



# THE RANGARAYAN

A fortnightly voice of the seagulls



## HEALTH BULLETIN

Calcium and vitamin D may lower female cancer risk but raise heart disease risk.

Research suggests the use of calcium and vitamin D supplements may reduce the risk of cancer deaths in postmenopausal women but may also increase the risk of death from cardiovascular disease.

Microplastics and even Nanoparticles found in arteries raise concerns over the risk of heart attack.

Researchers have issued a warning about the dangers of plastic pollution after discovering a higher risk of stroke and heart attack with plastic particles in their blood vessels.

Health Commissioner launches training programme for medical officers in State.

Commissioner of Health and Family Welfare

J. Nivas on February 14 (Wednesday) inaugurated 'Care Companion', in Vijayawada, a programme aimed at strengthening the healthcare system for medical officers across the Andhra Pradesh State.

Under the programme, conceptualised by Noora Health, a firm involved in caregiving, kin of patients would be educated on how one should be taken care of for a speedy recovery.

## CHARTING NEW HORIZONS

*Dr DSVL Narasimham, MS General Surgery, DME AP, Principal and Additional Director.*

I am delighted to announce the election of the new RMC JUDA panel, which marks the dawn of a promising era brimming with fresh perspectives and boundless opportunities. The RMC Juda panel has been a cornerstone in fostering a brighter future for our junior doctors, and I am confident that the incoming members will continue to uphold this legacy with distinction.

In line with our pursuit of academic excellence, a guest lecture has recently been conducted, shedding light on the intricacies of medicine through the lens of ECG and ECHO. This invaluable session not only deepened our student's understanding but also provided invaluable insights through clinical case presentations.



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## Academics

# THE RESULTS

By Satya Muthyala, Member of Board

Finally, the much awaited second year results are out. The total pass percentage is a mind-blowing 95! DR. YSRUHS has issued a notification of a tentative schedule for the supplementary practical examination of the 1st MBBS course that is scheduled to be held in March 2024. The probable dates are from 23-03-2024 to 31-03-2024. The Principal of the college where the examination is to be conducted is requested to release a schedule and send the information to the concerned principals of clubbed colleges under him as notified by the university.

# AMBIGUITY CLARIFIED

By Srinivasini, Member of Board

UGMEB President Dr Aruna V Vaniker Madam held an online NMC Meeting on 12.03.2024 and discussed some salient points regarding UG and PG. Regarding UG, NMC released a new portal launch for the submission of self-declaration which includes all data to be submitted by colleges every year and an increase of seats based on self-assessment forms submitted every year. No physical inspection once permitted shall be considered recognised for a lifetime. NMC also announced that a Minimum of 40% is required in theory and practical separately and 50% combined ( theory and practical) to be considered a pass. Video of 60 minutes representative of all the components of the exam to be uploaded on the last day of the exam.

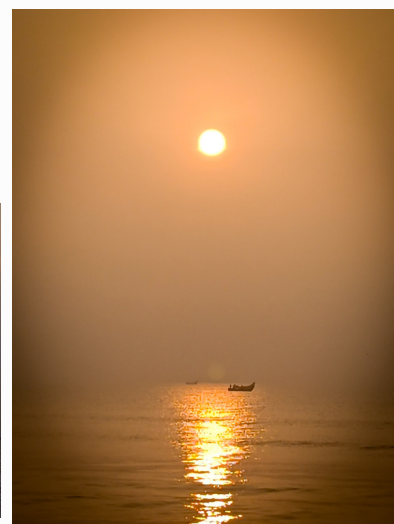
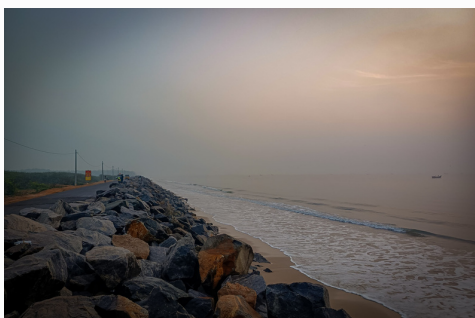
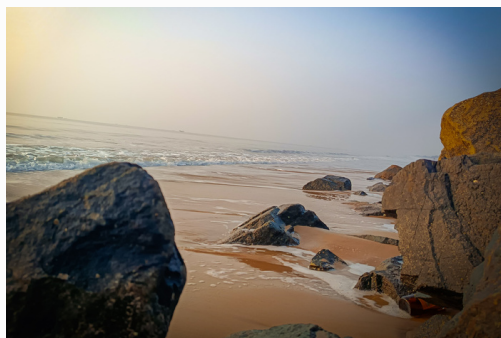
NMC also declared that Academic calendars are to be followed as published by NMC. Details of the villages adopted under the Family Adoption Program also need to be submitted in the portal. She announced that AEBAS shall be implemented for both faculty and students. There should be Mentor - a mentee program mandatorily in place with up to 10 students per faculty. She also discussed that MEU and Curriculum Committee members should be trained from regional centres. In the upcoming days, Patient ABHA ID shall become mandatory.

