SIXTH EDITION

SEPT 24 -DEC 24

SCI-SO CHRONICLES

Making Waves Internationally!

Sixth Issue

Table of Contents

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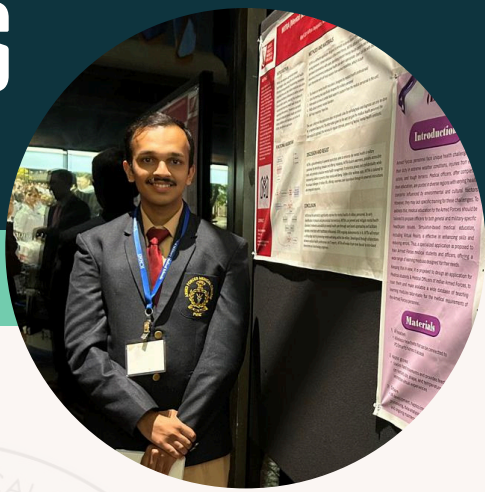
The SciSo team is excited to present the 6th edition of SciSo Chronicles. This newsletter continues to stand as a reflection of our unwavering commitment to showcasing the wide range of activities and exceptional accomplishments of our scientific society. As the Officer-in-Charge, I am immensely proud to work alongside such a dedicated and talented group of individuals whose passion for science and hard work have made this publication possible.

The mission of SciSo Chronicles remains as strong as ever: to serve as a platform that keeps our cadets well-informed about research opportunities, academic events, field activities, and the outstanding achievements of our society. Through this regular newsletter, we aim not only to foster a sense of community but also to ignite scientific curiosity and inspire intellectual growth amongst our cadets. Additionally, it serves as an enduring record of the vibrant scientific endeavors taking place within our institution.

This edition, like its predecessors, highlights the collective efforts and accomplishments of our society. We are excited about the progress we've made and look forward to continuing this journey of innovation, discovery, and academic excellence together.

4TH ICMMS

INTERNATIONAL CONFERENCE OF MILITARY MEDICAL SCHOOLS



MED CDT ADITYA JAYPALAN
G3 BATCH

The Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Maryland hosted the 4th International Conference of Military Medical Schools from September 17th to 19th, 2024. The event successfully convened over 62 delegates from 20 countries across all over the world and demonstrated a strong commitment to global health security and cross-border collaboration in military medicine.

The conference was an avenue for respected military medical education leaders, students, and healthcare practitioners to discuss and share varied knowledge through a diverse list of distinguished addresses, plenary sessions, workshops, symposiums, oral and poster presentations, virtual/video presentations, and webinars towards exploring various relevant topics in the military medicine domain.

The ICMMS 2024 aimed to facilitate broad logical discourse, both intra- and interdisciplinary, amongst universities, colleges, academicians, and department personnel. The overall objective was to make the International Conference on Military Medicine the flagship annual conference in the field, driving innovation in military medicine education and research.

The conference stressed that the educational programs should remain up to date and relevant to the changing needs of military health professionals. In a fast-changing world, graduates must be uniquely equipped to address the opportunities and challenges of medicine in such an uncertain landscape.

4TH ICMMS

INTERNATIONAL CONFERENCE OF MILITARY MEDICAL SCHOOLS

The Uniformed Services University of the Health Sciences, with its rich history and commitment to excellence, was an ideal setting for this significant gathering. Situated on the grounds of the Walter Reed National Military Medical Center, USUHS is uniquely positioned to foster collaboration between academia and clinical practice.

Additionally, I had the opportunity to present a poster on MITRA: An AI-Powered Mental Health Initiative for Military Personnel.
MITRA is an AI-driven application that is expected to address the urgent need for mental health support by military personnel. Using the power of AI, MITRA offers personalized support, early intervention, and access to resources for mental health. Its user-friendly interface allows connections with healthcare professionals with ease, and with the continuous development in AI, MITRA is sure to be at the forefront of promoting mental wellness in the military community. Developed through collaboration between medical experts and IT professionals, MITRA represents a significant step towards enhancing mental health care accessibility and improving the overall well-being of military personnel.

The 4th International Conference of Military Medical Schools was undoubtedly a success, ensuring its place in the annals of history as one of the most important events for the global military medical community. Through dialogue, the sharing of best practices, and inspiration for innovation, this conference has left a mark on the future of military medicine education and research.

4TH ICMMS

INTERNATIONAL CONFERENCE OF MILITARY MEDICAL SCHOOLS

MED CDT ROOPIKA PEELA
H3 BATCH

From Pune to Pentagon

"ALL OUR DREAMS CAN COME TRUE IF WE HAVE THE COURAGE TO PURSUE THEM." – WALT DISNEY

I was on the outskirts of Pune, returning from an emergency leave, when an unexpected opportunity came knocking at my door. Little did I know then how profoundly it would impact my life. Visiting the USA for an international conference seemed like a far-fetched dream, but my 'never-let-go-of-an-opportunity' attitude urged me to give it my all.

