

Founder's Day celebrates leadership and progress



Celebrating legacy and commitment to excellence, the Kanachur Group advances with zeal accomplishing noteworthy accomplishments

The Kanachur Group of Institutions, under the aegis of the Kanachur Islamic Education Trust®, held a grand celebration on July 26, 2024 at the Kanachur Public School auditorium to mark Founder's Day, a milestone occasion lauding the visionary leadership of Dr. Haji U.K. Monu. The event was a tapestry of gratitude and admiration, weaving together the rich legacy and forward-thinking vision of a leader whose impact echoes through the halls of education and beyond.

The celebration was graced by Mr. U.T. Khader, the honorable Speaker of the Karnataka State Legislative Assembly, who delivered the keynote address. Emphasizing the importance of holistic education, Mr. Khader urged students to excel academically while actively engaging in politics and public service. He lauded Dr. Monu for revolutionizing the educa-

tional landscape of rural Natekal and transforming countless lives over the decades.

Prof. Dr. M. Abdul Rahiman, Chairman of Kanachur Academy of General Education and former Vice Chancellor of Kannur and Calicut Universities, attended as the Guest of Honour. Prof. Rahiman reflected on the institution's journey, highlighting its unwavering commitment to educational excellence and proposing the renaming of the area to 'Monu Nagar' in honor of the founder's contributions.

Dr. Haji U.K. Monu, Chairman of the Kanachur Islamic Education Trust®, was joined by trustee Mrs. Zohara Monu and other distinguished members, including Dr. Mohammed Ismail Hejamady, Chairman of the Kanachur Health Sciences Advisory Council, and various heads of Kanachur's educational institutions. The event featured a series of tributes and awards to Mr.

Leadership and progress in focus

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U.T. Khader and Dr. Mohammed Ismail Hejamady who was recognized with the 'Legend of Medicine Award' by Times Now, and Dr. Haji U.K. Monu and Mrs. Zohara Monu were recognised for their pioneering role in the institution's success.

The program was conducted with finesse, led by Ms. Shreya as the master of ceremonies. Dr. Shahnavaz Manipady welcomed the gathering, while Mrs. Lynette D'Souza delivered the vote of thanks. The day culminated with the singing of the National Anthem, embodying the spirit of national pride and unity. The Founder's Day celebration was a testament to the Kanachur Group of Institutions' profound legacy and its ongoing commitment to academic excellence and societal progress.



Free health camp Held in Suratkal



Kanachur Hospital, the Saint Christopher Association of Suratkal, and the Indian Cancer Society Mangalore came together On July 28, 2024 to host a comprehensive health and awareness camp at the Church Hall in Suratkal.

The event, which attracted a total of 207 patients, featured several key components including a free eye checkup camp, eye donation awareness, cancer screening, and cancer awareness sessions.

Prominent speakers included Dr. Rohan S. Monis, who addressed general health awareness, Dr. Gurprasad, who provided insights into cancer awareness, and Dr. Akshatha, who spoke about eye donation. Very Rev. Fr. Austin Peter Paries, the church father, also contributed to the discussions.

Adding a creative touch to the camp, third-year MBBS students performed a skit focusing on the importance of eye donation. The skit, presented by Manu S, Dayananda, Yateesh, Veeresh, Srikanth, Harish, Lekhan, and Yogananda KS, explained the process of pledging eyes and dispelled common myths surrounding eye donation.

Mrs. Dakshayani Shetty Honored on World Organ Donation Day



Mrs. Dakshayani Shetty, Accounts Manager at Kanachur Institute of Medical Sciences, was honored at Manipal Hospital, Mangaluru, on the occasion of World Organ Donation Day. The recognition, held on August 13, celebrated her selfless act of donating a kidney to her brother's wife in June 2022. The event underscored the importance of organ donation and highlighted Mrs. Shetty's remarkable generosity. Her contribution has not only saved a life but also inspired many to consider organ donation as a vital and noble act.

Cutting-edge treatments and evolving trends for HYPERTENSION

By **Dr. Sayyid Mohammed Khilar C.**
Professor, department of general medicine
and interventional cardiologist, KIMS



Hypertension is a widespread chronic condition impacting approximately 1.5 billion people worldwide. Its prevalence is growing in low-income countries and remains significant in high-income countries due to issues with underdiagnosis and undertreatment. Although the number of individuals with hypertension has doubled from 1990 to 2019, the proportion with controlled blood pressure remains low, at 23% for women and 18% for men. Despite some progress in awareness, treatment, and control over the past two decades, improvements have been limited.

