conditions or the causes for reduced immune capability, according to Ayurveda, range from trauma (both physical and microbial), severe degenerative and wasting diseases, malnutrition, starvation to psychological stresses – anger, anxiety and grief etc. These factors depending upon their extent, degree and intensity of operation may result in the production of one of the above mentioned conditions (Su.Su. 15/23).

Mild, Moderate and Severe varieties of Covid 19 may be understood keeping in mind derangement of Ojus as described above. It may be noted that, role of emotional and psychological factors over proper functioning of immune system has been very clearly appreciated and described in Ayurveda.

Immunity (Vyadhi-Kshamatva) varies with the individuals. It also depends upon nutritional, environmental and individual factors.

Vyadhikshamatva or bala may be classified into 3 types viz,

1. SahajaBala
2. KalajaBala
3. YuktikritaBala

SahajaBala: It is genetic and inborn resistance to disease, which exists since birth. It is said to increase with the growth of tissues and does not depend upon any other cause (ChakrapaniCa.Su. 11/36)

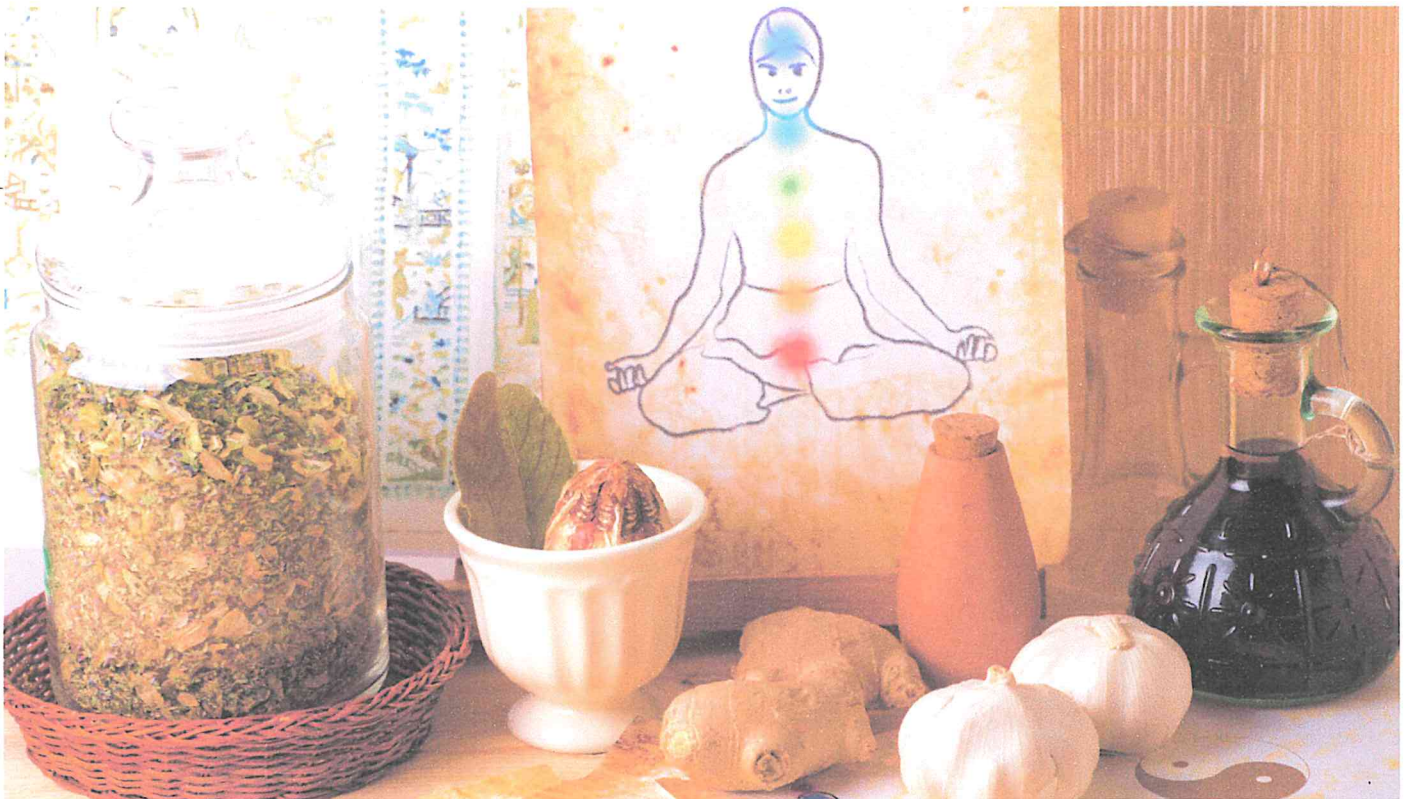
KalajaBala: This type of immunity is said to be influenced by seasonal traits and the age of the person.

YuktikritaBala: This type of immunity refers to modulation of body's resistance against diseases by resorting to appropriate Ojovardhaka Ahara as prescribed in Dinacharya and Ritucharya, performing Internal cleansing (Ritushodhana), intake of Rasayanadravyas/ yogas. An entire chapter is dedicated to making and usage of various Rasayanas in CharakaSamhita and SushrutaSamhita.

RasayanaTantra is one of the Eight limbs of Ayurveda (Ashtanga Ayurveda). It refers to nutrition, natural resistance and geriatrics. Apparently, Rasayana means an improved state of nourishment, which in turn upholds increased immunity and youthfulness. Rasayana can be a drug, diet or even a life style and conduct. AcharaRasayana described in CharakaSamhita shows way to enhance one's Bala (Inner strength) very similar to Yamas and Niyamas of Ashtanga Yoga. It is stated to contribute to the integrity of body tissues and thus increases longevity. The other benefits of this therapy are the promotion of memory and intelligence, the preservation of youth, lustre, complexion and voice. The various measures comprehended by this therapy are termed as Rasayana, because they conduce to the replenishment of Rasa and other body tissues. (Ca.Chi.1/1/12)

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Rasayana therapy act by one of the following three ways, (M. Paul & Singh R.H., 1979)

1. At the level of Rasa dhatu: Thus directly improving the quality of nutrition at cellular level
2. Acting at the level of Agni: by improving digestion and metabolism of body
3. Acting at the level of Srotas: by improving the micro-circulation, it ensures proper perfusion and nourishment to tissues.

Ayurvedic texts have prescribed hundreds of mono-herbs in addition to compound drugs/formulations which are considered as Rasayanas, like

Guduchi (*Tinosporacordifolia*),  
 Yashtimadhu (*Glycirriciaglabra*),  
 Mandookaparni (*Centellaasiatica*),  
 Shankapushpi (*Convolvulus pluricaulis*),  
 Ashwagandha (*Withaniasomnifera*),  
 Haridra (*Curcuma longa*),

Tulasi (*Ocinum sanctum*),  
 Bala (*Sidacordifolia*),  
 Amalaki (*Embilicaoffcinalis*) etc.

Several scientific studies have been conducted to evaluate immuno-modulatory response of above drugs and results obtained are very encouraging. In the context of Covid 19 too, many studies are currently underway to evaluate the immune-modulatory effects of above drugs. Government of India through the Ministry of AYUSH has come out with Guidelines for Ayurveda Practitioners in the prevention and management of Covid 19. (<https://www.ayush.gov.in/ayush-guidelines.html>). Some of the immunity boosting measures prescribed as per above guidelines are as follows,

### Immunity Enhancers - Single Drugs:

Guduchi: Consuming 500 to 1000 mg of aqueous extract of Guduchi (*Tinosporacordifolia* (Thunb.Miers)

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Amalaki: Consumption of fresh Amla fruit (Indian gooseberry – *Emblicaefficialis* L/ *Phyllanthusemblica* L) or Amla candy is also advisable.

Haridra: Gargling with warm water added with turmeric powder (*Curcuma longa* L) and a pinch of salt or Turmeric (*Curcuma longa* L)

Tulasi: Frequent sipping of water processed with Tulasi (basil leaves – *Ocimumtenuiflorum* L Merr (synonym *Ocimum sanctum* L) is advised.

Ashwagandha root powder 3-5gm twice a day with warm milk or water/ ashwagandha extract 500mg twice a day with warm water,

### Immunity Enhancers - Formulations:

Chyawanprashavaleha - 10 - 12 gm / 1 Spoon  
Drakshavaleha - 10 - 12 gm / 1 Spoon  
Indukantamgrutham - 10 - 12 gm twice daily before food, when hungry  
Aravindasava - 15 - 20 ml with equal quantity of warm water after food  
Balachaturbhadrachurna - 1 - 2 gm with honey  
Haridrakhanda - 3 - 5 gm intermittently with honey/ warm water.

**Lifestyle Tips (Dinacharya) For Boosting Immunity**  
**Early Morning Regime (4.30am to 8.30am)** Wake up between 4:30 - 5:00 in the morning or 45 minutes before sunrise. Drink 1-3 glasses of warm water

Gandusha / Kavala (Oil Pulling) 1 tablespoon of sesame or coconut oil for Kavalafollowed by warm water rinse.

Gargle with warm water added with a pinch of turmeric and salt, Triphala, and Yashtimadhu. ShuddhaTanka (2% aqueous solution), Madhoodaka (5% aqueous solution) also can be used for Kavalagraha.

Nasal Health – PratimarshaNasya (2 drops of sesame / coconut oil each nostril).

Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH, Warm water bath.

### After Noon Regimen:

Don't sleep during the daytime Involve in Work from Home/Indoor recreational activities like Studies, Reading, Painting, Gardening, Playing-listening Music, Social Media etc.

### Evening Regimen:

Meditation / Pranayama – 30 minutes Indoor Recreational Activities Dietetic Rules Eat only when hungry, in the appropriate amount according to the digestive power (Neither too less nor more). Always take a fresh & warm diet. Eat easily digestible foods. Eat a night meal 3 hours after sunset or till 8 pm. Sleep atleast 2-3 hours after dinner. Adequate sleep is very important for health.

### Other General Measures:

Dhupana - (fumigation) of the house every evening with antimicrobials such as Neem leaf, Sarshapa (*Brassica campestris* L), Loban (gum bezamin/benzoin - *StyraxbezoinDry*), Karpura (*Cinnamomumcamphora* (L) J.Presl.), Ghee etc. Also usage of AparajitaDhoomaChoorna (A.H. JwaraChikitsa) as per availability can be adopted.

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## Yenepoya Medical College Hospital launches COVID Care Initiative jointly with the Sailors Society, Southampton-UK

### Background

YMC along with the Sailor's Society, Southampton, UK launched COVID care initiative project for the seafarers and families in the West Coast of India. Sailors' Society is an international, non-denominational Christian maritime charity, founded more than 200 years ago with the mission of helping destitute seafarers in London's docks. Even today, the Sailors' Society is still committed to transform the lives by caring for the world's 1.6 million seafarers and their families at home, in port and at sea through chaplaincy, education and the relief of poverty and distress. The charity works internationally to provide practical, emotional and spiritual welfare support to the world's seafarers, regardless of background or faith.

