

# MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

Name of the College: **(1204) MIMER MEDICAL COLLEGE, TALEGAON DABHADE**

## College Student Council – 2021-22 (1<sup>st</sup> Aug'2021 to 31<sup>st</sup> July'2022)

(a)	Dean / Principal – (Chairman)	Dr. Swati Belsare Mobile No.9881475747 E-mail Id – principal@mitmimer.com		
(b)	One teacher nominated by the Dean / Principal – (Member)	Dr.Sushma Sharma Mobile No. 9822445537 E-mail Id- sushmas07@gmail.com		
(c)	Program Officer of NSS (if available) - (Member)	Mr. Rahul Kedare Mobile No.9767972755 E-mail Id-rahulkedare2006@yahoo.com		
(d)	Director Sports / Physical Education Instructor – (Member)	Dr. Vivek Nirmale Mobile Mo.8888891793 E-mail Id-vivnir1101@gmail.com		
(e)	Officer in charge of Cultural activities (Member)	Mrs.Smita Watve Mobile No. 9890180468 E-mail Id-smita.watve@gmail.com		
(f)	One student of each class (UG/PG) nominated by the Dean/Principal – (Member) ( provided that the principal shall nominate student under clause (f) who is engaged in full-time studies / training in the college and have secured highest number of marks in the preceding annual examination.)	i)1 <sup>st</sup> Yr. : Yash Goel ii)2 <sup>nd</sup> Yr : Sakshi Jairam ii)3 <sup>rd</sup> Yr : Nupur Mukesh Chaturvedi iv)Final : Barmare Arshiya Suhel v)Intern : Chandurkar Ajinkya Dhananjay VI) PG : Gadkar Shubham Suraj		
g)	Two Male and Two Female students nominated by the Dean / Principal, who has shown outstanding performance, from following activities : i) Sports ii) National Service Scheme iii) National Cadet Corps iv) Cultural Activities v) Research or other extra-curricular activities.  (Total 10 Students only)	<b>Activity</b>	<b>Name of Student</b>	<b>Year of MBBS</b>
		Sports	1) Rane Tejas Tanaji – Open 2) Nikale Sumedh Sunil – SC  1) Kulkarni Isha Prashant -Open 2) Khawtad Shivani Shivaji -OBC	II MBBS
		NSS	1) Shah Harshil Bhavesh - Open 2) Sonawane Piyush Sunil -SC  1) Rajeshwari Mangesh Karad- Open 2) Dadas Amruta Jagannath -NT2	II MBBS
		NCC	---	
		Cultural	1) Atharva Suresh Pawar – Open 2) Gitte Radheshyam Balaji – NT3  1) Kulkarni Sharvari Sameer -Open 2) Khawale Radhika Vijay - OBC	II MBBS

  
 Principal  
 MIMER Medical College  
 TALEGAON DABHADE



		Research	1) Gurav Yashodhan Yogesh – Open 2) Bhujbal Chaitanya Rangnath – OBC  1) Sudnya Vasant Malode – Open 2) Gawari Pushpa Eknath - ST	III MBBS (P-I)
Provided that, one male and one female students out of the four shall be belonging to the Scheduled Castes, Scheduled Tribes, De – notified Tribes (Vimukta Jatis), Nomadic Tribes or the Other Backward Classes.				
<b>Name of the Student Secretary:</b> Elected from amongst Student Member other than the Students of first year, interneees and PG elected from amongst the student members by the council)		Nair Dhruva Rajesh - Open – (II MBBS) (General Secretary)		

Date: 08.09.2021

Place: Talegaon Dabhade



College stamp

*Principal*  
Principal  
MIMER Medical College  
Talegaon Dabhade,  
Pune-410 507.