And regarding PG, there should be a logbook which has to be maintained in digital format and checked by the guide / HOD monthly. Courses on Ethics/BLS/ALS should be done by all the batches including the batch which shall appear for the exam. She discussed that there may be a District Residency program done in 50-bed district health facility also.

## Students Corner

# THE SUN AND THE BEACH

By Manoj, Final year Part - 1



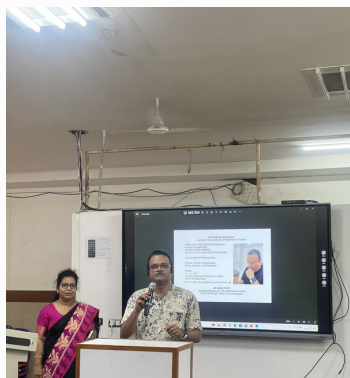
Attention!! Take up your brushes, pencils or digital tools, We are excited to announce the World Health Day 2024 art competition. The deadline for submission is 20 March by 5 pm entries should be submitted to the following email; [sepia@who.int](mailto:sepia@who.int)

## LIFE AFTER MBBS

By Bhanu Shreya, Member of Board

The career guidance program was held at 5 p.m. on 14 March 2024, at the SPM lecture gallery, GGH campus, RMC, Kakinada. The esteemed panel of speakers comprising Dr Ch. Kiran, Secretary of IMA Kakinada and Consultant Anesthesiologist mentioned aptitude, behaviour and commitment towards the future. Dr D. Gopichand, Consultant Dermatologist, Founder of Score etc, insisted on various choices in medical and non-medical domains including policy-making and briefed about facets that need to be considered at present. Dr. K. Sashi, President of RAMCANA and Neonatologist, Louisville, KY, USA graced this event virtually and provided valuable insight into various career options and added depth to the discourse. Dr. A. Vishnu Vardhan, Vice Principal ADMIN, and chief of teaching hospital mentioned relative apathy in civic admin in general and new domains emerging in medical fields and encouraged more to consider progressing within the medical field. Dr B. Devi Madhavi, Vice Principal Academic mentioned various factors in career decision making. Dr. Jyothi Prakash, house surgeon helped in chipping in support. Dr. Harsha, a Neurologist explored happiness and family components in career. Dr. Surya Kumari began the session by introducing the panel members and guests. The staff gave helping hands and the panel members were presented with plants, and mementos and were honoured with shawls. Jyothi Prakash, an Intern helped and volunteered the mike and stage coordination among the audience. This program with panel members brought out the diversity of views of the audience thereby encouraging them towards their career.

Finally, the enthusiasm and interest of the audience in coordination with knowledge and skill components shared by panel members made the program successful and enlightened the outgoing Internees and all the medical graduates about further opportunities in their careers.



Social events

## DIGITAL BOARD DONATION

By Sowjanya, Memeber of the Board

Munificent donation to the Department of General Medicine facilitated by the Royal Rangarayangans of the 2002 batch ( MIGHTY MAESTRO's) included a fleet of high-performance Digital boards designed to meet the hospital's specific needs. The Introduction of the Digital blackboard helps to enhance the knowledge and skills of healthcare professionals on 24th February 2024 at

Dr. I Jogarao Memorial Conference Hall.

The Inauguration of the Digital Black Board was done by the Incharge Superintendent of Government General Hospital, Kakinada, Dr M P R Vittal. Dr. Sumanth and Dr.Prakash of the 2002 batch joined the occasion. The Occasion was graced more by the presence of Vice Principal ( Administration ) Dr. V. VishnVardhanan, Dr Devi Madhavi Vice Principal ( Academics ), Head Department of Community Medicine and Dr Vijay Kumar Head of the Department of General Medicine.

The donation of Digital Blackboard to the Department of General Medicine sparked optimism and gained appreciation from staff.



## Clinical Case

**A CASE OF PAEDIATRIC LEFT DUPLEX KIDNEY**

By Dr.Kalyan Ravi Prasad, Assistant Professor of Paediatric Surgery, edited by AlakaNandha, Associate Editor

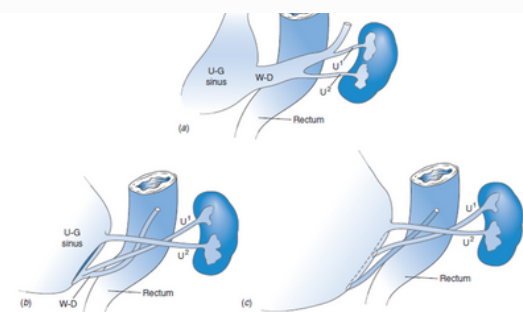
Can a person have two kidneys on the same side?

There have been many cases and series in medical literature where people were reported as having 4 functional kidneys altogether. This interesting anomaly is called as “Renal Duplex System”. This fortnight, we bring you forward a case report of these anomalies diagnosed and successfully managed by our Paediatric Surgeons from the Department of Pediatric Surgery, Rangaraya Medical College.