With their presence in more than 91 global parts and with projects and services in 21 countries, the Sailors' Society through its chaplains and volunteers help hundreds of thousands of seafarers each year. They extend

a hand of friendship, hospitality and pastoral care to everyone they meet, and offer practical help, like phone cards to connect with loved ones at home, the latest newsprint in many languages and access to Wi-Fi hotspots.

The Sailors' Society provides grants and support to families in need and run projects in seafaring communities around the world: from healthcare for retired seafarers in India to a primary school in Ghana. Its mission is to meet the practical, emotional and spiritual needs of seafarers and their families.

### Association with Yenepoya Medical College Hospital

Two years ago, a representative of Kasargod Sailors 'Society visited the department of MSW to explore the possibility of developing linkages for healthcare needs of the members of the Sailors' Society. As a first step to reaching out to the seafarers' families a medical camp was conducted with the initiative of Dr. Prabha Adhikari and her

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Geriatrics Department team. Department of MSW facilitated consultations with the Medical Superintendent and HOD Hospital Administration with the representatives of the Sailors' Society (Indian and Foreign) to further the partnership with the hospital for providing healthcare services for the families referred by the Society. Capt Manoj Joy, National representative of Sailors' Society based in Chennai, approached us with a proposal to be part of COVID Care Initiative funded by the Sailors' Society, Southampton. An online meeting was initiated with the representatives of Sailors' Society Southampton, Sara Baade, CEO and Gavin Lim, Regional Development Manager, Asia, to discuss the nature and process of the interventions required to help the seafarers during the COVID pandemic. Further to the meeting, Yenepoya Medical College Hospital under the aegis of Yenepoya (Deemed to be University) decided to launch the project 'COVID Care Initiative for the Sailors' families' with financial aid from the Sailors' Society Southampton, England.

In the initial phase of the project it is envisaged to cover 2450 sailors' families out of the 5000 scattered in Mangalore, Kasargod, Goa and Ratnagiri of West Coast region. Under the COVID Care Initiative, each family will be provided with a free COVID Care kit containing pulse oximeter, digital thermometer, masks, sanitizer and First Aid Medicines. A printed leaflet in four languages is also made available as kit user guide to enable the family members to take preventive measures and seek immediate medical assistance in case of any symptoms related to Covid-19 is seen.

The Sailors' Society in its media release said that around 25,000 seafarers and family members in 10 port cities will benefit from the first roll-out of the project, set up in response to the latest deadly wave of corona virus in India. This project will be implemented through Volunteer Health Services (VHS) non-profit hospital in the Indian city of Chennai

and Yenepoya Medical College Hospital, in Deralakatte-Mangalore, Karnataka.

## Inauguration of the COVID Care Kits distribution

The project was inaugurated on the eve of Seafarers Day at Kotikulam Merchant Navy Club, Kasargod hosted by the local Sailors' Society. Dr. Prakash R.M. Saldanha, Medical Superintendent of Yenepoya Medical College, Dr. Mohammed Guthigar, HOD of MSW & Nodal Officer of the project and Mr. Nelvin Nelson, Hospital Relations Officer were the guests of honour. Dr. Prakash R.M. Saldanha highlighted the partnership of the hospital with the Sailors' Society and demonstrated the use of items included in the COVID Care Kits.

## CovidCare Kits

Free distribution of Covid Care kits were shipped to families of Sailor's in Mangalore, Kasargod, Goa and Ratnagiri by Dr. M.S. Moosabba, Dean of Yenepoya Medical College and Dr. Prakash R.M. Saldanha, Medical Superintendent of Yenepoya Medical College at Yendurance Zone, in the Yenepoya (Deemed to be University) campus. Dr. Mohammed Guthigar, Nodal Officer of the project, Mr. Nelvin Nelson, Hospital Relations Officer, Mr. Ashraf, Chief Pharmacist and Mrs. Vandana, Deputy Manager, Stores-Purchase were present.

## Dr. Mohammed Guthigar

HOD, Medical Social Work & Nodal Officer of the Project

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# Tele-Counselling and Tele-Conferencing Services: A compassionate COVID-19 ICU care initiative

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible” Francis of Assisi

---

Author: Dr. Uma Kulkarni, Professor in Ophthalmology and Additional Faculty Centre for Ethics, Yenepoya deemed to be University [umakulkarni@yenepoya.edu.in](mailto:umakulkarni@yenepoya.edu.in)

## YMCH and COVID-19 care:

Yenepoya Medical College Hospital has emerged as an active and leading service provider in the COVID-19 pandemic, benefiting not only Dakshina Kannada, but also other neighbouring and far-off districts of Karnataka and Kerala. Healthcare beyond the call of duty, which commenced promptly at the break of the first wave of the pandemic in April 2020, continues through the second wave with sincerity, dedication and perseverance. YMCH has offered a wide spectrum of COVID-19 services- laboratory testing, ICU and non-ICU care, quarantine and isolation facilities, vaccination drive, educational programs, community services and also research. In addition, the non-COVID-19 services have been uninterrupted through hospital care, outreach programs and telemedicine.

## Emerging challenges in COVID-19 ICU care:

Amidst the many challenges, of serious concern was the COVID-19 ICU care. As ICU requirements overshoot preparedness, equipment was procured, COVID ICUs were expanded and workload was met head-on to match the rapidly expanding demand. However, during the second wave, some unique situations were observed:

### 1. Concerns of the strained ICU physicians:

The on-duty ICU physicians were stretched to the limits of physical endurance on account of the physical, visceral and mental discomforts of constantly wearing PPEs. They were overstrained with trying to communicate through layers. Working in these unfamiliar conditions was slow and painstaking with responsibilities of detailed ICU rounds stretching over several extended duty-hours. Beyond this, they had to spare additional time for counselling the patient’s family member(s) compounding their physical and mental strain.

### 2. Concerns of the patient-family unit:

ICU visits by family member(s) were necessarily restricted in terms of person and times per day, and only for the terminally ill patients. Moreover, mandatory wearing of personal protective equipment by the visitor made identification for the patient difficult and impacted the much-needed meaningful personal interactions. The role of families in patient care is pivotal, particularly in the Indian context. However, COVID policies caused distress and concerns to the patient-family unit.

## Unique situations call for innovative solutions:

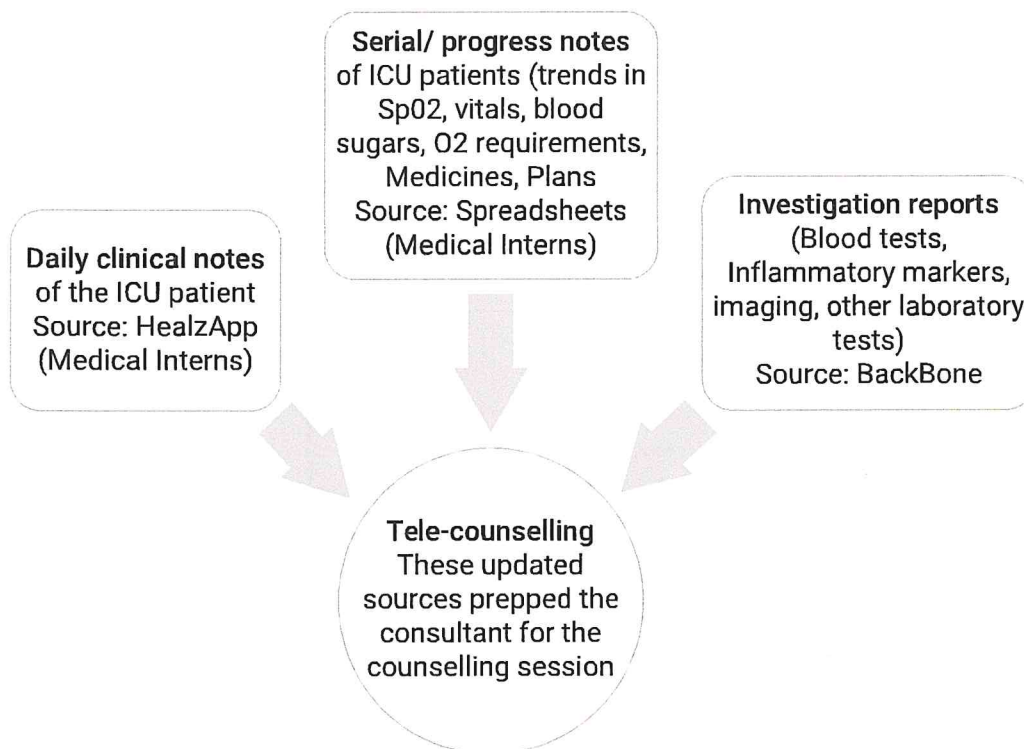
A bold, unique and innovative system was conceived by the Hospital Administration Department under the guidance of the Medical Superintendent. With extensive deliberation

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and strategic planning, varied and relevant resources were identified and integrated to address both the concerns simultaneously. A well-timed, well-organized, need-based system combining the benefits of “tele-counselling” and “tele-conferencing” under one umbrella was the most obvious solution.

### Tele-Counselling:

Volunteering consultants took over the counselling duties thereby addressing the concerns of the strained ICU physicians. Three tele-counselling units were installed in the OPD to allow three consultants to do counselling of the family members of ICU patients simultaneously. Such a unit consisted



of a desktop with Wi-Fi connections, audio-visual apparatus and access to Backbone and HealzApp.

### The high points of tele-counselling:

The consultants counselled the patient’s

family member(s), face-to-face in the OPD, after compiling all essential ICU updates from the tele-counselling unit. They explained the patient’s condition in terms of severity and status (improving/status quo/worsening) in a compassionate and truthful manner taking utmost care not to plant false hopes nor distress them with bad news. Contrary

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to our normative belief that 'patients know not much', most family members were well read about COVID care, thanks to the internet era! Their queries concerned current SpO<sub>2</sub>, details of oxygen delivery, control of blood sugar, trends in CRP and D-dimer levels, follow-up X-rays, and medicines including Remdesivir. On a daily basis, consultants clarified innumerable doubts, addressed the concerns about recovery, discussed patient needs and reassured them. As expected, each counselling session was emotionally demanding for the consultants as they responded to the honest queries some of which had hazy answers:

- How many more days in the ICU?
- Why is the oxygen requirement increasing?
- Is it possible to avoid NIV/intubation?
- Will she improve?
- Why is Remdesivir not acting?
- Can we try the new drug?
- Can we shift him to non-COVID ICU?
- Why can't we repeat RT PCR?
- When can we take him home?

The consultants took care to restrict only to counselling without overstepping into the duties of the ICU consultants particularly with respect to treatment choices.

