



FACULTY OF MEDICINE MAGAZINE - VOLUME 2 AUGUST 2010 - FEBRUARY 2011

FOR INTERNAL CIRCULATION ONLY





AIMST UNIVERSITY

FACULTY OF MEDICINE CONGRATULATES

Dato' Dr.Hj.Marzukhi bin Md.Isa
Pengarah, Jabatan Kesihatan Negeri, Kedah

And

Dato' Dr.Hjh.Juita bt.Ghazalie
Pengarah, Hospital Sultanah Bahiyah, Alor Star

**for being the proud recipients of Datuk Setia DiRaja
Kedah (DSDK), which carries the title 'Dato'**



AIMST UNIVERSITY aimst FACULTY OF MEDICINE
Editorial

newsletter

The 2nd newsletter of FOM evidences a better response in respect to submission of articles and has resulted in it graduating into a magazine this time.

The front cover page designed by Mr.Naga BN is studded with a spread of pictures mainly depicting student and staff successes. FOM faculty had the opportunity to visit foreign varsities to present papers and students have been encouraged to participate in many national events. These avenues have been made use of by the staff and students to flourish on an individual, professional and institutional basis. In this issue we have reports on Avicenna, the MQA visit, the University convocation, the Director General of Health's visit and notes on the various co-curricular activities of AIMST FOM. The Dean FOM and DVC Academic affairs, DVC student affairs, Dr.Kishen the SCHOMOS Kedah chairman have contributed write-ups apart from a host of faculty and students.

As usual, a selection of FOM's academic achievements has been captured mainly from the monthly meeting minutes of the faculty. The students excelled in both brawn and brain, winning sports, bio-innovation awards and quizzes.

magazine

Though it is difficult to separate the newsletter from the magazine, this issue has been blessed with faculty and students revealing their artistic dimension. The poems, verses, pictures, write-ups have the potential to feature in commercial journals/magazines all over the world.FOM has among its students and staff a bevy of professional organizers and event managers who could churn up a class ceremony within short notice and their reports will serve as motivation and as a guideline to many.

Reports from faculty/students include the Merdeka night, the 9ratri, Christmas celebrations, ponggal competitions, thaipoosam health camp, Chinese new year charity drive, the MEDSA revival, mega cultural night to name a few. Students and Alumni have shared their 'electives' and 'internship' experiences along with their views on learning styles and social networking.

AU=GOLD

AIMST UNIVERSTIY=AU=SYMBOL FOR GOLD. With the achievements above and with the surge of milestones to follow we are definitely in a good position. More achievements will mean more pages for the FOM newsletter/magazine. With the immediate future promising the preclinical national quiz on April 8/9th 2011 and the launch of the Alumni on April 30th we can shout '*Maak Jou Drome Waar*' which in Afrikaans means 'make your dreams come true'. We can make mission impossible, possible with our AIMST dream team.

Hand phone picture taken from my car of a van headed towards semeling-January 2011



Dr. P. K. Rajesh, Deputy Dean Preclinical studies
Editor, FOM newsletter/magazine

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Dean's page
Prof. K. R. Sethuraman, DVC Academic and International affairs
Dean, Faculty of Medicine

Enduring Matters

While AIMST University completes 10 years this year, my own stint here will be 5 years on Valentine's Day (Feb-14th). I arrived on 14-2-2006 and took over as the dean of Medical school at the Amanjaya campus. It was a shop-lot, well worked to serve as a medical school; every batch of students had its own lecture hall. Being small and compact, you would come across all the University staff several times a day and it was conducive to fostering collegial feelings.

The pioneering batch of 21 students of June 2002 intake (batch-1) had entered year-4, term-2 and the newbie batch-9 had just joined in early Feb, 2006. Those days were tough as the staff and students had to stay in rented houses (mostly in Bandar Laguna, about 2 km from the University). A few had personal transport, and others had to catch the 7.30 staff bus to commute to and from the Varsity. The students along with their teachers used to go by buses to the hospitals. Every day was a challenge with some late-comers missing the bus or the students going off without their instructor!

We used to go to the old SP Hospital till Jan 2007, which is now functioning as an A&E centre. It was a cramped and crowded place. We had our own "AIMST cabin" made of a 30'x20' container, which was fitted with air-cons and was used as a class room. It even served as a 'ward' to conduct the year-4 clinical exams in Medicine for the batch-1 students in July 2006, since no ward could be vacated to conduct the clinical exam.

When the hospital moved to the state-of-the-art construction in Amanjaya, quite close to the former AIMST campus, our set up looked totally jaded and ancient. Only our new swanky campus at Semeling could match up with the new hospital Sultan Abdul Halim (HSAH). On Jan 12th 2007, after Batch-2 completed their year-4 clinical exams in the shiny new HSAH, we requested to be shifted to the Semeling campus even though it meant that we had to move far away from HSAH. We wished that the MQA/MMC panellists, who were expected to visit us soon for the final accreditation of MBBS, to see us in the permanent campus and not the temporary campus.

In Feb 2006, there were only 22 teaching staff members. "Each one, get one" was the slogan that made us double the staff strength within the next 8 months and to reach 65 by mid 2007. The faculty of Medicine was the first to move in to the Semeling campus in April 2007 and shifted in stages over the next 4 months. The accreditation went off smoothly in August 2007. It took 3 more years of trying to get in to the Avicenna directory of world medical schools before successful entry. However getting in to the US directory (FAIMER-ECFMG directory) was much easier and was achieved in 2008.

With the revisit by MQA-MMC joint panel in 2010, the flagship is set to sail till 2013 when the next accreditation visit is due to take place. Will it be a smooth sailing? Time will tell us the answer...

Prof K.R. Sethuraman. Dean- FoM

The book Davidson's Clinical Cases, Strachan MW, Sharma SK, Hunter JA (editors), Churchill Livingstone Elsevier, 2008, has been awarded the First Prize for the best book in Medicine by the British Medical Association in the 2009 Book Competition

http://www.bma.org.uk/whats_on/offers_and_competitions/2009bookcompetitionwinners.jsp?page=1#Medicine

The Faculty is proud that Dean, Senior Professor K R Sethuraman is a contributing author to this book.



**Prof. Dr. Harcharan Singh Sidhu,
Deputy Vice-Chancellor (Student Affairs).**

Brief report on the 3rd Convocation on the conferment of Doctor of Letters to Tan Sri Datuk Dr. K. Ampikaipakan and the visit of Tan Sri Dato' Seri Dr. Hj. Mohd. Ismail Bin Merican, Director General of Health Malaysia to AIMST University.

It was indeed an honour to write and present the citation for the degree of Doctor of Letters (*Honoris Causa*) for Tan Sri Datuk Dr. K. Ampikaipakan on behalf of the university. The idea of a university in the northern region of Malaysia was first mooted to the then Prime Minister of Malaysia Tun Dr. Mahathir bin Mohamad at the Alor Star airport while the Prime Minister, Dato' Seri S. Samy Vellu and Tan Sri Datuk Dr. K. Ampikaipakan were waiting to catch a flight .

To accomplish this Dr. Ampi needed to draw on all his abilities, for this new venture which was to begin in 2001. It would make the highest demands on him, (for a short period he even had to be the first Vice Chancellor of the University), but now, some ten years later, the success of his efforts are here for all to see.

Tan Sri Dr. Ampi was active in making high quality respiratory medical training available, in this country. For example, he rendered voluntary service to the Malaysian Association for the Prevention of Tuberculosis, and in 1980 started the first comprehensive respiratory function laboratory in Malaysia, at the National Tuberculosis Centre. Additionally, he was a Founder Secretary of the Malaysian Thoracic Society in 1986, and President of the same Society from 1989 to 1992.

Today Tan Sri Dr. Ampi is in the foremost ranks of the medical profession, and all you need to do is to spend a few hours with him and you will realize why this is so. He is constantly at work; in the consulting room, the hospital ward and intensive care unit or on-call at all hours. He puts the interests of his patients above everything and works tirelessly for their well-being.

In fact Tan Sri Dr. Ampi made available the hospitality of his home in order for us to write the curricula for medicine, dentistry and pharmacy. At that time it was extremely challenging to kick start this university from ground zero. As a result of his unwavering passion for academic excellence, the branding of AIMST University academic programmes are extremely strong. The university has no doubt, that Tan Sri Datuk Dr. K. Ampikaipakan is a most worthy recipient for one of the major honours a university can bestow.

Another milestone last year was the much anticipated visit of Tan Sri Dato' Seri Dr. Hj. Mohd. Ismail Bin Merican, Director General of Health Malaysia. After two aborted attempts Tan Sri finally was able to visit AIMST on the 18 December 2010. This visit was important so much so that Dato' Seri S. Samy Vellu (Chancellor of AIMST) and Tan Sri Dato' Dr. T. Marimuthu (Chairman of AIMST) took time off from their busy schedules to personally welcome the Director General. AIMST rolled out the red carpet and put up a grand show. Even more stimulating and motivational was the speech by the Director General which was so elegantly delivered punctuated with humour. The Director General also reminded medical students the ten golden rules of medical practice. Some of the facilities he saw were our clinical skills laboratory and the dental hospital both of which impressed him very much. The Director General had to leave early as he had a lunch appointment with the Prime Minister of Malaysia. We were truly honoured by his visit.

Prof.Harcharan Singh Sidhu

August 2010



In August 2010, FOM welcomed MBBS Batch 16 into its fold. MBBS Batch 13 did a great job orienting batch 16 into FOM. Batch 16 is now an integral part and doing well. The classes created a collage of photos to show case their multi-tasking abilities.

