

**Shri Vitthalrao Joshi Charities Trust's**  
**B. K. L. Walawalkar Rural Medical College & Hospital**  
**Shree Kshetra Dervan Vartaptra**  
**January, 2025- (13<sup>th</sup> year – 01<sup>st</sup> publication)**

**Hand Surgery Demonstration Workshop**



The hands are a remarkable and often underappreciated component of the human body. Their skin possesses a high degree of sensitivity, enabling the rapid differentiation between a sharp needle and soft wool, as well as between a hot pot and an ice cube. Comprising 27 bones and 43 muscles and tendons, the hands facilitate a wide array of activities with ease. This dexterity is exemplified by the intricate mudras performed by Kathak dancers, who manipulate all five fingers in opposing directions simultaneously. Such skilled movements are beyond the capabilities of robots. The hand's grasp can extend up to 6-7 inches, and when the fingers are tightly closed, not a single drop of water escapes. The anatomy of the hand and wrist is intricate, reflecting its multifaceted structure and function. In surgical practice, the finesse of a surgeon's hands is crucial, necessitating meticulous care in the management of injured or diseased tissues. Consequently, the training of a proficient surgeon must encompass both patient care and the principles of sound surgical practice.

And keeping this important principle in mind Shri. Vitthalrao Joshi Charities Trust's B. K. L. Walawalkar Rural Medical College organized 'The SVJCT Hand Cadaver Winter Course' on 04th and 05th January 2025. This initiative was remarkable, designed to deliver advanced education in hand surgery. The workshop provided postgraduate training in Osteopathy, benefiting both trainees and consultants through a collaborative and enriching experience that enhanced their skills and knowledge. The course is led by Dr. Raghunandan Kanvinde, who possesses around 35 years of experience in England. Dr. Kanvinde is an Orthopedic and Upper Limb Hand Surgeon, holding the



qualifications of MS (Orthopedics), FRCS, and MCh (Orthopedics)

from the UK. He now frequently visits Dervan on weekends to share his expertise with patients.

In collaboration with the lead trainers, the following esteemed professionals contributed to the training program: Dr. Abhijit Wahegaonkar, Director of Hand Surgery at Sahyadri Hospital in Pune; Dr. Ashok Ghodke, Professor and Unit Head at MGM Medical College in Navi Mumbai; Dr. Prashant Kamble, Consultant Hand, Wrist, and Elbow Surgeon at KEM Hospital in Mumbai; Dr. Sunil Nadkarni, Consultant Spine Surgeon at BKLWRMC; Dr. Netaji Patil, Consulting Radiologist and College Coordinator at BKLWRMC; Dr. Prashant Velhal, Professor of Anatomy at BKLWRMC; Dr. Omkar Sudame, Assistant Professor in Orthopedics at BKLWRMC; Dr. Anish Paul, Consultant Orthopedic Surgeon at BKLWRMC; and Miss Kripa Tandon, Occupational Therapist at TATA Hospital in Mumbai. Additionally, various other specialists provided guidance to the trainees. Approximately 25 trainees from cities including Mumbai, Pune, Kolhapur, Sangli, Ratnagiri, and Chiplun benefited from this camp.

The two-day program effectively integrated lectures on clinical anatomy with autopsy demonstrations and clinical case presentations. In the concluding segment, the trainers engaged with the trainees in the operating theater, where they conducted actual surgeries related to the discussed cases.

On the first day of the workshop, commencing at 8:30 am, a series of lectures focused on the clinical and surgical anatomy of the hand. Participants were introduced to advanced techniques in hand surgery, followed by demonstrations involving soft-embalmed cadavers—bodies preserved through



specialized methods. This innovative approach to cadaver preservation enhanced the students' comprehension of anatomical structures and surgical procedures, particularly concerning the flexor and extensor tendons and carpal tunnel decompression surgery, addressing issues such as finger tingling and pain.

Surgical techniques involving local flaps, aimed at preventing finger puncture through the repositioning of skin from alternative sites, were thoroughly discussed. Additionally, a presentation regarding Walawalkar Hospital was provided.

During the evening session, a comprehensive discussion and preoperative evaluation of patients scheduled for surgery the following day took place. The seminar proved to be highly beneficial for participants, enhancing their ability to draw clinical conclusions, make informed decisions, and systematically plan for the upcoming surgical procedures.

The following day, starting at 8:00 AM, participants had the opportunity to observe intricate hand surgeries conducted by skilled trainers in the operating room. These procedures included the release



of a triggering finger to restore movement in a pinched finger, as well as carpal tunnel decompression surgery to alleviate tingling and pain in the fingers, thereby reducing nerve stress and associated discomfort.

A variety of procedures were performed, including reduction surgery, excision of malignant tumors on the hand, realignment of fractured fingers, and surgical interventions for wrist and finger fractures on a single hand. Some trainees had the opportunity to observe these surgeries closely within the operating room. Additionally, arrangements were made for all participants to view the procedures on a large LED screen in an adjacent room.

