



THE PULSE

DR.PADIAR MEMORIAL HOMOEOPATHIC MEDICAL COLLEGE CHOTTANIKKARA



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Photo album



Section 1



Message From the Management



As you all know our body and the mind are interconnected. It is therefore, highly necessary that both our body and the mind should be maintained strong and stable, so as to lead a peaceful and meaningful life.

It is not always necessary that a powerful body should have a powerful rather, peaceful mind, especially in this modern era. In order to have a strong body, one need to indulge into various physical exercises.

Similarly, to have a strong and peaceful mind, one need to indulge into various mental exercises, including Yoga & Meditation. In this back drop, it seems, the authority concerned has included Yoga in the curriculum of B.H.M.S Course.

As you all know our mind also requires cleansing during regular intervals so as to have positive thoughts & positive vibrations. Then only we will be able to discharge all our earthly duties in a perfect and orderly manner. This state is called "Sthithaprajnya". Shrimad Bhagavath Geetha gives a clear and comprehensive definition for "Sthithaprajnya".

Therefore, one should strive to attain such state of mind, which is the only means to perform Karma Yoga in our life.

Wishing all the very best for the new venture of Newsletter to be published in our website with a view to outreach Programs, Achievements, Events & Celebrations of our esteemed institution.

Adv. Rama Narayana Prabhu
(Hon. Secretary -In-Charge)
Board of Management.

From the Principal's Desk



Dear all,

It's a long-cherished dream to have a newsletter on behalf of the institution

Institutions are like bee hives with lot many activities throughout the year.

The most neglected part is the documentation.

Hope this news letter will reveal the history and will remain a testimonial of achievements.

Best wishes to all who have taken all efforts for this.

Regards

Dr.M.G.Radhesh

Message from the Vice-Principal



I am happy to hear that a newsletter is being published on the achievements and activities, both curricular and extra curricular, of this great institution, which has completed 100 years. Congratulations to all the faculties behind this endeavor, especially Dr.Indu B, who has taken the leadership to publish it.

With Best wishes

Dr.Satheesh.K

Prologue



Dear Readers,

Some opportunities make us feel engaged, connected, and fulfilled. It is indeed a great honor to be the faculty member in charge of the biannual newsletter of our college. This opportunity made me respect the tremendous hard work and dedication put forward by the staff and students of this prestigious institution.

It is an immense pleasure to launch the first edition of "The Pulse." This issue highlights the various achievements, club activities, and celebrations in the first half of 2023.

I am thankful to the Board of Trustees and the Principal for permitting me to undertake this new initiative. The support from the program officers and student representatives of various clubs was instrumental in achieving this.

News letters offer direct access to gain a better understanding and awareness of an organization. As we move forward, I believe the second volume, expected in June 2024, will be filled with still more unique and worth-reading gems.