*Principal*  
08/09

## ACTIVITY REPORT

1.	Name of the activity	Vakratunda 2021
2.	Organizing department/s	Student Council (Batch 2019 Batch)
3.	Name of the Faculty Coordinator	Dr. Vivek Nirmale
4.	Date & Time	10.09.2021 to 14.09.2021
5.	Venue / Place	M.I.M.E.R Medical college Campus
6.	E mail / Circular / Notification about the event (mentioning Date, time, venue, guest, speaker, faculty etc.)	No
7.	Pamphlet (if any)	Yes
8.	Total number of participants/beneficiaries	450
9.	Attendance (if applicable)	Not Applicable
10.	Faculty / Medical team	Not Applicable
11.	Coloured geo-tagged photos (2 to 4)	Attached
12.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	Yes

### Annexures :

1. Vakratunda 2021 Committee members list
2. Brief Summary of the event
3. Coloured geo-tagged photos (2 to 4)

### NOTE :

1. Kindly submit the REPORT of the event in SOFT COPY in ONE SINGLE FILE (WORD/PDF) in the above format
2. Kindly fill/attach ALL the details and mention 'N/A' if not applicable/relevant
3. Add Additional heading/details if needed
4. The REPORT should be submitted within SEVEN DAYS of the conducted event to - [events@mitmimer.com](mailto:events@mitmimer.com) with C/C to [principal@mitmimer.com](mailto:principal@mitmimer.com), [coordinator iqac@mitmimer.com](mailto:coordinator iqac@mitmimer.com)
5. Signature NOT Required

# VAKRATUNDA 2021 CULTURAL ACTIVITIES

Vakratunda 2021 event was celebrated in MIMER Medical College, Pune from 10/09/21 to 14/09/21. It was the first time in almost 2 years that an offline festival was being held in the college. However, owing to the current social protocol, all standard precautions were truthfully followed, to ensure maximum public safety.

The Ganpati Aagman took place in the morning on monaday on 10<sup>th</sup> of September with immense pomp and grandeur. Ganapati sthapana pooja was performed as per college tradition in auditorium. This was followed by 4 days of cultural activities filled with energising and fervent participation by students and teachers alike. The cultural programme details are provided below in the following table. On 14<sup>th</sup> of September a heartfelt adieu was bid to our beloved Bappa, with an uplifting hope, that the next time we'd meet, this pandemic would be a thing of the past.









# CONTENTS

## IN THIS ISSUE

Gaming and Social Media Addiction	4
Muktangan	5
Tessa Khebar	6
Over a thousand titles	7
A Warm Hug can go a Long Way	8
Certes	9
Pigment & Shutterbug	10
The Psychology of Substance Abuse and Why Medical Students are Prone to It	11
Dialogue	12
Addictive potential of Sugar	13

You can feature in The Grey Matter too! Send in your work at [editor@thegreymatter.com](mailto:editor@thegreymatter.com)

GREY MATTER

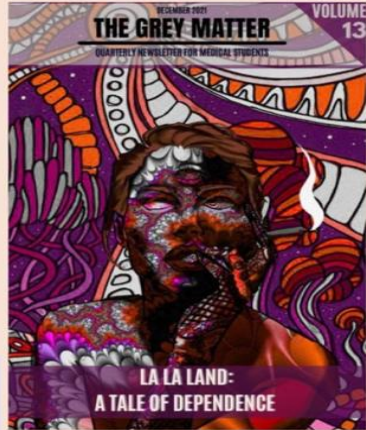
## MUKTANGAN

**Dr. Meeta Pantamankar, Associate in Clinical Psychology** in conversation with **Shweta Mahesh and Neel Vaidya, M.B.B.S., M.D., JSS Medical College, Pune**

Muktangan is a series of short pieces with beautiful illustrations and the purpose is to bring a different perspective to the world of medicine and health. It is a platform for medical students and professionals to share their thoughts and experiences. The first issue was published in the November 2020 edition and has been well-received.



Dr. Meeta Pantamankar is an Associate in Clinical Psychology at JSS Medical College, Pune. She has a master's degree in Clinical Psychology from the University of Pune. She is currently pursuing her Ph.D. in Clinical Psychology from the same university. She is also a member of the Indian Psychological Association.



