

## EVENTS IN OCOBER 2023

### Scientific Advisory Committee meeting at B. K. L. Walawalkar Hospital - Dervan



The 'Scientific Advisory Committee' was established in 2016. This committee was created with an idea of accelerating research ideology in rural villages. And also to scientifically solve the problems faced by the people, which will finally help them in leading a happy life. This meeting was conducted in the Dervan Campus, in the honorable presence of Shri. Dr. Anil Kakodar – Chairman (SAC). While expressing his thoughts, he said in the beginning that , "Whenever we come here for the committee meetings one of the characteristics of this organization is that all year around a comprehensive work involving everyone in the village is undertaken. And whatever this Committee directs or suggests, all those plans or those programs are carried out with very careful attention. It is done with such goals and objectives and is acted upon thoughtfully, so I like to come here and the inspiration behind all this is of-course Kaka Maharaj and therefore 'proper follow-up' is a strong characteristic of this committee and the college. "

Some of the professors from the medical college presented their thesis along with their ongoing research work to the committee members. The major research in it was on the subject of 'Dervan Cohort'. This cohort is on "Adolescence and Ongoing Diabetes". A presentation was given explaining in detail how diabetes, blood pressure, heart attack can be linked with undernutrition in Konkan. This was done with proper statistics and examples. Fifteen hundred adolescent girls aged sixteen to nineteen (five hundred each from Chiplun, Khed and Sangameshwar talukas) were selected and were checked for the vitals. All the results/findings of the examination of these girls were found to be deficient in vitamin D, vitamin B12, calcium and blood levels of 'homocysteine' was found to be on the higher side. The 'homocysteine' is a factor which if found too high can further lead to a heart attack. At the same time, almost 39 percent of the girls showed signs of diabetes. After presenting such data, what kind of intervention or what kind of nutritious food and lifestyle can be given to these girls so that all these risks can be reduced was discussed during the meeting. Padmavibhushan Dr. Anil Kakodar, Padmavibhushan Dr. Ramasami(former secretary DST) and Dr. Jayant Kumar Bantia (Former chef secretary Maharashtra) gave their valuable suggestions. He also said that perhaps we should think about whether it may be necessary for the government to make diabetes screening from childhood as a policy. It is now necessary to think whether we can create an awareness and screening for diabetes from childhood itself by collaborating with them.



Also there could be a connect or rather a chromosomal component to the link between childhood malnutrition and adult-onset diabetes. There was a discussion about participation in 'Human Genome' which is a project of 'ICMR' to verify if there are genomics and for that we should contact 'Genome India' project and get some feedback from them and involve us in it. Thus it is necessary to give them a proposal. Various collaborations have been done for this project, such as ARMUDA, a branch of TIFR, its Dr. Ulhas and Dr. Mahendra Sonawane, Dr. Nihal Thomas, CMC Vellore, Dr. Yagnik, KEM Pune. We are collaborating with them. In this way and due to their guidance, we are going to understand the physiology of diabetes, its genomics, and diabetes in pregnancy and how it will gradually unfold. Dr. Suvarna Patil informed all the committee members that many types of studies are going to be conducted. All the present committee members expressed their opinion on the same. Jayantkumar Bantia also suggested that we have family health surveys. A large number of villages are adopted in Sevagram. Similarly, family surveys are also conducted in our schools. By adopting such families in villages, we can survey them for diabetes, hypertension, heart attack, weight, height and from that we can get a lot of information about the health of the people in these villages.

Even on snakebite, Walawalkar Rural Medical College took help of Dr. Abasaheb Garware Engineering College Computer Science students for developing an app. Dr. Suvarna Patil told the committee members that snake bite software has been developed under the guidance of Dr. Neha Deshpande. Dr. Arvind Yadav, Professor of Biochemistry, informed about the various thesis and the projects undertaken by medical students and post-graduates. While giving his opinion on it, Dr. Kakodkar suggested to make a list of the problems of the rural people and put it in front of these children so that if these children find the project and start researching it, all this research will collectively accelerate and have a direction and thus it will be beneficial to remove the problems and find out the reason behind it. Dr. T. Ramasami thanked the institute for creating such a culture and in just ten years this institute has been able to achieve this and the kind of research that is going on here and the different data collection that is happening here and the different challenges that are there to solve the problems of the people in the villages. As the research is going on here, it is necessary to build a bigger team and then find solutions to the problems of the people in these villages. He appreciated the organization for the work that has been done in the past ten years. Dr. Rita Mulherkar, Dr. Sunil Nadkarni discussed about the technical challenges faced by their project to produce Bovine Albumin from platelet lysate, with special emphasis on how we can overcome them and bring this to market. Dr. Nadkarni then discussed about his research on how we can dry clean an item or dry clean a wet cloth using hydrogen peroxide i.e. ozone or very little water in fact without water and how

it will be used at that time if there is a possible drought. Dr. Neelam Shirsat while talking about her research elaborated on two topics, 'cohorts and cancer', and discussed the strategies and tools needed to advance this research, detailing genomics and single-nucleated polymorphisms and the disease that these changes cause. It was also discussed about how necessary it is to establish this 'Genomics Lab' and to start studying chromosomes further from it.

