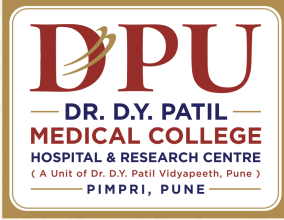


DPU DIVE

Vol. 06 | December 2024

MONTHLY NEWSLETTER



DPU DIVE

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



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About the month

On 19th December, the batch of 2024-25 took the Charak Shapath!



The batch of 2025, newly inducted into the medical college, pledged their commitment through the 'Charak Shapath'.

The Director of Academics, Hon'ble Dr. Mrs. P Vatsalawamy, inspired the students by highlighting the privilege of donning the White Coats. The Dean of the college, Dr. A. Rekha, spoke about the meaning and significance of the Maharshi Charak Shapath.

It was not only a celebration of their transformation from students to aspiring medical professionals but also a reminder of the responsibilities they bear as they step into the noble field of medicine. Gulshan Sharma, the General Secretary and Krishna Raghuwanshi, Music Secretary, shared their personal journeys and their sentiments towards the White Coat, inspiring all the young minds towards a better future in the medical field.

Lights, Camera, Action!

The medical college campus was buzzing with energy on the 9th of December when Varun Dhawan and the star cast of the movie 'Baby John' came to DPU for the grand launch of their trailer. Fans gathered to catch a glimpse of their favorite star, who charmed them with his infectious smile and wit.



Meet and Greet with the Dean

20th December marked the first informal meeting of the second-year students with the new Dean, Dr. A. Rekha. The students had all been curious about her since they first heard the news of her taking over this position.

She encouraged and fostered a very positive and open-minded environment for the students to discuss the issues they faced in their day-to-day lives.

DPU has always aimed to improve and grow and this meeting served as a catalyst for a new era under the guidance of Dr. Rekha. Issues such as unfeasible common rooms for students, among others, were discussed, and students can already see corrective actions being taken. Dr. Rekha has set an example that actions speak louder than words. The students are looking forward to seeing more student-centric changes at DPU.

Bioethics Committee Meeting

Just like every year, Dr. D. Y. Patil Medical College hosted the Annual Bioethics Committee Conference on the 17th and 18th of December. This event brought together more than 60 professionals from the fields of health sciences and technology for the exchange of knowledge and experience.



The DPU family witnessed how, starting off as a shy crowd, the attendees soon geared up for an interesting discussion involving 'the use of AI in medicine' (which we all know is our future and can make diagnoses so much faster and smarter). The students saw professors turn into students during the faculty development and training session and enjoyed interactive activities like roleplays, which showcased the multitalented faculty.

The conference was sure to be a memorable one for all those who were present.

Bharatnatyam: A journey in classical dance

Smita Daithankar, the only nrityayog trainer in the world, has been an admirable figure in the field of dance nationwide. The students felt utterly blessed to have had the opportunity to meet her and receive her blessings and knowledge through the value-added course for Bharatnatyam.

This initiative is taken by Hon'ble Dr. (Mrs.) Bhagyashree Patil, has ignited a fire in the hearts of all those who were once dancers.



***Credits:** Eshita Durve, Vedika Singh, Heer Suhandani, Arya Ghotankar

Upcoming Month

CODE RED:

1. **University Examination** for Third Professional MBBS (Part I) and (Part II) starts on 10th January and 21st January 2025, respectively.
2. **Postgraduate examination** will start from 2nd January 2025
3. A few Foreign Medical Graduates will be starting their **internship** in January 2025.

DID YOU KNOW?

As per the latest NMC CBME Guidelines of 12th September 2024, the First Professional MBBS of Admission Year 2024-25, will be divided into a ratio of 1:3 in the mentor-mentee program. This implies that each professor will have 3 students. This will go on till the student reaches Third Professional MBBS. In the case of Dr. D. Y. Patil Medical College, Hospital & Research Centre, Pimpri, Pune the distribution is between Anatomy, Physiology, Biochemistry, Pharmacology, Pathology, Microbiology, FMT, Community Medicine, ENT and Ophthalmology. This method is new to the medical college. We all trust that it will strengthen the mentor-mentee relationship.

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

Chuckle Corner

My doctor told me I have water in the brain. I guess I have been deep in thought too much.

Chuckle Corner

The cardiologist went to a party and really broke the rhythm on the dance floor.



Faculty Achievements

Dr. Pradnya Diggikar's Leadership and Film Shine in GSICON 2024:

Dr. Pradnya Diggikar, Professor and Head of a General Medicine Unit at Dr. D. Y. Patil Medical College, served as the esteemed Chairperson of the 37th Annual National Conference of the Geriatric Society of India, held on December 13-14 in Kochi. The event, themed 'Decades of Healthy Aging: Paradigms and Innovations,' thrived under her leadership, fostering impactful discussions on geriatric advancements. Her team of residents also actively contributed to the conference's success.