Future Trends in Hypertension Management: Future management of hypertension is anticipated to incorporate novel blood-pressure-lowering drugs and device-based approaches to enhance BP control rates and cardiovascular outcomes. **Digital Health Technology for Diagnosis and Monitoring:** The development of electronic devices for remote BP measurement and transmission is expanding. These devices have potential to improve hypertension diagnosis and BP control, but often lack proper validation. Continuous cuff-less BP monitoring systems are under research as alternatives to cuff-based systems. For these new systems to be reliable, they must be wearable, affordable, non-intrusive, validated for accuracy, capable of continuous BP detection, and connected to secure digital repositories for BP data analysis accessible to doctors for prompt patient management.

Definition of Hypertension and Treatment Targets: Definitions of hypertension vary: the European Society of Cardiology and the European Society of Hypertension define it as BP levels $\geq 140/90$ mmHg, while the American Heart Association and the American College of Cardiology use a threshold of $\geq 130/80$ mmHg. Despite these differences, all guidelines agree on immediate drug treatment for patients with BP $\geq 160/100$ mmHg or $\geq 140/90$ mmHg in the presence of certain cardiovascular conditions.

Lifestyle Measures: Lifestyle measures are crucial for BP control but are often underutilized. These include weight reduction, low sodium diet, smoking cessation, limiting alcohol and caffeine intake, and regular physical activity. Emphasizing these measures will be important for future hypertension management.

Pharmacologic Innovations: Several new pharmacologic treatments are emerging:

- **Mineralocorticoid Receptor Antagonists:** Studies like PATHWAY-2 have demonstrated the efficacy of spironolactone in

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reducing systolic BP. Eplerenone, with a better safety profile, may serve as an alternative. These drugs are expected to see increased use for resistant hypertension.

- **Endothelin Receptor Antagonists:** These agents target endothelin, a potent vasoconstrictor, and may aid in hypertension management, despite potential side effects such as fluid retention and headaches.
- **Neprilysin Inhibitors Combined with Renin-Angiotensin System Inhibitors:** Neprilysin inhibitors prolong the action of natriuretic peptides that cause vasodilation. Combining them with renin-angiotensin-aldosterone system inhibitors may enhance BP reduction.
- **Angiotensin II Receptor Agonists:** These medications stimulate angiotensin 2 receptors, inducing vasodilation, natriuresis, and BP reduction, showing promise in hypertension treatment.
- **Sodium-Glucose Cotransporter-2 Inhibitors:** Inhibiting SGLT2 receptors in the kidneys increases glucose excretion, benefiting hypertensive patients with diabetes or heart failure.
- **Renal Denervation:** This procedure, disrupting nerves in renal arteries, has proven effective in managing hypertension.

In summary, the future of hypertension management is expected to involve the integration of advanced digital health technologies for monitoring, innovative pharmacologic treatments, and a strong focus on lifestyle modifications. These combined strategies aim to enhance blood pressure control rates and reduce the global burden of hypertension.

'Ayur Raksha Kawach' health card launched



Kanachur Ayurveda Hospital marked the 25th Kargil Vijay Diwas with a commemorative event highlighting respect for the Indian armed forces and police department on July 26, 2024. The key feature of the event was the launch of the 'Ayur Raksha Kawach' health card.

The ceremony began with a warm welcome address by Dr. Vidhyaprabha R, Principal of Kanachur Ayurveda Hospital. Mr. Abdul Rahiman, Director of the Kanachur Islamic Education Trust, presented an overview of the 'Ayur Raksha Kawach' health card, describing it as a token of appreciation for the sacrifices made by the armed forces and police personnel.

The event saw the felicitation of the Chief Guest, Shri Bellala Gopinath Rao, a retired Army officer, who delivered an inspiring address. Other notable speakers included Shri Yathish N IPS, Superintendent of Police, Mangalore, and Mr. Ganesh Nayak, Inspector of Police, who emphasized the significance of the 'Ayur Raksha Kawach' health card initiative.

Dr. Haji U K Monu, Chairman of the Kanachur Islamic Education Trust, delivered the Presidential Address, underscoring the importance of utilizing the benefits offered by the health card. Dr. Suresh Negalaguli, Medical Advisor of Kanachur Ayurveda Hospital, concluded the event with a Vote of Thanks.

Benefits of Health Card

- **Eligibility:** Members of the Defense Cadre and Karnataka State Police Force.
- **Benefits:** Free in-patient Ayurveda treatment at Kanachur Ayurveda Hospital, free doctor consultations, and a 20% discount on medicines.
- **Validity:** Lifelong, with benefits extended to the dependents of defense personnel.