### Tele-Conferencing:

Tele-conferencing was conducted to address the concerns of the patient-family unit through a virtual, yet meaningful communication between the ICU patient and the family member(s). Using Google Meet, the same tele-counselling unit was used for tele-conferencing between the family members and the ICU patients (assisted by Junior Residents using PC tablets).

### The high points of tele-conferencing:

Given the strict hospital visiting rules in the COVID-19 ICU, the tele-conferencing medium

offered as close a "face-to-face" meet as one would desire, keeping in mind COVID-19 appropriate behaviour. It allowed more than one family member to meet the patient (albeit, one at a time) without complete PPE (but, only masks) over 10-20 minutes, every day, meeting the unmet needs of the patient-family unit. It was immensely satisfying and a meaningful utilization of technology and time. It brought them together to discuss the patient's individual needs and wants ranging from food, clothes, sleep, oxygen, medicines, expenses, facilities; often drifting to home and family affairs; occasionally arguments and at other times whisperings of sweet nothings!

Eat well, you need energy to get better  
Is it too cold in the ICU?  
Don't look at the other ICU patients  
nothing like 'that' will happen to you.  
Keep praying, we all are praying for  
you, with you.  
Few more days and they will shift  
you out of ICU.  
Everyone at home is waiting for you.  
Don't cry. You will get breathing problems.  
They are giving you a new mask (NIV  
you will feel better

Often, the non-medical needs and wants of the patient-family unit are undermined in the sophistication and complexities of medical care. The unique initiative at YMCH addressed this in an extremely delicate and successful manner- adding a new dimension to compassionate and ethical care.

It was comforting to see the family members breathe a sigh of relief after seeing and speaking to their dear ones in the ICU. They were seen giving reassurance and hope, alleviating their fears and anxiety, crying with them and praying for them. Any concerns raised either by the patient or the family were addressed immediately through an interaction of the consultant with the ICU Junior Resident and if required conveyed to the treating



physician. At the end of the session, the family member(s) left the place trusting the care their patient was receiving. At the other end of the spectrum, even the initially disbelieving COVID consultants were very happy with the contribution from the "tele-med-counsel" team, as this gave them much needed time to focus their energies on the more critically ill patients and their relatives.

### Without Teamwork nothing is possible:

The interface was a combination of virtual and face-to-face meetings coordinated from OPD:

1. The on-duty ICU consultants identified all those ICU patients who were stable or less-than-critical and could be designated for tele-counselling. (For the rest, face-to-face counselling was carried out by the ICU physicians in the ICU counselling room)
2. The Junior Residents trained in COVID ICU basics, coordinated the system from the ICU and were assisted by interns posted for tele-counselling.
3. The interns completed the daily detailed notes in the Healzapp and the serial notes on the Spreadsheets. The images of the spreadsheets were sent through WhatsApp to the OPD interns.
4. The Hospital Administration staff ably assisted by the Medical Social Work department and the Information Technology department arranged for the counselling rooms, the hardware and software systems and the link-up. They also formed the common thread that coordinated the end result, through communications with the ICU physicians, tele-counselling team and the family members of ICU patients.
5. In the OPD, the Medical Interns kept the tele-

counselling units and spreadsheets ready.

6. The consultants counselled the patients' family members and enabled tele-conferencing between the patients and family members integrating the two processes.

### Integration of Tele-Counselling and Tele-Conferencing Was A Win-Win For All:

The duration of each tele-counselling session ranged from 15 to 30 minutes and every day the team counselled from 20 to 25 patients over a period of nearly 2-3 hours per consultant. A total of 170 ICU patients-family member(s) were counselled over a period of 2 months in the peak of the second wave. Some were counselled for 4-5 days in a row until their patients got shifted to HDUs; a few needed counselling every day for more than 15 or more days.

Most of the time feedback was spontaneous and just a look at the faces of the relatives as they spoke to their admitted loved ones was visibly rewarding. Nevertheless, feedback was obtained informally from the family members and they found this system very comforting, supporting and reassuring. They looked forward to the tele-counselling sessions every day and were extremely satisfied with this unique interface.

The district authorities (including the COVID Nodal Officer for YMCH) were impressed and have appreciated the unique initiative that YMCH has taken in these testing times.

*"As one of the counselling team members, the impact was on me too. I was fortunate to see a whole new face of compassionate care, in the most crucial times of the second and more severe wave of the pandemic. As an everyday learner of ethics, I feel contented that I could offer some purposeful and empathetic care*

*during the COVID-19 pandemic for two months- despite being an ophthalmologist myself- and that my small hands could help dampen the impact of this gargantuan wave."*

### The tele-counselling team:

Medical Superintendent:  
Dr. Prakash Saldanha

Tele-counselling consultants:  
Dr. Sydney D'Souza, Dr. Prabha Adhikari,  
Dr. Uma Kulkarni and Dr. Sahana KS

Department of Hospital Administration:  
Dr. Sunita Saldanha, Dr. Mukhtar,  
Mr. Mohammed Sabith

Department of Medical Social Work:  
Soumya K, Mahitha, Namitha

COVID ICU Junior Residents:  
Dr. Kulsum Nausheen, Dr. Shrinath  
Dakshinamurthy, Dr. Nabeel

Medical Interns:  
Anuvinda, Gayathri, Wasim, Deeksha, Brazil,  
Aman, Manasvi, Naveed, Salman, Neeraj, Farha,  
Indulekha, Athira, Nazreen, Nandakishore,  
Ajjas, Sai Swathi, Varsha, Sharan, Sai Bhargav,  
Rafneesh, Suzan, Sharafudheen, Vishnu,  
Hamdan, Akhila, Khadeeja, Rizwin, Olivia,  
Jabin, Azeez, Salman Abdulla, Abdhu, Uttej.

Information and Technology Department

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## Covid -19 Vaccine: A Ray of Hope

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Over the last one and half years, the world has been under the grip of Corona virus. Health professionals became warriors and did their best in treating the patients. World leaders adopted different measures to prevent the spread of the disease like implementation of lockdown, restricting intra and inter country travel etc. But, having dealt with other deadly pandemics earlier like small pox, polio, everyone knew that these were just temporary

measures and vaccines are the only solution to this problem. All over the world many pharmaceutical companies gave their best for attaining this goal and finally by the end of first wave of COVID-19 infection, different vaccines were available in the market.

In the process of starting vaccination campaign, India was not behind. The country planned to start the campaign on January 18th 2021 by vaccinating the COVID warriors (healthcare workers). Before initiation of this campaign, the government of India conducted a dry run to understand the ground reality in terms of conducting the campaign. Certain centres were selected all over the country for this and Yenepoya Medical College was selected from Dakshina Kannada district, Karnataka. The activity was inaugurated by Dr Rajesh B V, Reproductive and Child Health officer, Dakshina Kannada.

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On 20th January 2021, Yenepoya Medical College started the COVID vaccination campaign in three sites within the campus. Initially only Covishield vaccine was administered in all the sites and later one site was exclusively used for Covaxin. This initial phase of vaccinating health care workers was followed by vaccinating general population aged 60 years and above. These sessions ended in April 2021 after administering about 4500 doses.

The occasion of Doctor's Day assumed more significance as it also marked the launch of vaccine Sputnik V. With that, Yenepoya Medical College Hospital became the first hospital in coastal Karnataka to administer Sputnik V. This achievement was attained under the leadership of Dr Akshaya KM with assistance from Dr Hrushikesh Udupa. People from all over the district and even from neighbouring districts and the state of Kerala are availing these services. Departments of Hospital Administration, Nursing, Pathology, and Anaesthesia are also playing a pivotal role in making this a huge success.

Next, the Department of Community Medicine embarked on a mop up drive to vaccinate the staff and students of the University. The result was that a total of 905 beneficiaries were

successfully vaccinated with Covishield 1st dose. This activity was implemented under the leadership of Dr Poonam R Naik with an able support from Dr Navya N and Dr Malavika Sachith in collaboration with the Primary health centre, Natekal.

Though there is still prevailing lower acceptance of this vaccine in general population, these efforts of vaccination, is believed to usher in a change in the predicted 3rd wave of COVID, reducing the number of serious cases and eventually to help wiping out of Corona virus from the population of this country.



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# Department of Community Medicine Yenepoya Medical College Yenepoya (deemed to be University)

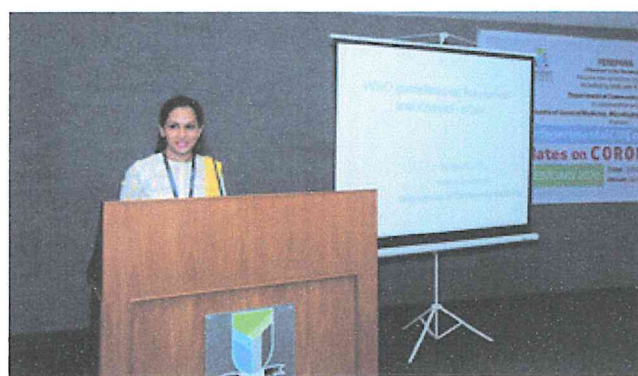
“ Medical care is vital to all of us some of the time, but public health is vital to all of us all the time” C. Everette Koop

The pandemic has taught this to us like never before. When the department of Community Medicine first conducted a CME on 'Novel Corona Virus' in February 2020, little did we know that our journey had just begun and that we are going to have a continued engagement with this virus and the havoc it will cause in the months to follow. We went through various stages of coming to terms with this new public health challenge ranging from assessing the preparedness within and outside the campus, liaison with the District Health and Family Welfare Department, screening at various sites including airports and check-posts to a vast range of community activities and vaccination. When we look back, we at the department feel that we went through it gracefully and stoically. Of course, the challenges are not over with the threat of new variants looming large and the constantly changing needs of the community.

## “Interdepartmental CME on “Updates on Corona virus”

We organized an interdepartmental CME titled “Updates on Corona virus” in collaboration with the Departments of General medicine, Microbiology and Hospital Administration. Talks were delivered on the introduction to this Novel Corona Virus Disease 2019 (COVID-19) followed by the WHO guidelines on Prevention and Control by Dr Subhashree Nandy and Dr Pavithra H from our department. This was supplemented with aspects on diagnostics, infection control and medical management

provided by the faculty from the Departments of Microbiology, General Medicine and Hospital Administration.



## Collaboration with the District Health Administration

Time and again, Medical Colleges have complemented the efforts of the District Health Administration in addressing the public health challenges and have achieved significant results.

Dr Abhay S Nirgude, Nodal Officer for COVID-19 prevention and control at the University level, since the onset of the pandemic, has worked in close collaboration with the District Health Administration and facilitated the implementation of pandemic control activities within the University. Presently, he is the member of the district expert task force which has been continuously identifying measures to tackle the ever changing scenario of Covid 19 pandemic and is now looking into the preparedness measures for the third wave.

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Mucormycosis, yet another challenge faced amidst the pandemic, required collaborative efforts from both the public and private sectors. This led to the constitution of a District Level Expert Committee. Dr Poonam R Naik is a member of this committee.

