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Research Activity

- 1. Analysis of the Prevalence and Severity of Dysregulated Bone Mineral Homeostasis in Non-dialyzed Chronic Kidney Disease Patient** 1
By - Digishaben Patel, Department of Physiology, SMCGH, Amreli.
- 2. Effect of COVID-19 on Tuberculosis Care in a District of Western Gujarat** 2
*By - Hymn Parikh, Department of Respiratory Medicine,
Nikita Savani, Department of Community Medicine, SMCGH, Amreli*
- 3. To Assess the Perception, Attitude, and Practice Related to Mucormycosis during COVID-19 Era: A Community-based Cross-Sectional Survey Using Online Platform among the Population of Gujarat, India** 3
*By - Chauhan Meet, Kansagara Trusha, Savani Nikita, Gurjar Yamini,
Department of Community Medicine, SMCGH-Amreli.*
- 4. Research Projects by Students** 4
Department of Community Medicine, SMCGH, Amreli
- 5. Fun fact – “10000 Steps a Day Concept”** 11
Digishaben Patel, Department of Physiology, SMCGH, Amreli.

College Corner

- 6. Yuva Sauvad with Shri Mansukhbhai Mandaviya** 13
- 7. Camp activity** 14
By - Department of Community Medicine, SMCGH, Amreli
- 8. Navaratri celebration** 15

Analysis of the Prevalence and Severity of Dysregulated Bone Mineral Homeostasis in Non-dialyzed Chronic Kidney Disease Patients

Digishaben Patel, Assistant Professor, Department of Physiology,
Shantabaa Medical College, Amreli.

An original article titled “Analysis of the Prevalence and Severity of Dysregulated Bone Mineral Homeostasis in Non-dialyzed Chronic Kidney Disease Patients” is Published in *Journal of Laboratory Physician*.

Summary of Article:

Progressive loss of kidney function in chronic kidney disease (CKD) leads to altered mineral homeostasis, reflected by the imbalance in calcium and phosphorus, and has been associated with progression of renal failure. With this aim this cross sectional study was conducted on 124 CKD patients and 157 control patients to investigate CKD-mineral bone disorder (CKD-MBD)-associated candidate variables and its relationship with parathyroid hormone (PTH), as well as to quantify the prevalence of CKD-associated mineral disturbances in non-dialyzed CKD patients. Blood samples were analyzed for serum total calcium, phosphorus, PTH, electrolytes, and other haematological/hemodynamic parameters by standard methods.

Results : The 124 patients had a mean age of 50.2 ± 7.8 years with male to female ratio of 1.58; majority of patients had stage 3 CKD (40.32%), and the most common comorbid conditions were diabetes mellitus and hypertension. A high prevalence of mineral metabolite abnormalities was observed in a patient cohort; overall prevalence of hyperparathyroidism was found in 57.25% patients, hypocalcaemia in 61.29%, and hyperphosphatemia in 82.25% patients. Prevalence of abnormal homeostasis (with regard to total calcium, phosphate, and PTH) increased progressively with the severity of disease. There was a significant positive correlation between serum PTH with serum phosphorous, serum creatinine, serum potassium, and a significant negative correlation with serum total calcium.

Effect of COVID-19 on Tuberculosis Care in a District of Western Gujarat

Hymn Parikh, Assistant Professor, Department of Respiratory Medicine,
Nikita Savani, Assistant Professor, Department of Community Medicine
Shantabaa Medical College, Amreli.

An original article titled “Effect of COVID 19 on Tuberculosis Care in a District of Western Gujarat” is published in **Indian Journal of Respiratory Care** in Volume 11, Issue 4 , Sept-Dec 2022.

Summary of our article:

Downfall trend of TB notification, diagnosis, and treatment due to the COVID-19 pandemic in our district was observed. Our study was aimed to assess COVID-19 effects on TB care during 2020-2021.