Kanachur Public School champions child safety with POCSO awareness programme



Kanachur Public School's CCA hall became a hub of crucial knowledge on child protection as it hosted an impactful awareness programme on the Protection of Children from Sexual Offences (POCSO) Act and child rights on July 19, 2024.

The event, presided over by Mrs. Karen Trecilla D'Souza, Principal of Kanachur Public School, and attended by Mrs.

Lynette D'Souza, Principal of Kanachur Pre-School, featured a session led by Miss Athena Aranha, Assistant Professor in Clinical Psychology. Miss Aranha provided students with vital information on the definition of sexual offences, child rights, the reporting process, and the legal aspects of the POCSO Act, equipping them with the knowledge to navigate and safeguard their rights effectively.

Setting new benchmarks in healthcare

With a rich heritage of unwavering dedication to educational brilliance and community outreach, Kanachur Institute of Medical Sciences (KIMS) consistently redefines the benchmarks of academic and research excellence. Dr. Shahnavaaz Manipady, Dean of KIMS, unveils the visionary strategies poised to propel the institute towards new horizons and remarkable milestones



Can you provide a brief history and overview of the college, including its establishment, major milestones, and core values?

Although the medical college began operating in 2016 with its first batch of MBBS students, its educational journey started earlier, in 2001. Our honorable chairman, Haji U K Monu, a successful businessman at the time, established the KANACHUR ISLAMIC EDUCATION TRUST to pursue his passion for education. The visionary chairman aimed to provide education and healthcare to the masses, with a particular focus on empowering girls.

Under the trust's aegis, a school was founded in 2002, followed by a PU college in 2007, a degree college in 2009, and the medical college, Kanachur Hospital & Research Centre, Physiotherapy College, and Allied Health Sciences in 2016. The trust is also planning to establish Kanachur Ayurveda College and Pharmacy Colleges. Excellence in medical education and healthcare delivery is paramount to our institution, which is committed to supporting every academic and research activity towards achieving excellence.

How has the college evolved over the years in terms of academic programs, research, and community engagement?

Since the establishment of the medical college, there has been significant progress in healthcare, research, and community involvement. Under the astute leadership of our honorable chairman and his distinguished son, Mr. Abdul Rahiman Kanachur, the institution has experienced remarkable growth. Our accomplished faculty members are dedicated to grooming students into global healthcare providers, and our students have consistently achieved top university ranks. For instance, Dr. Madhura from the 2018 batch secured the 1st rank in MBBS at Rajiv Gandhi University of Health Sciences, which speaks volumes about the quality of education offered by our medical college.

The institution is committed to supporting all academic and research activities in the pursuit of excellence. Each department produces a significant number of quality research papers annually. We are also in the process of

forming a 'Students Research Forum,' which will involve faculty experienced in research to guide and mentor students. Several of our students have already published research papers in international journals. Regarding community engagement, our doctors regularly conduct medical camps in villages and remote towns. Medical students participate in a family adoption program, where they adopt 3-5 families, visit them regularly, conduct basic health examinations and blood investigations, provide treatment, and refer patients to our medical college hospital if needed. Thus, our presence plays a pivotal role in enhancing public health in the region.

What are the current strategic goals and long-term vision for the college, and how do you plan to achieve them?

I am pleased to announce that we have successfully secured an additional 50 medical seats, bringing our total to 200 undergraduate seats. With postgraduate seats available in 13 specialties, our college is now a leader in medical education in India. Moving forward, we aim to elevate our institution to global standards by enhancing our infrastructure, obtaining necessary accreditations, and establishing super-specialty training programs. Given our competent faculty and collaborative team, we believe this vision is well within our reach.

How has the college adapted to advancements in medical technology and education, such as incorporating digital health tools or innovative teaching methods?

The National Medical Commission (NMC) introduced a comprehensive competency-based medical education curriculum across India in 2019. This advanced, international curriculum has been well-received by our institution. We have a dedicated medical education team that regularly conducts workshops and trains our teachers in innovative teaching methods. Our management consistently supports the integration of digital audio-visual equipment and teaching aids, promoting the use of cutting-edge tools in medical education.

KIMS embraces cutting-edge medical technology to revolutionize healthcare Education

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Can you discuss any recent or upcoming initiatives that focus on improving student education, faculty development, or patient care?