On World Organ Donation Day 2024,

Dr. Diggikar's visionary film captivated audiences with its powerful narrative and profound sensitivity, showcasing her creativity and dedication to meaningful storytelling. The film received high praise for addressing critical themes with artistic depth.

Dr. Himani Yadav Shines at Delhi Ophthalmological Society Meeting

Dr. Himani Yadav, JR 1 in the Department of Ophthalmology, has been declared the winner of the Free Paper Retina and Uvea Disorder Session at the Delhi Ophthalmological Society Meeting. Heartiest congratulations to her!

Promoting Mentor-Mentee Relationship PROBLEMS FACED V/S HOW TO TACKLE THEM EFFECTIVELY

PROBLEMS FACED:

1. Ineffective Communication
2. Not being open to constructive criticism
3. Irregular meetings and follow-ups with the mentor

HOW TO EFFECTIVELY SOLVE THEM

1. Ineffective Communication can hinder your progress: A mentee should be verbal and clear about the problems faced in curricular and extracurricular domains. Be honest about your goals, aspirations and setbacks that are being faced. One should be open to discussion for effective crisis management.

Running Towards Health

Dr. Abhay Lune, Professor of Ophthalmology, participated in the Vasai Virar Marathon (42.2k) and completed it in an impressive time of 4:14 hrs. Heartiest congratulations to him! Let us draw inspiration from Dr. Abhay to work towards a healthier tomorrow.

2. Not being open to constructive criticism: A mentor should foster a culture where feedback is welcomed and valued and not ignored or rejected. Accept constructive criticism to aid your personal development so that mentor-mentee relationships are improved and things work for betterment.

3. Irregular meetings and follow-ups with the mentor: Hold periodic meetings to understand the issues faced and be respectful of your mentor's time. Share updates on your progress and achievements regularly. Clarity of issues and their effective resolution is best managed that way.

**Credits: Shatakshi Lahariya, Purva Redkar, Simran Arora*

FUN! Zone



Q1. A patient presents to the OPD with complaints of bilateral hearing loss with worsened right ear hearing loss. On examination, the doctor diagnoses Otosclerosis and recommends stapedectomy as the final resort to address the problem. What would be the findings of the Tuning fork tests based on which Doctor recommends Stapedectomy? (ENT)

- a. Renne's Test - positive; Weber's Test - lateralized to the left ear
- b. Renne's Test - positive; Weber's Test - lateralized to the right ear
- c. Renne's Test - negative; Weber's Test - lateralized to the left ear
- d. Renne's Test - negative; Weber's Test - lateralized to the right ear

Q4. Increased K_m and unchanged V_{max} are seen in which of the following inhibition?

- a. Competitive inhibition
- b. Noncompetitive inhibition
- c. Uncompetitive inhibition
- d. Agonist

Q2. What is the negative pressure in VAC dressing?