Dr. Jyoti Iyer in her presentation said that the 'Dervan Cohort' is a cohort of adolescent girls and it is going to record detailed information and analysis of the health of adolescent girls and their anthropometry for the next twenty years. For this, there is a need to find nutritional support as well as the science behind it and the genomics behind it to correct the defects they have. He gave the information about which organizations he collaborated with for this nutrition. Among them is 'Toddler Food', an American organization. Alumni of I.I.T. Dr. Shivram Murthy and Secretary of 'RGST' Dr. Narendra Shah and Dr. Alka Jadhav are going to help us and it will help the girls to prepare and consume these quick to use products and be useful for them to over-come malnutrition.



Similarly, we are also planning to create and train 'Bamboo Poly House' for growing vegetables, vegetables and grains at one's own doorstep and kitchen garden. And here we were also informed that two organizations Dapoli Agricultural University and Toddler Food Partner are going to help us for the training.

### Heartwarming chat with a visionary 'Nuclear Traveller'



No one will easily realize the importance of the memorable event that took place during the time period from 4.30 pm to 5.15 pm on 07th October'2023. The whole area was lit up with a unique spirit for the seminar of the Scientific Advisory Committee. Mr. Jayantkumar Banthia (Former Principal Secretary,

Government of Maharashtra), The entire staff of the hospital and the college worked as if engrossed by the presence of one and all superiors such as Dr. Sripad Banavali (Academic Director, Tata Memorial Hospital Group).

This is the person in whose hand all of these scientific advisory committee remains, the same person who held the dialogue with the students of Medical, Physiotherapy and Nursing colleges. All the regular readers of Dervan News paper must have noticed who it is; this person is Padma Vibhushan Shri.Dr.Anil Kakodkar.

The title of the present dialogue organized by the cultural and artistic forum of the college, Mrigandha, was: 'Smiling Buddha, Operation Shakti, What NEXT on the Path towards Aatmanirbhar Bharat?'

The discussion was held at the College Lecture hall, which elaborated on various topics including the life journey, the experiences, the world, the concept of a new India unfolded in a wide way. Hearing the geographical and political equations behind the 1974 and 1998 nuclear blasts at Pokhran. All the attendees were literally thrilled. This event was hosted by the medical college interns Akshaya Tandale, Atharva Deshpande and Avinash Mane.

Everyone experienced his erudition and intense brilliance while listening to his concept of City in a Village i.e. Sillage. The many aspects he raised while explaining what the contribution of the healthcare sector should be are worth introspecting. When Dr. Kakodkar was asked how did you manage to maintain your health till the age of 80 today despite the huge stress where the future of our country depends on your every decision? He answered very simply that if you have great love and loyalty towards your work, you should take care of your health for your favorite work. You have to work hard for this.



When Dr. Kakodkar was asked about the history of his relationship with Shree Joshi Charitable Trust and B. K.L. Rural Medical College and Hospital, he revealed something about himself, he said that since I first came here, whenever I came here, one thing I felt strongly was that there is something special about this place and that is why I want to keep coming here, to stay involved.

In the closing speech of thanks, the guide of 'Mrigandha' and Assistant Professor of the Department of Physiology, Dr. Advait Godse said that during the entire interaction Dr. Kakodkar's personality exuded a calm, unassuming air. Dr. Godse expressed his view point by sharing a few verses from "Bhagavad Gita" which in today's world can be seen in the form of Dr. Kakodkar. The ceremony was marked by the humble presence of Mr. Vikas Walawalkar, Dr. Sripad Banavali, Shri. Dr. Jayantkumar Banthia, Medical Director. Suvarna Patil, Dr. Netaji Patil and all the teaching staff. During the ceremony there was a special mention and praise for the sketch drawn by Uday Singh (student), who was guided by Dr. Avinash Waghmode and Dr. Laxman Phad. The success of this program also has an immense role and contribution done by Mr. Mukund Mungekar & Mr. Swapnil Shirsagar.

## Book release by Dr. Avinash Waghmode & Dr. Laxman Phad



The book 'Review Forensic Medicine and Toxicology' by the professors and the author Dr. Avinash Waghmode and Dr. Laxman Phad of B.K.L. Walawalkar Rural Medical College was done. It has been published with the tireless efforts of Dr. Laxman Phad. Exclaiming that the innovative information in this book will surely benefit the students taking medical education, the medical director Dr. Suvarna Patil specially appreciated both the professors.

