

Triannual Newsletter-Volume 1- March-June 2019



# NEURONE

GMCAAN  
Newsletter



A platform to stay  
connected



We are all now connected by the Internet,  
like neurons in a giant brain.

Stephen Hawking

# NEURONE

## GMCAAN Newsletter

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# **NEURONE**

GMCAAN Newsletter

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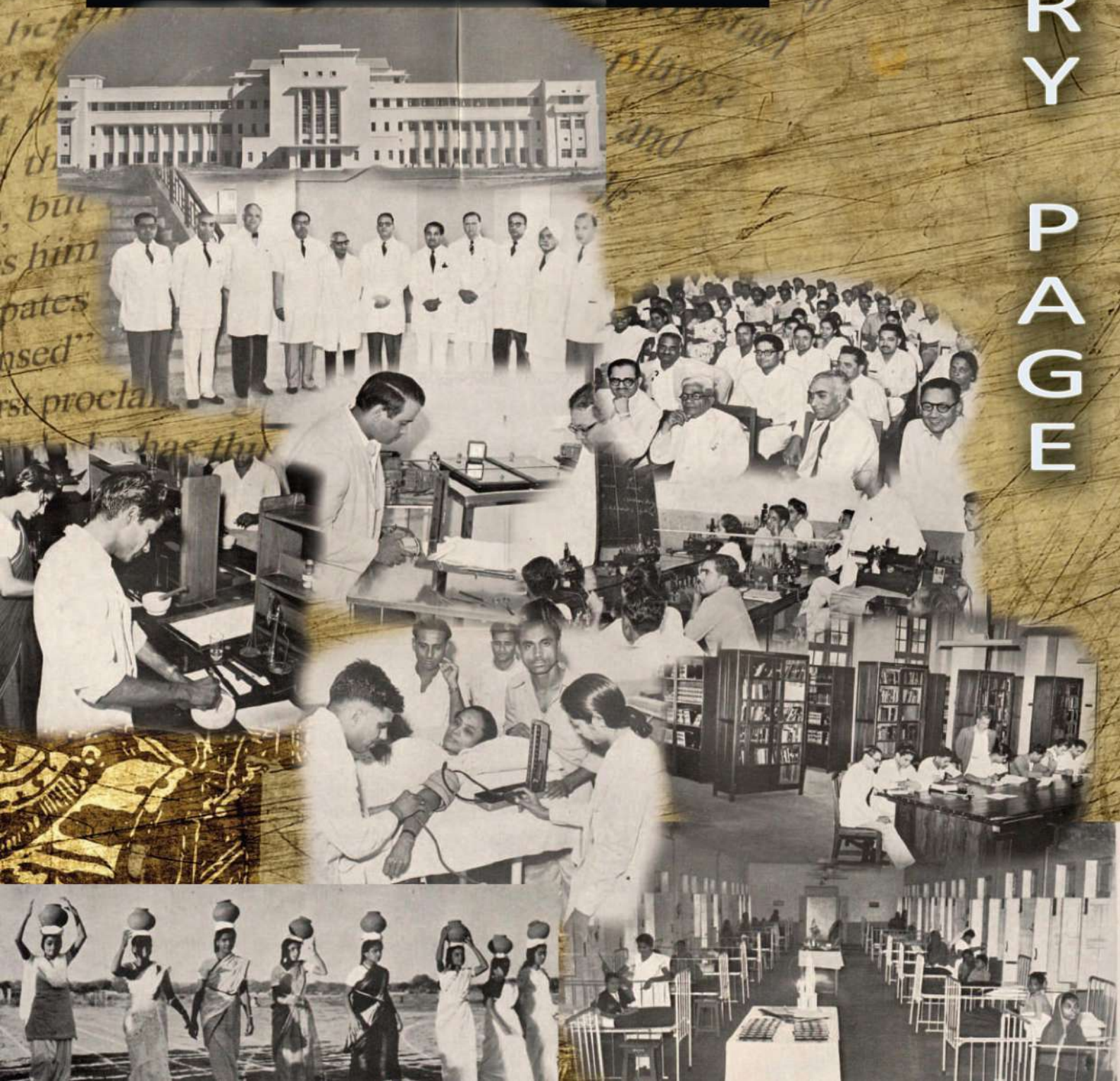
**6. Know your pathbreaker Alumni**



This page is dedicated to the historical events /pictures of GMC Nagpur

# HISTORY PAGE

History is always fascinating & at times incredible .







## GOVERNMENT MEDICAL COLLEGE AND HOSPITAL NAGPUR

The city of Nagpur was founded at some uncertain date before Deogarh Gond dynasty. It was capital of Bhosale dynasty in 18<sup>th</sup> century and later Nagpur Territory of East India Company in 1854. It became capital of Central Provinces in 1861 and C P & Berar in 1934 of British Government of India. It became capital of Madhya Pradesh after Independence in 1950. It lost its position as state capital after state reorganisation in 1956 when it was first included in Bombay State and later in 1960 in Maharashtra State.

In the year 1854 the Minister for India announced in the British Parliament to start medical colleges in India. The E I C started medical schools and colleges in modern medicine in some provinces. A medical school was started in Nagpur in 1867 but it was closed in 1883 due to financial problems.

The need for trained medical professionals increased over years in C. P & Berar as services of medical professionals coming from other provinces was inadequate. A further need was felt with the start of the Great War (World War I). A medical school was again started in the premises of Mayo Memorial Hospital. It awarded diploma of L.M.P. It was named as Robertson Medical School after the Chief Commissioner of C. P. & Berar Sir Benjamin Robertson (1912-20). This school was under Medical Department of the province.

Nagpur University was established on 9/3/ 1823 by passing the bill in Legislative Council of Central Provinces.

The need to start facility of higher medical education was discussed from time to time in government meetings and well as in Nagpur University. Arrangement was made for admission for students from C. P. & Berar students to the medical colleges of Bombay (now Mumbai) and Calcutta (now Kolkata).

A decision was taken in mid thirties to study viability of medical college in Nagpur. But the plan was postponed due to start of Second World War. At the end of war again the plan to start medical college was renewed. Various places were considered to start the college like open spaces on Kamthi road, Wardha road and North Ambazari road but all



were rejected for various reasons. Then it was decided to upgrade the existing Robertson Medical School into a medical college.

Dr. Robert Kelley was superintendant of medical school was appointed as first Principal of this college at the end of 1945 and was given the task of upgrading school into college. He was relieved from duties as Civil Surgeon and Superintendant of Medical School and Major (Dr.) V. Srinivasan was appointed as Civil Surgeon in January 1946. Srinivasan later became second Principal of Government Medical College Nagpur.