Anatomy and Physiology

Prof R Arulmoli and Prof. Neena Bhattacharya were examiners for the Membership of the Royal College of Surgeons (MRCS) Examination in Penang in Aug 2010

Pathology-Prof. Datta Gupta published voraciously

Clinical significance of phosphatidyl inositol synthase overexpression in oral cancer. Kaur J, Sawhney M, Datta Gupta S, Shukla NK, Srivastava A, Ralhan R. BMC Cancer 2010; 10: 168

<http://www.biomedcentral.com/1471-2407/10/168>

Antituberculosis therapy induced acute liver failure: magnitude, profile, prognosis and predictors of outcome. Kumar R, Bhatia V, Khanal S, Sreenivas V, Datta Gupta S, Panda SK. Hepatology 2010; 51: 1665-74

<http://onlinelibrary.wiley.com/doi/10.1002/hep.23534/abstract>

Primary malignant melanoma at unusual sites: an institutional experience with review of literature. Das P, Kumar N, Ahuja A, Jain A, Ray R, Sarkar C, Datta Gupta S. Melanoma Research 2010; 20: 233-239.

http://journals.lww.com/melanomaresearch/Abstract/2010/06000/Primary_malignant_melanoma_at_unusual_sites__an.12.aspx

Study of cellular immune response against hepatitis E virus. Prabhu SB, Gupta P, Durgapal H, Rath S, Datta Gupta S, Acharya SK, Panda SK. Journal of Viral Hepatitis 2010 [E pub ahead of print, Jun 23]

<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2893.2010.01338.x/abstract>

Angiogenesis in renal cell carcinoma: correlation of microvessel density and microvessel area with other prognostic factors. Sharma SG, Aggarwal N, Datta Gupta S, Singh MK, Gupta R, Dinda AK. International Journal of Urology and Nephrology 2010 [Epub ahead of print, Jun 10]

<http://www.springerlink.com/content/j524v2461588311w/>

A Poster "Mallick S, Gupta R, Datta Gupta S, Dinda AK, Mohanty BK, Singh, MK.

Angiogenesis, proliferative activity and DNA ploidy in oral verrucous carcinoma: A comparative study including normal mucosa, verrucous hyperplasia and squamous cell carcinoma" presented in the 5th International Congress on Oral Pathology and Medicine, 73rd Annual Meeting, Korean Academy of Oral & Maxillofacial Pathology, IOAP 2010 Seoul, South Korea, 16-20 August 2010, was awarded the Best Poster Award.

Pharmacology unit prescribed solidly

Dr.B.K.Mohanty presented a talk 'bugs and drugs' in the symposium on antimicrobial resistance (FOMAP, 20 Aug 2010)

Attitude of doctors towards physical characteristics of solid oral dosage forms [Letter to the Editor]. A A Hasamnis, S S Patil, B K Mohanty, Kyaw Thu and Arun Kumar.

In: Journal of Pharmacy and Bioallied Sciences 2010; 2: 151. Available from

<http://www.jpbonline.org/text.asp?2010/2/2/151/66998>

Pattern of drug utilization in rural Malaysia. Hasamnis AA, Patil SS, Narayan KA, Khan AR, and Mohanty BK. [Letter to the Editor]. Annals of African Medicine 2010; 9: 106-107 Available from <http://www.annalsafrmed.org/text.asp?2010/9/2/106/64746>

MICRO ventured into MACRO issues

Dr.Rajesh represented FOM in the interdisciplinary research seminar on August 9 2011.

Dr.Rajesh presented a talk 'bugs and drugs' in the symposium on antimicrobial resistance (FOMAP, 20 Aug 2010)

Dr Rajesh has compiled a manual on the evolution of preclinical PBLs in AUFOM between 2005 and 2010. This manual contains drafts of PBLs, relevant e-communication, student feedback, focus group interviews, minutes of meetings related to PBL, challenges and opportunities provided by PBL and select reference articles. Hard copies are available at Dean's office and with Prof. Neena Bhattacharya and Dr Rajesh. The manual tracks AIMST FOM pbls from what was published in 2005 in the Journal of medical education till what has been accepted for publication by South East Asian Journal of Medical Education 2010.

Publications from the Unit include

Production and application of recombinant haemagglutinin neuraminidase of Newcastle disease virus, Selvan Nallaiyan, RanjitSingh Amirtha Jacob Abbadorai, Sukumar Sundaramoorthy, Jeyakumar Nelson, Suryanarayana Veluvorthy Venkata Sanyasi,

Asian Pacific Journal of Tropical Medicine, Volume 3, Issue 8, August 2010, Pages 629-632,

<http://www.sciencedirect.com/science/article/B9HCJ-50P65C8-9/2/6f17e9e4e78507557db1c8ac54df0871>

Prevalence of human papilloma virus type 16 in women with AIDS. Venkatajothi, Biomedicine 2010; 30: 134-8.

A biorepellant claimed to be safe, environment friendly, and free from harmful chemicals that has been developed by Dr S Ranganathan (India), Dr M S Ranjith and Dr Gokul Shankar (from AIMST University) was covered by the Deccan Chronicle, Newspaper on 2 August 2010

<http://www.deccanchronicle.com/chennai/ahimsa-compliant-spray-help-keep-pests-away-877>

Medical education did advance

Student's perceptions regarding the usefulness of explicit discussion of the structure of the observed learning outcome taxonomy. Prakash ES, Narayan KA, and Sethuraman KR. Advances in Physiology Education 2010; 34: 145-149, 2010 <http://advan.physiology.org/cgi/content/full/34/3/145>

Community medicine was applauded for an earlier event

A poster titled "Assessment of a colorectal cancer screening programme using faecal occult blood test (FOBT) kit in Penang state, Malaysia" was presented at the National Conference for Clinical Research, 2-4 Jun 2010, Royal Chulan Hotel, Kuala Lumpur. Authors: Aisah K, Lubna L, Narimah S, and Hassali MA.



Faculty of Medicine, MERDEKA march.

September 2010

Micro/Myco:

Dr Jeyakumar Nelson delivered a Guest Lecture on Mycomedicine, in Sep 2010 at Sarah Tucker College, Tirunelveli, Tamil Nadu, India.

Pathologists go rubor, calor, dolor, tumor...

Prof S. Datta Gupta attended the Asia Pacific Digestive Week 2010 [APDW 2010] at Kula Lumpur from 20-22 Sep 2010 and was a co-author for seven presentations in this conference.

The following abstracts accepted for presentation are published in the Journal of Gastroenterology and Hepatology 2010, 25 (Suppl):

1. Verma AK, Makharia GK, Amarchand R, Das P, Bhatia V, Goswami A, Bhatnagar S, Datta Gupta S, Ahuja V, Anand A. Prevalence of Celiac Disease: A community based study from North India. J Gastroenterol Hepatol 2010, 25 (Suppl) A 12 [Abstract No. 729] (Oral Presentation)
2. Das P, Makharia GK, Goswami P, Sreenivas V, Ahuja V, Datta Gupta S. Expression of tight junction proteins in Crohn's disease, Ulcerative colitis and Intestinal Tuberculosis. J Gastroenterol Hepatol 2010, 25 (Suppl) A 12-13 [Abstract No. 585] (Oral Presentation)
3. Shalimar, Das P, Datta Gupta S, Makharia GK. Effect of addition of short course steroid to gluten free diet on mucosal epithelial regeneration and apoptosis in celiac disease: a pilot randomized controlled study. J Gastroenterol Hepatol 2010, 25 (Suppl) A 21 [Abstract No. 589] (Oral Presentation)
4. Das P, Makharia GK, Sreenivas V, Datta Gupta S. Villus Atrophy in Celiac disease: Role of Apoptosis. J Gastroenterol Hepatol 2010, 25 (Suppl) A 36 [Abstract No. 586] (Poster Presentation)
5. Goyal R, Kumar A, Shalimar, Mahanta M, Acharya SK, Datta Gupta S. Results of sequential therapy with telbivudine followed by add-on adefovir in HBeAg positive Chronic hepatitis B. J Gastroenterol Hepatol 2010, 25 (Suppl) A 100 [Abstract No. 361] (Poster Presentation)
6. Goyal R, Kumar A, Shalimar, Mahanta M, Acharya SK, Datta Gupta S. HBeAg negative Chronic Hepatitis B (CHB) in India: Magnitude, Viral Characteristics and host characteristics. J Gastroenterol Hepatol 2010, 25 (Suppl) A 104 [Abstract No. 520] (Poster Presentation)
7. Goswami P, Sharma M, Mishra A, Das P, Datta Gupta S, Makharia GK. Differences in the features of celiac disease in adolescents and adults. J Gastroenterol Hepatol 2010, 25 (Suppl) A 156-157 [Abstract No. 582] (Poster Presentation)**
8. Goswami P, Das P, Nag TC, Das TK, Datta Gupta S, Makharia GK. Tight junction alterations in celiac disease and Crohn's disease and effect of treatment on them. J Gastroenterol Hepatol 2010, 25 (Suppl) A 157 [Abstract No. 584] (Poster Presentation)

Community medicine: balancing medico's and the community

Rashid Khan A, Sapna SP, Narayan KA. Teaching racial understanding to medical students. South East Asian Journal of Medical Education Vol. 3 no. 2, 2009 p 35 – 44

Patil Sapna S, Hasamnis Ameya A, Jena SK, Rashid AK and Narayan KA. Low awareness of osteoporosis among women attending an urban health centre in Mumbai, Western India. Malaysia Journal of Public Health Medicine 2010, Vol. 10 (1): 1-7

Surgery-cut above the rest?

Dr Pradeep K Sharma passed the MRCS Examinations and has been successfully admitted as a member of the Royal College of Surgeons.

Medicine-covers Canada

Dato Wira Dr.L.R.Chandran, being the secretary of the Malaysian Hypertension Society would be attending the 23rd Scientific Meeting of the International Society of Hypertension to be held in Sep 2010 at Vancouver, Canada.