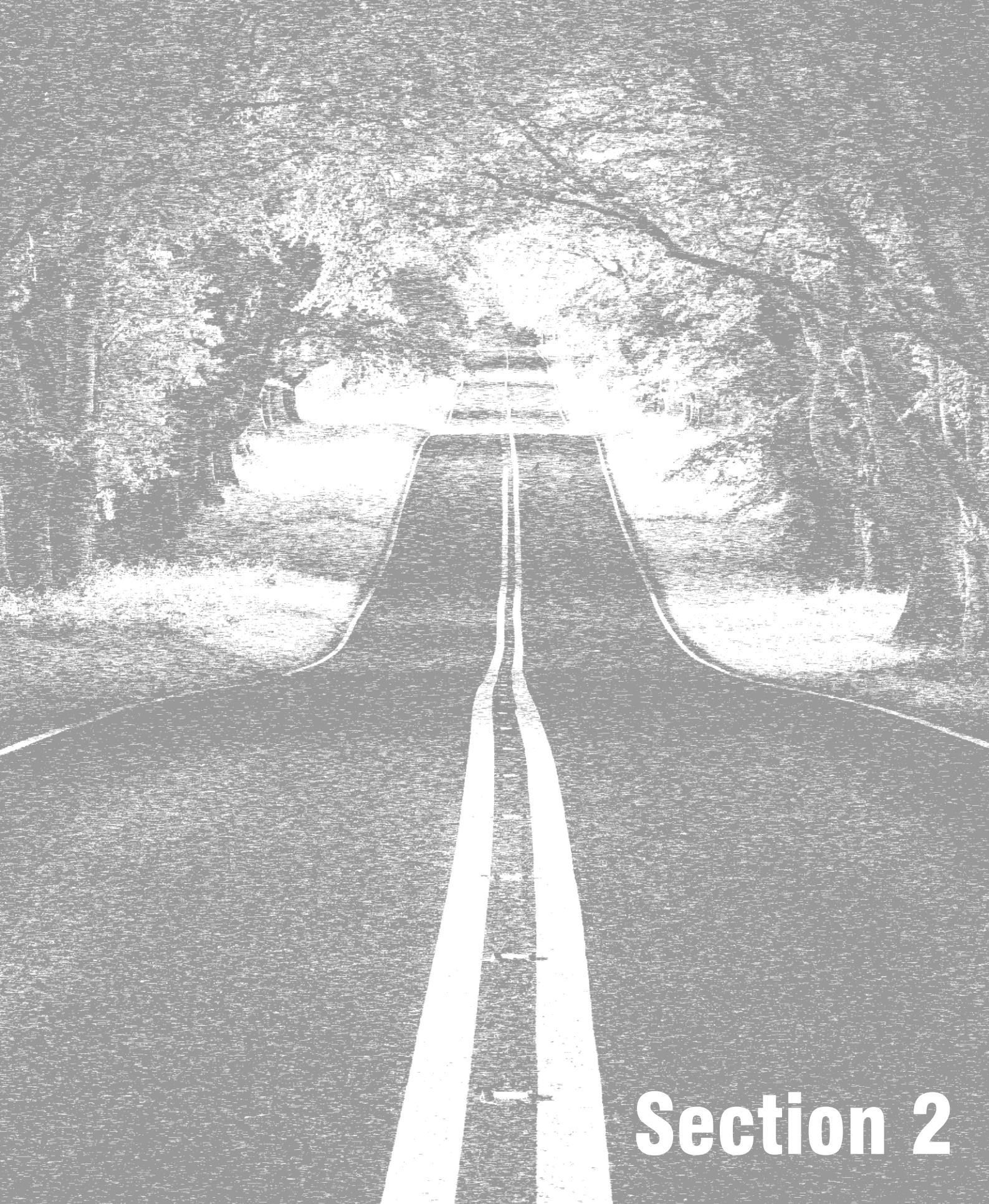
Regards

Dr.Indu B.

Faculty- in- Charge

*“An investment in knowledge
pays the best interest.”*

Voices Unveiled



Section 2



ACHEIVEMENTS

*Project
Scholarship*

*Short Term
Studentship
In Homoeopathy*

Quiz-winners

*Academic
Brilliance*

*A Step Forward:
YIP*

*Global
Conference*

SHORT TERM STUDENTSHIP IN HOMOEOPATHY



Ms. Muhisina. A. Manaf *Dr. Janaki Krishnan T.S.*

Muhsina. A. Manaf, received the CCRH-STSH (Short Term Studentship in Homoeopathy) Scholarship on 10-04-2023 at a spectacular event organised by the the Central Council for Research in Homoeopathy (CCRH) in Delhi. She received the “Certificate of Appreciation” and a cash award of Rs. 20000 . STSH is an initiative by CCRH to promote aptitude and interest for research among medical undergraduates. The project, an agro Homoeopathic one; titled “An experimental study to analyse the efficacy of Syphilinum 30 in the seed treatment of Fusarium wilt of Tomato plant ”; was guided by Dr.Janaki Krishnan T.S ; Professor, Department of Anatomy. The work is significant, as agriculture plays a vital role in Indian economy and provides employment to more than half of population of the country.