A cross-sectional study design comprising a secondary analysis of an existing dataset was carried out. Data on the total number of cases notified, diagnosed, and drug susceptibility in drug resistance and sensitivity were collected for 2020 and 2021 from the District Tuberculosis centre(DTC) Amreli. Collected data was then analysed.

Result: A statistically significant difference in drug-resistant and drug-sensitive cases was observed during the first and second half of 2020. In 2021 similar to the earlier wave, there was a decline in case notification during the peak of the pandemic. We assessed that during COVID-19, TB care significantly plummeted in our district; however, with the rapid response plan gradually, there was a rise seen in TB notification, diagnosis, and treatment services. Through this study, we recommend that government should prepare for future pandemics that may affect TB care. *We recommend to remain proactive and vigilant for TB services during epidemic and pandemic in future. We suggest the formation and utilization of state epidemiological intelligent unit for forecasting epidemics and pandemics and giving lead time to prepare for same.*

To Assess the Perception, Attitude, and Practice Related to Mucormycosis during COVID-19 Era: A Community-based Cross-Sectional Survey Using Online Platform among the Population of Gujarat, India

1. Chauhan Meet (Associate Professor) 2. Kansagara Trusha (Associate Professor)
3. Savani Nikita (Assistant Professor) 4. Gurjar Yamini (Assistant Professor)
Department of Community Medicine, Shantabaa Medical College, Amreli.

An original article titled, “To Assess the Perception, Attitude, and Practice Related to Mucormycosis during COVID-19 Era: A Community-based Cross-Sectional Survey Using Online Platform among the Population of Gujarat, India” is published in *Nigerian Journal of Medicine* in Volume 31, Issue 4 , July-August 2022.

Summary of our article:

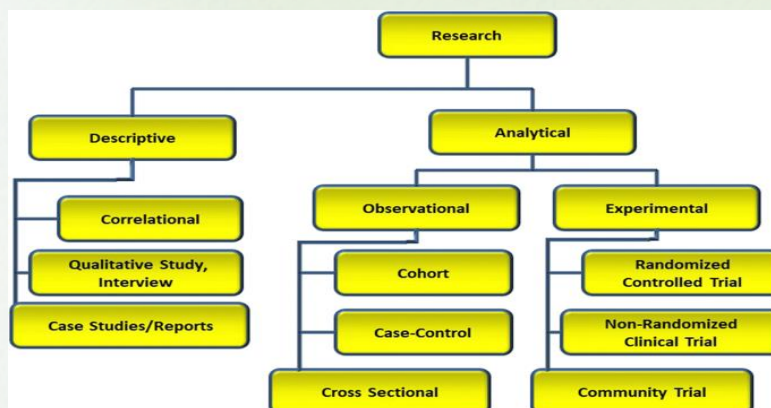
The study’s aim and objective were to assess the perception, attitude, and practice related to mucormycosis in the COVID-19 era and the associated sociodemographic factors among the general population of Gujarat. A cross-sectional community-based study was carried out for 2 months (June 21–July 21) using semi structured questionnaire in the local language. The form was circulated through WhatsApp application. The principle of the snowball technique was used for data collection. Information related to sociodemographic profile, followed by questions on perception, attitude, and practice related to mucormycosis was collected and analyzed.

Result: A total of 998 responses for sociodemographic variables were obtained for the study. Seven hundred and eighty-six participants were part of the study for the assessment of perception, attitude, and practice of mucormycosis. A total of 61.45%, 61.83%, and 63.99% of participants had good perception, attitude, and practice, respectively. Binary logistic regression revealed that education and relation with health-care workers for perception, sex, and place of residence for attitude and occupation for practice were independent determinants.

Research Projects by Students

Department of Community Medicine, Shantabaa Medical College, Amreli.