### Screening at Airport

As per the directions received from the District Health Officer, Dakshina Kannada, faculty members from our department along with the faculty from General Medicine and staff nurses were deputed for screening the passengers of international flights at the Mangaluru International Airport, Bajpe. Passengers with upper respiratory symptoms were counseled to allay their anxiety.



### Triage

Triage counter was set up at the Yenepoya Medical College Hospital (YMCH) for screening of the patients attending the out-patient services at YMCH. The screening included thermal scanning and collecting history from the patients and accompanying attendees. Individuals with COVID-19 symptoms or high temperature were guided to the fever clinic for further assessment. This activity helped prevent spread within the hospital.



**RAPPID** (The rapid appraisal of preparedness and performance of health systems in managing COVID- 19 cases across districts in Karnataka)

Dr Akshaya K M was the lead faculty for the district team that assessed and documented the level of preparedness and performance of health system of Udupi district from a public health perspective. It focused on care components, testing (laboratory) facilities and surveillance structure, management of migrant population and assessment of transit points. Dr Subhashree Nandy and Dr Vidya Pai, Professor, Microbiology were the other team members. The activity was commissioned by Departments of Health and Family Welfare and Medical Education, Government of Karnataka with technical support from Centre for Public Health, NIMHANS during June 2020. This experience was invaluable in terms of implementing some of these activities at the institution level.



### Quarantine center and Covid Care Center

The University set up a quarantine center as per the state guidelines for the contacts of Covid patients and travelers from other states/ countries from March 2020 in the initial phases of the pandemic. Later, the center was converted to a 100 bedded Covid Care Center and was recognized by the Department of

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Health and Family Welfare for treatment of asymptomatic/mild cases of Covid-19. The department took the responsibility of both these activities. Over 600 patients have been treated and monitored at this center till date. Dr Akshaya K M and Dr Shubankari Adhikari are the faculty coordinators.

## Staff clinic

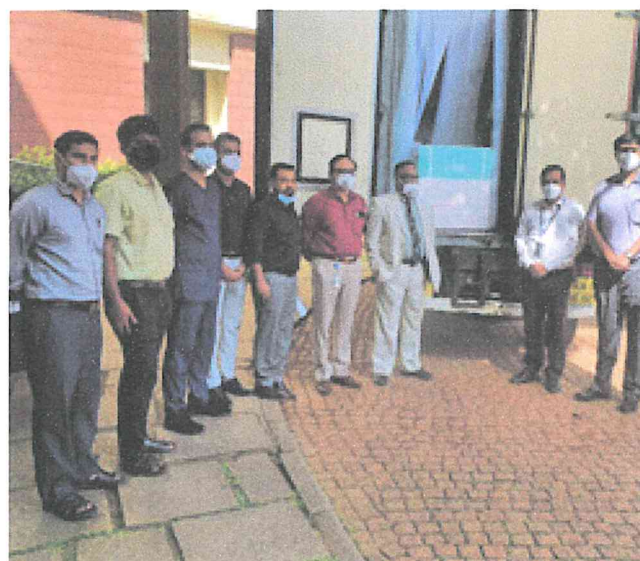
There was fair amount of anxiety among the staff members when the country unlocked and the activities limped back to normal. We managed a Staff Clinic from July 2020 - February 2021. The staff/ students were screened for Influenza like symptoms and were provided with appropriate referral and counseling services. Dr Abhay S Nirgude and Dr Akshaya K M were the faculty coordinators.

## Covid-19 Vaccination drive

The biggest hope during the first phase of the pandemic was an effective vaccine. We conducted first and second phases of the Covid-19 vaccination drive across three sites in the campus. Over 4500 doses of Covishield and Covaxin were administered to the staff and students of our University and the general public. Another jewel in the University's crown was the implementation of Sputnik V vaccination. YMCH became the first hospital in coastal Karnataka to launch Sputnik V vaccination under the leadership of Dr Akshaya KM with assistance from Dr Hrushikesh Udupa. The hospital aims to vaccinate at least 4800 people in the initial phase with two doses of this vaccine. We would like to place on record the support we received from Departments of Pathology, Hospital Administration, Nursing and Anesthesia.

The Department also organized the mop up drive to vaccinate the staff and students of the University. A total of 905 beneficiaries were

successfully vaccinated with Covishield 1st dose. This activity was implemented under the leadership of Dr Poonam R Naik with an able support from Dr Navya N and Dr Malavika in collaboration with the Primary health centre (PHC), Natekal.



## Home isolation monitoring

We took up the activity of monitoring COVID positive persons; especially persons aged  $\geq 45$  years and those with co-morbidities in Ullal Taluk in collaboration with the District Health and Family Welfare Office, Dakshina Kannada and Yenepoya Nursing College. Over a period of two months we covered a lot of ground, with almost 330 patients monitored in six areas of Ullal. A standard assessment form based on the Government of Karnataka guidelines was developed and used for monitoring. All members of the department participated in this activity enthusiastically. The opportunity to allay anxiety in the far-fetched areas was a unique gratifying experience. Dr. Pracheth R was the nodal officer for this activity.

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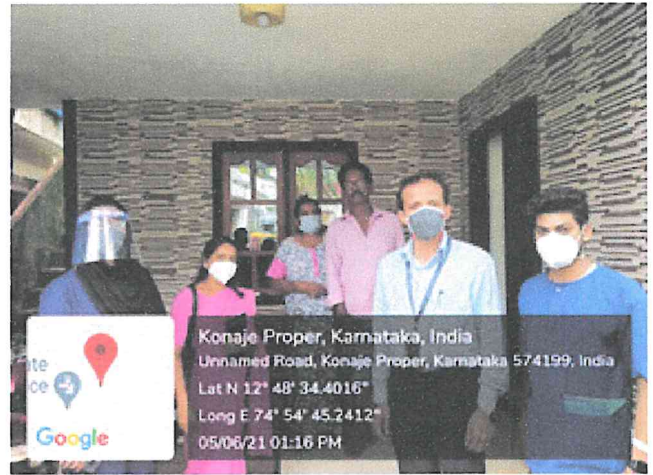
**“Vaidyara Nade Halliya Kade” (Doctors towards villages)**

The Government of Karnataka launched a programme called “Vaidyara Nade Halliya Kade (Doctors Towards Villages)” to tackle the spread of COVID-19 to villages. This activity included door-to-door survey of the population to screen for COVID-19 symptoms and facilitating the testing and treatment of COVID-19 positive patients in the nearest PHC.

Dr Poonam R Naik was the lead faculty, Dr Imaad Mohammed Ismail was the Nodal officer for implementation of this activity and Dr. Shubhankar Adhikari assisted the nodal officer.

Daily around 40 interns, supervised by the faculty and post graduates formed teams and visited the identified four areas of Ullal taluk. The local PHC staff team provided guidance to our teams in the field and facilitated smooth implementation.

With this activity we were able to reach out to a large population of 17,887 in the rural areas



**Coordination with Directorate of Medical Education (DME), Government of Karnataka for COVID-19 Control**

Dr. Imaad Mohammed Ismail was designated as the nodal officer for coordination with DME for and reporting of daily data related to bed and oxygen availability for health planning and bed allocation.

**Online home isolation monitoring of COVID positive patients by our final year MBBS students**

Yenepoya Medical College, Yenepoya (Deemed to be University) has deputed 70 final year medical students for this activity. After being trained by the officials from the Government of Karnataka and StepOne, our final year students have been monitoring Covid positive patients placed under home isolation in Bengaluru and Rest of Karnataka under the supervision and guidance of Dr. Pracheth R, the nodal officer for this activity. A mobile application named Fresh Desk is used by the students to make Interactive Voice Response System (IVRS) calls to the COVID positive patients allotted to them on a daily basis.

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**Dr. Gangadhara Somayaji K S**  
 Registrar  
 Yenepoya (Deemed to be University)  
 University Road, Deralakatte  
 Mangalore 575 018, Karnataka.

## Tele-contact tracing and Tele-monitoring

Contact tracing has been an important element for containment of the pandemic and Tele-health has been identified as an efficient measure. Our team of paramedical staff and interns have been posted at the District COVID War Room at Mangaluru City Corporation premises and the Gram Panchayat Offices of Someshwara and Kotekar for tele-contact tracing, tele-monitoring and electronic data management. The team from our department has been carrying out these duties diligently under the guidance of Dr Pracheth R, who has been coordinating this activity.

Data management is of paramount importance in effective control of any public health event. We supported this activity of the Government for Puttur Taluk, coordinated by Dr Rohit M.

Dr Madhavi Bhargava is a member of Internal Death Review Committee since August 2020. This committee was constituted as per the mandate of Deputy Commissioner, Dakshina Kannada to look at symptomatology, delays in reaching hospital, duration of hospital stay, complications and therapeutics.



## Screening of travelers at Talapady check post

With the newer guidelines of screening travelers coming from the neighbouring state,



interns from Yenepoya Nursing College are posted at the Talapady check post where the travelers were screened and tested for Covid 19. Dr Poonam R Naik is the lead faculty for this activity.

## COVID-19 control on campus activities

Charity begins at home, and we at the department firmly believe in it. It was important to conduct awareness sessions on prevention and control for our medical students. The challenge of any vaccine hesitancy was also our priority. Dr. Imaad Mohammed Ismail, as the task force officer for COVID-19 control in campus of Yenepoya (Deemed to be University) coordinated all of these. This also included designing and maintaining online real-time data, contact tracing, testing, isolation and treatment where necessary. This helped contain outbreaks within the campus.



*Unity is strength. Together, we can do more. Thus, we, the Department of Community Medicine, have worked hard in unison to combat this unprecedented pandemic.*

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# Programs and Activities

## Nutrition Assessment Camp



Kaumarabhritya department, Yenepoya Ayurveda Medical College & Hospital Naringana in association with Women and child development department, Vittala, Bantwal Taluk, District health and family welfare department, organized Nutritional Assessment camp in and around Bantwal taluk .Dr. K.Lakshmeesh Upadhy, Medical Superintendent/ HOD, Kaumarabhritya and Dr.Sindhu M. A, Associate Professor, Yenepoya Ayurveda Medical College screened total 250 children identified with moderate and excessive underweight from various Anganavadies of Vittala alnd Bantwal Taluks. Free Medicines were distributed to improve the appetite and digestion, for worm infestation and also to enhance the immunity of the children.

Children suffering from Cerebral Palsy, Down's syndrome, Osteogenesis imperfecta, Respiratory problems, Developmental disorders, Skin diseases etc., were referred to Yenepoya Ayurveda, Hospital Naringana for further specialized treatment.Nutritional Awareness talk was given to the mothers in each places.

## COVID 19 Outreach programme



Yenepoya Homoeopathic Medical College and Hospital in association with the Dept. of AYUSH, Dakshina Kannada District initiated the telemedicine campaign to the home isolation COVID patients. Under the guidance of Dean, Dr. Vivekanand V. Vernekar Yenepoya Homoeopathic Medical College and Hospital, this project was started by Dr. Shashikant B. Kammar Associate Professor, Dept. of FMT YHMCH.