PROJECT SCHOLARSHIP



Dr. Mubaseer Ali



Dr. Susy Charles



Ms. Gopika P.S

In March 2023, the Kerala State Council for Science Technology and Environment (KSCSTE) extended financial assistance of Rs. 10000/ each for two student projects which were successfully completed in 2022. Dr.Susy Charles, Professor(CAP), Dept.of Materia Medica was the Principal Investigator .

Mubaseer Ali was the student investigator for the project titled “ Randomized control study on the efficacy of homoeopathic medicines in the management of type 2 diabetes mellitus”. Dr.Ali is currently pursuing Post Graduation in Organon of Medicine at Govt.Homoeopathic Medical college, Kadapa, Andrapradhesh.

Gopika P.S was the student investigator for the project titled “A study on the role of Homoeopathic Medicines in the management of anxiety in Polycystic Ovary Syndrome using the State Trait Anxiety Scale”. The study is published in Strad Research journal (vol 9 Issue 5,May 2022).

GLOBAL CONFERENCE



Dr. Subhadra K.T.

Dr. Subhadra K.T, Associate professor, Dept.of Materia Medica, presented a Research paper at the 16th Global Conference on “Ageing Challenge -Transformation - Change” conducted in Bangkok, Thailand on 27-30 June 2023. The topic titled, “The ethical and privacy concerns associated with the use of digital technologies in aging populations, and how can these concerns be addressed- a narrative review” focused on practical approach to view ageing as a new stage of opportunity and strength. Dr.Subhadra is currently on deputation as; Associate Professor, School of Family Health Studies and in-charge for Disability Management Studies & Center for Gerontological Studies at Kerala University of Health Sciences. She has contributed immensely as the Principal Investigator for various projects related to disabilities & Gerontology.

ACADEMIC BRILLIANCE



Ms. Priyamvada P. & Ms. Riya A. A.

brought Glory as University Toppers of
First BHMS Examinations, May 2023.

QUIZ-WINNERS



Ms. Malavika



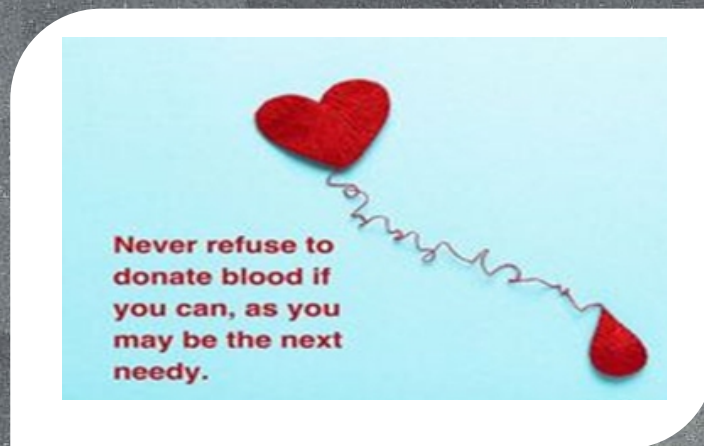
Ms. Ayana

Our students Malavika Jaizil and Ayana Anil bagged the third prize in the World Forestry Quiz competition conducted by the Forestry department, Ernakulam District on 16th March 2023.

A STEP FORWARD:YIP

Our students have come forward with 26 proposals for the Young Innovator Program (YIP) 5.0, a flagship scheme of the Kerala Development Innovation Strategic Council (K-DISC). YIP provides a perfect platform to propose innovative solutions to societal challenges. These proposals are under review. Dr. Susy Charles is nominated as the Nodal officer.

CLUBS & PROGRAMS



PROGRAM OFFICERS

Youth Red Cross



Dr. Sanu Mukundan

National Service Scheme



Dr. Swaroopkumar K. P.