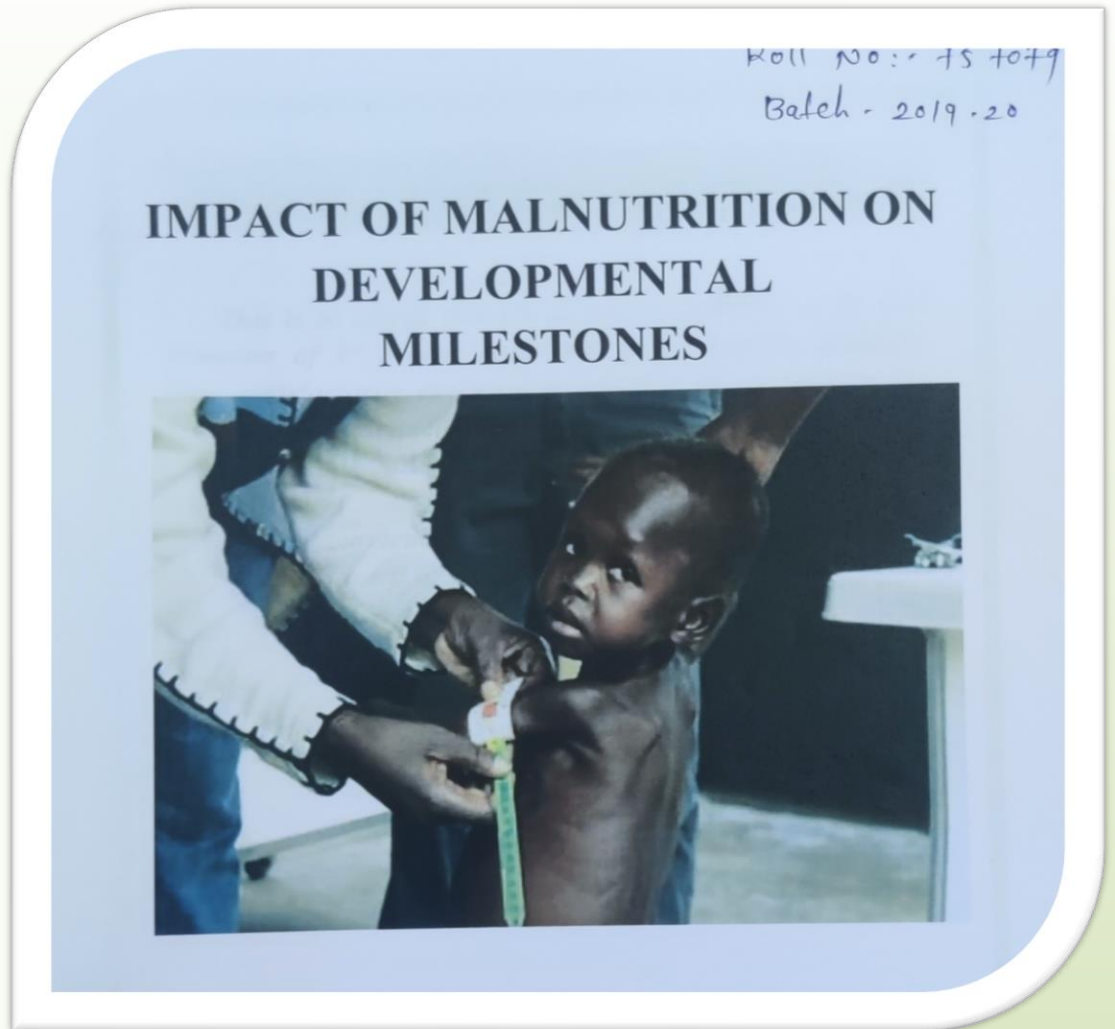
Research in medical science is nothing but a scientific enquiry. A research project includes the collection of relevant information from a variety of sources with the intention of becoming thoroughly informed about an engaging topic. It is one of the teaching learning methods. Through research, undergraduate students can better understand and appreciate medical science, and develop important skills such as the ability to interpret research findings and papers. Research exposure also increases understanding of clinical medicine; facilitates critical thinking and critical appraisal.



