

Chairman's NOTE



Greetings from Kanachur Islamic Education Trust! The evolution of media has seen a remarkable journey, transforming how information is disseminated, communicated, and consumed by society. In this backdrop, we feel that an effective communication platform becomes important to disseminate proper information about the developments happening in our organisation and share our accomplishments with our well-wishers. The result is this bi-monthly newsletter that will help you stay up-to-date on the latest from all arms of the Kanachur Islamic Education Trust - Kanachur Institute of Medical Sciences (KIMS), Kanachur Hospital and Research Centre, Kanachur Ayurveda Hospital, Kanachur College of Nursing Sciences (KCONS), Kanachur College of Physiotherapy (KCOP), Kanachur Institute of Allied Health Sciences (KIAHS), and Kanachur Academy of General Education. It will be our endeavour to keep you posted with happenings in our Institutes, share with you our success stories and accomplishments; convey new announcements; provide interface with a doctor or specialist in emerging specialties; and, inform about the upcoming events. The Newsletter, which will be available in both print version as well as digital format, will provide a platform to share the latest researches and new trends in the healthcare and the world of medicine. Every new issue will carry an in-depth report on a burning issue in the field of health and medicine. Every issue will spotlight on a particular health issue building awareness. This Newsletter will serve as an interface between us, i.e., the medical practitioners, and patients and general public. Striving to provide the best of services in healthcare and medical education, this newsletter will be a friend, philosopher and guide for the readers. Happy Reading!

Dr. Haji U. K. Monu
Chairman, Kanachur Islamic Education Trust (R)
Mangalore

Kanachur girl tops Karnataka State MBBS rank list



It was a proud moment for the Kanachur Institute of Medical Sciences (KIMS), Mangalore, affiliated to the Rajiv Gandhi University of Health Science (RGUHS), when Dr. Madhura K. I. topped the university. At the convocation, Madhura beamed with pride, wearing the black cap adorned with gold tassels, her face glowing in contagious joy. Madhura K. I., hailing from Mangalore, secured the top spot as State Rank 1 for the MBBS course in Karnataka, topping the university with overall Rank 1 with an impressive score of 81.86%. Additionally, she achieved Rank 1 in her second year, Rank 4 in her third year, and another Rank 4 in her final year. Her stellar performance across seven subjects is evident, with notable achievements such as securing Rank 1 in Pathology, Rank 2 in Surgery, she excelled in seven subjects. Her subject-wise rank includes: Pathology - Rank 1

Proud moment for KIMS

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Pharmacology - Rank 8; Forensic Medicine - Rank 5; ENT - Rank 4; Surgery - Rank 2; OBG - Rank 10. Madhura joined the Kanachur Institute of Medical Sciences to pursue MBBS following her sterling performance in PUC at Sharada PU College, Mangalore. During an exclusive chat with us Madhura said, "Little did I know I would make it to this day! All that I can think of is an 18-year-old me sitting in a classroom where I think I didn't belong, pursuing something that I didn't really want to. Away from home feeling low about myself for not being able to secure a government seat in my dream course which was MBBS." She was quick to add, "But it didn't let me down. Exactly a year later, I studied simultaneously to give it a second attempt towards my dream. And that's how the Kanachur Institute of Medical Sciences became a part of my journey!" "From the first class of general anatomy that brought cadavers to life to the last class of general surgery, pushed us to expand our horizon on the intricacies of the human body." Talking about her experience at Kanachur, she observed, "I came across the best teachers and mentors whose wisdom transformed me into a better person. As we all embark on the next chapter, we carry with us the lessons learned, the skills acquired and the memories shared within these walls of our prestigious college." For Madhura, who aspires to be an obstetrician and gynaecologist, the sky's the limit.



Caption: Dr. Madhura K I receiving university gold medals for securing first rank in the state for MBBS from Hon'ble Governor of Karnataka Shri Thaawarchand Gehlot, Dr. Sharanprakash R Patil, Minister for Medical Education and Skill Development, Pro Chancellor of the University Dr. M K Ramesh

Al Madeena's 30th Anniversary Mega Free Medical Camp at Manjanady

Al Madeena, Manjanady, and Kanachur Hospital and Research Centre, in collaboration with the Indian Cancer Society, Mangalore, organized a free medical camp. Held at Al Mems School Campus, Manjanady, on February 4th, 2024, this event aimed to provide essential medical services and raise awareness about cancer prevention.