Student presentation/Publication

Arvinder Singh who has just graduated out of the MBBS programme presented a case report (an abnormal case of PR bleed) in the 13th GP conference organized by Malaysian Medical Association, Penang on 24 Sep 2010. **This article has been subsequently published in the Scottish medical journal**

October 2010

Emerging news

Faculty members who attended the 14th International Conference on Emerging Infectious Diseases (EID), Penang, 4-6 Oct 2010 include Ms K Rohini, Ms V Sridevi, and Dr M Surekha Bhat (from Unit of Biochemistry), Dr Chandralekha (from Anatomy), and Ms R Venkatajothi, Dr M S Ranjith, Dr Jeyakumar Nelson, Dr Gokul Shankar (Unit of Microbiology).

Knock of Opportunity attended to-

Dr Chandralekha, Dr Jeyakumar Nelson and Ms Venkatajothi attended the NIH Grantsmanship and Funding Opportunities Seminar held in USM, Penang, in Oct 2010.

Microbiologists-be local but think global

Dr Ranjith Mehenderkar was one of the authors of the Paper "Incidence, risk factors and clinical epidemiology of Melioidosis: A complex socio-ecological emerging infectious disease in the Alor Setar region of Kedah, Malaysia" published in BMC Infectious Diseases.

<http://www.biomedcentral.com/1471-2334/10/302>

Dr. Jeyakumar Nelson presented two posters in the International Conference on Emerging Infectious Diseases, Oct 4-6 at Pacific Rim, Penang. The titles of the Abstracts are: Emerging Biofilm and device associated infection and Extended spectrum beta lactamase mediated resistance in urinary tract pathogens

Dr M S Ranjith delivered a Guest Lecture on Emerging Infectious Diseases in the International Seminar "Microbes – Elixir of Life", 28-29 October 2010 at Dr MGR Janaki Women's College, Chennai, India

Dr S Gokul Shankar, Dr M S Ranjith along with Dr B K Mohanty of Pharmacology Unit, have had the abstract titled ““Is synergy of antimicrobials the effective way of management of resistance among cosmetically significant skin microflora?” accepted for presentation for the forthcoming International conference on Antimicrobial Research to be held between 3-5 November in Valladolid, Spain

A paper titled “Bacteriophage therapy: reappraisal of a potential answer for surgical site infections” has been accepted for presentation (virtual) at the International Conference on Antimicrobial Research (ICAR2010), 3-5 November, Valladolid, Spain. The authors are Lingewran Nalenthiran (Year 2 Student, Batch 15) and Dr P K Rajesh.

Pathologists lead the path

At the 3rd World Congress of Pediatric Surgery, New Delhi 21-24 October 2010, Prof. S. Datta Gupta co-authored 4 papers. These were on histopathology and surgical outcomes of biliary atresia, prognostication of hepatoblastoma, stem cells in experimental cholangiopathy, and age and survival in biliary atresia.

Details are as follows

Lucky Gupta, S Datta Gupta, V Bhatnagar Correlation of Histopathology and Surgical Outcomes In Extrahepatic Biliary Atresia [Session C-1. Biliary Atresia and Choledochal Cyst Abstr 69]S. Agarwala, G. Munghate, S. Bakhshi, M. Bajpai, V. Bhatnagar, AK Gupta, S. Datta Gupta, VK Iyer, DK Gupta Validation of Pretext Staging System and risk categorization for prognostication and outcome in Hepatoblastoma- results from AIIMSHB94 Trial [Session E-1. Oncology Abstr 133]

Shilpa Sharma , Sujata Mohanty, Prasenjit Das, S Datta Gupta, Lalit Kumar, Devendra K Gupta NATIVE Liver Oval Stem Cells in Experimental Obstructive Cholangiopathy: Etiopathological Correlation and role of Stem Cells. [Session A-5. Stem cells and Necrotizing Enterocolitis Abstr 299]

Poster: Shilpa Sharma, Prasenjit Das, S Datta Gupta, Lalit Kumar, Devendra K Gupta. Liver and Portal Histopathological correlation with age and survival in Extrahepatic Biliary Atresia [Session Hepatobiliary Surgery-I 154]

For Faculty of Medicine Academic Programme [FOMAP], AIMST University, A talk on Non-Alcoholic Fatty Liver was delivered by Prof S. Datta Gupta on 29 October 2010.

Publications reported this month include

Anand Rajan KD, Subbarao KC, Agarwala S, Datta Gupta S. Mediastinal liposarcoma of mixed type in childhood: a report of a case with unusual histologic features. Indian J Pathol Microbiol. 2010 Jul-Sep;53:531-4.

Macha MA, Matta A, Sriram U, Thakkar A, Shukla NK, Datta Gupta S, Ralhan R. Clinical significance of TC21 overexpression in oral cancer. J Oral Pathol Med. 2010 Jul; 39: 477-85. Epub 2009 Dec 16.

Tripathi SC, Matta A, Kaur J, Grigull J, Chauhan SS, Thakar A, Shukla NK, Duggal R, Datta Gupta S, Ralhan R, Siu KW. Nuclear S100A7 is associated with poor prognosis in head and neck cancer. PLoS One. 2010 Aug 3; 5 (8):e11939.

5. Sharma G, Mirza S, Parshad R, Srivastava A, Datta Gupta S, Pandya P, Ralhan R. Clinical significance of Maspin promoter methylation and loss of its protein expression in invasive ductal breast carcinoma: correlation with VEGFA and MTA1 expression. Tumour Biol. 2010 Aug 10. [Epub ahead of print]

Clinical Skills Centre-a beehive of activity

Dr K Narendiran attended the 3rd Annual Human Patient Simulator Network conference held in Fu Jen Catholic University at Taipei in Oct 2010.

Community Medicine: Balik Kampung

A poster titled "Awareness of diabetes in a Malaysian rural community" is accepted for presentation in Diabetes Asia 2010 conference held between 6-10 Oct 2010 at Kuching, Sarawak. The authors on this poster are: Ravivarma Rao Panirselvam, Dinesh Kumar Kannesan, Nithiyia Raja, Chan Wai Lee, Kenny Lim Khai Chiat, Hemala Muniandi, Ng Chong Sian (student authors), and Kay Khine Nyo (Faculty author).

The Community Medicine posting for Batch 12 commenced on 11th October and finished on the 12th November. The venue of the posting was Kampung Nelayan. The students conducted a cultural night for the villagers on 22nd of October. This programme was attended by several faculty members.

At the end of the posting the students organized a health campaign. They made posters and other advocacy materials on several topics of health importance such as drug addiction, antenatal and child care, low back pain, smoking, environmental sanitation etc. Health check up was organized for the villagers. The Faculty of Dentistry, School of Physiotherapy and the Units of Medicine, Surgery, Ophthalmology, ENT, Dermatology, Obstetrics & Gynaecology of the Faculty of Medicine, and the AIMST Clinic participated in the health screening and advocacy programme. Prizes were awarded to the two best booths of the exhibition.

The MQA panel members visited Kampung Neelayan on the 25th of October and interacted with the community on the teaching programme of AIMST.

A manuscript titled "Profile of the subjects with Diabetes: A hospital based observational study from Ahmedabad, Western India" has been accepted for Publication in e-journal Electronic Physician, Iran. Authors: Mayur Patel, Ina Patel, Yash M Patel, Prakash J Shah, Suresh K Rath

Medical Education: Guides by the side NOT sages on stage

A manuscript titled "PBL: Challenges and Opportunities; students and facilitators perspectives" has been accepted for publication as a Short Communication in South East Asian Journal of Medical Education.

Author List: Rajesh P K, Sengodan B, Narayan K A, Ong K K, Suvintheran Thangavelu, Seema Sehgal, Jennifer Daniel, Arul Kumaran, Ong Yan Zie, Rajiv Patel, Melinder Kaur, Leong Ai Leng, Lau Lian Quan (authors who were medical students at AIMST University at the time the study was conducted)

A shout-out from the Otorhinolaryngology unit

Dr Arsheed Hakeem has published a paper: Transoral CO2 laser resection for laryngeal and hypopharyngeal cancer. Arsheed Hussain Hakeem, Marzi Mehta, Jagadish Tubachi, R Kannan, Sultan A Pradhan Otorhinolaryngology Clinics, 2010.

Abstract at <http://tinyurl.com/2fgqcnv>

Medicine unit reported recent publications

Benjamin Samraj Prakash Earnest, Leong Chong Men, G Sukvinder Kaur, Rosnita Bt Alias, H Sunita Devi. Chronic Hepatitis C Infection Associated with Neuromyelitis Optica and Antinuclear Antibodies.

http://www.japi.org/february_2010/article_12.html

Benjamin Samraj Prakash Earnest, J J Jayanth, M E Fernando. Diabetes mellitus and renal tubular acidosis in primary Sjogren's syndrome. http://www.japi.org/july_2010/Article_11.pdf

Orthopaedics-breaking news

Dr Murali Poduval reported being a panelist in the A K Thalwalkar Symposium on Open Tibial Fractures – Management on Day One, at the Western India Regional Orthopedics Conference held at Mumbai, 2010. He reported being awarded a prize in an All India Ethics Essay Competition for an essay titled “Orthopedic Surgeon and the Medical Device Industry: Threat to Scientific Integrity and Public Trust”

Biochemistry-Song of the Soul



SEOUL,KOREA 4/10/2010

SINGAPORE 8/10/2010

Ms.Jega presented at two international venues

1.Jegathambigai Rameshwar and Kumar Ponnusamy. “Effect of L-Carnitine on the Markers of Oxidative Stress and Nucleic acid Status of Brain in Experimentally Induced Parkinsonism in Aged Sprague-Dawley Rats” . **The 12th Asian-Pacific Congress of Clinical Biochemistry. APCCB 2010, October 3-7, Seol, Korea.**

2. Jegathambigai Rameshwar, Kumar Ponnusamy, Iekhsan Othman and Subashini. “Effect of Acute Exposure of Bisphenol A and Phytoestrogens on the Ovarian Morhpology of Mice”. **Exciting Biologies: Biology of recognition. An annual Meeting Series, Massachusetts General Hospital, Boston MA; Foundation ISPEN, cell press. October 7-9th Sentosa Resort & Spa, Sentosa Island, Singapore.**

Navarathri (9rathri) the festival of nine nights was observed (8th-17th October), with the organizing team lead by Dr.Selvam projecting the theme ‘Unity through discipline’. The week was celebrated with prayers, spiritual discourses, dance and music.The ‘Brides of India’ show on the last day was a special highlight of 9rathri.