Keeping importance of research in mind, community medicine department gave research project to the third professional year part 1 student which includes the topic that covers the areas like maternal health, child health, communicable and non-communicable diseases, mental health, nutrition etc.

Students were grouped in group of 5-6 students and allotted a faculty to mentor them and also arranged a session of research methodology for student to familiarise them with this new teaching learning method. Students had to complete their research in stipulated time line. The mentor faculties were constantly guides the allotted group of students and monitors the progress of their research project.

Following are the list of research projects that were given to students.



Post Operative complications at Tertiary Health Care Center

By - Nevil, Meera, Maharshi, Arohi, Jaydeep

Study of Patient's Satisfaction in Government Hospital

By – Ashvini, Jeet, Drashti, Toral, Pratipalsinh, Dipti

Impact of Malnutrition on Developmental Milestones

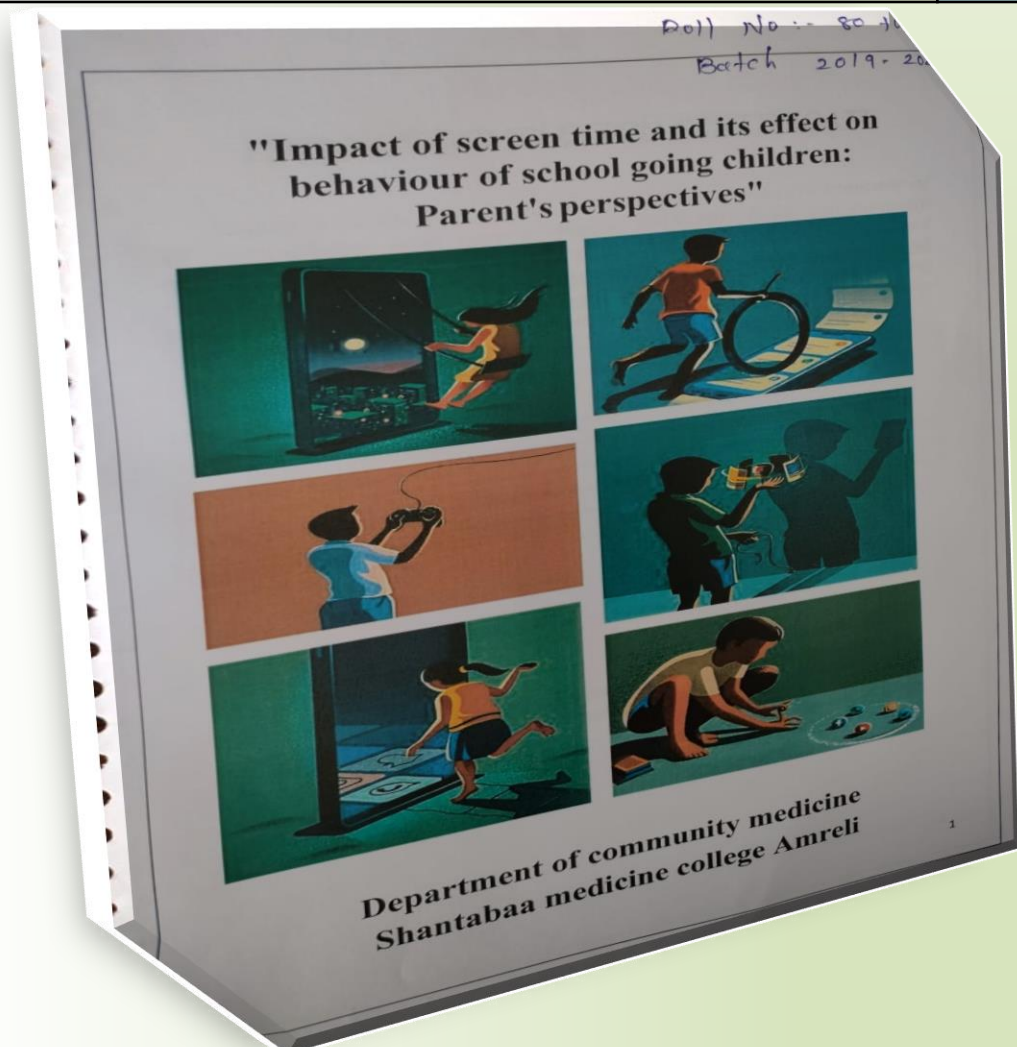
By – Darshit, Bhavdip, Vivek, Suhasini, Eshan