A special focus was on women's health, with separate screenings conducted for breast examination, cervical examination, PAP smears, as well as mouth and neck examination. Dr. Guruprasad delivered a comprehensive talk on cancer awareness, enlightening attendees about the importance of early detection and preventive measures.

The response to the camp was overwhelming, with 505 individuals benefiting from the services offered. In recognition of Kanachur's valuable contribution to community healthcare, Mr. Abdul Rahiman was honoured with a token of appreciation by Al Madeena, Manjanady.



Focus on emergency services at Bovikanam

A free health check-up in the field of emergency services which was organised on 25.02.2024 at Iriyanni Government Higher Secondary School, at Cherkala, Kasaragod, benefited 350 people. Held under the auspices of Kanachur Hospital and Research Centre, in association with Bellipadi Madhuvahini Granthalayam the camp saw the participation of Dr. Afzal, Dr. Yatish, Dr. T. Akarsh, Dr. Chetan, Dr. Sajna, Dr. Shravan, Dr. Meghashree, Dr. Jaya Ramesh and Public Relations Officer Rashid Kanachur Muliya Gram Panchayat President PV Mini inaugurated the event. School Principal Sajevan Madaparampath, Head Master AM Abdul Salam, VHSE Principal Suchindranath, Anima Anil, TK Krishnan and MG Mani extended their greetings. Taluk Library Council President E Janardhanan presided. Secretary Raghavan Bellipadi welcomed and Executive Committee member CK Balakrishnan proposed a vote of thanks. Free medicines were also distributed.

Free camp at Manjeshwara benefits 227 patients

Yet another free camp was held on 24-03-2024 at St. Joseph higher primary school, Kaliyoor, Sunkadakatte, Manjeshwara. Held under the aegis of Kanachur Hospital and Research Centre, in association with Shree Kshethra Dharmasthala Yojane B C Trust (R) Manjeshwara taluk; Pragathibandhu Svasahaya Sangagala Okkuta and Jnyana Vikasa Kendra Pavala, Sunkadakatte Kootatthaje and Sulyame Okkuta, Sunkadakatte Valaya, 227 patients, all Sampoorana Suraksha Card holders, were examined.