The journey was made possible thanks to the unwavering support of Lt Gen Daljit Singh, Lt Gen Sandeep Thareja and Maj Gen Giriraj Singh. It was also the perseverance of our officer- in-charge Col Swati Bajaj that brought this journey to fruition. Their belief in my potential and their facilitation of my travel to the USA for the 4th International Conference of Military Medical Schools transformed what seemed like an unattainable goal into a life-changing experience. I remain deeply grateful for their encouragement and the resources they extended to make this happen.

Being part of this global forum was nothing short of exhilarating. The conference brought together cadets and faculty from military medical schools across the world, each showcasing unique approaches to training and education. What struck me most was the military-specific focus in their curricula, with an emphasis on simulation-based learning that was both innovative and practical. The opportunity to interact with cadets from diverse cultural and military backgrounds opened my eyes to the value of international collaboration.

Their commitment to student exchange programs left a lasting impression on me. These programs foster a global perspective and enhance the learning experience by immersing students in different healthcare and military systems. The cadets I met were not just academically accomplished but also deeply dedicated to their roles as future military medical leaders.

4TH ICMMS

INTERNATIONAL CONFERENCE OF MILITARY MEDICAL SCHOOLS

The emphasis on simulation-based learning was another aspect that stood out. From high-fidelity mannequins to virtual reality setups, the technologies employed were cutting-edge and tailored to the unique challenges faced in military medicine. These tools not only improved decision-making skills but also fostered adaptability in high-stress scenarios —an essential quality for military medical personnel.

The conference was a blend of insightful academic discussions, thought-provoking keynote addresses, and invaluable networking opportunities. It was inspiring to see how military medicine is evolving globally and how educational methodologies are being continuously refined to meet the demands of modern warfare and disaster response.

Returning home, I carry a renewed sense of purpose and the determination to implement some of these global best practices in our own system. The experience has instilled in me a deeper appreciation for the importance of collaboration and the potential of leveraging technology to revolutionize military medical education.

This journey, which started with a leap of faith, has not only broadened my horizons but also reaffirmed my belief in the power of courage and opportunity.

CONFLUENCE 2024

SETH GS MEDICAL COLLEGE AND KEM HOSPITAL

Confluence 2024, a highly anticipated case presentation competition, took place at the esteemed Seth GS Medical College in Mumbai, bringing together budding medical professionals, students, and faculty members from across the country. The event was designed to provide a platform for medical students to showcase their skills in clinical reasoning, presentation, and diagnostic acumen, all while fostering an environment of learning and collaboration.

Held at one of Mumbai's most reputed medical colleges, the competition attracted participants from various medical institutions, offering them an opportunity to present complex medical cases to a panel of distinguished judges and a vibrant audience. The event was structured to highlight not just the clinical knowledge of the participants, but also their ability to communicate intricate medical details clearly and confidently.

Confluence 2024 was not only a competition but also an incredible learning experience for all attendees. With the participation of esteemed medical professionals, the event provided a chance for students to network with experts in the field, exchange ideas, and gain valuable insights into the future of healthcare. Workshops and interactive sessions were also organized, enriching participants' knowledge beyond the cases being presented.

The competition proved to be an excellent opportunity for students to sharpen their clinical skills and build confidence in public speaking. By engaging in discussions with peers and faculty, they were able to gain new perspectives on patient care and develop a more comprehensive understanding of medical practice.

With its impressive organization and inspiring presentations, Confluence 2024 has set a high standard for future editions, ensuring its place as a premier event in the medical academic calendar.

S. No	Name of Med Cadet	Name of the Guide	Dept of the Guide	Topic for ICMR
1.	Med Cdt Roopika Peela (H3)	Gp Cpt Ameet Kumar	Surgery	The Incidental Mesentric Cyst: Anaemia's Silent Partner
2.	Med Cdt Celine Raphael (H3)	Col Y Uday	Internal Medicine	Extramedullary hematopoetic pseudo-tumor presenting as chest masses and respiratory failure in a patient with thalassemia major
3.	Med Cdt Sukirtee Jhala (I3)	Col VS Chauhan	Psychiatry	Clinical vignettes of secondary psychiatry disorder : A case report
4.	Med Cdt Tarun Singh Kaushil (I3)	Col Vipin V Nair	Surgery	Arteria et vena: unvieling a successful outcome of complicated and debilitating case of arteriovenous malformation

Roopika and Tarun successfully advanced to the final stage of the competition, earning their place as finalists.

Dhanvantari: The Case Presentation at Confluence '24

CASE PRESENTATION

MED CDT ROOPIKA PEELA
H3 BATCH
GUIDE: GP CPT AMEET KUMAR

THE INCIDENTAL MESENTRIC CYST: ANAEMIA'S SILENT PARTNER

The case presentation competition at the Confluence 24 organised by Seth GS Medical College and KEM hospital was truly a learning experience for me. Most of the cases presented there were very unique in nature and would most often be considered above the level of undergraduates. It was truly amazing to see the keen interest of Medical Students in learning something new, something not entirely a part of their curriculum.

The interaction with my colleagues from Civilian Medical colleges was an eye - opener for me. I was surprised to know that most of the students in the same academic year as me or even junior to me, have started their preparations for the NEET PG. They said that they prefer going to offline classes rather than the online courses like Marrow or Prep Ladder that most of the cadets from our college use.