A team of doctors had been deputed for interaction with the patients, in and around the Bantwal taluka. Every day reports were submitted to Dept. of Ayush Office DK District, Bantwal taluka Nodal Officer Dr. Manikarnika and to the YHMC & Hospital. A team of doctors interacted with the total number of 3220 home isolation patients.

Around 53 patients were identified who sought the treatment from nearby PHCs and surrounding reputed hospitals for home visit and further management.

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## Immune Booster Homoeopathic Medicine Distribution Camp



Yenepoya Homoeopathic Medical College and Hospital in association with District AYUSH Department, Mangalore organized the program at KSRP Headquarter, Mangalore, to distribute around 2500 doses of the Homoeopathic medicine to boost immunity of the Covid – 19 warrior of KSRP, and their family member.

For this program Mr. U. T. Khadar, MLA and Mangalore village panchayat president Mr. Mohammed Monu have given their valuable time to inaugurate the program by distributing the first dose of immune booster Homoeopathic Medicine. They addressed the gathering and appreciated the service of the health service by medical fraternity and Police dept. in bringing lockdown effectively to prevent spread of Covid - 19. Dr. Mohammed Iqbal, District AYUSH Officer and Dr. V. V. Vernekar, Dean of Yenepoya Homoeopathic Medical College and Hospital, were present for this program.

## World Environment Day



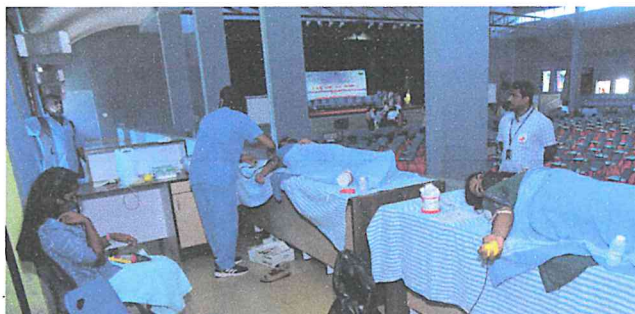
World Environmental Day was celebrated in the college organized by Department of Homoeopathic Pharmacy & Department of Community Medicine by planting the sampling in herbal garden and a guest talk on the topic 'Restoration of ecosystem' by Dr Bhagya Sharma, Assistant Director, Centre for environmental studies Yenepoya (Deemed to be University).

## World Tuberculosis Day



The World Tuberculosis day was observed at Kumpla. The day was observed by Department of Community Medicine along with NSS team of YHMCH gave an Awareness talk on the topic "Tuberculosis and its prevention and treatment".

## World AIDS Day 2020



Yenepoya Nursing College Department of Community Health Nursing with Red Ribbon club in collaboration with D.K District Administration, Zilla Panchayath, District Health & Family welfare, District AIDS Control & Prevention Unit, District legal services authority, District Information broadcasting

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and public relation department, Self Service Association, Red Ribbon clubs of NSS units organized World AIDS day program at Yendurance zone, Yenepoya (Deemed to be University)

Mr. Ranjith Kumar, IPS, Asst commissioner of Police appreciated efforts of HIV and AIDS prevention & Control unit. Dr. Ramachandra Bayari, DHO, D.K gave introductory speech. Mr. Sandeep, ICTC volunteer administered the oath. Individual with Maximum blood donation, best red ribbon colleges, best NGOs in the HIV care were felicitated. Seminar was organized for red ribbon club volunteers & front line health workers on the topic HIV-AIDS: Working together and sharing responsibility by Dr. Leena KC, Dean Yenepoya Nursing College and HIV- TB Co morbidity Management by Dr. Deiveegan, WHO TB consultant, Mangaluru Division. 150 UG, 15 Red Ribbon college Volunteers of D.K, 60 ICTC volunteers, 20 ASHA workers & 30 Faculty participated in the program.

## Observation of Dental Health Month 2021



On the occasion of Dental Health Month 2021, Department of Child Health Nursing organised following programmes

A. Mass Health Education Drive: Health Education on oral health for children was organized in Paediatric Outpatient

Department, Pediatric medical ward, Pediatric surgical ward and postnatal ward of Yenepoya Medical College Hospital. Total 78 parents and children benefitted from the programme, 32 BSc Nursing students 4 MSc Nursing students, 4 nurses and 5 faculty participated in the programme

B. Development of IEC material: Power point on "Dental Care in Children" was prepared and displayed in the Hospital.

C. Beautiful Smile with Healthy Teeth Competition: Competition was held for the under five children of employees of Yenepoya. There were 26 entries. Winners were awarded with prizes

## Observation of Sexual and Reproductive Health Awareness day



Department of OBG Nursing, Yenepoya Nursing College observed the Sexual and Reproductive Health Awareness day at Government Minorities Morarji Desai Girls PU Residential College, Deralakatte, Mangaluru. Mr. Naga Prasad Reddy, Principal, Government Minorities Morarji Desai Girls PU Residential College addressed the gathering. The resource person Dr. Padmapriya S, HOD (OBG-Nursing) has delivered a seminar talk on common sexual and reproductive health issues and prevention of sexual reproductive health problems. 69 students and 5 faculty of Pre-University College attended the program.

## Participation of NSS volunteer in State and National Pre RD Parade selection camp And State level RD Parade



Pre republic day selection camp was organized by Government of Karnataka Department of Youth Empowerments and Sports, State NSS Cell, at Karnataka University, Dharwad. Yenepoya Deemed to be University deputed Ms. Asiya Banu, NSS volunteer of 2nd Year B.Sc. nursing, Yenepoya Nursing College for the same. Selection was done based on cultural activity, march-past and physical fitness. Ms. Asiya got selected for the NSS south Zone pre -republic day Parade Camp 2020.

Ms. Asiya attended the NSS south Zone pre -republic day Parade Camp 2020 organized by Regional Directorate of NSS Chennai held at National College (Autonomous), Tiruchirappalli, TamilNadu.

## NSS National Conference (Virtual)



Dr. Shalini Rajaneesh IAS  
Additional Chief Secretary

Dr. M. Vijayakumar  
Vice Chancellor

Shri K V Khadri Narasimhaiah  
Regional Director, NSS



Shri Prathap Lingaiah  
State Officer, NSS

Dr. Ashwini S Shetty  
Programme Coordinator, NSS

Dr. Pracheth R  
Programme Officer, NSS

National Service Scheme, Department of Youth Empowerment and Sports, Govt of Karnataka in association with Yenepoya Deemed to be University organised National Conference (Virtual) on Engagement of NSS Volunteers In COVID Times. The programme was inaugurated by Dr. Shalini Rajaneesh, IAS Additional Chief Secretary, Department of Youth Empowerment and Sports, Government of Karnataka. Total Participants in the conference was 1252.

## Students achievements and awards

### Late Ahmed Master Memorial A Division Football League Tournament 2020-21-CHAMPIONS



The D.K. District Football Association, (Affiliated to K.S.F.A Bangalore) Organized Late Ahmed Master Memorial A Division Football League Tournament 2020-21 at Nehru Maidan Football Ground, Mangalore. This is the 7th time Yenepoya University FC winning this tournament.

### Mr. DAKSHINA KANNADA 2021



Dr. Gangadhara Srinivasaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Dharwad, Karnataka.

Mr. Neladadri M Panikar, Bsc Nursing (Campus ID 10041) won first place in Body Building 170- 178cm category and won the 3rd place in Junior Body Building -Under 23 at the Mr..Dakshina Kannada Body Building Championship 2021, Organized by ROCKS GYM,Belthangady.

## Programs and Activities

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### International CME

International CME on 'Saliva Diagnostics' was conducted at YMC. Dr Nivedita Rao, Professor, Dept of Biochemistry, delivered the keynote address. It was followed by key note addresses on Molecular diagnostics by Dr Annaya Aroor, Senior Scientist, USA and on Metabolomics and Nutritional Research by Dr Manish Kumar, Senior Scientist, Metabolon Inc, NC, USA.

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### International Alumni webinar

International alumni webinar on POCT was delivered by Dr Seetaram C, an Alumni of YMC

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### Ramsiecon-2021

The inauaguration of the hosting of RAMSIECON 2021, the maiden venture of International E-Conference of the Department of Physiology, Yenepoya Medical College, Yenepoya (Deemed to be University), Mangalore was held online using Google meet and YouTube platforms. The theme of the Conference was- Recent Advances in Medical Sciences.The conference participated by around 238 delegates from India and Abroad provided a platform for young researchers to explore and update themselves with the current developments in the field of medical sciences.

### World Obesity Day

Department of Physiology organized an E poster UG competition "Obesity: an awareness drive" for the UG students of Yenepoya (Deemed to be University) in view of the World Obesity Day

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### Yoga And Its Benefits

Department of Physiology for Faculty and First year MBBS Students. Resource person Dr. Unni Raja B, SRF-DST SATYAM, Yenepoya (Deemed to be University) spoke on "YOGA AND ITS BENEFITS for the Department of Physiology for Faculty and Firstbyear MBBS students. This Guest lecture was intended for sensitizing the undergraduate students about importance of maintaining physical and mental health and the benefits and role of yoga in achieving it.

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### National Symposium on Yoga and Naturopathy

Yoga and Naturopathic Medicine organized a symposium under the theme COVID-19 as part of International Yoga Day 2021 celebrations. The National Symposium consisted of four eminent speakers, Dr. Raghavendra Rao, Director, CCRYN, New Delhi, Dr. Praveen Jacob, Dr. Pradeep M.K. Nair and Dr. Vijayabanu spoke on different aspects on COVID-19 & immunity.

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### Nature Walk Around Plitvice Lakes, Croatia

The Yenepoya Institute Of Science, Arts, Commerce And Management Conducted An Exciting Virtual Tour For The First Year Students Of Bba A&L To "Nature Walk Around Plitvice Lakes, Croatia".

**ATTESTED**

Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University Road, Dakshin Kannada  
Mangalore, Karnataka.

## Academic Excellence Awards



The Yenepoya Foundation, a unit of Yenepoya Moideen Kunhi Memorial Educational & Charitable Trust (Regd.) and Yenepoya (Deemed to be University) jointly conferred Academic Excellence Awards to students excelling in SSLC, PUC & Under Graduate Degree examinations to motivate and encourage them through scholarships every year. These awards are given to the students of Dakshina Kannada, Udupi and Kasaragod districts purely on the basis of merit.

The Yenepoya Foundation is also giving excellence awards for the meritorious children of the employees of Yenepoya group who have scored highest percentage in respective examinations.

Mr. N Shashi Kumar, IPS, Commissioner of Police, Mangalore, was the Chief Guest. Mr. Yenepoya Mohamed Kunhi, Chairman Yenepoya Group was the Guest of Honour and Mr. Yenepoya Abdulla Kunhi, Chancellor, Yenepoya (Deemed to be University) presided over the Academic Excellence Award function held virtually.

