

#### SRI BALAJI VIDYAPEETH (SBV)

(Deemed to be University) U/S 3 of UGC Act 1956 Puducherry-607402

This document contains the details of the

## Value added program in Protocol Writing,

conducted by the Medical Education Unit, Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeeth,

Deemed to be University.



(This document is attested from pages 1-48)

**NAAC 2020** 



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#### Criteria 1

**Metrix 1.3: Curriculum Enrichment** 

1.3.2

**Index Page** 

### Details of Value-added Program in Protocol Writing

<u>Links to documents</u> (Click on the links to navigate to the page)

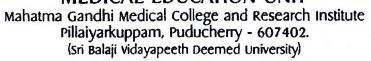
- 1. Link to Prospectus
- 2. Circular
- 3. Course Schedule & Content
- 4. Sample Certificate
- 5. Enrolled List of students



**NAAC 2020** 



#### MEDICAL EDUCATION UNIT





# Value added course on Protocol Writing

	Date: 20.08.2018 (DAY - 1)	
2.00 – 2.15PM	Introduction to workshop	Dr.M.Ravishankar
1 <sup>st</sup> session Writing Introduction, leading to aims & objectives 2.15 – 3.00 Materials/subjects and method – How to modify from your protocol		Dr.K.Srikanth
2 <sup>nd</sup> Session Writing review of literature and References 3.15 – 4.30 Part - I pm		Dr.Sivaprakash .B Dr.Sukanto Sarkar
	Date: 21.08.2018 (DAY2)	
1 <sup>st</sup> session 2-3 pm	Writing review of literature Part - II	Dr.Sivaprakash .B Dr.Sukanto Sarkar
2 <sup>nd</sup> Session Data Entry / cleaning the data 3.15 – 4.30 pm		Dr.Ezhumalai
	Date: 22.08.2018 (DAY - 3)	
2-3 pm	Session Interpretation of statistical analysis	
2 <sup>nd</sup> Session 3.15 – 4.30	Write-up of Results	Dr.Sripriya
	Date: 23.08.2018 (DAY – 4)	
2 -4.30 pm	Writing the Discussion: PPT Presentation (2.00-2.25pm) Group task on Discussion (2.25-3.10pm) Tea break (3.10-3.25pm) Plenary for Group task (3.25-4.00pm) Ethical issues (4-4.15pm) Feedback (4.15-4.30pm)	Dr. Gunasekaran Dr. Lokesh
	Date: 24.08.2018 (DAY – 5)	
2 -3 pm	Writing, Summary     Formatting , Using template	Dr.Partha Nandhi Dr. Jagan
3.15 – 4.00 pm	Convertion of Dissertation into Journal article	Dr. Sukanto Sarkar
4.00 -4.30. pm	Final Check	Dr.M.Ravishankar



# "A Study of menstrual hygiene and related personal hygiene practices among adolescent girls in rural Puducherry"

#### 10 ABSTRACT

#### Background:

The word adolescent is derived from the Latin word "adolescere", which means to grow into maturity. The World Health Organization (WHO)<sup>2</sup> defines adolescents as individual between 10 - 19 years of age group and this is the fastest growing segment of total world's population.<sup>3</sup> These adolescent girls are at risk for menstrual disorders leading to gynaecological problems due to lack of knowledge and poor hygiene practices. Reproductive tract infections have become a silent epidemic that affects women's life and it is closely interrelated with poor menstrual hygiene. The interplay of socio- economic status, environmental factor such as housing and sanitation and reproductive tract infections are also noticeable. Keeping this above view an attempt has been made to study the menstrual hygiene practices among adolescent girls and also to find out the symptoms associated with poor menstrual hygiene practices in rural Puducherry.

#### Mcthodology:

A community based descriptive cross sectional study was conducted in rural field practicing area of MGMCRI, Puducherry, from 15<sup>th</sup> of March 2013 to 31<sup>st</sup> April 2014. By using universal sampling method 528 adolescent girls were included. Out of those 502 girls were enrolled for the study depending upon inclusion and exclusion criteria. Information regarding sociodemographic profile, menstrual cycle details, receipt of information on menarche and menstrual hygiene, restriction during menstruation, menstrual and related personal hygiene practices, and symptoms related to genito-urinary tract illness were recorded using semi-structured questionnaire by house to house visit.

#### Results:

Majority (89.2%) of the adolescent girls was using sanitary pads, fresh and reusable cloths were used by 6.6% and 4.2%, respectively. 65.3% girls changed their soaked absorbent 2-5 times in a day. Majority (60.8%) of the girls disposed their used absorbent by burying or burning. Nearly two third of the girls (67.9%) were washing genitalia during micturition.



54.4% used soap and water for cleaning hand after changing absorbent and washing their genitalia and 1.4% used other material like ash, mud etc. 35.9% reported abnormal vaginal discharge. Itching in the genitalia and foul smelling discharge were in 32.5% and 25.1% girls respectively. Burning micturition was stated by 22.7% girls. 2-4 symptoms and more than 4 symptoms were reported in 39% and 4.6% girls. The association between menstrual hygiene practices which includes type of absorbent, disposal, changing times, cleaning times and agent used for hand cleaning purpose with genito-urinary illness (symptomatic) were found to be statistically significant. Environmental variable like type of house and sanitary latrine facility as well as socio-economic status had statistically significant association with genito-urinary illness (p value< 0.001). In the present study, there were no statistically significant association found between educational status of the girls with their menstrual hygiene practices & genito-urinary tract illness, whereas these association were statistically significant in a study from south India. Highest prevalence (84.06%) of reproductive tract infection was observed among illiterate girls and the association was highly significant.

#### Conclusions:

Even though sanitary pad users were high, most of the girls reported symptoms that were suggestive of genito-urinary illness. Thus along with the provision of subsidized rate and increase availability of sanitary pads more emphasize is needed to be given on awareness of changing time, cleaning of genital for adequate number of time, sanitary material to be used, method of disposal of used absorbent among adolescent girls. The study also highlights the unavailability of sanitary latrine in majority of houses due to ignorance which also led the findings that the girls could not find privacy for their menstrual management which had resulted to poor practices. Awareness required to be created regarding this issue also in the study area.