Another interesting fact that I have learnt from a colleague is about different kinds of suturing workshops she has attended. She told me about one in Delhi where they were taught all kinds of knots on different tissues. Having mastered suturing this way, she feels confident in performing the same on live patients. I truly believe that such learning in a simulated and controlled environment would prepare us better in facing the on ground reality.

I also believe that more cadets from our college should be encouraged for participating in such competitions as they prove to be a great learning platform. Interacting with students from different colleges and backgrounds gives you a wider perspective of your profession and makes you realise the tremendous amount of knowledge that is yet to be gained.

CASE PRESENTATION

MED CDT TARUN SINGH KAUSHIL
I3 BATCH
GUIDE: COL VIPIN V NAIR

ARTERIA ET VENA: UNVIELING A SUCCESSFUL OUTCOME OF COMPLICATED AND DEBILITATING CASE OF ARTERIOVENOUS MALFORMATION

My experience with presenting a case of Peripheral Arteriovenous Malformation in right thigh of a 50 year old male at Confluence 24, a medical and research conference held at Seth G.S. Medical College, Mumbai was an insightful experience. The patient had a complex AVM in the lower extremity which caused locking of knee in extension position posing difficulty in siting ,walking and riding vehicle. My preparation involved researching imaging studies, including MRI and CT angiography and discussing the multidisciplinary treatment approach, which included embolization followed by surgical resection.

In presenting, I emphasized the unique challenges in managing peripheral AVMs, such as the risk of recurrence and complications from incomplete resection. I would also like to thank my guide Col Vipin V Nair for providing and detailing me about the case. The experience highlighted the importance of clear communication, precise case detailing, and a holistic approach to complex cases in clinical presentations.

CASE PRESENTATION

MED CDT CELINE RAPHAEL
H3 BATCH
GUIDE: COL Y UDAY

EXTRAMEDULLARY HEMATOPOETIC PSEUDO-TUMOR PRESENTING AS CHEST MASSES AND RESPIRATORY FAILURE IN A PATIENT WITH THALASSEMIA MAJOR

Participating in the National UG Research Conference organized by Seth GS Medical College and KEM Hospital was a truly enlightening experience. Presenting my case on "Extramedullary hematopoietic pseudo-tumor presenting as chest masses and respiratory failure in a patient with thalassemia major" provided a fascinating opportunity to explore a rare and challenging clinical entity.

The case underscored the complexity of managing chronic hematological conditions with unusual extramedullary manifestations, blending clinical reasoning with investigative acumen.

My guide, Col Y. Uday played a pivotal role in selecting this extraordinary case, which not only tested my understanding but also deepened my appreciation for rare clinical phenomena. His guidance was instrumental in shaping my approach to the case and my presentation.

Making it to the top 20 among more than 60 national submissions was made possible through sir's compelling rare case. While my preparation on the topic was thorough, the competition highlighted areas for growth. For instance, I was quizzed on specific, practical aspects like the vaccine administered before splenectomy. Additionally, while I focused on presenting radiological findings and high-level concepts, the judges were looking for a deeper emphasis on clinical examination findings and foundational details. This insight has inspired me to approach future competitions with an even wider lens and a more comprehensive grasp of related topics.

This competition not only honed my analytical and presentation skills but also broadened my perspective on what is required at this level. It was a humbling reminder that knowledge needs to be both deep and wide, and I am motivated to incorporate these lessons into my preparation for future academic endeavors.

CASE PRESENTATION

MED CDT SUKIRTEE JHALA
I3 BATCH
GUIDE: COL VS CHAUHAN

CLINICAL VIGNETTES OF SECONDARY PSYCHIATRY DISORDER : A CASE REPORT

My experience presenting "Clinical Vignettes of Secondary Psychiatric Disorder: A Case Report" at Confluence 24, a medical and research conference at Seth G.S. Medical College in Mumbai, was transformative. This complex case explored the intricate relationship between cerebrovascular events and psychiatric manifestations. A 32-year-old male patient presented with sudden neurological deficits, was diagnosed as an acute ischemic stroke. Post-thrombolysis, manic symptoms emerged, prompting a Secondary Mood Syndrome diagnosis. Preparation involved researching neuroimaging, psychiatric scales and multidisciplinary management. The presentation highlighted clear communication, precise case detailing and holistic care. This experience honed critical thinking, collaboration and effective storytelling skills. I'm grateful to my guide, Brig VS Chauhan, and co-author Maj Mohit Agarwal for invaluable guidance. Presenting at Confluence 24 underscored meticulous case preparation, seamless communication and collaborative patient care, inspiring further exploration into secondary psychiatric disorders.

MEDCURE: THE MEDICAL HACKATHON (GOMECON 2024)

MED CDT REYWATH SAJEEV
MED CDT KISHORE SUBBURAJ
MED CDT MOHAMMED HARIS
H3 BATCH

Medcure, the highly anticipated medical hackathon, was a standout event at GOMECON 2024, hosted at the historic Goa Medical College. This innovative competition brought together bright minds from diverse backgrounds, including medical students, healthcare professionals, engineers, and tech enthusiasts, to collaborate and create groundbreaking solutions for some of the most pressing challenges in modern medicine.