The British had passed the act of 1935 to elect provincial assemblies. Elections were held in 1937 and after few months Ravishankar Shukla became Chief Minister. This government resigned when India declared war against Germany. The decision to upgrade medical school to medical college was taken by the Governor. After the end of WWII again elections were held in 1946 and again Ravishankar Shukla became Chief Minister. One of the earliest decisions of this government was to cancel the plan of up gradation of school into college in the same premise and in stead to start a new medical college in a new place. Dr. Kelly was relieved of his post and responsibilities.

Dr. Ambuj Nath Bose was appointed as Principal of the new college.

Dr. Jivraj Mehta ex-dean of G S Medical College Mumbai and at that time in Central Government was invited by C P & Berar government as consultant. (Later he became Chief Minister of Gujrath). He recommended slight elevated plain area south of Rajabaxa Temple for starting medical college as large area was available and also it was near to the city of Nagpur whose population it was supposed to serve. After selecting the site process of land acquisition was started. Initially some land belonging to Col. Kukdey was acquired and then land from other land holder was acquired. Some of the land belonged to the government (nazul) which was transferred to the college. The area of college and hospital is mentioned as 196 and 206 acres in different sources. This was the plain where the crucial Battle of Sakkardara was fought on 16<sup>th</sup> December 1817 when EIC army completely routed Bhosale army.

Some teachers from Robertson Medical School were transferred to the new medical college. Till the building was ready initial classes were started in Government Engineering College situated at Sadar (now Government Polytechnic). Clinics were conducted at Mayo Memorial Hospital.

Dr. Abdul Gaffar from RMS was transferred as reader in physiology (1946-47) but left India for Pakistan. He joined Medical College Peshawar and retired as its Principal.

The college was affiliated to the Nagpur University. First batch was admitted in July 1947. The course was for five years. Admission was restricted to students from Nagpur



and Sagar Universities only. For first few years only 50 students were admitted each year but later the number was increased to 100, 150 and 200 each year.

The last batch (1946) of L. M. P. course admitted in RMS was transferred to the new college.

(There are two versions about its further course. These are narrated by different students belonging to this batch.

First – The first year examination of this batch in Anatomy and Physiology was conducted in RMS. This was recognised by government and this batch was directly admitted to Second MBBS course in December 1947.

The course was First MBBS 1 year, Second MBBS 2 years and Final MBBS 2 years.

Second – The course of First of MBBS was of two years and the first batch (1947) was supposed to be appearing in April-May 1949. The batch from RMS was given credit for their academic sessions and was allowed to appear for First MBBS examination in December 1948 thus becoming senior by six months to the regular 1947 batch.

The course was First MBBS 2 years, Second MBBS 2 years and Final MBBS 1 year.

Records to ascertain which version is correct are not available in GMC or NU.)

It is certain that this batch appeared for Final MBBS examination six months earlier that is in December 1951, than normal July 1947 batch. Their total stay in medical institutes (School and College) was five and half years.

Many LMP holders were desirous of upgrading their qualification to University degree. The Madhya Pradesh government started a condensed course for LMP diploma holders as reserved seats in Government Medical College. Ten seats were reserved for LMP students out of 150 seats every year. The last batch was admitted in 1959. They were admitted to second MBBS directly. The duration of course was three years. Nagpur University promulgated a special ordinance to condone one year's internship.

After closing the LMP course the R. M. School was closed but was again restarted as Medical School Nagpur. (Officially RMS was closed in 1956 when last student from 1945 batch passed his examination) It started another course which was awarding the certificate of DMP. It lasted for 15 years from 1948 to 1962 and admitted 11 batches. Some of them were later admitted as extra students along with regular batches of 150 students. Each year only 10 students were admitted who had completed B. Sc. Part I or Inter Science examination before getting admission in DMP course. 95 students successfully obtained university qualification of M.B.B.S. And out of these 29 students further completed post graduate diplomas and degrees in various specialties. One person Dr. Abdul Quadir was awarded the highest degree of Ph. D. in Medicine in 1966.



One year internship was condoned for those who had at least two years of experience in clinical practice after passing DMP exam. The first batch of D.M.P. qualification holders was admitted to M.B.B.S. Course of four and half years in the year 1962 and the last batch was admitted in the year 1968. The DMP students who had not obtained qualification of I. Sc. approached the High Court. The judgment was delivered on 23rd July 1968 allowing these students to seek admission in MBBS condensed course and those who had completed more than two years of experience were exempted from internship. These students were admitted and accommodated in 1968 batch.

Some of the other admissions made for MBBS course for students other than NU were under Technical Cooperation Scheme of Colombo Plan. Students were admitted from July 1965. The last batch was admitted in 1968 (*probably, subject to correction*). They were provided with airfare, tuition fee, and accommodation and living allowance by the GOI.

The college changed its affiliation from Nagpur University to Maharashtra Health Sciences University by the Act no X of 1998.

The Occupational Therapy School and Centre was started in the year 1958 in the GMCHN.

The Physio Therapy School and Centre was started in the year 1958 in the GMCHN.

Nursing Training School was started in 1945 as Auxiliary nurse midwifery at Mayo Hospital which was renamed as "School of Nursing" and shifted to GMC in 1950. Only female students were admitted & absorbed in the hospital services.

New course of General Nursing & Midwifery was started 1952.

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## FIRST BATCH OF JULY 1947

THE SELECTION COMMITTEE FINALISED THE LIST OF FOLLOWING STUDENTS FOR ADMISSION TO MEDICAL COLLEGE NAGPUR.

1. D. B. RAJIMWALE
2. D. G. GAN
3. B. K. HALVE
4. V. G. SAKALKAR
5. J. D. TIMOTHY
6. D. W. HARDAS
7. M.G. PANDIT
8. V. G. CHAKOTE
9. M. M. BAKSHI (His admission was cancelled on medical grounds)
10. M. T. PAITHANKAR
11. A. M. SUR
12. N. D. PALKAR
13. G. D. GATTANI
14. B. S. GHARPURE
15. S. L. MUKHERJEE
16. M. A. KHAWAJA
17. PRATAP SINGH
18. D. B. BOKAY
19. V. S. DANGE
20. L. N. RUSIA
21. N. H. HAJI



22. S. K. PATHAK
23. P. G. VAIDYA
24. S. MEHTA
25. M. HASRAT ULLAH
26. B. M. BHARGAV
27. V. M. MAHAJAN
28. R. C. S. VAIDYA
29. D. L. DHABALIA
30. M. C. VARMA
31. S. N. AGRAWAL
32. GHIASUDDIN
33. B. S. JANGI
34. S. G. VARMA
35. P. K. SAHU
36. S. N. MISHRA
37. H. D. BAJPAI
38. W. M. KALE
39. M. V. BHOPATKAR
40. M. P. BANOLE
41. A. L. PHATE
42. JAI SINGH
43. K. G. KAYANDE
44. S. N. KURHEKAR
45. G. N. NAGRAJ
46. K. S. IJMULWAR