**Q. What things other than being a librarian do you keep an interest in?**  
When I was a student in high school, we used to have library sessions where our teachers would make us read little Marathi books which mostly included those in history and mythological genres. The same practice transformed into a hobby as I grew up and I still find myself engrossed in a historical Marathi book on leisure evenings.



## Mental Operations

**Dr. Milind Dograonkar, MD, PhD** M.B.B.S., M.D., J.S.S. Medical College, Pune



Dr. Milind Dograonkar is a Consultant Psychiatrist at JSS Medical College, Pune. He has a master's degree in Psychiatry from the University of Pune. He is currently pursuing his Ph.D. in Psychiatry from the same university. He is also a member of the Indian Psychological Association.

Dr. Dograonkar is a member of the Indian Psychological Association and has published several papers on mental health. He is also a frequent speaker at conferences and seminars on mental health.

Dr. Dograonkar is currently working on his Ph.D. thesis on the role of neuroimaging in the diagnosis of mental health disorders. He is also interested in the use of technology in mental health care.

Dr. Dograonkar is a member of the Indian Psychological Association and has published several papers on mental health. He is also a frequent speaker at conferences and seminars on mental health.

Dr. Dograonkar is currently working on his Ph.D. thesis on the role of neuroimaging in the diagnosis of mental health disorders. He is also interested in the use of technology in mental health care.

Dr. Dograonkar is a member of the Indian Psychological Association and has published several papers on mental health. He is also a frequent speaker at conferences and seminars on mental health.

Dr. Dograonkar is currently working on his Ph.D. thesis on the role of neuroimaging in the diagnosis of mental health disorders. He is also interested in the use of technology in mental health care.

Dr. Dograonkar is a member of the Indian Psychological Association and has published several papers on mental health. He is also a frequent speaker at conferences and seminars on mental health.

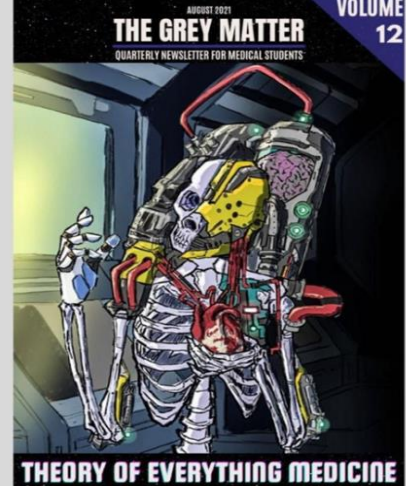
Dr. Dograonkar is currently working on his Ph.D. thesis on the role of neuroimaging in the diagnosis of mental health disorders. He is also interested in the use of technology in mental health care.

Dr. Dograonkar is a member of the Indian Psychological Association and has published several papers on mental health. He is also a frequent speaker at conferences and seminars on mental health.

Dr. Dograonkar is currently working on his Ph.D. thesis on the role of neuroimaging in the diagnosis of mental health disorders. He is also interested in the use of technology in mental health care.

Dr. Dograonkar is a member of the Indian Psychological Association and has published several papers on mental health. He is also a frequent speaker at conferences and seminars on mental health.

Dr. Dograonkar is currently working on his Ph.D. thesis on the role of neuroimaging in the diagnosis of mental health disorders. He is also interested in the use of technology in mental health care.



**THE GREY MATTER**  
As long as one goes into medicine with those ideas you would never be disappointed. As far as neurosurgeons are concerned, there's only one thing to do and that is to learn. I wouldn't suggest one to go into a specialty that is in its peak, but instead doing functional neurosurgery you face people that it was headed for being a 'woodpecker' neurosurgeon, operating through small holes but it was a field full of exciting things. When you are one of the early ones to do something, you get the joy of doing something new. The flip side to this is that working in Chikankot also gives me immense pleasure. People who don't have much come to me for diagnosis and treatment which I am all happy to do. These patients get home with medicines, come back after 3 days, happy. They're just glad they were given the time and attention they needed. That's another way to go about it. It will always be up to you to discover your path.