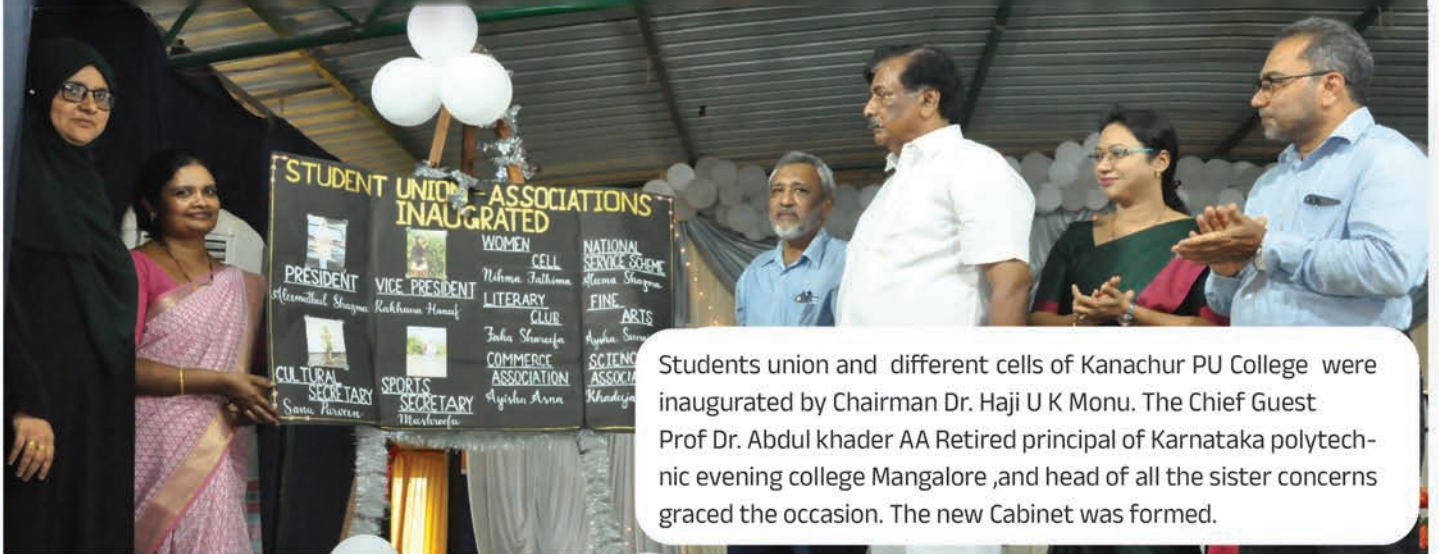
Women's Day celebrated



International Women's Day was celebrated by the Department of OBG, Kanachur Hospital and Research Centre, on 08/03/2024 in OBG OPD. Skits for patient education and talks for promoting upliftment of women and vocational training were organised.

It was attended by large numbers of patients as well as doctors and women employees of Kanachur hospital. All attendees were given gift.

INVESTITURE CEREMONY HELD



Students union and different cells of Kanachur PU College were inaugurated by Chairman Dr. Haji U K Monu. The Chief Guest Prof Dr. Abdul khader AA Retired principal of Karnataka polytechnic evening college Mangalore ,and head of all the sister concerns graced the occasion. The new Cabinet was formed.

Kanachur students shine at intercollegiate fest

Two students from Kanachur excelled at the national-level intercollegiate fest held at St Aloysius (Deemed to be University) Mangalore held on March 16th 2024: 1st Place in SDG model making Competition and 2nd place in 'Wealth out of Waste' Competition.



Moment of glory

In a resounding triumph for Kanachur Institute of Medical Sciences, Institute of Allied Health Sciences, College of Physiotherapy & College of Nursing Sciences, Mangalore, all affiliated to Rajiv Gandhi University of Health Sciences (RGUHS), several students have secured gold medals as well as top ranks across various courses.

Kanachur Institute of Medical Sciences bags 1st Rank and 18 University Ranks

Dr. Madhura KI emerged as a standout performer, with stellar academic success, securing the overall Rank 1 in MBBS across all medical colleges affiliated to RGUHS. She also excelled in overall performance MBBS Phase II Rank-1, MBBS Phase III Part 1 Rank-4, MBBS PART III PHASE 2 Rank-4, and in subjects such as Pathology (Rank-1), Surgery (Rank-2), Pharmacology (Rank-8), Forensic medicine (Rank-5), Otorhinolaryngology (Rank-4), Surgery (Rank-2) and OBG (Rank-10).

The Institute also celebrates the achievements of Dr. Prathveesh M. Hulekal, who demonstrated excellence in Forensic Medicine (Rank - 5) and Paediatrics (Rank - 10). Dr. Syed Kalander distinguished himself with a Rank-6 in Paediatrics and Rank-8 in the third MBBS Part 2 Examination. Further accolades include Dr. Pavithra R's impressive Rank-4 in Pathology and Dr. Muhammad Aamir Anees' exceptional 6th Rank in Pathology. Dr. Rabiya Tabassum secured an impressive Rank-7 in Anatomy and Dr. Sharanbasava attained a notable Rank-10 in Paediatrics.

Kanachur Institute of Allied Health Sciences bags 2 University Ranks

* The Institute celebrates the achievements of Ms. Aishwarya SP who demonstrated excellence in BSc MLT examination at RGUHS & bagged Overall topper (10th rank).

* Ms. Mufliha M distinguished herself with a 8th Rank in 2nd year BSc MLT examination at RGUHS.