47. V. N. KEKRE
48. G. S. KARKARE
49. M. L. MANDVIKAR
50. R. P. SHRINIWASAN
51. A. H. KHAN
52. S. KHAN
53. J. L. SUD
54. L. L. RATHI
55. B. C. JAIN
56. A. K. CHANDURKAR
57. I. K. DAVE
58. B. R. SOLANKI
59. A. P. DESHMUKH
60. B. U. PADMAWAR
61. M. D. KUTHE
62. J. K. SHRIVASTAVA
63. N. S. RAMTEKE
64. RAM SHANKAR DIWAN
65. S. N. PRASAD
66. M. K. BORWANKAR
67. R. D. THAKRE
68. B. N. SHRIVASTAV
69. A. S. MAHAJAN
70. N. H. PASHINE
71. HARISH CHANDRA



72. S. K. CHATURVEDI
73. M. K. JAIN
74. G. S. DAVE
75. R. A. JAIN
76. K. U. UMRE
77. U. G. MALOO
78. A. S. JAIN
79. J. N. DESHPANDE
80. B. N. SHARMA
81. G. S. DIXIT
82. HARIRAM SINGH
83. B. G. BAPNA
84. N. K. MISHRA
85. V. G. TOKLE
86. M. A. KHAN
87. J. C. MISHRA
88. RAM SUJAN SINGH BEOHAR
89. A. J. PAUL
90. S. K. DIXIT
91. G. K. MISHRA
92. V. P. MISHRA
93. D. P. TIWARI
94. J. C. KSHETRAPAL
95. P. U. DESHPANDE
96. K. K. SHRIVASTAV

97. M. M. DUBEY
98. RANJIT SINGH S/O NARAYAN SINGH
99. SHIVCHARAN M. K. LALA
100. MISS S. G. HARDAS
101. MISS CELINA HUCKETT
102. MISS S. T. BHELANDE
103. MISS M. G. TOLE
104. MISS M. G. LIKHITE
105. MISS RITA HACKETT
106. MISS P. D. PATHAK
107. MISS S. M. PARANJPE
108. MISS K. S. LAUL
109. MISS L. V. SHROTRIYA

Admission of one student was cancelled as he did not appear for interview. Thud finally 108 students were admitted.

How many of these students attended the course and completed is not known to the compiler of the list.

IN DECEMBER 1947 ANOTHER 33 STUDENTS WERE TRANSFERRED FROM ROBERTSON MEDICAL SCHOOL WHO WERE ADMITTED IN LMP COURSE.

WHEN THE CLASSES STARTED ON 15TH JULY 1947 FOLLOWING TEACNING STAFF WAS ALREADY APPOINTED:-

ANATOMY –	PROFESSOR	1
	SR. LECTURER	1
	ASST. LECT.	1



	DEMONSTR.	1
PHYSIOLOGY -	PROFESSOR	1
	SR. LECTURER	2
	DEMONSTR.	1

By October 1947 the Students' Association was formed and it had four sections

a) Games and Sports, b) Social and Cultural, c) Clinical and Magazine and d) Cooperative Store. Subscription was rupees 10=00

Admission Fee was Rs. 25 and Tuition Fee was Rs. 80 per term.

Refundable deposits were Rs. 75=00.

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## **FIRST TEACHERS OF G M C Nagpur**

When a separate Medical College was started in 1947 some teachers from Robertson Medical School were transferred or reappointed in this college. Posts of Professor, Sr. Lecturer, Lecturer and demonstrator were advertised in various department. Salary was Principal 1250, Professor 750, Sr. Lecturer 500, Lecturer 250 and demonstrator 200. There were some allowances also. All posts were non-practicing. (The posts in RMS were practicing posts). Applications were received from fresh candidates as well as those already working in Medical Colleges particularly from Agra, Lahore, Calcutta, Bombay etc. Some were selected but did not join. Some asked for higher starting salary suitable to their seniority.

1. Dr. Sahastrabudhe was Professor of Anatomy transferred from RMS
2. Dr. Popatlal Champaklal Shah Sr. Lecturer Anatomy
3. Dr. Manohar Rajapurkar Curator Anatomy
4. Dr. Narendra Singh Professor Physiology
5. Dr. Abdul Gaffar Sr. Lecturer Physiology transferred from RMS (He migrated to Pakistan and retired as Dean of Khyber Medical College Peshawar)
6. Dr. G. L. Sharma Professor Pathology
7. Dr. Jagbhusan Shrivastav Sr. Lecturer Pathology
8. Dr. Meghraj Narayan Demonstrator Pathology
9. Dr. Nigam Sr. Lecturer Surgery later Professor
10. Dr. Rangilal Lecturer Surgery later opted State Medical Service and became Civil Surgeon of Mayo Hospital
11. Dr. G. Y. Shende Asst. Lecturer Surgery
12. Dr. G. T. Balankhe Asst. Lecturer Surgery (his brother was N. T. Balankhe Anaesthiologist)
13. Dr. M. L. Shukla Tutor Surgery
14. Dr. R. N. Chatterji Tutor Surgery
15. Dr. P. N. Taneja Professor Medicine
16. Dr. U.L. Khosala Professor Medicine



17. Dr. J. N. Berry Sr. Lecturer Medicine
18. Dr. Dubey Medicine transferred from RMS
19. Dr. M. P. Mishra Tutor Medicine
20. Dr. K.N. Sinha Professor Pharmacology
21. Dr. Keshavchandra Professor Ophthalmology
22. Dr. T. C. Wassan Radiology
23. Dr. Mangrulkar Professor Preventive and Social Medicine
24. Dr. Mrs. Paranjyoti Professor Gynaecology and Obstetrics
25. Dr. P. Chandra

The list is incomplete.

Dr. Abdul Gaffar from RMS was transferred as reader in physiology (1946-47) but left India for Pakistan. He joined Medical College Peshawar and retired as its Principal.

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Personal experiences

*The first hand*



No hear say  
just a  
first hand experience



Specialty



RESEARCH NOT ON  
THE PEOPLE. RESEARCH  
WITH THE PEOPLE





## हो...ते तर मेळघाटातील देवदूतच\* !!

\*डॉ माया भालेराव\*

मनुष्य सतत आनंदाच्या शोधात असतो. त्यासाठी कधी कधी देशविदेशाची सहल करतो. डोंगरदऱ्यातून साहसी सफर करतो. मनोरंजन म्हणून नाटक -सिनेमे बघतो. छान कपडे घालून मिरवतो. आपल्या आनंदी आयुष्याच्या सर्वसामान्य व्याख्या करतो. आपण मौजमजेतच धन्यता मानतो. पण ह्या सर्व गोष्टीपासून काही लोक वंचित आहे. ज्यांना रोजच्या पोटभर जेवणाची भ्रांत आहे. ज्यांचा रस्ता आरोग्याच्या सेवेपासून कोसभर दूर आहे, ज्यांना थंडी वाऱ्यापासून संरक्षण होईल इतके पुरेसे कपडे सुद्धा नाहीत. त्यांच्यासाठी आपण माणुसकीच्या नात्याने काय करत असतो ?? मी लिहितेय...महाराष्ट्रातील दुर्गम भाग - मेळघाटातील आदिवासी लोकांबद्दल !