A 9-year-old presented to Paediatric surgical OPD with pain over the left lower abdomen for 20 days and complained about difficulty in passing out urine. A routine Ultrasound, which usually is the first line of investigation in cases of abdominal pain, picked up a left hydronephrosis.

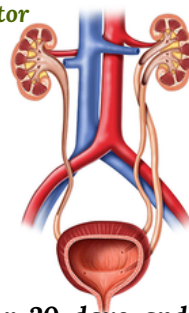
The child was further evaluated with a CT urogram and was diagnosed with left renal duplication with lower pole periurethral junction obstruction. Further functional evaluation was performed where in the left lower renal moiety showed to be contributing hardly 5% of overall function. Poorly functioning renal parenchyma is well known to be associated with dysplastic changes and might predispose the child to future complications like renal HTN etc. Ureterorenal Duplication anomalies are interesting and one of the most common anomalies affecting the genitourinary tract. A 0.7% incidence was found in one series of more than 50,000 autopsies. Females are affected two to four times more commonly than males. The right and left collecting systems are affected equally. Amongst all cases of duplex anomalies, bilateral duplications occur in 17–33% of cases. The anomaly is an inheritable defect transmitted in an autosomal fashion having variable penetrance. Variants include incomplete ureteral duplication and complete duplications with normally developed renal moieties. In recent times antenatal diagnosis has uncovered many urologic anomalies, including different variants of ureteral duplications. As such, they represent no more than radiologic curiosities and historically, the majority of these were probably clinically silent. A smaller portion became evident as a consequence of hydronephrosis, vesicoureteral reflux (VUR), or incontinence, either in combination or alone. Ureteral duplication occurs when a single ureteral bud branches prematurely during its ascent or when two distinct ureteral buds arise from the Wolffian (mesonephric) duct. The clinical significance of these anomalies depends on the location of the buds and their interplay with the developing kidney.

When both buds are close together and project from a normal position along the mesonephric duct, both ureters will have normally positioned orifices. When the buds are more widely separated, one or both will be ectopic. If the superior/upper pole bud projects from an abnormally high position along the mesonephric duct, caudal ectopia is the outcome. If the bud to the lower pole originates from a more caudal position along the duct, lateral ectopia results. To achieve their ultimate positions, the ureters and their orifices complete a 180° clockwise rotation along their longitudinal axes. These relationships, defined by the Weigert–Meyer law, are unusually consistent. Exceptions have been described but are rare.



Diagnosing these anomalies poses a daunting task and involves a series of non-invasive and interventional radiological imaging studies starting with an Ultrasound abdomen, VCUG, and IVU/CT Urogram where we come across some fancy terms like “ Drooping Lily Sign”, “Adder Head appearance”

The workup doesn't just stop with anatomic imaging – further functional imaging with radionuclide scans like DMSA/DTPA Scans has to be undertaken to complete the evaluation and decision making for surgical planning.,



Intravenous urography

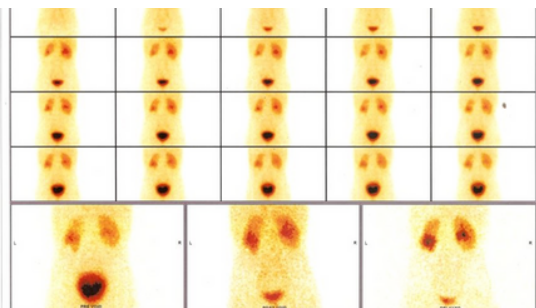


CT Urogram



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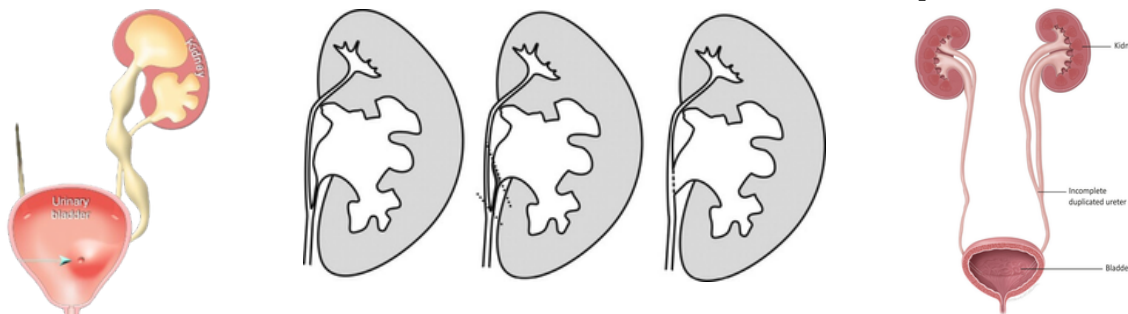
## DTPA Renogram