Red Ribbon club



Dr. Ranjithkumar

Forestry club



Dr. Joji Varghese

Students Support & Guidance Program



Dr. Sreejith L.B



Dr. Aryakumari Thankachi

YOUTH RED CROSS : “I SERVE”



The YRC unit co-ordinated by Dr.Sanu Mukundan as the Program Officer has shown remarkable team working through various activities.

ON may 8th 2023(World Red Cross day), the Youth Red Cross unit conducted photography competition on the topic 'Humanity'. Under the auspices of “Taluk legal Service Committee”, the class lead by Adv. Kishor V.K gained high appreciation. The session focused on creating and spreading legal awareness among the students and the staff.



President
Ms. Ansaba C.P

Adding more to our green campus, on the “World Environment Day”(June 5th), YRC, NSS, Forestry club and the College union conjointly planted saplings in the college premises. A vegetable garden has been set up and is being cared by students & the staff.

The World Yoga day (July 21st) was celebrated in its true essence. An inspiring talk by Yoga trainer Mrs.Chandrika Devi highlighting the significance of yoga in the modern era followed by Yoga session for students made the day vibrant. The event was co-ordinated by YRC, NSS & the College Union.

In collaboration with 'Shakthi Swayam Sahaya Sangam', the unit conducted monsoon preventive camps. An awareness class to the public led by Dr.Sanu Mukundan on common diseases in monsoon season and their preventive measures were the highlights.



Secretary
Ms. Fathima Risva

NATIONAL SERVICE SCHEME : “ NOT ME, BUT YOU”



Under the capable leadership of Dr.Swaroop kumar, the NSS volunteers succeeded in lending helping hands to those in need especially through Medical camps and surveys.

In collaboration with 'Rajatharekha ' charitable trust, a series of medical camps were conducted in Eror. This has created awareness among people regarding the efficacy of our system in the management of various disease conditions.

The preventive camps against Dengue fever held at Thrippunithura Municipality and timely follow up has shown the efficiency of Homoeopathic Medicines in preventive aspects.

Voluntary Secretaries



*Ms. shimna
Thasneem P.*



*Ms. Ishma
Salim*

Several concerns on health are resulting from the inefficient handling of waste. Associating with the Chottanikkara Panchayat, the team conducted home surveys on waste management. Brief talks on proper waste disposal methods and their effective implementation were delivered to the participants during these surveys.

27 February 2022 - 6 March 2023: The NSS unit conducted a camp spanning seven days. for the First BHMS NSS volunteers. This Special camp included many informative sessions like ; daily one hour yoga training, and awareness classes on Cyber crime, drug abuse, lifestyle disease and basic life support.

On the “Dry day” initiative by Chottanikkara Grama Panchayat in response to the rising cases of rainy season diseases, the NSS in collaboration with the college union& Community Medicine Department, conducted awareness classes in households.

Our students participated as volunteers in the 'REPLUBIC DAY MARATHON' hosted by Vadavukodu panchayat.

RED RIBBON CLUB : A SYMBOL OF PASSION & LOVE



The Red Ribbon Club of our institution under the stern guidance of Dr.Ranjithkumar is committed to spread the significance of Blood donation through words and deeds.

The club regularly conducts blood donation camps. The 'World Blood Donor Day' (14th June), was celebrated with pledge taking and an awareness speech on the importance of donating blood. Competitions on Poster making and Slogan writing on the topic of Blood Donation made the day special.

A survey on the willingness to donate blood conducted among our students was a new initiative. Among 86 students who participated, 69 have shown willingness to donate blood.

Voluntary Secretary



Ms. Fathima Shabana

FORESTRY CLUB



“ Nature Never Goes Out Of Style”

The club monitored by Dr. Joji Varghese, initiated many activities to protect the Eco-system of our campus. Perfect amalgamation of rigorous activities & outdoor recreations through series of Nature camps, and engaging instructions in History and environmental studies provided unique experiences to the students. On the 'World Environment day', the students took a pledge on the theme “Beat Plastic Pollution” and planted vegetable saplings and Fruit trees which yield produces regularly.

Secretary



Mr. Aiswar P.M.