हो, या वंचित लोकांसाठी झटणारे काही मायबाप आहेत. त्यांना मुख्य प्रवाहाशी जोडणारी ही थोर मंडळी म्हणजे कधी ते बाबा आमटे, डॉ प्रकाश- डॉ मंदा आमटे असतात...नाहीतर ते डॉ रवींद्र- डॉ स्मिता कोल्हे असतात... कधी ते डॉ अभय- डॉ राणी बंग असतात... आणि कधी ते डॉ आशिष- डॉ कविता सातव असतात. ही देवमाणसं कुठेही गाजावाजा न करता, प्रसिद्धीच्या झोतात न येता अविरत कल्याणकारी कामे करत असतात.

अश्या महान लोकांपैकी एका जोडप्याला भेटण्याचं भाग्य मला लाभलं. महात्मा गांधीजींच्या आणि विनोबा भावेंच्या विचारांनी भारावलेले हे तरुण डॉक्टर म्हणजे डॉ आशिष- डॉ कविता सातव. 'India Lives in villages' म्हणत लग्नानंतर "महान चॅरिटेबल ट्रस्ट फॉर ट्रायबल पिपल" ची स्थापना केली. गेल्या २० वर्षांपासून आशिष- कविता मेळघाटातील आदिवासी लोकांसाठी जीवाभावाने सेवा देत आहेत. रोजच्या विनामूल्य तपासणी व्यतिरिक्त अनेक आरोग्याच्या योजना ते राबवितात. अनेक कॅम्पस घेतात. सर्जरी करतात. त्यांनी उभारलेल्या जंगलातल्या झोपडीत बनविलेल्या आयसीयू पासून तर आता अद्यावत आयसीयू आणि ऑपरेशन थियेटरचा प्रवास अतिशय कष्टदायी आहे. थरारक आहे. वाखाणण्यासारखा आहे.

२१ ते २५ डिसेंबर दरम्यान त्यांनी आयोजित केलेल्या प्लास्टिक सर्जरीच्या कॅम्पला जाण्याचा मला योग आला. प्लास्टिक सर्जरीच्या या कॅम्प मध्ये जन्मजात व्यंग असलेले, ओठ दुभंगलेले, हातापायाची चिकटलेली बोटे, भाजल्यामुळे आकुंचन पावलेली कातडी -स्नायू, कॅन्सरच्या गाठी असे बरेच रुग्ण होते. त्यासाठी ऑस्ट्रेलियावरून एक भला माणूस डॉ. दिलीप गवाणकर जे प्लास्टिक सर्जन आहेत, दरवर्षी आपल्या मायदेशाबद्दल कृतज्ञता खातर येत असतात आणि विनामूल्य उपचार करून येथील अनेकांना सुंदर-सुकर-सुसह्य आयुष्य देवून जातात.

आपल्या शहरी वातावरण अंगवळणी पडलेल्या शरीराच्या मनात असंख्य प्रश्न पिंगा घालू शकतात ! तेथे जेवण कसे असेल ? राहायची व्यवस्था कशी असेल ...आंघोळीला, प्यायला पाणी असेल न ?... पण अपेक्षा ठेवल्या नाही तर नाराज व्हायचा प्रश्नच उद्भवत नाही. मी तेच केले. कसेही असले तरी जुळवून घ्यायची माझी तयारी होती. अश्या शंका, प्रश्न बाजूला ठेवून २१ डिसेंबरला मी पुण्याहून मेळघाटात पोहचले.

डॉ आशिष आणि कविता यांनी आधीच १२० पेशंट सर्जरी साठी तयार करून ठेवले होते. डॉ प्रशांत गहुकर यांनी त्यांच्या रक्ताच्या चाचण्या करून दिल्या. इसीजी,एक्स रे सुद्धा तयार होते. तेथे पोहोचल्याबरोबर लगेचच तासाभरात फ्रेश होऊन सर्जन डॉ. दिलीप यांनी सर्जरीच्या दृष्टीने व मी भूल देण्याच्या दृष्टीने हे सर्व पेशंट सकाळी पासून तर रात्री पर्यंत बघितले. डॉ माने यांनी लहान मुलांच्या सर्व चाचण्या बघून फिटनेसच्या दृष्टीने तयारी केली. त्यानंतर ऑपरेशनची लिस्ट बनवली . कोणाला आधी, कोणाला कसे करायचे, किती वेळ लागणार, भूल कोणत्या प्रकारची द्यावी लागणार असे सगळे नियोजन केले.

डॉ दिलीप यांच्याबरोबर ऑस्ट्रेलियाहून नर्स मिस बेथेलीया आणि फीजीओथेरपिस्ट मिस जौडी या मोठ्या उत्साहाने आल्या होत्या. डॉ कविता ऑपरेशनसाठीची अनेक अवजारे, औषधे, इंजेक्शन्स, सलाईनच्या बाटल्या, कपडे याच्या गराड्यात बसून दुसऱ्या दिवशीच्या तयारीत मग्न होती.

एकावेळी ५ ऑपरेशन टेबल वर ऑपरेशन सुरु करायचे होते. मी सकाळी लवकर जाऊन ओटी मध्ये तयारी केली. भुलीची औषधे, यंत्रणा सज्ज ठेवली. जेणेकरून रुग्णांना एकापाठोपाठ सर्जरीसाठी घेता येईल. बाहेर ६.४ अंश कडाक्याच्या थंडीत ऑपरेशन करून घेण्यासाठी गाव जमा झाला होता. सकाळीच रुग्ण उपाशीपोटी रांगा लावून तयार होते .

सर्व तयारी झाल्यावर ९ वाजता पहिला पेशंट आत घेतला. टीम चे नाव नमूद करायलाच हवे. डॉ आशिष आणि सहकारी ओटी बाहेरील व्यवस्था सांभाळत होते. ऑपरेशन थियेटरमध्ये डॉ कविता अतिशय शिस्तबद्ध रितीने पेशंट ची ने-आण करणे, सिस्टर, वॉर्ड बॉयला सूचना देणे, आवश्यक त्या वस्तू उपलब्ध करून देणे, जमल्यास छोटी ऑपरेशन करणे असा मल्टीपर्पज रोल लीलया करत होती.