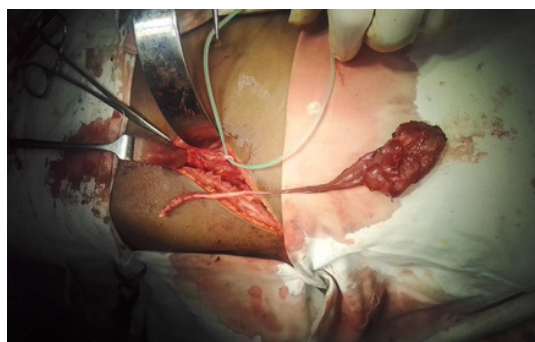
Parameter	Left Kidney	Right Kidney
Relative function	Upper pole 26% Lower pole 5%	<b>69%</b>

Managing these anomalies is much more challenging given the fact that, perinatal identification has created quite a bit of controversy by introducing a large group of abnormalities that may have gone harmlessly undetected in the past. Most cases do not require any intervention at all. On the other hand, early intervention in the selected cases enables us in the preservation of renal function and the avoidance of illness. Surgically correctible components of this spectrum of anomalies include -

1. An Upper pole obstructive mega-ureter with poor function.
2. A lower pole pelvic-ureteral Obstruction with salvageable renal function
3. Or sometimes a bilateral Ureteroceles which are amenable to scar-less, endoscopic interventions.



Hence, this child was planned for a lower polar selective hemi-nephrectomy. The procedure was completed through a left loin incision via the extraperitoneal approach. Histopathological findings showed partial loss of cortical medullary differentiation. Microscopic findings showed theorization and cloudy change in tubules.



## Sports

# BREAKING BOUNDARIES

By Amrutha, Member of Board

As part of the celebration of 130 years of excellence of the institution, Christian Medical College Ludhiana will be hosting and organizing the Junior World Congress (JWC) -Medical Olympics from April 4-6 at Christian Medical College in Ludhiana, India. The JWC- Medical Olympics is a three-day event for undergraduate medical students. The international delegates are planning a 10-day-long experience (2nd to 12th April 2024) which will include rural healthcare centre visits, the conference, a trip to Amritsar and hospital postings. The event's theme was "Climate Change and Challenges in Health". The JWC - Medical Olympics is one of India's biggest undergraduate medical student conferences. It includes medical conferences, workshops, sports, and cultural events. The event is intended to celebrate the achievements of young medical minds and encourage collaboration and knowledge-sharing. The Junior World Congress Medical Olympics is being conducted to break boundaries and go beyond just a medical conference.



## Social events

**SOCIAL WELFARE AS TARGET**

By Sravani, Member of the Board

There could be no definition of a successful life that does not include service to others. And this was proved by our Rangarayans. Besides studies, they have been actively participating in community service by being a part of the National Service Scheme (NSS). Around 200 students of Rangaraya Medical College are in NSS. As part of the scheme, they are conducting Beach Cleaning, Plantation, Blood Donation Camps, Health Camps, Awareness Campaigns on Suicide Prevention, Yoga Practice and many more. Every one of them has been working hard to make our community clean and healthy. Two of them are Mahalakshmi and Bhargav Naidu of the 2020 batch, final year part 2. They joined NSS with a vision to improve their leadership qualities and being medical students they want to serve people and bring cognizance in society on various aspects. They have been doing all this with the coordination of Dr. D. S. V. L. Narasimham, DME and Principal, RMC, Dr Vishnu Vardhan, Vice Principal ( Administration ), Dr Devi Madhavi, Vice Principal ( Academics ) and Dr. Sowmya, Assistant Professor, Community Medicine

## Articles

**INTERNATIONAL WOMEN'S DAY**

WOMEN is not merely a five-letter word, she is the five elements that rule our nature and the five basic senses that rule our body, without these 5s' there is no life to imagine. Beginning from birth, women go through an arduous journey by crossing all the hurdles and climbing all their fears to become something they adore. She achieves all her roles in society with ease and radiates positivity around her.

Women's greatness knows no bounds. Throughout history, women have shown great strength, resilience and leadership in various fields, from science and politics to art and literature. They play a crucial role in families, serving as caregivers, nurturers, and pillars of support. They often take on responsibilities such as managing household tasks, providing emotional support and fostering a sense of unity among the family.

The immense courage and patience they exhibit inspire the young generation and pave an ambitious path. Women's contribution to the country's well-being is no less than a man's. There is a saying in Sanskrit, 'Naryastu rastrasya svah', which implies that women are the pillars of the country's future and development.

By Sumalini, First Year

A woman's role in the family or society cannot be replaced with anything. From the tender touch of a mother's hand to the wisdom passed down through generations, women infuse warmth and light into the world. They are the pillars of strength that hold families together, the silent warriors who fight battles unseen. Every year on March 8th, the world celebrates 'International Women's Day' to show our gratitude and encouragement for those women who are the embodiment of hope, resilience and love.