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#### **GROUP TASK 1**

The dissertation topic of Dr. A, a postgraduate student, is - "A study of the clinical significance of depression in patients of myocardial infarction". Dr. A submits a drast of the review of literature of her dissertation to Prof. X, her dissertation guide. An extract from Dr. A's literature review is provided here.

PLEASE ANALYZE THE <u>LITERATURE REVIEW STRATEGY</u> FOLLOWED BY DR. A, AND GIVE YOUR COMMENTS.

Note: Your comments should focus on the review method (i.e. the way in which the review has been written/presented), & NOT on the subject matter & specific details of the content.

Frasure-Smith et al¹ conducted a study to assess gender differences in the impact of depression on 1-year cardiac mortality in patients hospitalized for an acute myocardial infarction (MI) Depression in hospital after MI is a significant predictor of 1-year cardiac mortality for women as well as for men, and its impact is largely independent of other post-MI risks.

Lauzon et al<sup>2</sup> prospectively evaluated patients admitted to 5 tertiary care and 5 community hospitals and followed them for 1 year to measure the prevalence and prognostic impact of depressive symptoms after acute myocardial infarction. Depressive symptoms are common after acute myocardial infarction and are associated with a slight increase in risk of in-hospital catheterization and angiography and readmission because of cardiac complications. Death was infrequent, with no statistically significant difference between the 2 groups.

In a study by Strik et al<sup>3</sup>, depression appeared to be a predictor of increased health care consumption, but not of major cardiac events such as cardiac death and recurrent infarction in first myocardial infarction (MI) patients up to 6 years post-MI. In contrast to depression, symptoms of anxiety do predict cardiac mortality and recurrent MI in patients following first MI independently of other risk factors of cardiac mortality. Recognition of risk factors for post-MI depression may help the cardiologist to identify patients at risk for depression. Examples of such risk factors are, according to our studies, complications during admission, such as arrhythmic disorders and recurrent angina pectoris, and prescription of benzodiazepines.

In a study by Spijkerman et al<sup>4</sup>, four hundred ninety-four MI patients were screened for depression. Patients with depression were compared with patients without on cardiovascular events (fatal or nonfatal) during an average follow-up of 2.5 years. Demographic characteristics and cardiac risk factors were controlled for. It was found that depression was associated with the occurrence of cardiovascular events in both univariate [hazard ratio (HR), 1.84; 95% confidence interval, 1.24-2.72] and multivariate analysis (HR, 1.56; 1.02-2.38). Depression still has an independent impact on cardiac prognosis after MI, but this influence is smaller than found in early studies. Improvements in general care for MI and better recognition and treatment of post-MI depression may have decreased the impact of depression on prognosis.

#### References

- Frasure-Smith N, Lesperance F, Juneau M, Talajic M, Bourassa MG. Gender, depression, and one-year prognosis after myocardial infarction. Psychosom Med 1999; 61(1):26-37.
- Lauzon C, Beck CA, Huynh T, Dion D, Racine N, Carignan S et al. Depression and prognosis following hospital admission because of acute myocardial infarction. CMAJ 2003; 168(5):547-552.
- Strik JJ, van Praag HM, Honig A. [Depression after first myocardial infarction. A prospective study on incidence, prognosis, risk factors and treatment]. Tijdschr Gerontol Geriatr 2003; 34(3):104-112.
- Spijkerman TA, van den Brink RH, May JF, Winter JB, van Melle JP, de JP et al. Decreased impact of post-myocardial infarction depression on cardiac prognosis? J Psychosom Res 2006; 61(4):493-499.

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Page 1 of 4

#### LITERATURE REVIEW & CITING / REFERENCING: Group Tasks

#### **GROUP TASK 2**

The dissertation topic of Dr. B, a postgraduate student, is - "A study of physical symptoms in depressive disorders". Dr. B submits a draft of the review of literature of his dissertation to Prof. Y, his dissertation guide. The introductory paragraph of Dr. B's literature review thus reads as follows:

According to Henningsen et al<sup>1</sup>, medically unexplained symptoms of pain and bodily dysfunction are the single most prevalent class of symptoms in primary care. They also have a high prevalence in specialist care and are responsible for a significant proportion of disability in the workforce. They are a defining feature of the different functional somatic syndromes within somatic medicine and of the somatoform disorders within psychiatry. Patients with medically unexplained physical symptoms have been shown to have increased rates of depression and anxiety. This correlation has not yet been reviewed systematically, and several possible explanations exist. The association might signify a reactive increase of depression and anxiety in patients suffering from chronic bodily symptoms.

Dr. B has provided the reference corresponding to this paragraph in his list of references, as follows:

1. Henningsen P, Zimmermann T, Sattel H. Medically unexplained physical symptoms, anxiety, and depression: A meta-analytic review. Psychosomatic Medicine 2003;65:528-33.

Prof. Y is impressed by this paragraph & acquires the article by Henningsen et al. He finds the following introductory paragraph in the article:

Medically unexplained symptoms of pain and bodily dysfunction are the single most prevalent class of symptoms in primary care. They also have a high prevalence in specialist care and are responsible for a significant proportion of disability in the workforce (1–3). They are a defining feature of the different functional somatic syndromes within somatic medicine and of the somatoform disorders within psychiatry. Patients with medically unexplained physical symptoms have been shown to have increased rates of depression and anxiety (3–5). This correlation has not yet been reviewed systematically, and several possible explanations exist. The association might signify a reactive increase of depression and anxiety in patients suffering from chronic bodily symptoms (6).