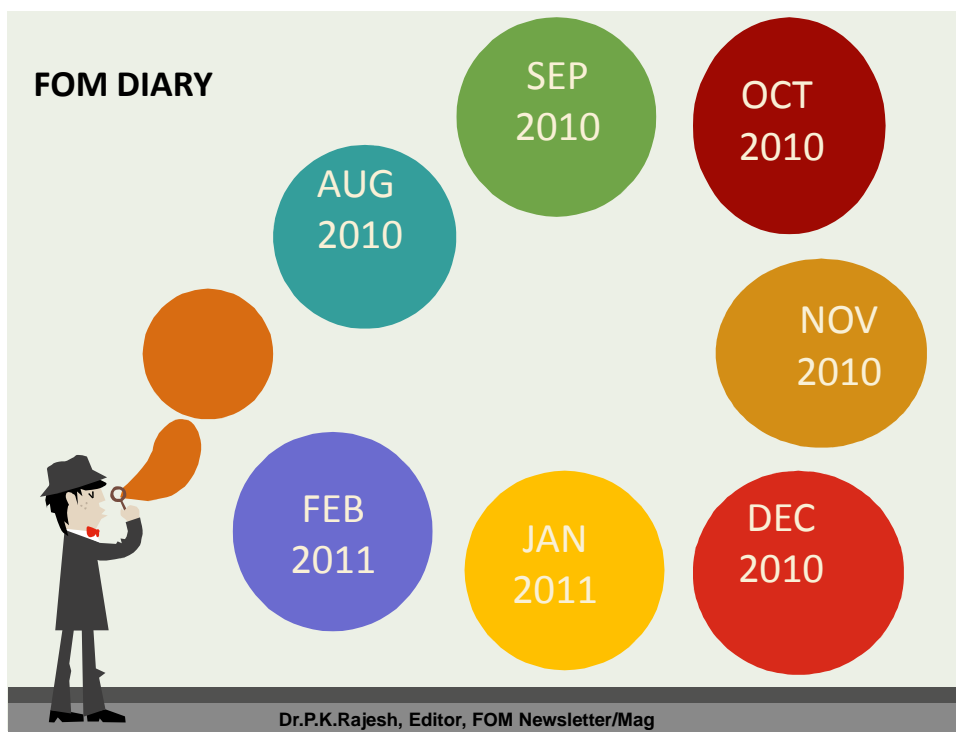
The 3rd AIMST University convocation ceremony was held on 16 October. The graduands from MBBS Batch 7 and 8 were felicitated by FOM at a felicitation ceremony held that evening at medical block.



Ms Dineshi Dias received the Best Outgoing Student award for MBBS Batch 7
Mr. T Suvintheran was awarded the Best Outgoing Student of MBBS Batch 8 and the University Gold Medal.
Mr. Suvintheran, Ms. Vishalini and Mr. Ong Ee Chau of batch 8 passed with MBBS honours and were honoured by the Chairman AIMST University Tan Sri Prof. Dato' Dr. T. Marimuthu and by the MMA Penang Branch



MQA/MMC accreditation panel visited AIMST FOM between October 25-28 2010.



November 2010

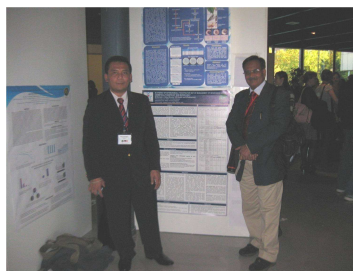
Anatomy was tested

Dr Prasanna Veera Kumar attended the Seminar on Teaching and Assessment conducted by AIMST University on 11 Nov 2010.

Pharmacology unit drugs the bugs

Dr B.K.Mohanty (BKM) attended the First International Conference on Antimicrobial Research in Valladolid, Spain, 3-5 Nov 2010 and presented a Poster titled "Is synergy of antimicrobials the effective way of management of resistance among cosmetically significant skin microflora?" Authors: B K Mohanty (Presenter), S Gokul Shankar and M S Ranjith.

Dr Mohanty acknowledged AIMST University for financial support of his attendance at this meeting.



BKM at SPAIN 4/11/2010

Microbes multi-tasked

Dr.Rajesh presented a talk on OUCH-D (Obesity, Ulcers, Cholesterol, Hypertension-Diabetes) at Max Lagenda Health Club on 27.11.2010 to create public awareness on silent killer diseases.

Dr Jeyakumar Nelson has evaluated PhD thesis (for Bharathidasan University, India) entitled "In vitro and in vivo culture studies on kaempferol production, pharmacological and antimicrobial activities of Dregea volubilis Benth"

Dr Gokul Shankar and Dr Ranjith Mehenderkar are co-authors of a manuscript entitled

"Hair growth modulating effect of a novel herbal formulation - A rediscovery of traditional knowledge", accepted for publication in the December 2010 issue of Journal of Applied Cosmetology

Ms Remya Vallathol has attended the 5th National Infectious Disease Seminar (22 Nov 2010) and Bacterial Proteomics Workshop (23-25 Nov 2010, organized by the Faculty of Medicine and Health Science of Universiti Putra Malaysia.

Ms R Venkatajothi has published a paper titled 'Current antibiotic pattern of Pseudomonas aeruginosa with special emphasis on fluoroquinolone group of antibiotics' in the journal Biomedicine.

Pathology-delved on gut feelings

A FOMAP Clinical Grand Round Case on a case of Pneumatosis intestinalis due to neonatal necrotizing colitis was presented by Dr. Usha Singh, Dr. C. S. Singh and Prof. S. Datta Gupta on 26 Nov 2010

Prizes Awarded: Two Papers in which Prof S. Datta Gupta was a co-author were awarded prizes at the 51st Annual Conference Indian Society of Gastroenterology [ISGCON], Hyderabad, 20-25 November 2010

1. Best Paper in the Plenary session on the prevalence of Celiac Disease

2. Young Investigator Award for a paper on Apoptosis in Celiac Disease

Clinical Skills Centre: From North to South, UGs to PGs...

Dr Kyaw Lin Tun and Dr S Adi attended the workshop on the use of Harvey ® cardiac simulator for teaching undergraduate and postgraduate students, organized by the National University of Singapore.

Otorhinolaryngology-made everybody GULP!

Dr Hakeem has published the following paper: Sultan Pradhan, Marzi Mehta, Arsheed Hakeem, Jagadish Tubachi, R. Kannan. Transoral resection of laryngeal and hypopharyngeal cancers. Indian J Surg Oncol I (2); 207-211, 2010.

Biochemistry makes a 'difference'

Jegathambigai Rameshwar, Kumar Ponnusamy. Clinical applications of L-Carnitine and its congeners in cryobiology and genome banking. **The 16th International Conference of the International Society of Differentiation, NARA, November 15-18, 2010. Japan.**



Explosive news-AIMST-Citius, Altius, Fortius

AIMST FOM students put up good show in the Intervarsity games on 13 November 2010 at Universiti Kebangsaan Malaysia where they stood 5th out of the 21 medical schools that participated. AIMST was crowned '*Champion*' for futsal and the badminton female singles title.

(pictures on cover page)

The Futsal team was represented by

Mr.Muhsin Kamil, Mr.Wong Kah Wai, Mr.Pravind Narayanan (from MBBS batch 10)

Mr.Keshminder Singh, Mr.Navinder Singh (from MBBS batch 13)

Mr.Narendran Kunasekaran (MBBS batch15),
Mr.Narendran Karthikesu (MBBS batch16) and
Mr.Prakash

Badminton female singles champion:

Ms.Lishaliney Uthrapathy (MBBS batch 15)

December 2010

Physiology-meet peers

Dr. Usha Harischandran attended a conference of Physiological Society of India and biannual conference of South Asian Association of physiologists in Bangalore-Dec 15-27, 2010.

Microbiology-student activity

Dr.Rajesh spoke on 'AIDS and Stigma' on the Annual AIDS Day organized by MEDSA on 1.12.2010 at AIMST University. The 'Kurusowa approach' was used as presentation style.

Dr.Rajesh, spoke on 'DREEM survey' for the special FOMAP on 04.12.2010; this proforma has been used to obtain feedback from MBBS Batch 9 Students on 10 Dec 2010.

Medical Education-Enhances

Many FOMites participated in the Workshop on Enhancing the Quality of Essay Questions conducted by the Medical Education Unit, AIMST University on 03 December 2010. Prof.K.R.Sethuraman, Prof.K.A.Narayan, Prof Datta Gupta Dr.P.K.Rajesh and Dr. Bharathi Sengodan served as resource persons for this Workshop.

Biochemistry scores an hat-trick

Mr.Balasundaram published/presented the following papers:

1. Analysis of phytochemicals by GC-MS on Oldenlandia corymbosa – Indian Journal of Natural sciences, Dec 2010.
2. Phytochemical investigations and antifungal activity of Baccaurea courtallensis Muell. Arg
3. Phytochemical profiling, antimicrobial and antioxidant activity of selected medicinal herbs used in Malaysian diet.