## World Homoeopathy Day 2021

The world Homoeopathy day was observed both online and offline with the webinar by Dr. Ajit Kulkarni on the topic "Follow up after case observation and instruction". at Yenepoya Homoeopathic Medical College to commemorate the 266th Birth anniversary of

Dr. Samuel Christian Friedrich Hahnemann. Dr. Samuel Hahnemann Seminar Hall was also inaugurated on this day.

## Basic Research Methodology Workshop

Online Basic research methodology workshop for 64 first year medical post graduates was conducted by the Department of Community Medicine and Medical Education Unit, Yenepoya (Deemed to be University) Yenepoya Medical College.

The workshop was directed towards framing a research question, study design, review of literature and Pubmed search. Second day sessions directed at sample size estimation, sampling methods, Study variables, Data collection and Validation, Data Management, Synopsis protocol writing & Reference styles. Sessions comprised of a brief outline on the topic, hands on demonstration for selected sessions and interactive exercises.

## Course on Scientific Paper Writing And Research Integrity

An online scientific paper writing short course was organized by Department of Community Medicine, Yenepoya Medical College & International Union against Tuberculosis and Lung Disease (The Union). Forty four participants were selected from the applications received from across the country. The aim of the study was to help participants develop the skills of scientific paper writing

## Webinar On Fundamentals Of Establishing Technology Enabled Health & Demographic Surveillance System (Hdss)

Department of Community Medicine, Yenepoya Medical College and Samanvay

foundation, Bengaluru organized a webinar on “Fundamentals of Establishing Technology Enabled Health and Demographic Surveillance System (HDSS)”. 550 registrations from over 200 institutions from different parts of India participated in the webinar. The webinar highlighted the significance of technology based HDSS in public health surveillance & research and the role of Medical College in this activity.

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### **Awareness Programme on Covid 19 For School Students**

An awareness programme on COVID -19 was conducted for the school children of 6th and 7th standard from Dakshina Kannada Higher Primary School (D.K.Z.P.H.P.S), Pilar by Mrs. Renita Priya Dsouza, Assistant Professor and NSS programme officer, Yenepoya Nursing College.

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### **Webinar on International Women'day**

Department of Community Medicine, Yenepoya Medical College, Yenepoya (Deemed-to be University) along with Mrs. Reet R, Clinical Psychologist, Department of Psychiatry and Nutrition & physical activity. organized a webinar focusing on Mental Health on The International Women's Day in collaboration with BSW Department, School of social work, Roshni Nilaya, Mangalore.

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### **Workshop on Sample Size And Power Analysis In Medical Research**

Department of Statistics, Yenepoya (Deemed to be University), in collaboration with Department of Community Medicine Yenepoya Medical College organized a web workshop on “Sample Size and Power Analysis in Medical Research”. Faculty members from Departments of Community Medicine and Statistics were the resource persons.

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### **Observation of World Cancer Day 2021**

Department of Community Medicine and National Service Scheme, Yenepoya Medical College, Yenepoya (Deemed to be University) In Collaboration With Sankalpa First Grade Arts & Commerce College For Women, Gangavathi (Affiliated to Karnataka State Akkamahadevi Women's University, Vijayapura) observed World Cancer day 2021. The sessions focused on World Cancer Day – Theme “Together, All Our Action Matters” followed by sessions on general cancer, Breast cancer and Cervical cancer

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### **International Oral & Maxiofacial Surgeons Day**

Department of Oral & Maxillofacial Surgery, Yenepoya Dental College celebrated International Oral and Maxillofacial Surgeons Day. Dr. Joyce Sequeira, Head, Department of Oral and Maxillofacial Surgery, welcomed the gathering. Chief guest Dr. B H Sripathi Rao, Pro-Vice Chancellor, Yenepoya (Deemed to be) University, spoke about International Oral and Maxillofacial Surgeons Day and the growth of the specialty. Dr. Padmanabha. S, Medical Superintendent, Yenepoya Medical College and Hospital, shared his views on his association with the Department. Competitions for the students and staff entertainment program were the other highlights of the day.

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### **Webinar on International Men's Day**

Webinar was conducted by the Gender sensitization cell of Yenepoya Homoeopathic Medical College & Hospital , Resource person Dr Abhilash Balakrishnan (MBBS MD PDF PGDMLE), Consultant Psychiatrist/ Forensicare, Melbourne, Australia. Co-founder at Therapeute, a mental health service and training organization based in India, on the topic “MENS MENTAL HEALTH

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## Lecture On Recent Advances In Drug Sensitive & Drug Resistant Tuberculosis

A lecture on "Recent advances in Drug Sensitive and Drug Resistant Tuberculosis" was organised by the Department of Community Medicine on World TB Day. Dr. Shazia Anjum, Medical Consultant, Karnataka State HQ, World Health Organization, NTEP Technical Support Network explained about the various modalities and updates in diagnosing, treating and managing tuberculosis.

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## World Tobacco Day

Department of Community Medicine in collaboration with St. Aloysius (Autonomous) College observed the "World No Tobacco Day".

Dr Navya N, Assistant Professor, Department of Community Medicine, Yenepoya Medical College spoke on the theme topic – "Commit to Quit". Dr Jagannath P, Assistant Professor and HOD, Department of Public Health, K.S. Hegde Medical Academy, Nitte (Deemed to be University) took the session on the topic "Tobacco Control in India – A Legislative Approach."

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## World Health Day

Department of Community Medicine and National Service Scheme (NSS), Unit-2 Yenepoya Medical College, Yenepoya (Deemed to be University) in collaboration with Bachelor of Social Work Department, School of Social Work, Roshni Nilaya observed World Health day and organized a lecture on 'Building a fairer & healthier world'.

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## 28th Kamlsccon

The 28th annual conference KAMLSCON 2020 began with the ATS Iyengar Oration

lecture delivered by Dr Vina Vaswani, Professor Forensic Medicine on "Ethics of Forensic Medicine in Disasters". This was followed by a lecture by Dr. Jagadeesh N, Professor and Head, Vydehi Institute of Medical Science and Research Centre, Bangalore on "How to investigate Deaths in Sexual Crimes". The welcome address at the Inaugural function was delivered by Dr Kishor Kumar, President of KAMLSCON 2020. The virtual conference was inaugurated by Hon'ble Chancellor, Yenepoya Abdulla Kunhi. Dr M. Vijayakumar, Hon'ble Vice Chancellor, gave the presidential remarks. Dr. Venkatkrishna Shenoy proposed the vote of thanks. Dr. K.S. Gangadhar Somayaji, Registrar, Yenepoya (Deemed to be) University and Dr. M.S. Moosabba, Principal, Yenepoya Medical College were also present.

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## CBME Curriculum Implementation In Forensic Medicine

The online inaugural program was held in the Dept of Forensic Medicine, Yenepoya Medical College, Deralakatte, Mangalore. The Honorable Vice Chancellor Dr. Vijaya Kumar inaugurated the registration for the conference. 252 delegates attended the virtual programme. The video recordings of the programme was updated in the Yenepoya University website and Karnataka Medico Legal Society website through You tube link. Dr. Vina Vaswani, organizing secretary, KAMLS briefly introduced the rules and regulations of the conference. Vote of thanks proposed to the speaker and delegates by Dr. Kishor Kumar. Feedback was uploaded by all delegates at the end of session and e-certificate delivered to all delegates. The organizing team of KAMLS thanked Dr. M.S Moosabba, Principal YMC, Dr. Gangadhar Somayaji, Registrar, Yenepoya Deemed to be University, Dr. V. Vijaya Kumar, Honorable Vice Chancellor, YU and IT staff for supporting the smooth conducting of webinar series



## Nitrous Oxide Inhalation Sedation Workshop



A two day workshop on Nitrous oxide oxygen Inhalation sedation (NOIS) was conducted by the Department of Paediatric and Preventive Dentistry, Yenepoya Dental College. Dr. Srinivas Namineni, visiting faculty and a pioneer in this field, was the resource person for this workshop.

Workshop began with the inauguration of the dental auditorium followed by lecture on nitrous oxide oxygen inhalation sedation. The session included demonstration and hands on training on NOIS. On the second day all the post graduate students got to experience the sedative effects as they administered nitrous oxide oxygen sedation to each other. This was followed by demonstration of NOIS on patients who were managed by post graduates under the guidance of Dr. Srinivas Namineni and the faculty. Open discussions in which individual experiences regarding the sedation was shared. The sessions ended with post workshop assessment with questionnaire and feedback followed by valedictory function which included distribution of certificates and vote of thanks.

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## Orientation Programme Report - Regular Batch

Orientation programme for the regular batch was attended by students, teaching and non teaching staff and Post Graduates. Dr. Vina

Vaswani spoke on the vision and mission of the Department. Stressing on professionalism and medical ethics. All the staff members and Post Graduates were introduced to the students along with the language proficiency of each staff. Dr. Kishor Kumar, Associate Professor, Department of Forensic Medicine spoke on the importance of innovative and dynamic changes in teaching and learning and he also upon secular values, mutual respect and highlighted on unnatural death investigation and autopsy.

Mr. Hashim. A, gave an introduction on toxicology and its objectives and expanse of toxicology for students. Dr. Venkatkrishna Shenoy, Assistant Professor, spoke on professionalism and explained how to develop professional attitude, soft skills like time management, stress management and self-evaluation and also stressed the importance of maintaining professional etiquettes in the mortuary, and also explained code of conduct to students while in Department and also spoke on exam pattern for both theory and practicals

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## Pg Diploma In Forensic Anthropology & Odontology

The First module of Post Graduate Diploma in Forensic Anthropology & Odontology was introduced by the Chief resource person Dr. Muhammad Nasir Ahmad, Forensic Anthropologist, Dr. Vina Vaswani, Professor, Dept. of Forensic Medicine & Toxicology, Dr. Ravi Vaswani, Professor, Internal Medicine & Dr. Saritha D'Souza, Professor & Head from Criminology & Forensic Science Department, RoshniNilaya, Kankanady. Dr. K. Leena Pramod, Course coordinator of PGDFAO welcomed the students of PGDFAO and they together visited the criminology and Forensic Science Department RoshniNilaya, Kankanady.

ATTESTED

## Workshop on Exhumations & Identification of Human Bone in Medico Legal Settings

A national level workshop on 'Exhumations and Identification of Human Bone in Medico-Legal settings' was organized by the Resource Person Dr. Jagminder Sherawat from Punjab University, Patiala. A brief report on the Yenepoya University, Forensic Department, Anthropology Unit and its activities were presented.