We encourage our faculty and students to participate in conferences to stay updated on recent advances and scientific developments. Our faculty and students have earned numerous awards at national conferences and competitions. For example, Dr. Afeefa M Hakeem, a post-graduate student from the Department of Emergency Medicine, recently secured 2nd place at the International Conference of WHO, organized by the Asia Youth International Model of the United Nations in Malaysia.

We also promote student participation in academic and sports competitions. Various departments conduct Continuing Medical Education (CME) sessions and quiz competitions. Students receive clinical skills training in our skill lab and through bedside training, and interns are trained in Emergency Care Life Support (ECLS), preparing them as competent healthcare professionals. The upcoming establishment of a Students Research Forum will provide regular mentoring and guidance on writing research articles, publications, and presentations, which will enhance both medical education and professional development. In terms of patient care, our doctors are committed to providing compassionate and empathetic care. Students are trained in attitude, communication, and ethical aspects of patient care, alongside skill lab training, to ensure they are well-prepared to manage real patients effectively.

How does the college engage with the local and global medical community to address contemporary health challenges and promote collaborative research?

Kanachur Institute of Medical Sciences has a history of engaging with both local and global medical communities to tackle contemporary health challenges and foster collaborative research. We have previously hosted healthcare teams from Australia, the UK, and various African countries, facilitating integrated healthcare delivery.

The COVID-19 pandemic presented a significant challenge, testing our proficiency, preparedness, response, and teamwork. Our doctors demonstrated extraordinary responsibility and actively collaborated with the District Administration to manage and treat COVID-19 cases effectively. We are committed to fostering collaborations with healthcare professionals and engineers who can contribute significantly to the health sector. For instance, we partnered with P.A. College of Engineering, our neighboring institution, to design and develop indigenous healthcare devices. This initiative was conducted under the aegis of the Centre for Development of Advanced Computing (C-DAC), a scientific society of the Ministry of Electronics and Information Technology, Government of India. Our doctors actively participated in this nation-building exercise, providing valuable insights and suggestions to address healthcare issues through technology. The suggestions were highly appreciated by the C-DAC Associate Director, and the meeting concluded with actionable, technology-based solutions.

Kanachur College hosts seminar on Foot Care Harmony and Dysfunctions

Kanachur College of Physiotherapy, in collaboration with the Sports & Fitness Training Federation of India, held an insightful seminar titled "Sole Symphony: Foot Care Harmony & Dysfunctions" on August 29, 2024. The event aimed to address crucial aspects of foot health and its impact on overall physical well-being. The seminar featured Dr. Amit Sharma, MPT, Ph.D., Director of Physiotherapy at R K University, Rajkot, Gujarat, as the resource person. Dr. Sharma, renowned for his extensive research in biomechanics and rehabilitation, shared his expertise with the attendees. His contributions to physiotherapy research, including numerous patents and publications, have significantly advanced the field. Among those present on the occasion were Dr. Mohammad Suhail, Dean of Kanachur College of Physiotherapy and Kanachur Institute of Allied Health Sciences; Dr. Rohan



Monis, Chief Administrative Medical Officer at Kanachur Hospital & Research Centre; and Dr. Rakshith Bangera, Associate Professor at Kanachur College of Physiotherapy.

The seminar saw a robust participation of 90 delegates, including students and faculty members from Kanachur College of Physiotherapy, City College of Physiotherapy, and Dr. M.V. Shetty College of Physiotherapy.

Kanachur Group honours chairman of the karnataka state allied and healthcare professions council Dr. U.T. Ifthikar Ali



On August 10th, 2024, the Kanachur Group of Institutions held a felicitation ceremony under the leadership of Dr. Haji U.K. Monu, Chairman, and Mr. Abdul Rahiman, Director of the Kanachur Islamic Education Trust, to celebrate Dr. U.T. Ifthikar Ali's appointment as the inaugural Chairman of the Karnataka State Allied & Healthcare Professions Council. The event, held at Kanachur College of Physiotherapy & Institute of Allied Health

Sciences, recognised Prof. Dr. Ifthikar's significant contributions and leadership in the allied healthcare sector. Guests, including Prof. Dr. M Abdul Rahiman, Dr. Mohammed Ismail Hejimyady, Dr. M Venkataraya Prabu, Dr. Shanavas Manipady, Dr. Harish Shetty, Dr. Rohan Monis, Dr. Mohammed Suhail, and Dr. Shameema, joined in celebrating his achievements and vision for advancing healthcare innovation in Karnataka.