The theme for International Women's Day 2024 is "Break the Bias," emphasizing the need to challenge stereotypes and promote inclusivity. It's a time to stand in solidarity with women everywhere, amplifying their voices and championing their rights.

International Women's Day serves as a poignant reminder of the indispensable role women play in shaping families, communities, and societies worldwide. It is an opportunity to honour the mothers, grandmothers, sisters, and daughters who enrich our lives with their care, wisdom, and resilience. It's a time to express gratitude for their sacrifices and their unwavering support, which forms the bedrock of our families' foundations. In society, women are the architects of change, driving progress and shaping the world with their ingenuity and determination.

Today, we reaffirm the importance of women in our lives, our families, and our societies. It's a testament to their resilience, their strength, and their unwavering spirit. And it's a reminder that when we uplift and empower women, we uplift and empower entire communities, creating a brighter and more promising future for generations to come.

By Srihitha, First Year

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## Social events

**HEARTBEAT INSIGHTS**

By Srihitha, Member of the Board

In the intricate world of medicine, where each heartbeat tells a story, the art of interpreting an electrocardiogram (ECG) is nothing short of a profound skill. It is crucial for diagnosing various cardiac conditions, including arrhythmias, myocardial infarctions, and conduction abnormalities. Similarly, ECHO serves as a vital tool in cardiac care, providing detailed images of the heart's structure and function without invasive procedures. It aids in diagnosis, guides treatment decisions, and monitors disease progression over time. Its non-invasive nature makes it invaluable in improving patient care across all age groups.



Shedding light on this vital diagnostic tool, ECG and the role of ECHO in clinical practice, A guest lecture was hosted at the Social and Preventive Medicine Gallery on the 12th of March. Under the guidance of esteemed Dr Hari P. Chaliki, Consultant in the division of cardiovascular diseases, the lecture attracted an engaged audience comprising both students and experienced practitioners. The event was honoured by the attendance of esteemed figures including Dr M. P. R Vittal, Incharge Superintendent of Government General Hospital, Kakinada, Dr Vishnu Vardhan, Vice Principal ( Administration) of Rangaraya Medical College, Dr. Devi Madhavi, Vice Principal ( Academics) of Rangaraya Medical College, Dr Lavanya Kumari, Superintendent of Government General Hospital, Kakinada. The lecture proved to be a valuable learning opportunity for Undergraduate students, Postgraduate students specializing in General Medicine, Anesthesiology, and Pulmonology, as well as Assistant and Associate professors from the Department of General Medicine, Department of Pulmonology, Department of Anesthesiology, and Department of Cardiology.



The lecture commenced with an introduction to the basics of ECG interpretation and Echo, setting the stage for what was to come. Dr. Hari P. Chaliki then guided attendees through real-life case studies, demonstrating how these concepts are applied in clinical practice. Attendees were actively involved in deciphering the cases, putting their knowledge to the test in making accurate diagnoses. The session wasn't just a lecture; it was an interactive exchange where everyone played an active role. A highlight was the engaging Q&A session, where attendees eagerly posed questions and delved deeper into challenging ECG interpretations and various aspects of echocardiography, fostering a collaborative and enriching learning experience for all. In conclusion, the guest lecture proved to be an illuminating journey into cardiac diagnostics, leaving attendees inspired and empowered. It transcended theory, deepening the understanding of ECG's clinical utility.



## Art

**BLOOMING BEAUTY**

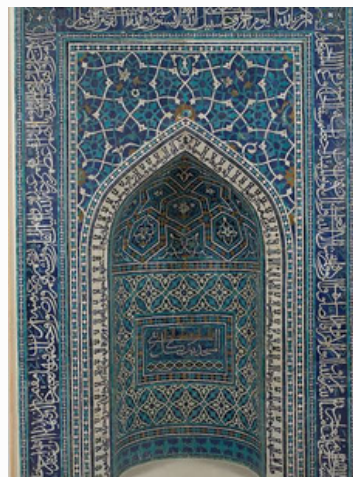
By Vineel, Section Editor

This Ramzan season, step into a mosque, and you're likely to be greeted by a mesmerizing array of swirling vines, blossoming flowers, and scrolling leaves. These are vegetal patterns, a cornerstone of Islamic art.

Artists have drawn inspiration from a wide range of botanical sources, including flowers like the lotus, rose, and tulip, as well as various types of foliage and fruit-bearing. They use vegetal patterns to create a sense of beauty and serenity, reflecting the perfection of nature.

These patterns take many forms, from delicate arabesques to complex geometric arrangements. They appear on everything from grand mosques to intricate manuscripts, adding a touch of elegance and symbolism.

Next time you encounter this art, take a closer look at the vegetal patterns. They're more than just decoration; they're a window into a rich artistic tradition.