- a. 60-90 mmHg
- b. 90-100 mmHg
- c. 120-130 mmHg
- d. 130-150 mmHg

Academic MCQs

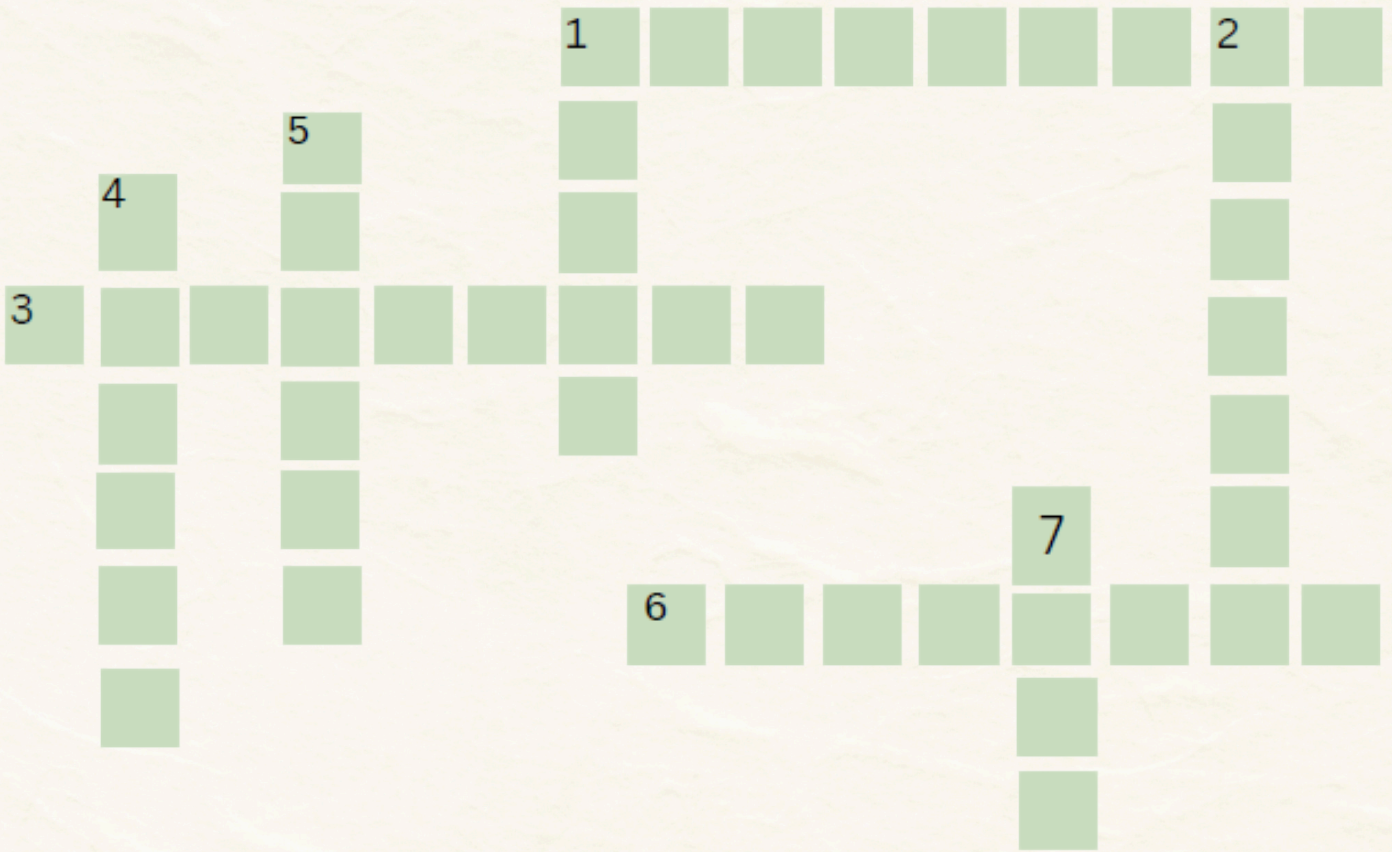
Q5. A drug is given for the treatment of hyperlipidemia. Facial flushing was noted. Which drug causes this side effect?

Q3. A 5-year-old girl was washing her doll with shampoo containing the chemical Rotenone. Her mother noticed her in an unconscious state. Which of the following complexes is inhibited by the above-mentioned chemical?

- a. NADH Dehydrogenase
- b. Succinate DH
- c. Cytochrome C
- d. Cytochrome oxidase



WORDPLAY!

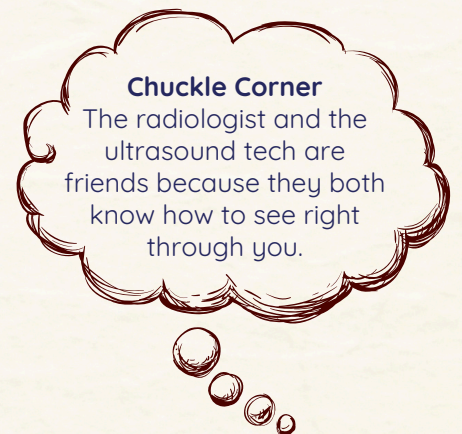


ACROSS:

- 1. A draw in chess; no winners in a war
- 3. Exposing human folly to ridicule
- 6. Ancient Greek philosopher

DOWN

- : 1. From a particular time
- 2. Steak or fish served in the form of raw fish
- 4. Argue the price on an item.
- 5. Form of Japanese poetry
- 7. Roman Rod of War



Chuckle Corner

The radiologist and the ultrasound tech are friends because they both know how to see right through you.

Answers:
 ACROSS - 1: Stalemate 3: Satiric 6: Socrates
 DOWN - 1: Since 2: Tartare 4: Haggle 5: Haiku 7: Mars

Message for Students

THE DIFFERENTIAL DIAGNOSIS OF EXAM FEVER

There is a common misconception that December-February is the time when all medical students hunker down and prepare for their finals like a bear preparing to hibernate for the winter, which while not an unfair comparison, does not depict the full picture.

The time before the university exams is fraught with tensions running high, tempers at the edge of the cliff, a ticking time bomb with the potential to set off a cascade of similar reactions. Walking into enemy territory during a war might seem like a hyperbole, but you never know what you are going to walk into entering say the sixth floor of the hostel or your friend's room during the weeks before. The war room of a newspaper company has much to learn from us with frantic students running around, making calls and extracting the most debated and valuable tips from elusive sources markings.

