

KUMARI ARIVIAL PERAVAI
YOUNG SCIENTIST PROGRAMME 2010 – 2011
TRAINING PROGRAMME
AT
KANYAKUMARI GOVT.MEDICAL COLLEGE
ASARIPALLAM.

29 – 01 – 2011 / SATURDAY.

Report By
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It was a fine morning on 29 – 01 – 2011. The day was quite fresh and blooming with bright sunshine falling throughout the visible sight. The area was surrounded with wild plants which gave a curious look. When I reached the lecture room of Kanyakumari Govt Medical College I found, that all young curious buds were waiting for the meeting to commence. By 9:30 am the meeting commenced with Tamil Thai Valthzhu

Mr.M.Velaian organizer of KAP in his talk said about the hurdles and difficulties that KAP is facing before the arrangement of each programme. Mr.Edwin Sam , the team coordinator felicitated the gathering. The important point I remember from his speech was, the basic tips to be a successful scientist are asking the following question when you do an observation. They are why, what, how etc....He told us that exposure, observing capacity is important in scientific field. One should have analyzing capacity, if we do any work we should see for social gain. Ms. Haritha presented the report and some students gave their feedback.

Dr.Arul Prakash, Asst. professor, Govt. Medical College, Asaripallam gave the welcome address. Dr.Subheshan, Residential Medical officer, listed the uses of the training programme. His request was we should live with nature. He quoted “If You Love Earth then Love trees”. He said that malnutrition was caused due to poverty in the past. Before 27years the patients came to hospital due to dysentery, cholera etc. But now it is reduced because people are aware about polluted water. In the past year’s population in a village reduced due to cholera. Polio is caused by contaminated water and the incidence

of polio is reduced due to the presence of pure water and vaccination. Frequent hand washing prevents conjunctivitis, typhoid, and cholera.

Inaugural address was given by Dr.Sree Ram (Medical superintendent, Govt. medical college, Asaripallam). He said “learn once with concentration and that is the key to success”. His speech made me feel that he intended to tell the idea of not to presume things. Have an encyclopedia and dictionary with you always was the important message delivered by him. He briefed different stages in MBBS which one should attend to become a successful doctor. The basic subjects for MBBS are Anatomy, Microbiology, and Physiology etc.....

He noted that preventive methods are needed in India. His speech made to put my future career in MBBS.

Benisha gave a talk on wonders of science. She said: Science has dominated and Shrunken our life. Science plays an important role in medical Research. Heart transplantation is possible in medical field due to the influence of science followed by address from Mr.Thiruvenkadam Dist. Employment officer (Rtd). Then we all got ready to visit the important sites of the college and hospital. After few minutes walk we reached the clinic, meant for treatment of sexually transmitted disease and orthopedic patients. There Dr.Mohamed Subair, Asst. Professor helped us to understand various things like, bone fracture happens due to rash driving, people falling from construction site etc. If there is head fracture memory loss and bleeding takes place. If fits occurs to a person he/she must be immediately taken to the hospital. If there is fracture in neck area walking and excretion becomes difficult. One should use sack filled with sand to prevent neck from shaking. He also told us about plaster of Paris. During the IInd Session we visited the Phototherapy Room. Dr.Punithavathy, Asst. Professor gave us wide information about the phototherapy unit. The word photo means light. Phototherapy is used for vitiligo, Soriosis. Soriosis is a disease which creates scales over a person's body. It would cause irritation by itching intension. In phototherapy unit they make use of various tubes. They emit UVA, UVB rays. Nowadays they prefer UVB since UVA is harmful. UVB has side effect of causing blisters.

In the third session we visited Comprehensive Emergency Obstructive and New Born Baby Centre. Dr.Arul Prasad Asst. Professor gave us information about new born babies. There are difference between new born baby and adult. When child is in the womb it gets food & water from the mother. When the baby is born, if it doesn't breathe then the baby is moved to ICU. The babies are placed in warmers which contain radiation. To prevent Haemolitic jaundice they use phototherapy. **The rays are of 420 nano meter.** These light convert Jaundice into soluble jaundice. For complicated babies they use ventilators. The information made me to understand after how much struggle we have grown in to an adult.

Then we visited the building where preserved body parts & bones were kept. We saw many preserved parts like: brain, hands, liver, heart, ribs, vertebrate, skull, sacrum, femur, mandible, tarsal, mandible nerve etc.....

I got a chance to witness how our *body parts would be in reality*.

Dr.Muthu Kumar & Dr. Senthil Kumar Asst. Professors gave us training on Simple Basic Life Support Methods. There are few steps. First check for response, secondly call for ambulance, thirdly do chest compression. We can feel pulse through the carotid pulse. If for 34 min there is no air circulation to the brain it will die. For babies around 5-6 yrs we should use only one hand for chest compression. They also showed us the posture in which a person should be laid to release liquid waste like blood, vomit which will be present in the mouth after accident and fainting. By using artificial dolls of humans the doctors demonstrated us how to do chest compression, looking pulse etc., which helped us to learn things more easily as doing things practically will always cherish in our minds. Through this training session we were able to know the simple basic life support (BLS) system through which we can help a person in serious situation. We had our lunch break. Following the break felicitation was arranged for our DFO who was getting retired on 31-01-2011.

This day helped me a lot to realize the real importance of medicine, doctors for our society. I was also able to feel how people suffered from various diseases. That extraordinary day had an extraordinary end. I thank KAP for helping me to enrich my brain with new and wide information on medicine & disease.