## Culture

**MAHASHIVRATRI**

By Sravya, Member of board

The festival of Maha Shivratri is celebrated once in year. It is a notable festival marking a remembrance of "overcoming darkness and ignorance" in life and the world. It is observed by remembering Shiva and chanting prayers, fasting, and meditating on ethics and virtues such as honesty, non-injury to others, charity, forgiveness, and the discovery of Shiva. Ardent devotees stay awake throughout the night, Others visit one of the Shiva temples or go on a pilgrimage. The festival is believed to have originated in the 5th century BCE. Different legends describe the significance of Maha Shivaratri. According to one legend in the Shaivism tradition, this is the night when Shiva performs the heavenly dance of creation, preservation and destruction. The chanting of hymns, the reading of Shiva's scriptures and the chorus of devotees join this cosmic dance and remember Shiva's presence everywhere. According to another legend, this is the night when Shiva and Parvati got married.



A different legend states the offering to Shiva icons, such as the linga, is an annual occasion to overcome any past sins, restart on a virtuous path, and thereby reach Mount Kailasha for liberation. It is also believed that on this particular day, Shiva gulped the Halahala produced during the Samudra Manthana and held it in his neck, which bruised and turned blue. As a result, he acquired the epithet Nilakantha. It is also believed that the famous Neelkanth Mahadev Temple is the place where this incident took place. It is believed that praying to Shiva on the day of Maha Shivratri blesses one with benevolence and prosperity as Shiva is revered as Mahadev.

## History

**UNTOLD STORY OF AZT**

By Sumalini, Member of board

The medical marvel, AZT, an antiretroviral drug, was the first AIDS drug approved on March 20, 1987, by the U. S. Food and Drug Administration- but getting there was by no means an easy task. Here's the story behind this wonder. During the initial days of this epidemic, millions were infected and suffered due to a lack of proper drugs. Though only a few people had died at that point, the medical council decided to limit the death rate from spiking. As a result, they developed AZT, azidothymidine, as their first weapon against HIV during the 1960s, but it didn't give the expected results when tested on mice. Nearly two decades after AIDS emerged as a new infectious disease, the pharmaceutical company Burroughs Wellcome, already known for its antiviral drugs, began a massive test of potential anti-HIV agents, hoping to find anything that might work against this new viral foe. After many days of extensive work, a massive trial was launched and nearly 300 AIDS patients were tested, and finally they succeeded with a drug named zidovudine, which belongs to a class of drugs known as reverse transcriptase inhibitors. Today, patients diagnosed with AIDS can lead a normal life with the help of this wonder drug discovered by the United States.



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## Social Events

**FAREWELL TO RMC JUDA 2022**

By Sravani, Member of the Board

Recently old RMC JUDA "Rangaraya Medical College Junior Doctors Association", panel members met Dr D S V L Narasimham, DME and Principal, Rangaraya Medical College and passed on the panel responsibilities to the juniors.

Dr. G. Manohar Babu belonging to pharmacology has been chosen as the the esteemed president of RMC JUDA, 2023. Dr. B. Amrutha Vally ( Anesthesia ) and Dr Utpala( Social and Preventive Medicine ) are chosen as vice presidents. Dr Srinivas Gandhi ( Surgery ) and Dr Raja Sekhar Reddy ( Forensic Medicine ) as General secretaries, Dr K. Hemanth Kumar( Surgery ) and Dr Md. Roohila ( Surgery ) as joint secretaries, G. Venkata Sai Lakshmi ( Pediatrics ) and Dr Charishma Rani. K ( Pharmacology ) as treasurers,

Dr Md. Aqib Nawaz ( General Medicine ) and Dr S. Rachana ( Social and Preventive Medicine ) as spokespersons, Dr C. Asha Jyothi( Dermatology, Venerology and Leprosy ), Dr T. Saritha, Dr Jagadhambal Lakshmi. M( Biochemistry), Dr Sk. Imran ( Pediatrics ) and Dr Bowmia ( Ophthalmology) as chief Executive Members. Dr. P. Shreya ( Obstetrics and Gynaecology ), Dr Netaji ( Pediatrics ), Dr Ch. Sai Teja Reddy( Radiology ), Dr B. Yaswanth Reddy ( Pathology ), Dr Vamsi Krishna ( Pulmonology ) and Dr Jean Babu ( Anesthesia ) as new Executive Members.



On this occasion, Dr Dasari Rohit ( Pharmacology ), Former President of RMC JUDA PANEL 2022 conveyed his note of gratitude and farewell to the present panel members, " Dear esteemed panel members, I wanted to take a moment to express my deepest gratitude for your unwavering support and dedication throughout our journey of 486 days. Your tireless efforts and passion have been the driving force behind our achievements. To our incoming panel members, I offer my heartfelt congratulations and best wishes as you embark on this fulfilling journey of leadership and service. Your fresh perspectives will undoubtedly propel the Junior Doctors Association to even greater heights. As we bid farewell to the roles we have held with honour, let us remember the importance of unity, empathy and advocacy in shaping a brighter future".