## Visit by Dr. Alka Jadhav

Ex-Professor in Lokmanya Tilak Municipal Medical College and Pediatric Gastroenterologist, Hepatologist Dr. Alka Jadhav visited B. K. L. Walawalkar Medical College and Dervan Cohort for Adolescent Girls. She has successfully tried to improve the health of many malnourished children by using 'ready to use food products' for nutritious food. In this context, guidance was given on how to increase the nutrition of boys and girls in Konkan. Its benefit is going to be determined for pregnant mothers and daughters. Dr. Alka lauded Dervan Cohort's initiative for the health of teenage girls.



**Dr. Alka Jadhav with Dr. Suvarna Patil & team**

## Successful pass out of first batch of physiotherapy students

The first batch of Physiotherapy students of B.K.L.Walawalkar College of Physiotherapy passed the degree examination with flying colors. Also, Arthvi Waghole of the college secured the first position by scoring 74.12 marks, Akash Ghadigaonkar has secured the second position by scoring 71.75 marks and Divya Chikhalkar has secured the third position by scoring 68.50 marks.



All the students thanked the institute and the teachers for imparting the best education and success because of the facilities in Walawalkar College and the Walawalkar Hospital for demonstration. The institute wished “Heartiest Congratulations” to all first batch students from Physiotherapy College.

## ‘Swachh Bharat’ Day at Walawalkar Medical College



October 2nd is celebrated as 'Swachh Bharat Diwas' to mark the birth anniversary of Father of the Nation Mahatma Gandhi. This year, on the occasion of Swachh Bharat Diwas 2023, on 1st October 2023, 'One Date - One Hour for Cleanliness' was implemented in every village and city across the country through labor donation. The theme for 2023 was 'Waste Free India'. In all the villages of Chiplun district, with the participation of the villagers, the places to do Shramdan were determined in each village. To make the Mahashramdan campaign on October 1 successful, the villagers gave one hour a day for the cleanliness of their village and participated in large numbers in the Mahashramdan campaign implemented in their village.

## Celebrating 'World Mental Health Day'



On the occasion of World Mental Health Day, B.K.L. Walawalkar Rural Medical College, Department of Psychiatry and Samarth Educational Institute, Department of Psychology conducted competitions in Essay Writing, Poster Making, and Rangoli etc. This year the theme of World Mental Health Organization was 'Mental health is a human right for everyone!' Students of Nursing College and Physiotherapy also participated enthusiastically in this program.

Psychiatrist Dr. K. S. Kulkarni was present. He guided all the students on methods of improving memory and concentration. The program was started by the Chief Guest Psychologist Prof. Dhanashree Bhagwat; Walawalkar Medical College Dean & Principal Dr. Mansingrao Ghatge lit the lamp. Prof. Dhanashree Bhagwat shared her thoughts on the topic that mental health is a human right of everyone. She also expressed her views on how the factors of religion, sex, caste, color, and economic status influence human constitution and mental health. She emphasized that everyone should practice self-respect, emotional security, nutrition of their body, exercise, meditation to keep their mental health strong.

After this, the students of psychology department presented a short play about the importance of mental health. Along with the chief guest our respected Director of education Ms. Sharayu Yashwantrao and psychiatrist Dr. Padmakumari were also present. The winners of various competitions were felicitated.

## State level junior athletics competition at SVJCT's Sports complex.



The 37th Maharashtra State Junior Athletics Championship was concluded between 30th September and 1st October at SVJCT Sports Complex. More than 2000 people like 1246 players, coaches, parents, referees from 34 districts were present. The official website of Ratnagiri District Athletics Association was inaugurated at the inauguration of the competition.

Inaugural Mr. Balasaheb Kadam, General Secretary of Maharashtra State Athletics Association Mr. Satish Uchil, Vice President Mr. Sanjay Patil, Mr. Raju Pyati, Director of Sports Mr. Shrikant Paradkar, Secretary of the organization Mr. Sandeep Tawde, Nilesh Patkar etc. were present on this occasion.

In his address, Mr. Satish Uchil thanked the Sri Vitthalrao Joshi Charities Trust for providing international standard sports facilities to even the grassroots athletes. At the same time Ratnagiri District Athletics appreciated all office bearers and technical committee members of the association for creating the website of the association.

Players from various districts like Mumbai, Kolhapur, Pune, Nashik, Aurangabad, Nagpur, Amravati, Latur displayed quality game. The Maharashtra team of boys and girls aged 14 and 16 years was selected from this state competition which was held in morning and evening sessions for two days. The winning team was expected to participate in the national tournament to be held in Coimbatore.

Many famous coaches were present with their teams for the tournament. All of them expressed their happiness that the competition was completed without a hitch as all the facilities in the sports complex were good. “During the competition, we parents go to many places and play competitions, but such a sports complex is an inspiration for our children's sports skills, so special thanks to the organization”, this was one of the sentiments expressed by the parents.