**MIMER MEDICAL COLLEGE, TALEGAON (D)****Sports Activities**

Sr. No.	Dates	Name and the Venue	No. of Participants	Achievements
1.	17.10.2021- 25.10.2021	<b>VEDANT 2021</b> B.J. Medical College, Pune	45	<b>Table tennis</b> Pranit Patil: I position in Singles and II position in doubles with Sarthak Mehtre. <b>Chess</b> Vinit Dugad: II position in Blitz as well as Classical type.
2.	4.05.2022 - 09.05.2022	AFMC Pune 2022 <b>(SILHOUETTES &amp; AIIMBT)</b>	116	In Athletics, Tejas Rane won a Bronze medal in 100 m running and Prathmesh Bankar won a bronze medal in freestyle 400 m swimming.
3.	21.05.2022 - 28.05.2022	<b>SYNCYTIUM 2022</b> - S.K.N. Medical College Pune	35	<b>Table tennis</b> Pranit Patil: III position in Singles and III position in doubles with Sarthak Mehtre. II position in mixed doubles with Soumya Lanjewar
4.	28.05.2022	<b>MEDICRICKET 2022</b> (Intercollege Sports Event at BJ Medical college, Pune)	16	College team won their league stage match and reached semi-finals.
5.	30.05.2022 - 31.05.2022	<b>RANAANGAN 2022</b> (Intercollege Sports Events at Rajeev Gandhi Medical College, Thane)	24	Volleyball team reached in semi-finals
6.	07.08.2022	Association of Indian Universities (AIU) Tournament- MUHS Selection Trials (Swimming)	01	In Swimming competition, Prathamesh Bankar has secured 3 <sup>rd</sup> position and selected for AIU Tournament to represent MUHS.
7.	19.08.2022- 04.09.2022	<b>VEDANT 2022</b> - Intercollege Sports Event at B. J. Medical College, Pune	40	<b>Table Tennis</b> Pranit Patil: 3 <sup>rd</sup> position in men's singles and secured 1 <sup>st</sup> position in men's doubles.
8.	29.08.2022	National Sports Day Celebration (Sports Quiz, Carrom matches & running)	Students- 115, Faculty -11	Winners are awarded with Certificates

*Nived*  
Dr. Vivek K. Nirmale  
Professor  
Department of Anatomy  
MAEER Medical College  
Dabhade, Pune.

## EVENTS MISSION ZINDAGI 2022

- ORIENTATION : 6<sup>th</sup> June 2022

We conducted an orientation session for the batch Nexus.

Beneficiaries: Batch of 2020

- The entire idea behind this organisation and the larger goal that we wish to achieve was put forward to the students. We explained to them the scarcity of blood in the country, the amount of wastage that occurs due to focal donation drives and the need for an on-call blood donation system. We quizzed them regarding some nuances that go into donating blood, handling and storing that blood and finally how it reaches its recipient. We explained to them our organisation's pivotal role as a non-profit to improve this chain of demand-supply.



- We also distributed donor declaration forms where we got an enthusiastic response. Further opportunities and news regarding the organisation would be shared on our Instagram page which we encouraged them to follow.

- Takeaway points : the students were made to understand how the blood bank works and how this organization along with the blood bank can help manage blood shortage and prevent blood wastage

#### UPCOMING EVENTS :

- Poster making competitions
- Quiz competition on Haematology in coordination with Dept. of Pathology in January
- Orientation sessions for batches Aviothics and 2022 batch.



# WORLD BIOETHICS DAY-2021 (THEME: INFORMED CONSENT)



## CERTIFICATE OF PARTICIPATION

*Mr. Yash Kamlesh Majithia* of **India, MIMER Medical College, Pune Unit of International Chair in Bioethics** participated in **International Scientific Poster Competition** organized by World Bioethics Day Committee as part of **World Bioethics Day 2021** celebrations and won **First Position** in this category.