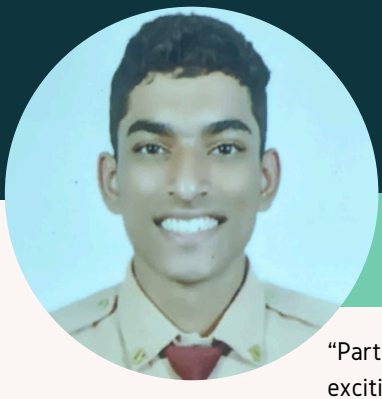
The hackathon centered around addressing real-world healthcare problems, with a focus on developing technological solutions that could revolutionize the way we approach patient care, medical research, and healthcare delivery. The event was designed to encourage cross-disciplinary collaboration, bringing together the fields of medicine, technology, and engineering to spark new ideas and breakthroughs.

Participants were tasked with identifying specific challenges within the medical field, from improving diagnostic tools to enhancing patient management systems. With the support of mentors and industry experts, the teams worked tirelessly over the course of the event, leveraging their knowledge and skills to design prototypes, software solutions, and other innovative products that have the potential to make a significant impact on global healthcare.

Medcure provided more than just a competitive environment; it fostered a community of forward-thinking individuals dedicated to making a difference. Teams were given the chance to pitch their ideas to a panel of esteemed judges, including prominent medical practitioners, entrepreneurs, and thought leaders. The judges assessed the feasibility, scalability, and potential impact of each project, offering valuable feedback and guidance for the future.

Medcure at GOMECON 2024 was more than just an event—it was a testament to the power of collaboration and innovation in the medical field. The participants, mentors, and organizers all played a crucial role in making the event a resounding success, ensuring that Medcure will continue to inspire and shape the future of healthcare for years to come.

MEDCURE: THE MEDICAL HACKATHON (GOMECON 2024)



MED CDT KISHORE SUBBURAJ
H3 BATCH

"Participating in the hackathon and poster presentation was an exciting, challenging, and enriching experience that provided me with a unique opportunity to collaborate, innovate, and grow both personally and professionally."

Never did I ever think that I would be able to come up with a solution to the ever-growing problem of Diabetes and its complications, that too in such a short time of over 15 days. We did just that. We presented our idea in the Medcure: The Medical Hackathon at Goa Medical College on 26th October 2024. The whole process was quiet enlightening.

We had started this journey when we found the opportunity through our batch WhatsApp group. I found myself a team of three with Reywath Sajeev and Mohammed Haris. With only some experience with hackathon as a team, we started from scratch. Our initial online submission for round 1 (I had also submitted for Poster presentation) got selected for the final round on 26th of October.

About the experience in goa, we left Pune on 25th October and reached the next day morning. There we worked together on our script and planning out for our Q & A. Fortunately, our presentation went well. There were some really good questions put forward by the judges. Also, looking at other hackathon entries made us realise our shortcomings and motivated us. The accommodation and the food that they provided was good and the organising committee was quite friendly and helped us in any way necessary.

Throughout the event, we encountered several obstacles, including getting to our final script, preparing for the marketing side of our solution and few things related to our accommodation. Overcoming these required creativity and perseverance. For example, we introduced our own algorithm to tackle treating patients in a wholesome manner.

We had come up with the idea of using AI and nomograms combined into one app for comprehensive management of people with Diabetes. It included 2 screening tools and 2 treatment algorithms all integrated into one single chatbot. While it wasn't perfect, I was proud of our accomplishment, particularly in the scientific literature backed means of diagnosing risk factors earlier in the natural history of the disease enabling prompt treatment. We also grabbed the runner-up position.

Reflecting on this experience, I realized the importance of working as a team, managing time effectively, or staying open to learning. The hackathon also taught me how to thrive under pressure and turn ideas into tangible outcomes in a short timeframe. This experience has motivated me to work towards solving a problem in creative ways. I am excited to build upon the skills I gained and continue exploring innovative solutions to real-world problem.

MEDCURE: THE MEDICAL HACKATHON (GOMECON 2024)

MED CDT REYWATH SAJEEV
H3 BATCH

What began as an idea in my friend Kishore's room and a ppt in the coming days and finally as a presentation in GOMECON, the medical conference of Goa Medical College was more enriching an experience than I expected.

The 2 day trip to Goa ended was one all three of us will remember.
From preparing the draft sitting in the train and the canteen of the college to presenting it on stage in front of the panel taught us not just about medicine, but the need to present ideas correctly and to make sure our point is understood.

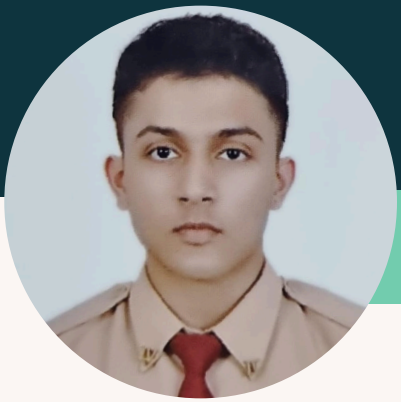
This trip also taught us to be prepared for anything as changes and setbacks can happen anywhere

We also had an encounter on the second day with our faculty Col Chetna Arora in the conference where we were enlightened by her talk.