माझ्यासह अजून काही भूलतज्ञ डॉ अंजली कोल्हे, डॉ सचिन पावस्कर, डॉ शरयू मुळे आणि ऑस्ट्रेलिया वरून आलेले भूलतज्ञ डॉ हेल्गे, आम्ही भूल देण्याची जबाबदारी सांभाळत होतो. सर्जरीसाठी प्लास्टिक सर्जन डॉ. टावरी, डॉ मेहता, डॉ रवी अशी सर्जन मंडळी तैनात होती. इतर आयोजन समीर सर बघत होते. अनेक सिस्टर- वॉर्ड बॉय आपापली कामे चपळाईने करत होते. एकंदरीत सर्व माहोल उर्जा आणि उत्साहाने झपाटल्यागत झाला होता. पहिल्या दिवशी सकाळी जो



सर्जरी करण्याचा सपाटा सुरु झाला तो रात्री १०.३० वाजता ५६ ऑपरेशन करून आम्ही बाहेर पडलो. त्यात जेवण आणि दोन वेळेचा चहा सोडला तर मध्ये ब्रेक नव्हता!

दुसरा दिवस सुद्धा तसाच ! १००-१२० सर्जरी प्लान केल्या होत्या. ऑपरेशन थियेटर मध्ये कामात टीम वर्क आणि नियोजन असल्याने सर्जरी करायला वेग होता. अद्ययावत अवजारे – निर्जंतुकीकरण करण्याची सामग्री- असल्याने योग्य- न्याय सुविधा देता येत होत्या. ३-४ भूलतज्ञ असल्याने रुग्णाची सुरक्षितता ध्यानात होती. कुठेही गडबड- गोंधळ -हलगर्जी पणा नव्हता.

विशेष म्हणजे डॉ आशिष आणि कविता यांचे झंझावातासारखे काम आणि आदिवासी रुग्णांचा यांच्या दोघांवरचा विश्वास सगळं कसं आनंद देणारं होतं. मनस्वी समाधान देणारा डॉंगर मी हळूहळू चढत होते.

तिसऱ्या दिवशी माझी परत निघायची वेळ आली. डॉ सातव यांच्या सहकाऱ्याने मला जाता जाता राहण्याच्या खाण्यापिण्याच्या सोयी कश्या होत्या याबाबत फीड बॅक फॉर्म भरायला दिला. \*मी काय लिहिणार त्यावर ? सुविधा एवरेज कि गुड? कि व्हेरी गुड किंवा नॉट गुड ? माझे हात अडकले. अरे काय हे ? त्या तर इतक्या एक्सलंट होत्या कि ज्याला कागदावरच्या कॉलमच्या साच्यात बसविणे म्हणजे त्या नोबल जोडप्यांच्या कामाचा अपमान होता. इतक्या दुर्गम भागात सोयी सुविधांना कॅटेगरीची गरजच नव्हती. माझ्या दृष्टीने त्या अति उच्च दर्ज्याच्या होत्या\*. सकाळ संध्याकाळ गरमागरम, चविष्ट नास्ता, जेवण...राहण्याची आणि आंघोळीची सोय आणि या ही पेक्षा त्यांचे आदरतिथ्य, आतिथ्यशीलपणा आणि साधेपणा हा खूप खूप जास्त अनमोल होता.

\*माझे तर सोडाच ! ज्या सुविधा, आरोग्यसेवा ही दोघे गेली कित्येक वर्षे आदिवासींना विनामूल्य देत आहेत तिथे माझ्या दोन दिवसांच्या सुविधेचे काय ? मी तर कोणत्याच अपेक्षेने गेले नव्हते\*. \*गेले होते अल्पसे योगदान द्यायला पण त्याही पेक्षा कितीतरी जास्त आनंद घेवून बाहेर पडत होते\*.

\*निस्वार्थ पणे आपले आयुष्य दुर्लक्षित असलेल्या घटकांसाठी झोकून द्यायला, जंगलात जाउन डॉक्टरी करणारे आशिष- कविता हे महान आरोग्यदूत आहेत. मी तर म्हणून वंचित घटकांना मुख्य प्रवाहाशी जोडायला पृथ्वीतलावर आलेले ते तर देवदूतच\* !



Whenever  
I think

of  
GMC



i a m

g r a t e f u l

**It's not happiness  
that brings us gratitude.  
It's gratitude that brings us happiness  
- Anonymous**





### **Dr. Sanjay Upadhye**

Professor and Head of the dept. of Anaesthesiology and Critical care.  
Asian Cancer Institute, Somaiya Ayurvihar, Mumbai.  
Dean Academics, Asian Cancer Institute, Mumbai  
Consultant Anaesthesiologist, Breach Candy Hospital, Mumbai  
Former Head of the dept. Of Anaesthesiology, Critical Care and Pain,  
Tata Memorial Hospital. Mumbai

*I get immense pleasure in communicating to my fellow colleagues from GMC, Nagpur, a place which shaped me into what I am today. True, I was jolted out of my innocence when I joined it at the age of 18, to face harsh realities of life as regards to castes and communities. But it helped me to become tough. It soon dawned on me that everything is not dark.*

*I am indebted to fantastic clinical and non-clinical faculty which shaped my clinical acumen. I was blessed with adorable roommates throughout hostel life who taught me meaning of friendship. My cricketing abilities were instantly recognised and given a chance to put to test.*

*I was blessed with personal guidance from teachers like Dr. Pradhan, Dr. Mankeswar and Dr. Phadke when I joined department of Anaesthesiology as a post graduate student. I could have become a victim of nepotism in the hands of DMER, when a gazetted post in family planning during my MD training was being offered to someone else in blatant violation of rules. My friends, in various departments openly revolted in Dean's office. DMER conceded and told me, as a parting shot, that I had some amazing friends. It was a relief for my middle class parents.*

*Dr. Marwah had a special place for me in his heart and would often depute me to cover international cricket matches as a doctor so that I could mingle with international cricketers- much to the chagrin of his own celebrated surgical residents.*

*As soon as I passed my MD, Dr. Pradhan and Dr. Chaubey ruthlessly threw me out of the college to explore higher training which culminated into ultimately being a Professor and head of the dept. at a much vaunted Tata Memorial Hospital in Mumbai.*

*GMC taught me medicine, values, friendship, toughness, compassion and life beyond medicine. It is because of GMC, what I am today- good or bad. I owe it to my alma mater. Long live GMC, Jai Hind.*





# News Events & Happening

Next Generation Chinese-American p. 114

Chicago: City of the Year p. 134

The Return of the Prime Rib p. 142

REAL SIMPLE LIFE MADE EASIER

Freshen Up

CLEAN IN

Spread the Word

Surfing in Summer Paradise





1969 Batch Golden Jubilee Celebration







Dr Ravindra Kolhe and Dr Smita Kolhe from Bariagadh in Melghat area of Amvarati district have been **awarded Padma Shri**. The social workers have transformed lives of tribals in Melghat by extending health services, along with his wife Smita.

Dr Ravindra Kolhe selected the village Bairagadh, which had no approach road. The nearest transport facility was available at a distance of about 20 kms. When his father was expecting him to return to native village Shegaon, he preferred to move to Bairagadh, as health services were not available in a radius of about 40 kms.