Prof. Y looks at the list of references provided at the end of the article, & finds that the references corresponding to this paragraph have been listed by Henningsen et al as follows:

- Kroenke K, Spitzer RL, Williams JBW, Linzer M, Hahn SR, deGruy FV III, Brody D. Physical symptoms in primary care: predictors of psychiatric disorders and functional impairment. Arch Fam Med 1994;3:774 –9.
- Reid S, Wessely S, Crayford T, Hotopf M. Medically unexplained symptoms in frequent attenders of secondary health care: retrospective cohort study. BMJ 2001;322:767–70.
- Bass C, Peveler R, House A. Somatoform disorders: severe psychiatric illnesses neglected by psychiatrists. Br J Psychiatry 2001;179:11-4.
- Katon W, Sullivan M, Walker E. Medical symptoms without identified pathology: relationship to psychiatric disorders, childhood and adult trauma, and personality traits. Ann Intern Med 2001;134:917–25.
- 5. Von Korff M, Simon G. The relationship between pain and depression. Br J Psychiatry Suppl 1996;(30):101-8.
- 6. Nielson WR, Merskey H. Psychosocial aspects of fibromyalgia. Curr Pain Headache Rep 2001;5:330 -7.

PLEASE ANALYZE THE <u>CITING/REFERENCING STRATEGY</u> IMPLEMENTED BY DR. B IN HIS REVIEW, AND GIVE YOUR COMMENTS.

Note: Your comments should focus on the citing/referencing method (i.e. the way in which references have been handled), & NOT on the subject matter & specific details of the content.

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#### **GROUP TASK 3**

The dissertation topic of Dr. C, a postgraduate student, is - "A study of the role of music therapy in perioperative scenarios". Dr. C submits a draft of the review of literature of her dissertation to Prof. Z, her dissertation guide. An extract from Dr. C's literature review is provided here, along with the corresponding list of references.

PLEASE ANALYZE THE <u>CITING/REFERENCING STRATEGY</u> IMPLEMENTED BY DR. C IN HER REVIEW, AND GIVE YOUR COMMENTS.

Note: Your comments should focus on the citing/referencing method (i.e. the way in which in-text citations & the list of references have been presented), & NOT on the subject matter & specific details of the content.

Several researchers have studied the role of music in the control of patients' anxiety in perioperative scenarios. Music can reduce the anxiety and stress of patients in the surgical holding area. Augustin and Hains² demonstrated that music can be more beneficial than preoperative instruction alone in reducing ambulatory surgery patients' preoperative anxiety. Patients who listened to their choice of music before surgery in addition to receiving preoperative instruction had significantly lower heart rates than patients in the control group who received only preoperative instruction.

In a controlled study (Haun et al. 2001), it was observed that music produced a significant reduction in anxiety and respiratory rates of women awaiting breast biopsy. A recent study (Wang et al. 2002) evaluated the role of music in the management of preoperative anxiety through a randomized, controlled study. Patients who listened to music before surgery reported lower levels of state anxiety. A recent randomized controlled trial (Cooke et al. 2005) demonstrated that exposure to music resulted in a statistically significant reduction of preoperative anxiety in patients undergoing day surgery.

Patients who listened to their choice of music during surgery with local anesthesia experience significantly lower anxiety levels, heart rates, and blood pressure than patients who did not listen to music.

Allred et al<sup>7</sup> studied the effect of music on postoperative pain and anxiety following total knee arthroplasty. The music group's decrease in pain and anxiety was not significantly different from the comparison rest group's decrease in pain or anxiety. However, statistical findings within groups indicated that the sample had a statistically significant decrease in pain and anxiety over time. In a systematic review of 42 randomized controlled trials of the effects of music interventions in perioperative settings<sup>8</sup>, it was observed that music intervention had positive effects on reducing patients' anxiety and pain in approximately half of the reviewed studies.

#### References

- 1. Winter MJ, Paskin S, Baker T. Music reduces stress and anxiety of patients in the surgical holding area. Journal of Post Anesth Nurs 1994;9:340-343.
- Augustin, P. & Hains, A.A. 1996. Effect of music on ambulatory surgery patients' preoperative anxiety. AORN J 1996;63:750,753-758.
- 3. Haun, Mainous, Looney. Effect of music on anxiety of women awaiting breast biopsy. Behav Med 2001;27:127-132.
- Wang, S.M., Kulkarni, L., Dolev, J., & Kain, Z.N. 2002. Music and preoperative anxiety: a randomized, controlled study. Anesth Analg;94:1489-94.
- Cooke M, Chaboyer, Schluter, Hiratos M. The effect of music on preoperative anxiety in day surgery. J Adv Nurs 2005;52:47-55.
- Mok E, Wong KY. Effects of music on patient anxiety. AORN J;77:396-6, 409.
- 7. Allred, K.D., Byers, J.F., & Sole, M.L. 2010. The effect of music on postoperative pain and anxiety. Pain Manag Nurs.
- Nilsson U. The anxiety- and pain-reducing effects of music interventions: a systematic review. AORN J 2008;87:780-807.

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Page 3 of 4

8

#### LITERATURE REVIEW & CITING / REFERENCING: Group Tasks

#### **GROUP TASK 4**

The dissertation topic of Dr. X, a postgraduate student, is - "A study of physical symptoms in depressive disorders". Dr. X is in the process of writing the Review of Literature for his dissertation. Dr. X is behind schedule & needs to submit a draft of his dissertation to his guide within two days. While conducting a literature search, he had retrieved the following reference:

Henningsen P, Zimmermann T, Sattel H. Medically Unexplained Physical Symptoms, Anxiety, and Depression: A Meta-Analytic Review. Psychosomatic Medicine 2003;65:528-33.

Dr. X finds that the introductory paragraph of this reference article is highly relevant to his dissertation topic. He extracts the entire introductory paragraph verbatim, along with six citations, & inserts it into his literature review. He hasn't made an attempt to search for and retrieve the six references that the paragraph is based on, but lists all six in his own list of references at the end of the dissertation. The introductory paragraph of Dr. X's literature review thus reads as follows:

Medically unexplained symptoms of pain and bodily dysfunction are the single most prevalent class of symptoms in primary care. They also have a high prevalence in specialist care and are responsible for a significant proportion of disability in the workforce (1–3). They are a defining feature of the different functional somatic syndromes within somatic medicine and of the somatoform disorders within psychiatry. Patients with medically unexplained physical symptoms have been shown to have increased rates of depression and anxiety (3–5). This correlation has not yet been reviewed systematically, and several possible explanations exist. The association might signify a reactive increase of depression and anxiety in patients suffering from chronic bodily symptoms (6).