We were able to gain exposure to various other ideas of the future of medicine (the 1st prize being using AI to detect cataract on large scale).
In the end I'm just glad I went for the conference with my 2 friends. I would go there again if given the chance.

I'd like to thank Uday sir for giving us this opportunity.

MEDCURE: THE MEDICAL HACKATHON (GOMECON 2024)



MED CDT MOHAMMED HARIS
H3 BATCH

As a team of three, we had the privilege of participating in the prestigious Goa Medical Conference at Goa Medical College, Bambolim. The highlight of our experience was competing in the Medical Hackathon, where we presented our work on "Preventing Diabetic Nephropathy: Newer Modalities for Prevention, Diagnosis, and Treatment."

Our presentation focused on innovative solutions to tackle diabetic nephropathy, emphasizing early detection, novel therapies, and prevention strategies. We were thrilled to secure second place, a recognition of the dedication of the Scientific Society of AFMC towards advancing healthcare research.

The conference also provided opportunities to interact with experts, gain feedback, and explore cutting-edge developments in medicine. The vibrant atmosphere of Goa added to the enriching experience, making it both professionally and personally rewarding.

We returned inspired and motivated to further our contributions to medical research and innovation, marking this as a significant milestone in our journey.

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

The Indian Salt Iodisation Programme, launched in 1962 as the National Goitre Control Programme (NGCP), aimed to combat iodine deficiency disorders (IDDs). Renamed the National Iodine Deficiency Disorders Control Programme (NIDDCP) in 1992, it mandated the iodisation of all edible salt in the 1980s. Through effective policies, public distribution, and awareness campaigns, the programme significantly reduced the prevalence of goitre and other IDDs, demonstrating the success of targeted public health interventions.

As a follow up to th National Iodisation Programme, ICMR conducts a nationwide survey for the thyroid health of schoolgoing children, every decade.

This was the 4th Nationwide Survey on the effect of salt iodisation on the thyroid health of children, from 5th to 12th grades.

In the Pune centre of the study, ICMR collaborated with the Department of Internal Medicine, AFMC. 12 Medical Cadets of the Students' Scientific Society, Nursing Cadets, Medical Officers from the Departments of Internal Medicine , Pediatrics, Community Medicine, and Nursing officers participated in this study alongside ICMR.

The study was covered in 4 days in the month of November, 2024- the 13th, 16th, 18th and 19th.

The first two days were dedicated to RHTC Kasurdi. Cadets were instructed to collect anthropomorphic measurements including height, weight, waist and hip circumference and mid arm circumference of the children, and to measure their BP and pulse. Then, the children were subject to thyroid examination by officers. Cadets were also shown how to palpate for the thyroid and to recognise and grade hyperthyroidism. Some children were given packets to get salt samples from their house, to check for their iodisation. The following day, blood samples were collected for serum parameters. It was an important day for all cadets, as it was their first time, performing phlebotomy on live patients.Following two days were spent in APS,Pune ;the modus operandi remaining the same.

Each and every cadet concluded the study with their heads a tad bit fuller than ever before, with firsthand experience of how studies are conducted at the grassroots of medicine and with a hunger for learning more, and much more.

We all are truly thankful to the department for the opportunity.

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT RAJVARDHAN ACHARYA
J3 BATCH

Cadets from the Students' Scientific Society of our college visited a rural public school in Kasurdi and Army Public School, Pune, as a part of a nationwide survey of the effect of the salt iodisation programme, under the NIDDCP, on thyroid health in children.

Cadets, alongside medical and nursing officers, were detailed to collect anthropomorphic measurements, BP, pulse and blood samples from the schoolchildren. After collection of samples and data, the children were subject to thyroid examination by officers and some cadets.

A total of 12 cadets from the Society participated in this endeavour under the guidance of the Dept of Internal Medicine and ICMR. It was especially momentous for many cadets as it was our first time performing phlebotomy. The study also exposed us to the grassroots of medicine, and data collection, and, was an honour to be a part of. The knowledge gained by us cadets was indispensable. I am truly grateful to the department for giving us this incredible opportunity

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT SWAPNIL RAI
J3 BATCH

During our trip to Army Public school and Kasurdi for a thyroid project assessing progress in the 4 decade old salt iodisation programme , we gained hands-on experience in various essential techniques. We started by learning anthropometry, measuring height, weight, and BMI to assess nutritional status and health risks.

This was followed by training in phlebotomy, where we practiced drawing blood for thyroid function tests, ensuring proper technique to avoid errors. The most insightful part of the trip was conducting thyroid examinations, where we palpated the thyroid gland to identify any signs of enlargement or irregularities. remember for years ahead

Engaging with the local community, we learned not only about thyroid health but also about the challenges they face in accessing medical care.