**Dr. Praveen Arora**  
Head

World Bioethics Day Department

**Prof. Amnon Carmi**  
Head

International Chair in Bioethics

**MAAER MIT PUNE's MIMER Medical College, Talegaon (Dabhade)**

**Students Research Projects 2021-22**

Sr No.	Name of the Department	Name of PI	Name of the Guide	Title of the project	IEC No.	Date of IEC clearance	STATUS OF IEC APPROVAL	
1	Community Medicine	Madhavi Katta	Dr. Maya Kshirsagar	"Epidemiological Profile of COVID-19 deaths in a tertiary care centre: A Hospital-based study"	771	13/08/2021	APPROVED	
2	Community Medicine	C.Maria , Raghunandan Anagha	Dr. Madhura Bedekar	"Adherence to COVID Appropriate Behaviour Immunization with COVID-19 vaccines : A Cross Sectional Study in Maharashtra"Western	772	17-08-2021	APPROVED	
3	Orthopedics	Kosha Anish Gala	Dr. Darpan Maheshgauri	Correlation of smartphone use addiction with Neck disability in Medical Students in India.	782	17/08/2021	APPROVED	
4	Psychiatry	Kale Sanyukta Suresh	Dr. Aneesh Bhatt	Evaluation of Mental Health Literacy and Mental Health First Aid Awareness in Undergraduates.	791	16-06-2022	APPROVED	ICMR-STC 2022
5	Ophthalmology	Mr Ankit Pal	Dr Suneeta Jagtap	To study the prevalence and severity of dry eye disease in type 2 diabetes patients in a rural area of Maharashtra.	792	16-06-2022	APPROVED	
6	Surgery	Mr. Atharawa Kulkarni	Dr. Nikhil Phadke	Prevalence of SSIs among patients undergoing surgery in a rural setting.	793	16-06-2022	APPROVED	
7	Ophthalmology	Mr. Yash Mathija	Dr. Pradhnya Bhalerao	To study prevalence and associated risk factors in rural based tertiary care hospital.	794	16-06-2022	APPROVED	

8	ENT	Miss. Soumya Lanjewar	Dr. Santosh Rajmani	Middle Ear Compliance Profiles in Post COVID-19 Patients: An Observational study.	795	16-06-2022	APPROVED	
9	Pharmacology	Miss. Sharvari Kulkarni	Dr. Ganesh Pentewar	Pharmacoeconomic assessment of drug therapy for Atopic Dermatitis in children.	796	16-06-2022	APPROVED	
10	Physiology	Dr. Rajeshwari Karad	Dr. Deepa Nair	Impact of creating awareness of Post Placental Intrauterine Contraceptive Device Insertion among women delivering in a tertiary care hospital in rural Maharashtra	797	16-06-2022	APPROVED	
11	OBGY	Mr. Aditya Gore	Dr Sushma Sharma	A study to assess the Knowledge and Attitude regarding Basic Life Support (BLS) among police in Pune district of Maharashtra pre and post training.	799	16-06-2022	APPROVED	UG DEPARTMENTAL PROJECT
12	Anatomy	Miss. Pooja Mane	Dr. Sushma Chavhan	Knowledge and perception of hair donation amongst medical students across Maharashtra	802	10-08-2022	NOT APPROVED	
13	Physiology	Miss. Prashansa Shetty	Dr. Rupali Baburdikar	Short term heart rate variability indices and their relation to anthropometric parameters in young adults of health professional colleges	803	10-08-2022	APPROVED	
14	Pathology	Miss. Namrata Agarwal	Dr. Janice Jaison	Correlation of platelet indices with platelet count	804	09-08-2022	APPROVED	
15	Pathology	Miss. Manjiri Kolhe	Dr Mangal Nagare	"Association of Monocyte-to-Lymphocyte Ratio (MLR) in different stages of Diabetic Nephropathy (DN) and Albuminuria in Type 2 Diabetes Mellitus (T2DM) at a tertiary care hospital in rural area".	805	09-08-2022	APPROVED	
16	Pathology	Miss. Radhika Khawale	Dr. Gauri Metkar	Study of Systemic Inflammatory Response in Cancer	806	09-08-2022	APPROVED	
17	Pathology	Mr. Aditya Gore	Dr. Hrasha Jaykar	Establishment of reference ranges of a complete blood count (CBC) for full term newborns from cord blood samples for the	807	09-08-2022	APPROVED	