Physical and Psychological Morbidity in Old Age in General Population

By – Smruti, Sagar, Vijaybhai, Meet Kanani, Kuldip

Dr. Meet Chauhan

<p>To Study of Utilization Pattern of Antenatal Care Services Among Pregnant Women At Tertiary Care Center By - Madhuri, Rajesh, Shrujal, Ajay, Vishva</p>	<p>Dr. Nitin Lodha</p>
<p>Effect of Post Covid-19 Complications on People Affected by Covid-19 By - Mit Surani, Vivek, Rushi, Bhuvneshwari, Ankit, Binal</p>	
<p>Impact of Screen Time and It's Effect on Behavior of School Going Children : Parent's Perspectives By – Krupa, Tulsi, Shreya, Krish, Harsh Ghadia</p>	
<p>A Brief Research on Road Traffic Accidents in Amreli By – Maulik, Khushi, Pari, Jay, Chirag moradiya</p>	



Roll No :- 107 to 111
Batch 2019 - 2020

**PREVALENCE OF POSTPARTUM
DEPRESSION AND IT'S ASSOCIATED RISK
FACTORS:**



Created by Karen Kleiman and Holly McInyre for The Postpartum Stress Center
postpartumstress.com

Department of Community Medicine
Shantabaa Medical College, Amreli

Page 1 of 23

Occurrence of Smartphone Gratification Addiction and Causation of Depression, Anxiety and Stress in College Students

By - Sakshi, Juhi, Rutu, Aarsh, Noopur

Cardiovascular Disease Risk Factor Prevalence and CVD Risk Prediction Among The Residents of Amreli : Cross Sectional Study

By – Vensi, Fahimah, Anjali, Dhriti, Rehan, Krunali

Prevalence And Determinants of Internet Addiction Among the youth

By – Bhumi, Ankita, Khushaliba, Vibhuvar, Herik

Prevalence of Postpartum Depression and It's Associated Risk Factors

By – Barkha, Bhanu Muchhar, Harsh Pandya, Nayan, Darpan

**Dr. Trusha
Kansagara**

Roll no 91 to 96
**INCIDENCE OF MATERNAL NEAR MISS EVENTS AT
 TERTIARY CARE CENTRE AMRELI**

**Maternal Near-Miss
 Survivors**



**Department of Community Medicine
 Shantabaa Medical College, Amreli.**

Treatment Outcomes and Predicators of Multidrug
 Resistance Tuberculous in Amreli District
 By – Dhruvi, Devdat, Manav, Himani, Dhruvi

Immunization Coverage Evaluation and It's
 Determinants Among Children of Migratory Workers
 in Amreli
 By – Nancy, Sanket Mori, Vishwa, Shital, Richa

Incidence of Maternal Near Miss Events At Tertiary
 Care Center Amreli
 By – Vishwa, Pruthviben, Chirag Jamod, Astha,
 Shubham, Smiti

A Cross Sectional Study on Thalassemic Patients To
 Access Health Care System In Amreli
 By – Nisarg, Purviben, Neel, Sanket Ray, Tulsi