#### References

- 1) Kroenke K, Spitzer RL, Williams JBW, Linzer M, Hahn SR, deGruy FV III, Brody D. Physical symptoms in primary care: predictors of psychiatric disorders and functional impairment. Arch Fam Med 1994;3:774 –9.
- 2) Reid S, Wessely S, Crayford T, Hotopf M. Medically unexplained symptoms in frequent attenders of secondary health care: retrospective cohort study. BMJ 2001;322:767–70.
- Bass C, Peveler R, House A. Somatoform disorders: severe psychiatric illnesses neglected by psychiatrists. Br J Psychiatry 2001;179:11–4.
- Katon W, Sullivan M, Walker E. Medical symptoms without identified pathology: relationship to psychiatric disorders, childhood and adult trauma, and personality traits. Ann Intern Med 2001;134:917–25.
- 5) Von Korff M, Simon G. The relationship between pain and depression. Br J Psychiatry Suppl 1996;(30):101-8.
- 6) Nielson WR, Merskey H. Psychosocial aspects of fibromyalgia. Curr Pain Headache Rep 2001;5:330 -7.

PLEASE ANALYZE THE STRATEGY FOLLOWED BY DR. X, AND GIVE YOUR COMMENTS.

Your comments should focus on the review strategy, & NOT on the subject matter & specific details of the content.

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#### **GROUP TASK 1: FOR GROUPS A & B**

#### **GIVEN TIME: 30 MINUTES**

#### TASK TO BE DONE: READ THE FOLLOWING STUDY, AND WRITE THE DISCUSSION

Iron Deficiency as a Risk Factor for Simple Febrile Seizures- A Case Control Study

#### Introduction:

Febrile seizures are the commonest cause of seizures in children, occurring in 2-5% of children [1]. Iron deficiency is the commonest micronutrient deficiency worldwide, and is a preventable and treatable condition [7]. Iron is needed for brain energy metabolism, for metabolism of neurotransmitters and for myelination. Thus, iron deficiency may alter the seizure threshold of a child [8,9]. Iron deficiency is postulated as a risk factor for febrile seizures in children [10,11]. We, therefore, studied the association between iron deficiency and simple febrile seizures.

#### Methods

This case control study was done in the Department of Pediatrics, in a tertiary care Hospital during January 2011 to December 2011. Cases were children of age group 6 months to 3 years presenting with simple febrile seizures to the Pediatrics Emergency Department and wards of the hospital during the study period. Diagnostic criteria for simple febrile seizures was based on AAP Clinical Practice Guidelines(2); those who did not satisfy AAP criteria and those who were on iron supplements were excluded. Consecutive cases were selected for the study and concurrent controls were selected from the same setting and included febrile children of age group 6 months to 3 years who presented with short duration fever (<3 days) but without seizures. Cases and controls were selected in 1:1 ratio.

After informed consent, detailed history was elicited and physical examination was done.

Iron deficiency was diagnosed by hemoglobin, serum ferritin, serum iron and red cell width distribution ratio (RDW), based on WHO recommended standard values [7]. Other variables

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studiedare sex, socioeconomic status and protein energy malnutrition (IAP classification).

Sample size was calculated using standard procedure and analysis was done using SPSS version 11.

#### Results:

Criteria	Cases (n=154)	Controls (n=154)	P value
Female	71(46.15%)	81(52.6%)	0.254
Social Class 4	115(74.7%)	109(70.8%)	0.443
Iron deficiency	98 (63.6%)	38 (24.7%)	0.001
Malnutrition	62 (40.3%)	52(33.8%)	0.238
Rural / urban	69 (44.8%)	83 (55.2%)	0.234

154 cases and 154 controls were included in the study. The average age of cases and controls was 17.5±8.81 and 17.6±8.54 months, respectively. Iron deficiency is found to be significantly associated with simple febrile seizures (see *Table*). Variables malnutrition (p value 0.238), socio-economic status (p value 0.443) and sex of the child (p value 0.254) were found to be insignificant. No difference between rural and urban children (p value 0.234). All children who had reduced Hb also had reduced iron and ferritin levels in their blood.

#### References

- 12. Pisacane A, Roland P, Sansone R, Impagliazzo N, Coppola A, D' Appuzo A. Iron Deficiency anaemia and febrile convulsions: A case control study. BMJ. 1996;313:343{age group studied: 6 months to 3 years; Hb, serum iron and serum ferritin levels were less in cases. Iron deficiency anemia in controls was 10 % and in cases 50%}
- 13. Dawn SH, Jonatan T, Jerome Y, Don S. The association between iron deficiency and febrile seizures in childhood. ClinPediatr. 2009;48:420-6. {Hb, serum iron and serum ferritin were less in children with febrile seizures. Febrile seizures was 1.83 times more likely in iron deficient children aged 3 months to 5 years}

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- 14. Daud AS, Batieha A, Ekteish A, Gharaibeh N, Ajlouni S, Hijazi S. Iron status: a possible risk factor for first febrile seizures. Epilepsia. 2002;43:740-3. {The mean serum ferritin level in the cases was 29.5 mcg/L, and in the controls 53.5 mcg/L. But, Hb and serum iron levels were similar in both cases and controls. This study was conducted in Jordan}
- 15. Rajwanti KV, Praveen GD, Swati K, Ghosh K. Iron deficiency as a risk factor for first febrile seizure. Indian Pediatr. 2010;47:437-9. {The mean serum ferritin level in children with first febrile seizures (31.9 $\pm$ 31.0 mcg/L) and in controls (53.9 $\pm$ 56.5 mcg/L) (P=0.003). Mean hemoglobin value of cases (9.4 $\pm$ 1.2 g/dL) and controls (9.5 $\pm$ 1.0 g/dL) (P=0.7)}. The serum iron values were also similar in both the groups. This study was done in Mumbai}
- 16. Rao S. Assessment of iron status; ICMR. {Serum ferritin is the early indicator of iron deficiency in the body; serum ferritin gets lowered in the early stages in iron deficiency and lowering ofserum iron and Hb occurs later}
- 17. Jonghankim et al. Iron and mechanisms of emotional behavior a review article. J NutrBiochem 2014 Nov;25(11): 1101-07.