**Dr Ravindra completed his MBBS degree in 1985 and MD in 1987 from Government Medical College, Nagpur.** He married Smita (earlier Smita Manjrekar), who is also a doctor in homoeopathic medicine. The marriage was settled on two conditions - Smita will have to manage with a monthly income of Rs 400 and should be ready to walk at least 20 kms every day.

(Source: The Hitavada    Date: 26 Jan 2019 10:56:23)





## Dr. Sheetal Amte- Karajgi

Chief Executive Officer (Maharogi Sewa Samiti, Warora)  
Young Global Leader 2016 (World Economic Forum)  
Chairperson (Study Group on Anandwan Dense Forests, Govt. of Maharashtra)  
Fellow (World Innovation Organisation), USA; Fellow (INK) Academy Member (Global Teacher Prize, UK)  
Member-Young Leaders' Council (AIMA)  
Advisor (Express Healthcare)  
Advisor (Indian Institute of Public Health, Delhi)

The MIYAWAKI method of afforestation, named after a Japanese botanist and expert in plant ecology Akira Miyawaki, involves planting a number of different species of native trees close to each other through randomization method in a logical sequence. In this way, the growth of plants is 10x faster, 30x denser, 100x bio-diverse and 100% organic. Close planting of many random trees in a small area, creates dense forest that enriches the green cover and reinforces biodiversity of the land. This leads to co-existence of variety of plants at a time and in fact, each plant draws vital nutrients from the other to grow stronger and healthier.

Soil conservation, ground-water recharge, carbon sequestration, and habitat for birds and butterflies are a few of the innumerable services rendered by these dense forests. These forests retain ground water, thus recharging the ground water table. They also fulfill several other functions of natural ecosystems, including the absorption of carbon dioxide and the protection of soil from erosion.

Both Anandwan and Somnath Projects of Maharogi Sewa Samiti are collectively home to 5 such amazing forests which have been planted over a period of just 2.5 years. They are home 4716 native trees and flourishing like no other forests ever planted in the vicinity.

Government of Maharashtra was fascinated by the success of these forests and decided to invite **Dr. Sheetal Amte-Karajgi**, CEO of Maharogi Sewa Samiti, Warora and her team to present their model in senior forest officers' conference at Nagpur on January 4, 2019.

There, to achieve the target of 33 Crore Tree Plantation by 2019, hon'ble Minister of Finance, Planning and Forests, Government of Maharashtra Mr. Sudhir Mungantiwar ordered to constitute a study group to study Miyawaki Forests.

On January 15, 2019, Government of Maharashtra constituted a four member study group to study forests planted by Miyawaki method across India (henceforth officially renamed for Maharashtra state as 'Anandwan' dense forests by Government of Maharashtra).



**Dr. Sheetal Amte-Karajgi was entrusted with a great responsibility of chairing the committee.**

Accordingly, the study group presented a detailed study report to hon'ble Shri. Vikas Kharage, (Principal Secretary, Forests and Land Acquisition, Government of Maharashtra) and hon'ble Shri. Umesh Agrawal (Principal Chief Conservator of Forests-Head of Forest Forces, Government of Maharashtra) on February 16, 2019 at Nagpur.

This first of its kind report describes a detailed methodology of Anandwan Dense Forests, enlists their benefits over conventional methods, analyses 14 case studies of various dense forests in India, makes recommendations to the forest department regarding various possible financial models and funding options available to make the state of Maharashtra greener and carbon neutral. It has been proved through budgetary models that this method, where 30,000 trees can be planted in one hectare, is cheaper than conventional irrigation and fencing models of tree plantation approved by government.

Before and after photos of the forest

8 August 2016 ( 4 days old)

17.10.2018 ( 25 months old)







## A Day with a Difference

A grand Musical Night 'Gâta Rahe Mera Dil' was organized by Mumbai based alumni of GMC Nagpur on 20th January 2019 at GMC Mumbai Gymkhana.

The evening charged with excitement saw a large gathering of alumni from 1954 to 2016. The Musical Night singers proved worthy heirs to the glorious tradition of Music Society of GMC Nagpur. The songs sung by Dr G Sainani, Dr Jayashree Joshi, Dr Sanjay Mukharjee ( Secretary, Medical Education) and Dr Kiran Palikundwar( 1969) was an unexpected bonus. All other singers kept the audience spellbound by their melodies.

Prof.Dr Vrinda Sahasrabhojaney



## PANEL DISCUSSION ON Changing times and challenges--



A brief analyses of how medical education system, student-teacher relationship, patient-doctor relationship has changed and evolved (some good, some not so good) over 70 years (in relation to GMC Nagpur).

Moderated by Dr Nandini Gokulchandran (1993 batch).

Concept outline- Dr Nandini started a discussion about the changing scenario in academics and patient care over 7 decades - a narrative of 7 decades by various alumni representing each era. The 70 years was divided into 5 eras and one alumni from each was asked to speak on a specific topic.

Dr. V. R. Joshi, Dr. Ashok Gupta, Dr. Jayshree Sharma, Dr. Pallavi Darade, Dr. Vishal Chafle and Dr. Sanjay Mukharjee participated in panel discussion