Kanachur College of Physiotherapy bags three 1st Rank ; 18 University Ranks List of MPT Toppers (2021 batch)

Master Of Physiotherapy In Community Health

1st Rank - Shah Himani Rajiv

Master Of Physiotherapy In Musculoskeletal Sciences

1st Rank - Aysha Shaulath

10th Rank - Swedha T F

Master Of Physiotherapy In Sports Medicine

1st Rank - Praveena Kallan

Master of Physiotherapy in Cardiovascular & Pulmonary sciences

2nd Rank - Prinsha P P

3rd Rank - Prajnha R Krishna

4th Rank- Priyanshi Rupda

7th Rank - Manjima Mathew

Master Of Physiotherapy In Neurological Sciences

2nd Rank - Shameema

List Of Bpt Topper (2018 Batch)

7th Rank - Tenzin Yangzom

9th Rank - Karpo Tamang

Kanachur College of Nursing Sciences bags 14 University Ranks

1. Ashitha Joseph

5th Rank in the Final Year B.Sc Nursing

Subject Ranks

Psychology - 9th Ranks

Pharmacology, Pathology, Genetics - 8th Ranks

Community Health Nursing-I - 8th Ranks

Mental Health Nursing - 7th Ranks

Midwifery & Obstetrical Nursing - 2th Ranks

Management of Nursing Services & Education - 8th Ranks

2. Eva Das

Nutrition & Biochemistry - 9th Ranks

Pharmacology, Pathology, Genetics - 3th Ranks

3. Sandra Vinod

Psychology - 8th Ranks

Community Health Nursing-I - 8th Ranks

Management of Nursing Services & Education - 5th Ranks

4. Jilsha P Devasia

Sociology - 8th Ranks

5. Roshani Dsouza

Sociology - 8th Ranks

6. Jintu Robin

Sociology -10th Ranks

Communication & Educational Technology - 7th Ranks

7. Vandana B.V.

Pharmacology, Pathology, Genetics -10th Ranks

Communication & Educational Technology - 7th Ranks

8. Aleena George

Community Health Nursing- I - 7th Ranks

Midwifery & Obstetrical Nursing-10th Ranks

9. Jesteena Joseph

Community Health Nursing-I - 9th Ranks

10. Reshma Elizabeth Koshiy

Communication & Educational Technology - 7th Ranks

11 Litisha Jiji Varghese

Communication & Educational Technology - 10th Ranks

12. Arya K

Community Health Nursing-II - 2th Ranks

13. Stephy N Rao

Community Health Nursing-II - 4th Ranks

14. Alma Manu

Management Of Nursing Services & Education - 7th Ranks



Dr. Madhura K. I.



Dr. Prathveesh M Hulekal



Dr. Syed Kalandar



Dr. Pavithra



Dr. Aamir



Dr. Rabiya Tabassum



Dr. Sharan Basava



Aishwarya SP



Mufliha M



Prinsha PP



Prajnha R Krishna



Priyanshi Rupda



Manjima Mathew



Shah Himani Rajiv



Aysha Shaulath



Swedha T F



Shameema



Praveena Kallan



Tenzin Yangzom



Karpo Tamang



Ashitha Joseph



Eva Das



Sandra Vinod



Jilsha P Devasia



Roshani Dsouza



Jintu Robin



Vandana B.V.



Aleena George



Jesteena Joseph



Reshma Elizabeth Koshiy



Litisha Jiji varghese



Arya K



Alma Manu



8kg tumour removed from woman's buttock



In a rare surgery, a huge swelling in the buttock of a woman was removed. A team of medical experts, led by consultant surgical oncologist Dr Ravi Varma K. of Kanachur Hospital & Research Centre (a unit of Kanachur Institute of Medical Sciences), Natekal, has treated a 40-year-old woman suffering from sarcoma.

Two medical oncologists Dr. Guruprasad, Dr. Najeeb and plastic surgeon Dr. Kumarkrishna, and anaesthetist Dr. Samuel were part of the team.

Dr. Varma said the patient was wheeled into the hospital with a history of swelling in her right buttock for

one-and-a-half years. She had been diagnosed with sarcoma which had spread to her lungs (stage 4). Despite four cycles of chemotherapy, the tumour continued to grow. Several oncologists had advised palliative chemotherapy as the only option.