Pathology in-flames again

The poster Prasenjit Das, Shalimar, **Siddhartha Datta Gupta**, Subrat K Panda, Govind K Makharia entitled *Effect of addition of short course steroid to gluten free diet on mucosal epithelial cell regeneration and apoptosis in celiac disease: A pilot randomized controlled trial* was awarded the Best Poster Award at the 59th Annual Conference of Indian Association of Pathologists and Microbiologists & Annual Conference of International Academy of Pathology-Indian Division [APCON 2010] at Hyderabad, 9-12 December 2010.

Surgery-Delhi belly on fire

Prof.Srivastava chaired a scientific session and presented a paper entitled “A prospective randomized evaluation of intra-abdominal pressure with crystalloid & colloid resuscitation in burn patients” on 17th Dec 2010 at New Delhi, India.

Otorhinolaryngology-speechless case

Dr Ihab El Sayed Ali published a case report on “*Amylodosis tongue*” in the Indian Journal of Otolaryngology and head & Neck Surgery, Dec 2010

Research Activities: Ms.Jegathambigai organized the Workshop on “Polymerase Chain Reaction” on 21st Dec 2010. The following faculty members attended the PCR workshop: Ms Jegathambigai, Ms K Rohini, Ms V Sridevi, Ms Kavitha Gandhi, Dr Surekha Bhat, Dr P Kumar & Mr Balasundaram (from Unit of Biochemistry), Dr.Chandralekha (Unit of Anatomy), Dr Ranjith, Dr Gokul Shankar, Dr Jeyakumar Nelson, Ms V Remya & Ms.Venkatajothi (Unit of Microbiology), Dr Nagarajakumari & Dr Hla Than (Unit of Physiology), Dr Aye Aye & Dr Yupamin (Unit of Pathology), Dr Jayita Poduval (ENT), Dr Anitha Benjamin (O & G), Dr. Nanthira nitra (Medicine) & Ms Chitra (Scientific Officer).



Ms Neerusha A/P Kaisbain of MBBS batch 14 won the third prize at the Clinical Anatomy Quiz held at IMU, on 11.12.2010.

Chancellor, Chairman and Vice-Chancellor, AIMST University welcome the Director General of Health. December 2010.



January 2011

Bio-way to go

Mr. Balasundaram attended the International Conference on Natural Products and Biomedical Technology between January 10th – 12th 2011 organized by the Department of Biochemistry & Biotechnology, Annamalai University. He was invited to lecture on “Phytosynthesis of silver nano particles using selected medical plants” and also chaired a technical session.

Ms. Rohini delivered a talk on “Antibacterial activity of Nano-silver titania” in the FoMAP on 28 Jan 2011.

Dermatology-skin deep and beyond

Dr. Mariette has published a paper entitled 'Nodular Vasculitis responding to Dapsone' published in the Egyptian Online Dermatology Journal volume 6 No 2.

Physiology and Community medicine-popular with the bookies

Prof. R.K. Marya, Head of Physiology, contributed a chapter to a book “Public Health Dentistry” published by Jaypee Publishers, India, 2011;

Prof. K.A. Narayan, Head of Community Medicine, contributed two chapters to a book “Public Health Dentistry” published by Jaypee Publishers, India, 2011.

Microbiology-Talks organisms aided technology

Dr. Gokul Shankar published- S. Gouse Basha, S. Dawood Sharief, and S. Gokul Shankar Comparison of In vitro susceptibility of melanised and non-melanised *Cryptococcus neoformans* to *Cinnamomum zeylanicum* and *Murraya paniculata* Journal of Biological Technology, Vol 1(3) pp 5-9.

Dr. Nelson delivered a talk on “Antibacterial activity of Nano-silver titania” in the FoMAP on 28 Jan 2011.

January 2011-Ponggal celebrations at campus-through an ophthalmologist's eye

We had a very happy gathering of AU staff in front of the library to compete in Ponggal celebrations. FOM did a fine job, with the team and the supporters giving their best. And we won the prize for the tastiest 'chakkara ponggal', as I had predicted after tasting it.

Here are some pictures. Happy viewing. **Dr. PL. Narayanan, Ophthalmology Unit**



'Ponggal' team members Ms.Rathnes, Dr.Kay, Prof.Neena, Dr.Surekha & Dr.Bharathi with supporters

January 2011-Thaiposam Camp-AIMST

TEAM SPIRIT –the-1MALAYSIA CONCEPT IN THE HEALTH CARE OF PILGRIMS

With the objective to provide first aid to pilgrims it is customary for AIMST University to establish health camp manned by doctors, staff and medico's at the Sri Subramania Devasranam Temple every year.

This year steps were taking to assess the health status of the pilgrims who congregate and take the opportunity to educate and promote their health needs. An assessment of their body mass index (BMI) was carried out and their Random Blood Sugar and Blood Pressure recorded. With the results obtained those who required intervention were counseled by doctors on the importance of healthy life style, requirement of treatment, compliance to medication being taken and referral to hospitals where conditions required further investigations, specialist opinion or admission to wards.

More than 500 patients were seen at the clinic. More than 150 cases of Diabetes Mellitus and more than 100 cases of hypertension were seen and most of the patients were either not diagnosed earlier or their blood sugar levels/blood pressures were inadequately controlled.

The assistance given by the faculty doctors, students and administrative staff, made this health screening campaign a success and a memorable event.



As reported by Dr. SawriRajanRajagopal, coordinator, AIMST health camp

February 2011

FOM-Social responsibility

MBBS batch 12's by means of their '*earn for charity*' (White party) had earned *RM 1821.05/-* by car wash, food fiesta etc and are considering donating the amount to charity.



February 28 2011, DVC student affairs donating a draft to True life vision Director in the presence of the committee members 'white party'

Anatomy and Physiology-Exam time again

Prof Arulmoli and Prof Neena were examiners at the Intercollegiate MRCS examination at Penang Medical College on 8th Feb 2011.

Microbiology/Medical Education-Was in the E of things-EMI/Ethics/Eudrilus/External Examiner

Dr.Rajesh was a facilitator for EMI introductory medical education workshop on Feb 2nd 2011 Prof.K.R.Sethuraman, Prof.K.A.Narayan, Dr.P.K.Rajesh and Dr. Bharathi Sengodan served as resource persons/facilitators for this Medical Education Workshop.

Dr.Rajesh participated in the International conference/workshop on Clinical Ethics consultation "Learning from experience" organized by Center for Biomedical ethics NUS and Ministry of Health Singapore, Feb 17-19 2011.

Dr Jeyakumar was nominated as a member of PhD evaluation expert committee of PRIST University, India. He evaluated a Ph.D thesis (Bharathidasan University) entitled "Study on the characterization of coelomic fluid of Eudrilus eugeniae and its effect on plants and animal cells in the in vitro culture system" as an external examiner.

Pharmacology proliferates

Prof Arun Kumar's article entitled "A clinical update on peroxisome proliferators-activated receptors" has been published in the journal-'systematic reviews in pharmacy.'

Orthopaedics-make no bones about it

Dr.Murali Poduval has taken two sessions for the faculty of Biotechnology and that he has been invited and appointed as section editor for orthopedic surgery at the Asian journal Of medical sciences recently and has also been invited to collaborate on Physician Connect and to review literature to keep E Medicine updated.

Dermatology-Matter of hair

Dr. Mariette reported that her paper 'Psychosocial Impact of Cicatricial alopecias' has been accepted for publication in the Indian Journal of Dermatology.

FoMaP: To commemorate the fifth anniversary of Faculty of Medicine Academic Program (FoMAP), a 3-part series of Workshop on Ethics is organized and the first part, Research Ethics (Special talks and Case studies workshop) was organized on 18 Feb 2011, with Dato Radzi of CRC, Alor Setar and the visiting Prof Dr Nalini taking part.

Dean, Prof.K.R.Sethuraman was invited to deliver a talk on 'postgraduate training in India at the Second seminar of Post Graduate Medical Education in Malaysia held at Grand Seasons, Kuala Lumpur on 26.02.2011



A FOM idea bagged the bioinnovation first place among all entries during the biotech week February 16-18 2011-The winning idea is of Joel-Mr. (Joel) Lingeswran Nallenthiran (MBBS batch 15/FOM)
Others in the team Janarthan Ramamurthi (MBBS Batch 14/FOM), Ravi Ruben (MBBS Batch 16/FOM), Tan Bin Chin (FAS), Anne Raffaele Peter (FAS), Faculty guides- Dr.P.K.Rajesh and Dr.R.Xavier

February 24 2011, the much awaited mega cultural night, was enjoyed by one and all

AU=GOLD

At the AVICENNA Sports and Debate intervarsity competitions on 26 February 2011 at Universiti Malaya, AIMST Futsal (male) team was crowned champions and the Futsal (females) won the second runner-up

The winning Futsal team (male) was represented by

Mr.Muhsin Kamil, Mr.Wong Kah Wai, Mr.Pravind Narayanan, Mr.Ambiggan and Mr.Hrithaya Rao (from MBBS batch 10)

Mr.Keshminder Singh, Mr.Navinder Singh (from MBBS batch 13)

Mr.Narendran Kunasekaran (MBBS batch15),

Mr.Narendran Karthikesu (MBBS batch16) and Mr.Prakash

The winning Futsal team (female) was represented by

Francesca Primus Chew, Kahvithaa A/P Vijayan, Khoo Wooi Choo Lim Yi Phing, Lishaliney A/P Uthrapathy, Nantni A/P Kumaran Ong Yi Wen and Praveena A/P Samy



AIMST Ramadhan Bazaar/Merdeka Countdown 2010

Report by Ms.Nadira Nordin MBBS Batch 16

On the eve of Malaysia's 53rd year since Independence from colonial rule, for the first time ever in AIMST Semeling campus was held a Merdeka Countdown coupled with our very own Ramadhan Bazaar, in the spirit of the Muslim fasting month and national unity. The event was jointly organised by students from the Faculty of Biotechnology and the Student Affairs Division.