{Less iron status probably interferes with myelination of brain, metabolism of monoamine oxidases, and homeostasis in Glutamate and GABA levels in the brain}

- 18. Kanth et al. Nutritional status in upper socioeconomic status: {50% of children <5 years belonging to India's upper most economic group have less Hb values}.
- 19. Nutritional status of Indian children. NFHS survey III. {iron deficiency in rural community of India is 74% and urban community of India 66 % in children < 3 years; the difference is not significant}



#### **GROUP TASK 2: FOR GROUPS C & D**

#### **GIVEN TIME: 30 MINUTES**

#### TASK TO BE DONE: READ THE FOLLOWING STUDY AND WRITE THE DISCUSSION

Determinants of Vitamin A Deficiency amongst Children in Aligarh District, Uttar Pradesh

#### Introduction:

Vitamin A deficiency (VAD) is an important cause of preventable blindness among children and a major public health problem in developing countries like India. It has also been established that VAD increases the risk of childhood morbidity and mortality [1,2]. Identification of focal pockets of xerophthalmia is necessary so that interventions can be prioritized. We estimated the prevalence of xerophthalmia among rural and urban preschool children, and analyzed the risk factors in 6 villages and 4 peri-urban areas in Western Uttar Pradesh, as the same has not been studied so far.

#### Methods

The present cross-sectional descriptive study was undertaken between January and July 2009. The study population comprised all the under-five children (0-60 months) residing in the specified locality in Aligark district (n=3679). Ethical clearance was obtained from the Institutional ethics committee.

A house-to-house survey was carried out and information was obtained about socio-economic status, dietary detailsand the presence of symptom of vitamin A deficiency (night blindness) in the child. Then the child was examined for signs of vitamin A deficiency.

#### Results

Mean age of the participants was 36±21 months. Prevalence of xerophthalmia in the present study was 9.1%; most of them had only early signs of vitamin A deficiency. There was a rising trend in the prevalence and severity of xerophthalmia with increasing age (*Table I*). The difference in xerophthalmia prevalence among under two and over two years age groups was statistically significant (*P*<0.001). *Table II* depicts the socio demographic status in relation toxerophthalmia. Other risk factors associated with xerophthalmia are depicted in *Table III*. Inadequate intake of vitamin A rich foodsand predominant intake of white maize as the staple diet (which lacks carotenoid pigments, the provitamin A) are the significant dietary factors. Vitamin A deficiency was less among children who were given prolonged breast feeding.

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TABLE I	Prevale	ence of	Xer	ophthe	almic	(Vitami	n A d	eficienc	y) in Diffe	erent Age C	Groups
				1 13.	_,_	0			47	0 1	m 1

Age-group	Number	Only night	Only Bitot's	Corneal	Corneal	Kerato-	Corneal	Total number
(months)		Blindness	spots	xerosis	ulceration	Malacia	scarring	with
		(XN only)	(XIB only)	X2	ХЗА	хзв	XS	Xerophthalmia
0-12	789	-	6 (0.7)	0 (0)	0 (0)	0(0)	2 (0.3)	8(1.1)
13-24	742	-	44 (5.9)	1 (0.1)	1 (0.2)	0(0)	1 (0.2)	47(6.3)
25-36	666	23 (3.5)	47 (6.9)	3 (0.4)	1 (0.2)	0(0)	3 (0.4)	77(11.6)
37-48	762	43 (5.6)	42 (5.5)	3 (0.4)	2 (0.2)	0(0)	6 (0.8)	96(12.6)
49-60	612	35 (5.7)	54 (8.8)	2 (0.3)	1 (0.2)	0(0)	5 (0.8)	97(15.8)
Total	3571	101 (2.8)	193 (5.4)	9 (0.3)	5 (0.2)	0(0)	17 (0.5)	325(9.1)

Figures in parentheses indicate percentages.

TABLE IISocio Demographic factors in relation to Xerophthalmia

Variable	Number in the group	Children with Xerophthalmia No & Percentage	P value
Social class			
Upper	286	9 (3.1%)	<0.01
Lower	3285	316 (9.6%)	
Place of residence		1	
Rural	2160	247 (11.4%)	<0.01
Urban	1411	78 (5.5%)	]
Maternal literacy			
Literate	367	13 (3.5%)	<0.01
Illiterate	3204	322 (10%)	

Table III. Nutritional and other co-morbid factors in relation to Xerophthalmia:

Variable	Total number	No. of children with Xerophthalmia	P value
Vitamin A rich foods (By 24 hour r	ecall method)		
Adequate	964	48 (4.9%)	<0.01
In adequate /	2607	277 (10.6%)	
Breast feeding up to 2 years		-	
Yes	2144	134 (6.2%)	<0.01
No	1427	191 (13.3%)	
White maize as the main food			
Yes	2765	295 (10.6%)	<0.01
No	810	30 (3.7%)	7