However, Dr. Varma opted for surgical treatment that involved the removal of huge swelling in the buttock, with part of the spine weighing around 8kg followed by reconstruction. "The spine was saved, and after six months of the surgery, the patient is doing well," he said.

Rare surgery performed

A team of specialist doctors at Kanachur Hospital and Research Centre has successfully removed a face tumour measuring 14x18 sq in, through a rare surgery.

The surgery was performed on a 17-year-old boy from Koppa, Chikkamagaluru, who was diagnosed with Rhabdomyosarcoma. Dr. Ravi Varma K, consultant oncological surgeon of the hospital, said it is one of the rarest tumours found in children and is usually treated using chemotherapy or radiation therapy. This type of chronic disease is seen in one in a million cases, and is less than 1% in India.

The boy was diagnosed to have a rare cancer of the left maxilla, known as rhabdomyosarcoma, in 2017. Covid-19 hampered the treatment options for the child and his family.

The boy was operated upon on February 22, 2024 under the Ayushman Bharat-Arogya Karnataka (AB-ARK) scheme without any complication, and was discharged on the 18th day.

Since this tumour was radiation and chemotherapy resistant, cryotherapy (liquid nitrogen) had to be used intra-operatively to reduce its recurrence.

"The boy is now breathing normally, and can chew soft meals, and is happy. The boy's smile says it all," Dr. Ravi Varma said.

Post-surgery, the child was fed using a naso-gastric tube, and successive follow-ups happened.



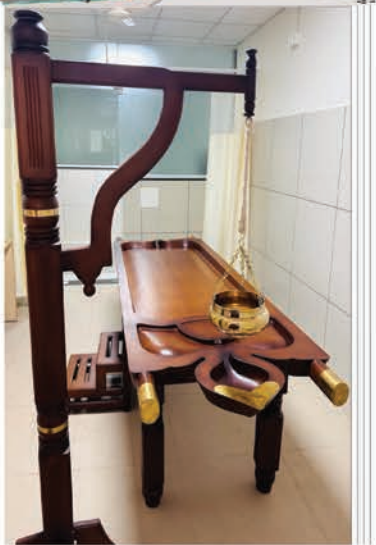
To encourage his food intake, a reconstructive surgery on the face was also performed, using a prosthesis under Dr. Padmaraj Hegde, Dr. Chetan and Dr. Ravi Varma with the anaesthetist team of Dr. Vincent Mathias and Dr. Sambhram. This was funded entirely by the management of Kanachur Hospital and Research Centre, said Dr. Ravi Varma, adding that the case was initially discussed by the tumour board team of Kanachur Hospital, headed by him, Dr. Guruprasad and Dr. Najeeb, before performing the surgery.

Kanachur Ayurveda Medical College Hospital - A Profile



In a determined bid to diversify towards Indian System of Medicines with an aim to provide integrated medical and holistic health care to the society the Kanachur Islamic Education Trust's Kanachur Ayurveda Medical College and Hospital at Natekal, Mangalore. is a boon to the people of the region Nestled in the heart of a serene setting, surrounded by lush 100-bed greenery and imbued with the essence of ancient wisdom, lies the Kanachur Ayurveda Medical College Hospital — a beacon of holistic healing and traditional knowledge. The new facility is dedicated to the timeless principles of holistic healing offering not only medical care but also therapeutic environment that nurtures both body and spirit. The infrastructure of the hospital fulfils all the norms by the NCISM as well as thoroughly integrated with natural environs exuding a sense of warmth and vitality. Inside the hospital is a sanctuary of healing, where state-of-the-art medical technology is seamlessly combined with compassionate care. Through in-depth consultations, pulse diagnosis, and comprehensive assessments, the team of experienced vaidyas and therapists seeks to understand the root causes of illness and imbalance, guiding patients on a path towards optimal health and vitality.

The treatment modalities offered at the hospital encompass a wide range of traditional Ayurvedic therapies, including Panchakarma detoxification, herbal medicine, dietary counselling, physiotherapy, yoga, and meditation.