On the other hand, we live in a state of permanent expectation of being examined at any given time whether it is a surprise viva or any of the 300 written exams we give, finals are just par for the course. It is an amazing ecosystem where a random stranger will comfort someone you find crying in the library over a cup of coffee, and you just hope that the words you are reading somehow make it into your memory banks instead of Luigi Mangione's trial outfit if you are lucky- thinking about your travel plans or planning outfits for the Coldplay concert in a month.

There is no one word that encapsulates exam season more than chaotic and we take great pride in continuing this tradition of stressing before exams while simultaneously playing procrastination kabaddi with our textbooks, so all the best and may the odds be ever in your favor for this exam season with results more unpredictable than the next IPL season.

-Mehek Sowani



Alumni Spotlight

Through late-night study sessions, dissections and clinical rotations, I gained not only knowledge but also resilience and lifelong friendships.

My college taught me vital values like perseverance and empathy.

My advice: Prioritize self-care and seek support from peers; medicine is a marathon, not a sprint. Have respect for all. Always stay curious — learning does not stop at graduation. Also, embrace mistakes as opportunities for growth and never lose sight of why you chose medicine: to make a difference

-Dr. Shivanjali Rathore



Tips from Dr. Kathpalia Sir on 'How to prepare for the final exam?' (when only a month is left)



*Four Issues

1. How to study
2. How to answer theory questions
3. How to appear in practical viva
4. Time (one month) Management

Important points for all

1. Don't panic even if it is difficult to remain calm
2. Study presuming that you are the treating doctor (which you will be soon) - it is a 'Feel Good Factor'

How to study

- Study smart and not study for long.
- Study like a story, a story which you have to narrate to someone, then you will be able to imbibe more. Narrate the story to your friend.
- For every paragraph or page, you read; think of a question that can be asked, like what are the indications of Emergency CS?
- You can try answering these questions yourself or ask a friend to answer, if you or your friend are able to answer them it is very good. If not then go to the book and find the answers.
- Your notes should only contain the questions and answers in your mind/book.
- Start with the topics that you do not know or hate- Your confidence will increase with that.
- Try remembering the doses especially the suffix- Magnesium sulfate in Gm, Iron in mg and Misoprostol in micrograms.
- At the end of every chapter; most of the books mention important points to remember- Revise from there.
- Don't focus on what you do not know and what you have not covered, focus on what you have learned, it is called positive reinforcement.

***Credits:** : Ananya Tandon, Shreeya Singh, Vidushee Manchanda, Mehek Sowani, Dr S. Kathpalia [HOU Department of OBGYN]

Students Achievements and Research

Slow Beats Slow Beats

THIS SECTION NEEDS MORE LOVE! This is my monthly plea to get more students interested in research. This month I'd like to highlight an original article by Dr. Priyal Tolani and Dr. Mrunal Suresh Phatak exploring the effects a relaxing music can have on ones heart rate during exercise

I've chosen this article because.....becauseIlikemusicokay?sueme.v

In their original article titled "Effect of Preferential Relaxing Music on Exercise-Induced Changes in Autonomic Function of the Heart" 52 volunteers were asked to choose a preferred song between Raag Hamsdhwani, Pachbels Canon and Fly away by B.K Deepak.

ECGs were taken at rest, at rest with music, after exercise and after exercise with music. The mathematical analysis done was presented in a manner even a new undergraduate student could grasp.

If you'd like to read the methods, results, and conclusions of this study in full. Click on this link

https://journals.lww.com/mjdy/fulltext/2024/17060/effect_of_preferential_relaxing_music_on.10.aspx

1Tolani, Priyal H.; Phatak, Mrunal Suresh1. Effect of Preferential Relaxing Music on Exercise-Induced Changes in Autonomic Function of the Heart. Medical Journal of Dr. D.Y. Patil Vidyapeeth 17(6):p 1191-1195, Nov-Dec 2024. | DOI: 10.4103/mjdrdypu.mjdrdypu_92_23



Exam season
means less trophies
for the DPU
Student body

Why YOU should do Research

Research is the cornerstone of progress, driving innovation and knowledge across disciplines.

It is one of the most critical things by which a medical student is judged in different aspects as it holds a huge value in an individual's CV if he or she plans to apply to foreign universities as an IMG or even in job interviews for various colleges and institutions. It helps students develop essential skills such as time management, teamwork, and communication, preparing them for future careers.

It provides opportunities to work closely with mentors, build and access academic networks, and contribute to advancements in their field. Moreover It enables us to understand complex problems, develop solutions, and improve decision-making.

Thanks and credits

Message from the Editor

Dear Readers,

With this edition, we have tried something new based on the feedback we got. We hope you enjoyed reading this. We request all the readers to please give their valuable feedback so that we can make DPU DIVE much better.

Thank you for the read.

DPU DIVE Editorial Board 2025

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