#### References

- 10. WHO/UNICEF. "Indicators for Assessing Vitamin A Deficiency and their Application in Monitoring and Evaluating Intervention Programmes. Report of a Joint WHO/UNICEF Consultation. Geneva, Switzerland, 9–11 November 1992; Review Version. May1994.{if the prevalence of xerophthalmia is >5% and corneal involvement is >0.1% then possibly it is a major publichealth problem in that community}
- 11. Khandait DW, Vasudeo ND, Zodpey SP, Ambadekar NN, Koram MR. Vitamin A intake and xerophthalmi among Indian children. Public Health. 1999;113;69-72. {prevalence of xerophthalmia in Nagpur urban preschool slum children was 8.7%}
- 14. NNMB National Nutrition Monitoring Bureau. National Institute of Nutrition, Hyderabad: NNMB Micronutrient Survey; 2002. (a) prevalence of vitamin A deficiency was 0.7%. (b) 68% of individuals consume less than 1/3<sup>rd</sup> of RDA of vitamin A. (c) Vitamin A intake was assessed by 24 hour recall method)
- 15. Curtale F, Tammam H, Hammoud ES, Aloi A. Prevalence of xerophthalmia among children in Beheira governorate, Egypt. East Med Health J. 1999;5:984-91. {number of children with vitamin A deficiency progressively increased from 1 to 7 years)
- 16. WHO fact sheet. Vitamin A content of the human breast milk is high
- 17. Swami HM, Thakur JS, Bhatia SP, Ahuja R. Rapid assessment and delivery of Vitamin A to slum children by using National Immunization Day in Chandigarh. Indian J Pediatr. 2001;68:719-23. {of children with vitamin A deficiency, only 5% had corneal ulceration and 1% had keratomalacia}
- 18. Semba RD, Pee SD, Panagides D, Poly O, Bloem MW. Risk factors for xerophthalmia among mothers and their children and for mother-child pairs with xerophthalmia in Cambodia. Arch Ophthalmol. 2004;122:517-23. {maternal education, socioeconomic status of the mother and cultural beliefs were found to be significant risk factors for xerophthalmia; rural areas have more prevalence of xerophthalmia}
- 19. Schémann JF, Banou AA, Guindo A, Joret V, Traore L, Malvy D. Prevalence of undernutrition and vitamin A deficiency in the Dogon region, Mali. J Am CollNutr. 2002;21:381-7. {Consumption of yellow orange and green foods (which are good source of Vitamin A)were very low in children with Vitamin A deficiency ranging from thrice in a month to once in several months}
- 20. Harjes CE, Rocheford TR, Bai L, Brutnell TP, Kandianis CB, Sowinski SG, et al. Natural genetic variation in lycopene epsilon cyclase tapped for maize biofortification. Science. 2008;319:330-3. {More than half of children with vit A deficiency were predominantly fed on white maize as their staple food, which is essentially devoid of yellow carotenoid pigments, which are precursors of provitamin A.}

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#### **GROUP TASK 3: FOR GROUPS E & F**

#### **GIVEN TIME: 30 MINUTES**

#### TASK TO BE DONE: READ THE FOLLOWING STUDY AND WRITE THE DISCUSSION

#### School Absenteeism Among Children and its Correlates

Introduction: School absenteeism has been studied in detail in relation to various social and physical causes (1,2). School absenteeism has been linked to maternal education, residence, and specific illnesses like asthma, headache, abdominal pain, etc(3-7). However, role of social pressures like poverty, part-time jobs etc. has not been explored. Identification of such problems may help in predicting children at higher risk of absenting themselves and hence ensuring timely preventive interventions. But, there is paucity of literature comprehensively assessing the various factors leading to school absenteeism. So, we conducted this study to assess the magnitude of school absenteeism and to study its correlates.

Methods: A cross-sectional, school based study was conducted in three government schools in South Delhi. The absenteeism was studied over a 6 month period from July to December 2006. Total of 704 children, of both sexes in the age group 10-15 years were registered as the participants.

At enrolment, information on socio-demographic profile of the students was collected. It included age, sex, class, education and occupation of the parents, their family structure and income. The socio-economic status was calculated as per the Revised Kuppuswami's Scale for determining socio-economic status of urban families (2001).

A pre-designed questionnaire was administered to ascertain the duration of absence and the causes for absenteeism, medical and non-medical. Participants were assured of confidentiality and were inquired about school truancy and various phobias of schools, teachers and subjects. The causes of absenteeism were also ascertained by school records, leave applications and one month's recall by the students. Students, teachers and parents were interviewed whenever needed.

For the purpose of this study, significant school absenteeism is defined as "absent for more than 2 days per month (i.e. 12 days in the 6 month study period).

Data were analyzed using Stata 9.1 software.

#### Results

A total of 704 students were registered of which 332 (47.16%) were boys. The average absenteeism per child was 10.2%. Only 9 children did not miss a single school day.336 (47.8%) children had significant absenteeism (absent for more than two days in a month)



**Table I**Relationship of Socio-demographic Factors with Significant School Absenteeism

	Total number in	Children with	
Factors	each group	significant	
		Absenteeism	
Sex*			
Male	332	208 (61.9%)	
Female	372	128 (38.1%)	
Age group*			
< 14	441	250 (74.4%)	
> 14	263	86 (25.6%)	
Standard*			
6	132	92 (27.4%)	
7	224	122 (36.3%)	
8	180	68 (20.2%)	
9	168	54 (16.1%)	
Birth order*			
1	165	42 (12.5%)	
2	276	133 (39.6%)	
3	140	83 (24.7%)	
4	81	40 (11.9%)	
5	42	38 (11.3%)	
Mother's education*		<del></del>	
<5 standard	277	180 (53.6%)	
>5 standard	427	156 (46.4%)	
Father's education*		<del></del>	
<8 standard	206	124 (36.9%)	
>8 standard	498	212 (63.1%)	
Residence			
City	227	107 (31.8%)	
Urban slum	477	229 (68.2%)	
Occupation			
Unskilled	62	48 (14.3%)	
Semi skilled	114	81 (24.1%)	
Skilled	178	83 (24.7%)	
Clerk/Shop	273	112 (33.3%)	
Semi Professional	77	12 (3.6%)	



Family size*		
<4	158	63 (18.8%)
5	227	80 (23.8%)
6	115	67 (19.9%)
7	107	61 (18.25%)
8	97	65 (19.3%)
Family income/mo (R	s.)*	
£6,10	84	78 (23.2%)
6,101-10,160	97	92 (27.4%)
10,161-15,280	115	104 (30.9%)
>15,281	408	62 (18.5%)

<sup>\*</sup>P < 0.01.

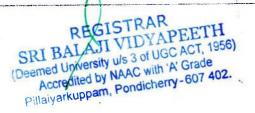
Male sex, increasing birth border and family size, lower parental education and income were identified to be associated with significant school absenteeism (*Table I*). Causes responsible for their school absenteeism, as reported by the students are listed in *Table II*.