This trip was an eye-opener, reinforcing the importance of early detection and education in rural healthcare, while also honing our clinical skills in a real-world setting
The fun which we had with each other as well as the kids was simply something to remember for years ahead

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT K S RAGHUPATHY
J3 BATCH

Participating in the iodine ICMR study was an enlightening experience that provided a unique perspective on public health research. Conducted from November 14th to 19th, 2024, our team worked across two distinct locations: the first two days at a school in Kasurdi village and the next two at the Army Public School (APS) in Pune. This setup offered an opportunity to observe and work with diverse populations in both rural and urban settings.

The study involved collecting anthropometric data and blood samples to assess the impact of universal salt iodization over the 4 decades and it's effect on overall thyroid health on both rural and urban setup. Collaborating with nursing cadets, Military Nursing Service (MNS) officers, and postgraduate residents from PGIMER Chandigarh, I witnessed the importance of teamwork and precision in data collection.For me, a major milestone was performing blood sample collection for the first time.

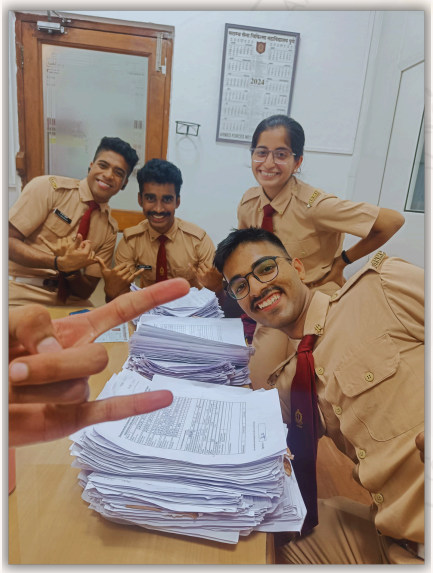
Despite initial nervousness, I successfully contributed to this crucial aspect of the study.

Additionally, I conducted over 200 blood pressure measurements and recorded other anthropometric parameters, further enhancing my technical and communication skills.

This experience deepened my understanding of the practical challenges and rewards of fieldwork, from interacting with participants to ensuring data accuracy. It was a valuable opportunity to bridge the gap between theoretical knowledge and its application in real-world scenarios, leaving me better equipped for future roles in public health research.

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT SAMDISHA DUA
J3 BATCH



We participated in a nationwide multicentre thyroid study surveying students of government school in Kasurdi and Army Public school, Pune from 14th to 19th November 2024.

It involved taking anthropometric measures, blood pressure, thyroid assessment and staging via palpation and blood tests of students from class 5 to 12.

This study was my first time exposure to a research of such a large sample size. The first blood sample I took was of a 6th grader boy who helped me apply the biochemistry lectures on phlebotomy in real life, and there on the numbers only increased. Assessing and talking to such a wide diversity of kids enhanced my patient dealing skills. I also learnt the necessary skill of managing such massive paperwork. In short, this study was once in a lifetime experience.

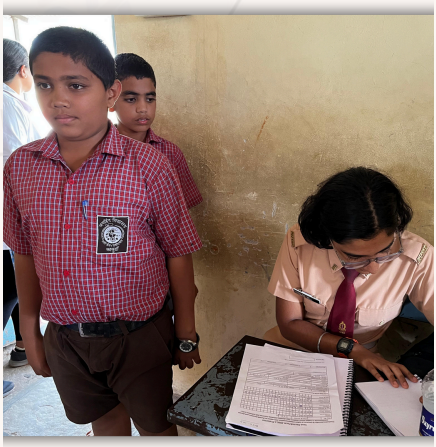
NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT SHAIL SOOD
J3 BATCH

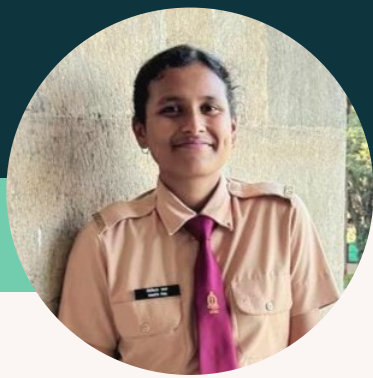
The visit to Kasurdi and Army Public School was an extremely thrilling experience for me. It was a wonderful opportunity for me to be part of a pan India project. We learned to do anthropometry for the paediatric age group and also got the opportunity to do phlebotomy. It helped me to correct the very minor mistakes which anyone can make while doing the anthropometric measurements.

It gave me the chance to interact with young children from two extremely varied settings. I also learned the importance of precise data collection in such large scale surveys.

The entire process was well coordinated and refreshments were also provided. We could also see some cases of enlarged thyroid gland. All in all, it was an extremely enlighting experience for me which taught me many new things and left me with many unforgettable memories.



NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE



MED/CDT NIKITA PAL
J3 BATCH

Having the dream of becoming first doctor in my family I was always eager to purse medical research and all thanks to AFMC Student's Scientific Society I got this opportunity as a 3rd term medical cadet .

i got this great opportunity to be a part of the thyroid project by PGI

I got to be a part of this team of 12 cadets who conducted sample collection at two schools one in kasurdi village and other being army public school pune from 14th to 19th November 2024.

I got to learn a lot about management and registration along with proper handling of paperwork.

I became more confident about my communication skills with children and managing staff along with establishing closed loop communication.