After the workshop, each trainee received a certificate acknowledging their successful participation, along with "MMC credit points." The workshop effectively combined theoretical lectures, patient therapy, and cadaver demonstrations, resulting in a highly enriching educational experience. Under the expert guidance of Dr. Kanvinde and the collaborative efforts of all trainers, this workshop successfully set high academic standards in the field of 'Hand Surgery.' The feedback from the trainees was overwhelmingly positive, with a unanimous request for more frequent camps of this nature. All patients who underwent surgery left the facility in good spirits. The collaboration between the hospital and medical college staff was instrumental in ensuring the camp's success.



### **Heart Surgery at Walawalkar Hospital**

Walawalkar Hospital in Sawarde hosted a heart surgery camp from December 27th to 29th. The camp was led by Dr. Rajeev Godbole, a cardiothoracic surgeon, along with his dedicated team. Notable participants included Dr. Abhishek Potnis (Cardiothoracic Surgeon), Dr. Sachin Vaishnav (Cardiac Anesthetist), Shree Suresh Kale (Perfusionist), Operation Theater Sister Sushma Gurav, I.C.U. Sister Kavita Kadam, Samika Kalambe, and I.C.U. Brother Vikas Mhaskar, among others.



During this surgical camp, a total of four bypass surgeries, one heart valve replacement surgery, and one thoracotomy were successfully carried out. Dr. Pranav Shyamraj, a cardiologist at Walawalkar Hospital, conducted angiographies for all patients involved. The examinations revealed the presence of clots in all three coronary arteries, indicating that angioplasty would not be a viable treatment option. Consequently, bypass surgery was deemed necessary for the four patients. Additionally, one patient presented

with a malfunctioning heart valve accompanied by swelling; thus, the valve was excised and replaced with an artificial one.

The sixth patient presented with a tree that had fallen onto his chest, resulting in a direct impact. Initially, he managed his condition with home treatment for a duration of 10 to 15 days. However, after this period, he began to experience chest pain, shortness of breath, and fever, prompting his admission to Walawalkar Hospital. Diagnostic imaging, including X-ray, sonography, and CT scan, revealed the presence of pus in the chest, which had caused damage to both the lungs and the heart. The lungs had contracted, and the infection had progressed to the heart. A thoracotomy was subsequently performed to remove the accumulated pus from the areas surrounding the heart and lungs.

All surgical procedures were conducted at no cost under the 'Mahatma Jyotiba Phule Janarogya Yojana.' Each patient was discharged free of disease. On their way home, both the patients and their relatives expressed their gratitude to Dr. Godbole, his team, and Walawalkar Hospital.

### **Relief to a woman with hearing loss**

A 35-year-old woman from Ratnagiri had been experiencing hearing loss for a year. Despite seeking treatment at various facilities, she found no improvement. Ultimately, she visited Walawalkar Hospital, where Dr. Rajiv Keni and Dr. Prateek Shahane from the Ear, Nose, and Throat department examined her condition. Their assessment indicated that common causes of hearing loss, such as eardrum rupture, ear bone disease, or age-related nerve deterioration, were not applicable in her situation. The doctors proceeded to perform two diagnostic tests: audiometry, which assesses hearing through a machine, and impedance testing. These tests determined that her hearing impairment was due to the fixation of the small bones in the inner ear. Consequently, the doctors recommended surgical intervention as a potential solution.

Upon receiving the encouraging news regarding 'I can hear', the woman promptly agreed to undergo the procedure. Surgeons Dr. Rajeev Keni and Dr. Prateek Shahane skillfully executed the microscopic surgery on the delicate ear bone. Following the operation, a smile of joy and contentment appeared on her face as she regained her hearing. Dr. Rajeev Keni and Dr. Prateek Shahane have garnered significant recognition for their successful execution of this challenging surgery.



## Annual Reunion Ceremony 2025 at Walawalkar Hospital



Bhaktashreshtha Kamalkarpant Walawalkar Hospital in Sawarde recently held the Annual Gathering with great enthusiasm. The event, which included participation from Samarth Nursing College in Dervan and the B.K.L. Walawalkar, concluded on January 20, 2025, with much excitement. Renowned actor Mr. Shreyas Talpade graced the occasion as the chief guest.

During his visit, Mr. Shreyas Talpade toured various facilities, including the Medical College, Nursing College, Physiotherapy College, Sports Academy, as well as the Nuclear Medicine and Linear Accelerator Department at Walawalkar Hospital. The Annual Gathering commenced with the ceremonial lighting of a lamp in front of the portrait of Sri Sadguru Sahajananda Saraswati Maharaj.

Actor Mr. Shreyas Talpade was present at the function, even 15 years ago. In this regard, he said that Srikshetra Dervan has developed in various ways. Although everything has changed, the purpose of Srikshetra remains unchanged. While guiding the students, he said, "Do any work but do it well." He also narrated an inspiring incident in his life. The excellent medical facilities provided by the hospitals, doctors, nurses, and others were highly appreciated.