Table II
Causes of School Absenteeism Reported by Students

Cause	Absentees	Others	P value
	n = 336	n = 368	
Part-time job	72 (21.4%)	0 (0%)	<0.001
Illness	182 (54.2%)	187 (50.8%)	0.37
Chronic illness	51 (15.2%)	14 (3.8%)	< 0.001
Perception of ill health	150 (44.64%)	129 (35.1%)	<0.001
Family function	162 (48.2%)	115 (31.2%)	< 0.001
Family illness	103 (30.6%)	62 (16.85%)	< 0.001
Family problem	141(42%)	36 (9.8%)	< 0.001
School phobia	159 (47.32%)	82 (22.3%)	<0.001
School truancy	59 (17.6%)	2 (0.5%)	< 0.001
School load	167 (49.7%) ✓	121(32.9%)	< 0.001

#### References:

- 2. Besculides M, Heffernan R, Mostashari F, Weiss D. Evaluation of school absenteeism data for early outbreak detection, New York City. BMC Public Health 2005; 5: 105. (a) percentage of children with school absenteeism in different schools range from 7.3% to 17.8%. b) Adolescent children were more likely to remain absent compared to younger children)
- 8. Awasthi S, Sharma A. Survey of school health and absenteeism in Lucknow. Indian Pediatr 2004; 41: 518. (a) Prevalence of school absenteeism is 4.7%. b) Male children are more likely to remain absent



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- 11. Ananthakrishnan S, Nalini P. School absenteeism in a rural area in Tamil Nadu. Indian Pediatr 2002; 39: 847-850.{a) Of children with school absenteeism, 50.2% were males and 49.8% were females. b) School absenteeism is more common in younger children}
- 12. Kaplan BA, Mascie Taylor CG, Boldsen J. Birth order and health status in a British national sample. J BiosocSci 1992; 24: 25-33. (In first born child, school absenteeism is seen in 8%, in second order birth it is 12% and in 3<sup>rd</sup> order it is 22.4%)
- 13. Rumberger RW. Dropping out of high school: the influence of race, sex, and family background. Am Educ Res J 1983; 20: 199-220.{75% of children with school absenteeism were from poor families and 80% of mothers were uneducated}

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#### **GROUP TASK 1: FOR GROUPS A & B**

#### **GIVEN TIME: 30 MINUTES**

# TASK TO BE DONE: READ THE FOLLOWING STUDY, AND WRITE THE DISCUSSION

Iron Deficiency as a Risk Factor for Simple Febrile Seizures- A Case Control Study

Introductory par	agraph:
	•
Major finding: I	on deficiency is a risk factor. (Def. 12.13)
iviajor imumg: i	on deficiency is a risk factor: (Ref: 12,13)
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Other finding: In our study, all children who had anemia also had less serum ferritin. + Compare with the findings of studies 14 & 15 and explain the possible differences using Ref16:

Link between reduced iron status and febrile seizures (Ref: 17)

Other findings (no correlation with socio-economic status; ref: 18. no correlation with rural or urban: ref: 19)

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Limitations: (hospital based study and not community based) Conclusion & further areas of research:

# **GROUP TASK 2: FOR GROUPS C & D** Discussion: Introductory paragraph: Major finding: Prevalence of Xerophtalmia is 9.1%; add Ref: 10, 11 and 14 (a); give reasons, if findings are different.

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Other finding: (Vitamin A def increases with age; add ref: 15.

Prolonged breast feeding rate beyond two years is high; add ref: 16)

Other finding (Severe forms of vitamin A deficiency such as corneal ulceration and keratomalacia are less in the study population)
(Ref: 17)

Other finding (relationship of vitamin A deficiency with maternal illiteracy, poverty and rural areas): (add Ref: 18)

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Other finding (intoke of vitemin A rich foods is loss, add ref	. 10 14
Other finding (intake of vitamin A rich foods is less; add ref	19, 14
(b)].	
	8.5%
Other finding (XY/hite nation attinuis assume authorized assume	1
Other finding (White maize eating is common, which contain	ns less
vitamin A): add Ref: 20.	
	•
Concluding sentence:	-
Limitations for the study: diet intake was assessed by 24 hou	ır recall
method: (add ref: 14 c)	

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Suggestions for future: (Fortification of white maize with vitamin A; health education to public about balanced diet; training of peripheral health workers)

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#### **GROUP TASK 3: FOR GROUPS E & F**

# **School Absenteeism Among Children and its Correlates**

## **Discussion**

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In	tro	du	ctic	m.

Major finding: The average absenteeism per child in our study is 10.2%. Add ref: 8 (a) and then 2 (a).

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Other finding: comment on male sex, age group, birth order, parents' education and income, school phobia, school truancy, school load and absenting for family reasons; add ref: 8 (b), 11(b), 12, 13, 2(b), 11(a); quote the possible reasons:

Other finding (child labour 21%; quote the possible reasons):

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Other finding (family problems 42%; quote the possible reasons)	
Limitations of our study (Study done in Govt. schools only):	
•	
Conclusion and suggestions:	
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2.	Formatting using template			
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4.	Final Check			

**Facilitating Factors:** 

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**Overall Opinion:** 

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**Facilitating Factors:** 

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**Facilitating Factors:** 

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**Overall Opinion:** 

Good

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**Facilitating Factors:** 

**Hindering Factors:** 

Overall Opinion:

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**Facilitating Factors:** 

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Overall Opinion:

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Overall Opinion:

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Your feedback is important, & would help us enhance this orientation program. Please spare a few moments to complete this questionnaire. EVALUATION FORM

Date: 24.08.2018

#### **SESSION EVALUATION:**

No.	SESSIONS	Very Useful	Useful	Not useful
1.	Writing Summary	1		
2.	Formatting using template	1		
3.	Convertion of Dissertation into Journal article	1		
4.	Final Check	1		

**Facilitating Factors:** 

Indepth explanation about - Desicly Bubonission,

**Hindering Factors:** 

**Overall Opinion:** 

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# SRI BALAJI VIDYAPEETH DEEMED UNIVERSITY MAHATMA GANDHI MEDICAL COLLEGE & RESEARCH INSTITUTE