I got experience of learning and performing correct methods of anthropometry and got to practice my knowledge of phlebotomy on student of age group 10 to 16 yrs.

I got experience of learning and performing correct methods of anthropometry and got to practice my knowledge of phlebotomy on student of age group 10 to 16 yrs.

I also got to learn how to palpate thyroid gland and how to know the stage of thyroid enlargement by palpation. For the first time in my life I got to palpate grade 1 thyroid.

This research opportunity has left a lasting impression on me and has motivated me to take part in many more such projects.

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT SAMBHAV SINGH
J3 BATCH

The opportunity to visit the RHTC Kasurdi and APS Pune for the thyroid study was an incredible learning experience and truly memorable. It was a hectic schedule where we barely got off our tables, fully immersed in the work, but the hands-on exposure made it all worthwhile. The study particularly stood out because of the rural-urban contrast it highlighted, which was both fascinating and insightful. With a sample size of over 500 students examined at each center, the study provided us with a rare chance to work on a scale this vast. As cadets, we were responsible for anthropometric measurements such as height, weight, and blood pressure. It was our first time participating in such a comprehensive project, and we also had the privilege of collaborating with PGI Chandigarh, which added to the depth of our learning.

A significant personal milestone for me during this time was performing my first phlebotomy at APS Pune—an experience I will always cherish.

The study opened avenues for understanding various trends and disparities, with smaller statistics and conclusions emphasizing the rural-urban contrast. It sparked our scientific curiosity, making us think critically about how socioeconomic and geographical factors influence health. This experience highlighted the importance of meticulous data collection and teamwork in public health research. For future endeavors, earlier preparation and exploring more innovative approaches would enhance both the learning process and outcomes.

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT RUSHIL REDDY
J3 BATCH

Thyroid project essentially is a nation wide program that's been taking place since the past four decades assesses the universal salt iodinisation program for early prevention and early detection of hypothyroidism and other thyroid related disorders in younger children through hidden hunger (essential vitamins and mineral deficiency).Participating in a thyroid study on elementary school students from diverse backgrounds i.e rural primary schools and Army Public School , Pune was a pivotal experience in my medical journey.

As a second-year medical student, this study allowed me to apply theoretical knowledge in a practical setting through anthropometric measurements, general examinations including height. Weight measurements , Manual BP measurement and assisting with phlebotomy.

Engaging with children from different environments highlighted the importance of socio-economic and educational factors in health outcomes.

This experience not only improved my clinical skills but also strengthened my ability to communicate effectively and empathize with patients. Observing the early detection of thyroid abnormalities underscored the significance of preventive care and community-based health interventions.

The study was a stepping stone that deepened my understanding of public health and reinforced my commitment to becoming a compassionate and skilled healthcare professional.

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT SMARTH NAGPAL
J3 BATCH

It was a truly eye-opening experience to see how research is conducted on a Pan-India level. In a single day, we collected data from approximately 400 to 500 children. It was exhausting at first, but by the end, it taught me the small details of basic anthropometry and how to avoid common errors. I also learned how to get school-going children to cooperate and how to distract them with small jokes.

I learnt a lot from this research, by the faculty working and the children participating in this.

I am sure this will help me lead researches in the future.

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT AMAN DEEP PRASAD
J3 BATCH

I had the privilege of participating in a fascinating field study that aimed to assess the prevalence of goitre after four decades of salt iodisation. This study provided a unique opportunity to engage with real-world medical research, where I worked alongside residents, faculty, and nursing students in both rural and urban settings. Over four days, we conducted various health assessments, including measuring height, weight, and blood pressure, while also assisting with phlebotomy. Witnessing the process of data collection and its role in shaping public health policies was an eye-opening experience. This hands-on involvement not only enhanced my understanding of research but also sparked a deeper interest in the power of evidence-based healthcare.

NATIONWIDE STUDY ON IODINE AND THYROID HEALTH (ICMR)- PUNE CENTRE

MED/CDT BISHAMA PRADHAN
J3 BATCH

Being part of a national multicentre study pertaining to thyroid function, being conducted in conjecture by AFMC and PGI-Chandigarh helped us gain a crucial exposure to a study of such magnitude. Working as the ground force for the same helped us gain meaningful insights into how a field study should be conducted, especially when you have a sample size of more than 500 children. It helped me apply all the AETCOM skills I had learnt till date in my MBBS curriculum and now I am more self-assured in my potential to grow and refine my clinical expertise in the future. I learnt more about medicine in those four days of field study than I did in my entire first year of MBBS! Highlights that the essence of medicine lies in hands-on practice and clinical experience rather than in rote learning.

MASTER-CLASS BY DR VASUMATHI SRIGANESH

PubMed search strategies and Zotero referencing

Mastering PubMed

Dr. Vasumathi introduced PubMed as a powerful tool designed specifically for medical and scientific literature. Unlike generic search engines, PubMed provides targeted results using tools like filters for study types, publication dates, and free full-text access. These features help narrow down thousands of results into manageable, relevant studies.