## Cons Endo Day

The Theme for the Cons Endo day was 'Unveiling Smiles – AMIDST THE PANDEMIC' Collage Competition for Interns on the theme topic along with games for the PG students and staff were held

## Vanamahotsava & Inauguration Of Ayurveda Nursery



Every year Van mahotsav is celebrated in order to encourage the people to plant medicinal plants and trees and to create awareness about deforestation to the society. In Yenepoya Ayurveda Medical College, medicinal plant saplings were planted by Pro VC Dr Raghuvver, Principal Dr Gururaj H and Medical Superintendent Dr Lakshmeesh Upadhy. The Ayur-Vana Nursery was inaugurated by Pro VC Dr Raghuvver, by cutting the creeper which was kept as a barrier.

## National Symposium On Yoga & Naturopathy

The National Symposium on Yoga and Naturopathy under the theme: COVID-19 and Immunity: Yoga and Naturopathic Medicine was organized as part of International Yoga Day celebrations. The Symposium was inaugurated by the Chief Guest, Prof. (Dr.) B. N. Gangadhar, President, EMRB, National Medical Commission and Former Director of NIMHANS.

The National Symposium consisted of four eminent speakers, Dr. Raghavendra Rao, Director, CCRYN, New Delhi, Dr. Praveen Jacob, CEO, Alpha Natural Nutrition, Bengaluru, Dr. Pradeep M.K. Nair, Professor & Head, Research, Sant Hirdaram Medical College for Naturopathy and Yogic Sciences for Women, Bhopal and Dr. Vijayabānu, Asst. Professor & HoD, Dept of Psychology, Bhaktavatsalam Memorial College for women, Chennai who spoke on the topics "Overview of COVID-19 and Yoga Therapy Management", "Nutritional Immune Boosters – COVID-19", "Naturopathy Interventions: A salutogenic approach for COVID-19" and "Psychosocial Factors affecting COVID- 19 & its management" respectively.

## Kshamatwa – Webinar On Ayurveda Approach Towards Covid 19

Yenepoya Ayurveda Medical college, Part of Yenepoya( Deemed to be University) organized a Webinar program on "Kshamatwa – Ayurveda approach towards prevention and management of Covid19". This webinar was organized to scholars of Ayurveda, alternative systems, contemporary and allied sciences to bring a united and integrated approach to combat covid19 or any pandemics. Dr C V Jayadevan, MD (Ayu), Principal- Vaidyaratnam PS Varier Ayurveda College, Kottakal spoke on "Corona virus and its illness in the perspective of Janapadodwamsa"

Dr. Kishore Patwardhan MD(Ayu) Professor, Banaras Hindu University, Varanasi discussed the topic on "Immunity according to Ayurveda in the context of covid19. Dr. Murlidhar Sharma MD (Ayu) Retd Medical Superintendent, SDM Ayurveda college and Hospital, Kuthpady, Udupi discussed about "Ayurvedic perception and management of Pandemic diseases". Dr.HrishikeshDamle MD (ayu) ,Founder, CEO and Managing Director, Atrimed Pharmacuitics, Bengaluru spoke on the topic of"Plant based molecules to treat SARS- CoV-2, experiment model and expected outcome."

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### National Webinar Series (Homoeopathy)

National Webinar series consisting of six webinars, one webinar in a month, from different departments of Yenepoya Homoeopathic Medical College & Hospital. The objectives of the programme were to gain mutual learning experience, to have vision about the scope of homoeopathy and to expose our students for early clinical learning. The target audience includes undergraduate students, post graduates students, Ph.D scholars, faculties and practitioners from all over the country. Resource persons for the National webinar series were all chosen by keeping in mind, their field of expertise, from different institutes all across India for a rich learning experience.

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### Webinar on Questionnaire Based Research

Webinar by the Department of Periodontology on the topic QUESTIONNAIRE BASED RESEARCH was organised. The resource person was Dr. Rajesh Hosadurga, Professor, Department of Periodontology, Melaka Manipal College of Dental Sciences, Malaysia. Dr. Rajesh H is a post graduate alumni and former faculty of Yenepoya Dental College.

Webinar was attended by postgraduate students and faculty of the Department of Periodontology, Yenepoya Dental College . He explained the basics of research methodology, scientific evidences and its importance and methods of conducting questionnaire based studies. Webinar concluded with Q&A sessions, concluding remarks and thanks giving by head of the department, Dr. Rajesh Kashyap

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### Workshop On Physical Fitness Assessment

The workshop was aiming at training the post graduate students on strength, endurance and agility testing on various sports activities. Dr. Navaneeth A. T., Assistant Professor from Father Muller College of Allied Health Sciences was the resource person. He was also a former Chief Physiotherapist of Indian Basketball team. He has trained many physiotherapists' on the sports specific assessment skills. The registrants for the workshop included post graduate students and faculty members. Ms. Saloni Shetty, Assistant Professor, Yenepoya Physiotherapy College was the key person in staging this workshop successfully.

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### Worshop on Integrating Research & Education in Healthcare Professionals

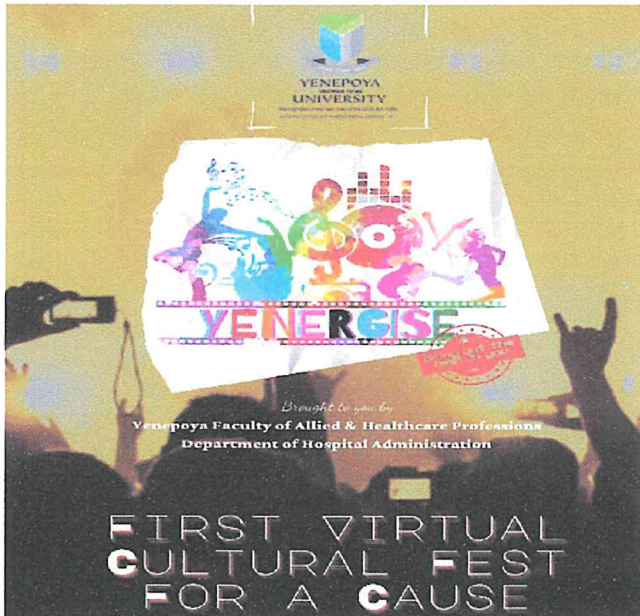
The Scientific Review Board, YAHCP, organized its first workshop, "Integrating Research and Education in Healthcare Professionals" The 3 day workshop aimed at increasing the awareness and knowledge related to research and publication among staff and students from various disciplines. Around 12 Eminent speakers from different disciplines enlightened the participants with their expertise in the field on research. A total of 135 delegates including teaching staff & Post graduates from various discipline registered

 ATTESTED

for the workshop (online and offline). Dr. Mudasir Rashid Baba, Assistant Professor, Yenepoya Physiotherapy College was the key person in staging this research workshop successfully.

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## Yenergise 'Bring Out The Best in You'



The Yenepoya allied and healthcare professions organised this "Yenergise: Bring out the best in you as the first cultural fest with a cause" to uplift the mood and energise the enthusiastic spirit of our vibrant students who are bound to their homes during this pandemic, and at the same time to work for the noble cause of COVID care. The week long cultural fest was filled with twelve events and workshops of Yoga, Zumba and fitness. Each event had three prizes and the winners were awarded with certificates and cash prizes. The backbone of this event was Dr. Sunita Saldanha, Dean, Yenepoya Faculty of Allied and Healthcare Professions.

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## Webinar on Ethical Dilemmas and Challenges Faced by Nurse in Obstetrics

The Department of OBG Nursing conducted a International webinar on Ethical dilemmas and challenges faced by nurse in Obstetrics. The resource peron of the webinar, Dr. Savitha

Dr. Gangadhara Somayaji K S  
Registrar  
Yenepoya (Deemed to be University)  
University of Health Sciences  
Mangalore

Pramilda DSouza, Staff Midwife at National Maternity Hospital highlighted the importance of ethical principles which are commonly invoked as guides in obstetrics practice. She shared her personal experience and role of the nurse in clinical ethical decision making.

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## Prosthodontist Day Celebration



On the Prosthodontist day a sapling was planted with a moto "plantation for a better world, Implantation for a better life" by the Head of the Department. Instagram and Facebook page was opened under the name "ydc\_prostho" to update the day to day activities of the department. The event was highlighted by delivering free dentures to the patients. A clock tower named "Setting Time" was made by the post graduate students of the department by using waste generated in the prosthodontics lab.

Quiz, poster presentation and Elocution competitions were held for the undergraduate and post graduate students and prizes were distributed

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## Faculty achievements and awards



**Dr. Naveen GH**  
Principal, Department of  
Naturopathy & Yoga

1. Invited as a Guest speaker at 2nd International Conference on "Holistic Wellness through Naturopathy & Yoga" (ICHW 2021) on the topic 'Yoga & Naturopathy Nutrition in Psychiatric disorders' organized by Sant Hirdaram Medical College of Naturopathy and Yogic Sciences for Women (SHMCNYS) & Sant Hirdaram Yoga & Nature cure Hospital (SHYNCH), Bhopal.

2. Invited as a panelist for Faculty Exchange Program in Yoga & Naturopathy Medical Colleges across India.



**Dr. Shaheen Banu Shaikh**

Associate Professor,  
Department of  
Biochemistry, Yenepoya  
Medical College

1. Awarded "Research Excellence Award 2021" by the Institute of Scholars for publication "Potentiality of Liver Biomarkers in Predicting Outcome of Stroke Patients".

2. Online Oral Paper presented in International conference "Comparative Analysis of Inflammatory Markers in Diabetic and No diabetic Critically Ill SARS-CoV-2 Patients" at CHEST (College of American Physician) Congress Italian Delegation (International).



**Dr. Imran Pasha**

Reader, Department of  
Public Health Dentistry,  
Yenepoya Dental College

1. 1st Prize in Digital Newsletter Designing Competition, At Phoenix-2021, Virtual Conference Organized By Indian Association Of Public Health Dentistry- Kerala Chapter.

the conference to secretary health department to addressing the conference.

2. Invited as a Guest speaker at 2nd International Conference on "Holistic Wellness through Naturopathy & Yoga" (ICHW 2021) on the topic 'Yoga & Naturopathy Nutrition in Psychiatric disorders' organized by Sant Hirdaram Medical College of Naturopathy and Yogic Sciences for Women (SHMCNYS) & Sant Hirdaram Yoga & Nature cure Hospital (SHYNCH), Bhopal. Also, invited as a panelist for Faculty Exchange Program in Yoga & Naturopathy Medical Colleges across India.

3. 2nd Prize in the Meme Trolls Competition, At Phoenix-2021, Virtual Conference Organized By Indian Association Of Public Health Dentistry- Kerala Chapter.

4. Invited As a Guest Speaker for the National Level program organised by the, JSS Dental College, Mysore. What Which Next, Professional Planning The way forward.



**Dr. Sham Bhat**

Vice Principal,  
Sr. Professor, Dept. of  
Pedodontics, Yenepoya  
Dental College

Selected as Chair of Autism Board, Federation of special care Dentistry. India

**Dr. Vina Vaswani**

Professor, Department of Forensic  
Medicine, Yenepoya Medical College

1. Awarded Ph.D (Doctor of Philosophy) under the guidance of Professor Bert Gordijn in Dublin City University, Dublin 9, Ireland.