**Dr. Nikita
 Savani**

<p>Effects of Internet (Online) Gaming Disorder and State of Self Esteem Among College Students in Amreli City</p> <p>By - Harsh Hirpara, Rajveer Jadeja, Jaydip, Abhishek, Margi\, Himalay</p>	<p>Dr. Yamini Gurjar</p>
<p>Incidence and Perinatal Outcome Associated With Pregnancy Induce Hypertension at Tertiary Health Care Center Amreli In Gujarat</p> <p>By – Isha, Shivani, Brijesh, Harshil, Rajdeep</p>	
<p>Self-Medication: Estimation and Associated Factors Among Urban Population of Amreli City</p> <p>By – Juhil, Rajveer Zala, Shreya, Shyam, Harshil</p>	
<p>Assessing Completeness of Mamta Card Filled by Healthcare Workers</p> <p>By – Milan, Khyati, Shruti, Sunil, Yatharthi</p>	

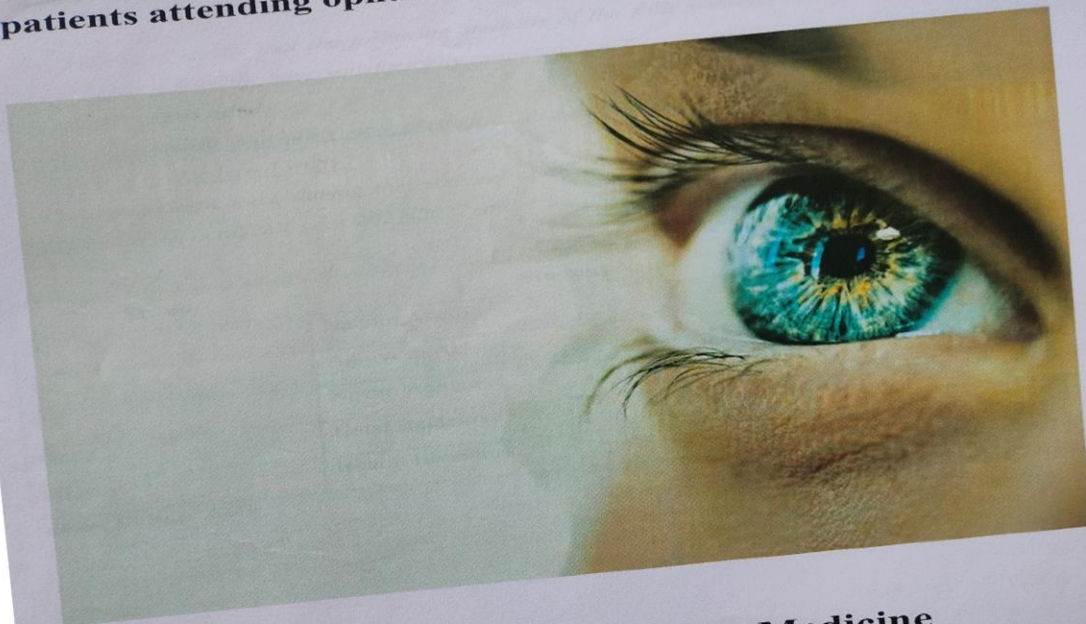
Roll No:- 21
Batch - 2019-20

“EFFECTS OF INTERNET (ONLINE) GAMING DISORDER AND STATE OF SELF ESTEEM AMONG COLLEGE STUDENTS IN AMRELI CITY.”



**DEPARTMENT OF COMMUNITY MEDICINE
SHANTABAA MEDICAL COLLEGE, AMRELI**

Pattern of ocular morbidity and predictors of Glaucoma in patients attending ophthalmic O.P.D; A hospital-based study



**Department of Community Medicine
Shantabaa Medical College, Amreli**

A Study To Assess The Knowledge Attitude & Practice Regarding Menstruation in School Going Adolescent Girls in Amreli

By – Vrushank, Piyush, Jaydeep, Sanshkruti, Alisha, Krutika

Prevalence of Risk factors of Cardiovascular Diseases Among College Students of Amreli City: A Cross-Sectional Study

By – Ishwa, Jaykumar, Krupesh, Pooja, Mithun

Pattern of Ocular Morbidity and Predictors of Glaucoma in Patients Attending O.P.D; A Hospital-Based Study

By – Naznin, Agnivesh, Nayan, Hetal, Bharat

Knowledge, Attitude and Practice in Diabetic Patient in Amreli

By – Aashish, Janvi, Vishva, Janak, Devang, Ujas

**Dr. Ravi
Patel**



Who Came up with 10000 Steps a Day Concept

Digishaben Patel, Assistant Professor, Department of Physiology,
Shantabaa Medical College, Amreli.