Adding more to our greenery is the 'Aves Cafe', with its colorful inmates

STUDENT SUPPORT & GUIDANCE PROGRAM



This program envisaged to help the student community deal with real time situations provide appropriate services in improving three basic aspects ; academics, physical and mental health. A range of services which includes; Individualized counselling, physical training, information services and mentoring are meticulously carried out. The students are monitored and reports submitted to the university on a regular basis.

“PREVENTION IS BETTER THAN CURE” :



Dr. J. Harikrishna Pillai
(Head of the Department)



Dr. Jayasree V. G.



Dr. Sumadevi K. P.

Under the guidance of Community Medicine Department, our Interns participated in various social welfare programs with a keen focus on providing awareness about life style diseases and practically feasible strategies to prevent, control and manage various conditions. The activities, a combination of Health promotion, Health Education and Health Protection emphasized on analyzing and measuring the health needs of a selected sector of population. Informative sessions on proper diet, nutritional needs and hygienic measures in growing children were delivered during visits to Anganawadis and schools. The Medical and Food Supplementation Camps at Kuttampuzha Village of Mamalakkandam, Ernakulam District on a bimonthly basis has gained trust among the villagers. With growing trend on prevalence of Diabetes Mellitus & hypertension among the Keralites, regular monitoring of blood pressure and blood glucose levels by our team seems highly beneficial to track the onset & progress of life style diseases as well as to provide proper feed back.



EVENTS & CELEBRATIONS

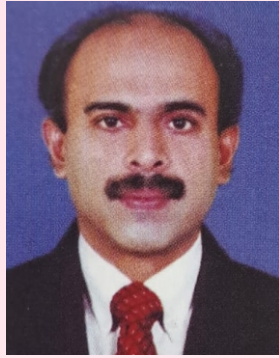
COLLEGE UNION 2022-2023

CENTENARY VALEDICTORY CELEBRATIONS

APJ LIBRARY

RETIREMENTS

COLLEGE UNION 2022-2023



*Dr. R. Prakash
(Staff Advisor)*

The College Union 2022-2023 succeeded in representing the interests of the student body and worked to provide opportunities for student engagement, advocacy, and community building. Serving as a liaison between students and the administration to address a range of concerns including academic matters, student life, and campus culture, the Council has striven to make constant improvisations. A variety of events from social gatherings to educational programs made the campus truly a vibrant one.



From left to right: Sufail valapra (sport club sec), Sabira Dilkkas (Magazine sec), Leeba L.S.(arts club sec), Maya Joseph (chair person reserved for women), Anjali Pradeep (General sec.), Akshay Satheesan (UUC), Ananya (Vice chair person), Ayisha Febin (joint sec.), Fahma P.T (chair person)

FESTIVITY: CENTENARY CELEBRATIONS



Our College completed one hundred fruitful years in the year 2020. Through these years, our Institution was able to create significant milestones in Homoeopathic Education. Since its inception, the College has transformed the lives of thousands of students. It has continued to grow academically and has expanded through new academic blocks & a well equipped hospital. Relentless work of the staff & students along with the steadfast support from our

Management won our collegiate hospital the credit of First Homoeopathic Medical College Hospital in Kerala to get accredited by the National Accreditation Board for Hospitals & Healthcare Providers (NABH).

4th March 2023, the 'Padiar Remembrance Day' was a joyful occasion as we celebrated the valedictory event of Centenary celebration & NABH proclamation. Hon'ble Justice Sri.N.Nagaresh, Judge, High Court of Kerala inaugurated the function. The program began with floral tribute to Dr.S.N.Padiar. Dr Latha A. G. (former Medical Supdt. District Homoeopathic Hospital, Ernakulam) an alumni of this college delivered 'Dr. Padiar Remembrance Speech'

The diligent attitude of many have contributed to what this Institute is today. As token of appreciation, the Board of Trustees presented mementos to the entire staff.