White Coat

ARTIST

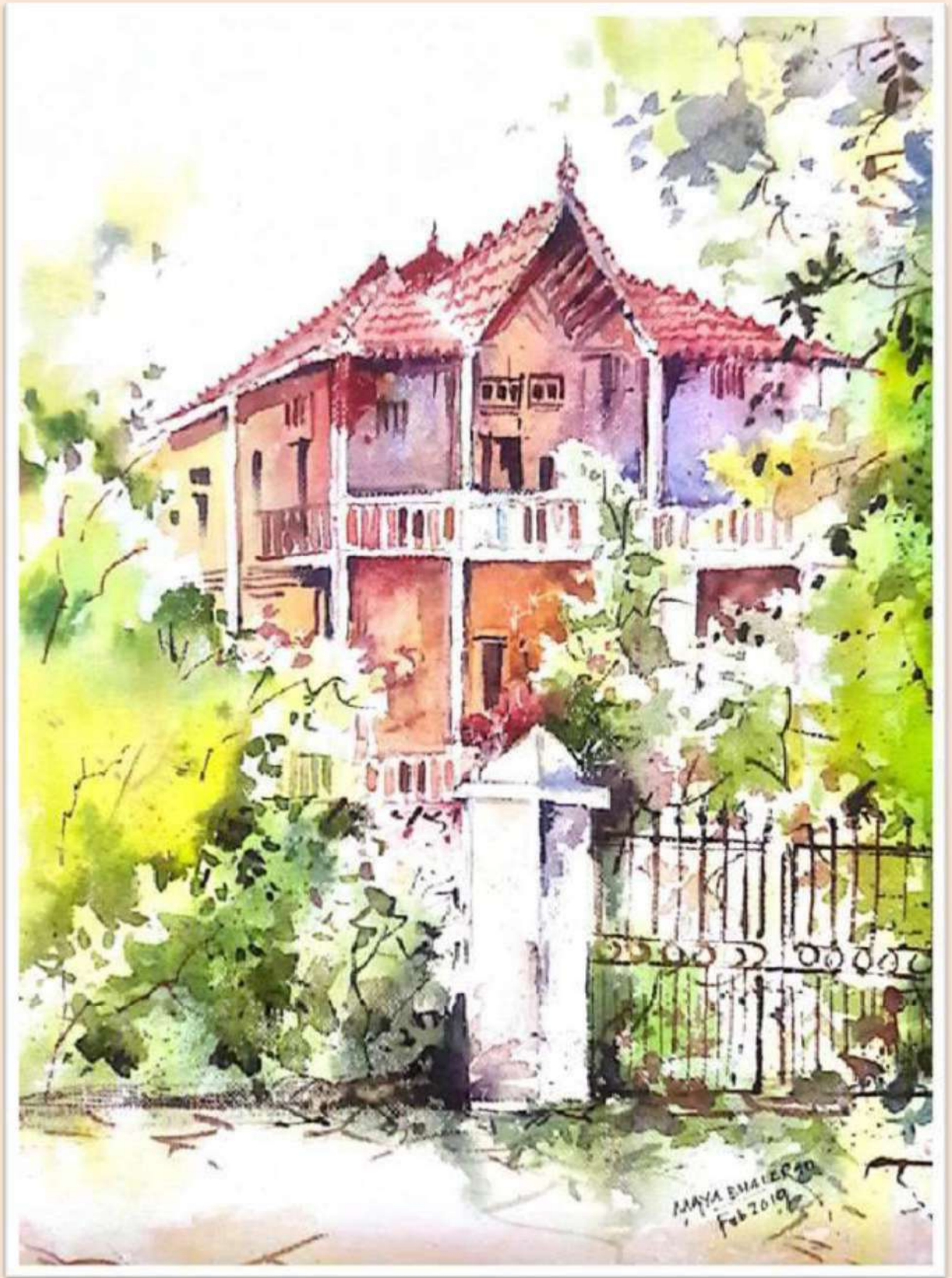




Dr. Maya Sudhir Bhalerao  
MBBS, DA, PDDMLS  
Director and Owner: Bhalerao ENT Hospital, AKURDI, PUNE  
ONE Solo WATERCOLOR EXHIBITION TO MY CREDIT

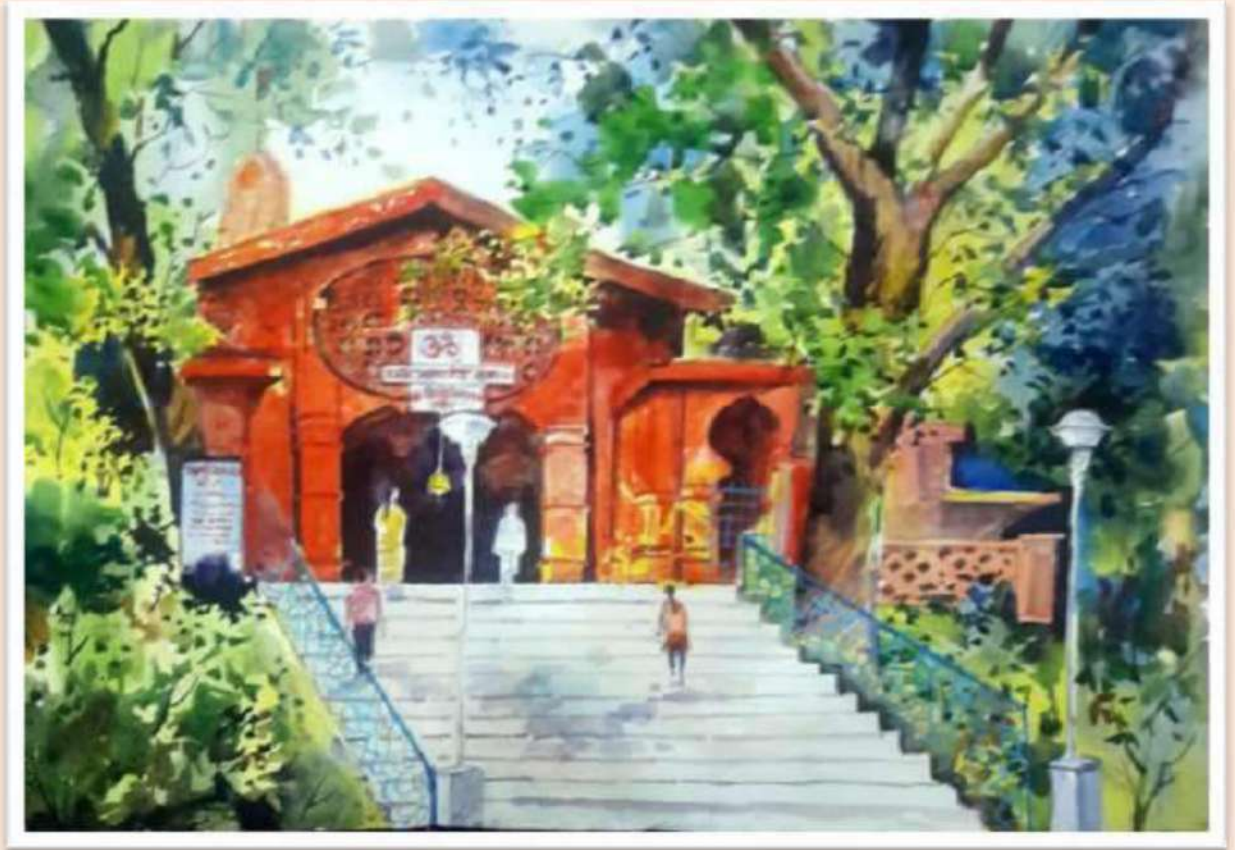

















An aerial photograph of a multi-lane highway, likely the Lake Shore Drive in Chicago, running parallel to a sandy beach and the turquoise waters of a large lake. The highway has several lanes in each direction, with a central median and side medians. To the left of the highway are several tall, modern apartment buildings with balconies. To the right is a wide, sandy beach with waves breaking on the shore. The sky is clear, and the overall scene is bright and sunny.

Know your  
pathbreaker  
Alumni



# Dr. Pallavi Darade, IRS

## Commissioner, Food & Drugs Administration



### Key Highlights



- Dr. Pallavi Darade is a seasoned and well-established bureaucrat with a blend of diverse and matured experience in leading prestigious portfolios in different departments of the Government such as Income Tax, Tribal Development, BMC, Food and Drugs Administration in Maharashtra at Nagpur, Pune, Kolhapur and Mumbai.
- With her passion to work, ingrained confidence, multi-tasking and decision making capabilities, Management & Administrative proficiency, meticulous planning, policy framing, strategizing and implementing aptitude she has reigned to one of the top ladder of bureaucracy i.e. Commissioner.
- Driven with high energy levels, excellent communication skill, proactive and positive approach she has established proven track record of exceeding performance and made a visible contribution in growth and channelization of the Department to achieve their vision, mission and goal.