RMC JUDA PANEL 2022 has contributed a lot in shaping a bright, enlightened future for junior doctors everywhere. So it's our pleasure to have them as panel members all these days and it's our responsibility to know every one of them

The President of RMC JUDA PANEL 2022 was Dr. Dasari Rohit ( pharmacology ). Dr G. Ratna mani ( Anesthesia ), Dr P. Sravan Kumar( Community Medicine ), Dr Harsha ( Compulsory Rotatory Residential Internship ) and Dr Charan Sai(Compulsory Rotatory Residential Internship, CRRI ) contributed their services as Vice Presidents. Dr T . Phani Kumar Dunga ( Pharmacology ), Dr L. Sai Teja( General Medicine ) as General secretaries, Dr E. Priyanka( Community Medicine ), Dr P. Prathyusha( Pathology ), Dr Dr. Vigneshwar Reddy( Pharmacology ) as joint secretaries. Dr. V. Alekhya( Pharmacology ), and Dr. M. Sree Deepthi ( Anesthesia ) as Treasurers. Spokespersons were Dr. Sai Gayatri. P( Biochemistry ), Dr. L. Sai Teja ( General Medicine ). Chief executives were Dr B. Manoj Kumar( Radiology ), Dr P. Nikhil ( Dermatology ), Dr.M. Sundeep ( Anesthesia ), Dr.R. Phanindra ( Anatomy ), Dr K.Subrahmanya Sai Sarath Chandra ( General Medicine ), Dr Nani Babu( Forensic medicine ). Executive Members were Dr Chavhan Pooja Vishnu ( Ophthalmology ), Dr N. Pramoda( Orthopedics ), Dr N. Amar Teja ( Orthopaedics ), Dr P. Sujatha Priya ( Microbiology ), Dr K. Monika Ram ( Pediatrics ), Dr P. Mounica ( Obstetrics and Gynaecology ) and Dr. Dhruv J Chaudhari ( Pharmacology ). The advisory committee included Dr A. R. Sowryaswi and Dr Sk. Ayesha, Dr V. Venkat, Dr V. Anantha Prakash and Dr A. Seshu. All their services were remarkable and remembered.

We convey our heartfelt gratitude to our former JUDA Panel members and best wishes to the new RMC JUDA Panel.



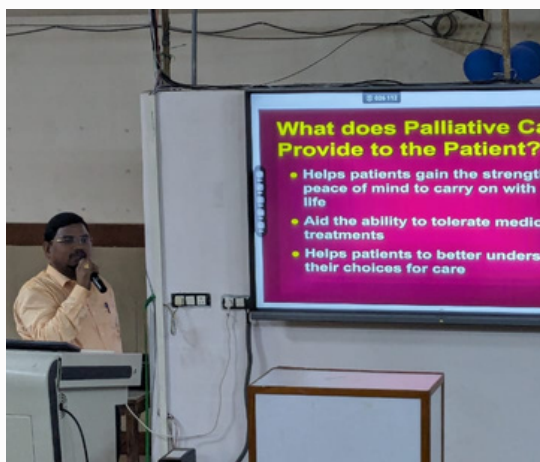
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## Social Events

**WORLD CANCER DAY - "CLOSE THE CARE GAP"**

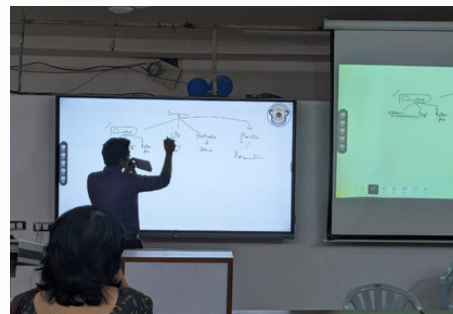
By Devi Priyanka, Section Editor

On the Eve of World Cancer Day (04-03-2024), CME was conducted 03-03-2024 at the Community Medicine Gallery on the theme of "CLOSE THE CARE GAP". The theme for 2022-2024 is also the same. This theme is about making sure leaders prioritise cancer, invest in strategies to address inequity and ensure everyone has access to quality health services. The campaign also calls for people to commit to improving access to quality care, including screening, early detection, treatment and palliative care.



This event was conducted by Department of Radiation Oncology and Department of Surgical Oncology under the supervision of Dr. P. Srinivasan, Professor and Head of Department of Radiation Oncology, Dr. BC. Narasimhulu Assistant Professor of the Department of Radiation Oncology, Dr.K. Pradeep Assistant professor of Department of Radiation Oncology, Dr Ramji Narendra Nalla Assistant professor of Department of Surgical Oncology in the presence of our Dr S. Lavanya Kumari, Superintendent of Government General Hospital, Kakinada, Dr B. Devi Madhavi Vice Principal ( Academics ), Dr Vishnu Vardhan Vice Principal ( Administration).

Dr P. Srinivasan Professor and Head of the Department of Radiation Oncology, Dr Ramji Narendra Nalla, Assistant professor of the Department of Surgical Oncology, Dr BC. Narasimhulu Assistant professor of the Department of Radiation Oncology were the speakers and talked about how to interpret a cancer patient, causes of various cancers and statistics, cancer management and adequacy of facilities, screening, surgery and palliative care.