				population of a tertiary care hospital in western part of India.				
18	FMT	Mr. Ishan Gokhale	Dr. Avinash Pujari	Awareness of medicolegal aspects of medical practice among practicing Homeopathic Medical Practitioners in Maharashtra.	808	09-08-2022	APPROVED	
19	FMT	Mr. Atharva Ghangrekar	Dr Mallikarjun Balur	Estimation of Stature from Bigonial breadth in Western population of Maharashtra: A cross-sectional study.	809	10-08-2022	APPROVED	
20	Community Medicine	Community Medicine	Miss. Riya Muthyan	Impact of COVID-19 pandemic on physical activity, diet, sleep and screen time among higher secondary school children	810	10-08-2022	APPROVED	
21	Community Medicine	Community Medicine	Miss. Farahat Khot	Knowledge, attitude and practice regarding mosquito borne diseases in urban and rural areas of Maval- A comparative study.	811	10-08-2022	APPROVED	
22	Psychiatry	Miss. Rujavi Chandane	Dr. Ashish Ubhale	An evaluation of Mental Health knowledge and stigma in medical college students	812	10-08-2022	APPROVED	
23	Psychiatry	Miss. Vidhi Gupta	Dr. Ashish Arya	A cross-sectional study to determine the prevalence of somatic symptoms and their association with sleep quality in Medical students.	813	09-08-2022	APPROVED	
24	Gen. Medicine & Biochemistry	Mr. Atharva Pawar	Dr.Sudeep Kumar/Dr. Aparna Chaudhari	Screening of Vitamin B12 levels in neuropathic type 2 Diabetes Mellitus patients undergoing Metformin therapy.	814	09-08-2022	APPROVED	
25	Medicine	Mr. Param Kadam	Dr. Sudeep Kumar	To determine the prevalence of Non Alcoholic Fatty liver disease (NAFLD) in patients with	815	09-08-2022	APPROVED	

				metabolic syndrome attending medicine OPD				
26	Pediatrics	Miss. Unnati Shukla	Dr. Abhijeet Botre	Knowledge, attitude and practices of complementary feeding patterns among mothers of infants from 6 to 24 months of age and its association with the anthropometric parameters in rural population.	816	10-08-2022	APPR OVED	
27	Pediatrics	Miss. Richa Sinha	Dr. Abhijeet Botre	Assessment of prevalence and determinants of junk food consumption like socio-economics factors in children (2-6) years old and its association with their growth in rural population of Pune district of Maharashtra	817	10-08-2022	APPR OVED	
28	FMT	Mr. Yash Goel	Dr Mallikarjun Balur	Stature Estimation Using Anthropometric Measurements of Normal Human Ear Auricle	818	09-08-2022	APPR OVED	
29	FMT	Mr. Raviraj Thorat	Dr Mallikarjun Balur	Estimation of Stature from handprint measurements.	819	09-08-2022	APPR OVED	
30	Surgery	Miss. Arohi Nagine	Dr. Sandesh Gawade	Evaluating the awareness in women about routine self examination of breast in patients attending the outpatient department of a rural hospital	820	10-08-2022	APPR OVED	
31	Psychiatry	Miss. Farhat Khot	Dr. Aneesh Bhatt	Effect of entrance exam on medical graduates	858	20-09-2022	APPR OVED	

  
**Principal**  
**MIMER Medical College**

  
**Principal**  
**MIMER Medical College**  
 Talegaon Dabhade