Hospital amenities:

- Speciality OPDs
- Kayachikitsa OPD (General Medicine)
- Panchakarma OPD
- Shalya Tantra OPD (Surgery)
- Shalakya Tantra OPD (Eye & ENT)
- Kaumarabhritya OPD (Paediatric care)
- Prasutri Tantra & Striroga OPD (Gynaecology & Obstetrics)
- Swasthavrittha OPD (Preventive Medicine)
- Ayurvedic Cosmetology OPD
- Ayurveda Pharmacy
- Panchakarma Theatre
- LT & OT Section
- Ayurveda Diet Kitchen
- Yoga Centre
- Physiotherapy Centre
- Laboratory
- X-Ray Unit
- In-Patient Unit with well equipped Deluxe rooms and wards

News Digest

Students celebrate World Optometry Day



March 23, 2024, marked a significant milestone at Kanachur Institute of Allied Health Sciences as the Department of Optometry organised an exhibition in honour of World Optometry Day. The exhibition hall, transformed into a hub of innovation and enlightenment, featured an impressive array of displays crafted by the students of the Department of Optometry. Charts, meticulously designed to elucidate complex ocular concepts, adorned the walls, offering visitors a visual journey through the intricacies of vision care. Working models, ingeniously constructed to mimic the functions of the eye and various diagnostic procedures, provided hands-on learning experiences that were both engaging and educational. Additionally, still models, meticulously crafted with attention to detail, served as visual aids in illustrating common eye conditions and their management, enhancing public understanding and awareness.

Proud moment

Dr. Shahnavaz Manipady, head of the department of Forensic Medicine & Toxicology, KIMS, was invited as a guest speaker at the national CME - QUEST '24, on 'Legal Reforms in India' at Father Muller Homoeopathic Medical College on 4th February 2024.



Basic Course in Medical Education for Kanachur faculty members organised



Basic Course in Medical Education for the faculty members at Kanachur Institute of Medical Sciences was organised under the aegis of the Regional Centre, Government Medical College, Kozhikode from February 27th to 29th, 2024. This course was conducted to equip the faculty with the knowledge, skills, and strategies necessary for delivering high-quality medical education in line with contemporary standards and best practices. This event brought together faculties from diverse medical disciplines, united in their commitment to excellence in medical education. Spanning three enriching days, participants delved into a wide range of topics, through a combination of interactive lectures and activities. Participants were given the opportunity to explore key topics in medical education, including: Curriculum Development, Teaching and Learning Strategies, Assessment and Evaluation, Professionalism and Ethics, Educational Leadership and Faculty Development. Led by a team of experienced faculties from the Medical Education Unit of Kanachur Institute under the chairmanship of dean Dr. Ratnakara U P, this course was conducted in a dynamic and interactive learning atmosphere tailored to the unique needs and challenges faced by faculty members at Kanachur Institute of



Medical Sciences. Participants were given adequate opportunity to engage in meaningful discussions, share best practices, and collaborate with colleagues from diverse backgrounds and specialties. Dr.Vrindha J Bhat, the NMC appointed observer, affirmed that the Basic Course in Medical Education for faculties of Kanachur Institute of Medical Sciences, facilitated by Government Medical College Kozhikode, was highly successful, fostering professional growth, collaboration, and enriched teaching practices, thereby promoting a culture of continuous improvement in medical education.

Bonhomie on display at SYNERGY - 2K24

The Intercollegiate annual sports meet SYNERGY - 2K24, held on 29/02/2024 at the Kanachur Public School ground, brought together athletes from Kanachur College of Nursing Sciences, Kanachur College of Physiotherapy and Kanachur Institute of Allied Health sciences. The sports commenced with a spirited march past, students representing three different disciplines. The inauguration ceremony was graced by chief guest Ms.Shraddha S. Naik (Team India athlete), Dr. Haji U. K Monu, Chairman, KIET, Mr. Abdul Rahiman, Director - KIMS, Dr. Mohammed Suhail, Principal KCOPT, Prof. Mrs. Molly Saldanha, Principal, KCONS & Dr. Shameema, Principal, KIHAS. A variety of sports activities were organised throughout the day, including track and field events relay races and many other games.