Kanachur Institute celebrates BSc RenalDialysis and Anesthesia Day



The Kanachur Institute of Allied Health Sciences buzzed with enthusiasm and innovation as it celebrated BSc Renal Dialysis Technology and BSc Anesthesia & OT Technology Day. The event, held on August 20, 2024, was inaugurated by Dr. Shahnvas Manipady and featured prominent figures including Director Abdul Rahman, Dean Dr. Mohammed Suhail, and Principal Shameema.

The highlight of the day was an engaging model-making exhibition where students showcased their expertise and creativity through various critical healthcare topics. Attendees were impressed by detailed models illustrating the efficient layout of operating theatres, anesthesia machines, IV cannulation techniques, and defibrillators. The exhibition also covered vital aspects of renal care, presenting models of Reverse Osmosis (RO) plants for dialysis, different vascular access methods, and comprehensive insights into renal diseases, peritoneal dialysis, and hemodialysis. Additionally, the displays included models of the excretory system and provided valuable information on dietary considerations for dialysis patients.

Kanachur fellow wins best delegate paper award

Dr. Rashi Bhasin, a fellow at the Kanachur Institute for Craniofacial Anomalies, was honoured with the 'Best Delegate Paper' award at the 16th Asian Conference of Oral & Maxillofacial Surgeons, held in Chennai from July 25-27, 2024. Her award-winning paper, titled "Assessing the Outcomes of TMJ Total Joint Replacement with Concomitant Orthognathic Surgery: A Pilot Study," was presented under the mentorship of Dr. Mustafa Khader. The recognition highlights



Dr. Bhasin's significant contributions to the field of oral and maxillofacial surgery.

Kanachur Public School makes history with Independence Cup Football double victory



The Dakshina Kannada District Football Association's 26th Independence Cup football tournament held at Nehru Maidan saw a historic achievement this year, with Kanachur Public School securing victories in both the junior and senior categories.

On August 6, 2024, Kanachur Public School's junior football team delivered a commanding performance, defeating Al-Furqan School 3-0. This win earned them the Independence Cup trophy for the 2024-25

season.

The senior team followed suit with a 1-0 victory over Manipal School on August 15, 2024, also claiming the Independence Cup trophy for the 2024-25 season.

This remarkable double triumph is a first in the tournament's history, marking Kanachur Public School as the only institution to win the championship in both junior and senior categories in the same year.

State-level workshop on 'Clinical Acumen'

Kanachur College of Nursing Sciences hosted a State-level Workshop on 'Achieving Clinical Acumen: OSCE Strategies and Skills' on August 24, 2024, at the Skill Lab Auditorium. The event was inaugurated by Dr. Lulu Sherif, Head of Healthcare Simulation at Father Muller Medical College, with Dr. Haji UK Monu presiding over the proceedings. The workshop featured eminent resource persons including Dr. Somashekarayya Kalmath, Senate Member of RGUHS, and Dr. Shailaja Sampangiramaiah, Professor of Emergency Medicine at Father Muller's Medical College Hospital. A total of 40 faculty members from across Karnataka attended the workshop. Following this, on August 26, 2024, Mrs. Priya Jyothi Monteiro conducted an orientation for first-year B.Sc Nursing students, providing hands-on training and in-depth knowledge of the OSCE examination process.



KIMS conducts health camp at Parande

On July 13, 2024, the Department of Community Medicine at Kanachur Institute of Medical Sciences organised a health camp at U.B.M.C. Higher Primary School, Parande, Konaje, Mangaluru, as part of the Family Adoption Programme. The event saw the active participation of MBBS students from the 2022 batch. The camp featured a range of specialists, including those from General Medicine, Obstetrics and Gynaecology, Paediatrics, Dermatology, Ophthalmology, and Physiotherapy. Comprehensive screenings were conducted for diabetes, hypertension, anaemia, malnutrition, and visual acuity. Beneficiaries received prescribed glasses and dispensed medications on-site. The camp successfully served a total of 226 beneficiaries, delivering essential health services to the community.

Dr. Afeefa M Hakeem shines at WHO Conference

Dr. Afeefa M. Hakeem, a postgraduate student from the Department of Emergency Medicine at KIMS and representative from India, participated in the International Conference of the World Health Organization, organized by the Asia Youth International Model United Nations, held in Kuala Lumpur, Malaysia. Dr. Afeefa earned second place among all participating country delegates for her outstanding speeches, interactions, and position paper presentation, and was honoured with the title of "Honourable Mention." Additionally, she showcased India's cultural heritage by performing a Bharatanatyam dance on the international stage.