The eminent Greek physician Hippocrates said, “Walking is man’s best medicine”. Fitness freak society seems to have taken this **10,000-step benchmark** to heart. With fitness trackers wearables, smartwatches and smartphone apps, people track their steps throughout the day. Some may even pace around aimlessly to meet this seemingly arbitrary goal.

So... is it really a health objective to walk 10,000 steps a day? What’s so special?

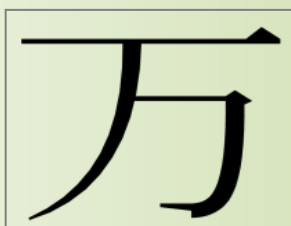
Why 10,000 Steps? Why not 8000 or even 15000?

Is this magic number determined through RCT? Or Randomly Selected?

Answer is neither. *It is a MARKETING CAMPAIGN....*

This magic number was invented in 1965 as a marketing gimmick when a Japanese company, Yamasa Clock, developed a personal-fitness pedometer called the “**Manpo-kei**” which translates to “10 000 steps meter”; {“man” meaning 10,000, “po” meaning steps, and “kei” meaning system}.

The Japanese character for 10,000 looks almost like a person walking or running, which is likely how the gadget-maker landed on the name—and the number.



The Japanese character for manpo-kei.



Who Came up with 10000 Steps a Day Concept

Cont....

They used it as a clever marketing tool, built a campaign for their new step-tracker off the momentum of the 1964 Tokyo Olympics and it became their slogan. It was trendy, catchy and easy to remember, especially when accompanied by a sketch of a person who's literally walking.

As it happened, the product was a success, and people were soon striving to achieve their 10,000-step goal each day. Wellness professionals, sports companies and even the health associations supported this trend.

Kindly note: this information is not to discourage walking/running.

Walk/jog/run as much as you can. – it surely has health benefits
(<https://pubmed.ncbi.nlm.nih.gov/35247352/>)

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The Japanese character for manpo-kei.

Yuva Sauvad with Shri Mansukhbhai Mandaviya

Hon. Cabinet Minister Shri Mansukhbhai Mandaviya's Yuva Sauvad Ceremony with students was solemnized at Shantabaa Medical College, Amreli (Gujarat) By Smt. S. H. Gajera Charitable Trust.



Camp Activity – UHTC Baharpara

Department of Community Medicine, SMC GH, Amreli

The camp was organized by Community Medicine department, at Sarmaliya chock in UHTC-1, Baharpara area, Amreli city on dated 23/09/22. The aim of this camp was to treat common illnesses and aware people regarding NCD, vector borne diseases and hygiene practices.

Total 123 patients came for outdoor patient treatment. Out of 123, 72 were male and 132 were female. Majority patients were in between 19 to < 30 year age, 28 patients were >60 year age and 18 patients were pediatric age <18 year. Majority of patients came for fever, generalised weakness, body ache, headache, common cold, & itching. Around 35 patients came for routine measurement of blood pressure and among them 3 patients had high blood pressure. So we refer them to Shantabaa Medical general hospital.



Glimpse of camp

Student Activities..!!!

- GARBA CELEBRATION 2022 -





A noble thought of Shri Vasantbhai Gajera and Smt. Champaben Gajera to help the needy and homeless children, struggling even for basic needs, gave birth to the Vatsalyadham – A Home for Orphans.