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## MEDICAL EDUCATION UNIT

# Certificate of Participation

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Medical Education Unit

## MEDICAL EDUCATION UNIT, MGMCRI



Value added course on Protocol Writing

Enrolled student list



Time: 2.00 - 4.00 PM

Venue: MEU

S.No   UIN No   Name   Department   20/08/18   21/08/18   23/08/18   23/08/18   1601021001   Dr. Daggupati Harith   Anesthesiology   Anesthe	24/08/18 A
1 1601021001 Dr. Daggupati Harith Anesthesiology 2 1601021002 Dr. Gobinath Anesthesiology 3 1601021003 Dr. Arthi. P. R 4 1601021004 Dr. Govind Shaji Anesthesiology 5 1601021005 Dr. Anwar Basha S 6 1601021006 Dr. Abhimanyu Singh Anesthesiology	The state of the s
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6 1601021006 Dr. Abhimanyu Singh Anesthesiology	1
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7 1601051001 Dr. Sridhar .D Com. Medicine	DIS.
8 1601051002 Dr. Chithra .B Com. Medicine	di z
9 1601051003 Dr. Surendran .V Com. Medicine	W.
10 1601061001 Dr. Midhun T.T DVL M.	
11 1601061002 Dr. Sameer Firoz DVL	000
12 1601061003 Dr. Roshni K DVL lashar kashar Kashar	Mashine
13 1601061004 Dr. Sapna Muralidhar Goutham DVL A Cal Cal Cal	Sol
14 1601071001 Dr. Roby Thomas Koshy ENT	Aver
15 1601071002 Dr. Raamdeepak K.K ENT	S Oction
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17 1601091002 Dr. Mohammed Feros A.S Gen. Medicine A A Figs GWT Pressort	1 ABSENT
18 1601091003 Dr. Mote Srikanth Gen. Medicine	
(19) 1601091004 Dr. Mohamed Kasim A Gen. Medicine Gen. Medicine	am
20 1601091005 Dr. Sujjay .J Gen. Medicine	To the
21 1601091006 Dr. Anirudhya .J Gen. Medicine	I. Duranto
22 1601091007 Dr. Yugandhar Tummala EGISTRAR Gen. Medicine T. M. Arssauff J. M. A	1. Loth
23 1601091008 Dr. Siddharth PSRI BALAJI VIDYA Grade	June

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24	1601091009	Dr. Chandrasekar .K. T	Gen. Medicine	That see	Charles	a parse	Charles	d
25		Dr. Sureshkumar. S	Gen. Medicine	Soot &	Books	dontal	Poler	do
26	1601101001	Dr. Abhishant .P	Gen. Surgery	des.	1.X 1.	11.11	leter	a.
27	1601101002	Dr. Anupriya .R	Gen. Surgery	(Keer).	Reest	Rust	Mant	(K)
28	1601101003	Dr. Venkateshen P	Gen. Surgery	7258	370)	ARSENT	Arssont	Ar
29	1601101004	Dr. Pugazharasan .M	Gen. Surgery	A	Bright	Brakefra	Buggers	1000
30	1601101005	Dr. Gowtham .K	Gen. Surgery	K. 9 cm	k.gar/	4. Sam	K.gall	x.4
31	1601101006	Dr. Ajay .P	Gen. Surgery	190%	14	Do	honz	A
32	1601101007	Dr. Prethivee .N	Gen. Surgery	FAT	J.S.	Assent	16-4	1
33	1601101008	Dr. Chidambara Thanu .T	Gen. Surgery	19	ARSENT	ABSENTA	" Bothsont	1-2
34	1601101009	Dr. Barath .K	Gen. Surgery	1.	· Y/	ARSENT,	Va.	3
35	1601101010	Dr. Balaji Rajavarman. H	Gen. Surgery	TOPLET	A35847	ABJENT	masont	P
36	1601121001	Dr. Nikita	OB & GY	Little	Milite 1	Killi &	helist 1	hi
37	1601121002	Dr. Shruthi Rajendran	OB & GY	ofthe	de	Molik	that	1
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39	1601121004	Dr. Ishwarya L.D	OB & GY	A	ABSENT	ARIEUT,	ARSSENT	BB
40	1601121005	Dr. Devarasetty Shravani	OB & GY	D. Chrecent	D. Shrani	D. Shrown	Vix	54
41	1601121006	Dr. Prathima .A	OB & GY	Mahin	Mashim	Mathin	Al Callerina	M.
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43	1601131001	Dr. Senthil Prasad R	Opthal	ph	ll_	el-	la	1.5
44	1601131002	Dr. Reshma Shaji	Opthal	·	1/	2//	e .	V
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H	51	1601151001	Dr. Zaheen Zehra. N	Paediatrics	7	6	7	a	
-	52	1601151002	Dr. Ravi Kumar .S	Paediatrics	Lue	Sory	· Anson +	Sur	Eny
	53	1601151003	Dr. Rasika Priya D	Paediatrics	Lanhy	21 Mi	Lanky	Daniy	Arour
	54	1601151004	Dr. Kannan .C	Paediatrics	ith "	1.1.	amy .	dh	ARSLIA
	55	1601161001	Dr. Shameera Begum M	Pathology	there	themen	ARSENT.	her	The real
	56	1601161002	Dr. Varughese Padinjattadathu George	Pathology	Mr.	700	May	THU	/AHS-
	57	1601161003	Dr. Janani. M	Pathology	(m)	yws/	(mg	(mo	(viz
	58	1601191001	Dr. Suriyakumar .T	Psychiatry	T.C	T.5	V.S	7.5	4.5
	59	1601191002	Dr. Natasha Celia Saldanha	Psychiatry	MES	Nes	NCP	NCS	Try.
	60	1601211001	Dr. Thiyagesa Devaganapathy .S	TBCD	A	ABSENT	ABS FRUTO	present	Mount
	61	1601211002	Dr. Karthikeyan K	TBCD	A	ABSENT	ABSENT	ansent	Arssent
	62	1601201001	Dr. Sanmathi .A	Radiology	Sh	Vh	Mr.	De	V-
	63	1601201002	Dr. Sahana. S	Radiology	We	12	NO	In	(DE
	64	1601201003	Dr. Abhilash .P	Radiology	Stone	Honh	applica	bolible	Johns
	65	1601201004	Dr. Mohit N	Radiology	Hobert	mi	Unit	Marit	Many
	66	1601201005	Dr. Apara Bhuyan	Radiology	alparet	dead	deand	Manager	House
	67	1601201006	Dr. Sathagurunath P A REGIS	Radiology	Bur.	Sime	(S) May	Boly.	Mahy
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