The festivities began as early as 6.30pm, the various food stalls setting up to peddle their wares for everyone. Most stalls opened in a big way, complete with decorations and students promoting and selling with rancour. It was a sight as the streets in front of the Student Center transformed into a true bazaar – milling with people, promoters calling for customers and the sunset signalling breaking of fast! Some booths offered games instead of food and there were also outside vendors selling traditional wear. As the bazaar went on, stage performances were also lined up as night fell on the campus.

The event was co-hosted by Kirath Sidhu and Thurini Venugopal from MBBS Batch 15. The performances ranged between singing, dancing and acting; all with the signature touch of local flavour and cultural diversity. Even a fashion show of all the diverse traditional costumes in Malaysia was impressively staged, so much so that an encore of the show was called to raucous applause. The performances were enjoyed by students and members of staff alike.

As midnight drew closer, students of various faculties began preparing for the Merdeka March, a friendly interfaculty competition whereby the faculty which could execute the best march pass would win. The Faculty of Medicine (FOM) was by and far the largest group, although consisting only of batches 15 and 16. Alas, strength in numbers would later prove insufficient to win the judges' favour. After all the faculties displayed their marching skills, the final countdown was initiated by Mr. Ranjit, Head of Student Affairs Division. As the clock struck midnight, everyone heralded our country's Independence Day with cheers and yells of 'MERDEKA' three times, in commemoration of the very first declaration of independence by Tunku Abdul Rahman Putra Al-Haj on 31st August 1957. This was followed with a bedazzling fireworks display.

In closing the event, the winners of the Merdeka March was announced and the prize went to the Faculty of Pharmacy, as they scored top marks for organisation, coordination and all around best display. There was also a cake-cutting for the 'Merdeka Babies', celebrating those who were born on the August 31st. Finally after a short closing speech by Mr. Ranjit, the event closed with a blast of music, to which everyone was dancing the rest of the night away!

All in all, it was a fantastic milestone event for all of AIMST University. It proved that despite any cultural differences, the students could come together and celebrate those differences with tolerance and harmony. Hopefully, everyone can also take something home from this kind of event – the true message of Merdeka, national unity and what independence truly means to each of one of us.



2010 CHRISTMAS CHARITY NIGHT
Christmas X-Factor – 25th November 2010

The main goal of this event is to raise funds for the indigenous people in East Malaysia. The fund will be channeled to the indigenous people in Punan Bah, Kejaman Neh and Long Bala (ethnic groups in the East Malaysia).

Dr. Christina Gellknight from Faculty of Medicine (FOM) and Ms. Linda from Student Affairs Division were the advisors that gave full support for the event. Contributions from the students and staff of AIMST University made the event a success.

The night was made special by the performances solely by AIMST Students, including students from FOM.



Written by,
Teoh Yeong Khey
MBBS Batch 15

Pictures by,
Sherwynd Voon Vui Leong
MBBS Batch 15

Reaching out to the elders' in conjunction with the upcoming Chinese New Year

Date : 29th January 2011

Event : A Trip to the Old Folks' Home in Kepala Batas

The Faculty of Applied Science, Department of Biotechnology organized a trip to an old folks' home, Happy Retirement Home, in Kepala Batas, Penang. This trip is aimed at reaching out to the elders' in conjunction with the upcoming Chinese New Year.

The representative of the organizing committee requested a few volunteers from MBBS Batch 15 to join the trip, so as to carry out few procedures, such as blood pressure measurement, history taking and blood glucose measurement.

Seven of us joined the trip and had great experiences. Visiting old folks' home is a new experience for few of us. At first, it was quite tough for us to get moving with our job as the residents were quite 'dormant', giving us the looks of what-are-they-doing-here-in-our-territory.

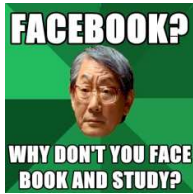
We made full use of our communication skills by speaking the language the residents were most comfortable with. We took turns to ask the residents regarding their histories (name, age, whether a hypertension / diabetes patient, on any medication etc), record their blood pressure and also blood glucose level. Some residents were very cooperative while some declined our services.

Overall, most of the residents are hypertensive and recorded high level for blood glucose. The findings tallied with the residents' histories. We advised them to take care of their diet (reducing intake of sweet and salty food) and also to continue their medications.

At the end of the day, we were all thankful for this exposure as we managed to get the first-hand experience of dealing with the elders. This exposure made us realized that we made a right choice by choosing this field of study and also there are still more challenges awaiting us in future as we embark the journey in becoming professional healthcare providers.



**Report prepared by,
Joyce Lim Yi Phing
(MBBS Batch 15)**



Facebook: The Sixth Dimension
Ravivarma Rao Panirselvam, MBBS Batch 13.

It is probably encoded in our DNA to communicate. From faceless smoke to Facebook, we are an attention seeking lot. At least most of us are and some of us self-proclaiming, quintessentially happy addicts.

A social network is an extrapolation of society. It behaves almost like a real society evolving through your Likes, Statuses, Activities and Applications thus showing you what you want; making it a communications utopia. Slowly but surely you build your niche by unlocking unthought opportunities of rekindling old friendships, acquiring knowledge, discussing PBLs, providing up-to-date features of calamities (gossiping parallelly) and even future businesses. It is simply infinity staring at us.

The only snag is that REAL people form the virtual social network. Society is not homogenous nor particularly rich in saints. Furthermore, you can't actually see the person on the other monitor. Insane improbabilities like a jealous ex-boyfriend listening to your romantic musings by hacking into your interest's profile or an interested person stealing your identity and playing mind games start happening. And that is the first lesson. Anything that has far too much on stake: marriage proposals, divorces, loan requests, unexpected windfalls of leprechaun luck and life and death matters is best left to the real world.

Bearing that in mind, Facebook is still microblogging and expression is what it is fundamentally. Just don't shoot yourself on your foot! What you would not say or show in public, the same applies to Facebook regardless friend, foe or frenemy. Be it Personal Information, Statuses, Photos, Videos or Applications. Think carefully before you Post, Comment or Share. They will hang in there much longer than your usual tantrum. Considering 500 million active users possibly viewing it, that is a whole lot of permutations from your moment of weakness. To make things worse, there is no enunciation in texted language and a statement of fact can easily be perceived as sarcasm (though often to our bane vice-versa). The fact that you are not Beyonce, and Facebook is not your Sasha Fierce and an online Bare-It-All-Say-It-All-Persona is plainly not healthy for your credibility. It is more important to be sensible.

Sensibility again means tweaking your Privacy Settings (and your BEHAVIOR) to the very last bit including your Applications. There is no point in Adding strangers to hit 1000 friends before your next haircut if it means risking your Photos from being used in something that would end in a police warrant. There is far less point in a hi-bye friend knowing your tangled love life or your holiday plans. He may be benign but he could be equally senseless with a predator in his Friends List who can pry into your profile. Disturbing things like breaking into your apartment during your romantic spa sessions become a very real possibility. Friends of Friends and Networks are not simple things.

Repeatedly adjust EVERY ASPECT of your privacy settings as you go and see how it looks from a third person's shoes. Take no chances. At times, somethings are best kept to yourself and I am echoing the first lesson again. With that my two-cents are up. Even after saying so much, Facebook is still our sixth dimension and life is not the same without it. Unfortunately in the heat of excitement, we light fires that we can't control leaving behind a charry mess of our reputations. Thereby to close the till, an ounce of common sense is the first step.

Ravi frequently contributes letters to editor of the Star newspaper, Ravi's Waffle was published in the Asian Student Medical Journal 2011, 5:5.



Enjoy the process-Success is the journey NOT destination

Medicine - the learned profession that is mastered by graduate training in a medical school and that is devoted to preventing or alleviating or curing diseases and injuries. When someone walks up to you and tells you that he is training to be a doctor, you almost instantly develop admiration for him. Undeniably, there is some sort of magnanimousness connected to the profession. There is, I believe, some elements of nobility tied to it.

When I say nobility, I am not talking about the state of being of noble birth nor am I saying that we (doctors-to-be) are a privileged class holding hereditary titles. Nobility here simply means the state of having high and exalted character, a certain character the public expect all medical professionals to possess. The time spent in medical schools is not just about the grades. And NO, it's definitely not about finishing top in class each academic year. It's not about trying to be smarter than every other person, which of course is not possible since different people excel at different things. I am not saying that securing good grades is of no importance – it is! But, so much emphasis is placed on getting good grades that people tend to forget to enjoy the whole blessed learning process.

By enjoying I am not asking you to put on your partying boots, I am just reminding you of one of the great joys in life – to be a student, to be a learner. Learn how to learn. Learn how to accept failure. Learn to accept that everything that happens throughout your life as a student is meant to add colors and joy to your life. It happens to all of us. You miss classes intentionally or unintentionally. You sometimes get up in the morning feeling extremely reluctant to get out of bed. Occasionally you have this compelling urge to run out of lecture, not because you are any smarter than the one who is reading the lecture but more because you are unable to absorb whatever is taught, as cephalic saturation is imminent. There are times you get frustrated because you feel like the amount of hours you spent studying and your test results do not tally. Do not be disheartened. On our path to become a doctor, you will face ups and downs, there are good and bad times. This is absolutely normal if you ask me. I call this the learning curve. What is more important is that you enjoy the whole learning process. And when you get there, it does not matter how many times you have taken a tumble, what matters is you are there. A certain someone once told me that the end is what justifies the means.

If you are happy doing what you do and more importantly, if you enjoy it, there is no doubt that you will be good at it. It is my belief that a great learner makes a great person. So when someone asks me what makes a great doctor, I'd say: a learner.