One of the most transformative moments was learning about MeSH (Medical Subject Headings). MeSH terms act as standardized keywords that categorize articles, ensuring precise searches. For example, searching for thyroid disorders in children using the MeSH term “Thyroid Diseases” combined with filters yielded accurate, relevant studies in seconds.

She also explained Boolean operators—AND, OR, and NOT—to refine searches further. For instance, combining terms like “diabetes AND hypertension” narrows results to studies featuring both, while “diabetes NOT gestational” excludes unwanted topics. These strategies were simple yet incredibly effective.

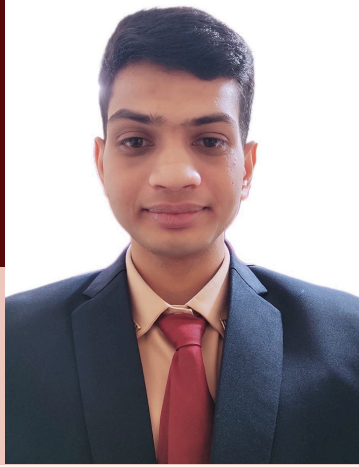
MASTER-CLASS BY DR VASUMATHI SRIGANESH

PubMed search strategies and Zotero referencing

Beyond Search: Organizing and Evaluating Research

The workshop wasn't just about finding information; it emphasized organizing and critically evaluating it. Dr. Vasumathi introduced Zotero, a reference management tool that simplifies organizing articles and generating citations. This, combined with her tips on spotting credible sources and avoiding predatory journals, equipped us to approach research thoughtfully.

MASTER-CLASS BY DR VASUMATHI SRIGANESH



From overwhelmed to empowered: My journey into the world of PubMed

MED/CDT Aman Deep Prasad
J3 BATCH

As a medical student, I often find myself overwhelmed by the sheer volume of information available for research. How do I sift through countless articles to find what's truly relevant? This question lingered in my mind until I attended a workshop by Dr. Vasumathi Sriganesh, a renowned educator from the QMed Knowledge Foundation. Her expertise in navigating PubMed turned my confusion into clarity and opened a world of possibilities.

The workshop, an intensive session from 9 a.m. to 4 p.m., was much more than a technical tutorial. Dr. Vasumathi's passion for effective research practices made it an engaging and interactive experience. She began with a crucial question: "How can we find the right information efficiently?" This set the tone for a session that would revolutionize my understanding of research.

Personal Growth Through Research

As someone who once felt lost in the maze of medical literature, I walked away from the workshop with newfound confidence. I now have a structured approach to research and the skills to navigate PubMed efficiently. This experience has transformed how I perceive research—from a daunting task to an exciting journey of discovery.

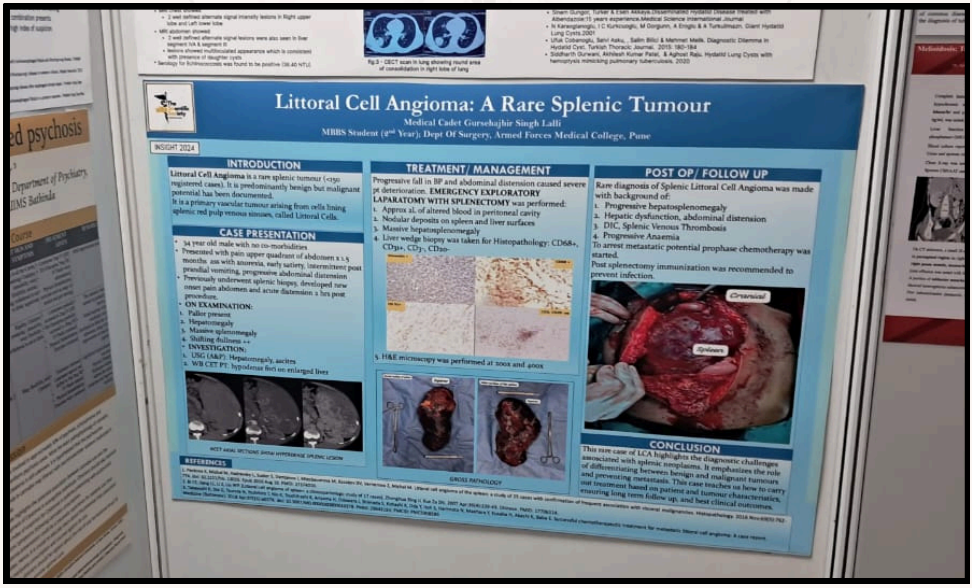
AIIMS DELHI
INSIGHT 2024
CASE PRESENTATION

MED CDT GURSEHAJBIR SINGH LALLI
I3 BATCH

Presenting a clinical case on Littoral Cell Angioma at AIIMS Delhi Insight 2024 was a transformative experience. Preparing for this rare splenic tumor deepened my understanding of its pathology and management, while refining my research and presentation skills.

The event's vibrant atmosphere, filled with intellectual exchange, was inspiring. Interacting with peers and experts broadened my perspective, and the insightful feedback during the Q&A session pushed me to think critically and communicate effectively.

This experience reaffirmed my passion for unraveling medical challenges and contributing to patient care. AIIMS Insight 2024 was a milestone that motivates me to keep learning and growing in my journey as a clinician.



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