### Academics



- Dr. Pallavi Darade developed a unique zeal of accomplishments and achievements since her academic career. Her brilliance, multifarious intellectual aptitude and successes have been amply reflected during her academic life.
- During Graduation, she not only successfully completed the M.B.B.S. degree from Govt. Medical College, Nagpur (Batch 1994) and became a medico professional but established as a distinctive Topper of the University in Surgery specialization.
- Besides being qualified doctor she demonstrated her multifaceted acumen by succeeding in Indian Revenue Service (I.R.S.) in batch of 1997, IRS being one of the toughest administrative selection process of the Union Public Service Commission (U.P.S.C.).
- She also studied the LAW and got the L.L.B. Degree, from Nagpur University and here also she maintained her distinctive capabilities and became topper of Nagpur University in LLB
- During the foundation course exams also she became topper in the History subject.
- She also showed her strong foothold in physical fitness activities and became a Gold Medalist for Marathon during training at National Police Academy (N.P.A.), Hyderabad and National Academy of Direct Taxes (N.A.D.T.), Nagpur

### Present Portfolio



- Under her guidance and directives, various trainings were conducted across Maharashtra State which have benefited more than 2 Lakh FBOs, Chemists, wholesalers and retailers. This has resulted in increasing the compliance as per the Food Safety & Standards Act and Drugs & Cosmetics Act, 1940 and 2006.
- Under her guidance and visionary leadership FDA department is able to conduct successful drives to crack down against the spurious cosmetics across Maharashtra. This initiative is appreciated a lot at various forums.
- First of its kind, state of the art seminars were conducted for Drugs inspectors of Maharashtra, Goa and Chhattisgarh for creating awareness about implementation of new act for Medical Devices.
- Department has conducted massive awareness drive amongst street food vendor, around 150 workshops were organized across Maharashtra, and more than 17,000 street food vendors were trained and various instructions were given to the street vendors to improve the quality and hygiene of street food which again is consumed by common us on a large scale
- Department has organized highest number of training in Maharashtra for preparing the quality, safe & hygienic Prasad for blissful offering to God. This was done under Project named BHOG. About 300 temples including 3564 temple trustees, Prasad maker and other staff were covered under this training program. Even US FDA has accredited Prasad at various worship places as Safe and Hygienic for consumptions, post adoption of our guidelines by those worship places.





# Dr. Pallavi Darade, IRS

## Commissioner, Food & Drugs Administration



### Awards

Dr. Pallavi Darade has been recognized for her dedicated services and hard work and decorated with several awards by dignitaries, society and media. Few to mention are as below:

- **Government of India Swaccha City Award 2016**
  - ✓ On the basis of her good work, she was given the prestigious posting as Additional Municipal Commissioner – B.M.C. (City) and here also with her pragmatic approach, interfaces with different sections, zest to serve, dedication and team spirit, Mumbai stood 1st amongst Megacities in the Swachha Bharat Mission. As such her services were recognized by the prestigious “Swachha City Award” by the hands of his Excellency Vice President of India (the then Hon’ble Union Minister) Shri Venkayya Naidu in New Delhi, on 15.02.2016.
- **Rajiv Gandhi Prashaskiya Gatimanata Abhiyan Award for excellent work done in Tribal Development Department.**
  - ✓ Skilled development of more than 5000 youth, was carried out during her tenure. More than 200 tribal girls were given training of A.N.M. Nurse for 2 years and all of them have cleared the course with Merit & Distinction and are gainfully employed. This initiative was first of its kind to be implemented in Maharashtra.
  - ✓ Novel training of lawn tennis was conducted in which 80 children were made lawn tennis coach and are gainfully employed in various cities of India.
  - ✓ Other skilled development initiatives such as security guard training, landscaping training, gardener’s training, hotel management training etc, have resulted in employment of tribal in various sectors.
- **Dainik Bhaskar Award for the year 2013**
  - ✓ This was awarded for various social and public good initiatives taken in Nagpur.
- **Radio FM Award 2013**
  - ✓ Radio FM awarded the best administrator’s award in view of work done in Tribal Development Department and various social initiatives in Nagpur.
- **Dada Saheb Phalke Award for Administration**
  - ✓ For the various achievements and as an excellent administration, she was rewarded in 2017. This award was received for various good initiatives taken and executed during her posting as Additional Municipal Commissioner, Municipal Corporation of Greater Mumbai. One of the initiatives being providing the Municipal School children with school item on the very 1st day of the school, which had never happened earlier in M.C.G.M.
- **Leadership Award**
  - ✓ Government of Gujarat during a National Conference awarded Maharashtra Food and Drug Administration’s for implementing online WHO-GMP certification. She received the award on behalf of officers of Maharashtra FDA.
- **Women of Wonder Awards 2018**
  - ✓ The Women of Wonder Awards 2018 celebrated and recognized accomplishments of emerging women leaders who represent the next generation of leaders across a wide range of disciplines, Dr. Pallavi Darade was awarded under the category of bureaucratic leadership.
- **Appreciation Certificate from Central Board of Direct Taxes, New Delhi.**
  - ✓ In the year 2009, one of her assessment case was judged one of the Best Cases in India and she received “Certificate of Appreciation” from Central Board of Direct Taxes (C.B.D.T.) New Delhi, Government of India, for an excellent assessment done in Nagpur Region.
- **Iconic Women of the Year 2018 -Public Services**
  - ✓ The Nav-Bharat Times has recognized her accomplishments for public services and has conferred her with Iconic women of the year 2018 award.





# Dr. Pallavi Darade, IRS Commissioner, Food & Drugs Administration



## Accomplishment



### ➤ Organizing Sports –WTA World Event

- ✓ She was organizing secretary for Women's International Lawn Tennis, held as Mumbai Open by WTA (Women's Tennis Association).
- ✓ An excellent tournament was organized at CCI, club Mumbai where international lawn tennis players participated.

### ➤ Philanthropists Belief

- ✓ She believes in charity and was instrumental in donations to various organizations.
- ✓ Donation was also made for relief of farmers who are in distress through Chief Minister Relief Fund.



Dr. Pallavi Darade has always remained a trend setter and established new benchmarks of performance in all portfolios wherein she was assigned to perform and always kept its flagship position high. Her consistent performance, valuable contribution and remarkable achievements and dedication in every activities makes her the fittest person for the award.

## Media Coverage

### युकीचा विजय, अर्जुनसाठी टाळ्या



### अन्न विक्रेत्यांशी मार्गदर्शकाच्या भूमिकेत वागा : बापट