Nicholas frequently contributes letters to editor of the Star newspaper. Nicholas is also co-editor of Physiology Online an e-medical journal (Dr.E.S.Prakash is the editor of Physiology Online)



Dr Kishen Raj,
Chairman, Section Concerning House Officers, Medical
Officers and Specialist (SCHOMOS), MMA, Kedah.
(AIMST FOM ALUMNI-MBBS BATCH 3)



The Malaysian Medical Association is now 50 years old, and it has now included SMMAMS under its umbrella. The Society of MMA Medical Students (SMMAMS) was formed realizing the importance of getting the younger generations involved in our health care system. This noble idea is to nurture brilliant ideas and working towards its implementation to make our healthcare system among the best in the world.

This organization will serve as a platform to unite medical students from around the country and carry out pertinent activities to keep abreast with the medical world. This will prepare them to face the real world once housemanship begins. It is undeniable that the medical profession in our country has laid a competitive ground, thus knowledge and information is a vital weapon. And here, we equip the students with that.

Participation of AIMST started a couple of years ago, and showed good response ever since. However, we should be more aggressive in participating at national level events. The activities will now be more streamlined and we will keep AIMST updated. Please visit this website to keep yourself updated, <http://mma-medicalstudents.blogspot.com/>

We look forward, to bring AIMST medical students into this horizon and benefit from every part of it.



STATE MMA ANNUAL DINNER, ALORSTAR 25 SEPTEMBER 2010

SMMAMS is co-organizing the National Preclinical Quiz along with AIMST FOM and MEDSA

REVIVAL OF MedSA
By N. Naga Bharathi Nesan MBBS Batch 15
President MEDSA

AIMST University Medical Students' Association, known as AMSA before this revived as MedSA (AIMST University **Medical Students' Association**) on 15th November 2010. The reason for the change is because to avoid confusion between Asian Medical Students' Association which also known as AMSA.



The MEDSA logo

The purpose / aim of MedSA :

1. To build a very good rapport and strong relationship:
 - a. Within the students of Faculty of Medicine which approximately consisting of 870 medical students
 - b. Between the administration of Faculty Of Medicine with the medical student
 - c. Between the administration of the University with Faculty of Medicine and the medical students
 - d. Between the housemen/medical officers of Alumni with the Faculty of Medicine and the medical students
2. To serve the medical students both academically (*by interaction between senior medical student / alumni with the junior medical student*) and non-academically (*provide exposure on common medical ethic issues encountered by housemen and medical officers*).
3. To support and raise the grace of Faculty of Medicine, AIMST University both intravarsity and intervarsity.

Executive council of MEDSA include

Vice-President-Ms.Tham Min MBBS Batch 14

Secreratary-Mr. Jeevakanthi Rajendran MBBS Batch 14

Deputy Secretary-Mr.Faisal Norizan MBBS Batch 15

Treasurer-Ms.Nantni Kumaran MBBS Batch 15

Dept of external affairs-Mr.Naavin Kumar MBBS Batch 15

Naga BN is the designer of the front and back cover pages of FOM newsletters.
He is also the designer of the current AIMST T-shirt.



He is also the founder creator of the Psychorelic Artwork

FINAL YEAR ELECTIVE POSTING IN UNITED KINGDOM

By Alex Lau Lian Quan and Leong Ai Leng (MBBS Batch 10)

The elective posting is part of the MBBS programme which is held at the end of the first term for all the final year students. It is basically a 6 weeks posting and the students are free to apply to any of the hospitals all over the world. This elective is an opportunity to experience medicine in an entirely different setting compared to the hospital that we are currently training at and also to broaden our medical knowledge and explore possible interest in the future. Personally, I view this elective as a chance to experience how medical education is conducted and how things work in a developed country. As such, I narrowed down my options to the United Kingdom. The elective posting was set to start from 25th October 2010 to 3rd December 2010. I have chosen to apply to University of Glasgow while Ai Leng, my another course mate who also went to the United Kingdom, applied to University of Cambridge as both of these universities are well-known for delivering quality education. We were both very fortunate to be accepted and we could not contain our excitement. I have chosen to go for Orthopaedics posting while Ai Leng went to the Anaesthetics Department.

On 22 October 2010, we flew to London before I took another flight to Glasgow while Ai Leng took a bus to Cambridge. It was freezing over there with a mere 5 degree Celcius when we touched down in Heathrow Airport. We made use of the opportunity to do some sightseeing before leaving for our respective universities.

In Glasgow, I settled down in the student village which has been arranged by the university prior to my arrival. Owing to the geographical location where it is situated at the northern part, Glasgow was a lot colder than London. I had to travel to the hospital everyday by tube or buses as the student village was quite a distance from the Southern General Hospital, the place where I was posted. Ai Leng was more fortunate as she was offered the accommodation in the Addenbrooke's hospital site in Cambridge.

In the Southern General Hospital, I was truly amazed by how things were being done as it was quite different from Malaysia. For instance, while seeing patients in the clinic, the Consultant no longer write or type anything but he would just record his findings and plan of management with a voice recorder and it would then be typed by another clerk. Besides that, although I was just an elective student, I was treated equally like the medical students there and the Consultants also willingly taught me all the new things which I had not learnt before. I also had the chance to scrub in for many different operations such as total hip, knee, shoulder and elbow replacement, shoulder and wrist arthroscopy (I could never imagine how it was being done before I saw it), correction of deformity and fixation of fractures. At the same time, I also managed to see so many cases that I have never seen before in Malaysia such as Dupuytren's contracture (abundant there), impingement syndrome, Madelung's deformity, typical rheumatoid hands, Perthes disease, psoriatic arthropathy, all the different types of nerve entrapment syndromes and many more. It was definitely easier to remember what you have read when you see them for yourself as the image would remain etched in your mind. Furthermore, I was really astounded when the Registrar asked me to conduct the follow up clinic where I examined and counseled the patients on my own before presenting the cases to him. I felt really honoured to be given such opportunity.

During my posting, there was also an incidence which served as a very important lesson for me. During one of the operations where I scrubbed in to assist my supervisor, Mr. Bransby Zachary, in the reverse polarity shoulder replacement, I saw a small chip of metal dropping into the shoulder but my consultant and his registrar did not notice it. I was contemplating as to whether I should tell them or not because I was worried that it might be disrespectful. Besides that, it might also create an unnecessary problem should I have seen it wrongly. However, I finally decided to tell them for the sake of the patient and they were very shocked. They immediately did some suction to have a clear view of the joint and there it was, lying in below the

tissues was a small metal chip. From this incidence, I learnt that we should be more confident and to not be fearful in raising our opinions even to someone who is much more superior. Just imagine if that chip of metal remained inside the joint, the patient would most likely be subjected to another round of operation which would have been deemed unnecessary at the first place.

As for Ai Leng, being in the Anaesthetic Department, she had the opportunity to witness many operations and to carry out procedures such as intubations, bag and mask ventilation, spinal anaesthesia and so on. Besides that, she also observed some operations which are not done in Malaysia such as Robotic Prostatectomy. For this operation, the surgeon actually maneuvered the robot from one corner of the room while other assistants would be holding the trocar for him. The most amazing thing was when the surgeon actually sutured using the hands of the robot. According to her, things are done very systematically in Cambridge as the students there received their rota via email before the start of the week so that they will know which consultant they will be following and the theatre that they will be going to. The doctor to student ratio is just 1:1 because in the department, there are as many as 50 Consultants and 50 Registrars and this is probably the reason why such practice is feasible. Moreover, she also joined the Cambridge students for their tutorial where they had discussions about different topics related to Anaesthesia. During her posting, she also had an unforgettable experience where a surgeon accidentally dislodged the endotracheal tube in a 5-month-old patient towards the end of the surgery. It was indeed an emergency as the child was desaturating rapidly from 98% to 68%. She was the only one there with the anaesthetist as the assistant was away to get some drugs. The main problem was that the anaesthetist was unable to re-intubate the patient and there was difficulty in ventilation as the mask was not long enough since the patient's head was placed at the opposite direction for the convenience of the surgeon in doing the cleft palate repair. She immediately helped to turn the oxygen to the maximum and switched off the inhalational agents. It was fortunate that the baby was safe in the end. From this incidence, she learnt the importance of being vigilant at all times as mishaps can take place anytime without you expecting.

During our 6 weeks posting there, both of us realized that the doctor-patient relationship is highly emphasized there. The doctor took a lot of time to explain the condition to the patients to ensure that they fully understand what they were having and their plans of management. As such, do not be surprised when patients come and tell you things like he or she has paroxysmal atrial fibrillation and is on fleicanide. After all, this is what one of the patients told Ai Leng when she was doing pre-anesthetic assessment with the doctor.

Besides spending most of our times in the hospital, we also took the opportunity to travel around some places such as London, Edinburgh, France and Italy. Travelling around and seeing those world-class art and historical buildings truly made our journey all the more enjoyable.

Through this elective posting, we feel that we have not only learnt a lot about medicine, but also a lot about ourselves. We have experienced not only a different health care system but also a different culture and way of life. This has definitely broadened our horizons and made us more knowledgeable about the world. Through the practical and theoretical experience we gained during our medical electives, we become more confident and hope to emulate all the good points which we have learnt. All in all, we will most definitely remember this elective as a valuable learning experience and grateful that we had such a positive experience in our final days as medical students.



Addenbrooke's, Hospital Cambridge



King's College, Cambridge Univ



2nd from Lt :Mr. Andrew Wilkinson(Registrar)



Dr.Suvintheran, Best outgoing student batch 8, MBBS Honours
Student, University Gold Medal Winner
ALUMNUS MBBS BATCH 8

My housemanship experience-so far

Many say that housemanship is a very daunting task. Well, I have to agree with them. It is not easy getting up before the sun is up and going back after it has set. But housemanship is a process which as given the exposure which is necessary for every doctor to be competent and well adapted.

As a houseman I have learnt many things. A lot of this was never and can never be taught in medical school. For instance, the management of acute patients! It also emphasizes on responsibility, accountability and competency.

During our housemanship training, we learn skills which we need to possess as a doctor. Some of these are learnt from our peers, seniors, from specialists, but mostly by trial and error.