2. Attended the online Conference University

of Ottawa in collaboration with the Office of the Chief Medical Examiner, Washington DC

2. International Case Studies on Deaths in Custody 2. This event is an accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification (MOC) program of the Royal College of Physicians and Surgeons of Canada for 5 credits

3. Completed the e-learning course "The Research Question" with a Score of 83% organized by The Global Health Network.



**Dr. Priya Nair**  
Assistant Professor,  
Yenepoya Ayurveda  
Medical College &  
Hospital

Selected as a featured speaker in 38th International Online Conference organized by Global Ayurveda Conferences USA, hosted by Association of Ayurvedic Professionals of North America (AAPNA) USA. Also made a online presentation on a paper on the topic role of dosha in arthava chakra (menstrual cycle)



**Prof. Lourdhuraj I**  
Professor, Yenepoya  
Physiotherapy College

1. Invited as a Guest speaker for the International Webinar on "Getting closer to Balance" organized by University of Tunku Abdul Rahman, Malaysia and delivered two talks "Updates in Balance – What is the Evidence" and "Research & Data Collection in Balance"

2. Appointed as an external member of Physiotherapy for the Sub Committee of Human Resource Planning, Development and Strengthening by the Rajiv Gandhi University of Health Sciences, Karnataka



**Dr. Padmapriya S**  
Associate Professor,  
Department of  
Obstetrical and  
Gynecological Nursing

Invited as Resource Person for the E-International Conference on Emerging Infectious Disease: COVID-19 at Dambi Dollo University, Ethiopia.



**Dr. Umarani J.**  
Professor, Department  
of Child Health  
Nursing, Yenepoya  
Nursing College

Completed Ph.D at Meenakshi Academy of Higher Education and Research (Deemed to be University), Chennai



**Dr. Mudasir Rashid  
Baba**  
Assistant Professor,  
Yenepoya Physiotherapy  
College

1. Invited as a Guest Speaker for the National Webinar on "Ethical approach in Research and Health care practice" organized by Swarnim start up and Innovation University, Gujarat.

2. Appointed as Scientific Committee

**Dr. Gangadhara Somayaji K S**  
Registrar  
Yenepoya (Deemed to be University)

Member ICRA/1097 "Indian clinical research Association" registered under Societies of Act, Govt of India (KAP/00078/2020-2021)

3. Received Women empowerment award by Jammu & Kashmir Department of Education and KVR Health Group, New Delhi

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**Ms. Smitha. D**  
Associate Professor,  
Yenepoya Physiotherapy  
College

Secured 3rd prize in the paper presented on "Manual dexterity, grip and pinch strength among beedi rollers and non beedi workers- A cross sectional study" at International Physiotherapy Virtual Conference Quadrans 2021, organized by KLE, Belagavi.

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**Dr. Shilpi Rastogi**  
Professor & Head of  
Department, Yenepoya  
Homoeopathic Medical  
College & Hospital

Was the Resource person and delivered a Talk on the topic of "Homoeopathic System of Medicine" for the first year students of MBBS, Kasturba Medical College, Manipal Academy of Higher education, Mangalore

Resource person on topic for a webinar on importance of applied anatomy in clinical practice at the Department of Manipulative Therapy, Government Nature Cure and Yoga Medical College on topic of Importance Of Clinical Anatomy In Medical Practice



**Dr. Kiran S Kammar**  
Professor & HOD

Resource person for the National Webinar on 'Can-Care' organized by the department of Obstetrics and Gynaecology of Father Muller Homoeopathic Medical College and Hospital, Mangalore

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**Dr Vighyaprabha R**  
associate professor,  
Yenepoya Ayurveda  
Medical College &  
Hospital

Presentation on 'Management of Plaque psoriasis through Ayurvedic Interventions' at the 40th International Conference "Ayurveda & Skin Care" organized by Global Ayurveda Conferences, LLC hosted by Association of Ayurvedic Professionals of North America (AAPNA), inc. USA.

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### **Dr. Anil Kakunje**

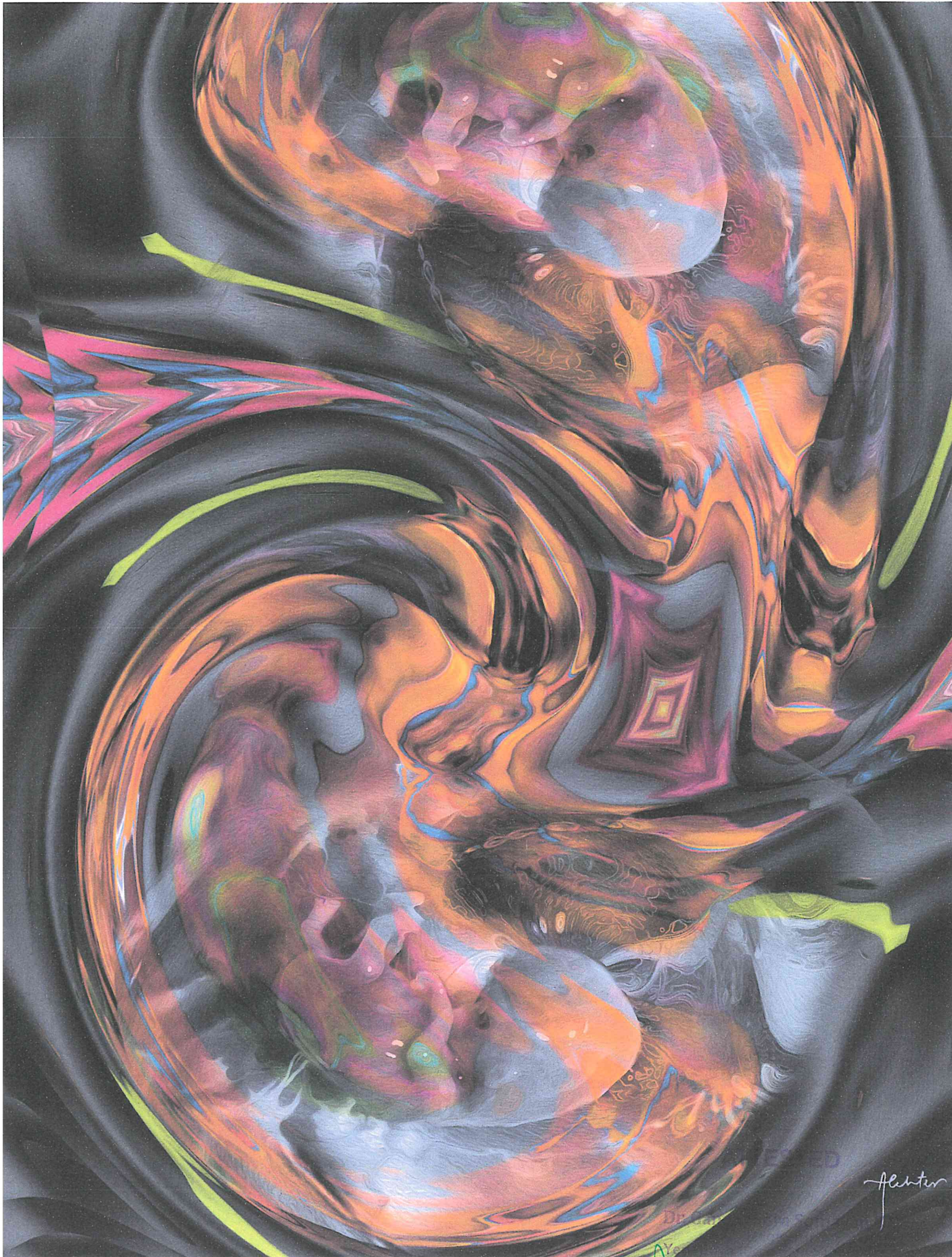
Department of Psychiatry, Yenepoya  
Medical College

Editor of the book on \*Indian Psychiatric Update\* June issue on Culture Bound Syndromes.

Released during Indian Psychiatric Society South zone PG CME at Dharwad by Dr Ramakrishnan, President of Indian Psychiatric Society south zone.

**ATTESTED**

**Dr. Gangadhara Somayaji K S**  
Registrar  
Yenepoya (Deemed to be University)  
Mangalore, Karnataka.



Alister

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2018, Karnataka.





## YENEPOYA

(DEEMED TO BE UNIVERSITY)  
Recognized under Sec 3(A) of the UGC Act 1956  
Accredited by NAAC with 'A' Grade

## WELCOME TO THE UNIVERSITY OF TOMORROW

Yenepoya University is one of India's leading and most influential institutions of higher learning, with top positions in various rankings including accreditation by NAAC with 'A' grade. The University is offering various UG & PG courses and is also well known for its world-class research lab offering various inter-disciplinary research programs.

### UNDER GRADUATE

MBBS  
BDS  
B.Sc Nursing  
Bachelor of Physiotherapy (BPT)  
Bachelor's in Hospital Administration (BHA)  
B Sc. Medical Laboratory Technology  
B Sc. Medical Imaging Technology  
B Sc. Renal Dialysis Technology  
B Sc. Perfusion Technology/Anesthesia & OT Technology  
B Sc. Cardiac Vascular Technology  
B Sc. Respiratory Technology  
B Sc. Medical Technology  
B.Sc. Optometry  
B Com (Hon.)  
B.Com with ACCA  
BA (Eng/Journalism/Social Work)  
B. Sc (Hospitality Science)  
BAMS  
BHMS  
B Pharm

### POST GRADUATE

MD  
MS  
MCh  
MDS  
M.Sc (Nursing)  
Master of Physiotherapy (MPT)  
Masters in Hospital Administration (MHA)  
Masters in Social Work (MSW)  
Masters in Public Health (MPH)  
MSc. Medical Anatomy  
MSc. Biochemistry/Microbiology  
MSc. Pharmacology/Physiology  
MSc. Computational Biology  
MSc. Regenerative Medicine  
MSc. Research Ethics

### CERTIFICATE/DIPLOMA

Post Graduate Diploma in Bioethics & Medical Ethics  
Post Graduate Diploma in Clinical Ethics  
Post Graduate Diploma in Forensic Anthropology & Odontology  
Certificate courses in Child Health  
Certificate courses in Ophthalmic Theatre Assistant  
Certificate Course in Hospital Safety & Infection Control  
Certificate courses in Health Care & Hospital Planning  
Post-Doctoral Fellowship in Cleft & Craniofacial Surgery  
Post-Doctoral Fellowship in Cleft Orthodontics  
Certificate courses in Dental Ceramic & Technology  
Certificate courses in Basic Implantology  
D Pharm

 **ATTESTED**

Dr. Gangadhara Somayaji K S

Administration

Yenepoya University  
D. S. Somayaji  
D. S. Somayaji  
D. S. Somayaji