The 2022 GLOBOCAN data shows 14.13 lakh new cancer cases are present in India with 8.5 lakh deaths, indicating the importance of cancer as a health problem. The projection for 2030 is around 17.5 lakh new cases in India. In the period of 3 years i.e. from 2022-2024, the focus is on realising the problem, understanding alliances, emphasizing community support to cancer patients, engaging our leaders and demanding commitment to prioritize cancer management as a health issue.

They also discussed the importance of Human Papilloma Virus Vaccination for eradicating Cervical Cancer by 2030 as a part of this triple intervention strategy which targets '90-70-90'

\* 90% of girls are fully vaccinated with the HPV Vaccine by the age of 15 years.

\* 70% of women screened with high performance tests the by age of 35 years and again by the age of 45 years.

\* 90% of women with pre-cancer are treated and 90% of women with invasive cancer are managed.

Barriers like gender, age, minority populations, poverty, rural-urban division etc; were also discussed.

The session ended magnificently and many young minds were impacted.

"Let's unite to make the world aware to close the gap in cancer care".

Open call for articles, poems and others to all the students and faculty! Contact us at [therangarayaneditorialboard@gmail.com](mailto:therangarayaneditorialboard@gmail.com).



Puzzle

# RENAL RIDDLES

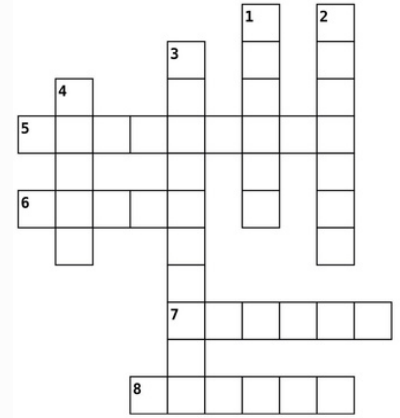
By Sarvani, Associate Editor

DOWN

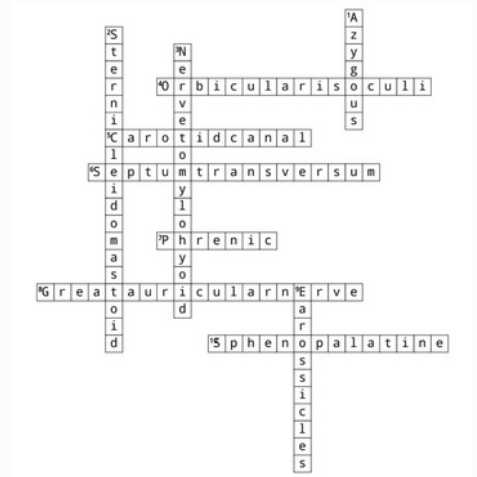
1. Babies who can't pee in utero develops this sequence
2. The syndrome associated with generalised reabsorption defect in PCT
3. Common diuretic to manage fluid retention in CKD
4. Secreted by JG cells in response to decrease in renal perfusion pressure

ACROSS

5. A syndrome of glomerular disease characterised by massive proteinuria
6. Most common malignant renal tumour in children
7. The substance commonly used to measure GFR
8. A kidney disease characterised by the deposition of IgA in the mesangium of glomeruli



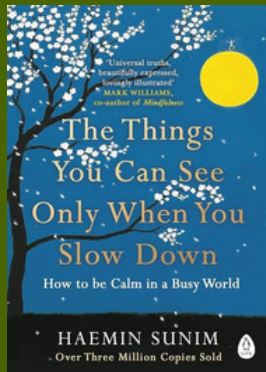
Key to the previous edition



## Add to your Library

By Madhavi, Member Of Board

The Things You Can See Only When You Slow Down book written by Haemin Sunim guides the readers to live mindfully, without rushing themselves.



"What makes music beautiful is the distance between one note and another. What makes speech eloquent is the appropriate pause between words. From time to time we should take a breath and notice the silence between sounds" This quote represents that a pause in between our daily life is very important to make it magnificent. For those who have been busy lately in their life, take time and read this book and learn to appreciate the present moment. This book mainly focuses on how to live a mindful and fulfilled life.

## A NOTE FROM THE EDITOR



By Bhuvana, Member Of Board

Greetings readers,

Welcome to the latest edition of the newsletter. It was incredible to witness the esteemed seniors' graduation ceremony and celebrate their achievements. Their remarkable experiences and cherished memories of college have instilled in us a drive to pursue excellence and never lose sight of our aspirations. I'm very grateful for this opportunity to be a part of the newsletter. This experience was quite new to me but still exciting. Working on the board made many things easier, maybe not only socializing but also articulating my views. Being able to convey information in your own words makes it more meaningful.

Contact us at: [therangarayeditorialboard@gmail.com](mailto:therangarayeditorialboard@gmail.com)

Instagram: @therangarayan

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