Housemanship also teaches us to devote more time to our patients and less time to ourselves. It teaches us to care for patient's needs with an open heart. A necessary character which is needed during houseman period is teamwork. We learn to care for our patients as a team. This includes consultants, specialists, medical officers, housemen, nurses, attendants and other staff. A good working relationship is necessary to survive this period.

In conclusion I would say despite all the difficulties which this job poses to me, I think that effective housemanship training is necessary for all medical graduates in order to make them a competent and safe doctors.

Suvin, MBBS Batch 8

Objectives of the AIMST MBBS programme

Upon completion of formal undergraduate training, medical graduates would have acquired or developed sufficient **knowledge, competency and attitudes** necessary to function as effective providers of ethical and evidence based primary health care.

Mission of AIMST MBBS programme

To empower graduates with the **knowledge, skills and values** needed to deliver humanistic and evidence based quality health care in Malaysia and the rest of the world with an aptitude for continuing medical education

The challenges of creating

A mighty mountain before me,
a widespread valley between us;
know not what on the other side is,
but ought to build a town up there.

Thoughts of height for making minds,
Trees of might I need for my school,
for wood or shade I know not well,
but ought to build a town up there.

Birds of wings on the infinite sky,
Clouds of joy above the hill,
Will they come down? I wish I knew,
but ought to build a town up there.

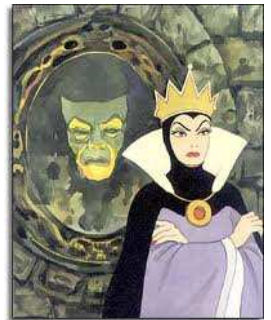
Surekha Bhat



Every human – two in one

An enlightened saint, an outcaste devil, presented me a gift each;
the devil grinned, the saint smiled- his was a wisdom beyond reach.
With hope and fear, I opened the black crumpled pack of cruelty,
it was a mirror, I stared at it, the devil in me stared back at me.
With joy and pride, I opened the neat, white pack of spiritual peace,
it was a mirror, I smiled at it, the saint in me smiled back at me.
Not knowing what to do with them, I placed the mirrors face to face;
to know them better, in between them, my mortal body stood in place,
I looked in one, and then the other, and thousands of myself I saw;
the devil grinned, the saint smiled- his was a wisdom beyond reach.

Surekha Bhat



Dr.Gokulshankar's my 'cology verse

Fungi love a musical name (*Malassezia furfur*)
Fungi play the dimorphic game (M-Y Shift)
Fungi can be a blast (*Blastomyces dermatitidis*)
Under the wood lamp's ringworms can cast

Fungi can have a 'histo'ry (*Histoplasma capsulatum*)
Fungal infection can be an unresolved mystery
Fungi can be p(r)icked from the thorn of roses (Sporotrichosis)
Fungal diseases can pick their name from places (Madura foot)

Provided opportunity, fungi (*Candida*) loves to cause the oral thrush
Persistent dandruff can make anyone blush
Fungi can have maiden names like twins: Cocci and Paracocci
When host is immuno-compromised, a fungus always wins....

Culprit of the notorious Salem witch trials
Concept of 'fairy ring' tales
Fungi at times do not even spare your nail (tinea unguium)
But can also churn out magic portions that heal

Fungi can swirl the Captain's wheel
Invariably fungi are irresistible; as a delicious & fabulous meal
Learn Medical Mycology with zeal...
Fungi (Fun 'Guy') can also be a great feel ...

- Dr S Gokul Shankar (*A Fun Guy*)

The Editorial Board (Prof. K. R. Sethuraman, Dr. Aruljoethy.R and Dr. P. K. Rajesh) thank all student and faculty contributors.

Please notify deserving events or matters missed in this issue which could be included in the next issue after editorial review

The next issue will seek the help of student editors selected from each MBBS batch

FOM staff and students are requested to send jokes, anecdotes, poems, short thought provoking articles, news reports, difficulties faced in and around FOM and the possible solutions, photographs especially of sports events/conference venues or just about anything interesting for favour of inclusion in the third issue of our newsletter. (March to August 2011)

Email: articles for future issues and feedback on current issue to
dean.aimst@gmail.com, deputydeanaimst@gmail.com, depdeanpreclinical.aimst@gmail.com

Yet another year passes, a birthday crosses, age increases, *dejavu* and introspection sets in
Find below Dr. Rajesh's ever-growing list of 'chronic eulogy' as applied to chronology

You are not young anymore if.....

.....the young actress you once mooned over starts playing the leading man's mother

.....the neighbour's stereo irritates you and not vice versa

.....you walk around a puddle of water and not through it

.....without your glasses you can't read anything unless it's at 'arms length'

.....you actually don't mind waiting in traffic

.....you hate the remix but love the original score

.....every day you deal with diabetes, hypertension etc but you are NOT a doctor

.....the paediatrician who vaccinated you has featured in the obituary

.....a babe refers to any age

.....you are happy when accused of ogling..or you just dont mind....

.....insurance agents don't disturb you.....

.....you have to scroll a long way back whilst filling the year of birth on an online survey

.....you don't find the latest gizmo in the market useful...check....do you fancy the tiger text?

.....you reach for the magnifying glass before you answer the phone

.....there are 120 unread messages in your hand-phone you never knew was there

.....on an average every week you open a new email account as the password and the retrieval answer was forgotten

.....having a drink pisfully (pun intended) depends on availability of a restroom

.....the diet is violated due to the prescribed 2kg of medication

.....plucking samples of the available grey hair is now considered a "hair-cut"

.....theatres are preferred to video, because only the big screen is visible

.....busy means reading the newspaper

.....hard work refers to getting it straight-I mean the stream of urine-in prostate enlargement

.....clothes discarded as unfashionable years ago is the current rage

.....step-on-it refers to the brake and not the accelerator

.....you start compiling a list such as this...

Dr. P. K. Rajesh

THURSDAY 12 APRIL 2007

Old is no longer gold

Bill debate raises concern over treatment of the elderly

THE elderly have lost their value as golden citizens (*warga emas*) and many are forced to spend their last days without the loving care of their children.

This was the consensus among MPs who debated, with voices choked with emotion, on a Bill that would, among others, give the Welfare Department the power to seal unregistered care centres.

The MPs expressed their concern about the increasing number of families sending their parents to old folks homes rather than taking care of them in their own houses.

"I do not understand how people can abandon their old parents," said backbencher Datuk Badruddin Amiruddin (BN - Jerai), suggesting that these *anak derhaka* (children who are not filial) should be punished and be brought to court for not taking care of their parents.

"I felt very lonely when my mother passed away. She was the only one I could talk to," he

»I do not understand how people can abandon their old parents«

DATUK BADRUDDIN AMIRUDDIN

said when debating the Care Centres Bill.

Datuk Mahadzhiir Mohd Khir (BN - Sungai Petani), said the act of abandoning parents showed that society had lost its noble values.

He said local universities could conduct a study on the causes for the loss of these values. Datuk Idris Harun (BN - Tongga Ram) said

people had stopped treating their parents like gold.

In the old days, he said, senior citizens were taken care of at home, earning them the respected term of *warga emas*.

These days, he lamented, old parents were sent to care centres, which were often dirty, not well-maintained and looked more like rehabilitation centres.

Deputy Speaker Datuk Dr Yusof Yacoh commented that in China, people who abandoned their parents would not be promoted at work.

Among the amendments is that licences of care centres would be extended from 12 months to 60 months. Women, Family and Community Development Ministry parliamentary secretary Datuk Paduka Chew Mei Fun, who tabled the Bill, said the amendment would encourage unregistered care centres to register with the Welfare Department.

A newspaper report on concern on geriatric issues



AiMSAA NIGHT 2011 ...its about time...

AIMST MEDICAL SCHOOL ALUMNI ASSOCIATION (AIMSAA)

***C/O MAJU INSTITUTE OF EDUCATIONAL DEVELOPMENT,
1ST FLOOR, MENARA MANICKAVASAGAM,
NO. 1, JALAN RAHMAT,
50350 KUALA LUMPUR***

We are proud to inform that the graduates of School Of Medicine, Aimst University have come together to form the Aimst Medical School Alumni Association (AIMSAA).

Up to date, Aimst University is proud to have produced a total number of 400 doctors over the period of 10 years. This Alumni will soon be the confluence point for us to meet, share our experiences and serve the nation.

Our official launch will bring together a total number of 500 guests consisting of our National Leaders, Academicians, Government Officers, Medical Specialists, Medical Officers, House Officers, and other Professionals.



The "AiMSAA Night 2011... its about time..."

Organizing committee would like to extend our warm invitation to join and celebrate with us the Grand Launch Of Our Alumni.

The details of our function are as follows:

***30th April 2011 @6.30 p.m.
Sunway Hotel & Resorts,
Kuala Lumpur
Ticket: Rm 100.00***

We look forward to your most esteemed participation.

***For R.S.V.P. (before 30th March 2011),
kindly contact:***

***Dr.M.Sri Ganesh : 017-9302124
Dr.Rabin Jason Vikrama : 012-5606377
Mr.Vengkata Rao : 017-5593564***





IN COLLABORATION WITH :



PRECLINICAL MEDICAL QUIZ 2011

Date: 8 & 9TH APRIL 2011

*Venue: Medical Block,
AIMST University,
08100 - Bedong, KEDAH.*

*Eligibility: Team of 4 regular members & 1
optional member from the same
college / university*

*Fees: Early bird - RM 150 per team,
(Dateline: 14TH MARCH 2011)
Regular fee - RM 200 per team,
(Dateline: 28TH MARCH 2011)*

Those interested can contact Dr. P.K. Rajesh, Deputy Dean Preclinical and the Organising Chairman at depdeanpreclinical.aimst@gmail.com or fax +604 429 8083.