The culmination of sports day was the awards ceremony where participants were recognised for their outstanding performances, exemplary sportsmanship and contribution to their teams. The



prestigious title of Best Sportsman was awarded to Mr. Joel M Francis of Kanachur College of Physiotherapy and the Best Sportswoman to Ms. Christy Elsa Sajimon of Kanachur College of Nursing Sciences and Ms. Nihala Sultana of Kanachur College of Physiotherapy for their outstanding performance. The Kanachur College of Nursing Sciences emerged triumphant as the recipient of prestigious Overall Championship.

Career counselling programme held

'Career counselling is key to helping students make informed choice in selecting their career paths', said Prof. Ronald Pinto, director at Institute for Individual Development. He was speaking as a resource person at the career guidance programme held for the students of class X, Kanachur School. 73 students participated.



Research publications of KIMS' 2018 batch

Publications

1. Dr. Syed Sadath Ulla

TITLE : SERUM ANTIOXIDANT , OXIDANT AND LIPID PROFILE IN HYPERTENSIVE SMOKERS

Evaluation of Lipid Profile and Antioxidant Status in Hypertensive Smokers: A Case-control Study.

Journal of Clinical And Diagnostic Research.

2. Dr. Muhammad Aamir Anees

Prevalence Of Surgical Site Infections And Their Antibiotic Susceptibility Pattern In A Tertiary Care Hospital – RGUHS research.

Muhammad Aamir Anees, Yashvanth Kumar Rai. "Prevalence Of Surgical Site Infections And Their Antibiotic Susceptibility Pattern In A Tertiary Care Hospital". Journal of Pharmaceutical Negative Results, Jan. 2023.

3. Dr. Muhammad Aamir Anees

The Psychosocial Impact of Skin Diseases in Children.

Anees MA, Cohen B. The Psychosocial Impact of Skin Diseases in Children. Dermatology Times. October 2022 (Vol. 43. No. 10).

Research Projects

Dr. Sheik Nisarudeen N

Topic: Anti-bacterial activity of artesunate on antibiotic resistant bacteria: An in- vitro study.

Dr. Shamsul Haq

Topic: Assessment of knowledge, understanding, perception, awareness and attitude among undergraduates regarding substance abuse

Dr. Mahasna Manaff

Topic – Menstrual hygiene among adolescents in rural area. RGUHS research project

Dr. Madhura Bhat

Topic – Prevalence and Determinants Effecting Exclusive Breastfeeding and its impact on Anthropometric Measurements Among infants Attending a Tertiary Care Centre in Rural Mangaluru.

RGUHS research project

Young Achievers Award

Dr. Reshma, associate professor, Kanachur College of Physiotherapy, Mangalore received the YOUNG ACHIEVERS AWARD 2024 from Shri Basavaraj Horatti, Chairman, Karnataka Legislative Council, Govt of Karnataka at the first Karnataka Physiocon 2024 in Hubli in recognition of her meritorious and outstanding work done to promote physiotherapy.



KIMS Ophthalmology student receives appreciation at the photography contest



Dr. Navyashree G.V., won the 1st price first year post-graduation student in the department of ophthalmology, KIMS, being presented with a certificate of appreciation by the Tambaran Ophthalmic Society, Chennai in the creative art photography category in the World Glaucoma Week photography competition held during March 2024. Her photograph was themed: Chromatic Cosmos, Prismatic Portals.

World Health Day observed

On World Health Day, the Kanachur College of Nursing Sciences hosted an awareness event on April 8, 2024. Dr. Harish Shetty, Medical Superintendent of Kanachur Hospital and Research Centre (KHRC), Mrs. Shaila Shreedharan, Nursing Superintendent of KHRC, along with Prof. Mrs. Molly Saldanha, Principal of Kanachur College of Nursing Sciences, inaugurated the World Health Day, with the theme titled "My Health, My Right". Students from the Youth Red Cross Society presented a role play underscoring the importance of disease prevention, health promotion, and timely healthcare access. The event attracted 200 attendees. Vijeeshha, a first-year BSc Nursing student, compered.