Shri. Talpade also mentioned that he is always ready to contribute to the social work of the organization.

In this program, well-wishers of the organization and many employees, and a social worker, Shri. Sanjay Mahadev Shinde (Head of Sub Division), Sangameshwar, Shri. Manohar Chavan, Chairman, Tantamukt Samiti (Margtamhane), Shri. Suresh Maruti Pawar - President, Tantamukt Samiti (Chinchghar), Shri. Sandeep Desai, Social Worker (Jalgaon), Shri. Kiran Pawse - Social Activist (Burundi), Shri. Kasam Saleh-Social Activist (Sringeratali), Shri. Uday Khare, Trustee, Maitri Group (Poladpur), Smt. Deepika Haldankar, Assistant Adjudicator (Kalambani), Smt. Sejal Malekar Attendant (Dapoli), Smt. Kamlesh Kamtekar - Arogya Sevak (Devarukh), Shri. Sunny Duduskar Arogya Sevak (Poladpur), Mrs. Rohini Pandurang Rathod - Health Nurse (Walope), Shri. Amol Salvi, Taluka Group Organizer (Chiplun), Mrs. Ranjana Mahadik, Asha Sevika (Khadtapali), and others were felicitated and praised. Students were also felicitated for their academic achievements. Various kinds of cultural talent were presented by the students. At the end of the ceremony, the program concluded with a delicious lunch after appreciating the talent

## Free allotment of hearing aids

Hearing aids were provided at Zero cost in the Ear-Nose-Throat department of Walawalkar Hospital. During the camp held from December 17 to December 20, a total of 75 patients were registered and underwent ear examinations. The distribution of hearing aids took place on December 21. This commendable initiative was facilitated by the generosity of various donors. As a result, elderly individuals facing financial hardships were able to regain their hearing, which was evident in their expressions of joy. Dr. Pratik Shahane, from the Ear-Nose-Throat Department, has received widespread recognition for his efforts in organizing this camp effectively.



## Kum. Nilambari Thakur honored with the 'Best Student Godbole Award' of 'Chaturang'



The 'Best Student Godbole Award' from 'Chaturang Pratishthan', a highly esteemed accolade among schools in the Konkan region, was conferred upon Ms. Nilambari Rabindranath Thakur, a student of Shri Vitthalrao Joshi Charities Trust English Medium School (10<sup>th</sup> standard). The award was presented by the distinguished senior economist, writer, and actor, Shri Deepak Karanjikar. Recipients of this honor receive a badge, a certificate, and a cash prize of Rs. 500, along with books valued at Rs. 1,000.

In addition to academic performance, students exhibiting diverse talents in areas such as sports, arts, and public speaking are chosen through a group interview process. This year, out of 203 students representing 54 schools in the district, 34 were awarded this honor. The awards ceremony took place on January 19, 2025, at the Indira Gandhi Cultural Centre in Chiplun. Present at the event were members of the award selection committee, including Dr. Prasad Deodhar, Dr. Milind Gokhale, and Mrs. Rama Karmarkar. During the interviews, Dr. Prasad Deodhar expressed special commendation for the students from SVJCT school. Although the selection criteria allow for only one student per school to receive the award, he emphasized that all five students from this institution are considered 'the best.'

Ms. Nilambari Thakur, the recipient of the 'Best Student Godbole Award,' has achieved first place at the taluka level in various competitions, including Essay Writing, Ram Raksha, Manache Shloka Patan, and Oratory. Additionally, she has completed the state-level singing examinations, earning first-class honors from initial to subodh levels. Ms. Nilambari is also pursuing studies in the German and Sanskrit languages. She is characterized by her simplicity, humility, and warmth.

An avid reader, Ms. Nilambari enjoys literature such as the stories of Satyajit Ray, as well as works like "Cosmos" and "Mrityunjay," in addition to keeping up with the news. She draws inspiration from

figures such as Nelson Mandela and Prime Minister Shri Narendra Modi. With a keen interest in the field of science, Nilambari aspires to become a 'prompt engineer.'

During her acknowledgment speech, Ms. Nilambari Thakur expressed her gratitude to Chaturanga Pratishthan for providing children from rural and remote areas the opportunity to share their perspectives through a group interview conducted in a relaxed and enjoyable environment. This approach facilitated a stress-free interaction. She also extended her thanks to her school, noting that throughout the preparation for the interview and the subsequent honoring ceremony, the teachers consistently encouraged them with affirmations of self-belief, which greatly contributed to their success in the interview. Additionally, she expressed appreciation for her parents and family, who have supported her talents beyond academics since childhood. The school director, Mrs. Sharyu Yashwantrao, Headmistress Mrs. Pradnya Parkar, and the teaching staff also congratulated her on her achievements.

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