FOR BOOK-LOVERS : STUDENTS' RUN ENDEAVOUR

The APJ Library, renovated by the Literature club of College Union 2023-2024 was made open to the students, interns and the staff on 25th July. The library has nearly 200 books in English and other Languages collected from various sources. The working time is on Wednesdays after 3.30 pm. This impressive initiative looks forward to expand in terms of space and collection.



RETIREMENTS



Smt.Chitra V, Staff, Department of Pharmacy retired from the service on 31-05-2023 after serving the college for 25 years. A grand farewell was given by the Management & staff. Her commitment and loyalty at work place was appreciated at the event.



Dr.Mary K.S. retired from the post of Medical Officer on 31-07-2023. A former student of this college, Dr. Mary served the Hospital for 20 years. As symbol of honor for her dedicated service, the Management & the staff jointly organized a farewell function.

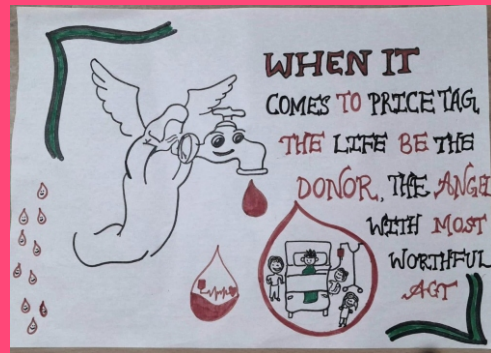
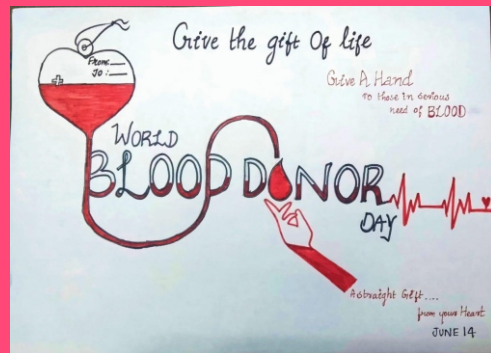
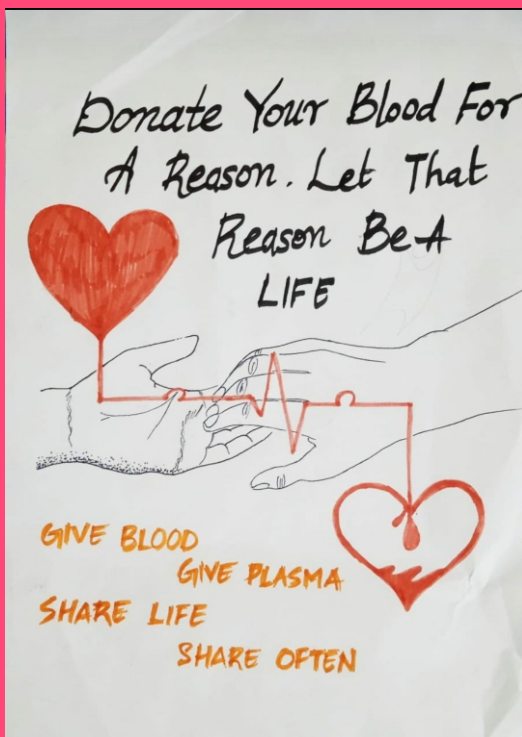


Section 3

NATURE VIBES



WORLD BLOOD DONOR DAY



Selected slogans:

Blood donation is important in life; it gives others a hope to survive.

Blood donation is a boon, it recovers very soon.

A small step towards blood donation can give life to someone's special.

Your blood donation is the best social help!

You don't need any extra preparation, if you are going for blood donation.

Regular blood donation, can save you from infection.

**Don't be "A negative",
be "O positive"**

Selected slogans:

BLOOD DONATION - The wonderful gift ever , than can be donated and received.

Donate blood: Be the real hero

രക്തദാതാവ്കാം
ജീവനു
പുതുനാമ്പേകിടാം

WORLD YOGA DAY



WORLD ENVIRONMENT DAY



The End

